

News Journal

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Free NRV women's self-defense courses allow safe space for confidence, camaraderie and communication

Lori Graham
Contributing writer

Self-defense courses are designed for women to focus on improving survivability and escape if assaulted, along with providing examples of realistic situations where assault happens.

In many locations across the New River Valley, women can take a course in self-defense for free.

Instructor David Trail teaches self-defense training at the Radford Recreation Center every Saturday, Fridays at the Newport Community Center in Giles County, and will be teaching self-defense classes at the Pulaski County Parks in Recreation beginning in January.

In 1993, Trail began learning about self-defense training through Pete Theodore, a martial arts expert, and through other connections with international

organizations that provide military training for specialized United States military groups. Now a retired detective, with other 30 years of tactical training, Trail previously served as a police officer (1993-2012) in Radford city. Trail said, in the 90s, there were a lot of sexual assaults happening in the area.

According to the National Intimate Partner and Sexual Violence Survey, "81.3% of female rape/attempted rape victims and 70.8% of male rape/attempted rape victims had first incident occur before age 25."

The courses are designed to consider realistic situations and consider individual factors and characteristics of each person, age 12 years and older.

"What might work for one person might not work for someone else. We modify things to meet with what is comfortable for that person. People will react with whatever comes natural to you. It takes a lot of practice,"



PHOTO COURTESY OF RADFORDVA.GOV

Self-defense courses are offered for free in various locations in the New River Valley.

Trail said. "It is up-close and personal, when someone grabs a woman, this all comes in handy."

Trail said the self-defense classes started around 1997

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PHOTO COURTESY OF WARM HEARTH VILLAGE

(Left to right): Miranda Dimaio, RN; Nurse Educator Micah Catron; and Jennifer McKenzie, Administrative Coordinator.

Warm Hearth Village, Healthcare Academy of Southwest Virginia partner to educate CNAs

BLACKSBURG – Warm Hearth Village (WHV), and the Health Care Academy of Southwest Virginia recently partnered to create a healthcare education program at the Kroontje Health Care Center (KHCC) of Warm Hearth to train and produce highly skilled in-home and facility caregivers and Certified Nursing Assistants (CNAs).

Thanks to grants from New River Mt Rogers Workforce, tuition and material fees were waived. The next seven-week class begins Jan. 15 at KHCC.

Jennifer McKenzie, Administrative Coordinator with Senior Home Share and the Health Care Academy explained

that CNAs are still in short supply across the country.

"Local community colleges are no longer offering these classes due to lack of instructors," she said. "Due to the high demand for skilled healthcare workers, the academy was created to fill the gap. We also acknowledge that this state approved class is a great way to begin a career in healthcare and is also a great recruitment tool for local healthcare facilities."

All of the students who participated in the seven-week class at KHCC were from the local community. They received their Nursing Assistant certificate at graduation ceremonies held Jan. 4.

Graduates were Anna Brookman, Micah Catron, Matyia Kyle, Heather Pritchett, Jessica Simmons and Hope Smith.

The next class will begin Jan. 15 at KHCC. Contact Jennifer McKenzie at 276-238-1448 to enroll and begin the financial grant assistance process. Applicants who qualify may have tuition and material fees waived.

Warm Hearth Village is a nonprofit senior living community in Blacksburg that provides a full continuum of living options on our campus and in the home.

Warm Hearth Village

See **Pets**, page 2

Radford Animal Shelter offers reminder about surrendering pets

Heather Bell
Editor

RADFORD – With the Radford Animal Shelter over capacity for dogs, it is reminding citizens of the shelter policy to not take owner surrender of pets.

"We are full, we have been full consistently for a very long time," the shelter recently posted on social media. "Our policy states that we do not take owner surrenders, but we will if we have space. So, if you decide that you are no longer wanting to keep your dog/cat or any pet for that matter, for whatever reason, please make arrangements for your pet before the cut-off point (if a landlord has given you a date for example)."

"If you call or bring your pet to the shelter and we advise you that we do not have room for it, but we can offer you other alternatives or put you on a waitlist, that is what it is," the announcement continues. "We already have 28 dogs in a 12-kennel space. We are doing our best. It is the same across the entire country. We can offer crates, food, etcetera, to assist you while you are

Expert says forget the resolution, focus on mindfulness, behavioral interventions in the New Year



PHOTO COURTESY OF VIRGINIA TECH

Samantha Harden is an associate professor in the Department of Human Nutrition, Foods, and Exercise with the College of Agriculture and Life Sciences at Virginia Tech.

With a new year underway, many people are thinking about how to reset goals and make lifestyle changes. Individuals often set challenging resolutions and tend to lose motivation as time progresses. Instead of making a resolution, Virginia Tech behavioral psychologist Samantha Harden suggests a different approach in the new year.

"I recommend throwing out the adage of a New Year's resolution," says Harden, an associate professor in Virginia Tech's Department of Human Nutrition, Foods, and Exercise in the College of Agriculture and Life Sciences. "Resolutions, as we think of them today, are designed to fail. They promote extreme change all at once versus lasting, meaningful adjustments."

"It's important to self-reflect and be honest with yourself about what goals are realistic to achieve," Harden stresses, who is also a Virginia Cooperative Extension specialist. "The biggest thing is to change your mindset about where you are, what's feasible, what's realistic, and what environmental support you need to get you there."

Harden suggests instead focusing on behavioral interventions.

"Smoking cessation, budgeting, and increased physical activity require a mixture of individual and interpersonal strategies. Together, these can result in long lasting behavior change."

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Discover the world of beekeeping: free beginner's classes at Montgomery-Floyd Regional Library



PHOTOS COURTESY OF THE MFRL

Members of the NRV Beekeeping Association lead one of the 2023 beekeeping classes at MFRL.

Class attendees will get an up-close look at the equipment required for beekeeping.

Have you ever been curious about beekeeping but felt unsure of where to start?

The New River Beekeeping Association has partnered with Montgomery-Floyd Regional Library to offer free beginner's classes aimed at answering all your questions about this fascinating hobby.

The programs will delve into fundamental queries like the costs involved in beekeeping, the time commitment required, expected honey yields, and the crucial role of honeybees in pollination. Delivered in an engaging presentation and

discussion format, participants will have the opportunity to learn from experienced beekeepers and enthusiasts.

The beginner's classes will take place at the following locations and times: Saturday, Jan. 13 at Blacksburg Library, 1-3 p.m.; Saturday, Jan. 20 at Jessie Peterman Memorial Library, 1-3 p.m. and Saturday, Jan. 27 at Christiansburg Library, 1-3 p.m.

No prior registration is required, and all are welcome to attend.

Participants will gain an understanding of the basics of beekeeping and its relevance in supporting biodiversity,

agriculture, and environmental sustainability. The sessions promise to be an informative and engaging exploration into the world of bees. Don't miss this chance to buzz into the world of beekeeping! Join us for these enlightening beginner's classes and uncover the wonders of these essential pollinators.

For more information about these programs or other library events, visit www.mfml.org or contact the respective libraries hosting the sessions.

Montgomery-Floyd Regional Library

UPCOMING EVENTS

Thursday, Jan. 11:

What do the financial headlines mean... for you?

At the Blacksburg Library; 6:30 – 7:30 p.m. What do unemployment numbers mean for the average Joe? What does inflation tell us? And what can we do about it in our own financial lives? Tom Reilly, personal finance professor at Virginia Tech and retired financial advisor, will explain unemployment, wages and income, inflation, and GDP statistics are calculated. Then, he will discuss how attendees can use this information to better understand and interpret financial headlines in your everyday life.

Friday, Jan. 12:

Music In Virtual Reality

At the Radford Public Library; 3- 4 p.m. Come conduct an orchestra or dance to the music in Virtual Reality at the library! We have two Meta Quest 2 VR headsets so library patrons can learn to be a Maestro and learn to use virtual spaces. If you'd prefer to reserve a different time, email duncan.hall@radfordva.gov.

Teen Window Painting

At the Radford Public Library; 3 – 5 p.m. Teens are invited to spend the afternoon painting the window in the teen area that looks out on the patio.

Saturday, Jan. 13:

Mount Tabor Ruritan Biscuit Breakfast

Mount Tabor Ruritan Club will be serving up hot biscuits topped with delicious sausage gravy, or with the latest batch of our "world-famous" apple butter. We will also have scrambled eggs, juice and coffee. Breakfast will be served in the Fellowship Hall of Slusser's Chapel, 1543 Mount Tabor Rd, Blacksburg; 8 – 10 a.m. This is below the Sanctuary, on the lower church parking lot level. This is a fundraiser for our club to help us as we serve our community, and donations will be accepted for the breakfast. More information at <https://fb.com/MtTaborRuritan>.

Sadie's Diaries: a local history program

At the Christiansburg Library; 3- 4 p.m. Join local historian and transcriber, Kathy Calvert, as she

introduces us to Sarah Eliza VanPelt Summers through her own words. This autobiographical collection recorded her daily life in Snowville, Christiansburg, and other parts of the New River Valley in the late 1800s and early 1900s. Copies of the book will be for sale for \$20, cash only.

Tuesday, Jan. 16:

Coffee Club for Adults (age 50+)

At the Radford Public Library; 10 – 11 a.m. Make new friends and reminisce with coffee and snacks from Arabica Cafe!

Thursday, Jan. 18:

City scenes, urban landscapes photo club topic

Adi Ben-Senior will present the program on photographing city scenes and urban landscapes at the Radford Photo Club meeting at 6 p.m. at the Radford Public Library. The presentation is a follow-up of an earlier meeting on the same topic led by Michele Borgarelli. The two professional photographers have somewhat different styles and equipment preferences.

Attendees should feel free to bring a cityscape or urban landscape photo if they wish feedback and bring two photos to the February meeting to receive further critique. The photo challenge for January is black and white outdoor photography. There is also an open challenge. The Radford Photo Club is made up of professional and amateur photographers from throughout the New River Valley. Meetings, events, and outings are open to the public. If you have questions about the club, email Lucy Gilmore at lucy.gilmore@gmail.com or Michele Borgarelli at mborgarelli@gmail.com.

Sons of Confederate Veterans meeting

The Sons of Confederate Veterans, Stuart Horse Artillery Camp 1784 will meet at 7 p.m. at Aly's Italian Family Restaurant on 3204 Riner Rd. Members of the United Daughters of the Confederacy (UDC) are also invited to attend. For further information, please call 540-320-4315 or 540-239-9864.

Monday, Jan. 22:

NRCC Concert Series to hold free concert on Jan. 13

The music of Jaelyn Taylor & 21 South and New Ballard's Branch Bogtrotters will be featured during New River Community College's Concert Series event on Sat., Jan. 13.

Music will begin at 6 p.m. in 117 Edwards Hall at NRCC in Dublin.

Jaelyn Taylor and 21 South are a high energy bluegrass band from the heart of Appalachia in Southwest Virginia. The band's lead vocalist is 15-year-old Jaelyn Taylor, and she is accompanied by her bandmates and family members N.R. Taylor and Zac Taylor. They can be found performing a variety of original songs as well as bluegrass and country favorites.

The New Ballards Branch Bogtrotters have been playing old time mountain music in the Galax area since 1986. Dennis Hall is the founder of the band and continues to serve as band leader. The band was named for the small stream in Galax where Hall grew up and still resides, as well as in honor of Uncle Eck Dunford, a member of the original Bogtrotters band from the 1920s. The current group includes Hall on guitar, Eddie Bond on fiddle and vocals, Bonnie Bond on bass and vocals, Josh Ellis on banjo and vocals, and Caroline Noel Beverley on mandolin and vocals. The band has played at festivals across the U.S. and participated in the Friends of American Old Time Music and Dance Festival in Gainsborough, England. Several of the

band members have played internationally in Scotland, England, Ireland and Australia. Since 1986, the band has placed first at the Galax Old Fiddlers Convention a total of 10 times.

Corporate sponsors of the music events include Anderson Audiology, Dublin; August Jewelers & Boutique, Inc., Radford; CCCKY, LLC – Fazoli's, Dublin; Deanie Hall – State Farm Agent, Dublin; Estes Auto & Truck Parts Inc., Pilot; First Community Bank, Pulaski; Gregory Seeding and Landscaping Company, Pulaski; King Tire Service, Pulaski; Lee's Body Shop, Pearisburg; Martin's Pharmacy, Pulaski; Pepsi Cola Bottling Co., Dublin; Pulaski Patriot, Pulaski; SERVPRO, Montgomery & Pulaski Counties; and Southern Furniture Warehouse, Radford.

The doors open at 5 p.m. for the show. Admission is free; however, donations will be accepted to help offset travel expenses for the musicians. The music events are typically held the second Saturday of each month through April at NRCC, a Crooked Road affiliated venue.

For more information about the NRCC Concert Series, please contact Tim Jones at (540) 674-3625 or visit www.nr.edu/concerts.

New River Community College

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Self-defense

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at the previous Radford Recreation Center and continued until 2017. In 2018, they moved into the new recreation center.

Classes also began in Newport about two years ago and the community center has been wonderful in supporting this group as well.

Megan McCallister started assisting Trail in self-defense instruction about 2 ½ years ago and is a natural, Trail said.

McCallister can provide a real-world perspective as a survivor herself.

"What she can bring to the classes is priceless, and her assistance especially at Newport and in Radford has been great. She is very good at this," Trail said.

Through the eight-week course, the instructors point out that situational awareness, avoidance, and trusting your gut-feeling are all important in self-defense, but things can happen outside of someone's control.

"If something just doesn't feel right, trust that," Trail said. "We try to put it in everyone's mind though that it is not your fault."

Cell phone usage is one aspect of situational awareness that is difficult for people to cope with. Society is centered around the use of electronics in everyday life. This is one realistic situation that the course approaches. Trail said that being on your phone is going to happen, we all do it, but discusses in the course how to mitigate your usage in a safe way when in potentially vulnerable situations.

If residents are in the Radford area, registration is available through the Radford Parks and Recreation website at www.radfordva.gov. The website states that individuals should wear loose-fitting clothing to the courses, but Trail also recommends wearing everyday clothing. If an attack was to happen, being able to move and respond in clothing that is natural to each individual is ideal.

"I encourage you to wear what you would normally wear though. Having a thick coat on changes things, gives someone something to grab on to," Trail said. "We try to keep it more realistic, if you normally wear jeans then wear jeans to class."

Eight-week classes, 11 am-12:30 pm, are beginning in January through the Pulaski County Parks and Recreation Center. These classes will also be taught by Trail and McCallister, both instructors having extensive training in Karate, Jujitsu, Krav Maga, and Tactical Defense Combatives.

If an organization or group of women are interested in hosting a self-defense course, Trail said that they will come to you for classes as well. Previously, the instructors have worked with Virginia Tech organizations such as sorority groups, churches, and other local community establishments to bring these valuable classes to everyone who is interested.

"If this saves just one life, it is well worth it," Trail said.

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.

Tyla is a sweet girl who loves people and treats. She likes to play but also enjoys relaxing once she has settled. Tyla would do best in a forever home where she is the only dog. Meet Tyla at the Animal Care and Adoption Center.



Shale is a cat that really ROCKS! He is a friendly boy who loves attention and is not shy about accepting treats. Stop by the Animal Care and Adoption Center to see if Shale is a purrfect match.

Pets

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waiting to either rehome or surrender your pet."

The shelter is also reminding people that dumping pets off at the shelter or any other place without prior arrangement is a crime.

"We will not tolerate you just dumping [your pet]," the announcement continues. "It does not magically increase our kennel space. We will do our utmost to find out who you are and apply the law to the fullest extent."

Code 3.2-6504, regarding the abandonment of animal; penalty, states "No person shall abandon or dump any animal. Violation of this section is a Class 1 misdemeanor."

"We have not euthanized an animal for space in over a decade here, and we are not about to start because owners

cannot be responsible," the shelter announcement concludes. "You, the owner, are the responsible party, not us, the shelter. We are here for other things other than being a drop space for people who did not commit to being a responsible pet owner. So, please think very carefully before obtaining an animal. It's a 10-to-20-year commitment that you are signing up for. To those that are fabulous pet owners and responsible, we are very appreciative of you."

The Radford Animal Shelter has many cats and dogs, and occasionally guinea pigs, rabbits, snakes and other pets, available for adoption to people who are ready to take on the commitment. The shelter is located at 110 Pulaski St, Radford.

New Year

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Other strategies that individuals can take to incorporate health and well-being in the new year include setting personal goals, self-monitoring, and receiving feedback (from an Extension agent, smartwatch/device, coach, friend, or trusted other). Also working to improve interpersonal relationships by communication, accountability, shared problem solving, and friendly competition.

When it comes to establishing healthy habits, Harden says mindfulness is a powerful tool, but she stresses that it is important to remember that this is an ongoing practice, not a perfect practice. "While mindfulness does take determination, it's one of reflection and connection, one that results in

transformation through acceptance rather than fixation on the "more or less" imperfections in one's life, body, or bank account."

Harden says that many people face setbacks at one point or another while working to achieve their goal. "We have different seasons of life, so nurture them and get the healthy habits to fit within them rather than see them as additional," says Harden. "We have to acknowledge and accept that there will be ebbs and flows when working towards goals. Remember, it's all about perspective, and that can keep you going day after day, month after month, year after year."

Margaret Ashburn for Virginia Tech

OBITUARIES

Thompson, Christine Russell

Christine Russell Thompson, 73, passed away Saturday, Jan. 6, 2024, at her home in Radford.

Christine loved flowers and spending time with her grandchildren. She was preceded in death by her parents, John and Lillie Mae Russell; husband, Vinton Thompson, Jr.; sister, Margie Friend; and brothers, Woodrow, J. R., John "Kitty" and Roger Russell.

Survivors include her sons and daughter-



in-law, Vinton, III and Crystal Thompson, and Michael Scott Thompson; grandchildren, Alexis Thompson, Haley Reno (Gavin) and

Hannah Thompson; brothers, Charles Russell (Shirley), and James "Fred" Russell; sister, Barbara Runion; good friend, Pat Criner; and many nieces, nephews, other relatives and friends.

Graveside services will be held at 11 a.m. Friday, Jan. 12, 2024, in Estep Cemetery in Ameagle, West Virginia.

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

Jett, Joan Simpkins

Joan Simpkins Jett, 84, of Radford, passed away Wednesday, Jan. 3, 2024.

She was a loving and caring wife, mom, grandmother, and great-grandmother to her family and to all whose lives she touched. Joan was preceded in death by her parents, James Ohlsen Simpkins, Sr. and Maggie H. Simpkins; her sister, Trudy Simpkins Merriman; brother-in-law, Donald Merriman; and nephew, William Earl.

Survivors include her husband, Daniel Bruce Jett; daughters, Bonnie Hayes (Joe) of Radford, and Danette Jett of Blacksburg; son, Bruce Jett (Melinda) of Abingdon; granddaughters, Hillary Hayes (Blaze) of Hawaii and Ashley Sandridge (Mallory) of Richmond; great-grandchildren, Elijah, Hudson and Ryder; step granddaughters, Amanda and Ashton Bishop; brother, James Ohlson



Simpkins (Sandra) of Christiansburg; nephews, Eric Hulett (Elizabeth) of Martinsburg and Jimmy Merriman (Linda) of North Myrtle Beach; niece, Sherry Lynn Vaughn (Spencer) of Roanoke; and many other relatives and friends.

She attended the school of nursing at Radford Community Hospital and Radford College. Joan furthered her education with a bachelor's degree from Mary Baldwin. She was appointed by governors Godwin and Dalton to serve on the state board of nursing at which she served two

four-year terms. Joan spent the majority of her nursing career as Inservice Director at Radford Community Hospital where she educated hospital employees and gave much of her time teaching and giving to her community. She was chairperson of the Radford City Republican Committee for 23 years. She will be greatly missed by all who knew her.

The family would like to give a special thanks to Dr. Belcher and the kind and compassionate nurses on the surgical care floor at Carilion New River Valley Medical Center.

The family received friends Tuesday, Jan. 9, 2024, at The Presbyterian Church in Radford. Memorial services followed with Rev. Don Makin officiating. Graveside services will be private.

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

Stump, Marcia Ruth

Marcia Ruth Stump, 68, of Radford, passed away on Tuesday, January 2, 2024. She was preceded in death by her parents, William Darrell and Barbara Burns Stump.

She is survived by her sisters and brother-in-law, Joan Rowan (Nicholaus), and Mayra Stump; brothers and sisters-in-law, William "Bill" Stump, II (Tracey), and Mark



Eric Stump (Linda; 8 nephews; and many other family members

and special friends.

The family received friends Monday, Jan. 8, 2024, at the Mullins Funeral Home in Radford. Funeral services followed with Pastor Hal Sonafrank officiating. Interment followed in Highland Memory Gardens in Dublin.

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

Austin, Ruby Agnes Harrison

Ruby Agnes Harrison Austin, 90, of Christiansburg, passed away Wednesday, Jan. 3, 2024. She was retired from Burlington Mills and a member of Childress Church of God. She was preceded in death by her parents, James and Betty Harrison; her husband, George Andrew Austin; and her siblings, Carl, Margaret, Gail, Charlie and Jimmy.

Survivors include her daughters and son-in-law, Gladys Hubbard of Christiansburg, and Barbara Nolen (Kenneth) of Floyd; grandchildren,



Tammy Kirtner (Jamie), Kenny Nolen (Autumn), Julie Hunley (Todd), Stacy Lowe (Steven), and Fred Gilmer (Margie); great-grandchildren, Austin, Morgan, Sarah, Caroline, Rebekah, Cameron,

Amber, Reagan, Bryce, Blair, Ben and Ally; great-grandchildren, Lincoln and Emersyn; and many other relatives and friends.

The family will receive friends 9 - 10 a.m. Wednesday, Jan. 10, 2024, at the Mullins Funeral Home in Radford. Funeral services will begin at 10 a.m. with Rev. Ronnie Smith officiating. Burial will follow in Sunrise Burial Park in Radford.

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

Johnston, Rhonda Elaine Swim

Rhonda Elaine Swim Johnston, 56, passed away unexpectedly at her home in Pulaski Tuesday, Jan. 2, 2024. She was a beloved educator of Pulaski County Schools.

She is survived by her daughters, Jessica and Abigail Johnston; mother, Ruth Mae Wilburn; sister, Donna Batzel (John); nephews, Adam Batzel and Ben Batzel (Kelley); best friend Sandra Hill; and many other dear cousins, family and friends. Rhonda was preceded in death by her father, Donald Lee Swim.

Rhonda had a ready smile, a kind heart, and a bright and fun spirit that was contagious to be around. Many things brought her joy including hanging out with family, playing trivia games, watching old movies, and following her favorite sports teams, the Virginia Tech Hokies and the St Louis Cardinals.

Rhonda dearly loved the students she worked with, the wonderful athletes of Special Olympics, and the valued colleagues she has worked alongside for many years. Her work in



education and Special Olympics filled her heart with joy. Rhonda was committed to fundraising for Special Olympics, her favorite fundraiser being the NRV Polar Plunge. For many years, Rhonda has served as team captain for the awesome Pulaski County Plungers.

In lieu of flowers, please consider making a donation to the annual Polar Plunge that benefits local Special Olympics. The Polar Plunge, dear to Rhonda's heart, will be held in February, and we hope to set a record for her team's fundraising success. Link to benefit Rhonda's team, Pulaski County Plungers Area 9 is listed below: <https://impact.specialolympicsva.org/fundraiser/5026294>

The family will

receive friends 5 - 7 p.m. Wednesday, Jan. 10, 2024, at the Mullins Funeral Home in Radford. Rhonda will be laid to rest in Sunset Cemetery in Christiansburg at a private graveside service.

The Johnston family are in the care of Mullins Funeral Home & Crematory in Radford.

Legal Notice

NOTICE TO THE PUBLIC OF A PETITION BY APPALACHIAN POWER COMPANY, FOR APPROVAL TO CONTINUE RATE ADJUSTMENT CLAUSE, THE EE-RAC, AND FOR APPROVAL OF NEW ENERGY EFFICIENCY PROGRAMS PURSUANT TO §§ 56-585.1 A 5 c AND 56-596.2 OF THE CODE OF VIRGINIA CASE NO. PUR-2023-00169

- **Appalachian Power Company ("APCo") requests a total annual revenue requirement of \$32.9 million for its EE-RAC. According to APCo, this amount would increase the bill of a residential customer using 1,000 kilowatt hours per month by approximately \$1.29 effective September 1, 2024.**
- **A Hearing Examiner appointed by the Commission will hold a telephonic hearing in this case on May 21, 2024, at 10 a.m., for the receipt of public witness testimony.**
- **An evidentiary hearing will also be held on May 21, 2024, at 10 a.m., or at the conclusion of the public witness portion of the hearing, whichever is later, in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, to receive the testimony and evidence of the Company, any respondents, and Staff.**
- **Further information about this case is available on the Commission website at: sec.virginia.gov/pages/Case-Information.**

On November 30, 2023, Appalachian Power Company ("APCo" or "Company"), pursuant to §§ 56-585.1 A 5 c and 56-596.2 of the Code of Virginia ("Code") and the Final Order of the State Corporation Commission ("Commission") in Case No. PUR-2021-00236, filed with the Commission a petition ("Petition") for approval: (i) of the continued implementation of its rate adjustment clause ("EE-RAC") to recover the costs of its portfolio of energy efficiency ("EE") programs; (ii) of two new EE programs; and, (iii) to continue and enhance existing programs. Pursuant to Code § 56-585.1, the Commission must issue a final order regarding the Petition within eight months of filing.

Specifically, the Company proposes to recover a total annual revenue requirement for the EE-RAC of approximately \$32.9 million for the rate year of September 1, 2024 to August 31, 2025 ("Rate Year"). The proposed annual revenue requirement consists of two components: (i) a projected factor of approximately \$27.8 million in costs related to the EE Portfolio during the Rate Year, and (ii) a true-up factor of approximately \$5.1 million designed to return (or recover) any over- or under recovery of costs associated with the EE Portfolio from prior periods. APCo represents that it calculated the margin on EE program expenses based on a return on common equity of 9.2%, and that the Company anticipates the margin to change to 9.5% to be applied prospectively in accordance with the Commission's Final Order in Case No. PUR-2023-00002.

APCo states that the implementation of the proposed EE-RAC effective September 1, 2024, would increase the monthly bill of a residential customer using 1,000 kilowatt hours per month by approximately \$1.29. APCo states that the Company intends to submit its next EE-RAC petition two years from now, and asks the Commission to order the Company make this filing on or before November 30, 2025. Therefore, the Company proposes that the rates set in this proceeding would be in effect for approximately two years.

The two new EE programs APCo proposes to implement are the Residential School Kits Program and the Residential Multifamily In-Unit Program. The Company states that its Residential School Kits Program will provide energy education and take-home kits to students throughout APCo's service territory. The Company states that its Residential Multifamily In-Unit Program will provide a range of products and services that result in lower energy usage; including the direct installation of energy-saving measures and materials in individual units of multifamily buildings with five or more units, and will identify and assist residents in completing additional energy savings opportunities.

There are three existing programs previously approved by the Commission, comprising the Residential Low Income Single Family Program, the Residential Low Income Multifamily Program, and the Home Performance Program, that the Company seeks to extend by establishing a new five-year cycle to start in 2025. Further, APCo proposes to make changes to enhance programs previously approved by the Commission, including the Energy Efficiency Kits Program, the Efficient Products Program, the Business Energy Solutions Program, and the Small Business Direct Install Program.

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

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

The Commission entered an Order for Notice and Hearing in this proceeding that, among other things, scheduled a public hearing on APCo's Petition. On May 21, 2024, at 10 a.m., the Hearing Examiner assigned will hold the telephonic portion of the hearing for the purpose of receiving the testimony of public witnesses. On or before May 14, 2024, any person desiring to offer testimony as a public witness shall provide to the Commission (a) your name, and (b) the telephone number that you wish the Hearing Examiner to call during the hearing to receive your testimony. This information may be provided to the Commission in three ways: (i) by filing out a form on the Commission's website at sec.virginia.gov/pages/Webcasting; (ii) by completing and emailing the PDF version of this form to SCInfo@sec.virginia.gov; or (iii) by calling (804) 371-9141. This public witness hearing will be webcast at sec.virginia.gov/pages/Webcasting.

Beginning at 10 a.m. on May 21, 2024, the Hearing Examiner will telephone sequentially each person who has signed up to testify as provided above.

On May 21, 2024, at 10 a.m., or at the conclusion of the public witness portion of the hearing, whichever is later, in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, the Hearing Examiner will convene a hearing to receive testimony and evidence related to the Petition from the Company, any respondents, and the Commission Staff.

To promote administrative efficiency and timely service of filings upon participants, the Commission has directed the electronic filing of testimony and pleadings, unless they contain confidential information, and has required electronic service on parties to this proceeding.

An electronic copy of the public version of the Company's Petition may be obtained by submitting a written request to counsel for the Company: James G. Ritter, Esquire, American Electric Power Service Corporation, 3 James Center, 1051 East Cary Street, Suite 1100, Richmond, Virginia 23219, or jritter@aep.com. Interested persons also may download unofficial copies from the Commission's website: sec.virginia.gov/pages/Case-Information.

On or before May 14, 2024, any interested person may submit comments on the Petition electronically by following the instructions on the Commission's website: sec.virginia.gov/cascomments/Submit-Public-Comments. Those unable, as a practical matter, to submit comments electronically may file such comments by U.S. mail to the Clerk of the State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. All comments shall refer to Case No. PUR-2023-00169.

On or before February 27, 2024, 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: sec.virginia.gov/clk/efiling. Those unable, as a practical matter, to file a notice of participation electronically may file such notice by U.S. mail to the Clerk of the Commission at the address listed above. Such notice of participation shall include the email addresses of such parties or their counsel, if available. A copy of the notice of participation as a respondent also must be sent to counsel for the Company. Pursuant to 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice and Procedure ("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-2023-00169.

On or before March 26, 2024, each respondent may file with the Clerk of the Commission, at sec.virginia.gov/clk/efiling, any testimony and exhibits by which the respondent expects to establish its case. Any respondent unable, as a practical matter, to file testimony and exhibits electronically may file such by U.S. mail to the Clerk of the Commission at the address listed above. Each witness's testimony shall include a summary not to exceed one page. All testimony and exhibits shall be sent to Staff, the Company, and all other respondents simultaneous with its filing. In all filings, the respondent shall comply with the Rules of Practice, including 5 VAC 5-20-140, *Filing and service*, and 5 VAC 5-20-240, *Prepared testimony and exhibits*. All filings shall refer to Case No. PUR-2023-00169.

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

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

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 Duties include working with the minister and music team to prepare weekly Sunday bulletin and monthly newsletter; prepare PowerPoint for Sunday worship and be there to operate it; assist with recording and uploading services to YouTube; performance of other administrative jobs to assist the minister.
 To apply or obtain complete job description please contact Tricia at 540-589-3107 or send resume to the church at P.O. Box 517, Buchanan, VA 24066

Help Wanted - General

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Models needed for life drawing class, male and female, \$65 for 3 hour session. Call David 540-473-3713

Intuitive Surgical Operations seeks a Software Engineer (SE-MTT) in Blacksburg, VA.

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Help Wanted - Health Care

Wanted: Caregiver for adult male with special needs in Christiansburg.

Adult male is non-verbal and must have assistance with all aspects of daily living. We are looking for a long term person with a good employment record who has experience with a non-verbal adult. Safety is a priority. Candidates must be reliable; have kindness and patience; and show creativity (Music ability a plus). Hours will vary according to the needs of the gentlemen and his family. Pay is \$13.34 through Medicaid and CDCN. Candidates must pass a criminal background check and must have recent references (at least 3.). No cellphone use while working except for emergencies. If interested, please call (540)838-5037 for an interview.

Legals - Botetourt County

NOTICE OF SPECIAL COMMISSIONER SALE OF 101 DRY BRANCH ROAD, BUCHANAN, VIRGINIA, 24066

Pursuant to a Decree of the Circuit Court of Botetourt County, Virginia, made and entered into November 29, 2023 in Case No. 23CL23-0036100, styled Barrett (Plaintiff) v. Cherokee rose Eubank (Defendant), a Will, on Friday 26, 2024 at 10:00 a.m. at the front door of the Courthouse of Botetourt County, Virginia, located in its new temporary quarters, offer for sale to the highest bidder for cash, the following described real estate: 101 Dry Branch Road, Buchanan, Virginia, 24066, being 2.56 acres in the Buchanan Magisterial District, Tax Map #53-4, property ID#99013634. A more accurate description can be procured as shown on a plat attached to Deed Book 128 at page 123 in the Clerk's Office of the Circuit Court of Botetourt County, Virginia.
 Terms of Sale: Cash (10% on the day of sale with the remainder at closing within 60 days).
 For further information, apply to:
 Tommy Joe Williams, Special Commissioner, 2721 Brambleton Avenue, S.W., Roanoke, Virginia, 24015, office telephone number: (540)772-7848, cell phone number: (540) 797-4065.
 I, Tommy Joe Williams, hereby certify that I have bond, with surety, as required by the decree.
 Tommy Joe Williams
 Special Commissioner
 I, Tommy Moore, Clerk of the Circuit Court of Botetourt County, Virginia, hereby certify the Tommy Joe Williams, Special Commissioner, has given bond, as required by the Decree with Surety approved by the Court.
 Tommy Moore, Clerk Botetourt County Circuit Court

Legals - Botetourt County

Order of Publication

Commonwealth of Virginia VA Code §§ 1-211.1; 8.01-316.20-104
 Case No. CWF220000276
 BOTETOURT COUNTY Circuit Court, 5 W. MAIN STREET, FINCASTLE, VA 24090 Commonwealth of Virginia, in re ESTATE OF WILMA C. TODD, DECEASED
 The object of this suit is to: SHOW CAUSE AGAINST PAYMENT AND DELIVERY OF ESTATE TO PARTIES ENTITLED. It is ORDERED that Upon the motion of Atlantic Union Bank, Executor of the Estate of Wilma C. Todd, deceased, (the "Estate") pursuant to Va. Code Section 64.2-556, for an order to show cause against distribution of the Estate. It appearing to the court that the necessary reports of the accounts of the Estate and of the debts and demands against the Estate have been filed with the Court, and at least six months have elapsed since the qualification of the Executor, it is accordingly ORDERED that the creditors of, and all others interested in, the Estate of Wilma C. Todd, deceased, do appear at 11:00 A.M. on the 31st day of January, 2024 in the Office of the Clerk of the Circuit Court for Botetourt County, 1 West Main Street #120, FinCASTLE, Virginia 24090 and show cause, if any the can, against payment and delivery of the Estate to the parties entitled thereto, without requirement of refunding bonds.
 1-5-2024
 Joel R. Branscom, Circuit Court Judge.
 JANUARY 8, 2024
 Leslieanne Smith, Deputy Clerk

Legals - City of Salem

Notice is hereby given to all interested persons that the Council of the City of Salem,

at its regular meeting on Monday, January 22, 2024, at 6:30 p.m., in the Community Room, Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA:

1. Consider the request of T J Real Properties, LLC, property owner, for rezoning the property located at 1236 West Main Street (Tax Map # 141 - 1 - 4) from HBD Highway Business District to CBD Community Business District.
2. Consider the request of Helm Building Enterprises, LTD, property owner, for the issuance of a Special Exception Permit to allow a two family dwelling on the property located at 301 Carey Avenue, (Tax Map # 74-2-6.1).
3. Consider the request of Helm Building Enterprises, LTD, property owner, for rezoning the property located at 416 Electric Road (Tax Map # 150-3-1) from HBD Highway Business District to HM Heavy Manufacturing District.
4. Consider the request of Virginia Baptist Children's Home (dba HopeTree Family Services), property owner, for rezoning the properties located at 1000 block Red Lane and a portion of 860 Mount Vernon Lane (Tax Map #'s 41-1-1, 41-1-2, 41-1-3, 41-1-4, 41-1-5, 41-1-6, and a portion of 44-3-10) from RSF Residential Single Family to PUD Planned Unit District.

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

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Legals - City of Salem

LEGAL NOTICE OF PUBLIC HEARING

Notice is hereby given to all interested persons that the Board of Appeals (Building) of the City of Salem, Virginia will hold a public hearing, in accordance with the provisions of Section 18-38 Code of City of Salem, Virginia, on January 24, 2024, at 4:00pm in the Council Chambers at City Hall, 114 North Broad Street, in the City of Salem, Virginia. The purpose of the meeting and hearing shall be to determine if certain structures are dangerous to the inhabitants of the City and whether such structures should be ordered to be repaired or demolished. The structures are located as follows:

- (1) Dilapidated structure located at 602 Goodwin Avenue, Salem, Virginia (Tax Map#201-10-2); and
- (2) Dilapidated structure located at 336 Schrader Street, Salem, Virginia (Tax Map #115-1-4).

All parties in interest at the public hearing will be given an opportunity to be heard, present evidence, and show cause why action by the City and Board to remedy a potentially dangerous situation should or should not be granted. For additional information, contact the Building Official's Office, 21 South Bruffey Street, Salem, Virginia (Phone 375-3036) THE BOARD OF BUILDING APPEALS OF THE CITY OF SALEM
 BY Troy D. Loving, Building Official

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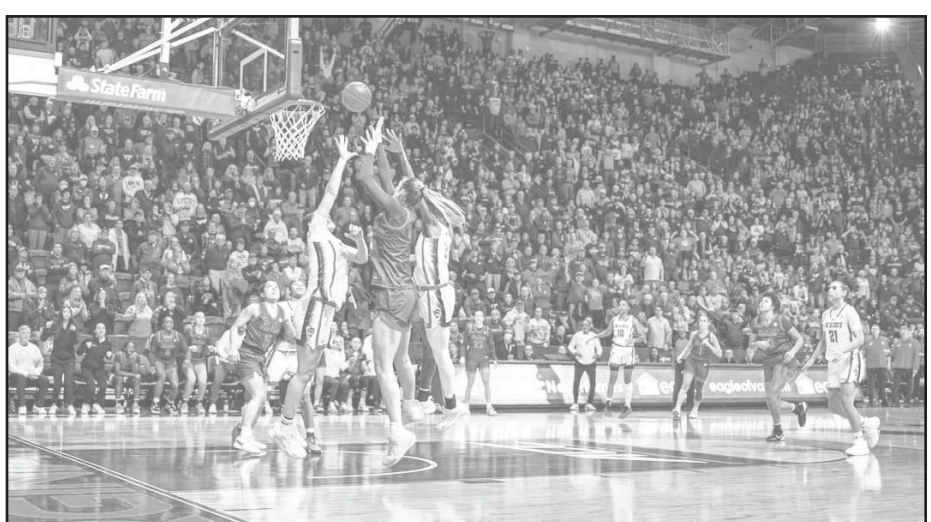
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RADFORD SPORTS

Lady Hokies pick up big win over big opponent



Liz Kitley took time to sign autographs to young fans after Sunday's ball game.



PHOTOS COURTESY OF VT ATHLETICS

Liz Kitley hit a layup in the last second of Sunday's game for a one-point win over Top-Five ranked N.C. State.

Liz Kitley hit a layup with .09 seconds left that might have been heard in every corner of Blacksburg on Sunday and maybe even every corner of the ACC.

It was even close to being a shot heard around the world as the "queens of Cassell" took down #3 ranked N.C. State by one point.

The visitors from down under had as much as a 11-point lead in the ball game before the combination of Kitley and Georgia Amore rallied the troops.

The capacity crowd of 8,925 represented the first regular season sellout in program history.

The Hokies (12-2, 3-0) had two players score in double figures, led by Kitley, who recorded a double-double with 27 points and 12 rebounds. Amore tacked on 21 points, seven assists and two steals and Carys Baker added six points.

Virginia Tech forced 13 NC State turnovers while



From the Sidelines

Marty Gordon

committing just eight themselves in Sunday's game. The Hokies turned those takeaways into 10 points on the other end of the floor. Amore's two steals led the way for Virginia Tech.

Cayla King made the inland base to Kitley that led to game winner. Her teammate, Georgia Amore, said the team had practiced the same play multiple times in practice. "And you know, Cayla has great vision

and great accuracy with that pass, and I knew that it's worked before. So, I was very, very confident," Amore told reporters after the game.

Coach Kenny Brooks said his team needed the win. "Obviously we stumbled early in the year against the two ranked opponents (LSU and Iowa)."

Brooks also said the record crowd played a big part in the win on Sunday.

After losses to LSU and Iowa, the Hokies dropped out of the AP Top 10 and had been scratching its way back from #16.

Kitley said she was glad Brooks pointed to her during the last timeout, calling the shot one of the biggest moments in her career.

The team will have to make a quick turnaround as a good Miami team comes to town on Thursday.

Salem girls down Christiansburg



Katy Hoover pushes up two points for the Lady Blue Demons against Salem in Friday night's match. Salem scored the 55-37 win.



PHOTOS BY KYMN DAVIDSON-HAMLEY

Salem's ball handler Gabby Crawley (left) is challenged by Christiansburg's Leila Haley (right). With the loss, Christiansburg falls to 8-3 overall on the season.

Worley leads Wildcats in first meet of year

The No. 9 Kentucky gymnastics team made its 2024 debut with a 196.775 at the Mean Girls Super 16 Gymnastics Championships in Las Vegas, Nev. held at the Orleans Arena.

The Wildcats went head-to-head in a quad meet against No. 1 Oklahoma, No. 6 Michigan, and No. 11 Michigan State.

Oklahoma was the meet's top-scoring team with an overall 197.850. Kentucky was in second place behind the Sooners while Michigan State (196.300) finished the quad meet in third followed by Michigan (195.875).

The night began with a rotation on the uneven bars where Team 50 tallied a 49.350. Fifth-year senior and Christiansburg native Raena Worley set a new career best with a near-perfect routine earning a 9.975. Annie Riegert, Jillian Procasky and Bailey Bunn each earned a 9.850 on the apparatus. Delaynee Rodriguez made her freshman debut with a 9.825 while Haley Davis was awarded a 9.800.

Up next, on the balance beam, the Wildcats earned a collective score of 49.100. Worley held the rotation's highest score with a 9.900 while Rodriguez was close behind with a 9.875. Bunn earned a 9.825 for her routine while freshman Cadence

Gromley made her beam debut with a 9.800. Isabella Magnelli was awarded a 9.700 and Arianna Patterson had a 9.050 due to a fall that was not counted in the overall score.

It was time to have a party in the third rotation – the floor exercise. Once again, Worley was the highest scoring Wildcat on the apparatus with a 9.875. Freshman Creslyn Brose boogied in her NCAA gymnastics debut earning a 9.825 from the judges while Davis rocked the house with a 9.800. Rodriguez also earned a 9.800 with Magnelli (9.750) and Makenzie Wilson (9.725) rounding out the rotation. The total tally for the event was 49.050.

Team 50's final rotation of the evening was the vault where the Cats totaled 49.275. Wilson, one of Kentucky's most consistent competitors on the event, recorded a 9.950 for her stuck landing. Worley's performance earned a 9.875 from the judges to bring her all-around tally to 39.625. UK's second all-around competitor, Rodriguez, was awarded a 9.850 for her leadoff vault to add up to 39.350. The remainder of the vault lineup, Cecily Rizo, Magnelli and Patterson each earned 9.800 from the judges.

University of Kentucky Athletics

Rise and donate at RU Feb. 6-8

Radford University Athletics' annual 48-hour giving campaign, RAD48, returns on Tuesday, Feb. 6 at Noon and runs until Thursday, Feb. 8 at Noon, giving every Highlander supporter a chance to make an impact.

RAD48 is a department wide fundraising competition that will support all 16 of Radford University's Division I programs. In addition, donors will have the opportunity to support the Cheer & Dance program, the strength & conditioning nutrition station, our

athletic training fund, as well as the three unrestricted funds for Radford Athletics, The Highlander Club General Fund, the Student Athlete Scholarship Fund, and the Women's Sports Leadership Fund.

Considering the ever-changing NCAA landscape, coupled with budget reductions handed down over the last couple years, for those 48 hours we will look to our alumni, donors, friends, and

See RU, page 8



Daniel DeHart-Lewis scores the first points of the game with a stick back dunk in Thursday's game, which Radford won 55-23.



Luke Woodard scores over a Cougars defender in the paint. Woodard finishes with seven points in the contest.

Radford boys rout Patrick County



Keymoni Kimbrough shoots a floater in the paint as the Bobcats improve to 3-3 overall on the season and 1-0 in the Three Rivers District.



Ashton Taylor gets fouled driving to the bucket in the Bobcats' win.

PHOTOS BY BRYANT ALTIZER

Christiansburg boys come up short against Glenvar



Ian Velickovic scores two points against Glenvar's defense in Thursday's 64-55 loss.



Izaiah Cotto lays up two points for Christiansburg.



Ian Velickovic (left) and Brody Blount (right) work the ball up court for the Blue Demons offense.

PHOTOS BY KYMN DAVIDSON-HAMLEY

Connection from page 4

connectedness with others. When I was growing up as a kid in Christiansburg, my family's favorite people included the likes of Mr. Brillheart, our mailman who trudged across the lawns of Cherry Lane for years; the Page brothers and Siebert Simpkins and Mr. Angle at Angle's Market who sold us our groceries and filled my mother's ears with gossip; Mr. Duncan and Mr. Rice who filled our cars with gas and washed our windshields (yes, they used to do that, still do it in a few states); Raper Shelton and Clifford Costigan and Mrs. Epperly who sold us our clothes; Bob Hickcock and Lee Payne and others who cashed our checks and made us loans at the banks; Dr. Adams and Dr. Ridinger who filled our prescriptions and served us fountain cokes at pharmacies THEY owned – all IN PERSON and real time (what's that mean anyway ?) . These types of relationships, things I considered part of the fabric of life, are almost no more. Vanished in cyber air.

And for many in the current world, when they do venture out of their homes, they go to drive-throughs and grocery pick up zones and avoid eye contact and conversation. If forced to stand in line with (GASP!) other people, they keep their faces buried in their phones.

Last winter my lady friend Joanne and I were eating at one of the nicest restaurants at which I have ever had the opportunity to dine - Louie's Backyard in Key West. We were sitting on the upper deck on a typically balmy and breezy evening, 20 feet from the gulf, as lovely a setting as anywhere in the world. Seated next to us for most of our time was a couple about our age, a couple that looked successful and intelligent.

The ENTIRE evening, and they were in my line of sight, they were on their phones, texting or reading or doing something. I never saw them speak to each other. Occasionally one would laugh and the other one wouldn't, which made me conclude that whatever they were doing didn't involve each other. They might as well have been at Starbucks as the Southernmost Point. What a pity.

Now mix in homeschooling and online education in the modern world and you eliminate another huge part of life that has meant so much to me. Some of the best friends I have ever had are the kids I went through the public schools of Christiansburg with and my fraternity brothers and other wild characters from my years in college and law school, and I had many teachers and coaches and professors who shaped my future. I thank the Lord that I wasn't forced to get my education sitting in front of a computer screen in a room by myself, trying to concentrate on the words of a teacher or professor I never knew.

The coup de grace of how the world has changed in my lifetime was the COVID pandemic. First, I don't know why it became a political issue, except that everything becomes a political issue these days. And I certainly don't know whether isolation and quarantining and the wearing of masks was an over-reaction or not enough or just right.

I isolated when I was supposed to and I wore a mask in public (I did enjoy laughing at people driving alone with masks on, you never know what might come through the radio!) and I got vaccinated. Did any of it make a difference? Personally, I'm not smart enough to have an opinion. I did it out of respect for others

and figured it made some feel safer and it couldn't hurt. As a lawyer, I also believe in the authority of the government to exercise REASONABLE police power. And I am smart enough to know that reasonable is in the eye of the beholder.

I don't think you can argue, however, that one major consequence of the pandemic has been to increase our sense of isolation and separation from and concern for others. Working from home became de rigueur (if I hear one more person tell me how much more efficient they are working from home I'll scream) and masks became a way to create personal safe zones. So, while hopefully there was medical benefit from these new parts of our world, there has been a cost.

Other than point out some of what I view as largely negative changes in life over my years, what do I do about it? Well, I try to occasionally go into banks and cash checks (cash, another victim of modern life) and speak with the tellers, and I go into the Wendy's near my office to place my order and I avoid the "self-checkout" registers at grocery stores. And I try to keep my phone in my pocket when having lunch with co-workers and I go into the office almost every day and actually see people (not as many as I would like). And I go to bars (a big sacrifice on my part) and restaurants and meet and talk with friends, and I use a parlay card supplied by my local bookie to place my football bets rather than some internet service. Lose your money locally is my motto.

One other radical thing I try to do - if I'm standing in line or passing someone on the street, I speak to other people. I have even been known to strike up a conversation with a stranger. Or at least try.

RU from page 7

colleagues to assist us in any way possible in our annual giving initiative to help rebuild the foundation of Radford Athletics.

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For more information visit TheHighlanderClub.com. Follow Radford Athletics on Facebook, Twitter and Instagram to stay up to date on RAD48 and all things Highlander Athletics.

Radford University Athletics

NRCC from page 2



Jaelyn Taylor & 21 South



New Ballard's Branch Bogtrotters

PHOTOS COURTESY OF NRCC

CROSSWORD ANSWERS												
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