

News Journal

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New River Valley Community Services presents Hope Hub, a new app bringing all-access to local resources



NRVCS hosts a press event to launch Hope Hub application. Pictured (from left) Shelly Farmer, NRVCS Senior Director of Community Support; Cory Bentley, NRVCS Program Director of Case Management; and Mike Wade, NRVCS Coordinator of Community Wellness & Outreach.

Lori Graham
Contributing writer

New River Valley Community Services (NRVCS) has just launched an application that will bring free access to local resources into one location for area residents.

According to Mike Wade, Coordinator of Community Wellness and Outreach at NRVCS, the application called Hope Hub, launched on Nov. 15, 2023. Hope Hub is an accumulation of work that connects residents to necessary resources such as food, clothing, shelter, transportation, medical needs, and many other means of assistance through organizations in the area.

It is difficult for someone to handle mental health disorders, and it can be compounded by not having available resources such as clothing, housing, and food. About two years ago, the agency had first started to brainstorm the idea of including updated information from area organizations into one application.

"Then, earlier this year we had one time funding and decided to utilize that money to pay for the application," Wade said. "We contracted with a company called Neutrino Design in Blacksburg's Corporate Research Center. It was important to be able to tap into a local vendor and have that relationship."

Wade also explained the importance of keeping information current and accessible.

"Printed materials become quickly outdated. With this kind of technology, it makes sense to have a presence on that platform," Wade said.

Most people are accessing information online, but sometimes searching on the internet is overwhelming. The NRVCS team wanted to provide ease-of-access to the New River Valley and the five localities they cover.

Wade has spent almost 24 years

HOPEHUB
FREE NRV RESOURCE APP

GET IT ON Google Play
Download on the App Store

About the App
HopeHub connects New River Valley residents with local resources in one easy-to-use app. Whether you need help with food and housing, mental health and addiction services, or other supports, you'll find resource details, contact information, and even driving directions—all at your fingertips.

PHOTOS COURTESY OF MIKE WADE, NRVCS

The Hope Hub application can be assessed and downloaded on your phone or other device in a variety of ways.

with NRVCS and said that the agency is one of the region's biggest employers.

"Still, a lot of people don't know anything about us or have a limited view of what we do," Wade said. "It can be intimidating for people if you have a need and don't know who to reach out to. I think this is a huge barrier for people to get what they need."

The easiest way for people to find the app is to visit the webpage and use the download option. The website address is <http://www.nrvcs.org/hopehub>.

"The information you get from an organization is exactly what they have out there," Wade said. "We were very intentional as not to present this as a NRVCS product, because it is for the general public, not for the people that NRVCS serves," Wade said.

They fronted the cost for the development of the product, and keeping up with the maintenance of the application, and NRVCS will continue to keep links updated through their Google business profiles.

Continued resources will be necessary to keep the application useful and updated for the future. Funding comes through local, state, and government funding for the agency. Services are paid for by clients, but a large majority of payments come through Medicaid.

NRVCS also has a non-profit status, so donations are accepted. If someone has a desire to support the agency through donations or a particular project that they have an interest in supporting, please contact Mike Wade through the website at <https://www.nrvcs.org/>.

"If this app helps connect even one person to a resource they need to have a better quality of life than to me this app has been successful," Wade said.



PHOTO COURTESY OF AMERICAN LEGION POST 30

American Legion honors Boys and Girls State participants

American Legion Howe Harvey Carper Post 30 Commander Richard Lyckman (left) honors Boys State participants Charlie Davis and Dawson Martin, and Girl's State Representative Lillie Hurst (not pictured is Boys State participant Thomas Grant) along with American Legion member Max Mottesheard at a recent American Legion meeting. Post 30 sponsored the students' participation in the program. Virginia Boys State is a "leadership action program, designed to develop a

working knowledge of the structure of government and to impress upon the citizen the fact that our government is just what we make it. Along the way they will have the opportunity to learn the political process. Each level of government will be run by those delegates who are elected to serve. Instruction will be presented on the law and court system, parliamentary procedure and Virginia political history," according to the American Legion.

Geospatial science student's work gets to the core of climate influence



PHOTO COURTESY OF RADFORD UNIVERSITY

Radford University geospatial science student Mira Smith takes a core sample from a tree.

Manually coring trees can be difficult and challenging. Just ask Mira Smith.

"It's actually a good deal of physical work," confessed the Radford University geospatial science major.

But it's well worth the effort.

In the spring 2023 semester, Smith worked on research with Stockton Maxwell, a geospatial science professor and dendrochronologist, to study how climate affects tree

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Average price for a Thanksgiving meal in Virginia is \$91.30



PHOTO COURTESY OF PIXABAY

According to an informal survey conducted by the Virginia Farm Bureau Federation, the average cost to prepare a traditional Thanksgiving meal for 10 is \$91.30, or \$9.13 per person.

RICHMOND—As the cost of consumer goods continues to trend upward, so has the price of a Thanksgiving meal.

According to an informal survey conducted by the Virginia Farm Bureau Federation, the average cost to prepare a traditional Thanksgiving meal for 10 is \$91.30, or \$9.13 per person.

The survey's menu consists of turkey, ham, stuffing, sweet potatoes, russet potatoes, rolls, carrots, celery, cranberries, green beans, peas, milk and pumpkin pie with whipped cream.

A meal without ham, russet potatoes and green beans costs \$66.88, or \$6.68 per person.

This year's statewide average increased by \$17.39—a 24% increase—from the 2022 average of \$73.91 for a 10-person meal.

Prices reported by volunteer shoppers were collected between Oct. 25 and Nov. 6—before major retailers began offering holiday discounts, promotional sales or coupons.

This year, the average per-pound price for a whole frozen turkey during the data collection

was \$2.18. But on Nov. 8, when one major supermarket chain ran its weekly sale ad, consumers could buy a whole frozen turkey for 39 cents per pound.

The U.S. Department of Agriculture's Nov. 10 retail report indicated that the Southeast region's average price for an 8- to 16-pound whole frozen turkey was \$.87 per pound, down from \$1.43 per pound in the Nov. 3 report. The Nov. 10 report also said 66.9% of Southeast stores were running sales promotions, versus just 13.8% in the Nov. 3 report.

"Although turkeys are plentiful in Virginia and across the country this year, with the state's production up 5.5% from a year ago to 15.4 million birds, there has been a trend of retailers waiting to run promotional prices and sales closer to the holidays," noted Elijah Griles, VFBF commodity specialist. "This is consistent with this year's Thanksgiving dinner survey

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UPCOMING EVENTS

Wednesday, Nov. 22:

South Main Street Lane Closure

The right-hand southbound lane of Blacksburg's South Main Street from Landsdowne Street to King Street will be closed 7 a.m.- 7 p.m. until Wed. Nov. 22. Traffic will shift to the left-hand lane during this closure. The closure is due to demolition of curbing along South Main and King Street and the preparation for a new turning lane.

Blacksburg Farmers Market

At Market Square Park, 100 Draper Rd SW, Blacksburg: 2-6 p.m. The Blacksburg Farmers Market is a local, family-friendly gathering place in downtown Blacksburg featuring farmers of locally grown produce and meats, alongside artisans of baked goods and handmade crafts. For more information, visit <http://blacksburgfarmersmarket.com>.

Wednesday, Nov. 22 – Friday, Nov. 24:

Radford Thanksgiving schedule

City offices and public operations will be closed for Thanksgiving. Solid Waste (trash) collection: Wed., Nov. 22 collected on Mon., Nov. 27. Thurs., Nov. 23 collected on Tues., Nov. 28. Fri., Nov. 24 collected on Wed., Nov. 29. Please have garbage ready for collection by 7:30 a.m. Drop Center will be closed Nov. 22- 24. The Radford Public Library will be closed Thursday, Friday and Saturday, Nov. 23 - 25 in observance of Thanksgiving. RPL will reopen with regular hours on Monday, Nov. 27.

Blacksburg Thanksgiving schedule

Wednesday, Nov. 22: Town administrative offices will close at 12 p.m. The Blacksburg Community Center will close at 5 p.m. Blacksburg Transit will operate on Modified Reduced Service. Thursday, Nov. 23 and Friday, Nov. 24: All town administrative offices will be closed. The Blacksburg Community Center and Aquatic Center will be closed. There will be no Blacksburg Transit service on Thurs. and modified reduced service on Fri. There will be no trash pickup for the NE quadrant. Make-up service will be on Saturday, Nov. 25.

Christiansburg Thanksgiving Holiday

Town Hall will be closed Wednesday, Nov. 22, through Friday, Nov. 24. The Aquatic and Recreation Centers will be open on Wednesday, Nov. 22, but administrative offices will be closed. Both facilities will be closed Thursday, Nov. 23, and Friday, Nov. 24. Solid waste normally scheduled for Wednesday, Nov. 22, will be collected Monday, Nov. 20, along with Monday's regular collection. Solid waste and recycling normally scheduled for Thursday, Nov. 23, will be collected Tuesday, Nov. 21, along with Tuesday's regular collection. Solid waste and recycling normally scheduled for Friday, Nov. 24, will be collected Monday, Nov. 27, along with Monday's regular collection.

Thursday, Nov. 23-Friday, Nov. 24:

Library closure

All branches of the Montgomery-Floyd Regional Library will be closed for the Thanksgiving holiday.

Saturday, Nov. 25:

Holiday Décor Swap

At the Christiansburg Library; noon – 4 p.m. Tired of your old Holiday Décor? Bring it in and swap it for

something new. Please make sure all donations are clean and in good working order. Décor can be dropped off at the library the week of the swap, or bring it with you to the swap!

Wednesday, Nov. 29:

CommUNITY Yoga for Self-Care for Adults

At the Radford Public Library; 5:45- 6:45 p.m. Join Kelly McCoy of The Whole You for an all-level yoga class for adults. Learn poses to help strengthen and lengthen your muscles as well as some breathing and meditation techniques to help calm the nervous system. This class is FREE to the public and is funded by grant money via the Virginia Department of Health.

Thursday, Nov. 30:

Waffles Club! A Young Writer's Group

At the Radford Public Library; 4 -5 p.m. Join us for a gently guided writing club for kids, aka the Waffles Club (Writing Association for Fun Loving Enthusiastic Students)! Together, we will work on responding to writing prompts, have some quiet writing time, and the opportunity to share work! Geared toward 8-12 year olds. Contact Morgan for more information at morgan.esterhuizen@radfordva.gov. Please bring your favorite writing materials!

Saturday, Dec. 2:

SWVa Legal Aid Society meeting

The Board of Directors of Southwest Virginia Legal Aid Society will meet at 9 a.m. at The Inn at Virginia Tech, 901 Prices Fork Rd., Blacksburg. The public is welcome to participate.

Sunday, Dec. 3:

NAACP Veterans Affairs Committee

The NAACP Veterans Affairs Committee will present a program to honor veterans at 3 p.m. at the Asbury United Methodist Church, 500 Stuart St, Christiansburg. The guest speaker will be former Navy Commander Dr. David Points of Roanoke.

Saturday, Dec. 9:

NAACP year-end meeting

The NAACP will hold its year-end meeting 9 -11:30 a.m. at Asbury United Methodist Church, 500 Stuart St., Christiansburg. Douglas Asante will speak about Ghana and the slave trade.

Sunday, Dec. 17:

Luminary display

The annual Stroubles Mill Neighborhood Association Luminary display will begin at 5:30 p.m. in Blacksburg (Hethwood). Rain date is Monday, Dec. 18.

On-going:

Blacksburg stormwater utility credit application deadline

The deadline for Stormwater Utility Credit Applications is Jan. 1, 2024. If you are located within the Town of Blacksburg and have a stormwater management facility on your site, you may qualify for a credit on your monthly stormwater utility fee. Go to www.blacksburg.gov/stormwaterfund and review the Stormwater Utility Credit Manual to know more about whether you qualify.

Please note that stormwater management facilities are typically ponds (either dry ponds/dry detention basins or wet retention basins). Other types include underground storage structures (usually located under parking lots in commercial areas), vegetated areas like bio-retentions, and mechanical filters that remove oil and sediment from stormwater runoff. For questions, please contact stormwater@blacksburg.gov or call 540-443-1354.

Blacksburg Police Department survey available

The Blacksburg Police Department (BPD) is asking the community to complete a short (approximately three-minute) survey ranking individual satisfaction with the department. All responses are recorded anonymously and honest feedback is appreciated. These responses will help the BPD continue its efforts to serve the Blacksburg community. Access the survey at surveymonkey.com/r/Q8SHQH8.

Blacksburg Comprehensive Plan Amendment application process

In 2021, Town Council adopted the updated Comprehensive Plan. As part of the mid-way evaluation between five-year updates, the town accepts privately initiated applications for amendments to the Comprehensive Plan. These amendments include changes to Future Land Use Map designations or the text of the Plan. Applications will be due on Jan. 15, 2024. A pre-application meeting is required prior to submittal. Contact Maeve Gould, Comprehensive Planner, at (540) 443-1300 or CompPlan@blacksburg.gov, with questions, or to schedule a pre-application meeting.

Call to Artists: Signal Cabinet and Utility Box Public Art Project

Town of Blacksburg Public Arts Committee is seeking design submissions from artists who are local, regional, or familiar with the Blacksburg area. Designs will be installed on utility boxes or traffic signal cabinets at selected intersections around town as public art, beginning in summer 2024. Submissions are accepted via email and must be submitted by Friday, Dec. 15, 2023, to be considered by the selection committee. Before submitting a design for consideration, interested artists are highly encouraged to visit <https://letstalkblacksburg.org/publicarts-utilitybox> to learn more about the project details and submission information. Questions: contact Kenna Jewell, kjewell@blacksburg.gov, 540.443.1092.

Eligibility applications for Christmas Store 2023

Online applications are being accepted and reviewed now through Dec. 6, 2023 to shop at the Montgomery County Christmas Store in December. Go to the Christmas Store website at www.mcchristmasstore.org and click on Apply to Shop. First, you will see the documents you need to have ready to upload before beginning the application process. Then scroll down some more to see the criteria you must meet to see if you are eligible to apply to shop at the store in December. If you qualify to shop at the store Dec. 5-9, you will receive the link to select your shopping appointment.

Call for participants: 2023 Blacksburg Annual Holiday Parade

Citizens are invited to participate in Blacksburg's annual Holiday Parade, organized by Blacksburg Parks and Recreation. This year's theme is "Miracle on Main Street". Parade entries may be floats, bicycles, wagons, marchers, walkers, antique/classic cars, Jeeps, trucks, scout groups, bands, sports teams and more. The parade will be held on Friday, Dec. 1 at 7 p.m. In the event of inclement weather, the parade will be rescheduled to Saturday, Dec. 2. For more information on how to get involved, contact David Goodman, Community Programs Supervisor at degoodman@blacksburg.gov or 540.443.1106.

Free GED classes

New River Community College is offering free GED at the Meadowbrook Library every Monday and Tuesday through Tuesday, Dec. 12. For more information or to sign up please call the library at 540-268-1964.

OBITUARIES

Lytton, Kenneth Leroy

Kenneth Leroy Lytton, 82, of Dublin, left this earthly world for his Heavenly home on Friday, Nov. 17, 2023.

"Leroy" was born to the late Wallace William and Minnie Arbutus Lytton of Christiansburg. He spent four years in the Army serving our country thereafter going into the workforce where he spent his last 18 years of employment at Inland Motor/Danaher in Radford before retiring in 2005. In addition to his parents, he was preceded in death by his brothers, Bobby Leon Lytton and



Ray Junior Lytton; and his grandson, Darin Matthew Conner.

Those left to cherish his memory are his wife of 52 years, Lola Carden Lytton; daughters and sons-in-law, Susan Lytton Ward (Kenneth), and Sandra

Lytton Conner (Matthew); grandson, Dylan Thomas Conner; sister, Diane L. Mabry; sister-in-law, Beverly Lytton; and many other family members and friends.

The family received friends on Tuesday, Nov. 21, 2023, at the Mullins Funeral Home in Radford. A graveside service with full military honors followed at the Southwest Virginia Veteran's Cemetery in Dublin with Patrick Carden officiating.

The Lytton family is in the care of Mullins Funeral Home & Crematory in Radford.

Young, Mary Lula Williams

Mary Lula Williams Young, 61, of Christiansburg, passed away Friday, Nov. 17, 2023. She was preceded in death by her parents, Joseph and Margaret Williams; her husband, Robert Melvin Young; and her brother, James Williams.

Survivors include her daughter and son-in-law, Nicole and David Lee; son, Robbie Young; grandchildren, Robert Ellison and Betty Scott; Adrian Young, Landon



Michael Lee, Matthew Lewis Lee, and Tabitha Ann Lee; sisters, Louise and Betty Scott; and many other relatives

and friends.

The family received friends Monday, Nov. 20, 2023, at the Mullins Funeral Home in Radford. Funeral services were held Tuesday, Nov. 21, 2023, at the funeral home with Rev. Buford Linkous officiating. Interment followed in Mtn. View Cemetery in Pulaski County.

The Young family is in the care of Mullins Funeral Home & Crematory in Radford.

PETS OF THE WEEK

These pets and many others are available for adoption at the Montgomery County Animal Care and Adoption Center, 480 Cinnabar Rd., Christiansburg. Phone: (540) 382-5795.

Meet one of the Animal Care and Adoption Center's Spice Girls: Cinnamon! If you tell her what you want, what you really, really want, she may just spring into action when a treat is involved. Ask her to sit, she will. Ask her to lay down, she will. This smart gal aims to please. Cinnamon is an older dog whose adoption is sponsored by Montgomery County Friends of Animal Care and Control.



Sausage is a sweet boy who will need a home that will provide time to adjust to a new environment. He is a bit unsure of the sights and sounds of the world. He hopes to find humans who will build up his confidence and trust. Stop by the Animal Care and Adoption Center to meet him.

Home cooking fire risk peaks on Thanksgiving Day

The holiday season is almost here, and it is a time when home cooking activities are at their peak.

Unfortunately, all this cooking leads to a related peak in cooking fires, says SERVPRO President and COO John Sooker. Cooking fires are responsible for nearly half (49%) of all home fires, according to the National Fire Protection Association (NFPA).

"To help keep your holidays from, literally, going up in smoke, it's critical to know and use safe cooking practices," says Sooker.

According to the NFPA, Thanksgiving is the leading day of the year for home cooking fires, with more than three times the daily average for such incidents. The fire and water remediation specialists from SERVPRO in the Christiansburg area urge home cooks to take some basic safety steps recommended by the NFPA to help prevent cooking fires.

Keep your cooking area clean and keep anything that can burn (dish

towels, oven mitts, packaging) at least three feet away from cooking equipment.

Keep a close eye on what's cooking, setting a timer to help you monitor foods with longer cooking times.

Keep in mind that the leading contributing factor to cooking fires and to fire deaths overall is unattended cooking, so plan to be at home and in or near the kitchen at all times when cooking.

"For those who use a turkey fryer to cook their Thanksgiving bird," says Sooker, "it's important to note that more than two-thirds of home cooking fires begin with the ignition of cooking materials, including food, fat, and grease. The NFPA strongly discourages the use of these fryers. They use large amounts of oil at high temperatures, which can lead to fire. If you do use one, follow all placement, use, and safety instructions carefully."

Submitted by SERVPRO

VDOE provides Virginia school nutrition programs with over \$2.1 million worth of local food

RICHMOND — The Virginia Department of Education, Office of School Nutrition Programs partnered with two regional Virginia food hubs to deliver \$2.1 million dollars of locally grown and raised food products to school nutrition programs in the Commonwealth.

The Centralized Local Procurement Pilot Program (CLPPP) – funded through a U.S. Department of Agriculture Supply Chain Assistance grant – was designed to strengthen regional food systems and avoid supply chain disruptions.

"We know that students learn best when they start the day with nutritious breakfasts. We also know that Virginia communities thrive when schools connect students to locally grown food," Superintendent of Public Instruction Lisa Coons said.

Throughout Virginia, 54 local school divisions ordered local agricultural products through Virginia regional food hubs, 4P Foods and Appalachian Sustainable Development. The variety of local foods included fresh, seasonal fruits and vegetables, as well as chicken and beef.

"We are continuously developing innovative strategies to support school nutrition programs and we are proud to be the only state in the nation to utilize this USDA funding opportunity," VDOE Office of School Nutrition

Director Sandy Curwood said. "Our office maintains its commitment to ensure every Virginia student has access to freshly prepared, nutritious, locally sourced, and culturally inclusive meals."

"The CLPPP has been transformative for our local food system," partner food hub 4P Foods Founder and CEO Tom McDougall said. "Not only is it good for the farmers and students, it's also good for our environmental footprint, the nutrient density of the food, the economic opportunity for our farming communities, the resiliency of our supply chains, and so much more."

"I am so excited to be a farmer involved with the farm to school initiative," said Amy Carwile of Archlynn Farm in Charlotte County, Virginia. "I am passionate about growing fresh, wholesome produce, and that Virginia's children are the recipient of some of that hard work is an encouragement. In addition, sales are the lifeblood of any farming operation and increased revenue streams at fair and equitable price points are always meaningful and appreciated."

The VDOE Office of School Nutrition Programs is working on an impact analysis of the program and plans to extend the program for an additional year.

Submitted by the VDOE



PHOTO COURTESY OF THE CITY OF RADFORD

Radford Parks and Recreation Department Director Greg Holbrook displays the department's award.

Radford Parks and Recreation receives award for skate park at VRPS State Conference

The Radford Parks and Recreation Department earned a state-wide award at the 70th Annual Conference of the Virginia Recreation and Park Society held in Williamsburg earlier this fall.

The conference is a learning exchange and provides an opportunity for recreation and park professionals to discuss areas of common interest.

Highlighting each year's conference is a formal presentation of awards. This state-wide program honors individuals, departments and organizations throughout Virginia who have demonstrated excellence in any of several areas during the previous year. 118 applications were received vying for awards in 16 different categories. Judged

by a jury of its peers, Radford Parks & Recreation Department received an award in the Best New Facility (Parks, Playgrounds, Blueways, Greenways or Trails): Under 25,000 category for the Radford Skate Park.

The mission of the Virginia Recreation and Park Society is to unite all professionals, students, and interested lay persons engaged in the field of recreation, parks, and other leisure services in the Commonwealth of Virginia. For more information on the Society contact the state office at 804-730-9447 or visit the website at www.vrps.com.

City of Radford

To avoid travel problems this holiday season, expert says to plan ahead

The holiday season can be a stressful time for those planning to travel. Between costs, short staffing, and limited bookings, a Virginia Tech travel and tourism expert says to plan ahead.

"With the Thanksgiving, Christmas, and New Year holidays coming soon, the best travel planning should start now, if not earlier," says Mahmood Khan, professor and director in the Department of Hospitality and Tourism Management at Virginia Tech. "Planning ahead of holiday travel solves many problems encountered by holiday travelers."

Due to the lack of flights and personnel, Khan says things are still slow in almost every segment of the travel industry from hotels to restaurants, requiring that advanced planning.

"Even rental cars are hard to find since many rental companies have sold their fleet due to slow traffic during the pandemic," he explains.

"Hotel reservations are also a problem since many skilled workers were furloughed, laid off, or moved to another location. Airbnb is an option that can help in reducing lodging costs, but still requires careful planning."

"When it comes to picking a destination, one of the more noticeable trends after COVID-19 among holiday travelers is the desire to select eco-friendly destinations," says Khan. "There are plenty of these destinations in the U.S. and beyond."

Khan recommends the Blue Ridge Mountains in Virginia which have plenty of locations that provide hiking and natural surroundings. "Indigenous international destinations such as Namibia Iceland or Andaman and Nicobar Islands, offer plenty of scenic locations where one can experience plant and animal life, and provide a lifetime experience."

For international travel, Khan says it is important to double-check if your passport or visa is still valid. "Getting new passports or renewing them is time-consuming and takes at least a month, so consider that in your planning. Due to the pandemic, many travelers need to relearn travel procedures such as customs checks, seat assignments, or reservations."

As you prepare to take off, it's important to note that unruly traveler incidences have increased after the pandemic. To avoid frustration Khan says to pack your patience. "With unexpected delays and cancellations, it is easy for people to lose their patience. Enjoying yourself will help work through holiday travels, especially those traveling with young children."

Virginia Tech

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growth.

The research duo used tree bores to manually drill into and core 20 red spruce trees near Mountain Lake, taking two cores from each tree. The core samples are small, about the size of a pencil, and "can be very delicate," Smith noted, making it necessary to secure the samples onto a platform.

From there, "we sanded the cores down so that we could see the rings clearly," Smith explained, "and then we used a high-resolution scanner to get the digital images from the core." This was performed inside Radford's Tree Ring Research Lab, which contains modern dendrochronology equipment to assist student and faculty research, a hallmark at Radford University.

"The bulk of the work," Smith said, was identifying each individual tree ring.

program that is designed for dendrochronological work; it allows us to select the rings, and then the program automatically stores the ring widths," the senior said.

After Smith and Maxwell dated the cores, they pulled climate data from Oregon State University's PRISM dataset from the period of interest and "we used a batch of programming to perform the analysis of comparing the climate data to the tree rings," Smith explained.

The study focused on how minimum and maximum temperatures, as well as climate, affect red spruce growth.

"From our results, the most consistent response was that rising maximum temperatures were correlated with a decrease in tree growth, which clearly has implications for the environment as climate change and global warming

continue to intensify," Smith said. "Understanding climatic influence in the past will help predict tree responses in the future, which is valuable information for implementing effective conservation efforts."

Smith was drawn to the research with Maxwell on a personal and "larger scientific level," she said.

"I find ecological processes fascinating, and I love learning about environmental interactions; the interwoven nature of ecosystems is something that I will never tire of exploring," explained Smith, who plans to pursue a career in geographic information science after she graduates from Radford in December 2024.

On a scientific level, "this work contributes to the broader research that details the threats that ecosystems are facing due to climate change," she continued. "Dendrochronological records

are one indicator of climate change, similar to ice cores, on a local level. Understanding how specific species respond to shifts in climate means that we are better prepared to implement effective preservation strategies."

Research opportunities are one of the many perks for Smith and students like her, but the Christiansburg, Virginia, native initially chose to enroll at Radford "because I felt that I would be best served by a small school where I wouldn't be overwhelmed, for example, by class sizes and where I would be able to build connections. I was very charmed by the campus when I first visited, and it is close enough for me to commute from home, so Radford ended up being the best option for me."

Chad Osborne for Radford University

OPINION

Financial Focus: Avoid these investment mistakes

We all make mistakes in many areas of life. These mistakes are usually fairly harmless — we took a wrong turn while driving, used the wrong ingredients in a recipe and so on. But sometimes, our mistakes can be costly — especially those connected to investing.

Here are some of the most common investment mistakes:

Too much buying and selling – Some people find it exciting to constantly buy and sell investments in the pursuit of big gains. Yet, frequent trading can work against you in a couple of ways. First, it can be expensive — if you're always buying and selling investments, you could rack up taxes, fees and commissions. Perhaps even more important, though, excessive purchases and sales can make it difficult to follow a unified, cohesive investment strategy. Such a strategy requires, among other things, careful construction and management of an investment portfolio that's appropriate for your goals, risk tolerance and time horizon. Heavy trading can disrupt this strategy.

Failing to diversify – If you only owned one type of asset, such as growth-oriented stocks, your portfolio could take a hit when the financial markets go through

a downturn. But not all investments will respond the same way to the same forces — for example, stocks and bonds can move in different directions at any given time. And that's why it's usually a good idea to own a mix of investments, which can include domestic and foreign stocks, bonds, certificates of deposit (CDs) and government securities. Keep in mind, though, that while diversification can help reduce the impact of market volatility, it can't guarantee profits or protect against losses in a declining market.

Trying to "time" the market – "Buy low and sell high" might be the original piece of investment advice, but it's pretty hard to follow — because no one can really predict when an investment will reach "low" or "high" points. Also, trying to "time" the market in this way can lead to bad decisions, such as selling investments whose price has dropped, even if these same investments still have good business fundamentals and strong prospects.

Not understanding what you're investing in – If you don't know the nature of investments when you buy them, you could set yourself up for unpleasant surprises. For example, some companies, by the very nature of their business and the type of industry they're in, may consistently pay dividends to their

investors even though their stock prices may only show relatively modest price gains over time. If you bought shares of this stock, thinking it had the potential to achieve quite substantial appreciation, you might end up disappointed.

Making the wrong comparisons – You're no doubt familiar with some of the most well-known investment benchmarks — the S&P 500, Dow Jones Industrial Average and the Nasdaq Composite. But it might be counterproductive to compare your results against these indexes. If you have a diversified portfolio, you'll own an array of investments that won't fit into any single index or benchmark, so you won't get an apples-to-apples comparison. You're better off comparing your portfolio's performance against the only benchmark that really matters — the progress you need to make to help achieve your goals.

Investing will always have its challenges — but you can help make it easier on yourself by staying away from as many mistakes as possible.

This article was written by Edward Jones and submitted by Edward Jones Financial Advisor Meghan Kuczmariski, 540-944-1511. Edward Jones, Member SIPC

Delegate pledges to keep southwest Virginia in focus in Richmond

Over the past week, there has been a lot of chatter in regard to how the Democratic party was able to flip control of the Virginia House of Delegates and maintain control of the Virginia Senate by a 1 vote margin in each body. This development will undoubtedly affect the types of legislation that will experience success in the upcoming 2024 legislative session. While partisan control of the General Assembly is rightfully a topic of interest to Virginians, what is often being lost in the conversation is the loss of political power that rural Virginia was dealt on election day.

For the past two years, rural, western, and southwestern Virginia have benefited politically by having representation in the highest posts of the House of Delegates. Our former Speaker of the House hails from Shenandoah, our former Majority

Leader from Gate City, and several high-profile committee chairs represented rural parts of the state. When it comes to regional matters being given the attention needed to succeed, having a strong voice in the majority is often necessary to push projects across the finish line. With the recent Democratic successes in the House, power in the majority will now shift to Hampton Roads, where the incoming Speaker resides, and northern Virginia, where much of Democratic leadership calls home. A rural member of the House of Delegates is now very much a long-shot to attain one of these positions of power within the next couple of years, to include committee chairmanships.

What this may unfortunately mean is a General Assembly that is more focused on northern Virginia, Richmond, and Hampton Roads than the rest of the state. It will take an intentional effort by those of us representing rural Virginia to ensure that our priorities are not passed by on the wayside. This includes making sure that our students are prepared for tomorrow's workforce — maximizing each child's potential in concert with economic development to ensure good paying jobs aren't just located in highly

populous regions. It means continued and aggressive focus on I-81, since this vital infrastructure resides mainly within rural Virginia. And it means generating pragmatic, Virginia-focused solutions to societal problems, instead of following the lead of states like California and New York. While rural Virginia may no longer be the majority voice in the House of Delegates, those of us who represent it will continue to speak loud and clear on your behalf when we return to Richmond in January.

It is my honor to represent you in Richmond, and I want you to be fully informed what your government is doing for you. As the Delegate representing the 12th District (soon to be the 42nd District due to redistricting), your concerns are my greatest priority. If ever I may be of assistance to you and your family, please do not hesitate to reach out to me at DelBallard@House.Virginia.Gov. You can also follow me on Twitter @JasonBallardVA or like my Facebook page, Jason Ballard for Delegate, to keep up to date with what I am doing in Richmond and in our community on your behalf.

- Delegate Jason Ballard

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Radford News Journal is a newspaper of, by and for the people of Radford. We encourage letters from our readers on topics of general interest to the community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached for verification. All letters will be verified before publication. We reserve the right to deny publication of any letter and edit letters for length, content and style.

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AARP Virginia Fraud Alert: PACT Act veterans scam

In August of 2022 the Veterans Administration (VA) began the largest expansion of benefits in its history with the enactment of the PACT Act. The Act, which compensates military personnel and veterans for exposure to toxic chemicals has led to 4.5 million toxic screenings and the expansion of benefits to more than 400,000 individuals. It has also created an opportunity for criminal scammers.

This is no surprise as veterans are a frequent target of scammers. In fact, veterans and active-duty military members are 40% more likely to lose money to a scam compared to the civilian population. The most prevalent PACT Act related scams come via email and online offers claiming to help with the "Camp Lejeune Settlement." The Camp Lejeune Justice Act, part of the PACT Act, allows vets and their survivors to pursue compensation if they developed serious illnesses from water contamination at Camp Lejeune.

The catch? The criminals seek payment to help veterans apply for the benefit. Know this – no veteran ever must pay to apply for benefits or receive military records.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Submitted by AARP Virginia

Virginia gas prices fall slightly last week

Average gasoline prices in Virginia have fallen 1.1 cents per gallon in the last week, averaging \$3.12/g today, according to GasBuddy's survey of 4,081 stations in Virginia. Prices in Virginia are 22.1 cents per gallon lower than a month ago and stand 29.7 cents per gallon lower than a year ago. The national average price of diesel has fallen 6.9 cents in the last week and stands at \$4.28 per gallon.

According to GasBuddy price reports, the cheapest station in Virginia was priced at \$0.32/g yesterday while the most expensive was \$4.29/g, a difference of \$3.97/g. The lowest price in the state yesterday was \$0.32/g while the highest was \$4.29/g, a difference of \$3.97/g.

The national average price of gasoline has fallen 6.2 cents per gallon in the last week, averaging \$3.27/g today. The national average is down 25.9 cents per gallon from a month ago and stands 36.9 cents per gallon lower than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the

See Gas, page 8

CROSSWORD

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CLUES ACROSS

1. 1965 PGA Champion David
 5. Pesetas (abbr.)
 9. So. Am. treeless grassland
 14. A fencing sword
 15. Do over, as of a house
 16. Confederate general Richard S.
 17. Seamen
 18. Honey bee genus
 19. City in central Poland on the Mleczna
 20. E. M. Forster novel
 23. Jenny __, Swedish soprano
 24. Illumined
 25. Escargots
 28. Surgical clamp
 33. Maize
 34. Ngerulmud is the Republic's capital

35. __ Jima, WW II battlefield
 36. Master copies
 39. Jack of little fat
 41. Apple or lemon meringue
 42. Actress Zellwegger
 43. At this place
 44. Remunerations
 46. Removes writing
 48. Fit out a ship with sails, etc.
 49. Elinor __, British novelist mine
 50. M. Ali's famous boast
 57. Damascus is the capital
 58. Worldly rather than spiritual
 59. Winglike structures
 60. Indicating silence
 61. Myanmar monetary unit
 62. 100 = 1 tala
 63. Translucent, greenish variety
 of chalcedony

64. Impudence
 65. Netherlands river

CLUES DOWN

1. Denotes change of position
 2. So. Am. armadillo with 3 bands of bony plates
 3. About aviation
 4. Repairing worn shoes
 5. Decapods
 6. Having moderate heat
 7. Almost horizontal entrance to a mine
 8. Somalian shilling (abbr.)
 9. Penetrable
 10. To be in store for
 11. People of ancient Media
 12. A way to work the soil
 13. Air-launched missile
 21. 1/1000 of an inch
 22. __ Mater, one's school
 25. Old English poet or bard
 26. Persian wheel used to raise water

27. Spirit in "The Tempest"
 28. Drag, cart or haul
 29. If not, otherwise
 30. Coverings for wheels
 31. Having cognizance
 32. Lugs
 34. Sheet of glass in a window
 37. Cause annoyance in
 38. Sound of a horse
 40. Apparition
 45. Military land forces
 46. Selects by votes
 47. A shag rug made in Sweden
 49. Anchoy pear tree
 50. 8th Jewish calendar month
 51. Blood clams genus
 52. Benevolent & Protective Order of

53. Birthplace of Buddhism Bodhi
 54. Ancient Greek City aka Vella
 55. Capital of Yemen
 56. Golf ball pegs
 57. Engine additive

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TOWN OF TROUTVILLE IS SEEKING FULL TIME TOWN CLERK

The Town of Troutville is looking for an experienced business professional to support the Town with an array of clerical functions. The ideal candidate will have a degree in business or 5 years of accounts payable/receivable experience. Candidate must have excellent communication, organizational and interpersonal skills and be able to work with Microsoft Office Tools as well as financial software applications. Duties include the answering of phones, general secretarial duties, water billing, collections, bank deposits, and other duties as assigned or needed. Candidate must have the ability to work in a self-directed environment. Selected applicants will be called for an interview. Hourly rate is negotiable. Retirement and health benefits are available. All resumes must be received by December 5, 2023, 3:00 PM. Send resume to: Town of Troutville, Resume, P.O. Box 276, Troutville VA 24175 or laura.bumgarner@gmail.com

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Legals - City of Salem

Notice is hereby given to all interested persons that the Council of the City of Salem, at its regular meeting on Monday, November 27, 2023, at 6:30 p.m., in the Council Chambers of City Hall, 114 N. Broad Street, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA:

1. Consider the request of GKM Properties, LLC, property owner, for the issuance of a Special Exception Permit to allow a two family dwelling on the property located at 800-802 Maryland Avenue (Tax Map # 147 - 2 - 1).
2. Consider amending Chapter 66, Article I, In General, Section 66-7, Nonconforming signs and 66-9, Removal of signs no longer advertising existing bona fide business, of the CODE OF THE CITY OF SALEM, VIRGINIA pertaining to signs.
3. Consider amending Chapter 106, Zoning, Article II District Regulations, Sections 106-208.2, 106-214.2, 106-216.2, and 106-218.2, pertaining to permitted uses; Section 106-216.3 pertaining to site development regulations; Article III Use & Design Standards, section 106-304.21 pertaining to short term rentals; section 106-316.3 pertaining to accessory uses, residential; Article IV Development Standards, section 106-404 pertaining to parking requirements; section 106-406 miscellaneous provisions pertaining to storage containers; and Article VI Definitions and use types, section 106-600 pertaining to definitions of the CODE OF THE CITY OF SALEM,

Legals - City of Salem

VIRGINIA. If approved, Salem City Council intends to adopt the ordinance(s) associated with the above item(s) on first reading, with a second reading of those ordinance(s) at a subsequent meeting. Copies of the proposed plans, ordinances or amendments may be examined in the Office of Community Development, 21 South Bruffey Street, Salem, Virginia. At said hearing, parties in interest and citizens shall have an opportunity to be heard relative to the said requests.

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

ABC NOTICE

SAPPHIRE HOSPITALITY LLC., trading as FAIRFIELD INN AND SUITES, 121 SHERATON DRIVE, ROANOKE COUNTY, VA. 24153-0121.

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

Vishnu Patel, Sole Member

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

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Legals - Montgomery County

Order of Publication

Commonwealth of Virginia VA Code §§ 1-211.1; 8.01-316, 20-104 Case No. **CA23000019-00** MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonweath of Virginia, in re: The Adoption of a Minor Child Under Eighteen Years of Age, to be known as SERITA DANIELLE TICKLE By: MILDRED ANNE TICKLE, FRED LEE TICKLE, JR.

The object of this suit is to obtain an adoption of the minor child, Serita Danielle McLemore, by your petitioners, Mildred Anne Tickle and Fred Lee Tickle, Jr., husband and wife. An affidavit having been made and filed, pursuant to Virginia Code §8.01-316 (1950), as amended, showing that the biological father, Kenneth McLemore (aka Kenneth Lee Sturdivant), despite the exercise of due diligence on behalf of Petitioners, could not be personally served

Legals - Montgomery County

with legal process for this action and his last known address is unknown, though he is known to be residing in and around the Montgomery County, Virginia area.

It is further ORDERED that this Order shall be published once a week for (4) successive weeks in a newspaper of general circulation, serving the Montgomery County, Virginia, the locality of father's last known whereabouts, and contemporaneously posted in a conspicuous location at the Montgomery County Courthouse.

Enter this 1 day of November, 2023. Robert M.D. Turk, Judge I ask for this: R. Cord Hall, Esquire, VSB 77637 R. Cord Hall Attorney-At-Law, P.C. 106 S. Franklin Street, Suite B-2 Christiansburg, VA 24073 (540)318-0707 (540)381-0505 fax Counsel for Petitioners

Legals - Town of Vinton

LEGAL NOTICE TOWN OF VINTON, VIRGINIA NOTICE OF PUBLIC HEARING

Please be advised that the Vinton Town Council will hold a public hearing at its meeting on Tuesday, December 5, 2023, at 6:00 p.m. or as soon thereafter as the matter may be heard, in the Council Chambers of the Vinton Municipal Building, located at 311 South Pollard Street, Vinton, Virginia, concerning the appropriation of funds in the amount of \$500,000.00 in the Grant Fund for a Community-wide Brownfields Assessment Grant from U.S. Environmental Protection Agency (EPA). The purpose of the EPA Community-wide Brownfields Assessment Grant is to evaluate underutilized commercial properties and/or perceived brownfields sites throughout the community that are in need of revitalization by performing Phase I and Phase II Environmental Assessments at each identified location. The program will also allow for the development of

Legals - Town of Vinton

design concept plans, site specific remediation/redevelopment plans, and marketing materials to be created for each site, with the hope of engaging potential developers to consider taking on the redevelopment project. Section 15.2-2507 of the 1950 Code of Virginia, as amended, requires any locality to hold a Public Hearing in order to amend its budget when any such amendment exceeds one percent (1%) of the total expenditures shown in the currently adopted budget. Any additional information on this public meeting is available in the Town Manager's Office, located in the Vinton Municipal Building, (540) 983-0607. Persons requiring special assistance to attend and participate in this public meeting should contact the Town Manager's office at (540) 983-0607. Antonia Arias-Magallon Administrative Manager

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RADFORD SPORTS

Radford to play for region title

Marty Gordon
NRVsports@ourvalley.org

Then there was one. Only one of the area's two playoff teams advanced on Saturday.

Landon Clark contributed to five scores as Radford High School rolled 50-30 over Appomattox. Clark has been major contributor on the offensive side of the ball all season, but it was on defense, he made the difference this week.

Clark returned two interceptions for touchdowns as Radford will host Glenvar on Saturday in the Class 2C regional championship game. This will be the second time the schools have met this season.

The first was a 36-3 win by Radford (12-0).

Clarke had interception returns of 60 and 36 yards.

By the way, he also completed 12 of 23 passes from his quarterback position for 269 yards with another score. He also rushed for 89 yards with two more scores on 16 carries.

Clark is probably happy to get receiver Mac Kanipe back from injury as he has been the go-to guy for the past two playoff games. Saturday, he recorded six catches for 164 yards with a score.

For the season, Kanipe now has 49 catches for 1,179 yards with 13 touchdowns.

Clark is on the verge of rushing for 1,000 yards and passing for 3,000 this season. After this week, he has passed 253 times with 154 completions for 2,613 yards with 32 touchdowns. Clark has rushed 96 times for 947 yards with 23 scores.

Glenvar held on at the end of the game to beat

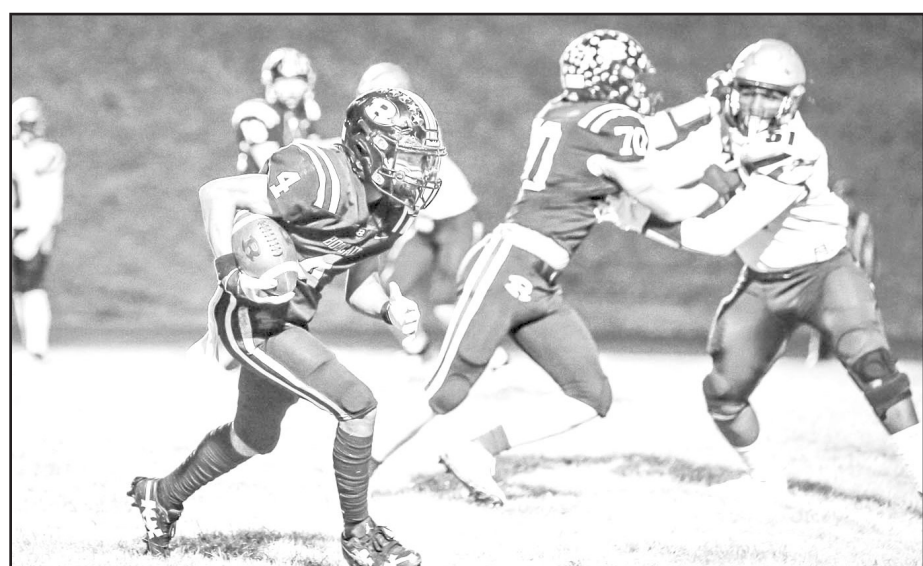
Gretna 38-34 to advance to the Radford game. QB1 sophomore Brody Dawyot three 17 of 25 passes for 274 yards with four scores.

Meanwhile, Christiansburg fell 27-20 to Magna Vista. Last year's region champs in Christiansburg made a furious rally in the second half after falling down at halftime and had the ball with a minute remaining in the game. But they were unable to find the endzone as the clock ran out.

Sophomore quarterback Izaiah Cotto finished eight of 15 through the air for 140 yards with touchdowns in the loss. Christiansburg will finish the season with a 8-4 record.

Magna Vista will advance to play William Byrd in the Region 3D title game, also on Saturday.

Radford advances to region finals



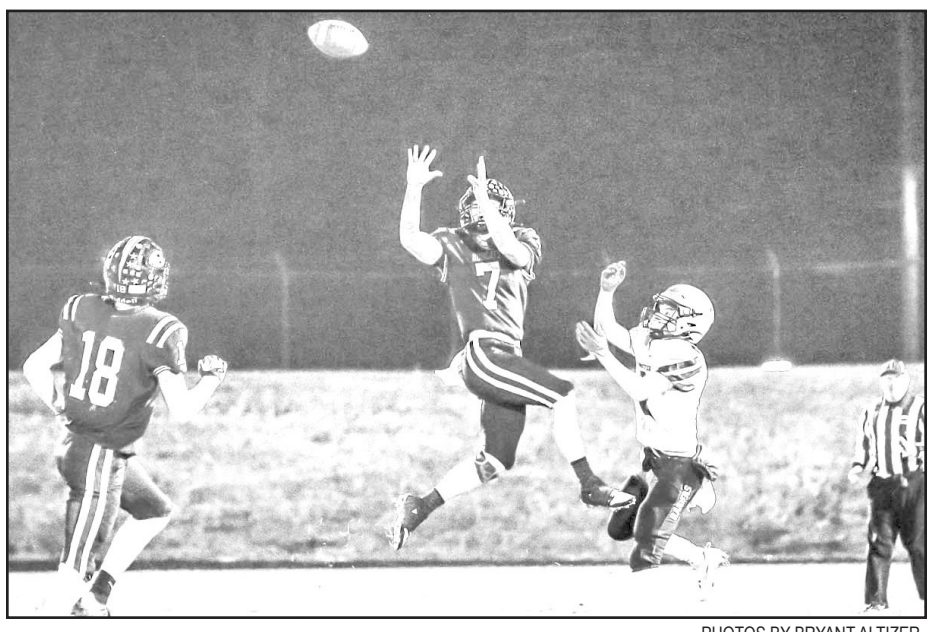
Radford's J.D. Grubb picks up rushing yards around the right side of the line against Appomattox.



Sincere Taylor races toward the sideline to pick up extra yards after a pass reception.



Luke Woodard hauls in a pass reception near the goal line as Radford downed Appomattox.



Landon Clark goes up to intercept a Raiders pass and returns it down the field for a touchdown. Clark had two interceptions for the Radford defense.

PHOTOS BY BRYANT ALTIZER

Christmas gifts for sportsman in mind

Marty Gordon
NRVsports@ourvalley.org

The countdown is on for everyone to find special gifts for those special persons on their list especially when it comes to the sports fan.

Today, we take a look at some examples found online and in local retailers to cross that person off your list.

One of the hottest gifts this season should be a book authored by Giles County native and Radford University graduate and current ESPN broadcaster Marty Smith.

"Sideline CEO" details key leadership principles Marty has learned from championship coaches he has interviewed over the past two decades.

It delves into the unique psychology and daily preparation and gameplan execution of some of America's most respected leaders—the coaches who have led hugely successful programs to win it all. Included among the legends whom Marty interviewed for SIDELINE CEO are: Nick Saban, Mack Brown, Kim Mulkey, Doc Rivers, John Calipari, Tim Corbin, Roy Williams, Tom Izzo, Patty Gasso, Dabo Swinney, Frank Beamer, and many others.

In talking to these sideline CEOs, Marty features a set of leadership pillars that include:

Building vital TRUST within the organization.

Creating open lines of COMMUNICATION.

DELEGATING responsibility—and thereby empowerment—to your coaches and players.

Establishing and sustaining the RIGHT CULTURE in your program.

MANAGING CRISES and adversity.

EVOLVING with the game, the players and society, and always challenging your team.

Packed with insight, candor and keen storytelling from some of the greatest coaches of all time, SIDELINE CEO offers

valuable takeaways that go beyond the game and apply to the boardroom, the classroom, and can help set intentions for winning in our daily lives.

The book can be found on Amazon for \$25.49 and several local bookstores.

Of course, Smith also has a backup book called "Never Settle: Sports, Family, and the American Soul". Check it out too.

High again on the list for shoppers for the third straight year is MLB Stadium Blueprints, which can be found at uncommongoods.com for \$85.

The description is simple: "Relive your most memorable moments at the ballpark with a beautifully detailed blueprint that honors each stadium's unique history and architecture in classic style. The illustration is accompanied by your favorite stadium's design specs and highlights of major events, while an antique finish that evokes the look of a vintage document. Printed on museum-grade, archival paper and framed in black BonanzaWood® using acid-free archival board."

For those extreme junkies, the Rocky Talkie Mountain Radio is a free radio designed and tested in the Colorado Rockies. Created with climbers and skiers in mind, the compact radio is suited for any rugged adventure where communication is critical.

A specialized lithium-ion battery provides over 4 days of battery life, even in very cold conditions (-20°F).

Price is \$110. Best buy is purchasing two so you will have someone to talk to. Available online at <https://rockytalkie.com/products/mountain-radio>.

You can't go wrong with chunky slides. This top-rated pair is pretty much guaranteed to put a smile on any athlete's face. They feel like heaven after a long workout (and are great for gym showers too). This pair in particular is Amazon's best-selling men's slipper, and it comes in a slew of colors. The Bronax Cloud Slides



PHOTO COURTESY OF RU ATHLETICS

RU inks JUCO transfer

Jaeshon Thomas has inked a National Letter of Intent to join the Radford men's basketball program in the fall of 2024, Head Coach Darris Nichols announced last week.

"We are really excited to add Jaeshon to our program," said Nichols. "He is a big strong guard that can make plays with the ball and can shoot it from 3. Jaeshon is a really mature young man who will bring leadership and character to our program."

Thomas hails from Aurora, Ill., where he played his high school basketball at Whitney Young Magnet School. There, he was a member of the 1,000-point club, putting an exclamation mark on his career with 20 points and five assists per game while shooting 50 percent from the field as a senior.

After graduating from Whitney Young, Thomas committed to Florida SouthWestern State where he is currently a sophomore. The 6'2", 190-lb guard played in 28 games and drew

four starts as a freshman in 2022-23, averaging 4.4 points, and 1.4 assists across 14.1 minutes per contest.

Thomas's performance in the classroom was what really set him apart that year, as he was named NJCAA Second Team All-Academic, FCSAA All-Academic Team and to the Southern Conference All-Academic Team.

His numbers have increased significantly in his follow-up campaign, averaging 13.3 points, 3.7 rebounds and 3.7 assists in 28.0 minutes per contest. Through three games this season, the Bucs are ranked eighth in the nation.

Current Highlanders' forward Justin Archer played for FSU during the 2021-22 season.

"With Jaeshon coming from Coach Murphy's program at Florida Southwestern, we know he is well coached and prepared to contribute at the next level," added Coach Nichols.

Radford University Athletics

See Christmas, page 8

River Turtles 2024 schedule

A new season of Pulaski River Turtles baseball is slated to begin Tuesday, June 4, on the road against the newest member of the Appalachian League, the Tri-State baseball organization located on the campus of Marshall University in Huntington, WV.

Opening Night at Calfee Park is scheduled for Friday, June 7 against the Bluefield Ridge Runners, featuring a dazzling post-game fireworks display.

Released today, the 2024 Pulaski River Turtles schedule includes 24 home games, with 11 home games in June and 13 home games in July, with the regular season finale scheduled for Wednesday, July 31. In total, the 2024 schedule boasts 48 dates.

All home games will begin at 7 p.m. with the exception of Sunday contests, which will move up to a 5:30 p.m. start time in 2024. A collection of promotional nights will accentuate the action-packed schedule, headlined by the return of Agriculture Night, Saddle-Up Sunday and Circus Night.

Information on season ticket packages, box seating, and individual game tickets for the 2024 season is forthcoming.

2024 will mark Pulaski's 58th season fielding teams in the Appalachian League. The Pulaski River Turtles enjoyed a successful 2021 campaign in the league's first

season of collegiate wood-bat play, compiling a regular-season record of 32-22 and earning the East Division championship. The Greeneville Flyboys edged the River Turtles 9-8 to earn the 2021 Appalachian League championship. The River Turtles followed up their maiden season with a solid second-place finish in the East Division in 2022. Pulaski has an overall record of 71-80 entering its fourth season of collegiate wood-bat play.

The 2024 home schedule is below.
 2024 Pulaski River Turtles Home Dates
 June 7-9: Bluefield ; June 18-19: Kingsport; June 20-21: Greeneville; June 25-26: Johnson City; June 29-30: Danville; July 2-3: Bristol; July 6-7: Burlington; July 11-12: Bristol; July 13-14:Tri-State; July 18-19: Elizabethton; and July 29-31: Tri-State.

Calfee Park opened in 1935 and was renovated for the organization's first season under the ownership of the Shelor Motor Mile in 2015. The organization is celebrating its 58th season in the Appalachian League in 2024. Pulaski teams have a combined all-time record of 264-236 (260-228 regular season) in the Appalachian League, and boast five league championships: 1948, 1969, 1986, 1991, and 2013.

Pulaski River Turtles

Thanksgiving

from page 1

findings.”

This is the 20th year Virginia Farm Bureau has conducted the survey, which is based on an annual survey organized by American Farm Bureau Federation. Volunteer shoppers checked prices online and in person at 45 grocery stores throughout the state.

The VFBF survey showed the average cost of a 16-pound turkey was \$34.86, or \$2.18 per pound. This represents a 24% increase in price versus the 2022 average of \$1.76 per pound.

The Farm Bureau survey discovered the average price for a 4-pound boneless ham was \$18.45, while last year the average price for a four-pound bone-in ham was \$10.24.

“There’s a significant price difference between boneless and bone-in ham, which could easily explain the large increase this year,” Griles explained.

Consumers pay more for boneless hams because it costs more to produce them due to the processing involved, like deboning and packaging.

As for the other ingredients for a traditional Thanksgiving meal, the survey showed that a gallon of whole milk was \$3.47; frozen peas,

\$1.77; frozen green beans, \$1.84; three pounds of sweet potatoes, \$3.06; a 5-pound bag of russet potatoes, \$4.13; fresh celery, \$1.91; fresh carrots, \$1.17; two pie shells, \$3.43; whipping cream, \$3.47; canned pumpkin pie filling, \$4.21; fresh cranberries, \$2.43; stuffing mix, \$3.30; and a dozen dinner rolls, \$3.80.

Most items increased in price versus 2022 values except for sweet potatoes, russet potatoes and whole milk, which were all less than last year.

The locality with the highest average cost for a traditional Thanksgiving meal was Powhatan County at \$124.84. The locality with the lowest average cost was the city of Richmond at \$57.93 for a 10-person meal.

Inflation continues to affect families across the country, including the nation’s farmers.

“Although there is a great deal of volatility and unpredictability in both production costs and marketing of agricultural products, farmers are efficient and effective at what they do and they persevere to provide food for our tables in Virginia, across the nation and around the world,” noted VFBF president Wayne F. Pryor.

Consumers do have some options for lowering

Christmas

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are now on sale on Amazon for \$24.

Gift your friend “The Everyday Athlete Cookbook” from America’s Test Kitchen. Also found on Amazon, right now for \$18.

Fanny packs are making a comeback. They just have been relabeled/renamed. Much smaller belts that hold phone, keys and wallet come in a new compact, small size. Already several publications are calling it the one of the hottest items on the market. Price range anywhere from \$15 to \$40.

WHOOP fitness bands 4.0 track heart rate, sleep (and sleep quality), and more to help you keep an eye on your performance in workouts. They’re soft, waterproof, and they come with a charger that lets you charge on the go. A much less expensive way to watch your fitness goals. Priced at \$25 directly at join.whoop.com.

Also, don’t forget about the Hokie fan in your life who would love a player football jersey or one with their last name on the back. Checkout <https://shop.hokiesports.com> for the latest bargains.

Pickleball is one of the fastest growing sports in American, so why not gift a set of wooden paddles. Priced reasonably at \$34 at Walmart and Dick’s Sporting Goods.

Author Nick Green also has a unique take on sports in his book “How to Watch Basketball Like a Genius.”

Priced at \$23.74 at Amazon. Gotta admit one of the best deals hits real close to home. For the holiday season, fans can purchase 24 tickets to the Pulaski River Turtles baseball games for \$24. Man, what a great deal for the summer.

Glloo has an entire limited collection of

coolers and drinkware—officially licensed by NFL—emblazoned with the logos of all 32 teams for the football fanatic in your life. Coolers found online for \$50.

Another rising star in the sports game industry is Spike Ball. A set will run you \$40 at Walmart and other retailers.

Gotta love this next one. The Coach Personalized Football is a stylish and functional gift for sports fans of all ages. This leather football is personalized with the player’s name on the back and comes with an engraved message on the front. Your message will appear on one side of the football and the name of the recipient on the other. Available on Etsy for \$28.

The same website has personalized man cave signs are perfect for any man who likes to escape to his personal oasis and enjoy time with friends and family.

Who wouldn’t want to say “Marty’s Man Cave. My cave. My rules.”

Each sign has a clear acrylic frame covered in wood, finished in dark brown paint, and sealed. Personalize these wood signs with text and photos, then hang them on the wall or add them to a shelf for a finishing touch.

Back to the website Uncommon Goods for College Football Stadium Sculpture Candle. The topper for this unique candle is your favorite college stadium for \$48.

Whatever you choose, make it special and maybe a little out of the ordinary for your favorite sportsman or sports fan this Christmas season.

Happy holidays everyone and happy shopping. The countdown is on.

ONLINE AUCTION

Ending Wednesday, December 13th, at 4 PM
 Colonial Style Home for Sale in Pulaski County VA
 4207 Lee Hwy, Pulaski, VA 24301

Bid Now at VAAuctionPro.com



Check out this captivating colonial-style gem for sale! This picturesque home sits on +/- 55 acres of land with the perfect blend of country living and modern comfort. The home features 5 bedrooms, 3.5 baths, and over 3,500 sq ft of living space. Inside, discover a meticulously maintained interior that seamlessly blends charm with modern updates. The open floor plan flows into a spacious kitchen, a cozy breakfast area, and a sunken family room with a wood-burning fireplace and built-in bookcases. The living and dining rooms provide ample space for entertaining and making cherished memories. The primary bedroom, conveniently located on the main floor, features an ensuite bathroom for added privacy. Upstairs, 3 large bedrooms, a full bath, and a spacious bonus room await your personal touch. There are multiple walk-in attic spaces to ensure all your storage needs are met!

A blacktop driveway, embraced by majestic mature trees, leads to the double detached garage and custom-built brick home. The additional garage and barn are great for tractor or hay storage. Enjoy the +/- 55 acres of rolling pastureland that surround the home. Home is within 5 miles of Dublin and Pulaski VA. Radford, Blacksburg, Fort Chiswell, and Wytheville are all within 30 miles of the home.

PREVIEW DATE: December 2nd at 10 AM

TERMS & CONDITIONS: 10% Buyer’s Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$25,000 is required on day of sale. Close on or before January 29th, 2024. Subject to seller confirmation and court approval. Property sold as is, where is with any and all faults. Buyer is expected to complete their own due diligence before placing a bid. Auction starts ending at 4 PM on December 13th, 2023. Please note that during the last two minutes of bidding, if a new bid is placed, the clock is automatically extended an additional two minutes. Be sure to register to bid early to ensure you receive notifications regarding any changes to the Auction, Bidder Packet and/or Pre-Auction offers received. Download Bidder Information Pack for complete terms and conditions, purchase contract and maps at VAAuctionPro.com

CONTACT – Auctioneer Matt Gallimore at 540-239-2585 or email Gallimore.Matt@gmail.com. You can also contact Realtor Jay Mandell with MR Real Estate at 540-599-4070 or email jay@mrteam.realestate.

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

United Country Real Estate

Blue Ridge Land & Auction Co., Inc.

Gas

from page 4

country. Historical gasoline prices in Virginia and the national average going back ten years:

November 20, 2022:	\$3.42/g (U.S. Average: \$3.64/g)	November 20, 2018:	\$2.42/g (U.S. Average: \$2.60/g)
November 20, 2021:	\$3.28/g (U.S. Average: \$3.41/g)	November 20, 2017:	\$2.32/g (U.S. Average: \$2.53/g)
November 20, 2020:	\$2.03/g (U.S. Average: \$2.10/g)	November 20, 2016:	\$1.98/g (U.S. Average: \$2.13/g)
November 20, 2019:	\$2.33/g (U.S. Average: \$2.60/g)	November 20, 2015:	\$1.93/g (U.S. Average: \$2.09/g)
		November 20, 2014:	\$2.67/g (U.S. Average: \$2.84/g)
		November 20, 2013:	\$3.12/g (U.S. Average: \$3.20/g)

CROSSWORD ANSWERS

M	A	A	R		P	T	A	S		P	A	M	P	A
E	P	E	E		R	E	D	O		E	W	E	L	L
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P	R	A	S	E		S	A	S	S		M	A	A	S

Neighboring areas and their current gas prices:

Roanoke- \$3.10/g, down 2.5 cents per gallon from last week’s \$3.13/g. Richmond- \$3.07/g, up 1.6 cents per gallon from last week’s \$3.05/g. West Virginia- \$3.18/g, down 3.6 cents per gallon from last week’s \$3.22/g.

“As millions of Americans gear up to hit the road for Thanksgiving, the national average is seeing its longest streak of declines in over a year, reaching a ninth straight week as gas prices fall to their lowest since January,” said Patrick De Haan, head of petroleum analysis at GasBuddy. “GasBuddy now counts over 65,000 stations with a price of \$2.99 per gallon or lower, while 11 states are seeing average prices below \$3. In addition, we could see five more states join the sub-\$3 club by Thanksgiving. The fall in gas prices, largely seasonal due to weakening gasoline demand, could extend for another week or two, leading to potentially the lowest gas prices since 2021 by Christmas.”

Submitted by GasBuddy

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