



Wednesday, October 20, 2021

USPS 387-780

ourvalley.org

\$1.00

Radford trick-or-treating offered in variety of ways

Radford kids will have a couple of chances to collect treats this Halloween with the annual Trick or Treat Trail set for Friday, Oct. 29, and regular trick-or-treating in neighborhoods set for Sunday, Oct. 31.

The Radford Trick or Treat Trail, sponsored by the Radford Chamber of Commerce and Radford's downtown businesses, and Harvest Festival is set for 4 to 6 p.m. on Friday, Oct. 29, in downtown Radford. Trick-or-treaters may stop at downtown businesses for treats and have fun at the Harvest Festival, sponsored by Oasis Church, held in the Virginia Street and East Main Street parking lot. The festival will include inflatables, games, and treats.

Neighborhood trick-or-treating is not regulated by the City of Radford but is traditionally offered by residents on the evening of Halloween, which is Sunday, Oct. 31. Area churches are also offering trunk-or-treat events throughout the weekend.



PHOTO BY HEATHER BELL

Neighborhood trick-or-treating will be held on Sunday, Oct. 31, in Radford while the downtown Trick or Treat Trail will be held on Friday, Oct. 29.

Radford City Sheriff's Office seeking help in deer kill

During the early morning hours of Oct. 13, 2021, unknown subjects shot two large whitetail deer with what appears to be a crossbow. Both deer had their heads, antlers, and tails cut from their body.

The carcasses were left lying in the field visible to anyone passing by. A third deer was found a few days later and appears to have been killed around the same time as the first two deer. The third deer was found a few miles away in Riverview Park near the boat ramp along the New River. This deer had met the same fate as the other two with missing head, antlers, and tail.

A part of a crossbow arrow and a hacksaw blade were left behind by the perpetrators. One of the deer was positioned in a way that hunters normally use to pose for a picture. No other information is available.

The Radford City Sheriff's Office has been contacted by concerned citizens, and a reward has been posted for any information leading to

the arrest and conviction of those responsible for these crimes. A private GoFundMe account has been set up to attempt to raise funds towards this reward. At the time of this post, the reward sat at \$3,825 and is expected to grow as the news of this crime spreads.

Radford City Sheriff Mark Armentrout issued the following statement:

"This is the type of act that was not done by one person. Whether it was two people or more, there are others that have knowledge of this crime. People like to talk and brag about trophy deer; these criminals will talk. With a significant and growing reward being offered for information leading to a conviction, it is just a matter of time before someone comes forward.

"We encourage anyone with credible information to contact the Radford Sheriff's Office at

540-731-5501 or reach us at radfordva.gov/355/Sheriff-office or Radford City Sheriff's Office page on Facebook."

Citywide leaf collection efforts kick off next week in Radford

RADFORD - It's that time of year again.

With autumn breezes and crisp temperatures comes the picturesque color changing show of leaves. It is visually beautiful but

can leave a mess in its wake as leaf litter covers lawns.

Never fear, the City of Radford's leaf sucking truck is ready for action and will be heading to your neighborhood soon.

The annual leaf collection begins Monday, Oct. 25. The accompanying map shows residents when to expect their leaves to be collected. Leaves must be clean of debris and left at the curb/roadside unbagged.



RADFORD UNIVERSITY PHOTO

This Endowment Fund Wall honors scholarship donors to Radford University's College of Humanities and Behavioral Sciences and was recently unveiled in a ceremony at Hemphill Hall.

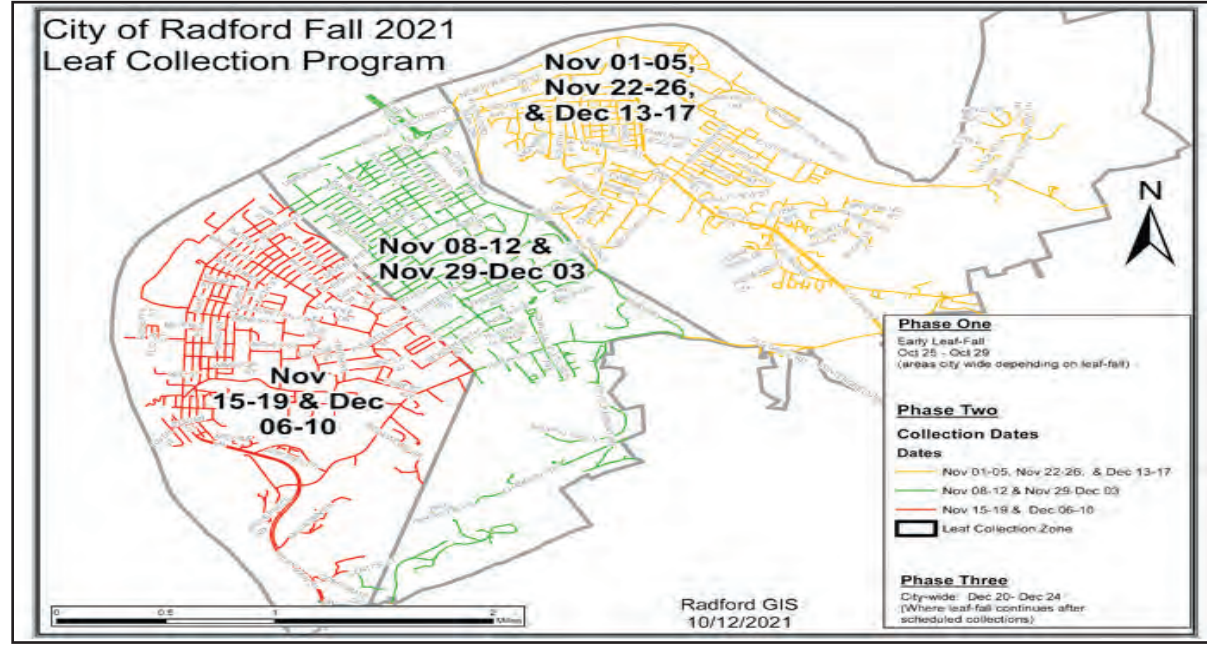
CHBS Endowment Fund Wall honors scholarship donors

RADFORD - Friends and supporters of Radford University and the College of Humanities and Behavioral Sciences (CHBS) recently gathered at Hemphill Hall for the unveiling and dedication of the Endowment Fund Wall.

Located just inside the building's campus-side entrance, the 9-by-7-foot

display features a beehive design with wood-grained plaques noting CHBS scholarships and their donors. The wall features 34 engraved plaques that note CHBS scholarships. Additional plaques remain blank, awaiting the names of future donors.

See CHBS, page 2



This homecoming tradition involves a lucky game ball, 100 miles, and spirited Ranger Company cadets

"Game ball! Touch the homecoming game ball!"

Last week, three Army ROTC students from the Ranger Company ran up the sidewalk on Kent Street, holding out a football. Some who passed them looked perplexed.

Others, like Andrew Adams who was walking to class, reached out to touch the leather-skinned ball as it went by him.

"If someone runs by me and says 'touch the ball,' I'm going to do it," said Adams, a first-year student at Virginia Tech.

But this wasn't just any football, and it wasn't just any run through campus.

It was one of the footballs used during the Hokies' homecoming game against the University of Pittsburgh. This annual running-the-game-ball ritual is a Ranger Company tradition that has continued, in various forms, for more than 40 years.

It began in the 1970s with a yearly Virginia Tech football game against Virginia Military Institute, then played at Victory Stadium in

Roanoke. Students with the Ranger Company would run the game ball from Blacksburg to Roanoke ahead of the rivalry matchup, said Jeffrey Jensen, who is first sergeant for the Ranger Company and a Virginia Tech junior.

With a van that followed the route, the runners rotated as they covered the approximately 42-mile distance.

In 1982, the group took the tradition farther. For the Oyster Bowl that year in Norfolk, the cadets ran 290 miles along U.S. 460, relay style. They ran through the night while taking turns to rest in a van. Once the Hokies stopped playing the annual VMI football game in Roanoke, the Ranger Company's Game-Ball Run transitioned to a 100-mile run around campus during the week leading before the homecoming game.

This past week, 18 Ranger Company cadets logged 20 miles a day in two- and three-mile routes that covered campus in all directions. Three cadets also delivered the ball to the referees in Lane Stadium before the 3:30 p.m. home-

coming game.

"We're very happy that we're still able to do it and keep the tradition," said Jensen, who took on several legs a day throughout the week. "You don't want to lose a tradition like this. Once it's gone, it's gone forever."

The purpose of the Game-Ball Run ritual is to bring good luck to the Hokies for homecoming. But the run is also a unifier of sorts.

"It builds camaraderie between the Army, with the student population, and the football team," Jensen said. "Normally, we wouldn't interact with the football team or as many students on campus. It is kind of ties everyone in."

All Ranger Company cadets are not required to participate, but Jensen said finding runners isn't a problem. "Everybody wants to do it," said Tim Waters, a Ranger Company cadet and a Virginia Tech junior as he waited for the ball handoff at the route change spot near the Pylons earlier this week.

Reactions to touching the game ball varied. Some people actu-



PHOTO BY RAY MEESE

From left, Ryan Kros, William Crandall, and Jeffrey Jensen, all cadets in the Army ROTC Ranger Company, ran one of the homecoming game balls around campus last week, encouraging people to touch it for good luck for the Hokies.

ally smacked the ball out of Jensen's hands. Some wanted to grab it.

Because the run was canceled last fall because of COVID-19, at least two generations of Hokies haven't yet experienced this annual good luck rite.

Many asked why they should touch the ball when it went by them this week. Jensen offered a brief explainer while still running.

"It's a game ball for Saturday, and it's good luck if you touch it,"

Jensen shouted.

Alyson Casey, a junior, was pleased to see the game-ball tradition back in action. She touched the ball when the runners passed her on Kent Street last Monday morning.

"I get excited for every game day," she said. "This just adds to the excitement."

-Written by Jenny Kincaid Boone

UPCOMING EVENTS

Wednesday, Oct. 20:

Radford Army Ammunition Plant (RFAAP) Community Meeting

The RFAAP community meeting will be held on Wednesday, Oct. 20, at 6 p.m. at the Christiansburg Library. The rescheduling of this meeting allows RFAAP to provide the most current updates on environmental and modernization projects. The meeting will be broadcast on Facebook Live from the Radford Army Ammunition Plant Facebook page. These meetings are open to the public and are an opportunity to learn about RFAAP Modernization and Environmental Projects. The public can reach out with questions, or to conduct research on their own through several resources, including:

Facebook: <https://www.facebook.com/RadfordArmyAmmunitionPlant/>.

Homepage: <http://www.jmc.army.mil/Radford/RadfordDefault.aspx>.

Email: usarmy.radford.peo-eis.list.rfaap-public-affairs@mail.mil.

In-Person Learn at Lunch at Hahn Horticulture Garden

"Crafting a Garden Vision" with Steve Hale. This presentation is designed to give participants new perspectives on their own gardens, no matter how large or small. Join for an hour of "Crafting a Garden Vision" at the Hahn Horticulture Garden Pavilion from noon to 1 p.m. Parking passes will be provided to attendees.

Art Club

At the Christiansburg Library; 2 p.m. Paint a pumpkin in the style of Yayoi Kusama. Registration is required. For ages six years and up.

Teen Book Club: The Inheritance Games

Virtual/Online; 4 p.m. Each month the club reads a different book and meets on the last Wednesday of every month to chat about it. This month the club is reading "The Inheritance Games" by Jennifer Barnes. The club continues to meet virtually. Email mroach@mfrl.org for more information. Connect at <https://www.gotomeet.me/MFRL/programs>.

ID Thefts & Scams

Virtual/Online. 6 p.m. Prevention, Detection, and Recovery: At this meeting, the Better Business Bureau serving Western Virginia will discuss the most common scams, target demographics, and scam tactics. BBB will also educate participants on the prevention, detection, and recovery process of scams. Join online at <https://www.gotomeet.me/MFRL/programs>.

Thursday, Oct. 21:

Talking About Books Nonfiction: The Cadaver King and the Country Dentist

At the Christiansburg Library; 11 a.m. This month being discussed is "The Cadaver King and the Country Dentist" by Radley Balko, in person and virtually.

Halloween Jam and Costume Contest

At the Christiansburg Library; 4:30 p.m. Meet at the library for a Halloween celebration and costume contest. Make creepy crafts while wearing a costume. Contact shodges@mfrl.org for more information.

Halloween Costume Mania

At the Meadowbrook Public Library; 5:30 p.m. Pick out a free costume for children or adults while costumes last. First come first served.

Friday, Oct. 22:

VT Corp of Cadets Formal Retreat

The Virginia Tech Corps of Cadets will hold a formal retreat ceremony at 4:15 p.m. on Upper Quad. The color guard will lower the flag, and the regimental band, the Highty-Tighties, will play. Skipper, the corps cannon, will fire once.

Saturday, Oct. 23:

Cupcake Wars

At the Blacksburg Library; 2 p.m. Come to the library for an epic and edible competition. Supplies will be provided but they are limited. Ages nine years and up. Email mroach@mfrl.org with any questions.

Trunk or Treat

At the Meadowbrook Library; 3 p.m. Dress the kids up in their Halloween costumes and bring them to the Meadowbrook Center. This event is for children 12 and under. The Trunk or Treat will be held in the parking lot near the playground behind the library. Sponsors with decorated vehicles will provide trunks filled with treats for the children. Sponsors include the Meadowbrook Public Library, Friends of the Library-Meadowbrook Chapter, and other community groups. No pets allowed except service animals. For more information contact the Meadowbrook Public Library.

Sunday, Oct. 24:

Fall Plant Swap

At the Blacksburg Library; 2:30 p.m. Bring a plant, take a plant. Packets of seeds and bulbs are welcome, too. Anyone with extra garden, landscape, or house plants can pot them up and trade them for something new. Come early to look around. This event

is free and open to everyone. Those with items to swap can participate in the first round; everyone can participate in the second round of choosing. For more information, call 552-8246 or 552-6331.

Friday, Oct. 29:

Radford Trick or Treat Trail and Harvest Festival

4 to 6 p.m., downtown Radford. Stop at downtown businesses for treats and have fun at the Harvest Festival, sponsored by Oasis Church, held in the Virginia Street and East Main Street parking lot.

Sunday, Oct. 31:

Grove United Methodist Church Trunk or Treat

This is an afternoon of safe, fun trunk or treating. Trunks filled with treats will be provided by Grove UMC members and students from the Wesley Student Center at Radford University. The event is free. For more information call 540-639-2807.

First Annual Hacksburg Pumpkin Chunkin' Competition

From 9 a.m. until 3 p.m. at 1331 Research Center Dr. This year on Halloween, Hacksburg will be running its own pumpkin chunkin' competition. Gather up a team to build a trebuchet capable of throwing pumpkins at targets. Official rules were sent out on Oct. 4. Email rspv@hacksburg.org for a copy of the rules. Teams will have a registration fee, but anyone can come to watch for free. Tours of Hacksburg will also be available. With questions, email board@hacksburg.org or come to one of the open Tuesday meetings, each week at 7:30 p.m.

Wednesday, Nov. 3:

Artist Talk with Matt Gentry

At the Hahn Horticulture Garden; noon to 1 p.m. On display will be Gentry's watercolor paintings of Virginia Rivers. This is a free event outside on the patio behind the pavilion. It will move inside if the weather doesn't cooperate. Parking passes will be provided to attendees.

Friday, Nov. 5 and Sat. Nov. 6:

Radford Library Book Sale

The Radford Public Library will hold a book sale on Friday, Nov. 5, and Saturday, Nov. 6 from 10 a.m. until 5 p.m. Hardback books will sell for \$1.00 and paperbacks for \$.50. Children's books are half the price of adult books. Please wear a mask and come support the Radford Public Library.

Wednesday, Nov. 17:

Hahn Horticulture Garden In-Person Learn at Lunch

"Ramps" with Pabitra Aryal; from noon to 1 p.m. A Ph.D. candidate in the College of Agriculture and Life Sciences' School of Plant and Environmental Sciences, Aryal is researching the onion's cousin by growing ramps from seeds and bulbs to study the germination time of the plant. Come learn more about ramps and her research. This is a free event, no registration is needed. VT requires face masks in public spaces, so everyone will need to wear a mask at this event. Parking passes will be provided to attendees.

Through October:

Grab-and-Go Meals

At the Meadowbrook Public Library, free grab-and-go meals and snacks. Children 18 years and younger can come and get a week's worth of meals and snacks. Each box will contain a five-day supply. This is free to all children and teens during library hours. Sponsored by Feeding Southwest Virginia, an equal opportunity provider.

Radford Farmers Market

The Radford Farmers Market continues each Saturday through Oct. 30, from 9 a.m. until 1 p.m. in the New River Valley Community Service parking lot (the old Wade's parking lot) on West Main Street

Christiansburg Farmers Market

The Christiansburg Farmers Market continues every Thursday through Oct. 28 from 3 to 7 p.m. at the Christiansburg Recreation Center parking lot.

Ongoing:

Passports available at the Radford Public Library

Radford Public Library is a Passport Acceptance Office. Call (540) 731-3621 to set up an appointment time. Those planning overseas travel should secure their passports as early as possible because the current waiting period is up to 18 weeks.

"Paper Alchemy" exhibit

Currently on display in the gallery in Radford University's Covington Center. This is an exhibition of jewelry and other objects made from "Thurmanite", a material invented by James Thurman, an artist who teaches at the University of North Texas. Thurmanite is a unique composite material made of layers of recycled paper bonded together with an environmentally friendly plant-based resin. "Paper Alchemy" is a dynamic demonstration of the artist's range of inventive problem-solving and creativity.

Blacksburg Interfaith Food Pantry to hold fall food drive Oct. 30

BLACKSBURG -- The Blacksburg Interfaith Food Pantry, a joint ministry of churches in the Blacksburg/McCoy area of Montgomery County, is holding a fall food drive on Saturday Oct. 30, from noon to 3 p.m. at the pantry, located at 706

Harding Ave. in Blacksburg. Members of the community can drive by and drop off donations. The items most needed at this time are canned fruits and vegetables, canned tuna and chicken, canned soups, cereal, coffee, tea, and packaged

goods including instant potatoes, macaroni and cheese, and hamburger, chicken, and tuna helpers.

Fireball the miniature donkey will be on hand for pictures for anyone who makes a monetary donation to the pantry.

Sandy Hagman, chair of the food pantry's advisory board for the food pantry, said, "We are so thankful to everyone in the New River Valley for their generous support of the Blacksburg Interfaith Food Pantry over the years. This year, with individuals in our com-

munity suffering from job losses and other financial hardships due in part to the COVID-19 pandemic, more people than ever need our help, and we hope to have record donations on Oct. 30."

Serving qualified residents of Blacksburg and

McCoy, the Blacksburg Interfaith Food Pantry is a joint ministry of over 25 churches in Blacksburg of varying denominations. The pantry is also supported by individuals, organizations, and clubs that are members of the community.

ONLINE ONLY AUCTION Ends Thursday October 28th at 4 PM Sweet Country Home for Sale in Floyd VA! 197 Silverleaf Lane, Floyd VA 24091 Bid Now at VaAuctionPro.com



Property features a 3 bedroom, 2.5 bath ranch home with 1,730 sq. ft. of space on 2.03 +/- acres. The home is equipped with a heat pump, hardwood flooring, a shingle roof, brick exterior, private well and septic. The home was built in 1952 and has a full basement, detached garage, storage building, garden space, wood shed and much more! Kick back and relax on the patio space out back and enjoy the peaceful sounds of the countryside.

This property would be a wonderful family home with a few updates or great for an investment property! Purchase this sweet homestead to live your dream life, away from the hustle and bustle of the city. Property is just a short 15 minute drive to the Town of Floyd VA and within 45 minutes of Roanoke VA.

Preview Date – Thursday October 21st @ 4 PM

Terms – 10% Buyer's Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$2,500 required day of sale. Close in 45 days. Subject to seller confirmation. Property sold as is, where is with any and all faults. Buyer is expected to complete their own due diligence. Auction starts ending at 4 PM on October 28th 2021. Download Bidder Information Pack at VaAuctionPro.com

Contact – Broker & Auctioneer Matt Gallimore at 540-239-2585 or email gallimore.matt@gmail.com

102 S. Locust Street,
Floyd, VA 24091
(540) 745-2005
VaAuctionPro.com
Lic# 2907004059



Blue Ridge Land
& Auction Co., Inc

CHBS

from page 1

The fund wall serves three important purposes, said CHBS Dean Matthew J. Smith. First, it "offers a visible and enduring thank-you to all those who have endowed student scholarships within the college," Smith said, moments before recognizing those in attendance who have contributed to endowed scholarships.

It also serves as a reminder to students of the financial support opportunities available to them, and it encourages future donors "to consider the value of a gift of this kind to our students," Smith said.

Funding for the wall's installation was made possible by financial sup-

port from members of the CHBS Advisory Board. Alumnus and board chair James Egbert '87 said the group wants to encourage and help students grow, and we "want to give back what we got from our time at Radford."

The wall's location is along one of the highest traffic areas on campus, Smith said, where "thousands of students egress daily traveling from the quad to our classrooms and back again."

One of the scholarships represented on the wall is the MacKinnon Scholarship for the Advancement of the College of Humanities and Behavioral Sciences at Radford University.

Senior Bailey Graham,

a psychology and sociology double major from Roanoke spoke at the Friday afternoon ceremony. She said the support she has received from the MacKinnon Scholarship has been "invaluable" because it allows her to spend more time on academics, "which has allowed me to maintain a 4.0 GPA."

The fund wall artwork was designed by Foster Sheppard, a senior graphic design manager in the Office of University Relations, and was inspired, Smith said, "by Radford's traditional notion of the hive, where industrious bees work together to build individual honeycombs into the communal hive."

Among the scholarship plaques on the wall is an illustration of a bee alongside an inscription that reads "Building the Hive since 1910." Radford University was established that year as the State Normal and Industrial School for Women at Radford.

Just before the red curtain was removed for the unveiling, Smith instructed those gathered to "turn the corner and see what all the buzz is about."

Chad Osborne
Radford University

Red Pin Prizes **FAMILY HALLOWEEN BOOGIE BOWL** **Kid's Costume**

October 30th - 9:30pm-11:30pm

Only \$30.00 PER LANE
(shoes not included) (up to 8 people on a lane)

Call 382-5525 for more information

575 Arbor Drive, Christiansburg
www.nrvsuperbowl.biz

Christiansburg Aquatic Center November aquatic fitness schedule

Morning Fit (Monday/Wednesday); 9:15-10:15 a.m.; Nov. 1-17 and 29; \$37 for residents, \$47 for non-residents.

This shallow water workout combines calisthenics style movements with variations of upper and lower body resistance exercises. Participants will jog, kick, march, and jump through the water to improve their cardiovascular fitness, muscular endurance, and flexibility. The instructor is Danielle Bland at the slide side of the leisure pool in the deep beach area. The maximum enrollment is 16.

Warm Water Workout (Monday/Wednesday); 10:30-11:30 a.m.; Nov. 1-17 and 29; \$44 for residents, \$54 for non-residents.

This warm water exercise program is designed for individuals with arthritic and mobility limitations. This class is for those whose goals include increasing strength, flexibility, and range of motion in a relaxing and low impact atmosphere. The instructor is Danielle Bland in the therapy pool with a maximum enrollment of 10.

Due to limited spacing and class popularity, the center is limiting participation to one session of Warm Water Workout per person per month.

Rolling in the Deep (Tuesday/Thursday); 9:30-10:30 a.m.; Nov. 4, 9, 16, 18, 30; \$25 for residents, \$35 for non-residents.

Participants will strap on an aqua belt and take part in a deep water class in the competition pool. They may expect to perform aerobic exercises such as jogging and skiing to develop core strength. Jillianne Kowalcik is the instructor with a maximum enrollment of 25.

This class allows drop-in participation.

Warm Water Workout (Tuesday/Thursday); 9:15-10:15 a.m.; Nov. 4, 9, 16, 18, 30; \$32 for residents, \$42 for non-residents.

Danielle Bland is the instructor with a maximum enrollment of 10.

Due to limited spacing and class popularity, the center is limiting participation to one session of Warm Water Workout per person per month.

Warm Water Workout (Tuesday/Thursday) 10:30-11:30 a.m.; Nov. 4, 9, 16, 18, 30; \$32 for residents, \$42 for non-residents.

Danielle Bland is the instructor in the therapy pool with a maximum enrollment of 10.

Location: Therapy Pool.

Due to limited spacing and class popularity, the center is limiting participation to one session of Warm Water Workout per person per month.

Hydro Power (Tuesday/Thursday); 5:45-6:30 p.m.; Nov. 4, 9, 16, 18, 30; \$27 for residents, \$37 for non-residents.

This aqua class combines cardiovascular training and muscle conditioning through methods of interval training, abdominal work, and muscle enduring activities. These combinations provide a great workout with the use of equipment such as pool noodles and water weights in the leisure pool with instructor Jillianne Kowalcik. Maximum enrollment is 25.

This program allows drop-in participation.

Swim and Trim (Wednesday) 7-7:45 a.m.; Nov. 3, 10, 17; \$17 for residents, \$27 for non-residents.

A great way to start the day with a new routine consisting of half dryland workout and half water workout. It is guaranteed to hit all the right muscles and have participants ready to conquer the rest of their day. Participants should bring their own mats or extra towels for the deck exercise portions.

Jilliann Kowalcik is the instructor in the leisure pool with two participants per lane and a maximum enrollment of eight.

This program allows drop-in participation.

Rise N' Shine Water Aerobics (Wednesday); 7-7:45 a.m.; Nov. 3, 10, 17; \$17 for residents, \$27 for non-residents.

Gear up for this morning class that will get participants ready for the day. This is an aerobics class for the early risers so they can kick off their day energized.

The instructor is Edward Tickle on the slide side of the leisure pool with a maximum enrollment of eight.

Fluid Movement (Friday); 8-9 a.m.; Oct. 22- Nov. 19 (no class 11/05); \$27 for residents, \$37 for non-residents.

This class provides exercises that assist with balance, stability, and range of motion with a gentle, movement filled workout in warm water. Warm water helps relieve discomfort of exercise or stretching while relieving stress and increasing flexibility and balance control.

Ana McRoberts is the instructor in the therapy pool with a maximum enrollment of six.

Fit and Fabulous (Friday) 9:15-10:15 a.m.; Oct. 22- Nov. 19 (no class 11/05); \$22 for residents, \$32 for non-residents.

This workout will increase functional movement, range of motion, muscle strength, and flexibility by using inspiration from workouts such as HIIT, Tabata, Kickboxing, Aqua Zumba, and Pilates. The workout intensity will vary to keep participants moving and on their toes. Upbeat music combined with a little bit of something for everyone creates a workout for all fitness levels.

Ana McRoberts is the instructor in the leisure pool with a maximum enrollment of 12.

This program allows drop-in participation.

Aqua Yoga (Saturday); 9-10 a.m.; Oct. 23- Nov. 20 (no class 11/06); \$28 for residents, \$38 for non-residents.

Aqua Yoga utilizes the principles and movements of hatha yoga and adapts them to the water. The yoga poses practiced in this class will help participants develop strength and static balance and will increase their range of motion. Beginners are welcome. The instructor is Thea Vincenti with a maximum enrollment of 10.

This program allows drop-in participation.

Biomedical engineering researchers to study knee re-injury risk using wearable sensors

Each year, the number of people wearing smart watches increases, according to recent surveys. These wearable sensors are commonplace and provide useful feedback to individuals about their health. Wearable sensors can also be used in labs and clinics to gain real-time data and inform health decisions.

Supported by a \$2.9 million grant from the National Institutes of Health and led by Robin Queen, the Kevin P. Granata Faculty Fellow and professor of biomedical engineering and mechanics, a team of researchers from Virginia Tech and the University of Virginia will assess second anterior cruciate ligament (ACL) injuries — a tear of the same ACL or of the ACL in the other knee — using wearable sensors.

Aided by this technology, the multidisciplinary, multi-institutional team aims to develop a model that will allow for the identification of those who are at risk for a second ACL injury when they are released to return to sports.

"The assessment of most of these measures has been completed in research facilities for years, with no way of translating this work into the clinical setting," said Queen, who is also a faculty member of orthopedic surgery at the Virginia Tech Carilion School of

Medicine and an adjunct faculty member at the Edward Via College of Osteopathic Medicine.

"With the advancement of wearable technologies, we are finally in a position to complete this work in the clinical setting," Queen said. "We will be able to provide clinicians with actionable insights on which patients are ready to return to sports and which patients may need additional rehabilitation to decrease the risk of suffering a second ACL injury."

In a recent study published by Queen, 90 percent of athletes with an ACL injury will undergo ACL reconstruction, at an estimated cost of \$3 billion annually. Additionally, athletes who have suffered an ACL injury have a 15-fold increased risk of a re-injury upon returning to the sport.

Queen and her colleagues aim to advance post-ACL reconstruction clinical care by combining traditional clinical and novel clinic-based measures to identify patients at risk for second ACL injuries as they return to sport. They hope to apply the risk model they develop from their data in clinical settings, to help decrease the number of second ACL injuries.

In the first phase of the project, Queen and her colleagues will evalu-

ate load asymmetry — unequal force or weight being absorbed by one limb, with a greater force being applied to the non-surgical side — using insole sensors. They will collect the data from recruited patients who have undergone only one ACL reconstruction and have been cleared for return to sport. The information collected will be used in their prognostic model for predicting risk of re-injury.

"Second ACL injuries are common in athletes returning to the sport or unrestricted physical activity," Queen said. "Athletes have residual muscle weakness and asymmetrical loading and movement patterns after an ACL injury. Including load asymmetry in prognostic models would be an important measure in predicting risk of re-injury."

"Injury risk factors are incredibly complex and in a lot of ways individualized to the patient," said Queen. "Using a combination of important factors, this team will be able to develop a model with the ability to identify patients at risk for an injury and determine who might need to remain in physical therapy versus those who can safely return to sport. These results will also provide clarification on the role of both physical and psychological readiness to return to unrestricted activity."



PHOTO BY SPENCER ROBERTS OF VIRGINIA TECH
Robin Queen collects data for her extensive research on ACL injury risk assessment.

Timely rain yields ample apple harvests for Virginia farmers



Despite below-average rainfall in western Virginia through the summer, some timely rain has growers reporting harvests among the best in recent years.

Apple-picking season in Virginia is in full gear, and despite near-drought conditions that persisted throughout summer, Virginia growers are reporting their harvests are among the best they've seen in recent years.

"We've actually had one of the best crops we've had in a while," said Lucky Graves, who runs a U-pick operation at Graves Mountain Farm & Lodges in Madison County. "The apples might've been smaller because some of the trees were a little more loaded than they usually are, but overall it's been a great season."

Graves, who produces 10 or more varieties of apples each year, noted his crop benefited greatly from late-summer rain that arrived after an extended dry spell. According to weather

statistics recorded by the National Agricultural Statistics Service, northern and western areas of Virginia have seen below-average rainfall totals this year.

"We got really dry in summer, and we worried about that a little," Graves added. "But we got those late rains to help our apples along, and everything's seemed to work out pretty good in the end."

With the season winding down, Graves noted his operation's farm stand still had Cameo, Fuji, Golden and Red Delicious, Granny Smith, Rome, Stayman, Winesap and York apples available.

Joe Snapp, who grows 16 varieties of apples at West Oaks Farm and Market in Winchester, also attributed the quality of his crop to well-timed rain.

"The rain in the latter

part of the summer going into fall really helped size the fruit," said Snapp, chairman of the Virginia Farm Bureau Federation Apple Advisory Committee. "We're also glad to see these warmer temperatures in the fall, which will help us with our harvests."

Snapp said his Granny Smith, Fuji, Pink Lady, and York varieties were still being harvested, and he expected the season to conclude by the first week of November.

Frederick County grower Dudley Rinker also shared that he had an exceptional year, having closed his U-pick operation for the year in early October.

Rinker, who also serves on the VFBF Apple Advisory Committee, noted farm-fresh apples still can be easily found across Virginia. And, to the delight of baking aficionados, Rinker reported the state's fall varieties should be "in good shape" for the remainder of the season.

"Those fall varieties are going to be the best for baking, cooking, and storing," he said. "Summer varieties are going to get softer when you cook them and lose their shape, whereas those crisp fall apples are going to stay in nice slices for baking, and they're going to keep better."

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OPINION

Things that go bump in the night

From Ghoulies and Ghosties,
And long-leggity Beasties,
And all Things that go bump in
the Night,
Good Lord deliver us.
-- Anonymous poem

I have written before on this page of my fascination growing up with monsters and “ghoulies and ghosties and long-leggity beasties, and things that go bump in the night.”

I’m sure I’ve mentioned before that while the little red-haired girl down the street (Yes, Charlie Brown, I really did have a little red-haired girl with me growing up.) collaged her bedroom with photos of hunks torn out of the latest movie magazines, I had a lifesized full-color poster of Frankenstein’s monster on my bedroom door. Maybe that explains a lot of things.

Despite my advancing years, I’ve never really outgrown that interest in horror movies. In fact, my wife recently bought me a book called “Horror Cinema.” It basically reviews every horror movie ever produced and makes for some very interesting -- if not chilling --

reading.
The book was produced by an outfit called Taschen, an art book publisher founded in Germany in 1980 by a man named Benedikt Taschen. The book divides horror movies into ten different categories, which should give you some idea of the kind of book it is: Slashers and serial killers; Cannibals, freaks, and hillbillies; Revenge of nature and environmental horror; Science-fiction horror; The living dead; Ghosts and haunted houses; Possessions, demons, and tricksters; Voodoo, cults, and Satanists; Vampires and werewolves; and finally, the monstrous feminine.

The book wimps out, though, with its final section, which it grandiosely labels Taschen’s Top 50 Horror Movies. You would expect a ranking. No such thing. Instead, it takes the rather cowardly approach of merely listing the movies from one through 50 in chronological order. I felt cheated.

So, to wreak my revenge, so to speak, on that tackily arranged list, I offer to you, my erudite readers, my picks of the 10 best horror movies of all time. Please under-

stand this is totally subjective, and I can say in all honesty, I’m not exactly the world’s greatest movie critic.

Nevertheless, let’s take a plunge into the world of horror movies where things go bump in the night and we get to enjoy vicarious terror because we’re always safe sitting in our seats whether in the shelter of the dark at the movies or in the cocoon of our homes in front of the TV set.

1. The 1956 Invasion of the Body Snatchers. Neither of the two remakes measures up to the 1956 original, especially the spine-chilling scene toward the end when a frazzled, terrified Kevin McCarthy screams into the camera, “They’re here already! You’re next. You’re next.” This movie still gives me the creeps.
2. Psycho. The scariest thing about this movie? Hitchcock managed to craft a terrifying flick without any blood and also pulled off the trick of killing his heroine before the movie really

gets underway. You watch that shower scene alone in the dark and tell me how you feel afterwards. By the way, Hitchcock was such a craftsman, he took a week to film that scene. I can’t vouch for its veracity, but I’ve always heard Janet Leigh didn’t much care for showers after she made that movie. Baths maybe, but not showers.

3. The Silence of the Lambs. I’m still not old enough to watch this movie.
4. Alien. Is there a better pitch line than “In space, no one can hear you scream?”
5. The Sixth Sense. One movie, for sure, in which you absolutely cannot give away the ending without gaining an enemy for life.
6. Jaws. “You’re gonna need a bigger boat” pretty much says it all.
7. The Others. Another movie in which you can never reveal the ending.
8. Creature from the Black Lagoon. I know this sounds

like a strange choice. But after years of figuring it had disappeared from circulation, I found it recently and watched it again. It held up well, much to my surprise, as an environmentalist movie made long before environmentalism became a thing. I also gained a renewed appreciation for the creature’s fascination with Julia Adams swimming around in that white bathing suit.

9. The Blair Witch Project. No word for it but downright terrifying, except that’s two words.

10. Misery. To this day, even thinking about Kathy Bates wielding that sledgehammer makes me shiver. So there they are. My personal favorites for what they’re worth.

The author is a man of a certain age who, despite his fascination with the warped, the demented, and the obsessed, managed to somehow grow up at least slightly normal. He’s blaming that on his parents.

WalletHub ranks top 10 Virginia colleges and universities: UVa main campus rated best, VT sixth

With the first “early decision” college-application deadline looming

on Nov. 1, and tuition and room and board at a four-year college costing

anywhere from \$27,000 to \$55,000 per year, the personal-finance website WalletHub Monday released its 2022’s Best College & University Rankings report.

Included in its report was a ranking of the top 10 colleges and universities in Virginia: 1) University of Virginia-Main Campus 2) Washington and Lee 3) University of Richmond 4) William & Mary 5) Virginia Military Institute 6) Virginia

Polytechnic Institute and State University 7) Hampden-Sydney College 8) Randolph-Macon College 9) Eastern Mennonite University 10) James Madison University.

To help college-bound seniors make the most informed school choices, WalletHub compared the nation’s colleges and universities based on 30 key metrics grouped into seven categories.

Those seven categories

were 1) Student selectivity 2) Cost and financing 3) Faculty resources 4) Campus safety 5) Campus experience 6) Educational outcomes and 7) Career outcomes.

Among those 30 metrics the website used were admission rate, the share of freshmen in the top 10 percent of their high school graduating class, the net cost, the student-faculty ratio, the average class size, the share of full-time professors

among the total full-time instructional staff, the total number of on-campus arrests, the total number of on-campus crimes, the share of students living on campus, the average earnings from on-campus employment, the graduation rate, the share of graduates offered full-time employment within six months, the share of former students outperforming high school graduates, and the student loan default rate.

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Virginia winter wheat crop ready to plant

RICHMOND—Fall is harvest time for most grain farmers. But growers in Virginia use autumn to plant next year’s wheat crop, which sprouts and then goes dormant over the winter before next year’s harvest.

This production cycle allows farmers to earn some extra money while keeping a crop on their fields and preventing erosion. But wheat acres have shrunk in recent years due to low profits and chang-

ing weather patterns.

In 2021, Virginia wheat farmers harvested a little more than 8 million bushels of soft red winter wheat, 3% more than in 2020. It’s the brightest harvest report in several years.

“Yields were up compared to last year,” noted Robert Harper, manager of the Virginia Farm Bureau Federation Grain Marketing Division. “In the 2020 season we had too much rain and a killing frost on Mother’s Day weekend right before harvest. That’s only three weeks before harvest begins. No one I talked to could remember a frost that late in the season in their lifetime.”

Virginia wheat growers planted 205,000 acres in the fall of 2020, 15,000 acres fewer than the year before when weather

hurt their yields. Only 120,000 acres were harvested for grain production this summer; the rest was cut for animal feed or used for grazing.

In 2012, Virginia wheat farmers harvested more than 241,000 acres. By 2017 that number had declined to 152,000 acres, according to the U.S. Department of Agriculture’s Census of Agriculture.

Only two flour mills in Virginia and a few others in Maryland, North Carolina, and Pennsylvania purchase winter wheat for milling from Old Dominion growers. And weather conditions must be near perfect at the beginning and the end of the growing season for good-quality wheat, Harper said. Even then, it can be difficult to make a profit.

“If you go back to 2016 through 2019, the Chica-

go Board of Trade had low futures prices for wheat those years,” he said. “For a couple of those years, we were at 100-year lows for winter wheat acres in the U.S.”

In addition to wheat raised for milling, many Virginia farmers also raise wheat for use as hog and turkey feed, Harper said. The planting window for winter wheat is short, typically from mid-October until Dec. 1. With prices holding strong, growers are crossing their fingers for average rainfall the next few weeks.

“Our farmers know how to raise top-quality wheat, and we have the best growers out there. But all of that can be nullified in a day if the weather doesn’t work right at the beginning and the end,” Harper said.

CROSSWORD PUZZLE

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- CLUES ACROSS**
1. Break
 2. Where hurt ballplayers land
 3. Single-celled animal
 4. Rhythmic pattern
 5. One from Utah
 6. A group of seven
 7. Refrains from inflicting
 8. Light brown
 9. Humanistic discipline
 10. Emits coherent radiation
 11. It says who you are
 12. Roundworm
 13. Group of Native Americans
 15. Makes wider
 18. Headgear
 21. One who sets others free
 24. Form of communication
 26. A Brit’s mother
 27. Title of respect
 30. Famed modernist painter
 32. One-time province of British India
 35. Prosecutors
 37. Motor vehicle
 38. Non-religious
 39. Native Americans of Colorado and Wyoming
 42. Pouch
 43. Touch gently
 46. Chose
 47. Actress Tomei
 49. Former Broncos coach Dan
 50. Icelandic poems
 52. More decent
 54. Grillmasters use it
 55. Self-immolation by fire rituals
 57. Expression of annoyance
 59. Spumante (Italian wine)
 62. Consumed
 63. Body part
 66. Thus
 68. Rupee
- CLUES DOWN**
1. Wives of a polygamous man
 43. Young salmon
 44. Feline
 45. Skin decor
 47. Disfigure
 48. They ____
 51. Formal term for “on”
 53. Weight of precious stones
 55. Traveled rapidly
 56. Long-winged aquatic bird
 58. Prickly husk
 59. Expressed pleasure
 60. Exclamation of surprise
 61. Most irritable
 64. Virginia
 65. Optimistic
 67. Humorous works
 69. Arranged systematically
 70. Emerges



Virginia wheat farmers are already at work planting next year’s wheat crop, which sprouts and then goes dormant over the winter.

Submit letters to the editor to editor@ourvalley.org

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Pulaski County keeps Blacksburg winless



Blacksburg's Ethan Walker is tackled after making a first down on a pass from quarterback Parker Epperley against Pulaski County. Blacksburg struggled against the Maroon on homecoming night, losing 49-7 to remain winless on the season.



Blacksburg defenders Traye Robertts (left) and Johnathan Surface tackle a Pulaski County ball carrier in the backfield.



Blacksburg's Daniel Johnson got loose on several long runs in Blacksburg's only scoring drive of the night late in the game against Pulaski County.



Blacksburg's Parker Epperley fires a touchdown pass to Eric Metrey against Pulaski County.

PHOTOS BY JON FLEMING

Legals - City of Salem

ORDER OF PUBLICATION COMMONWEALTH OF VIRGINIA
VA. CODE §§ 1-211.1; 8.01-316, -317, 20-104
Case No. CL21-404
Salem Circuit Court
2 E. Calhoun Street, Salem, VA 24153
Isaias Rosa da Silva v. Victoria Nichole Davis
The object of this suit is to: Obtain a divorce
It is ORDERED that Victoria Nichole Davis appear at the above-named court and protect his/her interests on or before November 24, 2021.

October 4, 2021
Stacy L. Owen
Deputy Clerk

Legals - Craig County

appointed Substitute Trustee will offer for sale at public auction all that property located in the County of Craig, on the courthouse steps at the front of the Circuit Court building for the County of Craig located at 182 Main Street, New Castle, Virginia on November 23, 2021 at 10:00 AM, the property with improvements to wit:
Lot Number Three (3) as laid down, designated and shown on the certain division map of Blue Healing Springs, as recorded in the Clerk's Office of Craig County Tax Map No. 66-1-3

THIS COMMUNICATION IS FROM A DEBT COLLECTOR.

TERMS OF SALE: ALL CASH. A bidder's deposit of 10% of the sale price, will be required in cash, certified or cashier's check. Settlement within fifteen (15) days of sale, otherwise Trustees may forfeit deposit. Additional terms to be announced at sale. Loan type: USDA. Reference Number 21-288873. PROFESSIONAL FORECLOSURE CORPORATION OF VIRGINIA, Substitute Trustees, C/O LOGS LEGAL GROUP LLP, 10021 Balls Ford Road, Suite 200, Manassas, Virginia 20109

Legals - Craig County

(703) 449-5800.
Publication Dates: October 20 and October 27, 2021

ABC NOTICE

Family Dollar Stores of Virginia, Inc., trading as Family Dollar #27581, 222 W Main Street, New Castle, Craig County, Virginia 24127.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Wine and Beer Off Premises license to sell or manufacture alcoholic beverages.

Sandra Boscia, Assistant Secretary

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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ORDER OF PUBLICATION

Commonwealth of Virginia VA. CODE § 8.01-316
Case No. JJ004795-06-00
Floyd County Juvenile and Domestic Relations District Court Floyd County DSS v. Christian Knode
The object of this suit is to: Terminate the residual parental rights of Christian Knode, legal parent of Gabriel Knode 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

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

STATEWIDE ADS

Legals - Montgomery County

substantially plan for the child's future. Residual parental rights include, but are 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. It is ORDERED that Christian Knode appear at the above-named Court and protect his or her interests on or before December 6, 2021.

10/13/21
Bradley Dalton
Judge

ABC NOTICE

Devon Bixler, trading as South Main Distribution, 3175 Commerce Street, Blacksburg, Montgomery County, Virginia 24060.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a beer wholesaler license to sell or manufacture alcoholic beverages.

Devon Bixler, owner of South Main Distribution

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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Run Forrest run, but not in Blacksburg



From the Sidelines
Marty Gordon

little bit of an issue and ball placement was an issue. We had to fight through tight coverage a couple of times that was an issue, and we catch the ball but don't secure it all the way to the ground on what would be a big play. It wasn't one thing or one position. I think it was just a combination of everything."

Against [Pitt's] defense, big plays were few and far between, according to Fuente. "There are so many hats in there it forces you into the approach we had today. I felt like going into the game if we could find a way to get four to five yards running the ball to force them to continue to play that way, then we had chances for big plays in the passing game," the head coach said.

The Hokies averaged 3.2 yards per rush Saturday afternoon.

For the season, the Hokies have tallied 772 yards rushing for an average of 128.7 yards per game. In comparison, Air Force leads the nation with 336.4 yards per game. Army is second with 295, and Coastal Carolina is third at 263.5 yards per game. Virginia Tech ranks 93rd in the country when it comes to yards per game.

Maybe Gump could come out of retirement, but the bottom line is that the Hokies must find some offense, and a good rushing attack is a big part of that.

Running was an important part of Tom Hanks's movie, Forrest Gump, but someone in Blacksburg might have missed the last late-night showing of the flick on Netflix. This season and definitely this past Saturday, running has not been in the vocabulary for the Virginia Tech football team.

As a team, the Hokies rushed for 90 yards Saturday in the loss to Pitt, but if you take away quarterback Braxton Brumeister's 19 yards, the team's running backs produced only 71 yards. The problem can be seen even more in the breakdown of Raheem Blackshear and Jalen Holston's 18 yards each. The most productive back, Malachi Thomas, came off the bench late in the fourth quarter. He rushed six times for 33 yards to lead the threesome.

Head coach Justin Fuente was disappointed also in the team's lack of production on the passing side of the game, which produced only 134 yards of offense.

"I don't know if it was one issue," the head Hokie said in his post-game interview. "I think the wind on a couple occasions was a

Week number eight: Christiansburg tops Region 3D points standings

Marty Gordon
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Christiansburg's win over Hidden Valley on Friday increased the margin between the two in the Region 3D points standings.

Christiansburg remains in first with 26.57143 points while Hidden Valley is second at 24.25. Abingdon and Bassett are tied for third with 22.85714 points. The rest of the pack has Staunton River in fifth, Magna Vista sixth, and Lord Botetourt and Northside tied for seventh.

In 4D, Blacksburg fell to 10th place in points behind Pulaski, whom they lost to this past week. Western Albemarle leads the standings with 28.71429 points with George Washington second with 27.3333 points. Salem remains third with 26.8 points. E.C. Glass is fourth and Louisa is fifth. Halifax, Amherst, and Orange round out the top eight.

In 2C, Glenvar continues to hold down the top spot with 22.57143 points. Appomattox is second with 21.28571, and James River is third with 19.3333. Radford is fourth with 18.71429, and Floyd is a close fifth with 17.71429 points, slightly ahead of Martinsville, Gretna, and Chatham.

In 1C, Eastern Montgomery has

moved into the fifth spot, tied with Grayson with 14.14286 points. Galax remains in first at 19.42857, and Giles is second with 18.5000. Parry McCluer is third and Covington fourth. George Wythe is seventh and Narrows eighth.

Area Top Five: 1) Salem 2) Christiansburg 3) Glenvar 4) Giles 5) Pulaski.

Games this week: Patrick Henry (6-1) at Christiansburg (6-1)

Last week: Patrick Henry shut out Cave Spring 35-0 as their defense held Cave to 93 total yards. Quarterback Joey Beasley was 15 for 21 with 264 yards and three touchdowns. Receiver Jahzae Kimbrough had three catches for 103 yards. Beasley threw the ball around as eight different receivers had catches.

Christiansburg rolled in a 61-20 win over Hidden Valley.

Prediction: Christiansburg 33, Patrick Henry 30.

Auburn at Galax (5-2)

Last week: Auburn was idle.

Galax shut out George Wythe 35-0 as Tedruhn Tucker scored twice and the team rushed for 340 yards.

Prediction: Galax 40, Auburn 6.

Hidden Valley (5-2) at Blacksburg (0-6)

Last week: Blacksburg was routed

49-7 by Pulaski. The Bruins' lone score came on a 13-yard pass from Parker Epperley to Eric Metry.

Hidden Valley ran into a buzz saw of its own in a loss to Christiansburg.

Prediction: Hidden Valley 34, Blacksburg 14.

Eastern Montgomery (4-2) at Narrows (2-5)

Last week: Eastern Montgomery moved to 4-2 with a 28-6 win over Bath County as Seth Burselson continued to have a great season with 16 carries for 124 yards with a touch down. Gage Akers also ran for a score and threw another. Eli Brown added another touchdown.

Narrows fell to 0-2 in the Pioneer District in a 33-26 loss to Covington and got touchdowns from Aiden McGlothlin to Koller Pruitt, who scored on a 60-yard run. Pruitt finished with five catches for 139 yards.

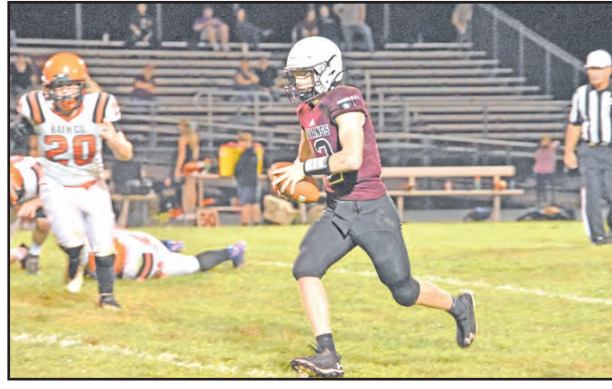
Prediction: Eastern Montgomery 27, Narrows 24.

Floyd (4-3) at Radford (5-2)

Last week: Floyd fell 34-19 to James River. Kaleb Fenton threw a 13-yard touchdown pass to Matt Slusher and a 67-yarder to Kaiden Swartzel. Floyd has been outscored 177 to 112 this season.

Two weeks ago, Radford picked up a 36-7 win over Carroll County. Prediction: Radford 24, Floyd 21.

Eastern Montgomery defeats Bath, moves to 4-2



Gage Akers ran for a touchdown and threw a pass for another in the Mustangs' 28-6 win Friday night over Bath County. The win upped East Mont's record to 4-2.



Eli Brown ran through the Bath County defense for a touchdown in the win.

PHOTOS BY LAURA TATE

Radford University basketball fan fest set for Oct. 28

The 2021 Radford University basketball fan fest will be held on Thursday, Oct. 28, at 7 p.m. in the Dedmon Center.

Men's basketball head coach Darris Nichols and women's basketball head coach Mike McGuire will provide an early look at this year's teams during open scrimmages and will par-

ticipate in meet and greets with players and coaches from both squads.

The men's basketball program enters its first season under head coach Nichols, a Radford native and Radford High School graduate.

The team went 15-12 overall with a 12-6 record in the Big

South a year ago and returns key players such as Chyree Walker, Dravon Mangum, Xavier Lipscomb, and Lewis Djonkam. With his older brother Shane as his top assistant and a young, energetic coaching staff by his side, Nichols will look to build upon the success the Highlanders have enjoyed over the years

and lead them to even greater heights.

Head Coach Mike McGuire returns to lead the women's basketball program for a ninth season.

The Highlanders have produced seven winning seasons seven times during McGuire's tenure, making him the third-

winningest coach in Radford history.

Bryonna McClean, Ashley Tudor, Rachel LaLonde, and Kyanna Morgan all return from last year's squad with an infusion of young talent joining them for what should be an exciting season in the Dedmon Center.



Gabby Brooks defends the net against Pulaski County for the Bruins.

Blacksburg volleyball rolls past Pulaski



Blacksburg's Sophia Johnston gets a kill from the left wing in the three-game sweep of Pulaski County.



Blacksburg's Madison Price goes up for a spike against Pulaski County.

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Blacksburg volleyball honored seniors Madison Price, Peyton Seeley, and Alexis Snyder Thursday night as the Bruins defeated the Pulaski County Maroon 25-14, 25-7, 25-17 in their last regular season home match.



CROSSWORD ANSWERS

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