



Wednesday, February 9, 2022 • USPS 387-780 • ourvalley.org • \$1.00

Community support needed for American Legion building restoration

Heather Bell
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RADFORD – With the roof replaced on the historic American Legion Post 30 building in Radford, attention is turning to its continued restoration.

In late 2021, the city made a \$12,143 donation to the American Legion to fund the roof repair on the nearly 100-year-old building. Councilwoman Jessie Foster, an Air Force veteran, has taken the project under her wing, securing a sizable donation of labor to make the roof project financially feasible. Foster said recently she is excited for the next phase of the project and is hoping community members will support those efforts with volunteer time and donations.

“Now that the roof has been replaced, and further water damage avoided, it is time to switch our focus to other projects needing attention,” said Foster. “We are still going to require skilled assistance

as we need drywall repair, heating and plumbing issues resolved and painting, inside and out. We’ll be reaching out to the community to identify skilled volunteers with the added advantage of being a non-profit so the donation of time and materials can be tax deductible.”

Foster said the project offers the perfect chance for community groups to contribute to a worthy project: helping veterans and beautifying the historic structure.

“This is where organizations and individuals can roll up their sleeves and get dirty,” Foster said. “Speaking of dirt, we’ll be organizing a landscaping project as early as this spring, cleaning up, creating new beds and cleaning up old beds. The property is also in dire need of an ongoing commitment of mowing throughout the growing season. Currently, the Legion members are relying on friends to mow sporadically with grass and weeds growing

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PHOTO BY HEATHER BELL

The new roof on the historic American Legion Post 30 building in Radford glistens on a recent icy morning.

Radford Fire, Rescue honors two



Radford Fire and Rescue has honored two of its members. Lt. Derek Thompson has been named Firefighter of the year. Firefighter/Paramedic Chris Crookshanks has been named the EMS provider of the year.



Jamel Duquon Flint has been charged with murder in the death of 18-year-old Isiah Robinson of Roanoke at Blacksburg’s Melody Hookah Lounge.

News brief: Murder charges lodged in shootings at Blacksburg hookah lounge

The Blacksburg Police Department has obtained six felony warrants for 24-year-old Jamel D. Flint of Roanoke after responding to a report of shots fired Friday, Feb. 4, shortly before midnight at the Melody Hookah Lounge, 109 N. Main St., in Blacksburg.

The warrants are for one count of murder in the first degree for the homicide of 18-year-old Isiah O. Robinson of Roanoke; four counts of attempted murder in the first degree; and one count of use of a firearm while committing or attempting to commit

murder. The four counts of attempted murder were in relation to the shootings of four individuals who were transported from the lounge to local hospitals. Robinson, the fifth shooting victim in the incident, died.

Anyone with information about this case is encouraged to contact the Blacksburg Police Department at (540) 443-1400. Callers can remain anonymous by phoning the Blacksburg Police Tip Line at (540) 961-1819 or by emailing ciu@blacksburg.gov.

Physical therapy student project helps older adults prevent falls



RADFORD UNIVERSITY PHOTO

Doctor of Physical Therapy student Deanna Lu administers the five-times sit-to-stand test, which is a test for dynamic balance and lower extremity power.

Last fall, Radford University Doctor of Physical Therapy (D.P.T.) students participated in a fall risk assessment clinical experiential activity at Friendship Health and Living in Roanoke. The students, who are part of the D.P.T. Class of 2023, worked with approximately 30 older

adults to assess the likelihood of their losing their balance and falling, causing injury. Those who needed it were then referred for therapy admission.

During the activity, the older adults took several tests to assess

their mobility, including the Timed Up and Go test, the Functional Gait Assessment, the 10-meter Walk test, the Berg Balance scale, the Five-times Sit-to-Stand test, and the Activities-specific Balance Confidence scale.

“This activity served a dual purpose as a learning opportunity for our students,” said Arco Paul, assistant professor in the D.P.T. program, “but also as a community service for the clinical partners at Friendship.”

D.P.T. student Aaron VanRavestein agreed, saying that community-oriented service projects like this one are important for students because physical therapy, like many healthcare-related careers, is a profession dedicated to serving others.

“One of the reasons all of us decided to pursue physical therapy is to help others, and opportunities like this one allow us to give back,” VanRavestein said. “For the

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Campsite at Douthat State Park

Virginia State Parks launches new online reservation site

Virginia State Parks has announced the launch of a new online reservation site for campgrounds, cabins, yurts, and picnic shelters aimed at improving the visitor experience with better maps, faster reservations, and an improved loyalty program for the parks’ customers.

“Virginia State Parks is continuously investing in ways to improve our internal systems and in the way we engage and serve the public,” said Virginia State Park Director Dr. Melissa

Baker. “This new system will streamline bookings and allow visitors to experience the commonwealth’s natural beauty and incredible history.”

Customers of Virginia State Parks will experience a new system with improved functionality that includes interactive mapping that will give overnight guests the opportunity to explore each park in greater detail; an enhanced loyalty program that will move from a point-to-dollar-based system, allowing guests greater flexibil-

ity in converting repeat stays into discounted reservations; updated waitlist functionality to alert guests when previously booked sites become available; and faster transaction processing times online and in person, creating a more streamlined user experience.

The new site went live following months of collaboration with the state’s new management technology provider, US eDirect.

“US eDirect has one goal:

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UPCOMING EVENTS

Now through Feb. 14:

Braley & Thompson Blanket Drive for Virginia foster children

Braley & Thompson of Virginia is conducting a "Wrapped in Love" winter blanket drive to benefit foster youth. Donations of new and gently used blankets will be accepted through Feb. 14 from 9 a.m. to 5 p.m. Monday through Friday at Braley & Thompson, 207 West Main St., Suite 6B, Christiansburg.

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://mfrl.beanstack.org/>.

Grab & Go Meals

All the Month of February 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/teens during library hours. Sponsored by Feeding Southwest Virginia, which is an equal opportunity provider.

Wednesday, Feb. 9:

Brown Bag Book Club
The Radford Public Li-

brary holds a casual book discussion on the second Wednesday of each month. Participants may bring a lunch. Discussed this month is "The Lincoln Highway" by Amor Towles. To be discussed in March is "Everything Sad is Untrue" By Daniel Nayeri; noon to 1 p.m.

Computer Basics

Meadowbrook Public Library; 10:30 a.m. This is a computer class for beginners that will cover types and parts of the computer, information about hardware, software, and applications. This course will also demonstrate saving and organizing files, safe internet use, and emailing.

Evening Book Talk: "One Last Stop"

Christiansburg Library; 6:30 p.m. Discussed this month is "One Last Stop" by Casey McQuiston, in-person and virtually.

Selu Songs: Photographs by Colby Caldwell

Opening reception at the Covington Center with an artist's talk at 4 p.m. in the Davis Performance Hall. Reception and exhibition viewing will follow from 5 to 7 p.m. in the Scartelli Atrium and the Art Museum Gallery. Food and refreshments will be served.

Thursday, Feb. 10:

River City Quilt Guild

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

540-320-7791.

Talking about Books: "Good Company"

Meadowbrook Public Library; 11 a.m. To be discussed is "Good Company" by Cynthia D'Aprix Sweeney. Call (540) 268-1964 for more information or to reserve a copy.

Love Potion Science

Christiansburg Library; 4:30 p.m. Become mad scientists and create love potions while practicing STEM in this sensory oriented program. Supplies are limited.

Friday, Feb. 11:

NRV Public Health Task Force and American Red Cross Community Blood Drive

The NRV Public Health Task Force and the American Red Cross have teamed up to host a community blood drive from 10 a.m. to 4 p.m. at Blue Ridge Church on Roanoke Street in Christiansburg.

All donors will receive a choice of an American Red Cross tote bag or a t-shirt. All donors who schedule an online appointment with a valid email address will receive a \$10.00 Amazon Gift Card via email. Donors of all blood types can make an appointment by visiting www.redcrossblood.org and clicking on Rapid Pass. When searching for the NRV Task Force blood drive, search by date and 24073 zip.

Stamp It On Your Heart

Join Chuck and Renee of DancinDee Leather to decorate a leather bowl with a stamped Valentine's Day message. The leather bowls, in the shape of a heart, are vegetable tanned cowhide

left over from making belts, so supplies are repurposed, are more environmentally friendly, and will be a lovely keepsake or gift. Call 731-3621 or email elizabeth.sensabaugh@radfordva.gov to sign up. This event is free and is open to adults and teens. Space and supplies are limited. Sponsored and funded by RPL Lamplighters; 3:30 p.m.

Saturday, Feb. 12:

Montgomery County 4-H hosting program for Cloverbuds

The Montgomery County 4-H Teens for a Better Tomorrow Club is hosting a program for Cloverbuds, ages 5 to 8 from 9 a.m. until 2 p.m. at the Mid-County Park Activity Center in Christiansburg (Frog Pond). The program is open to all children in that age range. The program will include arts and crafts, games, movies, making Valentine treats, and story time.

Community History Harvest with Christiansburg Institute

Blacksburg Library; 1:30-4 p.m. Join a team of staff and volunteers at the upcoming 'Community History Harvest with Christiansburg Institute. A History Harvest collects digital reproductions of an item and returns the original to the owner. Bring family photographs, paper documents, newspaper clippings, and stories. The staff will be set-up with all the tools and equipment (scanners and audio/visual recorders) needed to preserve memories.

Nailed it! Winter Edition

Christiansburg Library; 1 p.m. Inspired by the hit Netflix TV show, participants will use their wacky, artistic side by recreating a work of art using the provided supplies. Ages 8 and up. Registration is required with prizes awarded to the winners. Contact spahl@mfrl.org for more information.

Monday, Feb. 14:

Cupids of Comedy Show and Fundraiser

The RADical Change Commission is "calling all lovers of laughter for an evening of Valentines-themed fun" to raise funds for a good cause. The commission is hosting a stand-up comedy show fundraiser "complete with charcuterie and sweet treats" at Sharkey's Up Top. Adult beverages will be available for purchase. A star-studded line-up features some of Virginia's best stand up comics; 7 to 8 p.m. Tickets are a \$30 donation per person and are available at <http://paypal.me/RADical-ChangeLove> with "Cupids of Comedy" in the memo through Feb. 11.

STEM Club

Christiansburg Library; 1 p.m. Join the homeschool STEM club to explore science, technology, engineering, or math. Ages 8 and up.

Pokémon Club

Christiansburg Library; 4:30 p.m. Pokémon fans can bring their DS or Pokémon cards to battle, trade and make new friends. All ages.

Tuesday, Feb.

15:

Cupcake Wars: Valentines Edition

Blacksburg Library at 4:30 p.m. Participants are invited to put their decorating skills to the test for a round of cupcake wars. Email mroach@mfrl.org with any questions.

Wednesday, Feb. 16:

American Business Women's Association Luncheon Meeting

The American Business Women's Association, NRV Express Chapter, will hold its February luncheon meeting from 11:30 a.m. until 1 p.m. at the Holiday Inn Christiansburg-Blacksburg, 99 Bradley Drive. The cost is \$14.25. Guest speaker Dana Hurt will explore the importance of friendships and the three required components to a meaningful relationship. RSVP by Feb. 14. Contact: Terri Welch at christiansburg@wineand-design.com.

Friday, Feb. 25 and Saturday, Feb. 26:

Radford Public Library Book Sale

The Radford Public Library will hold book sales on Friday, Feb. 25, and Saturday, Feb. 26, from 10 a.m. until 5 p.m. Book topics during the sale include fantasy, science fiction, fishing, and cooking plus DVDs, CDs, and gun books. The sale will feature a free table. All hardbacks are \$1 and paperbacks are \$.50. Children's books are half that. Funds raised assist the Lamplighters.

Restoration

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quite rapidly."

Foster thanked City Manager David Ridpath and her fellow council members for supporting the effort to see this historic building restored and our veterans shown the respect they so much deserve.

"This has been a very important personal goal of mine as a veteran to see this building saved and restored, and they also recognized the need to step up as a city to get this project off the ground," Foster said. "The first and most important step was to mitigate further damage associated with water on and in the building."

Costs of the roof replace-

ment increased significantly when it was determined there were shingles on the roof made of asbestos, nearly stopping the project in its tracks.

"I contacted a close family friend, Danny Lust from Empire Salvage, and asked him to assess this project and give me a quote on the removal and disposal of the shingles," Foster said. "He met me at the Legion building and he asked what budget we were working with, to which I responded, "Zero dollars. After much contemplation, he acknowledged the importance of saving this historical building and agreed to provide his services for free as a donation to our veterans and our city."

Roanoke Roofing and Sheet Metal stepped up to

replace the roof at a very reasonable rate, Foster said, "identifying cost-saving measures along the way to maximize the material donations from Home Depot, who came on as a partner to this project very early on in the process and provided much-needed guidance and resources. They have stepped up to ensure that the materials were all covered, which was no small tab.

"This building has served our community in many important ways throughout the years," Foster said. "The most important, in my opinion, is that it has provided our servicemen and women a meeting place to support one another and a venue in which to honor those sacrifices that war

necessitates. The Legion members remain dedicated and committed to ensuring this building remains a memorial as well as an active space for congregation and celebration.

"My heart is very full at the outpouring of support that this project and our veterans have received," she said. "Keep an eye out in local news, social media, council meetings, and our Radford City government website for updates on projects and ways that you can be involved. And all of our projects, moving forward, will require financial donations."

Anyone interested in helping out can make a donation to The American Legion at PO BOX 714, Radford, VA 24142.

Physical Therapy

from page 1

participants, this activity provided them with valuable free access to evaluations that can improve the quality of their lives. That means a lot to those of us who want to support others."

Madison Vick, another D.P.T. student who was part of the activity, said she found the experience gained during the event to be very beneficial and highly rewarding especially considering recent events involving health.

"As a physical therapy student who began her D.P.T. study amid the global pandemic, I quickly realized how valuable hands-on experiences are," Vick said. "While we often practice our new skills on our classmates, having an opportunity to work with patients displaying legitimate impairments allows us to expand our critical thinking skills and prepares us for our clinical practice. It was great to see how motivated and grateful the volunteers we assessed were."

Vick said that she

earned a minor in gerontology at her undergraduate institution, requiring her to spend a lot of time in nursing home facilities. She said that working with these communities taught her how beneficial and enjoyable these interactions can be no matter what the activity is.

"One of the residents I worked with was particularly emotional due to her life circumstances," Vick said. "While this situation challenged my classmates and me as to how to best manage her needs, I am grateful to have been able to work with this individual and to serve as an empathetic sounding board for her. Opportunities such as these are what make these community-oriented experiences so valuable."

D.P.T. student Deanna Lu said she felt that the activity was significant for the health and well-being of the community and the volunteers who participated.

"I feel that our class made a big impact on the community because they

let us know how thankful they were for our time and the education we provided them with," Lu said. "All the residents that attended the screening left with knowledge of their fall risk status and if referral to physical therapy was necessary."

Lu said that experiences like this one are part of why the D.P.T. program, which is based at Radford University Carilion in Roanoke, is such a wonderful way to learn and become a physical therapist.

"Moving forward, experiences like this will ultimately help me build confidence when interacting with patients and practice utilizing the knowledge I learned in the classroom to a real-life scenario," Lu said. "They ultimately provide us with a way to teach, learn from and collaborate with people in our community to positively influence the health of society as a whole."

Mark Lambert
Radford University

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Christiansburg Aquatic Center February/March fitness schedule

Aqua Yoga (Monday/Wednesday/Friday)
8-9 a.m. Feb. 28-March 30 (no class March 4, 23, 25)
\$60 residents/\$70 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, as well as increase their range of motion. Beginners are welcome.

The instructor is Thea Vincenti with a maximum enrollment of ten.

Morning Fit (Monday/Wednesday)
9:15-10:15 a.m.; Feb. 23-March 21
\$42 residents/\$52 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 with a maximum enrollment of sixteen.

Warm Water Workout (Monday/Wednesday)
10:30-11:30 a.m.; Feb. 23-March 21
\$52 residents/\$62 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 ten.

Due to limited spacing and class popularity, the center is limiting warm water workouts to one session per person per month.

Rolling in the Deep (Tuesday/Thursday)
9:30-10:30 a.m.; Feb. 22-March 31 (no class March 24)
\$57 residents/\$67 non-residents

Participants will strap on an aqua belt and join in for a deep-water class in the competition pool. Participants may expect to perform aerobic exercises such as jogging, skiing, and more to develop core strength.

The instructor is Jillian Kowalcik with a maximum enrollment of 25.

Warm Water Workout (Tuesday/Thursday)
9:15-10:15 a.m.; Feb. 22-March 22
\$57 residents/67 non-residents

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

Location: Therapy Pool. Instructor: Danielle Bland

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

Warm Water Workout (Tues-

day/Thursday)
10:30-11:30 a.m.; Feb. 22-March 22
\$57 residents/67 non-residents

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

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

Lunchtime Warm Water Move and Soothe (Tuesday/Thursday)
12-12:45 p.m. Feb. 22-March 31 (no class March 24)

This is a program geared for those with joint or arthritic limitations. This workout is filled with soothing motions that aid with strengthening, balance, and flexibility. The relaxing atmosphere is great for those in need of a little reset in the middle of the day.

Jackie Dorsey is the instructor in the therapy pool with a maximum enrollment of six.

Hydro Power (Tuesday/Thursday)
5:45-6:30 p.m. Feb. 22-March 31 (no class March 24)
\$57 residents/\$67 non-residents

This is an aqua class guaranteed to get the fitness party started. This 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.

The instructor is Jillian Kowalcik.

Swim and Trim! (Wednesday)
7-7:45 a.m.; Feb. 23- March 30 (no class March 23)
\$27 residents/\$37 non-residents

Participants will start their day off right with a new routine consisting of half dryland workout and half water workout. It's 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 portion

The instructor is Jillian Kowalcik in the leisure pool with a maximum enrollment of 8 and two participants per lane.

Mission SWimpossible... (Wednesday)
8:15-9 a.m.; Feb. 23-March 30 (no class March 23)
\$27 residents/\$37 non-residents

Participants will start the new year off right by incorporating new exercises into their water routine. This workout will consist of dryland workouts and water workouts—lap swimming, treading, core work on the walls and more. Modifications for all fitness levels are included. This session is guaranteed to hit all the right muscles and have participants ready to conquer the rest of 2022! Participants should bring their own mats or extra towels for the deck exercise portion if wanted.

Jillian Kowalcik is the in-

structor in the competition pool with a maximum enrollment of 8 and two participants per lane.

Location: Competition Pool. Instructor: Jillian Kowalcik. Max. Enrollment: 8*

Rise N' Shine Water Aerobics (Wednesday)
7-7:45 a.m.; Feb. 23-March 30 (no class March 23)
\$27 residents/\$37 non-residents

This morning class will get participants ready for the day. It's an aerobics class for the early risers so they can kick off their day energized.

Edward Tickle is the instructor at the slide side of the leisure pool with a maximum enrollment of 8.

Fit and Fabulous! (Friday)
9:15-10:15 a.m.; March 11 and 18
\$12 residents/\$22 non-residents

This workout features an assortment of cardio-based aquatic exercise formats with progressions and modifications suitable for all fitness levels. Participants will increase their fitness levels as they challenge themselves to be their best in 2022.

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

Warm Water Fluid Movement (Friday)
10:30-11:30 a.m.; March 11 and 18
\$12 residents/\$22 non-residents

This warm-water workout targets strength, flexibility, and balance with gentle movement.

How to fight COVID-19 shame

You did everything right. You wore a mask in public, received a COVID-19 vaccine, and avoided large crowds. Still, you have COVID-19.

You are not alone. More people are contracting the coronavirus as the contagious omicron variant of the disease continues to spread around the country.

Even if a vaccine has helped you to avoid severe illness, a COVID-19 diagnosis still may result in guilty feelings. People may be afraid to tell others that they or a family member have the coronavirus, for fear that they will be blamed for doing something wrong. Even some who are vaccinated for the coronavirus are afraid to take a COVID-19 test if they are experiencing symptoms.

That's because there is a stigma attached to COVID-19, and it's leaving many people feeling anxious and shameful, according to medical professionals.

Donald "Joe" Gieck, an assistant professor in the Department of Psychiatry and Behavioral Medicine at the Virginia Tech Carilion School of Medicine, and director of psychological services at Carilion Clinic, has worked with patients who have these feelings.

He offers advice for

people in overcoming guilt or shame with a COVID-19 diagnosis.

Q. What is COVID-19 shame?

First, it's pretty normal for people to experience some fear and uncertainty if they contract COVID-19 due to fear of the unknown and its association with potential development of severe side effects, high transmissibility, or risk of hospitalization for oneself and others. And inherent to shame is the perception of some sort of incompetence or failure.

In the case of COVID-19 shame, so many of us have put so much effort into prevention and mitigation through wearing masks, distancing, foregoing normal social activities, and getting vaccinated. When the assumption that 'I am doing everything I can to prevent this [COVID]' is broken, people may feel guilt and shame, especially when compounded with fear of the unknown for how this might affect them and others.

Will the stigma of having COVID-19 go away?

Yes, probably most of the stigma will go away with time and exposure. Basically, if COVID-19 becomes endemic then that means nearly every-

one is going to come in contact with it at some point, ideally less transmissible and severe versions of it.

It is common for stigma to develop around disease and health issues we fear or are unknown. For example, there was initially a lot of fear around HIV and the stigma attached to that, but this has lessened over time; we have seen similar things in cancer and other diseases.

What is your advice to people who are feeling guilty about having COVID-19 and perhaps exposing others?

Know that however you feel, it's okay and likely very normal. We encourage people to acknowledge how you feel and to acknowledge the emotion. However, be careful not to mislabel or overgeneralize what that emotion really means. For example, try not to personalize a sensation of guilt.

What we know is that we as creatures don't do well with uncertainty, so it becomes important for us to take active steps to manage the outcome or the risk as best we can. If guilt, shame, distress, or anxiety become too much, talk to a healthcare provider.

Q. How long could shame or guilt linger after

a COVID-19 diagnosis?

It can linger for a period of time, including days or weeks but will usually lessen with resolution of the symptoms. The biggest thing I find that impacts ongoing shame is that folks often question whether it is safe to have contact with other people after a reasonable time has passed. They ask 'I have surpassed the [isolation] window. Is it safe?'

Along those lines, we encourage people to follow the CDC guidelines around contact and exposure and do the best you can. There's a point where you can't reduce risk any further and are no longer likely to transmit the virus to others.

Generally speaking, we have seen increasing rates of anxiety and depression as a whole over the course of the last two years due to the impact of COVID-19. In these situations, I would encourage folks to reach out to a healthcare provider to discuss and consider what options might be available.

Q. What else do you suggest that people do to manage their emotions related to the pandemic?

Be intentional and purposeful in finding ways to have some element of normalcy and to the extent that is possible, engage in activities you enjoy

by finding creative and safe ways to do so. These things [being creative and safe] are not incompatible. Management of ourselves and risks during this pandemic is like management of something like a

chronic health condition. It requires intention and purpose, and a passive approach will not help it get better over time.

By Jenny Kincaid

Boone




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There is a stigma attached to COVID-19, and it's leading some to feel anxious and shameful, even though they followed public health guidance.

OPINION

Buddy King: Remembering my favorite diners and hot dog stands

A few weeks ago I wrote a column about my mother's cooking and the "culinary delights" I grew up with. My experience was typical of a kid growing up in the mountains of Virginia in the 1950's and 1960's, I concluded, based on responses from readers.

I was reminded by some of the comments I received of a few other staples of my early diet that I forgot to mention, like tomato soup and grilled cheese, canned (or fresh in summer) tomatoes and green beans, potato soup, fried apples, and meat loaf (nothing ketchup couldn't fix). None my favorites, but all tolerable, except for tomato soup. I remember enough mason jars of tomatoes and green beans on the shelves in our basement to "feed the threshers" as my first mother-in-law used to say (look it up, I had to).

And I left out wonderful memories of Sunday dinners after church. My mom could fry a mean chicken and make a wonderful beef roast (I tried to leave the cooked carrots on my plate or under the table.). The noises associated with the preparation of these meals were a little

terrifying when I was a kid, grease popping and splattering from the chicken in the skillet or the whistling of the pressure cooker preparing the beef roast my mother had bought at Angle's Market on Friday. I remember thinking that maybe these sounds were like what our fathers had heard during the war. But the smells were amazing and the tastes even better. Brown 'n Serve rolls were mandatory.

But I digress. I wanted to write a column on some of my favorite diners and hot dog stands. No particular ranking. A few from my youth and a few from my days in West Virginia over the last 40 years. A few long gone and some still around.

Bill's Drive-in, Christiansburg. Actually in Riner on Route 8, across from the entrance to the Word farm where Mary Ann and Tommy grew up and where I spent lots of time with Mary Ann's son Nigel until she whisked him away after eighth grade. I remember riding out to Bill's on Sunday evenings with my folks for foot-long hot dogs and French fries and curb ser-

vice, this being my Dad's "treat" to my Mom for the other 6 nights a week she fixed meals at home.

Lyon's and Lyon's #2. Christiansburg. Speaking of curb service. The one on the Roanoke Road later became Dude's Drive-in and is still open to this day. I usually went to one or the other after Friday night football games and wolfed down a couple of cheeseburgers.

Lyon's #2 was (I believe) the one on the Radford Road across from the entrance to Silver Lake Road. I have great memories of sitting in the parking lot waiting for our food with my great friend John. And ruminating over girls who were out with someone else that night.

Stones Drive-in (later, Stones Cafeteria and Restaurant), Christiansburg. Opened in the mid-1950's by Wendell Stone, later run by his son Jerry, who drove my first school bus. I believe it was the first curb-side place in town. I ate many a meal in the inside diner with my mother and our neighbors, Mrs. Shelton and her son Richard, while my Dad attended Lions Club on Tuesday nights in the back of the restaurant. First place I ever had pizza. In the early 1960's they had trampolines in a gravel pit behind the restaurant. Wish I'd been in law practice then.

The White Spot, Charlottesville. Just like the Texas Tavern in Roanoke,

the "Spot" seated, in my day, and still seats, "100 people, 10 at a time". Every UVA student used to end up there at some point, usually after a hard night of partying or cramming for exams. The Gus Burger - two hamburger patties, American cheese, bacon and fried egg, was to die for - my heart attack proved the lasting effects.

The University Diner, Charlottesville. Long gone, but the Sunday night dining spot of my great Christiansburg friend and UVA roommate Bob. We would have, as I recall, two bacon cheese dogs each and would finish off our meals with "grillswiths": two fried Krispy Kreme donuts stacked and topped with vanilla ice cream. If Bob denies this, don't believe him.

The Texas Tavern, Roanoke. Best "chile" in the world, "bowl" or "bowl with" depending on whether you liked onions. Opened in 1930 by a man from San Antonio who had traveled with the Ringling Bros. Circus. Open 24, 7. I went there several times in my Virginia days, or so I am told.

Now a quick tour of West Virginia hot dog stands. We are famous for iconic hot dog stands in the state, particularly in north central WV where I live.

Selario and now by his son Antonio, but John still sits in front as greeter. Next to the federal courthouse and thus has fed many a quick lunch to a busy litigator. Best chili around. Tradition has it that the water used to boil the hot dogs has not been changed since the grand opening. Original booths and counter, too, I think.

D & P Restaurant. Opened by husband and wife Donna and Pete Fragale. Pete passed too soon, but not before serving hundreds of thousands of dogs. If someone was foolish enough to order slaw on their dogs, Pete would yell "what do you think this is, a salad bar?" Once Pete had been begging me to bring in my friend Mike who had just "unretired" and moved back to town to rejoin our firm. After a warm greeting, and after Mike had stared at the menu board for a little too long, Pete screamed "the heck with it [or words to that effect], you'll have what Buddy's having". I called Pete the Hot Dog Nazi.

When I wanted to "start something," a "hot dog war" so to speak, I would walk in Ritzzy and say to John, "Boy I had the best dogs in town last week, I was in D & P" (John and Pete were cousins). Likewise, I would reverse the statement when I would go into D & P. Needless to say I can't quote their responses.

T and L Hot Dogs,

Clarksburg and environs. Small chain opened in more recent times. Known for smoking hot chili and 1950's decor, a "Happy Days" atmosphere. You expect to see Fonzie next to the juke box.

P. J. Kelly's, Clarksburg. Owned and operated by my great friend Pat for 34 years. His bar made #1 on my Top 10 list of watering holes. His food didn't quite earn him a similar spot at the top of this list, but his old-fashioned lunch counter in the front of the bar has to be mentioned.

In the day, every lawyer and banker in Clarksburg ate at his counter. His establishment was about 30 steps from the entrance to my firm's offices, so what he lacked in quality food he made up for in convenience and conviviality and gossip. If it happened in town, you heard it first at Pat's. And sometimes even if it hadn't happened.

Pat was famous for his "specials," like, "two West Virginia dogs, bag of chips and toffee bar, \$5.75." Once my friend Mike and I added these items up ala carte, and the total was only \$4.75. We pointed this out to Pat and he winked at us and said, "I didn't say who it was special to."

Hope I've given a few chuckles sharing my memories. As usual for me, it's mainly about the characters I met along the way and the people I enjoyed the times with. But serving a good dog doesn't hurt.

RADFORD NEWS JOURNAL

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Virginia gas prices increase by 7.4 cents per gallon in one week

Average gasoline prices in Virginia rose by 7.4 cents per gallon last week, averaging \$3.27/g Monday, according to GasBuddy's survey of 4,081 stations in Virginia. Prices in Virginia are 13.3 cents per gallon higher than a month ago and stand 93.7 cents per gallon higher than a year ago.

According to GasBuddy price reports, the cheapest station in Virginia was priced at \$2.93/g Monday while the most expensive was \$3.99/g, a difference of \$1.06/g. The national average price of gasoline rose by eight cents per gallon in the last week, averaging \$3.42/g Monday.

"Gas prices saw their sharpest rise in months last week as oil surged to \$93 per barrel on continued concerns over Russia invading Ukraine and that there won't be enough supply to meet demand come this summer," said Patrick De Haan, head of petroleum analysis at GasBuddy. "With the national average at its highest level since 2014, the news is grim: motorists should expect even more price increases, with the larger jumps coming later this spring as a confluence of seasonal factors and the potential flare up in geopolitical tensions. Ultimately, the national average could be pushed to record territory by the start of the summer driving season."

WalletHub: Virginia unemployment claims are 17.89% lower than pre-COVID levels

Virginia is having a successful recovery from new unemployment claims with last week's claims lower than in the same week in 2019, according to the updated rankings from the personal finance website WalletHub for the states whose unemployment claims are recovering the quickest.

In fact, WalletHub's survey determined the commonwealth had the 10th-fastest recovery from unemployment claims last week among the 50 states and the District of Columbia.

Among the key statistics that contributed to the commonwealth's successful recovery were the following: Weekly unemployment claims in Virginia decreased by 17.89% compared to the same week in 2019. This was the 18th biggest decrease in the U.S.

Weekly unemployment claims in Virginia decreased by 17.89% compared to the same week in 2019. This was the 18th biggest decrease in the U.S.

Weekly unemployment claims in Virginia decreased by 25.41% compared to the start of 2020. This was the 25th smallest decrease in the U.S.

Weekly unemployment claims in Virginia decreased by 86.92% compared to the same week last year. This was the 6th biggest decrease in the U.S.

According to WalletHub, 6.3 million Americans are currently unemployed due to the COVID-19 pandemic. Some key stats provide a more complete picture of the nation's unemployment situation.

There were 238,000 new unemployment claims nationwide, which is a lot fewer than the 6.1 million during the peak of the pandemic (a 96% reduction).

The good news is that every state had unemployment claims last week that were better than the same week last year. Twenty-nine states had unemployment claims last week that

were lower than before the pandemic. To identify which states' workforces are experiencing the quickest recovery from COVID-19, WalletHub compared the 50 states and the District of Columbia based on changes in unemployment claims for several key benchmark weeks.

WalletHub's ranking of the 10 states with the most successful recovery from unemployment claims was as follows: 1. Delaware 2. Rhode Island 3. New Hampshire 4. Maryland 5. Arkansas 6. South Carolina 7. Kansas 8. South Dakota 9. Arizona 10. Virginia.

The website's ranking of the 10 places with the slowest recovery from unemployment claims was as follows: 42. Hawaii 43. Utah 44. West Virginia 45. Alabama 46. Michigan 47. California 48. Kentucky 49. District of Columbia 50. Tennessee 51. Indiana.

CROSSWORD

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- CLUES ACROSS**
- Jam into
 - USA's favorite uncle
 - More coherent
 - PBS drama series
 - Retirement plan
 - Be obedient to
 - French river
 - _____ fatale, seductive woman
 - Made a surprise attack
 - Winglike structures
 - Belittle oneself
 - Department of Troyes
 - List of dishes served
 - Jai _____
 - Superhigh frequency
 - Farm fanbatic
 - Double agents
 - No (Scottish)
 - Peninsula off Manchuria
 - As fast as can be done (abbr.)
 - Apulian city 70121
- CLUES DOWN**
- Chew the fat
 - A prince in India
 - A Far East wet nurse
 - Axiom
 - The frame around a door
 - Fruit drink
 - Ugandan Pres. Amin
 - Real Estate Services
 - Brass that looks like gold
 - Nutmeg seed covering spice
 - River in Austria
 - Eliminates
 - Canadian province
 - Green, Earl Grey and iced
 - Four ball advancement
 - Vaselike receptacle
 - Highest card
 - Unction
 - 1st of the books of the Minor Prophets
 - Symbols of allegiance
 - Farm state
 - A citizen of Iran
 - More dried-up
 - Alt. spelling for tayra
 - Perfect examples
 - One point E of SE
 - Secretly watch
 - Three toed sloth
 - _____ student, learns healing
 - Liquid body substances
 - Act of selling again
 - Stroke
 - Selector switches
 - Speed, not slow
 - City founded by Xenophanes
 - Picasso's mistress Dora
 - Having two units or parts
 58. 2nd largest Spanish river
 - Delta Kappa Epsilon nickname
 - The cry made by sheep
 - Air Chief Marshall
 - Perceive with the eyes

New Site

from page 1

to innovate relentlessly to serve agencies like Virginia State Parks and their millions of annual visitors," said US eDirect CEO and President Tony Alex. "We are committed to our shared success and look forward to years of working together to serve Virginia State Parks visitors."

Virginia State Parks is managed by the

Virginia Department of Conservation and Recreation. For more information about Virginia State Parks' activities and amenities or to reserve one of the more than 1,677 campsites, 50 yurts, or 306 climate-controlled cabins, call the Virginia State Parks Reservation Center at 800-933-PARK or visit www.virginiastateparks.gov.

OBITUARIES

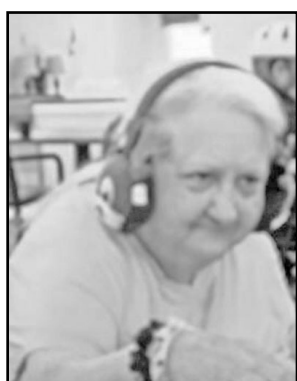
Carraway, Regina

Ann Albert

Regina Ann Albert Carraway, 72, of Rural Retreat, formerly of Radford, passed away Monday, Jan. 31, 2022.

She was preceded in death by her parents, Lacy Charlton and Anna Belle Albert; her husband, John Henry Carraway; and her sister, Bonnie Sue Albert.

Survivors include her son, Charles C. Russell, Jr.; all her friends and the staff at Rural Retreat Care Center; and her



friends at District-Three Governmental Cooperative Public Guardianship Program.

Friends gathered on Monday, Feb. 7, 2022, at the Mullins Funeral Home in Radford. Interment followed in West View Cemetery in Radford.

The Carraway family is in the care of Mullins Funeral Home & Crematory in Radford, Virginia. www.mullinsfuneralhome.com.

Mowry, Eva Joyce

Eva Joyce (Epperly) Mowry, 85, passed away on Feb. 3, 2022, after a short illness.

She was born March 17, 1936, and was preceded in death by her loving husband, Karl Mowry; her daughter, Karen; her son, Gary; her daughter-in-law, Beth; and her stepson Karl N. (K.N.).

She is survived by her sons, Dennis Poff and Rick (Julian) Poff; a stepdaughter Amber (Jimmy) Spikes; grandchildren Julie (Scott) Habeeb, Ritchie (Marissa) Poff, Monica (Tom) Noble, Travis, Savannah, and Daniel Poff, Benjamin (Amanda) Poff, Christopher (Maddie) Poff, Todd Davis, Yana (Bobby) Hunter, Shane (Kymn) Spikes, Amanda Spikes, Shannon (Mitch) Turner, and Seth (Stephanie) Mowry; 22 great-grandchildren; two great-great grandchildren; and many loving nieces, nephews, cousins and special friends.

Joyce was a servant, a caregiver, and above all else, a child of God. When Karl was alive, they did everything together. They cooked together, they rode bikes together, they grew gardens, tended flowers and fruit trees, and took such good care of their neighbors. When their families came to visit, they were sure to take them to the ocean, the pool, to church, and to keep them in the air condi-



tioning during the worst of the Florida sun. They loved the Atlanta Braves, playing Uno, and watching their "shows" which really meant Days of our Lives and Another World.

Once they moved back to Virginia, Joyce loved spending time with her children and her grandchildren on a more regular basis. She also joined her beloved church and made many friends that she completely embraced as family.

The family expresses much gratitude to the doctors, nurses, and especially Nicole from the Palliative Care Unit at LewisGale Hospital Montgomery. They went above and beyond to make her comfortable in her final days.

A visitation will be held beginning at 1 p.m. on Saturday, Feb. 12, followed by a memorial service at 2 p.m. at Faith Christian Church located at 305 Third St. SW, Christiansburg, VA 24073. In lieu of flowers, the family requests donations be made in Joyce's memory to Faith Christian Church.

Arrangements are under the care and trust of McCoy Funeral Home. Online condolences may be sent to <https://www.mccoymfuneralhome.com/obituaries/>.

Epperly, Edward Ray

Edward Ray Epperly, of Christiansburg, was born on Sept. 15, 1926, and left his earthly home on Feb. 1, 2022, at age 95.

Ray was predeceased by his parents, Rufus and Susanna Epperly; his sisters and brothers-in-law Dessa (Alvin) Moricle, Frances (Hugh) Dellinger, and Georgianna (Edward) Harman; brothers and sisters-in-law: Alec (Gaye), Clyde (Pauline) and Ben (Hava); and brother-in-law: Jimmy Wright.

He is survived by his wife of 74 years, Maxine Wright Epperly; a daughter, Debbie (Pete) Tolley; a grandson, Brad (Christy) Tolley; great-grandchildren Christian, Brooklyn, Malachi, Mack, and Ali; a sister and brother-in-law, Margurite (Russell) Harris; a sister-in-law, Margie Wright; and numerous nieces and nephews.

Ray was known as a man who served God and his church family, his country, and his own family and community. During his membership of over 60-plus years at the Christiansburg Church of the Brethren, he served as a youth leader, teacher, choir member, and deacon.

Ray was also a proud member of the U. S. Navy, serving as a Seaman First Class from 1944 to 1946 during WWII. His service to his family began as a young man working with his brothers in the logging and lumber industry. He continued from there to serve his family and community as a gas station owner and insurance salesman and as an employee of RAAP.

Later he was employed by C. W. Poff and Sons and served by helping many build or buy their own homes. After at-

taining his GED later in life, Ray served as a licensed Real Estate Appraiser.

Ray also enjoyed league bowling at Triangle Lanes and golfing with his daughter and, later, with his son-in-law. He and his wife walked regularly for many years at the Christiansburg Recreation Center and enjoyed making many special friends there.

These words help describe Ray's character: honest, sincere, truthful, loyal, responsible and, always, a man of integrity. Ray also enjoyed good, clean humor. He was well known for the witty, clever answers he could spontaneously reply to questions asked him. Usually a man of few words, it was also known that when Ray spoke, those words were worth hearing.

Visitation was held on Monday, Feb. 7, 2022, followed by a service at Horne Funeral Home in Christiansburg, with Pastor Hal Sonafrank of the Christiansburg Church of the Brethren officiating. Interment followed immediately at Sunset Cemetery.

Ray was privileged to be cared for by his greatest supporter, his wife Maxine, until the end. The family appreciates the care and support given by the staff at Radford Health and Rehabilitation Center and especially by the staff of Commonwealth Senior Living at Christiansburg and the staff of Kindred Hospice. Ray was also fortunate to be surrounded by compassionate and loving neighbors for whom the family is grateful.

If desired, memorials may be made to Hope to Walk, 3635 A South Main St., Blacksburg, VA 24060.

Phillips, Manilla

Manilla Phillips of Floyd went to be with the Lord on Thursday, Feb. 3, 2022, at the age of 103 1/2.

She was preceded in death by her parents, Sylvester and Maudie Phillips; her first husband, Freeman Phillips; her second husband, Sinkley Phillips; a sister, Dallas Turman; brothers Freeman Phillips, Golden Phillips and Covie Phillips.

She is survived by her son, Douglas R. Phillips (Shirley) of Indian Valley, and a grandson, David Phillips of Blacksburg; nieces Reda Phillips Quesenberry (Wayne), Peggy Turman Ogle (Wayne), Irene Moore (Junior), Judith Huff, Elaine Bostwick (Don) and Glennie Martin; nephews Mike Turman (Wanda), Glenis Phillips (Mary), Delwood Phillips (Nancy); and numerous other nieces and nephews.



Funeral services were held at 1:30 p.m. on Sunday, Feb. 6, 2022, at the Maberry Funeral Home Chapel with the Rev. Kenneth Poston, the Rev. Joe Cox and the Rev. Mike Bond officiating. Interment followed in the Douglas R. Phillips Cemetery, Indian Valley Road, Willis.

Visitation for family and friends was held from 11:00 a.m. to 1:30 p.m. prior to the funeral at the funeral home.

The family extends thanks to the nurses and staff at Skyline Nursing and Rehab for their excellent care of their mother. A special thank-you also is given to Danielle Ogle for her visits at Roanoke Memorial Hospital while our mother was there and at the nursing home afterwards.

Online condolences may be sent by visiting www.maberryfuneralhome.com.

Four scholars publish book in effort to elevate democracy and reduce violence in Nigeria

"Our lives begin to end the day we become silent about things that matter," said Martin Luther King, Jr., in 1965. In 2021, four Nigerian criminal justice scholars from different academic institutions came together and made their voices heard about something that matters: police brutality in Nigeria.

Their words formed the book, "Community Policing in Nigeria," by Emmanuel Onyeozili, professor of criminology and criminal justice at the University of Maryland Eastern Shore; Biko Agozino, professor of sociology and Africana studies at Virginia Tech; Augustine Agu, retired senior policy officer at UNICEF; and Patrick Ibe, professor and chair of the Criminal Justice Department at Albany State University.

Simultaneously published by Fourth Dimension Publishing Company in Nigeria and Virginia Tech Publishing housed in University Libraries in the United States, this book is an examination into the ongoing policing problems in Nigeria. It compares models of community policing around the world while discussing best and flawed practices that may serve as guides for Nigeria and the rest of Africa to help maintain peace and order.

In Nigeria, the government uses Special Anti-Robbery Squads (SARS) that are known for excessive abuses on the African people. Nigerian citizens are protesting in the streets and demanding an end to the brutality through the #EndSARS nationwide protest.

"Imagine a future Nigeria in which policing is part of the solution to insecurity rather than making the problem worse," said Peter Potter,

director of Virginia Tech Publishing. This book helps build the path to do just that.

The book's authors have backgrounds in and knowledge of Nigerian policy and criminal justice. "We responded to the widespread demand for community policing in Nigeria due to widespread insecurity and brutal policing by offering a theoretically relevant examination of rationale, principles, practices, and case-studies of community policing as potential lessons for Africa," said Agozino.

Since the release of "Community Policing in Nigeria" and several other books on the same topic, the president of Nigeria announced a decision to approve N13.3 billion (approximately \$31.5 million) in funding for the community policing initiative across the country as one of his nine key priorities of his administration's bringing hope to the country.

It is the team's hope that this book will be the foundation for a series of historical and empirical theory-policy-relevant book publications with an emphasis on Africa. The authors look forward to seeing readers engaged in discussion around this book and welcome others' opinions and critiques.

"The growing insecurity across Africa was not inevitable given that Africans were able to run their lives without a police force or prisons but through the communities for thousands of years, as our book cover symbolizes," said Agozino. "We hope that our book will contribute to the democracy of the people as opposed to the militarization that leads to escalations of violence."

By Elise Monsour Puckett

Legal Notice

NOTICE TO THE PUBLIC OF PETITION BY APPALACHIAN POWER COMPANY, FOR APPROVAL PURSUANT TO VA. CODE § 56-40 TO IMPLEMENT THE VOLUNTARY CURTAILMENT SERVICE RIDER
CASE NO. PUR-2021-00293

On December 15, 2021, Appalachian Power Company ("APCo" or "Company") filed a petition ("Petition") with the State Corporation Commission ("Commission") requesting approval, pursuant to § 56-40 of the Code of Virginia ("Code"), to implement a voluntary schedule for its customers, the energy Curtailment Service Rider ("Rider CS"). In support of its Petition, APCo states that Rider CS is designed to provide benefits to both participants that can curtail energy usage, and to non-participating customers, by reducing costs during times of high energy market prices. APCo further states that Rider CS will be available to qualified standard service Large Power Service ("LPS") customers, and that those who choose to enroll will be notified by the Company of the option to curtail their energy usage when periods of high market energy prices occur. APCo asserts that its customers will benefit from the participation of LPS customers in Rider CS because the Company will be able to avoid the purchase of energy to serve the curtailed load; that the result will be a net reduction in fuel and purchased power costs relative to what they would have been; and that all customers will benefit from the reduced pass-through energy supply costs, as the credits for voluntary reductions are less than the energy cost in the day-ahead market that is avoided by the curtailment. Accordingly, APCo asks for Commission authority to implement its Rider CS pursuant to Code § 56-40, and to do so as soon as possible so that the Company and its customers can obtain the benefits of Rider CS in the upcoming winter months.

The details of APCo's proposal are set forth in the Company's Petition. Interested persons are encouraged to review the Petition and supporting exhibits for the details of the proposal.

The Commission entered an Order Granting Interim Authority and for Notice and Comment ("Order") that, among other things, directed the Company to provide notice to the public and provides interested persons an opportunity to comment Company's Petition.

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 should 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 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 further instructions concerning Confidential or Extraordinarily Sensitive Information.

An electronic copy of the Petition may be viewed on the Commission's website or obtained, at no charge, by submitting a written request to counsel for the Company Noelle J. Coates, Esquire, American Electric Power Service Corporation, 3 James Center, 1051 East Cary Street, Suite 1100, Richmond, Virginia 23219, njcoates@aep.com.

On or before April 1, 2022, any interested person may submit comments on the Petition 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 such comments shall refer to Case No. PUR-2021-00293.

On or before April 1, 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. Pursuant to 5 VAC 5-20-80 B, *Participation as a respondent*, of the 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-2021-00293. For additional information about participation as a respondent, any person or entity should obtain a copy of the Commission's Order.

On or before March 1, 2022, any interested person or entity may file a request for hearing on the Company's Petition with the Clerk of the Commission at scc.virginia.gov/clk/efiling/. Those unable, as a practical matter, to file a request for hearing electronically may file such request for hearing by U.S. mail to the Clerk of the Commission at the address listed above. Such requests for hearing shall refer to Case No. PUR-2021-00293, shall include the email address of the filer or its counsel if available, and shall include: (i) a precise statement of the filing party's interest in the proceeding; (ii) a statement of the specific action sought to the extent then known; (iii) a statement of the legal basis for such action; and (iv) a precise statement why a hearing should be conducted in this matter.

A copy of any notice of participation or request for hearing simultaneously shall be sent to counsel for the Company electronically at the email address set forth above.

The Company's Petition, the Commission's Rules of Practice, and the Commission's Order may be viewed at: scc.virginia.gov/pages/Case-Information.

APPALACHIAN POWER COMPANY



Marketplace



THE FINCASTLE HERALD

The Vinton Messenger

THE NEW CASTLE RECORD

SALEM TIMES REGISTER

News Messenger

RADFORD News Journal

Auctions

STORAGE AUCTION
Salem Storage
736 Roanoke Street
Salem, Va. 24153
February 18 at 10 am
Salem Storage will conduct a public sale of merchandise to collect liens from the following delinquent building. Owner Penny Williams Unit 73 Cash Only We reserve the right to refuse bids.

For Sale - Firewood

FIREWOOD
Mixed Hardwood.
Call 540-529-2745
Delivery in Botetourt only

For Sale - Misc

FOR SALE
Unprinted end rolls of newsprint. Great for packing & shipping, moving & storage and for art projects. Various sizes available. Stop by the Salem Times-Register 1633 West Main St. or call (540)389-9355 for details.

For Sale - Sporting Goods

FOR SALE
Like new 26" Girl Bicycle along with new tire pump and new bicycle car hitch. MUST SELL! ALL for \$40.00. Call 540-315-0785.

Help Wanted - General

Quality Inn Radford
Hiring Full-Part Time Front Desk Clerk/Night Auditor and Housekeeping. Apply in Person. Ph-540-639-3000

Part Time Newspaper Production Help

The Salem TimesRegister has openings for afternoon/evening shift work inserting, labeling and bundling newspapers for delivery. No experience necessary. Hours may vary. Will train. \$7.50 per hour. Contact Lynn Hurst, General Manager, Salem-Times Register (540)389-9355 or email lhurst@ourvalley.org

Legals - Botetourt County

PUBLIC ONLINE AUCTION

Secure Store- 70 Market Ridge Ln, Daleville, VA 24083, has a possessory lien on all of the goods stored in unit 398. The auction will end on 02/17/22 at 12 Noon. All these items of personal property are being auctioned online through [lockerfox.com](https://www.lockerfox.com). These auctions will run until February 17, 2022. Pictures of the unit can be inspected online. Cash payments only. For more details visit www.lockerfox.com/storage-auctions/us/

ADVERTISE!

Legals - Montgomery County

ORDER OF PUBLICATION
COMMONWEALTH OF VIRGINIA
VA CODE §§ 1-211 1; 8.01-316, -317, 20-104
Case No. CL21001989
Montgomery County Circuit Court
55 East Main Street, Suite 1, Christiansburg, VA 24073
Estate Of Ernestine B. Frith v.
Commonwealth of Virginia Mark B. Frith v.
Commonwealth of Virginia
The object of this suit is to: Sale of Ernestine Burton Frith's Real Property It is ORDERED that Dennis L. Frith appear at the above-named court and protect his/her interests on or before March 14, 2022.

January 13, 2022
Judge K. Mike Fleenor, Jr.

ORDER OF PUBLICATION

Commonwealth of Virginia VA CODE § 8.01-316
Case No. JJ018698-15
Montgomery County Juvenile and Domestic Relations District Court MCDSS
/v.
Charles E. Barkley, Jr.
The object of this suit is to: Terminate the residual parental rights of Charles E. Barkley, Jr. legal parent of James Barkley a minor, in that said parent has, without good cause, failed to correct the conditions which resulted in the child entering foster care and it is not reasonably likely that they will be able to do so in a reasonable amount of time, failed to maintain continuing contact with the child and substantially plan for the child's future. Residual parental rights include, but are not limited to the right to visitation, consent to 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 Charles E. Barkley, Jr. appear at the above-named Court and protect her interests on or before March 14, 2022.

2-1-22
Amie Blankenship
Clerk

VIRGINIA: IN THE CIRCUIT COURT OF THE COUNTY OF MONTGOMERY

COUNTY OF MONTGOMERY, VIRGINIA,
a Political Subdivision of the Commonwealth of Virginia,
Case No. CL21001849-00
Complainant,
v.
FRANK WEDDLE, ET AL.,
Respondent(s).

ORDER OF PUBLICATION
The object of this suit is to enforce the lien of the Complainant, County of Montgomery, Virginia, for delinquent real estate taxes against certain real property located in the County of Montgomery, Virginia, described as follows:
Tax Map No. 076- A 82
Account No. 020519

All that certain tract or parcel of land, together with the buildings and appurtenances thereunto belonging, lying and being in the Auburn Magisterial District, Montgomery County, Virginia, near the Village of Walton, bounded and described as follows:

Beginning near a bridge

Legals - Montgomery County

over the creek, at the corner of land, now or formerly owned by Robert Poff and J. E. Adkins; thence, running in an eastwardly direction, 112 feet to a post a few feet south of an oak tree in the corner of the land, now or formerly owned by Nannie Hall; thence, N 125 feet to two cedars, corner in the Nannie Hall land; thence, westward 45 feet to a cedar in the line of an old road in the land, now or formerly owned by, Harry Adkins; thence, with the Harry Adkins land, crossing the old road, southwestward 79 feet to a spring near the said bridge, where the Harry Adkins and Robert Poff land corners; thence, southward 67 feet to the point of the beginning, containing ¼ acre, more or less.

And being the property conveyed to Frank Weddle and Margaret McGuire Weddle, as tenants by the entirety with the right of survivorship as at Common Law, from Harry McGuire and Lottie Mae McGuire, husband and wife by Deed dated April 16, 1955 and recorded May 20, 1955 in the Montgomery County Circuit Court Clerk's Office in Deed Book 193, Page 299.

This description is made subject to all easements, conditions, agreements, restrictions, and reservations of record which affect the property herein described.

Tax Map No. 076- A 96
Account No. 012321

All that certain tract or parcel of land, with the improvements and appurtenances thereunto belonging, situate, lying and being in the Riner Magisterial District of Montgomery County, Virginia, described as follows:

Beginning at a stake corner to the Walton Road and (now or formerly) Arch Lytton land, and running westward with the said Arch Lytton line, a distance of 128 feet to another stake in the said Arch Lytton line; thence westward a distance of 146 feet to another stake in the line of the private road; thence southward a distance of 128 feet to a stake in the line of said Walton Road; thence along with said Walton Road a distance of 110 feet in the westward direction, back to the point of beginning, containing one-half acre, more or less.

And being the property conveyed to Frank Weddle from Teresa Sharon McGuire Defibaugh and Richard E. Defibaugh, wife and husband, by Deed dated November 2, 1989 and recorded November 14, 1989 in the Montgomery County Circuit Court Clerk's Office in Deed Book 663, Page 106.

This description is made subject to all easements, conditions, agreements, restrictions, and reservations of record which affect the property herein described.

IT APPEARING that an Affidavit has been made and filed stating that due diligence has been used, without effect, to ascertain the identity and location of certain parties to be served, that the last known addresses for the Respondents herein are as follows: Frank Weddle, who is believed to be deceased and whose last known address is 1123 Walton Road, Christiansburg,

Legals - Montgomery County

Virginia 24073; Margaret Cathleen McGuire aka Margaret McGuire Weddle, who is believed to be deceased and whose last known address is unknown; Kenny Stacy, whose last known address is unknown; Judy Carol Thompson, whose last known address is 4460 Boyd Road, Draper, Virginia 24324; and that any officers, heirs, devisees, and successors in title of the Respondent named herein are made parties Respondent to this action individually and/or by the general description of Parties Unknown, it is hereby ORDERED that the parties herein and all Parties Unknown and/or whose location cannot be ascertained appear on or before March 7, 2022 in the Clerk's Office of the Circuit Court of the County of Montgomery, Virginia, and do what may be necessary to protect their interests in this cause.

Entered on the 26th day of January, 2022.

K. Mike Fleenor, Jr.
Judge

I Ask For This:
John A. Rife, Esq. (VSB No. 45805)
Jeffrey A. Scharf, Esq. (VSB No. 30591)
Mark K. Ames, Esq. (VSB No. 27409)
Andrew M. Neville, Esq. (VSB No. 86372)
Paul L. LaBarr, Esq. (VSB No. 91609)
Gregory L. Haynes, Esq. (VSB No. 37158)
Taxing Authority Consulting Services, PC
P.O. Box 31800
Henrico, Virginia 23294-1800
Phone: (804) 545-2500
Facsimile: (804) 545-2378
TACS No.: 647162

VIRGINIA: IN THE CIRCUIT COURT OF THE COUNTY OF MONTGOMERY

COUNTY OF MONTGOMERY, VIRGINIA,
a Political Subdivision of the Commonwealth of Virginia,
Case No. CL21001960-00
Complainant,
v.
JAMES W. DEAN AND BETTY DEAN FAMILY TRUST,
Respondent(s).

ORDER OF PUBLICATION
The object of this suit is to enforce the lien of the Complainant, County of Montgomery, Virginia, for delinquent real estate taxes against certain real property located in the County of Montgomery, Virginia, described as follows:
Tax Map No. 287- A 87
Account No. 004809

All that certain lot or parcel of land, situate, lying and being in the Town of Blacksburg, Montgomery County, Virginia, bounded and described as follows:

Beginning at an iron pin the west side of Water Street Extended, at the northeast corner of the Lot, now or formerly owned by, Pauline Bowles Dillon; thence, with the line of said lot S. 49 degrees 20'E. 80 feet to an alley, a corner; thence, with said alley N. 49 degrees E. 200 feet to Water Street, Extended, a corner; thence, with said Water Street Extension, N. 38 degrees 20'W. 80 feet to the point of beginning.

And being the property conveyed to James W. Dean and Betty Jane Dean Family Trust, from James W. Dean and Betty Y. Dean (Also known as Betty Jane Dean), husband and wife, by Deed dated September 1, 1994 and recorded September 30, 1994 in the Montgomery County Circuit Court Clerk's Office in Deed Book 853, Page 634.

This description is made subject to all easements, conditions, agreements, restrictions, and reservations of record which affect the property herein described including but not limited to those recorded in Plat Book 71 at Page 234.

IT APPEARING that an Affidavit has been made and filed stating that due diligence has been used, without effect, to ascertain the identity and location of certain parties to be served, that the last known addresses for the Respondents herein are as follows: James W. Dean and Betty Dean Family Trust, whose last known address is unknown; and that any officers, heirs,

Legals - Montgomery County

devisees, and successors in title of the Respondent named herein are made parties Respondent to this action individually and/or by the general description of Parties Unknown, it is hereby ORDERED that the parties herein and all Parties Unknown and/or whose location cannot be ascertained appear on or before March 7, 2022 in the Clerk's Office of the Circuit Court of the County of Montgomery, Virginia, and do what may be necessary to protect their interests in this cause.

Entered on the 25th day of January, 2022.

Robert M. D. Turk
Judge

I Ask For This:
John A. Rife, Esq. (VSB No. 45805)
Jeffrey A. Scharf, Esq. (VSB No. 30591)
Mark K. Ames, Esq. (VSB No. 27409)
Andrew M. Neville, Esq. (VSB No. 86372)
Paul L. LaBarr, Esq. (VSB No. 91609)
Gregory L. Haynes, Esq. (VSB No. 37158)
Taxing Authority Consulting Services, PC
P.O. Box 31800
Henrico, Virginia 23294-1800
Phone: (804) 545-2500
Facsimile: (804) 545-2378
TACS No.: 742177

Notice of Our Family Medicine Patients

As of Saturday, January 29, 2022, Shelley Butler, N.P., is no longer practicing from Carilion Clinic Family Medicine in Blacksburg. Your confidential medical records will remain with Carilion Clinic. If you choose to transfer your medical care with us, you do not need to take any action. If you choose to transfer to another provider and need a copy of your Carilion Clinic Family Medicine record, please contact our office for a medical record request/transfer form. After you return the form and the request is processed, your medical record will be sent to another provider of your choice within a reasonable time. If you need help finding a physician in a different office, please call the physician referral line on Carilion Direct at 800-422-8482.

Legals - Town of Vinton

LEGAL NOTICE OF PUBLIC HEARING TO WHOM IT MAY CONCERN:

Pursuant to the provisions of Section 15.2-2204 of the 1950 Code of Virginia, as amended, the **Planning Commission** of the Town of Vinton, Virginia hereby gives notice of a public hearing to be held on **Thursday, February 24, 2022, at 7:00 p.m.**, or as soon thereafter as the matter may be heard, in the Council Chambers of the Vinton Municipal Building, 311 South Pollard Street, Vinton, Virginia. The Planning Commission will also hold a dinner on February 24, 2022, at 6:00 p.m., immediately followed by a work session at 6:30 p.m., prior to the public hearing.

The purpose of the public hearing is to receive comments concerning:

An ordinance repealing in its entirety the Vinton Town Code, Appendix B - Zoning Ordinance as adopted by Ordinance 634, enacted December 19, 1995, with amendments, and adopting by reference the Zoning Ordinance of the Town of Vinton, Vinton, Virginia.

Further information concerning this public hearing may be obtained in the Planning and Zoning Department located at 311 South Pollard Street, Vinton, VA 24179, (540) 983-0605, between 9:00 a.m. to 4:00 p.m. Interested persons may be heard at the above public hearing.

Given under my hand this 3rd day of February, 2022.

Anita J. McMillan
Planning and Zoning Director
Secretary, Vinton Planning Commission

Legals - Town of Vinton

NOTICE OF INTENT TO COMPLY WITH THE AMERICANS WITH DISABILITIES ACT.
Reasonable efforts will be made to provide assistance or special arrangements to qualified individuals with disabilities in order to participate in or attend the meetings. Please call (540) 983-0605 at least 48 hours prior to the meeting so that proper arrangements may be made.

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Virginia Tech Athletics announces completion of “Drive for 25” campaign

Virginia Tech Athletics and the Hokie Club have announced that the “Drive for 25 campaign” goal has been surpassed.

The Hokie Club hit an all-time high of 25,000 donors at the close of business on Wednesday, Feb. 2, 2022, six years after the goal was set to reach that mark in December 2016.

In making the announcement, VT Director of Athletics Whit Babcock said, “This is a moment we’ve been looking forward to for quite some time. We are so proud of Hokie Nation for joining together to get to what was considered a nearly unattainable goal when we started the Drive for 25. This achievement is a credit to both our staff and our supporters as we continue to lift our department to the top tier of the ACC.

“While the goal of The Drive for 25 campaign has been surpassed, the need for resources to support

over 550 Hokies student-athletes continues to be an ongoing endeavour. For those still looking to get involved or to increase their gift, any amount helps as we continue to ensure Virginia Tech student-athletes can succeed in competition, the classroom, and in the community.

“All of Hokie Nation is needed to make Virginia Tech a consistent competitor for ACC and national championships across all of our 22 varsity sports.”

The Hokie Club had roughly 9,800 donors at the Drive for 25’s beginning in 2016, and Virginia Tech sat near the bottom third of the ACC in annual giving. Since then, Hokie Nation has helped raise annual scholarship funding at Virginia Tech from an average of \$9.2 million a year to \$15.2 million.

Virginia Tech also now ranks in the top three of total annual donors at the close of the Drive for 25



campaign with a number that should increase substantially by the end of the March 31 deadline.

“I grew up watching tons of college basketball, and I love going to Virginia Tech games at Cassell. I

decided it was time to give back! Go Hokies!,” said Neal Henshaw, the Hokie Club’s 25,000th donor.

As the March 31 benefits giving deadline approaches, the member count for the Hokie Club

is still poised to continue to increase over the next month and a half. Efforts will continue to be focused on growing the donor base while also placing emphasis on retaining donors at a high level year over year.

The Drive for 25 campaign also sparked numerous new major gift commitments that coincide with the athletic department’s \$400 million Reach for Excellence campaign.

East Mont’s Seth Burleson to play football for Ferrum College



PHOTO BY MARTY GORDON

Eastern Montgomery’s Seth Burleson (seated left) has signed a letter of intent to continue his football career at Ferrum College. Also pictured are Seth’s mother, Janice McGuire (seated, far right), and back row (from right) Eastern Montgomery Athletic Director Kirk Litton and head football coach Jordan Stewart.

Marty Gordon
NRVsports@ourvalley.org

Eastern Montgomery football standout Seth Burleson will continue his playing career at Ferrum College. He signed a letter of intent Friday afternoon with his announcement coming in front of family, friends, teammates, and coaches in the school library.

“Ferrum just felt right when I visited,” Burleson said. “It felt like home, and I really like the coaching staff there.”

This past season, Burleson rushed 187 times for 1,345 yards with 10 touchdowns. On defense, he had 71 total tackles with 60 solos and 11 tackles for loss. Burleson also forced three fumbles and recovered three fumbles.

Burleson was an All-Pioneer District and all-region first-team running back and a district and region second-team linebacker.

He expects to play at Ferrum on the defensive side of the ball.

The school is located near Rocky Mount and has an enrollment of 1,084 students. The athletic programs are NCAA Division III, competing in the Old Dominion Athletic Conference. The football team finished 6-4 this past season, and its roster includes Drew Hill of Auburn and Cole Epperley and Jacob Lucas, both from Blacksburg. Cleive Adams is in his third season as head coach.

At Ferrum, Burleson will consider a business degree.

RU softball names two assistant coaches

Radford University softball has named Autumn Bishop and Marissa Yow as assistant coaches for the quickly approaching 2022 season.

Bishop joins the Highlanders after a successful four-year career playing for Liberty. From 2017 to 2020, Bishop was the Flames’ starting first baseman while amassing a large collection of awards. She is a four-time first-team all-conference selection,

a three-time VaSID all-state first-team selection, and a 2017 NFCA All-Mid-Atlantic region first-team member.

During the 2017 and 2018 seasons when Liberty was still a part of the Big South, Bishop was named a member of the 2017 all-freshman team and the 2018 Tournament MVP. Bishop finished her career at Liberty with the program record for doubles, walks, sacrifice flies, and putouts

while also holding the single-season records for doubles and putouts. She ranks 10th all-time in Division I with 74 career doubles.

Yow returns to the Highlanders as a coach after spending three seasons playing for Radford between 2016 and 2018. She graduated from Radford in 2019 with a degree in psychology and a minor in exercise science.

During her freshman year as a

Highlander, Yow was one of four Highlanders, and the lone freshman, to start in all 61 games. At the start of the season, she was the team’s catcher before switching to third base. In 2016 Yow ranked fifth on the team with 26 RBIs and sixth with 42 hits.

As a redshirt sophomore in 2018, she appeared in 49 games and started in 43 as the designated player. Yow batted .240 while tallying six doubles and

two home runs. In her season debut, she had three RBIs and a home run after missing the 2017 season due to injury.

The 2022 softball season is almost here as the Highlanders are set to face Binghamton on Feb. 11 in the season opener at the Bash in the Boro hosted by Georgia Southern. Radford will also play East Tennessee State University and Georgia Southern during the opening weekend.



The Radford University softball team has announced the additions of Autumn Bishop (left) and Marissa Yow to the coaching staff.

PHOTO COURTESY OF RU ATHLETICS

Sports notes: Beamer, Foster roaming Duck Pond

Marty Gordon
NRVsports@ourvalley.org

Athletics is simply the backbone through which the public knows Virginia Tech, so when it comes to nicknames for two minks in the university's Duck Pond, that's easy. The two should be known as Beamer and Foster.

In addition, the Division of Campus Planning and Facilities is looking for names for its snowplows. They have six trucks, three Toro Workmen and three Bobcats.

The division is looking to its employees, the university community, alumni, and beyond to provide potential truck names that will be selected by leadership and the heavy equipment and grounds teams for use.

Thus,
Bruce Smith
Bill Dooley
Allen Bristow
Bimbo Coles
Michael Vick
Corey Moore
Justin Robinson
Macho Harris
Tyrod Taylor
Logan Thomas
DeAngelo Hall
Don Strock
VT Athletics secures new corporate sponsor

Virginia Tech Athletics has announced that Cooper® cheese has joined the family of Virginia Tech corporate partners. This multi-year partnership will aim to bring new flavor to the longstanding traditions and game-day atmosphere both in Blacksburg and anywhere Hokie Nation calls home.

"It's super exciting to bring zealous Hokie and Cooper® cheese fans together," said Tim Holler, brands and licensing manager for Cooper® cheese. "Whether fans enjoy adding creamy, delicious sharp cheese to their favorite recipes at the tailgate party or at home, the Cooper® brand is honored to be associated with Virginia Tech Athletics."

Big South Basketball Championship tickets now on sale
Single-session tickets are now on sale

for the 2022 Hercules Tires Big South Basketball Championships that will be held March 1-6 at Bojangles Coliseum in Charlotte, N.C. Single-session tickets cost \$15 and are good for all four games played March 1-4 while tickets for the two semifinal sessions on March 5 cost \$15 each with Sunday's Championship Day tickets costing \$15 for the men's final and \$15 for the women's final.

Single-session tickets, full tournament ticket booklets, courtside seats, and group plans are available for purchase through the Bojangles Coliseum box office and Ticketmaster.com.

Motor Mile Speedway announces its season champions

Motor Mile Speedway in Radford has announced its track champions from this past year.

Late Models – Kres VanDyke
Sportsman – Cory Dunn
Super Streets – Ray Sowers
Mod-4's – Doodle Lang
U-Cars – Peyton Howell

Pulaski River Turtles coaching staff to return for second season

Clark Crist notched 32 wins, captured the East Division Championship and reached the Appalachian League championship game in his first season as the manager of the Pulaski River Turtles. The team has announced he will be back for another season this summer.

With a decorated baseball career spanning more than four decades, Crist boasted an arsenal of experience entering his first year in the Appalachian League. The Tucson, Ariz., native's playing career included a collegiate national championship as the starting shortstop for the 1980 University of Arizona team. Drafted by the Seattle Mariners in the 14th round of the 1980 Major League Baseball June Amateur Draft, Crist spent four seasons in the minor leagues, eventually serving as a player-coach for the Mariners' Double-A affiliate, the Chattanooga Lookouts, from 1982-85.

Pitching coach Ted Power and hitting coach Roger Hill are also returning for a second season in Pulaski.

RU baseball picked to finish third in preseason poll

Radford baseball was selected to finish third in the Big South's 2022 preseason poll, the league office announced Thursday.

The lone returner to start all 46 games for the Highlanders last season is senior shortstop David Bryant, a second-team All-Big South selection who led the team with seven home runs and 37 RBIs while batting .364, which ranked him third in the conference. Junior Tanner Barrs and sophomore Bryson Dansberry provide experience to the lineup as well, having started 13 and four games respectively a season ago.

While Radford has to replace nearly all of its offensive production and three weekend starters, the Highlanders do bring in a quality group of transfers that include junior infielder Ryan Gilmore, junior catcher Julian Rojas, and freshman left-handed pitcher Zach Davidson.

One familiar face that will return to the mound is senior right-hander Alex Perkins, who ranked among the Big South leaders with six saves and had a team-best 2.86 ERA a season ago.

While the Highlanders did not receive any first-place votes, they did earn a pair of second- and third-place votes, in addition to four fourth-place votes.

Radford's season will begin on Feb. 18 with a trip to Mobile, Ala., to take on South Alabama in a four-team, three-day tournament.

Picked as the league's Preseason Player of the Year was Campbell's Zach Neto.

Campbell's Thomas Carrington was selected as the Preseason Pitcher of the Year.

2022 Big South Preseason Poll with first-place votes in parentheses and the total points received

- Campbell (8) 116
- USC Upstate (1) 100
- Radford 86
- Presbyterian 84
- Gardner-Webb 82
- Winthrop (1) 72
- Charleston Southern (1) 51
- High Point 41
- UNC Asheville 38
- North Carolina A&T 31
- 11. Longwood 25

RU men's soccer lands three transfers

Radford University men's soccer head coach Chris Barrett has announced the addition of three incoming transfers to the program: Tallon Allway, Jared DuBose, and Samuel Schwarz.

SAMUEL SCHWARZ | MIDFIELDER | TRAUNSTEIN, GERMANY | SIENA

A product of Traunstein, Germany, Schwarz comes to the New River Valley from Siena College where he played for two seasons. After being named to the All-Oberliga Starting XI team in Germany's top amateur league, he didn't see any playing time as a true freshman for the Saints.

Schwarz earned a larger role as a sophomore, appearing in 18 matches and starting 13 of them. He notched four goals and added an assist for nine total points, taking home Metro Athletic Athletic Conference (MAAC)

Rookie of the Week honors twice. He also excelled in the classroom, earning a spot on the MAAC Academic Honor Roll.

COACH BARRETT ON SCHWARZ

"Sammy is a dynamic midfielder who should make a positive impact on our team right away. His maturity and work ethic will be a great example for our younger players."

JARED DUBOSE | FORWARD | WOODBRIDGE, VA. | TEMPLE

A native of Woodbridge, Va., Dubose played forward at C.D. Hylton High School where he earned First-Team All-District, First-Team All-State, First-Team All-Region, and First-Team All-DMV honors as a standout for the Bulldogs. He was named Player of the Year by both the Cardinal District and Region 6C and committed to play at Temple University.

Dubose did not see any

game action as a freshman with the Owls so he will now look to break through and make his collegiate debut with the Highlanders.

COACH BARRETT ON DUBOSE

"Jared has the potential to be a dangerous attacking player for us. He has all the tools to be able to create and score goals for us."

TALLON ALLWAY | GOALKEEPER | ASHBURN, VA. | VIRGINIA WESLEYAN

Another native of the commonwealth, Allway comes to Radford from Virginia Wesleyan. He made just one appearance, getting 14 minutes in a 4-0 victory over Emory & Henry on March 21, 2021.

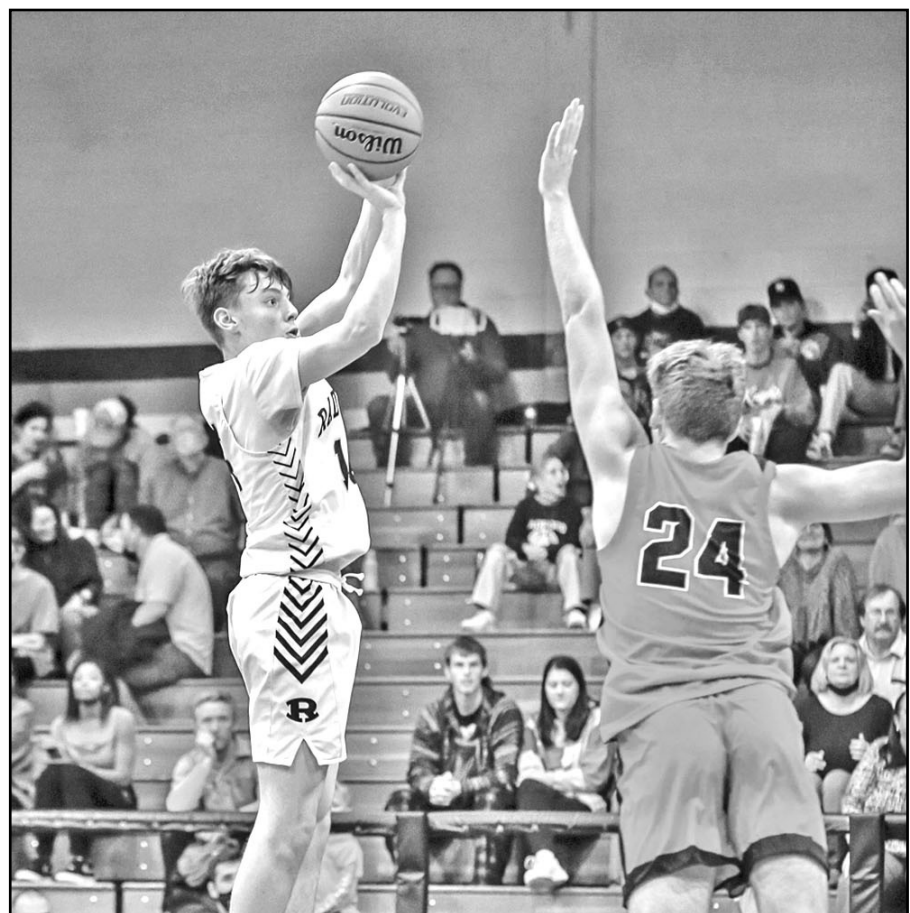
He'll have a chance to boost the already-solid goalkeeping depth that the Highlanders should enjoy in the 2022 season and beyond.

COACH BARRETT

James River defeats Radford High boys



Landen Clark drives to the basket in Wednesday's 69-34 loss to James River. Clark led Radford with 15 points including four 3-pointers.



Radford Bobcat Gavin Cormany fires a three pointer against James River. Cormany finished with nine points.



Elijah Kelly scoops a layup for the Bobcats late in the game. With the loss, Radford fell to 10-3 overall and 5-1 in Three Rivers District play.

PHOTOS BY BRYANT ALTIZER

goals and one assist. Goalkeeper Joseba Incera also earned all-conference honors after leading the entire nation with 5.92 saves per game.

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VT swim team smashes multiple records

The Hokies had an exciting day two of the Virginia Tech Invitational at the Christiansburg Aquatic Center Saturday, breaking a number of school records.

In the prelims, Youssef Ramadan smashed the pool record in the 100 fly, then came back for the evening session to do it again. The Christiansburg Aquatic Center record is now set at 44.68.

Sam Tornqvist broke a school record in the 100 back with a time of 45.89, shattering the previous time of 46.28 set in 2013 by Zach McGinnis.

For the VT women, Karisa Franz set a new personal best at 53.49, the fifth-best time in Virginia Tech history. She was followed by teammate Luana Alonso who finished only one one-hundredth of a second behind Franz with the sixth-best time in school history.

Men's and women's swimming and diving head coach Sergio Lopez Miro on his teams' performance:

"Today was another good day at the Hokie Invite. We had some really, really good performances and had a school record broken with Sam [Tornqvist] breaking the 100 back. He is now in the ACC and fourteenth in the country. The girls did awesome; this is probably the fastest we have ever been heading into the ACC's. There were a lot of really good things today. I'm excited to see how we finish out this invite."

The Hokies had an impressive start on Day One. In the morning session, Anna Landon and Rose Pouch swam their way into Virginia Tech's All-Time Top 10. Later in the finals, the men put up three all-time top 10 times. The women continued to improve, earning two spots in Hokie history

with each relay.
VIRGINIA TECH ALL-TIME TOP 10 TIMES
Women
400 IM – Chase Travis – 4:18.69; 200 Free – Rose Pouch – 1:47.14; 100 Fly – Karisa Franz – 52.92 and Luana Alonso – 52.93.

Men
200 Medley Relay – Sam Tornqvist, Carles Coll Marti, Antani Ivanov, and Youssef Ramadan – 1:24.32; 200 Free – Luis Dominguez – 1:34.69; 100 Back – Sam Tornqvist – 45.89.

TOP 25 TIMES
Men
200 Medley Relay – Sam Tornqvist, Carles Coll Marti, Antani Ivanov, and Youssef Ramadan – 1:24.32; 100 Fly – Youssef Ramadan – 44.68; 100 Back – Sam Tornqvist – 45.89.

DAY 2 RESULTS – SWIMMING
Women
200 MEDLEY RELAY FINALS
First – Emma Atkinson (24.99), Caroline Bentz (29.37), Karisa Franz (23.51), and Anna Landon (21.89) – 1:39.76; Second – Janika Perezous (25.77), Charlotte Rigg (29.11), Luana Alonso (23.92), and Abby Larson (22.85) – 1:41.65.

Men
First – Sam Tornqvist (21.81), Carles Coll Marti (23.56), Antani Ivanov (20.07), and Youssef Ramadan (18.88) – 1:24.32 (Pool Record); Second – Blake Manoff (21.43), Cobi Lopez Miro (24.59), Henry Claesson (21.40), and Luis Dominguez (20.00) – 1:27.42; Third – Forest Webb (21.98), AJ Pouch (24.39), Mario Molla Yanes (21.28), and Will Koeppen (20.36) – 1:28.01.
400 IM PRELIMS

Women
First – Chase Travis – 4:19.22; Third – Alex Eastmond – 4:26.01; Fourth – Allison Henry – 4:27.26; Fifth – Emma Inch – 4:32.40.

Men
First – Filippo Dal Maso – 3:50.67; Second – Keith Myburgh – 3:52.28; Third – Luan Grobbelaar – 3:54.85; Fourth – Nico Garcia – 3:55.69.

400 IM FINALS
Women
First – Chase Travis – 4:18.69; Third – Alex Eastmond – 4:22.08; Fourth – Emma Inch – 4:29.50; Fifth – Allison Henry – 4:30.88.

Men
First – Keith Myburgh – 3:48.29; Second – Filippo Dal Maso – 3:49.52; Third – Luan Grobbelaar – 3:52.42; Fifth – Nico Garcia – 3:59.72.

100 FLY PRELIMS
Women
Second – Karisa Franz – 53.49; Third – Luana Alonso – 53.94; Sixth – Julia Bruneau – 55.70.

Men
First – Youssef Ramadan – 44.79; Second – Dylan Eichberg – 46.48; Fourth – Antani Ivanov – 47.83; Fifth – Henry Claesson – 48.09; Sixth – Mario Molla Yanes – 48.18; Eighth – Blake Manoff – 49.08; Ninth – Alex Neff – 49.46.

100 FLY FINALS
Women
First – Karisa Franz – 52.92; Second – Luana Alonso – 52.93; Sixth – Julia Bruneau – 55.59.

Men
First – Youssef Ramadan – 44.68 (Pool Record); Second – Antani Ivanov – 45.48; Third – Dylan Eichberg – 46.36; Fourth – Blake Manoff – 46.71; Sixth – Alex Neff – 48.97.

200 FREE PRELIMS
Women
Second – Reka Gyorgy –



PHOTO COURTESY OF VT ATHLETICS

Sam Tornqvist set a new school record in the 100-backstroke this weekend for the Virginia Tech swim team at the Christiansburg Aquatic Center.

1:47.26; Third – Emma Atkinson – 1:47.54; Fourth – Rose Pouch – 1:48.69; Fifth – Morgan Miller – 1:48.92; Sixth – Megan Judge – 1:49.18; Eighth – Loulou Vos – 1:50.51; Ninth – Anna Summers – 1:51.25.

Men
First – Carles Coll Marti – 1:34.56; Second – Luis Dominguez – 1:36.60; Third – Noah Desman – 1:36.97; Fourth – Nikolas Lee-Bishop – 1:37.97; Fifth – Hunter Cassady – 1:38.29
Sixth – Youssef Ramadan – 1:39.88; Seventh – Hayden Jay – 1:40.02; Eighth – Mario Molla Yanes – 1:41.54.

200 FREE FINALS
Women
First – Emma Atkinson – 1:46.09; Second – Reka Gyorgy – 1:46.52; Third – Rose Pouch – 1:47.14; Fourth – Sarah Shackelford – 1:47.65; Sixth – Morgan Miller – 1:48.96; Seventh – Loulou Vos – 1:50.26; Eighth – Anna Summers – 1:50.45.

Men
First – Luis Dominguez – 1:34.69; Second – Carles Coll Marti – 1:34.70; Third – Noah Desman – 1:36.94; Fourth – Mario Molla Yanes

– 1:37.82; Fifth – Nikolas Lee-Bishop – 1:38.43; Sixth – Hunter Cassady – 1:38.54; Seventh – Hayden Jay – 1:39.31.

100 BREAST PRELIMS
Women
Fourth – Jenna Thompson – 1:03.59; Fifth – Charlotte Rigg – 1:04.06; Sixth – Anna Landon – 1:04.18; Eighth – Caroline Bentz – 1:04.22; Ninth – Allison Henry – 1:05.35.

Men
Second – Carles Coll Marti – 54.06; Third – AJ Pouch – 54.13; Fourth – Keith Myburgh – 54.25; Sixth – Joseph Hong – 55.02; Eighth – Jake Ryan – 56.02; Tenth – Luan Grobbelaar – 57.60.

100 BREAST FINALS
Women
Fourth – Anna Landon – 1:03.48; Fifth – Charlotte Rigg – 1:03.67; Sixth – Allison Henry – 1:03.75; Eighth – Jenna Thompson – 1:04.65; Ninth – Caroline Bentz – 1:05.35

Men
Second – AJ Pouch – 53.83; Third – Joseph Hong – 54.33; Fifth – Keith Myburgh – 55.02; Seventh – Cobi Lopez Miro – 55.88; Eighth – Luan Grobbelaar – 56.02.

100 BACK PRELIMS
Women
First – Emma Atkinson – 53.30; Third – Sarah Shackelford – 54.79; Fourth – Alex Slayton – 55.57; Fifth – Janika Perezous – 55.64; Sixth – Karisa Franz – 55.79; Tenth – Anna Summers – 56.62.

Men
First – Sam Tornqvist – 46.53; Second – Forest Webb – 47.45; Third – Gabriel Yuk – 48.09; Fourth – Will Koeppen – 48.35; Sixth – Ben Eckerson – 48.81; Eighth – Nico Garcia – 49.56;

Tenth – Abraham Apfel – 52.04.
100 BACK FINALS
Women
Third – Janika Perezous – 54.79; Fifth – Karisa Franz – 55.86; Seventh – Alex Slayton – 56.08; Eighth – Anna Summers – 56.31.

Men
First – Sam Tornqvist – 45.89 (School Record); Second – Forest Webb – 47.02; Third – Gabriel Yuk – 47.34; Fourth – Will Koeppen – 48.04; Seventh – Nico Garcia – 48.84; Ninth – Ben Eckerson – 49.83; Tenth – Abraham Apfel – 50.78.



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