

Wednesday, January 12, 2022 • USPS 387-780 • ourvalley.org • \$1.00

Radford University mandates COVID booster shots for spring semester

RADFORD – With the Spring 2022 semester set to begin next week, the university has announced it will require COVID booster shots.

Radford University Interim President Carolyn Ringer Lepre announced the measure in a message to the campus community.

Dear Highlander Family:

“As we usher in a new year, I hope each of you enjoyed a safe and healthy break and I look forward to being together again during the Spring 2022 semester.

“As you and other members of our community return to campus, the health and well-being of the Radford University family remains our central focus. In doing so, some initiatives are necessary for us as a university; however, much of our progress rests in the hands of each individual as we continue to navigate the global health pandemic.

“Since releasing the Spring 2022 Operational Plan in October, there have been a number of developments,

such as Omicron, the latest variant that is the predominant strain of the virus, and the CDC updated guidance for isolation and quarantine.

“As you may be aware, college campuses around the country, as well as here in Virginia, are having to reexamine best practices for remaining healthy while continuing the important mission of teaching and learning.

“In preparation for the Spring 2022 semester, the Radford University’s COVID-19 working group is providing revised recommendations related to health and safety protocols for our community. The information outlined below updates and supplements the Spring 2022 Operational Plan.

Spring 2022 Operational Plan Updates

“The spring semester will start as planned with the first day of classes on Jan. 18, 2022. University owned and operated housing reopens on Jan. 13, 2022, for students to return during their chosen appointment time. To bal-

ance density, appointments can still be scheduled through the housing portal in OneCampus.

“Students who are sick or experiencing any COVID-19 symptoms should stay home until symptoms resolve, a negative COVID-19 test result is received, and/or they are cleared by a healthcare provider. The Dean of Students Office will assist students with late arrival needs.”

Vaccine/Booster

Vaccination remains the most effective tool to combat COVID-19. The CDC recommends COVID-19 booster shots at two to six months after the initial vaccine series completion, depending upon type of vaccine received (five months after Pfizer, six months after Moderna and two months after J&J). Effective immediately, Radford University is expanding its COVID-19 vaccine mandate to include the requirement of booster shots for students

See Mandates page 4



Radford City dispatcher Harley Brewer

Radford dispatcher recognized for life-saving assistance

RADFORD – A Radford 911 dispatcher is being recognized for helping to save a life during a 911 call using telephonic CPR.

“We are proud to recognize Dispatcher Harley Brewer for her quick thinking and calm demeanor during a critical call that assisted in saving a life of a community member,” the Radford City Police Department recently announced.

“911 dispatchers are the lifeline between people in dangerous situations and the help they need. They often have to talk people through tense and fearful moments,” the announcement reads. “To prepare for the job of a 911 dispatcher, they go through a long training process to be prepared to handle the many types of emergencies. They are true experts at keeping you calm while staying calm themselves.”

Brewer utilized her training in T-CPR, or telephonic CPR, to assist the caller. According to the RPD, on Jan. 1, 2022, 911 centers were required by Virginia code to provide emergency commu-

nications officers with the training. T-CPR is described as “a new and effective way to ensure that CPR is provided quickly by the 911 dispatcher providing instant CPR instructions.

“T-CPR allows bystander CPR to begin – it works by keeping the brain and heart alive until EMS arrives to provide defibrillation and other vital interventions,” the RPD said. “T-CPR can assist the untrained caller as well as remind the CPR-trained caller how to provide high-quality CPR. Being able to start CPR quickly and before EMS arrival is often the difference between life and death for a patient. Saving lives is a team effort between our 911, EMS/Fire, Police, and ER staff.”

The department said, “Dispatcher Harley Brewer should be commended on a job well done. Next time you see a dispatcher or even speak with them on the phone, be kind to them and thank them for everything they do to keep our community safe.”



PHOTO BY ETHAN BELL

Virginia’s COVID-19 hospitalization cases set record

Friday, Jan. 7, statewide COVID-19’s hospitalization count of 3,329 set a one-day record since the pandemic began, eclipsing the previous one-day peak of 3,201 hospitalizations on Jan. 13, 2021.

COVID-19 hospitalizations are up nearly 200 percent across Virginia (194 percent) in the past month. And hospitalizations are up across all regions of the commonwealth with significant increases recently documented in the central, eastern, and northern regions.

This is now the fifth surge of the pandemic. The previous four were in Spring 2020, Summer 2020, Fall and Winter 2020-2021, and Summer 2021.

Hospitals across Virginia continue to make operational adjustments related to things like visitation restrictions, scaling back or postponing non-emergency procedures, and adjustments to respond to the current and evolving circumstances of the pandemic. While each facility and the situation it is confronting is unique, hospitals and their teams have consistently adapted to meet the challenges presented by the pandemic.

As adaptable as hospitals have been, it is important to remember that the health care delivery system does not have unlimited resources (For instance, staffing challenges which predated the pandemic have been magni-

fied due to various factors, including staff who are sidelined while isolated/quarantined due to illness or exposure).

The current situation is serious and if things remain on the current trajectory for an extended period – particularly because hospitalizations as a metric tend to slightly lag behind rising case counts, and some of the modeling projections suggest that this current surge may not yet have reached the point where it will crest and begin to recede (some modeling suggests that may occur later this month) – Virginia’s hospitals could face the possibility of straining the limits of the system’s capacity.

Mayor to host virtual storytime Thursday



Radford Mayor David Horton is hosting “a fun winter weather-themed storytime” this Thursday. The event will be streamed Live on Facebook at Radford Public Library at 11 a.m. Horton is pictured reading during a storytime live-streamed over the Christmas holiday.

Virginia State Parks Youth Conservation Corps accepting applications through March 14

Virginia State Parks is seeking qualified candidates to fill Youth Conservation Corps (YCC) summer residential service opportunities across the state. Two three-week programs will be offered this summer.

Applications for crew leaders and crew members will be accepted through March 14, 2022.

YCC crews will assist Virginia State Parks staff with a range of operational projects including, but not limited to, trail maintenance, habitat improvement, and campground construction and restoration. Room and board is provided to all YCC crew serving at Virginia State Parks.

Applications are being accepted for the following sessions:

Session 1: June 19 – July 9, 2022 (Leaders must arrive June 17)

Session 2: July 17 – Aug. 6, 2022 (Leaders must arrive July 15)

Crew members will gain valuable experience in trade skills and resource management. Ideal applicants for

crew member positions are young adults 14-17 years of age who have an interest in environmental protection, the physical ability to work outdoors in all weather conditions and the desire to make a difference in the community they serve.

Crew members who successfully complete a three-week service program will receive 120 service learning hours and a \$500 stipend.

Crew leaders will supervise a group of 10 YCC crew members and work directly with park staff to complete a variety of projects. Upon completion of a three-week program, crew leaders will receive a \$1,800 stipend and a \$350 travel stipend. All crew leaders are required to attend training at Twin Lakes State Park June 13-16.

For continuity of the service programs, crew leaders are encouraged to apply for both three-week sessions. Eligible crew leaders will be entering their junior year of college or equivalent. Applications for crew leaders are being accepted until filled.

UPCOMING EVENTS

Now through Jan. 21:

Apply now for NRV Master Gardener Program

The New River Valley Master Gardener Program is seeking applicants for the 2022 Master Gardener Training class. The classes will be held on Tuesday and Thursday afternoons from Feb. 15 through May 5 on the Virginia Tech Campus and at the Montgomery County Government Center. Topics covered include basic botany, plant propagation, herbaceous plants, houseplants, vegetables, fruits, pruning, landscape design, floral design, lawn care, woody plants, entomology, plant pathology, abiotic stresses, soils, and pesticide use and safety. The cost for the course is \$185.00 and participants will perform 50 hours of volunteer service. Contact Wendy Silverman at the Montgomery County Extension Office at 540-382-5790 for more information. Applications are due Jan. 21, 2022.

Now through Feb. 1:

Town of Blacksburg Leaf Collection

The Town of Blacksburg is finalizing leaf collection in the two remaining areas of town: Wyatt Farms and Woodbine. This service will be completed by Jan. 14. Residents are reminded that leaves may also be bagged and placed curbside until Feb. 1.

Now through Feb. 28:

MFRL adult winter reading program

The Montgomery Floyd Regional Library's adult winter reading program challenges patrons to read during January and February and keep track of their reading on the library's Beanstack site. Earn badges with each book read and activity completed. <https://mfri.beanstack.org/>

Wednesday, Jan. 12:

Brown Bag Book Club
At the Radford Public Library from noon to 1 p.m. The club meets on

the second Wednesday of each month for a book discussion. Participants may bring a lunch. Discussed this month is "Nomadland" by Jessica Bruder.

Evening Book Talk: "Save Me the Plums"

At the Christiansburg Library at 6:30 p.m. Discussed this month is "Save Me the Plums: My Gourmet Memoir" by Ruth Reichl. Meeting in-person and virtually.

Earth Fare Ribbon-cutting

Earth Fare, an organic and natural grocery chain, opens doors to the public at its new location, 2625 Market St. NE, Christiansburg. A ribbon-cutting ceremony will take place at 7:45 a.m. with doors opening to guests at 8 a.m. The ceremony will kick-off with a \$1,000 check presentation to the Community Foundation of New River Valley. Gift cards will be given to the first 200 people in line with one lucky winner walking away with \$500.

Thursday, Jan. 13:

Vision Board Workshop

At the Blacksburg Library at 6:30 p.m. Create a 2022 vision board to serve as a daily reminder of dreams and goals. All supplies will be provided, but participants may bring any personal pictures to add. The program is recommended for adults.

NRV Small Business Relief Program business grant applications due

The New River Valley Small Business Relief Program is making grants of up to \$15,000 available to businesses located in the counties of Floyd, Montgomery, Giles, and Pulaski and the City of Radford to help offset business impacts during the pandemic. Applications will be accepted until Jan. 13, 2022.

River City Quilt Guild

The River City Quilt Guild meets the second Thursday of each month at 9:30 a.m. in Grove United Methodist Church, 1020 Tyler Avenue, Radford. All skill levels of quilters are welcome. For more information, call Anna Handy at 540 320 7791.

Saturday Jan. 15:

Caturday

At the Christiansburg Library; from noon to 1 p.m. Sign up at the front desk for a 15-minute slot to read to a cat from the Montgomery County Animal Care and Adoption Center to practice reading and to socialize shelter cats. All ages are welcome. Email shodges@mfri.org for more information.

Dyslexia: The Basics

At the Meadowbrook Public Library at 1 p.m. Pediatric speech-language pathologist and dyslexia consultant Vicki W. Brackett will give a brief overview of the symptoms and cause of dyslexia. Her presentation will include the myths, the symptoms to look for in both young children and adults, and what can be done to help overcome some of the issues associated with dyslexia. Handouts will be provided.

Author Talk: Mary Ellen Campagna

At the Christiansburg Library at 2 p.m. Local author Mary Ellen Campagna will discuss her new book, "UNA: Queen of Trouble." Books will be available for preorder at the event.

Teen DND

At the Blacksburg Library at 2 p.m.

Chess Club

At the Blacksburg Library at 3 p.m. Ages 8 years and up are welcome to come sharpen their chess skills. Supplies will be provided. All skill levels are welcome.

Sunday, Jan. 16:

Montgomery County-Radford City-Floyd County NAACP MLK Celebration

The NAACP will celebrate and honor the life and legacy of the Rev. Dr. Martin Luther King, Jr. Guest speaker for the 2022 celebration is Dr. Tommy McDearis, Senior Pastor of Blacksburg Baptist Church. The virtual celebration will include presenting the MRF NAACP/Dr. Martin Luther King, Jr. Community Service Awards and presentations by the NAACP Youth Council. The celebration will also include music, poetry and an inspiring message.

To register for the virtual celebration, log onto <https://mrfnaacp.com/MLK2022>. A special offering will be taken for the MRF NAACP/Samuel H. Clark Memorial Scholarship. Each year, up to five youth are awarded \$1,000 scholarships. Donations may be sent to Montgomery County-Radford City-Floyd County Branch NAACP, PO Box 6044, Christiansburg, Virginia 24068.

Monday, Jan. 17:

Crafternoon

At the Radford Public Library from 1 to 2 p.m. Bring your crafting supplies to this crafternoon delight crafting club for adults.

Tuesday, Jan. 18:

Stuffed Animal Taxidermy

At the Blacksburg Library at 4:30 p.m. Create a new wall hanging. Transform stuffed animals into works of art. Library staff will supply all the materials needed. This program is recommended for teens. Email mroach@mfri.org with any questions.

Wednesday, Jan. 19:

American Business Women's Association Luncheon Meeting

At the Holiday Inn Christiansburg-Blacksburg, 99 Bradley Dr., Christiansburg, from 11:30 a.m. to 1 p.m. Cost is \$14.25. The guest speaker is Ann Custer, a professional organizer with WOW Organizing Services. RSVP by noon on Jan. 17, 2022. Contact Terri Welch at christiansburg@wineand-design.com.

Computer Basics, Part 3

At the Meadowbrook Public Library at 10:30 p.m. This course will cover accessing and utilizing library databases from computers, smartphones, and tablets. Databases include the library digital collections, genealogy and research, career resources, and resources for kids.

American Red Cross Blood Drive

Schedule an appointment at www.redcross-blood.org. The blood drive will be held at the Waldron Wellness Center-Carilion Community Room and is co-sponsored by the Craighill Masonic Lodge. Patrons of the Montgomery-Floyd Regional Library who have fines and donate blood will be forgiven up

to \$10, redeemable only at the Meadowbrook Public Library at 1 p.m.

Art Club: Chila Kumari Burman

At the Christiansburg Library at 2 p.m. Explore the art of Chila Kumari Burman and recreate one of her famous sculptures, Eat Me Now. For ages 6 and up.

Thursday, Jan. 20:

Talking About Books Nonfiction: "The Good Neighbor - The Life and Work of Fred Rogers"

At the Christiansburg Library at 11 a.m. To be discussed is "The Good Neighbor: The Life and Work of Fred Rogers" by Maxwell King. Meeting in-person and virtually.

Snow Storm Slime

At the Blacksburg Library at 3:30 p.m. Come make some fun snowstorm slime. Supplies are limited. Email mroach@mfri.org with any questions.

Saturday Jan. 22:

Friends of the Library Book Sale

An all-day event at the Blacksburg Library; \$5 per bag of books, \$1 for hardbacks, \$0.50 for paperbacks. Support the Friends of the Library and score some deals on books.

Sunday, Jan. 23:

Chess Club

At the Blacksburg Library at 3 p.m. Ages 8 years and up are welcome to sharpen their chess skills. Supplies will be provided. All skill levels are welcome.

Monday, Jan. 24:

Crafternoon

At the Radford Public Library from 1 to 2 p.m. Participants may bring their supplies to this crafternoon delight crafting club for adults.

Tuesday, Jan. 25:

Rock Painting

At the Meadowbrook Public Library at 4:30 p.m. Paint a rock to look like a fish (or other aquatic creature) and put the rocks in a fishbowl and decorate it to

be a personal aquarium. All supplies are provided and this is a free event. Recommended for ages 10 and up. Please pre-register as spaces are limited.

Science-Fiction/Fantasy Book Club: "Trail of Lightning"

At the Blacksburg Library at 6:30 p.m. To be discussed is "Trail of Lightning" by Rebecca Roanhorse. Call 540-552-8246 to reserve a copy.

Wednesday, Jan. 26:

Lunch and Learn: Listening Session

At the Blacksburg Library at noon. Sustainable Blacksburg is making a January listening session an annual tradition to keep building on progress and to incorporate new ideas for the new year. Participants can join in person or via Zoom by registering at <https://go.mfri.org/BB012622>.

Saturday, Jan. 29:

Click Smarter photography Q and A

Drop in to the Radford Public Library from 11 a.m. to noon and talk to professional photographer Charlie Whitescarver about photography. He will look at your photographs and give you tips on how to improve them. He can also help you with that new camera that was a Christmas present. Masks are required for in-person attendance of library programs. Whitescarver has been taking pictures and teaching the art of photography since the mid-1970s.

Quilting Marathon

At the Meadowbrook Public Library from 8 a.m. until 8 p.m. The Meadowbrook Quilters are hosting a quilting marathon. The public is invited to see these skilled individuals working on quilts. The event is open to everyone at any skill level to come and join in the quilting or to just ask questions.

Bookmark Making

At the Blacksburg Library. Use basic hand sewing skills to create a colorful elastic bookmark that fits many sizes of books. A quick and fun craft for anyone who can sew a few stitches. Best for ages 8 and up. All supplies provided, registration recommended. Call the library at 540-552-8246.

ONLINE ONLY AUCTION
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Directions - From Town of Floyd - 221 north towards Roanoke - Left on Bethlehem Church rd. - right on Sunny Ridge rd. - property on immediate right past green boxes. See signs

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Blue Ridge Land & Auction Co., Inc

Thompson & Litton Announces New Directors

Wise, VA - Thompson & Litton, Inc. (T&L) is pleased to announce multiple promotions throughout our offices that took effect Jan. 3, 2022.

Timothy Mullins, PE is entering his 36th year at T&L and has been promoted to Director of Transportation and Utilities. Throughout his employment, Tim has served the firm in many different roles including CADD Technician, Design Engineer, Project Engineer, Design Supervisor, and Director of Transportation. Tim has played a major role in the design of various transportation, water, wastewater, site and infrastructure development projects for numerous clients throughout T&L's service area. Tim graduated with a Bachelor of Science in Civil Engineering from Virginia Polytechnic Institute and State University in 1992. Tim is in the firm's Bristol, TN office.

Andrew Monk, PE has been promoted to Director of Site Development and Solid Waste. Now in his 14th year with the firm, Andrew has experience in the design and construction of site development, stormwater, and solid waste management projects. He received a Bachelor of Science, Civil and Environmental Engineering from Virginia Polytechnic Institute and State University in 2007. Andrew is a member of the American Society of Civil Engineers. He is in the firm's Radford, VA office.

Erica Sunshine, AIA, LEED AP has been promoted to Director of Architecture for Virginia and West Virginia. In 2018 Erica joined T&L and brought with her 30 years of experience. Erica has played a key role in the design of new construction and renovation/adaptive reuse projects. As a Project Architect, Erica oversaw all planning and development of design concepts and alternatives and supervised design architects and technicians who developed design details and construction documents. As a LEED Accredited Professional, Erica also has a comprehensive understanding of green building design practices, principles, and the LEED Rating System. She received a Bachelor of Architecture from Virginia Polytechnic Institute and State University in 1988. Erica is a member of American Institute of Architects. She is in the firm's Radford, VA office.

Ned Stacy, AIA, NCARB has been promoted to the position of Director of Architecture for Tennessee. Ned has 15 years of experience in construction and 25 years in the architectural profession. He has played a key role in the design of new construction and renovation/adaptive reuse projects. As a Senior Architect, Ned has overseen all planning and development of design concepts and alternatives and supervised design architects and technicians who developed design details and construction documents. Ned received his Bachelor of Arts in Architecture from the University of Tennessee in 1995. He is in the firm's Johnson City, TN office.

T&L President Greg Hurst, P.E., remarked that, "This is a solid group of professionals, and I am excited to see what they do with this opportunity. I am sure it will be great for T&L!"

LewisGale Medical Center expands cardiac services with renovated cardiovascular catheterization lab

LewisGale Medical Center announced recently the opening of its newly renovated, state-of-the-art Cardiovascular Catheterization Lab. The new cardiac lab is part of an ongoing investment the hospital has made in enhancing the delivery of cardiovascular services.

The new equipment and renovated lab provides advanced treatments that enhance patient care, make complex procedures safer and simpler, and provide physicians with leading edge technologies, including a laser-steered platform, to perform a comprehensive range of diagnostic and interventional procedures.

“The renovation of our Cardiovascular Catheterization Lab reflects our commitment to providing the highest-level cardiac care in Southwest Virginia,” said Michele Gillespie, vice president of cardiovascular services. “This updated facility brings next-level precision of care to our patients. Coupled with

our exceptional team of experts, we are proud to bring innovation, quality care, and service to our community.”

Richard Konstance, medical director of interventional cardiology, recently performed the first procedure in the new lab. The upgrades reassure patients that their providers have the best possible tools at their fingertips to perform life-saving procedures.

“This new lab is state-of-the-art, not only in imaging, but in air flow for infection prevention, ergonomics, and comfort for our patients,” said Dr. Konstance. “This investment reinforces that LewisGale Medical Center is invested in this community.”

LewisGale Medical Center serves the cardiovascular needs of patients from across the Roanoke Valley and beyond. Led by Drs. Richard Konstance and Andrew Maiolo, the diversified cardiology team, comprised of expert cardiologists, interventionalists,

and surgeons, performs a wide variety of elective and emergent therapies ranging from open sur-

gery and Percutaneous Coronary Intervention (PCI), to the latest approaches in minimally

invasive cardiovascular techniques such as peripheral vascular interventions, carotid stent-

ing, transcatheter aortic valve replacement/implantation and cryoablation.



LewisGale Medical Center's state-of-the-art cardiovascular catheterization lab provides advanced treatments that make complex procedures safer and simpler.

VT researchers investigating how to protect against sport-related head injuries

The pouring rain and blustery wind gusts are brutal. The crowd is bone-chillingly cold, but they don't care.

Their favorite football team is on the field.

Suddenly, a player turns up the tempo, plowing full force into the opponent. Cheers erupt in the stands.

The player jumps up, shakes off the hit, ready for the next play. But he's suffered a sub-concussion, a critical component of chronic traumatic encephalopathy (CTE), a traumatic brain injury that often goes unnoticed during play.

The head impacts he experiences are causing sub-clinical brain damage. Experts refer to these sorts of impacts as a sub-concussion – a traumatic brain injury that does not present with the signs and symptoms of concussion. Sub-concussions often go unnoticed during play but have been shown to play a critical role in the risk for developing CTE.

This unsettling scenario plays out frequently on football fields, basketball courts, and other sports venues. The Centers for Disease Control and Prevention estimates between 1.6 and 3.8 million sports-and recreation-related concussions occur each year in the United States. While the prevalence of sub-concussive injuries is not well-quantified because of the nature of the injury, the occurrence is likely exponentially greater.

To address this, Virginia Tech researchers in the College of Agriculture and Life Sciences are studying how docosahexaenoic acid (DHA), a type of omega-3 fatty acid, usually inadequate in collegiate athletes' diets, helps protect the brain from trauma in a proof-of-concept study.

“This would be such an important finding if a nutrition or dietary supplement intervention can make a difference in athletes' risk of brain injury,” said Michelle Rockwell, an adjunct faculty member in Virginia Tech's Department of Human Nutrition, Foods, and Exercise and the principal investiga-

tor of the research project.

The research team selected football because of the repetitive head impacts, which have been shown to exceed 500 per college season and 5,000 in an NFL career. Ultimately, they chose linemen as the study group. The research was conducted from June through December 2020, covering football's summer camp and the entire football season.

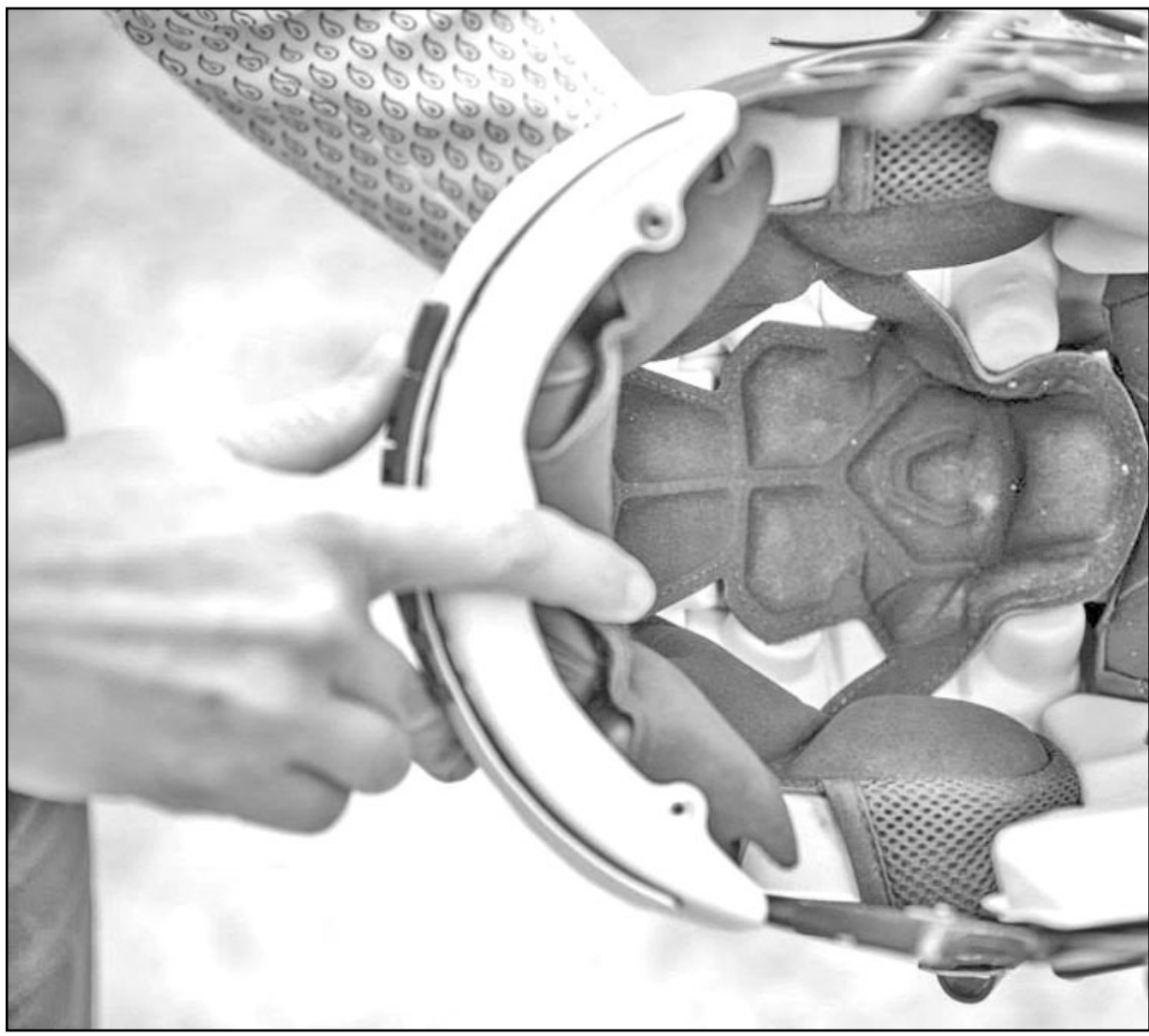
“This is the first time that a randomized, controlled DHA supplement trial with in-depth measures of head impact and brain damage has been conducted in football players,” said Rockwell, also a senior research assistant with the Department of Family and Community Medicine at Carilion Clinic and an assistant professor with the Virginia Tech Carilion School of Medicine. “DHA has shown to be effective in reducing traumatic brain injury in mice, but we don't watch mice play on Sunday afternoons.”

The ultimate goal of the research is to identify dietary or supplement strategies that athletes or teams could implement to protect the brains of their athletes as one of many measures put in place to protect their health.

Picking up during the research right where the TCU researchers left off in 2020, the Virginia Tech researchers studied Hokie football offensive and linemen for an entire season. Approximately half of the linemen received daily DHA supplementation and the remaining participants received a matched placebo with the research conducted in a double-blind scenario.

The dose of DHA, commonly found in foods such as fatty fish and other seafood, given to the athletes daily was in the ballpark of two grams, a hefty amount but understandable given the average body weight for the participants was more than 250 pounds.

Donning GPS trackers embedded in their helmets, the players had a



Virginia Tech researchers are studying how common nutritional supplements may protect against traumatic brain injuries in sports.

plethora of motions analyzed, including gravitational forces of impacts, the maximal force, and rotational forces. Each of these impacts could contribute to microdamage to the brain.

To help keep the data collection team small during the COVID-19 pandemic, just a handful of students assisted with the research, providing support for the main research team, monitoring supplement compliance, processing samples, adminis-

tering tests, and managing data. In total, three graduate students and five undergraduate students were involved with the project in 2020, and seven students are involved in the data analysis phase of the project.

The research is in the final phase: the analysis of results. And so far, Rockwell said, these results are promising. For example, some biomarker concentrations and neurocognitive measures were better

in the participants who took DHA supplements compared with those who took a placebo.

The important next steps for the research involve the full analysis of the results, including MRI findings, which are expected in the next month. The research team will then submit results to peer-reviewed journals while designing future work to repeat

the study over a much larger group of athletes to confirm the findings.

This research, importantly, could translate to all athletes and all sports. To that hockey player that makes repeated hits or bumps on the boards. That basketball player with the physical playstyle. And to the volleyball player who constantly hits the floor.

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OPINION

Buddy King: Growing up without culinary experience

I grew up without great culinary experiences or expectations.

Both my parents were raised on farms and probably had similar diets, although my dad was one of eight and went through life cherishing each meal.

My mother was pickier. I am sure that most of what they consumed was grown or raised at home. Their typical diet in my years with them was best described as bland. My mom probably got her cookbook from a hospital cafeteria.

Some stuffing examples. I never knew what garlic was until college. Herbs and spices meant salt and pepper. I never knew any salad dressing existed except for French. You had to have bread at every meal and potatoes, too. Like most of my friends growing up, our dads had the disgusting habit of crumbling up cornbread and putting it in their milk.

And then there was buttermilk. My folks loved it. To this day I have never tasted it. Don't get me started on sweet potatoes either. Ugh. It was difficult sustaining an appetite just having to see these things at the kitchen table.

My dad always fixed breakfast, and it almost always included bacon or sausage or country ham, fried apples, and toast. Buckwheat cakes in season. He usually had eggs himself and one healthy concession was that he loved fresh fruit: grapefruit, oranges, can-

taloupes, bananas, honey dew melons. It was undoubtedly his favorite meal of the day, but I developed an aversion for the melon group, except watermelon.

Dinner was my mother's domain. She was a functional cook, but, as I said before, certainly not fancy. Like a lot of folks raised in the mountains at that time, she was terrified of seafood and pretty much any fish. She was certain that eating anything that had been in the water a few days before could lead to nothing good such as food poisoning and choking on fish bones. I think she would have been no less scared of a live alligator in our kitchen than fresh shrimp or oysters or trout.

So our meals were staples of chicken, ground beef, ham (I only liked country ham.), pork tenderloin, liver and onions (OMG), stuffed peppers, potatoes, and carrots. Her one concession to things that swam was our Friday night dinner of frozen fish sticks. These things were as close to seafood as I got before college days, with the exception of weekly suppers of salmon patties scraped from a can and fried in a skillet. I don't think I knew then what species had been sacrificed to create this dinner sensation.

I probably would like salmon patties now, but I'm pretty sure I ate my lifetime allotment as a kid. That's my story and I'm sticking to it. I was quite shocked to learn

in recent years that salmon is almost a "delicacy," that it is actually served by fine restaurants, and that it can be eaten in forms other than the ground-up stuff (bones and all) that I remember from my Cherry Lane days.

Another food I have been stunned to learn that is also considered a delicacy is asparagus. Hated it as a kid. Again, it came from a can, which must have infused it with a special kind of nastiness. I mainly remember it in casseroles covered with some sort of white goop on top. I'm not sure any of it ever reached my mouth. I mainly just moved it around on my plate, trying to make it look like some of it was disappearing. Most of my experience with broccoli was along these same lines. Today, I find FRESH asparagus and broccoli tolerable, even tasty, particularly if you add enough cheese and butter and wrap the asparagus in bacon.

My favorite meals as a child involved country ham or pork tenderloin. My mom always let me pick dinner on my birthday, and my choice was always pork tenderloin cutlets with Spanish rice. To this day, I have not found a butcher shop that sells pork tenderloin anywhere near as good as what we got at Angle's Market in Christiansburg. I can say the same thing about the "minute steaks" we had back then.

For some reason, Saturday

lunch as a kid sticks in my mind as special. It was my mother's treat to me I think. My dad was usually at work or on the golf course, so it was alone time with my mom. She would fix Canadian bacon in the ubiquitous skillet and serve it on plain white bread, which would soak up the delicious grease. The meal would be topped off with my very own can of potato sticks. Better than chips (probably cheaper too, knowing my Scotch-Irish parents).

I often say that to be a true Virginian (at least from my part) you had to love pork: bacon, sausage, tenderloin, and particularly country ham. My first father-in-law Charlie always had several hams curing in the little shed behind his house in Blacksburg. The flies buzzing around the hocks took a little getting used to, but it kept a connection with pioneer days.

My family preferred country ham to turkey on holidays, and to this day I buy a couple for Christmas presents for daughter Laura and Cousin Bobby. I learned that most of the good people of North Central West Virginia do not share my love of country ham.

This area is all about prosciutto (had never heard of it) and kielbasa and stuff like that. I remember the first time we hosted Christmas Eve for J's family and one of her nephews tasted country ham and said, "it's like prosciutto." He added insult to injury by saying, "It's

a little too salty." That's the idea. I did convert my stepson Adam, but he, Laura, and I are probably in the minority in our family.

I obviously use some literary license here. My mother was not a terrible cook. We survived. And while she and her sisters were somewhat "minimalists" in their day-to-day cooking skills, they were tremendous bakers. Pies, cakes, cookies, brownies. My Aunt Mary Alma was probably the best. I remember her angel food cake as one of the best things I ever tasted.

They also excelled at what is now a lost art: the Christmas fruitcake. I remember they each had several tins and Bundt pans and made enough cakes to feed the entire town. I loved them, particularly my mother's, and feel they get a bad wrap (as long as you don't use black walnuts). I'm sure the fact that it took a truckload of sugar to make had nothing to do with my love of fruitcakes.

One final "baking" memory. Toll house cookies. The mainstay of my childhood, one of the four basic food groups, i.e., country ham/pork tenderloin, Aunt Mary Alma's mac and cheese, minute steaks, and toll house cookies. My cousins Joe and Bobby favored my mother's chunky ones, while I preferred the flatter, crispier ones their mother made.

Gotta run, hungry for some reason.

Virginia gas prices unchanged in the last week

Average gasoline prices in Virginia were unchanged through the last week, averaging \$3.14/g Monday, according to GasBuddy's survey of 4,081 stations in Virginia.

Prices in Virginia are 5.4 cents per gallon lower than a month ago and stand 94.1 cents per gallon higher than a year ago.

According to GasBuddy price reports, the cheapest station in Virginia was priced at \$2.64/g Monday while the most expensive was \$3.89/g.

The national average price of gasoline rose 2.3 cents per gallon in the last week, averaging \$3.29/g Monday. The national average is down 5.5 cents per gallon from a month ago but stands

97.5 cents per gallon higher than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

"Oil prices have remained stubbornly strong, touching nearly \$80 per barrel last week, pushing gasoline prices higher even as U.S. gasoline demand starts to struggle," said Patrick De Haan, GasBuddy's head of petroleum analysis.

"Some of this is typical seasonal weakness, but the lack of demand is likely enhanced by omicron cases surging and Americans who are just a bit more hesitant to get out right

now," said De Haan. "In addition, unrest in Kazakhstan, the 18th largest oil producer, is likely leading to impacts on oil production while continued unrest in Libya also worries markets and overpowers the seasonal drop in gasoline demand. Without improvement or stability in oil producing countries, we're likely to continue to see upward pressure on oil prices."

GasBuddy is the authoritative voice for gas prices and the only source for station-level data spanning nearly two decades. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide. GasBuddy data are accessible at <http://prices.GasBuddy.com>.

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Michael Showell, *Publisher*
 Ed McMinn, *Editor*.....editor@ourvalley.org
 Heather Bell, *Community News Editor*.....communitynews@ourvalley.org
 Lynn Hurst, *General Manager*.....lhurst@ourvalley.org
 Randy Thompson, *Advertising Consultant*.....advertise@ourvalley.org

Give us your view: communitynews@ourvalley.org

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Virginia DMV seeking participants for new highway safety campaign

RICHMOND - The Virginia Department of Motor Vehicles (DMV) is seeking Virginians willing to share their stories for a new highway safety campaign aspiring to persuade unsafe drivers to change their behaviors behind the

wheel. The campaign centers around four brief videos on important highway safety topics: drunk driving prevention, seat belt safety, speeding prevention, and distracted driving awareness.

"Stories of heartbreak and loss are never easy to

share, but many are willing to tell theirs to try to prevent future tragedies from occurring," said DMV Commissioner Richard D. Holcomb, the Governor's Highway Safety Representative.

"We hope that by seeing and hearing how unsafe drivers so drastically affect

other people's lives, other drivers will be compelled to do the right thing - buckling up and following a safe speed, and never driving impaired or distracted. Simple, purposeful actions save lives."

All submissions will be carefully considered for possible participation.

CROSSWORD PUZZLE

1	2	3	4		5	6	7		8	9	10	11	
12				13		14			15				
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49					50			51		52	53	54	55
56					57			58					
59					60				61				
62					63					64			

- CLUES ACROSS**
1. Requests
 5. Calendar month
 8. Invests in little enterprises
 12. Bird sound
 14. S. American plant cultivated for tubers
 15. Car
 16. Bullfighter
 18. Hill (Celtic)
 19. Strong criticism
 20. Detector
 21. When you hope to get there
 22. Having the skill to do something
 23. Legendary MLB broadcaster
 26. Vulcanite
 30. C. Asian mountain range
 31. In a way, healed
 32. Midway between east and southeast

33. Small appendages of insects
34. ___ Greene, "Bonanza" actor
39. A way to bathe
42. Postal worker accessory
44. Classical music
46. A way of wrecking
47. Terminator
49. You eat three a day
50. Pointed end of a pen
51. NATO official (abbr.)
56. Genus of clams
57. Boxing's "G.O.A.T."
58. A colorless, odorless gas used as fuel
59. Covered thinly with gold paint
60. Bachelor of Laws
61. Red fluorescent dye
62. Engineering group
63. Female sibling
64. Adjacent

- CLUES DOWN**
1. What a thespian does
 2. Footwear
 3. Adjust spacing between
 4. Witnesses
 5. Who shows excessive fondness
 6. Distinct form of a plant
 7. National capital
 8. Hunting expedition
 9. Related to medulla oblongata
 10. European country
 11. Cola
 13. Excluded from use or mention
 17. Speak
 24. Bloodshot
 26. Make better
 25. Keyboard key
 27. Type of degree
 28. Paddle
 29. Peacock network

35. Not young
36. Baseball stat
37. One's grandmother
38. Breakfast food
40. Bathroom features
41. Disease-causing bacterium
42. NY ballplayer
43. Got up
44. Prophet
45. Part of the mouth
47. Unnatural
48. Acronym for brain science study
49. Three are famous
52. Languages spoken in Patagonia
53. Freedom from difficulty
54. Widely used OS
55. Many people pay it

Mandates from page 1

within fourteen (14) days of eligibility. Fully vaccinated students currently at or beyond the booster eligibility window must provide documentation of receiving the booster by no later than February 15, 2022. Students not yet eligible to receive a booster must do so and provide documentation within fourteen (14) days of eligibility. Documentation of the COVID-19 booster can be uploaded through the secure Mediat portal. Students enrolled in a fully online program with no in-person engagement or physical presence on campus remain exempt from the vaccine and booster requirement, as do students previously receiving a medical or religious exemption for the COVID-19 vaccine. Eligible students that do not provide documentation of being boosted by the February 15, 2022 deadline or within fourteen (14) days of booster eligibility may be required to participate in weekly COVID-19 testing and may not be eligible to register for future semesters.

Faculty and staff are also required to disclose their booster status within fourteen (14) days of eligibility. Fully vaccinated faculty and staff at or beyond the booster eligibility window must disclose their status, using the Employee COVID Booster Submission Form no later than February 15, 2022. Employees not yet eligible to receive a booster must do so and provide documentation within fourteen (14) days of eligibility. Eligible employees that do not provide documentation of being boosted by the Feb. 15, 2022 deadline or within fourteen (14) days of booster eligibility may be required to participate in COVID-19 testing.

Boosters will be available, at no cost, to interested students, faculty, staff or contractors during entry testing on main campus, January 13-16, 2022 between 9 a.m. and 6 p.m. Boosters will be available, at no cost, to interested students, faculty, staff or contractors at

RUC on Jan. 21, 2022. Time and location will be provided. Additional booster clinics will be scheduled at both locations.

Isolation and Quarantine
The University currently uses a ten (10) day period of isolation and quarantine and will continue to do so. The updated CDC guidance related to isolation and quarantine provides options to shorten either period. The updated guidance also expands quarantine to include vaccinated individuals who have a known exposure and are eligible for the booster but have not yet received it. When circumstances are appropriate, the University may apply these shortened time frames for isolation and quarantine followed by a period of strict wearing of a well-fitted face mask.

Masking
The Omicron variant is highly transmissible, more so than the virus and previous variants. The existing indoor masking requirement, regardless of vaccination status, will remain in effect. Students living in residence halls will be required to wear a well-fitted face mask when in hallways, lounges, kitchens or other common spaces other than the assigned room.

The University's Spring 2022 Operational Plan discusses health and safety protocols that have not been updated or modified. The University will continue to monitor this endemic phase of COVID-19, evaluate and adjust when or as appropriate.

Let's continue our unwavering commitment to the health and safety of each other in addition to ourselves. This is so important as it supports who we are as Highlanders and the progress we will make together.

- Carolyn Ringer Lepre, Ph.D., Radford University Interim President

OBITUARIES

Dowdy, Ellen Dove

Ellen Dove Dowdy, 71, of Little Creek, Bland County died Wednesday, Jan. 5, 2022, at her home.

She was born in Blacksburg on Dec. 9, 1950, to the late Willie Antney and Lola Mae Owens Dove.

She was preceded in death by her brothers, Robert Dove, Willie "Buddy" Dove, and Ribble Dove, and her sisters, Nel-lie Cook and Betty Tolly.

She is survived by her husband, Henry Dowdy; her son and daughter-in-law, Bentley "Randy" and Catrina Thompson; three daughters and sons-in-law: Pamela Thornton, Teresa and Joe Shepard, and



Melissa and Michael Cox; a sister and brother-in-law, Virginia and Wayne Slusser; a brother and sister-in-law, Gene and Janice Dove; grandchildren Sierra and Cody Sowers, Ryan Thompson, and Ally Thompson; and special great-grandson, Cayson Sowers.

Graveside services were conducted Monday, Jan. 10, 2022, at 11 a.m. in the Dove Family Cemetery with Pastor Linda Hale and the Rev. Derek Cowan officiating.

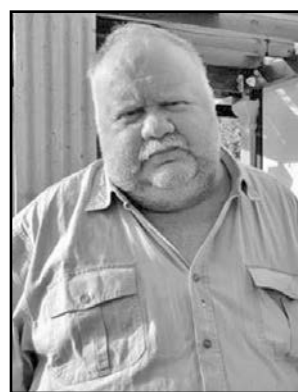
Arrangements by McCoy Funeral Home, Blacksburg.

Linkous, Jeffrey Wayne

Jeffrey Wayne Linkous, 54, of Pembroke died Wednesday, Jan. 5, 2022.

He was born in Radford on Aug. 8, 1967, to the late Edwin "Buck" Mullard and Barbara Woolwine Linkous.

He is survived by his wife, Angela Linkous; a daughter and son-in-law, Jennifer and Tommy Truelove; a son, David Linkous; an extra-special grandchild, Alexis (Lexi) Truelove, special sisters Tiffany Linkous and Michelle Linkous; brothers and sisters-in-law, Eddie and Amanda Linkous, Tony Link-



ous (Shannon), Mike Linkous and Cathy Greer, and Darrell and Susan Linkous; his mother-in-law, Frances Thornhill; sisters-in-law, Crystal Thornhill and Suzanne Linkous (Brett Martin); and numerous nieces and nephews.

Funeral services were conducted Monday, Jan. 10, 2022, in the McCoy Funeral Home Chapel. Interment followed in the Roselawn Memorial Gardens, Christiansburg. The family received friends prior to the service.

Lockhart, Shirley Anita

Shirley Anita Lockhart, 80, of Christiansburg, gained her wings on Sunday, Jan. 2, 2022, at LewisGale Hospital Montgomery. She was a woman of God and a loving mother, grandmother, sister, and aunt. Shirley was born in Faraday, W.Va. on July 5, 1941, to the late Samuel and Bessie Mae Berger. She was preceded in death by two brothers and six sisters.



She is survived by her daughter, Deborah Dobbins of Christiansburg; her son and daughter-in-law Lt. Col Darrell and Lt. Col Denise Lockhart of Woodbury Minn.; three grandsons, Christopher Dobbins of Christiansburg and Cayden and Ian Lockhart of Woodbury, Minn.; sister Janella Coleman of Huntington W.Va.; one sister-in law, two brothers-in-law, and sev-

eral nieces and nephews.

A very special thank you goes to Dr. Meredith Spencer, Dr. Fereas Ghosheh, Dr. Kris Ramachandran, the ER second-floor and fourth-floor staff, and LewisGale Hospital Montgomery for all the loving care that was shown to our mother.

The family will receive friends at McCoy Funeral Home 150 Country Club Dr. SW, Blacksburg, on Saturday, Jan. 15, 2022, from 1 to 2 p.m. Funeral services will begin at 2 p.m. with the Rev. Hiawatha Spraggins officiating. Interment will follow in Roselawn Memorial Gardens, Christiansburg.

The family requests that masks be worn during visitation and the service. Arrangements by McCoy Funeral Home, Blacksburg.

Lovern, Joyce Robinson

Joyce Robinson Lovern, 80, died on Saturday, Jan. 1, 2022, in her home surrounded by family.

She was born in Blacksburg on June 21, 1941, to the late Archie E. Robinson, Sr., and Myrtle Sowers Robinson.

She was preceded in death by her siblings: Archie E. Robinson, Jr., Lana Saunders, and Rudolph Robinson and her daughter-in-law Jana Sheppard.

She is survived by a daughter and son-in-law, Gina and Roger Shelor; a son Robert Sheppard; a son and daughter-in-law, Drew and Ann Sheppard; and a son and daughter-in-law, Steven and Lisa Sheppard. She is also survived by her grandchildren: Jesse, Cody, Seth,



Taylor, Forrest, David, and Emily; many great-grandchildren, nieces, nephews; and several chosen family members and friends.

Joyce was full of stories, wisdom, and jokes. She loved life, family, friends, music, and dancing the night away. She was both the life of the party and a shoulder to lean on. She never met a stranger, and her door was always open to anyone who needed help or simply wanted to stop by.

She had many kids, even if they weren't blood related. Joyce was a light to all who knew her, and the world is just that little bit darker now.

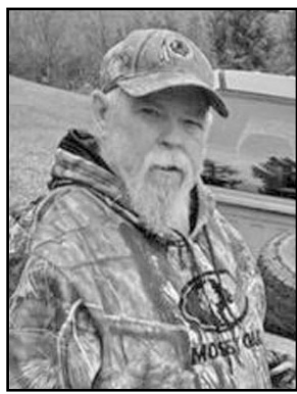
A celebration of life will be held at a later date.

Worrell, Gary Tilden

Gary Tilden Worrell, 69, of Radford, passed away on Wednesday, Jan. 5, 2022.

Born Dec. 22, 1952, he was the son of the late Tilden Hurley Worrell and Elizabeth Edwards Worrell.

Surviving are his wife of 44 years, Karen Neighbors Worrell of Radford; daughters Traci Worrell and Hope Worrell of Barren Springs; four special grandchildren: Justin Ratcliffe, Dakotah Stanger, Nel-lie Miller and Hayley Worrell; a sister



and brother-in-law, Debbie and Michael Yonce of Kingston, Tenn.; nieces and nephews; and many many others he considered to be children, family, and friends.

Gary was one of a kind. He had a great love for horses, farming, hunting, and spending time with those he cherished.

The family received friends on Monday, Jan. 10, 2022, at McCoy Funeral Home in Blacksburg.

Blythe, Elizabeth Williams

Elizabeth (Betsy) Williams Blythe died on Dec. 11, 2021, at her home in Blacksburg after a long illness.

She was born in Akron, Ohio, on March 16, 1947, and graduated from Ohio Wesleyan University in 1968.

She was a career computer systems professional, employed by the Department of the Navy from 1968 to 1977, and continuing at Virginia Tech beginning in 1977. She was a pioneer in the development of the data warehousing concept in information systems. She retired from Virginia Tech in 2010 as the director of General Enterprise Systems.

She loved her family and friends

and cherished her dogs. She was an avid photographer and crafts artist and enjoyed socializing. She was passionate about Virginia Tech basketball and helped organize support groups for the women's and men's teams.

Betsy is survived by her husband of 51 years, Erv Blythe; her brother, Harry Williams; her daughter, Melissa, her son, Harrison, and their spouses; and her grandchildren, Luca, Antonin, Samuel, and Gillian.

In keeping with her family tradition and her preference, a celebration of Betsy's life will be held at a later date.

Arrangements by McCoy Funeral Home, Blacksburg.

How hyenas sanitize the city

Chinmay Sonawane sits by garbage in Africa. And add flip flops and hyenas to the dark night in the dump. Always hyenas, but flip flops only once.

"I started to notice needles when I arrived that first day in flip flops," says Chinmay Sonawane, a Stanford University Ph.D. student. "My attire quickly changed."

He changed shoes, but not subjects. He embraces spotted hyenas but not literally. Anyone in hyena territory at night doesn't have a free hand for hugging. Their palms, and possibly their pockets too, are full of rocks.

"People don't walk around or travel at night," Sonawane says. "If people have to be out, they have rocks in their hands when they're walking a dirt road on the outskirts of town. Hyenas are a dangerous animal to be around, but attacks are usually not fa-

tal."

Sonawane studies predators, their influence on ecosystems and their positive impact on people. It's something most of us don't expect from the carnivorous wild, but humans living in harmony with hyenas serves a significant positive purpose. It reduces disease.

"There's an actual scientific benefit," he says. "Traditionally, the narrative about carnivores is focused on negative interaction. I focus on the positive interaction instead. Devilify the villain."

In the Ethiopian city of Mekelle the non-villains are hyenas. Their positive interaction is waste consumption. They sanitize cities. That's why Sonawane sits in the dump at night.

Mekelle is a city in northern Ethiopia that's home to about 120,000 livestock and 310,000 people. Those people carry rocks as weapons,

but they don't plan on throwing stones unless they have to defend themselves.

According to the African Wildlife Foundation, hyenas are the most common carnivore in Africa and there are three species: spotted, brown and striped. Sonawane's subject of choice is spotted. They live up to 20 years in the wild and can tip the scales clear up to 175 pounds.

"The landscape around town is completely stripped of wildlife," Sonawane says. "Hyenas can either hunt livestock, which they have, or scavenge on the waste thrown out by the people. Waste is easy and there's usually plenty."

The 210 hyenas around Mekelle eat 207 tons of waste every year. By eating all that waste, hyenas prevent five anthrax and bovine TB infections in humans plus 140 infections in cattle, sheep and goats annually.

And they save the town more than \$52,000, by reducing treatment costs and livestock loss. That's why those stones in hand are last resort. The predator is a positive.

"Hyenas in particular are probably the most vilified predator we know of. They get even less love

because they're less charismatic than wolves and lions," Sonawane says. "But hyenas are providing benefits. That's why their existence has been tolerated for hundreds of years. If we can demonstrate this in other parts of the world, hopefully it will motivate others to

keep predators around."

By Kris Millgate

Outdoor journalist Kris Millgate is based in Idaho where she runs trail and chases trout. Sometimes she even catches them when she doesn't have a camera or a kid on her back.



The 210 hyenas around Mekelle, Ethiopia, eat 207 tons of waste every year. By eating all that waste, hyenas prevent five anthrax and bovine TB infections in humans plus 140 infections in cattle, sheep, and goats annually. And they save the town more than \$52,000 by reducing treatment costs and livestock loss.

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World music superstar Angélique Kidjo to make her Moss Arts Center debut

Chart-topping world music superstar Angélique Kidjo cross-pollinates the West African traditions of her childhood in Benin with elements of American R&B, funk, and jazz, as well as influences from Europe and Latin America. She makes her Moss Arts Center debut on Thursday, Jan. 20, at 7:30 p.m., with a performance filled with recent hits and classic, danceable favorites.

Co-sponsored by the Black Cultural Center and the Office for Inclusion and Diversity, the performance will be held in the center's Anne and Ellen Fife Theatre, located within the Street and Davis Performance Hall at 190 Alumni Mall.

A creative force with 13 albums and multiple Grammy Awards to her name, Kidjo's stage presence and fluency in multiple cultures and languages have won respect from her peers and expanded her following across national borders.

She released her latest album, "Mother Nature," in the summer of 2021, following the 2019 Grammy-winning "Celia," which explores the African roots of Cuban-born celebrated salsa singer Celia Cruz. Kidjo's 2018 radical reimagining of Talking Heads' landmark album "Remain in Light" offered a refreshing perspective, reinterpreting classic songs with electrifying rhythms, African guitars, and layered backing vocals.

"It doesn't matter how hard the subject

is, make it danceable," Kidjo told NPR. "Bring people to the table to have a discussion. Open doors that are closed. If you have the gift of song, if you're an artist, whatever arts you touch upon, empower yourself to be able to empower other people."

Her star-studded album, "Djin Djin," won a Grammy Award for Best Contemporary World Album in 2008, while her album, "OYO," was nominated for the same award in 2011. In January 2014 her first book, a memoir titled "Spirit Rising: My Life, My Music," and her album, "Eve," were released to critical acclaim. "Eve" later went on to win the Grammy Award for Best World Music Album in 2015, and her historic orchestral album, "Sings with the Orchestre Philharmonique Du Luxembourg," won a Grammy for Best World Music Album in 2016.

The BBC has included Kidjo in its list of Africa's "50 most iconic figures," and in 2011 The Guardian listed her as one of their "Top 100 Most Inspiring Women in the World." Forbes Magazine ranked her as the first woman in their list of the "Most Powerful Celebrities in Africa."

Kidjo travels the world advocating on behalf of children in her capacity as a UNICEF and OXFAM goodwill ambassador, and she has created her own charitable foundation, Batonga, dedicated to support the education of young girls in Africa.



Angélique Kidjo brings her vibrant sounds and joyous energy to the Moss Arts Center at 7:30 p.m. on Thursday, January 20, in a performance filled with recent hits and danceable favorites.

VT groundwater depletion project will help researchers and communities better understand irrigators

The United States uses 82.3 billion gallons of fresh groundwater per day, according to the National Ground Water Association. Groundwater is used for numerous applications, including public water supply, irrigation, farming, manufacturing, and thermoelectric power. However, this dependency in so many facets of society threatens to deplete our supply.

"Groundwater is being over-exploited in many areas," said Landon Marston, assistant professor of civil and environmental engineering at Virginia Tech. "This threatens the social and economic viability of people that depend on groundwater."

To counteract groundwater depletion, communities using irrigation have begun to develop

community-level rules to regulate use and management to preserve the aquifer and their livelihoods. The initial success of these self-governance regimes has led to rapid spread as more communities adopt this approach. Communities with such rules in western Kansas and south-central Colorado have benefited from decreased groundwater pumping and increased storage. However, researchers note that these successes developed under ideal conditions with stable crop markets and a relatively wet period. What would happen if the market faltered, or if the weather changed?

"There is an urgency to address these questions," said Marston. "Groundwater depletion continues to worsen in many areas and

these governing rules are largely untested but are continuing to spread to other communities."

Marston leads a multi-institutional team of researchers that was recently awarded a nearly \$1.6 million grant by the National Science Foundation to develop new theories of how socio-environment diversity determines the effectiveness, resilience, and adaptability of groundwater self-governance regimes. Their research examines the viability of these regimes under current conditions but also seeks to understand how they would behave in the event of social or environmental changes.

"There are still many questions remaining regarding the long-term effectiveness, resilience, and adaptability of these self-governance re-

gimes under droughts or volatile commodity markets," Marston said. "There can be potential problems of one-size-fits-all approaches that can undermine system sustainability and resilience."

By exploring these challenges, the five-year grant aims to help groundwater-dependent agriculture communities create better management strategies. The project brings together four academic institutions – Virginia Tech, Kansas Geological Survey, Purdue University, and Colorado School of Mines.

Marston's team will study the communities in Kansas and Colorado that have rapidly adopted self-governance schemes to manage the groundwater commons. The rapid spread between regions

may undermine long-term resilience because the groundwater management rules do not account for the unique social and environmental contexts of differing areas.

"It is one thing to write down rules that seem good on paper," said Steven Smith, assistant professor of economics and business at Colorado School of Mines. "Just like the rules of the road do not explain actual driving behavior, we do not expect that groundwater rules will be followed to a T."

This project will help researchers and communities better understand and model how irrigators actually adapt and behave in response to new rules so they can better assess their effect on the community's water and food systems.

Legal Notice

NOTICE TO THE PUBLIC OF A PETITION BY
APPALACHIAN POWER COMPANY,
FOR APPROVAL TO CONTINUE
RATE ADJUSTMENT CLAUSE, THE EE-RAC,
AND FOR APPROVAL OF A NEW ENERGY EFFICIENCY PROGRAM
PURSUANT TO
§§ 56-585.1 A 5 c AND 56-596.2 OF THE CODE OF VIRGINIA
CASE NO. PUR-2021-00236

•Appalachian Power Company ("APCo") requests a total of \$18,405,768 for its 2022 EE-RAC. According to APCo, this amount would increase the bill of a residential customer using 1,000 kilowatt hours per month by approximately \$0.34.

•A Hearing Examiner appointed by the Commission will hold a telephonic hearing in this case on May 18, 2022, at 10 a.m., for the receipt of public witness testimony.

•An evidentiary hearing will be held on May 19, 2022, at 10 a.m., either in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, or by electronic means. Further details on this hearing will be provided by subsequent Commission Order or Hearing Examiner's Ruling.

•Further information about this case is available on the Commission website at scc.virginia.gov/pages/Case-Information.

On November 30, 2021, Appalachian Power Company ("APCo" or "Company"), pursuant to §§ 56-585.1 A 5 and 56-596.2 of the Code of Virginia ("Code") and the Final Order of the State Corporation Commission ("Commission") in Case No. PUR-2020-00251, filed with the Commission a petition ("Petition") for approval of the continued implementation of its rate adjustment clause ("EE-RAC") to recover the costs of its existing portfolio ("EE Portfolio") of energy efficiency ("EE") and demand response programs, as well as for approval of one new EE pilot program, the Commercial and Industrial ("C&I") Custom Pilot Program.

In its Petition, APCo requests Commission approval to implement the C&I Custom Pilot Program for a three-year period starting January 2023. The Company states that through the proposed pilot program, qualifying C&I customers will be able to earn incentives for EE improvements that are not already covered by existing programs in APCo's EE Portfolio. The Company further states that C&I customers will be able to implement non-standard and more complex EE projects that are unique to their facilities and operations. APCo indicates that it will offer incentives based on resultant, verified savings and that the Company and its partners will work with participating customers throughout the pilot program to refine goals and performance.

APCo also requests approval to continue the EE-RAC for the rate year of September 1, 2022, through August 31, 2023 ("2022 Rate Year"), to recover: (i) 2022 Rate Year costs associated with the Company's EE Portfolio ("Projected Factor"); and (ii) any (over)/under recovery of costs associated with the EE Portfolio as of August 31, 2022 ("True-Up Factor"). APCo represents that it calculated the margin on EE program expenses incurred through December 31, 2021, based on a return on common equity of 9.2%, as authorized by the Commission in Case No. PUR-2020-00015. The Company indicates that it excluded margins on projected EE program expenses after January 1, 2022, from the revenue requirement and will seek recovery of these margins in a future true-up proceeding. The Company proposes a total EE-RAC revenue requirement of \$18,405,768 for the 2022 Rate Year, which consists of a Projected Factor in the amount of \$19,672,909, and a True-Up Factor credit of \$1,267,141. APCo is not requesting recovery of lost revenues in this proceeding.

If the proposed EE-RAC for the 2022 Rate Year is approved, the impact on customer bills would depend on the customer's rate schedule and usage. According to the Company, implementation of the proposed EE-RAC would increase the monthly bill of a residential customer using 1,000 kilowatt hours per month by approximately \$0.34 or 0.3%.

Interested persons are encouraged to review the Petition and supporting documents for the details of these and other proposals.

TAKE NOTICE that the Commission may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Petition and supporting documents and thus may adopt rates that differ from those appearing in the Company's Petition and supporting documents.

The Commission has taken judicial notice of the ongoing public health issues related to the spread of the coronavirus, or COVID-19. In accordance therewith, all pleadings, briefs or other documents required to be served in this matter shall be submitted electronically to the extent authorized by 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"). Confidential and Extraordinarily Sensitive Information shall not be submitted electronically and should comply with 5 VAC 5-20-170, *Confidential information*, of the Rules of Practice. Any person seeking to hand deliver and physically file or submit any pleading or other document shall contact the Clerk's Office Document Control Center at (804) 371-9838 to arrange the delivery.

Pursuant to 5 VAC 5-20-140, *Filing and service*, of the Commission's Rules of Practice, the Commission has directed that service on parties and the Commission's Staff in this matter shall be accomplished by electronic means. Please refer to the Commission's Order for Notice and Hearing for further instructions concerning Confidential or Extraordinarily Sensitive Information.

The Commission entered an Order for Notice and Hearing that, among other things, scheduled public hearings on APCo's Petition. On May 18, 2022, at 10 a.m., a Hearing Examiner appointed by the Commission will hold a telephonic hearing for the purpose of receiving the testimony of public witnesses, with no public witness present in the Commission's courtroom. On or before May 12, 2022, any person desiring to offer testimony as a public witness shall provide to the Commission (a) your name, and (b) the telephone number that you wish the Commission to call during the hearing to receive your testimony. This information may be provided to the Commission in three ways: (i) by filling out a form on the Commission's website at scc.virginia.gov/pages/Webcasting; (ii) by completing and emailing the PDF version of this form to SCCinfo@scc.virginia.gov; or (iii) by calling (804) 371-9141. This public witness hearing will be webcast at scc.virginia.gov/pages/Webcasting.

On May 19, 2022, at 10 a.m., either in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, or by electronic means, a Hearing Examiner appointed by the Commission will convene a hearing to receive testimony and evidence offered by the Company, any respondents, and the Commission's Staff on the Company's Petition. Further details on this hearing will be provided by subsequent Commission Order or Hearing Examiner's Ruling.

An electronic copy of the public version of the Company's Petition may be obtained by submitting a written request to counsel for the Company, Noelle J. Coates, Esquire, 3 James Center, American Electric Power Service Corporation, 1051 East Cary Street, Suite 1100, Richmond, Virginia 23219, or njcoates@aep.com.

On or before May 12, 2022, any interested person may submit comments on the Petition electronically by following the instructions on the Commission's website: scc.virginia.gov/casecomments/Submit-Public-Comments. Those unable, as a practical matter, to submit comments electronically may file such comments by U.S. mail to the Clerk of the State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. All comments shall refer to Case No. PUR-2021-00236.

On or before March 2, 2022, any person or entity wishing to participate as a respondent in this proceeding may do so by filing a notice of participation with the Clerk of the Commission at: scc.virginia.gov/clk/efiling. Those unable, as a practical matter, to file a notice of participation electronically may file such notice by U.S. mail to the Clerk of the Commission at the address listed above. Such notice of participation shall include the email addresses of such parties or their counsel, if available. A copy of the notice of participation as a respondent also must be sent to counsel for the Company. Pursuant to 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation or government body participating as a respondent must be represented by counsel as required by 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUR-2021-00236.

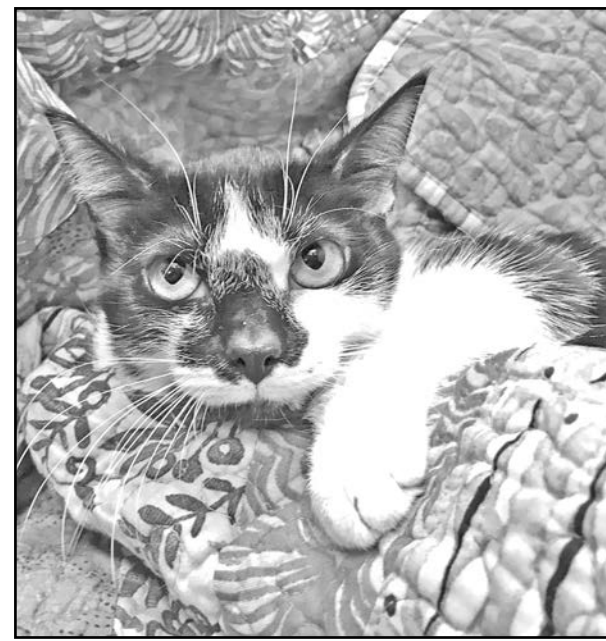
On or before March 23, 2022, each respondent may file with the Clerk of the Commission, at scc.virginia.gov/clk/efiling, any testimony and exhibits by which the respondent expects to establish its case. Any respondent unable, as a practical matter, to file testimony and exhibits electronically may file such by U.S. mail to the Clerk of the Commission at the address listed above. Each witness's testimony shall include a summary not to exceed one page. All testimony and exhibits shall be served on the Staff, the Company, and all other respondents simultaneous with its filing. In all filings, the respondent shall comply with the Rules of Practice, including 5 VAC 5-20-140, *Filing and service*, and 5 VAC 5-20-240, *Prepared testimony and exhibits*. All filings shall refer to Case No. PUR-2021-00236.

Any documents filed in paper form with the Office of the Clerk of the Commission in this docket may use both sides of the paper. In all other respects, except as modified by the Commission's Order for Notice and Hearing, all filings shall comply fully with the requirements of 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice.

The public version of the Company's Petition and other documents filed in this case, the Commission's Rules of Practice, and the Commission's Order for Notice and Hearing may be viewed at: scc.virginia.gov/pages/Case-Information.

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Legals - City of Salem

Notice is hereby given to

all interested persons that the Council of the City of Salem, at its regular meeting on Monday, January 24, 2022, at 6:30 p.m., in the Community Room of the Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA:

1. Consider the request of Scott A. Boggs, property owner, for rezoning the property located at 407 East Burwell Street (Tax Map # 120-1-5) from RB Residential Business District to TBD Transitional Business District.
2. Consider the request of Union Plaza, LLC, contract purchaser, and the City of Salem, property owner, for rezoning the property located at 630 Union Street (Tax Map # 160-11-2) from HM Heavy Manufacturing District to HBD Highway Business District.
3. Consider the request of 2936 Salem Inc., dba Sunshine Spa and 217 NY Ave Corp, property owner, for the issuance of a Special Exception Permit to allow a massage parlor at 2936 West Main Street (Tax Map # 210-1-2).
4. Consider amending Chapter 106, Zoning, Article IV. Development Standards, Section 106-400 pertaining to site plan review.
5. Consider amending Chapter 78, Subdivisions, Article I Generally, Sections 78-103 and 78-105, Article II Administration, 78-201, Article III Definitions, Section 78-300, Article IV Review of Plats, Sections 78-402, 78-403, 78-406, 78-408, 78-416, and 78-421 of the CODE OF THE CITY OF SALEM, VIRGINIA pertaining to the review of subdivision site plans and plats.

Copies of the proposed plans, ordinances or amendments may be examined in the Office of Community Development, 21 South Bruffey Street, Salem, Virginia.

At said hearing, parties in interest and citizens shall have an opportunity to be heard relative to the said requests.

THE COUNCIL OF THE CITY OF SALEM, VIRGINIA BY: H. Robert Light Clerk of Council

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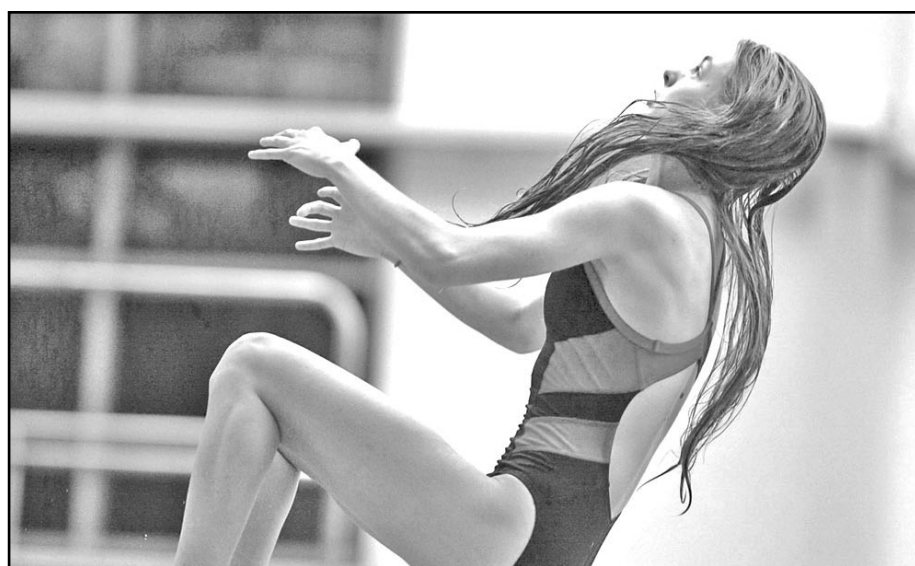


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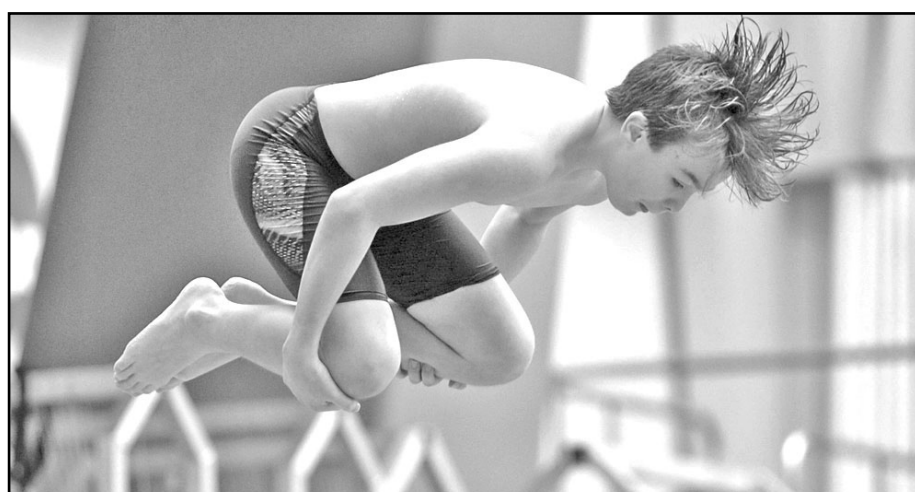
Aquatic Center hosts high school diving competition



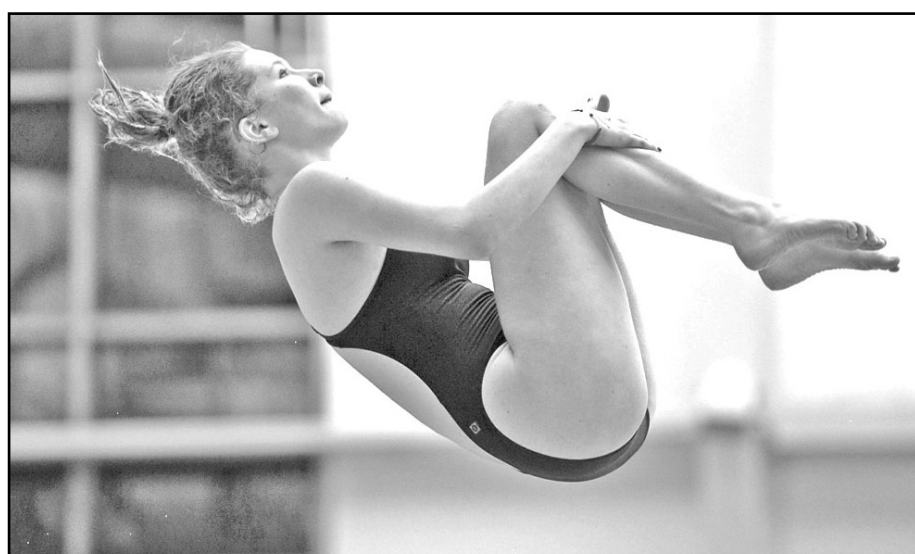
Christiansburg Aquatic Center hosted a mid-week diving competition for high school divers from Christiansburg, Auburn, and Radford, and other area schools. Auburn's Jocelyn DeHart leaps off the board as she performs a single back somersault tuck dive during the competition.



Christiansburg's Teaghan Wilson performs a forward 1 1/2 somersault pike dive at last Wednesday's competition. The swimming portion of the meet, scheduled for Thursday, was postponed due to weather.



Christiansburg's Nic Hamm performs a forward tuck dive at the CAC diving competition.



Radford's Tommie Bloomer performs a reverse tuck dive at the Wednesday competition at the Christiansburg Aquatic Center.

PHOTOS BY JON FLEMING

Hokie gives back to community



From the Sidelines

Marty Gordon

The NCAA changed its rules this past July to allow college athletes to make money off their name, image, and likeness (NIL), and many of those young men and women have signed endorsements deals that have come under much criticism.

But some of those individuals like Virginia Tech football player Luke Tenuta have used an NIL for the good. He is giving all the proceeds from his deal with the online App Cameo to the Micah's Backpack program.

This past week, he made good on that promise by presenting a check to Micah's Backpack organizers.

Micah's Backpack, which is operated out of St Michael Lutheran Church in Blacksburg, provides direct food assistance for students who are experiencing food insecurity. Every Friday during the school year, the identified students receive a backpack filled with two breakfasts, two lunches, two dinners, snacks, juice and milk boxes, and an educational piece.

Cameo allows individuals to request personalized videos from thou-

sands of stars with up to 24-hour delivery. This includes Tenuta.

Thousands of actors, artists, and influencers have set their own rates for a Cameo video appearance.

Cameo prices range from as low as \$1 to as high as \$15,000, depending on the celebrity.

One hundred percent of Tenuta's endorsement money goes back to Micah's Backpack.

Currently, 300 children in Blacksburg schools receive a gift of healthy food during the academic year, and approximately 140 receive a good gift during the summer school break via Micah's.

This past December, 3,848 backpacks were delivered with 54,398 items of food that made up more than 23,000 meals.

The 6-9, 320-pound Tenuta started 10 games this past season, nine at left tackle and one at right tackle.

This past month, the Albermarle County, Va., native declared for the NFL draft.

If other college athletes would follow Tenuta's example, we would be much blessed.

For more information on Micah's Backpack, check out <http://www.micahsbackpack.org>.

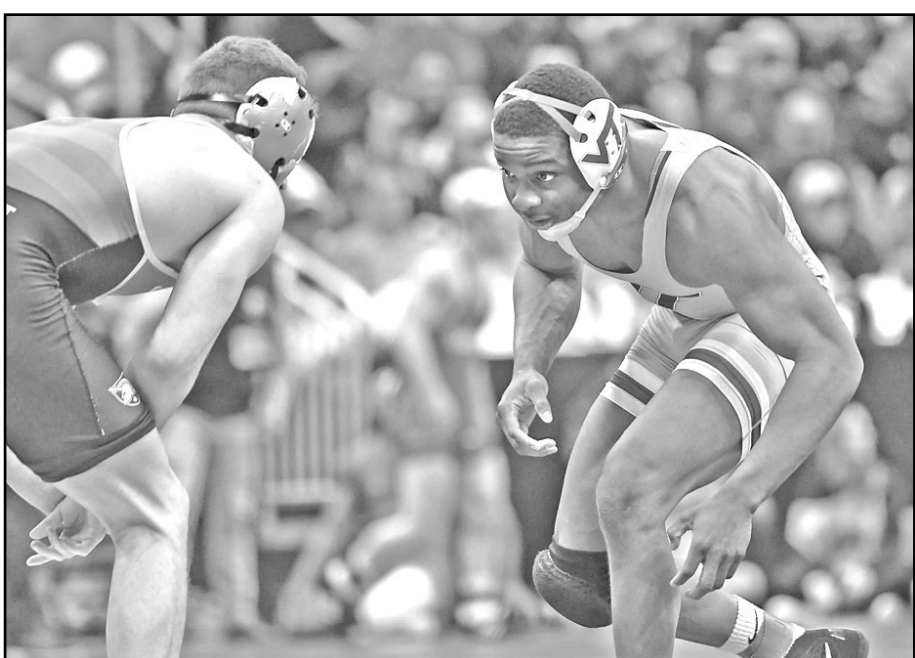
For more information on Cameo and Tenuta's effort check out <https://www.cameo.com>.



SUBMITTED PHOTO

Virginia Tech offensive linemen Luke Tenuta (left) recently presented a check to Micah's Backpack in Blacksburg to help with the food assistance program. The money is a direct funding association with Tenuta's own Name, Image, and Likeness (NIL) endorsement agreement thanks to Cameo celebrity appearances. Also pictured is Micah's director, John Stramiello.

Hokies dominate wrestling matches in Cassell



Virginia Tech's Mekhi Lewis is now ranked #4 on the mat and took two matches on Sunday against Binghamton and West Virginia.

PHOTO COURTESY OF VT ATHLETICS

Virginia Tech's tenth-ranked wrestling team welcomed fans into 2022 with a dominant showing against visiting West Virginia and Binghamton in Cassell Coliseum Sunday.

Originally formatted as a tri-meet event, the coaching staff among the three participating teams agreed to reformat the competition to an individual round-robin in light of COVID-related developments. The Hokies wrestled in a total of 21 matches throughout the event, winning 16 of them.

Match Notes
125 – No. 16 Sam Latona snapped a two-match losing streak with a tech fall over Binghamton's Nick Curley, 22-7. Latona

scored in bunches, picking up eight takedowns throughout the match, picking up back points, and forcing a stall point against Curley. Latona also racked up over three minutes of riding time, which gave him the tech fall at the end of the match. The 2021 All-American is now 5-5 on the season.

133 – No. 5 Korbin Myers was electric in his two matches on the day, putting up a total of 30 points. Myers picked up a bonus victory ranked win over No. 32 Anthony Sobotker of Binghamton to get his day started in dominating fashion. Myers was surgical in a clinical takedown performance over West Virginia's Mi-

chael Dolan, picking up seven takedowns to go with a stall point, escape point, and riding time point to pick up the 17-5 major decision victory. Myers didn't give up a takedown in the 14 minutes he spent on Cassell floor.

Redshirt sophomore Bran-

See Wrestling, page 10

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Wrestling from page 9

don Wittenberg picked up a fall over Binghamton's Christian Gannone in a wild match from the start. One takedown and escape each were traded in the first period before Wittenberg found the

fall :44 into the second period.

141 – Freshman Sam Hillegas made his Cassell season debut, going 2-1 on the day. Hillegas dropped his first bout to

Ryan Anderson of Binghamton 4-0 before rebounding in his second match to pick up the fall over West Virginia's Caleb Rea at 2:47 in the opening period. Hillegas then

ended his day picking up a major decision victory over Lucas Seibert of West Virginia. Hillegas scored 10 points via takedown and two sets of four nearfall to put him ahead in the first period. He improved his season record to 4-3.

149 – True freshman Kylan Montgomery had split results on Sunday. Montgomery dropped his first bout to Binghamton's Nick Lombard 8-2 then picked up a 7-1 decision victory over West Virginia's George Johnson to pick up his second career win in Cassell Coliseum.

157 – No.-23 Connor Brady's solid season continued as he picked up two wins. Brady controlled both matches against West Virginia's Alex Hornfeck and Binghamton's Tyler Martin. He wasted little time against Martin, shooting in for the take-

down and securing the fall 1:51 into the first period.

165 – Freshman Clayton Ulrey was back in action following a 4-0 open tournament campaign at the F&M Open on Friday. Ulrey picked up a 6-1 decision victory over Binghamton's Brevin Cassella with two lefty high crotch takedowns, an escape, and a riding point in his first victory of the day. Ulrey picked up his second victory with a forfeit from West Virginia's Peyton Hall.

174 – No. 4 at 174 pounds, Mekhi Lewis was dominant once again, going 2-0 highlighted by a spectacular takedown to pin in his opening bout. Lewis controlled the majority of the bout against Binghamton's Jacob Nolan before escaping a takedown attempt transitioning right into an attack of his own before pinning Nolan at 3:56 into the bout. Lewis then picked up four takedowns and accumulated more than four minutes of riding time over West Virginia's Scott Joll to pick up the 10-4 decision victory. Lewis remains undefeated at 12-0 on the season.

184 – Simeone Holmes picked up his first Cassell Coliseum win over Binghamton's Sam DePrez in an entertaining match from the start. The two put up a combined 14 points in the opening period before Holmes secured the 14-8 decision via crafty scrambles and solid

mat wrestling in the final period. Holmes dropped his two other bouts, a close 1-0 decision to Binghamton's Cory Day and a 10-1 loss to West Virginia's Anthony Carman.

197 – Freshman Andy Smith made his season debut, splitting matches on the day. Smith dropped a 10-4 decision to No.-12 Louie DePrez of Binghamton to start his Sunday. He rebounded with a 9-5 decision over West Virginia's Jackson Moomau courtesy of three takedowns for his first Cassell win of the season. Smith most recently placed fifth at the 2022 Southern Scuffle, going 5-1 at the ever-prestigious tournament in Chattanooga.

285 – No.-13 Nathan Traxler picked up two decisive victories over ranked opponents. He squared off against No.-20 Joe Doyle of Binghamton and dominated early with a takedown and back points before eventually locking up a bow and arrow for the fall 2:46 into the match. Traxler picked up ranked victory number two of the day over West Virginia's No.-22 Michael Wolfgram with a 5-2 decision. Traxler is now 5-1 against ranked opponents on the season.

The Hokies will be back in action on Saturday, Jan. 15, at 4 p.m. to take on visiting in-state foe George Mason in the annual Moss Arts Center match.

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