

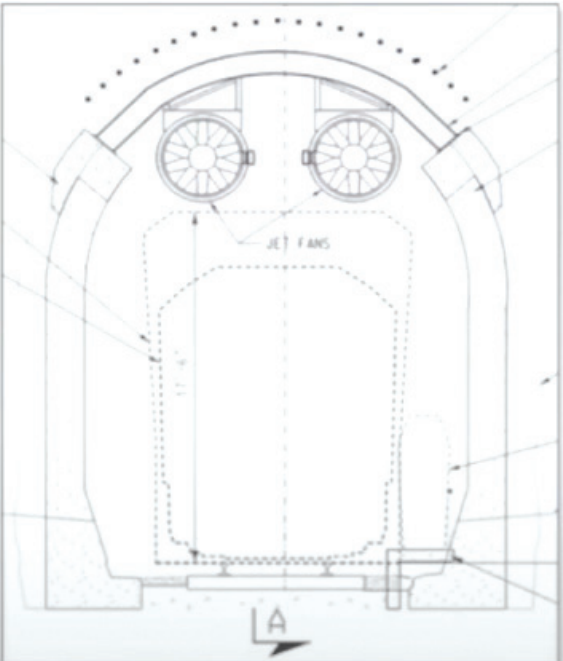
Saturday, February 10, 2024 • USPS 387-780 • radfordnewsjournal.com • \$1.00

Work on Merrimac tunnel pushes passenger rail costs upward

MERRIMAC TUNNEL IMPROVEMENTS

Key Infrastructure:

- Following National Fire Protection Association (NFPA) Standard 130 (industry standard for passenger rail);
- Three ventilation fan banks installed throughout the mile-long tunnel;
- Extend width of tunnel to accommodate emergency egress walkways at track level;
- One 15-story and one 20-story vertical shaft from surface to track level to allow for emergency egress and first responder access.



Merrimac Tunnel

42 VIRGINIA PASSENGER RAIL AUTHORITY

Officials from the Virginia Rail Authority say bringing passenger rail service to the New River Valley will be more costly than first expected.

In figures released last week, costs could reach \$1 billion.

At the center of the future plans is a train tunnel that is almost one mile long. The Merrimac tunnel was built in the early 1930's and has undergone some work in the past 10 years to allow "double-stacked" freight cars. But with the increase in speeds from a planned Amtrak service and the need for new safety measures, the tunnel is facing some major improvements.

Under the National Fire Protection Association standard, this would include construction of three ventilation fan banks that would be installed throughout the tunnel. In addition, work would have to be done to widen the tunnel to accommodate emergency walkways at the track level.

Also, a 15-story and a 20-story shaft would have to be driven to the surface to allow for emergency access.

The state of Virginia has purchased the former Virginia Line, which runs from Salem through the tunnel. Any travel westward would still have to progress through the tunnel and in the case of Christiansburg, a secondary track would have to be laid down to allow a train to move into Christiansburg.

The initial plan was to have passenger service up and running to the New River Valley by this year. Now, the earliest any type of service could start is 2028.

When the plan was unveiled, there was talk a train station would be located near the New River Mall. That could also be changing.

During last week's public information, the Virginia agency floated three alternatives.

Alternative A would cost an estimated \$366 million with work on the Slate Hill tunnel with a platform and possible layover facility along Cinnabar Road.


Alternative B would include a mall site with work on both tunnels with a needed connector track that would bring the service to the mall at a cost of \$785 million.

Alternative C would be the costliest at \$951 million with the mall site and a Cinnabar platform.

Officials deeper in western Virginia, including those in Bristol, are hoping the service can be extended all the way there, but again would require some major work to the infrastructure including the Merrimac tunnel.

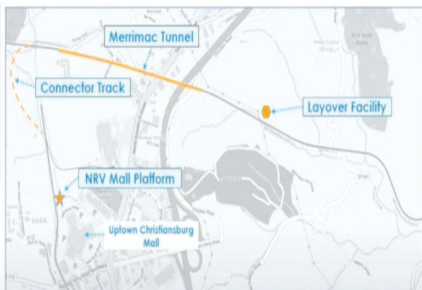
ALTERNATIVE A: SERVICE TO CINNABAR ROAD ONLY

Cinnabar Rd Site
Service Start: Q2 2028
Cost (2027 USD): \$366 million (FY 24 NRV budget \$1.66M)



ALTERNATIVE B: SERVICE TO NRV MALL ONLY

NRV Mall Site
Service Start: Q2 2030
Cost (2029 USD): \$785 million



GRAPHICS COURTESY OF VIRGINIA PASSENGER RAIL AUTHORITY

Recent conceptual drawings of the proposed passenger rail service in the New River Valley.

Staff report



Jubilee Christian Center Choir

PHOTOS COURTESY OF NRCC

NRCC presents Black History Month program

In celebration of Black History month, New River Community College (NRCC) and the college's Black History Committee will sponsor a guest speaker and music program on Sunday, Feb. 18 at 3 p.m.

The event will be held in 117 Edwards Hall at NRCC in Dublin.

Keynote speaker Wayne Scales, Ph.D. will present "A black man's challenges, struggles, rewards, and triumphs pursuing a stem career."

Scales received bachelor's and master's

degrees in Honors Electrical Engineering and Applied Mathematics from Virginia Tech and was a Sage Graduate Fellow while receiving his doctorate from Cornell University in electrical engineering and applied physics with focus in space plasma physics. He was the first African American rocket scientist trained at Cornell University and amongst the first at any Ivy League university. Afterward, he was awarded

See Program, page 4

Participate in the Great Backyard Bird Count at a Virginia State Park

Join people all over the world to count and identify birds for science

Identify the birds around you while contributing to science in the annual Great Backyard Bird Count.

Each year in February, millions of people count the variety of birds that can be seen and heard in their own backyards over a four-day period. You are invited to participate in the bird count that takes place Feb. 16-19, 2024.

The Great Backyard Bird Count brings people from all over the world together to connect and share their love of birds while learning about migration patterns.



Chipping Sparrow

PHOTO COURTESY OF VDCR

These observations help scientists better understand global bird populations before one of their annual migrations.

All you need to do is log the birds that you count in a 15-minute period on at least one of the four

days of the event. You can download the Merlin Bird ID app to help identify the birds in your area or you can use the eBird Mobile app to enter your bird sightings.

See Bird Count, page 4

Gentry Locke chosen to conduct third-party review of BHS actions

Lori Graham
Contributing writer

MONTGOMERY COUNTY - Gentry Locke Law Firm was unanimously approved by MCPS School Board to conduct a third-party review into administration actions taken in connection with the Blacksburg High School murder-suicide that occurred in November 2023.

The event has left a community asking questions about the handling of teen

intimate violence and sexual harassment in the county's high schools.

The board voted for the review at their Jan. 30 meeting following a petition from BHS students, parents, and other community members. Principal Chris Stewart of Blacksburg High School was placed on a leave of absence from the school. Stewart had only taken the position of leadership at BHS a few weeks prior to the tragic event that resulted

in the deaths of two students found in a Blacksburg parking garage. Students have petitioned for Stewart to return to his position at BHS, citing that he was not the administrator at that school when the event occurred.

In the public address portion of the Tuesday, Nov. 6 regular meeting of the Montgomery County Public School Board, Natasha Croy of Christiansburg addressed the Board concerning a no-contact

order that her eighth grade son was "forced to sign without parental notification".

According to Croy, the order was requiring her son to stay away from a previous sixth grade girlfriend whom she says he has not had contact with for over a year. According to Croy, her son was reported by other students to the bullying tip line. The letterhead of the no-contact order her son signed also does not reflect accurate information

about the current police department, she said.

The resource officer that signed the document along with her son, was said to have stated that it is not a legal document and has no legal bearing on students. The document is supposedly used as a tool of intimidation to curb behavior. Croy has requested her son's discipline records through the Family Educational Rights and Privacy Act (FERPA) process but has yet to receive them.

UPCOMING EVENTS

Saturday, Feb. 10:

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, orange 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>.

Sunday, Feb. 11 – Sunday, Feb. 25:

Black History Month speakers

Asbury United Methodist Church, 500 Stuart St., Christiansburg, will observe Black History Month each Sunday in February starting at 11 a.m. during church services. The theme “Community - Bringing Hope to a Weary World” will be shared by guest speakers: Feb. 11, 2024- Ms. Stacie Wright; Feb. 18, 2024- Dr. Frederick Douglass Dixon; Feb. 25, 2024- Ms. Demiah Smith. Asbury UMC regular services are each Sunday at 11 a.m. Rev. Lance Presley, Pastor. Please join us! For additional information, please call 540-382-0743.

Monday, Feb. 12:

Radford City Council meeting

The Radford City Council will hold its regularly scheduled meeting at 7 p.m. in council chambers at the Radford Municipal Building, 10 Robertson St., Radford. See the agenda at www.radfordva.gov.

Montgomery County Board of Supervisors meeting
Public meetings are the second and fourth Monday of each month at the Montgomery County Government Center, 755 Roanoke St. in Christiansburg. Closed sessions begin at 6 p.m. if needed. Open sessions begin at 7:15 p.m. Citizens are invited to attend and allowed to speak at each meeting. All regular meetings of the Board of Supervisors are rebroadcast on Montgomery County Comcast and Shentel Channels 190 daily.

Tuesday, Feb. 13:

Blacksburg Town Council meeting

The council meets in regular session the second and fourth Tuesdays of each month at 6:30 p.m. in the Roger E. Hedgepeth Chambers of the Blacksburg Municipal Building, 300 S. Main St. These meetings are open to the public and televised live on WTOB Channel 2.

Christiansburg Town Council meeting

Regular Town Council meetings are held on the second and fourth Tuesday of each month beginning at 7 p.m. in the Council Chambers of Town Hall (100 E. Main St.). The public is welcome and encouraged to attend, with a citizen hearing time reserved at each meeting for residents to bring any matter they desire before the entire council.

Thursday, Feb. 15:

Sons of Confederate Veterans meeting

The Sons of Confederate Veterans, Stuart Horse Artillery Camp 1784 will meet at 7 p.m. at Aly’s Family Italian Restaurant, 3204 Riner Rd. Members of the United Daughters of the Confederacy (UDC) are also invited to attend. Member Will Reed will speak on “Animals of the War Between the States”. If Montgomery and/or Floyd County Public Schools are closed on Thursday or Friday of this week due to weather, the meeting will be cancelled. For further information, please call 540-320-4315 or 540-239-9864.

Saturday, Feb. 17:

Community Garden planning session

At the Meadowbrook Library; 1 – 3 p.m. First meeting for people interested in a community garden in the Shawsville/ Ellison area.

Sunday, Feb. 18:

Quaker Open House

What is a Quaker? The Blacksburg Friends Meeting (Quakers) welcome all to find out at our Open House, 9:45 - 11 a.m. Join us at our Meeting house at 404 Mount Tabor Rd, Blacksburg, for a tour and question/answer period at 9:45 a.m., short open worship (with activities for children) at 10 a.m. and fellowship. Children are welcome with accompanying adult. Our underlying principles revolve around the belief that there is that of God in everyone. This leads us to promote peace, simplicity, equality, integrity, community and stewardship. For more information about the Blacksburg Friends Meeting and the event, please visit www.blacksburgfriends.org.

Monday, Feb. 19:

The Dinos are coming!

Looking for a fun, family-friendly activity to enjoy together? Join us 10 a.m. – 4 p.m. at the Blacksburg

Community Center for Dino Squad! Explore fossils, cast replicas and museum models of dinosaurs during this interactive, educational program. \$3/child, \$2/ additional child. Adults free when accompanying a child. Register in advance online, or in-person at the door. Keyword search “Dino Squad”, activity number: 201014. For more information, call 540.443.1100.

Saturday, February 24:

Soul food tasting event

Celebrate Black History Month and take a step back in time at the 7th annual Soul Food Sampling at historic St. Luke and Odd Fellows Hall (SLOFH), where generations met to enjoy delicious food, music, and fellowship. In this spirit, you will receive generous portions of traditional soul foods at dinner table settings, learn about the history of soul food, and enjoy discussions with former New Town residents. There are three time slots for the event, each capped at 18 people: 12 – 1:45 p.m., 2 – 3:45 p.m., and 4 – 5:45 p.m. Tickets \$37 per person and available at the SLOFH Soul Food Sampling Page.

On-going:

2024 Blacksburg Citizens Institute

Do you want to learn more about the Town of Blacksburg? Are you a new resident, retiree, or just someone who wants to get involved in the community? Join us for the 2024 Citizens Institute to meet town staff and to learn about the functions of your local government. Classes will be held on Monday evenings from April – June 6- 8 p.m. Participants must be 18 years of age or older and must be residents of the Town of Blacksburg. Space is filling up fast! To register and to learn more, contact the Community Relations Office at cro@blacksburg.gov or call 540-443-1090.

2024 business license reminder

Town of Blacksburg business license renewal forms for 2024 are due by Friday, March 1, 2024. Businesses are assessed an annual license tax based on prior year’s annual gross receipts. Renewals not filed and paid by March 1, 2024, are subject to a 10% penalty and interest at a rate of 10% per annum. Renewal packets were mailed Jan. 2, 2024. If you have not received the packet, email businesslicensegroup@blacksburg.gov or call 540.961.1108.

Call for Coaches: 2024 spring season

Blacksburg Parks and Recreation is seeking coaches for the following sports during the 2024 spring season (March – July): Boys Majors baseball, ages 11-12; Boys Minors baseball, ages 9-10; Girls softball (No majors), ages 9-12; Girls coach pitch softball, ages 7-8; Coach Pitch baseball, ages 7-8. If interested, please contact Marty Gordon at 540-443-1105 or mgordon@blacksburg.gov.

Blacksburg man arrested for child pornography

BLACKSBURG – A Blacksburg man is being held on multiple charges of possession of child pornography.

According to the Blacksburg Police Department, “on Thursday, Feb. 1, 2024, officers with the Blacksburg Police Department served a search warrant at a residence in the 900 block of University City Blvd. regarding an ongoing investigation into the possession of child pornography.”

“During the search of the residence, officers located 20-year-old Jackson John

Daughenbaugh, who was taken into custody,” the BPD statement continued. “Daughenbaugh was charged with five counts of possession of child pornography and is being held in the Western Virginia Regional Jail with no bond.”

BPD said this an active investigation and anyone with information about the case should contact the Blacksburg Police Department at (540) 443-1400. You can remain anonymous by calling the Blacksburg Police Tip Line at (540) 961-1819 or emailing ciu@blacksburg.gov.



PHOTO COURTESY OF BPD

Jackson John Daughenbaugh

gov.

Staff report



IMAGE COURTESY OF PEXELS

Local expert Kristen Chang says healthy snacks can make a tasty Super Bowl buffet.

Dietitian offers advice for healthy snacking on Superbowl Sunday

The Big Game is coming, and whether you’re joining with friends and family out of hardcore sports fandom or simply hoping for a glimpse of Taylor Swift in the stands, you might

feel the need to strategize what those gathering before your television will get to munch on.

Kristen Chang, a registered dietitian with the Virginia Tech Department of Human

Nutrition, Foods, and Exercise, has tips for every stage of your snack preparation.

“On special occasions, many people fall into the trap of under-eating early in the day and ‘saving their calories’ for a big event,” Chang said. “To set yourself up for eating success on Superbowl Sunday, consider the following general eating tips.”

Chang offers the following advice to prepare for game day snacking.

Eat a quality breakfast, lunch, and snack the day leading up to the game — don’t try to ‘save’ calories — this just sets you up for overeating in the evening.

118th ANNUAL PANCAKE SUPPER

February 13, 2024 • 5:00pm - 7:00pm
Grace Episcopal Church
210 Fourth Street, Radford, VA

*Proceeds will benefit Radford/Fairlawn Daily Bread.
Cash or card donations accepted at the door.*

Business REVIEW

Time to Brag About YOUR Business!

YOUR story - YOUR employees - YOUR message
in our Business Review Edition on February 28-29
Write your own story & advertisement with pictures
of your staff and/or business - Deadline February 21st

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Music Therapy professor and students reflect to refine

How do you know you are getting better at something? How do you know where you need improvement? How do you find your baseline?

That's a problem that students preparing for a career face every day, and one that Dr. Sekyung Jang has thought a lot about.

Jang is an Associate Professor and Director of Music Therapy at Radford University. She saw that some of her students, while talented and devoted, did not have a good grasp of the way others perceived them or their level of musical mastery.

"Sometimes I see students who have poor self-awareness," Jang explained. "They have no idea what they do in sessions and sometimes they have no idea what I'm talking about when I give them feedback."

Jang first encountered this issue as a graduate student teacher at the University of Kansas. It was there that she first started developing her system known as Video-based Reflective Practice, or VRP.

It began with a student who was struggling in clinicals. In clinical course work, students learn to apply their

musicianship, knowledge and interpersonal skills to real world situations simulating the kinds of work they will do once they graduate.

Jang said she felt her job was to provide tools for the student, but to really help, she needed the student to see what was happening. Recording the student's practices on video became part of that solution.

The reflection process begins with students watching a video of their interaction with a client and completing a questionnaire. They are asked to consider their goals, methods, client responses, their responses to the client and what worked and what did not.

The final question is perhaps the most important: "If you were to do this again, what would you change?"

Once that has been completed, the session is reviewed during a supervision meeting. The professor, who attends these sessions in person, can now constructively discuss the student's work and solve clinical problems together.

In this way, both student and professor can observe strengths and weaknesses

and discuss strategies for improvement. Through this process, Jang said, they can develop self-awareness critical for effective practice.

"The object is to help them become better professionals so that when they leave their education, they can deal with their clients better and they can succeed," said Jang.

Jang has found that many students don't realize the non-verbal cues they send out until they see it themselves. Similarly, they can be unaware of what they say in a session and how that affects communication and therapeutic efficiency.

"For example, our students are in their early twenties and they say, 'cool' all the time," Jang noted.

"But it may not work for people who are in nursing homes or hospice settings, and they need to find a better way to validate their client responses."

For students, the process works in two phases, reviewing their practice once around the midpoint of the term and once again near the end. This allows them to identify both improvements and areas that still need work.

After several years of

refining the technique and observing its benefits, Dr. Jang published "Video-based Reflective Practice (VRP): A Practical Methodology for Reflective Practice in Music Therapy Training and Clinical Supervision" in the professional journal, *Voices: A World Forum for Music Therapy*.

In the article, she explains the methodology and how it supports students and supervisors with practical guidelines, may facilitate student growth, and provides a framework for developing clinical skills.

She also presented her research last year at the World Congress of Music Therapy conference in Vancouver, Canada. Four Radford students also participated in the presentation, graduate student Grace Pflieger and undergraduates Dillon Wilson, Riley Jarrells, and Anddy Lee.

Jarrells said the process was eye-opening and effective, and taught her the value of taking a step back for self-evaluation.

"I learned through self-observations that I was often so worried that I was going to mess up that I missed a potential therapeutic moment with



PHOTO COURTESY OF RADFORD UNIVERSITY
Dr. Sekyung Jang, Associate Professor and Director of Music Therapy at Radford University.

the client," Jarrells said.

"From that point forward, I have made an active effort to focus on the client. This has led to deeper client-therapist relationships where I can better assess what the client wants or needs in each moment."

Wilson said the conference experience was valuable in other ways as well.

"While at the conference, I was able to talk with professionals

from all over the world and attend their research sessions," Wilson said.

"I was able to travel to a new country, present at the international level, and am now going to attend graduate school with some of the professors I met at the conference," he noted.

Sean Kotz for Radford University

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Legals - Montgomery County

LEGAL NOTICE OF PUBLIC HEARING OF THE TOWN OF CHRISTIANSBURG TOWN COUNCIL

The Town of Christiansburg Town Council will hold a Public Hearing on Tuesday, February 13, 2024, at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073. The purpose of the public hearing is to receive public comments concerning:

A. Conditional Use Permit request by Shah Development LLC, Property Owner, and Kevin Conner, Applicant, to allow single-family dwellings at a maximum of one single-family dwelling on each of three lots meeting the Residential District (R-3) standards on approximately 0.430 acres located at 685 Liberty St., NE; identified as Tax Parcels 528-(2)-46A; 528-(2)-48A; 528-(2)-50A; Parcel IDs 160387, 002758, 160388; zoned General Business District B-3. The property is designated as Residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan.

B. Conditional Use Permit request by Last Resort, Inc., Property Owner, and Joseph L. Simmons, Applicant, to allow multiple-family dwellings (apartments) meeting the Residential District (R-3) standards on approximately 4.841 acres located on the south side of Cambria St. NW, West of the Town of Christiansburg Recreation Center at 1600 N Franklin St. NW; identified as Tax Parcels 466-(A)-8C, 466-(A)-8C2; Parcel IDs 032702, 210032; zoned General Business District B-3. There is not a proposed number of units for the development. The maximum permitted residential density is 20 dwelling units per acre. The property is designated as Business/Commercial on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan.

C. Conditional Use Permit request by Roger Woody,

Legals - Montgomery County

Registered Agent, RWW 36 LLC, Property Owner, and Denise E. LaCour, Managing Director, Denstock LLC, Applicant, to allow a Planned Housing Development of 206 multi-family residential dwelling units on approximately 18.82 acres located at the terminus of Farmview Road NE, consisting of all of Tax Parcel 436-(A)-41, Parcel ID 017576; a portion of Tax Parcel 436-(A)-36, Parcel ID 021677; all of Tax Parcel 436-(A)-37, Parcel ID 032861; a portion of Tax Parcel 436-(A)-38, Parcel ID 021678; all of Tax Parcel 436-(A)-39, Parcel ID 021679; all of Tax Parcel 436-(A)-40, Parcel ID 021680; and a portion of 436-(6)-35, Parcel ID 033701; zoned General Business District B-3. The property is designated as Mixed Use with Buffer (Residential/Business) on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan. A copy of the applications, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073 during normal office hours of 8:00 a.m. - 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, at (540) 382-6128, ext. 1130 or by email at awarren@christiansburg.org, with any questions or if you require reasonable accommodations.

NOTICE OF PUBLIC HEARING OF THE MONTGOMERY COUNTY BOARD OF SUPERVISORS

Pursuant to the provisions of Section 15.2-2204 & 15.2-2285 of the Code of Virginia of 1950, as amended, the Montgomery County Board of Supervisors hereby gives notice of a public hearing to be held on February 12, 2024 at 7:15 p.m. in the County Government Center, 755 Roanoke St.,

Legals - Montgomery County

Christiansburg, Virginia, in order to hear citizen comments regarding the Board of Supervisors' intention to act on the following request: A request by Shah Development, LLC (Agent: Foresight Design Services) to rezone 5.57 acres from Conservation (C-1) to Planned Unit Development - Residential (PUD-RES) and 21.148 acres from Manufacturing (M-1) to Planned Unit Development - Residential (PUD-RES), to allow for the development of a total of up to eighty-eight (88) single-family residential and two-family residential (duplex) dwellings, and twenty (20) single-family attached residential (townhomes) dwellings. The property is located on Houchins Road (State Rt. 758), approximately 0.15 miles east of the intersection of Houchins Road and Brammer Lane. The property is further identified as Tax Map 080-A 46 (Parcel ID: 018437), 13.586 acres, and Tax Map 080-A 44 (Parcel ID: 018441), 13.132 acres, in the Shawsville Magisterial District. The property lies in an area designated as Urban Expansion in the 2025 Montgomery County Comprehensive Plan. Copies of the proposed plans, applications, ordinances or amendments may be examined at the Department of Planning and GIS Services, County Government Center, 755 Roanoke St., Suite 2A, Christiansburg, Monday through Friday between the hours of 8:30 a.m. and 5:00 p.m. or at <http://www.montgomerycountyva.gov/pendingapplications>

NOTICE OF PUBLIC HEARING OF THE MONTGOMERY COUNTY BOARD OF SUPERVISORS

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Legals - Montgomery County

County Government Center, 755 Roanoke St., Christiansburg, Virginia, in order to hear citizen comments regarding the Board of Supervisors' intention to act on the following request: A request by Shah Development, LLC (Agent: Foresight Design Services) to amend the proffered conditions approved as part of the rezoning of the property located at 3966 Prices Fork Road, originally approved by the Board of Supervisors on February 11, 2019. The proposed amendments would allow any of the following by-right uses, as defined in the Zoning Ordinance, to be permitted on the property: automotive, light truck, sales, service, rental, and repair, without motor fuel sales; bed and breakfast inn; cabinet shop, furniture, upholstery, craft industry of less than one thousand two hundred (1,200) square feet; church; civic club; community center; conference or training center; day care facility; farm machinery sales and service; financial services; fire, police, rescue facility; garden center; general, convenience store less than three thousand (3,000) square feet, without motor fuel sales; library; medical care facility; office, administrative, business or professional less than three thousand (3,000) square feet; park, unlighted; pet, household; post office; printing service; public use, public facility; public utility lines, water and/or sewer; restaurant; retail sales and services less than three thousand (3,000) square feet; roads/stand; school; school of special instruction; or telecommunication tower, attached. The proposed amendment to the proffered conditions also includes proposed conditions related to site improvements, landscaping, and lighting. The property is located at 3966 Prices Fork Road (State Route 685), at the intersection of Prices Fork Road and Kyle's Way. The property is further identified as Tax Map Numbers 052-A-32A (Parcel ID: 017475), totaling 1.5 acres, currently zoned Community Business (CB) in the Price's Fork Magisterial District.

Legals - Montgomery County

LEGAL NOTICE OF PUBLIC HEARING OF THE TOWN OF CHRISTIANSBURG PLANNING COMMISSION

The Town of Christiansburg Planning Commission will hold a Public Hearing on Tuesday, February 20, 2024, at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073, pursuant to 15.2-2285 of the Code of Virginia, as amended. The purpose of the public hearing is to receive public comments concerning: A. Code Amendment request by Joe Simmons, Applicant, and Jack Martin, Registered Agent, to amend the Christiansburg Town Code, Chapter 42, Section 42-9 - Lighting and minimum off-street parking (a) Specific requirements by use. The request is to include additional language to the "Retail Store or personal service establishment and banks" minimum off-street parking spaces requirement to exclude non-public areas such as stock rooms and storage areas from the overall minimum parking calculation for a building. A copy of the application and the Town's Zoning Ordinance may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073, during normal office hours of 8:00 a.m. - 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, at (540) 382-6128, ext. 1130 or by email at awarren@christiansburg.org, with any questions or if you require reasonable accommodations.

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Legals - Montgomery County

LEGAL NOTICE OF PUBLIC HEARING OF THE TOWN OF CHRISTIANSBURG PLANNING COMMISSION

The Town of Christiansburg Planning Commission will hold a Public Hearing on Tuesday, February 20, 2024, at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended. The purpose of the public hearing is to receive public comments concerning: A. Rezoning request by Radford Development of Virginia, LLC, Property Owner, and Hy-Tek Collision, LLC, Applicant, to rezone property located on the East side of the intersection of Badger Street NW and Elk Drive NW, identified as Tax Parcel 525-(A)-44A; (Parcel ID 026060), consisting of approximately 2.265 acres, from B-3 General Business District to I-1 Limited Industrial District. The property is designated as Residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan. B. Conditional Use Permit request by Radford Development of Virginia, LLC, Property Owner, and Hy-Tek Collision, LLC, Applicant, to allow for automobile and truck or recreation vehicle assembling, painting, upholstering, repairing, rebuilding or reconditioning, body or fender work, including a commercial garage, towing service, or automobile body shop in the I-1 Limited Industrial zoning district on property located on the East side of the intersection of Badger Street NW and Elk Drive NW, identified as Tax Parcel 525-(A)-44A; (Parcel ID 026060), and consisting of approximately 2.265 acres. The property is designated as Residential on the Future Land Use

Legals - Montgomery County

Map of the 2013 Christiansburg Comprehensive Plan. A copy of the applications, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073, during normal office hours of 8:00 a.m. - 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, at (540) 382-6128, ext. 1130 or by email at awarren@christiansburg.org, with any questions or if you require reasonable accommodations.

Classified Advertising DELIVERS

Dietitian from page 2

Aim to get in some gentle movement and exercise.
 Stay hydrated and drink plenty of water.
 Snacking tips for during the game:
 Evaluate all your options ahead of building your plate.
 Use a smaller plate. Plate out your food and take a break between refills.
 Check in with your hunger and fullness cues to avoid overeating.
 Aim to pair a source of fiber, protein and healthy fats. Look for sources of nutrients and color.
 Sip smart. Limit sugar sweetened beverages — the body doesn't register these calories the same way it does foods.
 If you're drinking alcohol, make sure to include some food to go with it and have a plan for a safe trip home.
 If joining a party and worried there will be no healthier options available, bring your own.
 Don't stress. Remember it's only one day and if you feel like you overdid it at the end of the night, take note without

judgement and move on.
 Focus on spending time and making memories with friends, but also remember if you're drinking alcohol to have a plan ahead of time to get home safely.
 Chang offers the following healthy snacking ideas for you to try:
 Black Bean and Corn Salsa: Increase the nutritional density of traditional tomato salsa by making your own with black beans, corn, fresh onions and herbs and lime juice — these ingredients add quality sources of protein, fiber, and vegetables. Pair with whole grain tortilla chips or pita chips for even more fiber.
 Creamy Avocado Dip: This dip is a spin on guacamole to include plain Greek yogurt for an added protein punch. Pair with whole grain tortilla chips or pita chips for a quality source of fiber.
 Sweet Potato Chips: If you've never made sweet potato chips, now is a great time to try. With only three ingredients (sweet potatoes, olive oil, and salt) these chips are easy to prepare, higher in fiber and a quality source of vitamin A.

Hummus with Vegetables and Pita Chips: Any store-bought hummus will do, but if you're looking to make your own, you can try two easy recipes: traditional chickpea hummus or garlic and white bean hummus. Pair with your favorite snacking vegetables or whole grain pita chips.
 Buffalo Cauliflower Bites: If you're looking for a vegetarian alternative to traditional buffalo chicken wings, give buffalo cauliflower bites a try. Pairs well with bleu cheese or ranch dips. This would also make a fun addition to any vegetable crudité tray.
 7-Layer Mediterranean Dip: Take your hummus game one step further with a Mediterranean inspired dip by combining cucumbers, cherry tomatoes, plain Greek yogurt, olives, goat cheese, lemon and parsley. Best paired with whole grain pita chips.
 Fruit and Greek Yogurt Tray: Pair plain or vanilla Greek yogurt with a variety of fresh fruits. Take it a step further by offering fun toppings such as whole grain

granola, mixed nuts and coconut for a 'make your own parfait' type experience.
 Nori Popcorn: Popcorn in itself is a great lighter snacking option, just be sure to avoid the heavy butter addition. If looking for a fun twist with added nutrients, try nori popcorn.
 Oven Roasted Chickpeas: Satisfy your salt cravings with an added protein and fiber punch. These are quick to prepare and a great snacking option beyond the game.
 Flatbread Pizza: Dress up whole grain flatbread with tomato sauce, cheese, and a variety of vegetables for a savory alternative to traditional take-out pizza.
 Loaded Nachos: Think traditional nachos with a healthy, nutrient dense spin. This nacho recipe includes quality protein and fiber in the form of ground turkey or beef, black beans, cheese and vegetables.

Mike Allen for Virginia Tech

Program from page 1

an American Society of Engineering Education (ASEE) Postdoctoral Fellowship in the Space Plasma Physics Branch of the U.S. Naval Research

Laboratory, Washington D.C. He then joined the Bradley Department of Electrical and Computer Engineering at Virginia Tech and is currently the

J. Byron Maupin Professor of Engineering and was founding Director of the Center for Space Science and Engineering Research (Space@VT) and founding Co-Director of the Interdisciplinary Graduate Education Program in Remote Sensing. Scales was the first African American faculty member in Electrical and Computer Engineering and also the first to hold an endowed professorship in the College of Engineering at Virginia Tech. Scales is also an affiliate Professor in the Kevin T. Crofton Department of Aerospace and Ocean Engineering. He currently serves as Associate Vice Provost for Research and Diversity where his responsibilities include supporting special initiatives involving faculty development as well as research and workforce development

partnerships with Minority Serving Institutions (MSIs) and Historically Black Colleges and Universities (HBCUs), particularly in the area of quantum engineering. In this capacity, he is also leading the construction of the first High Frequency (HF) space weather radar facility on the continent of Africa and also developing partnerships with African universities in the area of quantum engineering and space science. He serves in leadership capacities on a number of national and international professional organizations and has received a number of awards for excellence in research, teaching, and service in the Virginia Tech College of Engineering. Musical performances will be presented by the Jubilee Christian Center Choir and Sharon

Edwards, NRCC assistant professor of health information management and administrative support technology. This free event is open to the public. Light refreshments will be served following the program.

For more information about the program, please contact Elaine Powell-Hawkins at (540) 674-3600, ext. 4478.

New River Community College

RADFORD NEWS JOURNAL

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 Heather Bell, *Editor*..... hbell@mainstreetnewspapers.com
 Aila Boyd, *Executive Editor*..... aboyd@ourvalley.org
 W3ndi Craig, *Advertising Consultant*..... advertise@ourvalley.org

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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.

Radford News Journal (USPS 387-780) is published twice a week for \$44 a year in the City of Radford, \$53 elsewhere in Virginia, and \$54 out of state by Virginia Media Inc., P.O. Box 429, Lewisburg, WV 24901. Periodical postage paid at Christiansburg, VA. POSTMASTER: Send address changes to RADFORD NEWS JOURNAL 1633 W. Main St., Salem, VA 24153.

Bird Count from page 1

"Virginia State Parks offer a unique and scenic location to view various birds this time of the year," Powhatan State Park Manager Amelia Hulth said. Those interested in participating in this year's bird count can find an event or related program at one of several participating parks. State parks that are having an event include: Bear Creek Lake, Cumberland; Caledon, King George; Claytor Lake, Dublin; Hungry Mother, Marion; Mason Neck, Lorton; Natural Tunnel, Duffield; New River Trail, Max Meadows; Pocahontas, Chesterfield; and Powhatan, Powhatan. Your participation matters and your bird count contributes to a global study that helps protect bird populations all over the world. The Great Backyard Bird Count is a great way to connect with birds, nature and each other. Visit www.virginiastateparks.gov for more information about upcoming events at a State Park.



Wayne Scales, Ph.D.



Sharon Edwards



Downy Woodpecker PHOTO COURTESY OF THE VDCR

You can also participate in the Great Backyard Bird Count at home. Find out how at <https://www.birdcount.org/participate/>.

Virginia Department of Conservation and Recreation

CROSSWORD PUZZLE

1	2	3	4	5	6	7	8	9				
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48			49					50				
51								52				
			53					54			55	
								56				
								57			58	
								59				
											60	

CLUES ACROSS

1. One point east of due south
4. City in Maine
10. Inquire too closely
11. Make dirty
12. Small Greek island
14. Bitterly regret
15. Millisecond
16. ___ the ante
18. Without value
22. Eurasian ryegrass
23. Authentic
24. Having a mournful quality
26. Not out
27. Salvador ___, Spanish artist
28. Cargo (abbr.)
30. This (Spanish)
31. Sino-Soviet block (abbr.)

CLUES DOWN

1. One of the four seasons
2. Its sultan is famous
3. A lens for correcting defective vision in one eye
4. College degree
5. Soldiers need it
6. Japanese car manufacturer
7. A way to address
8. Obstruct
9. Atomic number 45
12. Ill-mannered
13. Opaque gem
17. Indicates before
19. Remove
20. Populous Argentine city

CLUES ACROSS

34. Slang for trucks with trailers
36. Helps you hear
37. Steer a boat
39. British School
40. Genus of olive
41. Computer term (abbr.)
42. Horse gear
48. Give off
50. A type of salt
51. Exposing human vice or folly to ridicule
52. One who watches birds
53. Sailboat
54. A major division of geological time
55. Sodium
56. American state
58. Soak in water
59. Thin decorative covering of fine wood
60. Affirmative

CLUES DOWN

21. More cunning
25. Rich dessert
29. Payment (abbr.)
31. Footwear
32. Famed Alabama city
33. Sheep's cry
35. Arrogance
38. Clerical vestment
41. Serving no practical purpose
43. An evening party
44. Print errors
45. Not good
46. Egyptian Sun god
47. Industrial German city
49. Scottish island
56. Early multimedia
57. Atomic number 18

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OBITUARIES

Brim, Kenneth Wayne

Kenneth Wayne Brim, 83, of NASCAR, especially Dale Earnhardt Christiansburg, passed away Sunday, Feb. 4, 2024.

He was preceded in death by his parents, Joseph C. and Janie Mae Brim; brothers-in-law, James "Jim" and Harold Thomas "Tom" Blankenship. Survivors include his wife, Rebecca Brim; sisters-in-law, Barbara, Jean and Michelle Blankenship; and numerous nieces, nephews, cousins and friends.

Kenneth was a member of Mt. Tabor UMC, the A.L.P.C.A. (Automobile License Plate Collectors Association), McDaniel Masonic Lodge #86; Grand Chapter of Royal Brick Masons, Bland Chapter #41 O.E.S.; and the Mechanicsburg Ruritan Club.

He enjoyed watching and attending



and Dale, Jr., bowling and the Kansas City Chiefs.

In lieu of flowers, please make contributions to the Bland VFW Post #7969, c/o Stephen Kelley, 3505 E. Blue Grass Trail, Bland, VA 24315 or to the Christiansburg Rescue Squad.

The family received friends Thursday, Feb. 8, 2024, at the Mullins Funeral Home in Radford. Funeral services followed with Pastor Kenneth Farrar and Pastor Shake Smith officiating. Interment with full military honors followed at the Southwest Virginia Veterans Cemetery in Dublin.

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

Claxton, Brenda Gay

Brenda Gay (Bea) Claxton, 75, best friend Geri McGarry Janzef; of Elliston, went to be with the Lord Thursday Feb. 1, 2024.

She was born July 13, 1948. She was a lifelong and dedicated member of the First Baptist Church of Elliston where she served as an usher and a member of the church choir. She will be remembered for her selfless dedication to her family and friends. She was preceded in death by her mother and father, Hattie and James Claxton, brother, Ronnie Ford and nephews Bill Ford and Reggie Ford.

Left to mourn are her nieces, Darlene (Rev. Tyrone) Carter of Salem and Kathy Ford and nephew Kenny Ford of Elliston; great nieces and nephews, Dominique Ford, Jennifer Ford Papenfuse, Ty Carter, T'Neece Ford, Stacey Carter, Alica Ford, KJ Ford, Jason Ford, Ron Ford and Maria Ford; special cousin Doug Dow;



goddaughters Eliza Janzef and Isabella Janzef; and a host of great-great nieces and nephews and cousins.

Brenda was a dedicated Virginia Tech Hokie fan. She retired from Volvo in Dublin. The family would like to express gratitude to all the doctors and nurses at Richfield Living, Salem.

In lieu of flowers, please consider contributions to First Baptist Church, PO Box 568, Elliston, Virginia 24087.

The family will receive friends 11 a.m. - 12 p.m. Saturday, Feb. 10, 2024, at the First Baptist Church in Elliston. Funeral services will begin at 12 p.m. Rev. Vivian Simmons officiating. Interment will follow in the church cemetery.

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

Send community news and photos to communitynews@ourvalley.org

See Obituaries, page 6

Radford WORSHIP DIRECTORY

WORDS OF RELIEF

Read Job 15:1 through 22:30

Justin sat in Caleb's apartment, hoping his big brother could provide some words of encouragement. An official letter from his college had arrived, announcing that Justin was on academic probation. Justin never realized those two words would cause his parents so much pain, anger, and disappointment.

Caleb was frustrated. He knew the sacrifices his parents made so that Justin could attend college. College loans, scholarships, and money did not come easy. His parents worked hard at obtaining all the financial aid they could gather. His dad picked up extra shifts at work to cover the cost of books. Now, to hear that Justin "blew it" was more than Caleb could bear. He wanted to explode, but the Holy Spirit urged him to listen. After several moments, Caleb sat down beside Justin and placed his arm around him. Caleb whispered, "Mind if I pray for you?"

Justin grinned, "Thanks, man. I sure could use it!"

But my mouth would encourage you; comfort from my lips would bring you relief (Job 16:5).

Do your words bring comfort or condemnation?

Challenge for Today: Provide comfort and encouragement to someone close to you.

Quicklook: Job 16:4-6

If your church is not listed and if you are interested, call Wendi Craig at 276-340-2445 or email at advertise@mainstreetnewspapers.com

ANGLICAN CATHOLIC

St. Philip's Anglican Church, 306 Progress Street, NE, Blacksburg, Virginia 24060, (540) 552-1771, www.stphilipsblacksburg.org. Reverend Fr. Wade Miller, Priest. Eucharist Sunday's at 11am and Wednesday's at 12pm.

St. Thomas Anglican Church- located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit www.sttofc.org for mid-week masses and events. (In Roanoke, go E on Hershberger, L on Hubert to 4910).

BAPTIST

First Baptist Church, 555 West Rock Road, Radford, 639-3873. Rev. Corwin C. Casey, Pastor. Worship with us: 9:45 a.m.; Sunday School: 10:45 a.m.; Praise and Worship: 11:00 a.m. Morning Worship Service; Therefore, my beloved brethren, be ye steadfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord. 1 Corinthians 15:58.

First Baptist Church on 3rd Ave., 215 Third Ave at the corner with Downey St. We nurture meaningful connections to God and others through worship, spiritual growth, and community ministry. We celebrate the dignity and worth of all persons, created in the image of God. Sunday Bible Study Groups - 9:45, Sunday Worship - 11:00. Website: fbcradford.org 540-639-4419. Worship is in-person and live-streamed on Facebook and on our YouTube channel: First Baptist Church Radford.

Trinity Community Church, 1505 N. Franklin Street, C'burg. John Altizer, Lead Pastor, Brian Cockram, Associate Pastor, 382-8121. Worship at 10:45 a.m., Outreach Ministries - 6:00p.m. Wednesday, Growth Groups - 5:00p.m. Sunday, Youth and Children's Ministry - 5:00p.m. Sunday, www.trinitycburg.org.

CHURCH OF CHRIST

Blacksburg Church of Christ, 315 Eakin St., 552-1331. Sun. Bible Classes 9:30 a.m., Sun. Worship 10:30 a.m. & 6 p.m., Wed. Bible classes, 7 p.m., Outreach Minister Curt Seright, Dean Meadows, Campus Minister.

CHURCH OF GOD

Childress Church of God, 4187 Piney Woods Rd., C'Burg. 381-3693. Sun. School 10 a.m.; Worship 11 a.m. & Wed. 7 p.m.

New Hope Church of God, 1404 Mud Pike Rd., C'Burg. Rev. T. Michael Bond, pastor, 731-3178. Sun. School 10 a.m., Worship 10:50 a.m., 6 p.m. Thurs., 7:00 p.m.

West Radford Church of God, 1824 West Main Street, Radford, VA 24141, Sunday School - 10:00A.M. Morning Worship - 11:00A.M., Children's Church 11:00A.M. Sunday Evening - 6:00P.M., Wednesday Night - 7:00P.M., Pastor Danny Newman, Church Office - 540-639-6562 or 804-921-0828

CHURCH OF GOD IN CHRIST

Radford Church of God in Christ, 206 Russell Ave., Radford. Supt. Ronald A. Watson, Sr.; Elder, 639- 5948. Sun. School 9 a.m.; Prayer 11:30 a.m.; Worship 6 p.m.

(DOC - DISCIPLES OF CHRIST)

Snowville Christian Church, 5436 Lead Mine Rd., Hiwassee, VA 24347, Pastor: Jerry King, Website: www.SnowvilleChristianChurch.com (and Facebook), Office: 540-633-3761, Email: office@SnowvilleChristianChurch.com, Sunday Worship Service: 11:00 a.m., Sunday School: 10:00 a.m., Thursday Bible Study: 6:00 p.m., We are: "Inspiring hope, helping people grow their faith, and sharing God's love with others!"

EPISCOPAL

Grace Episcopal Church, 210 Fourth Street Radford. Welcoming and accepting, we have been a part of the Radford community for more than 130 years. ALL ARE WELCOME. Grace offers an 8:00am Contemplative Eucharist and a 10:30am Eucharist with organ music and a choir, with refreshments served afterwards. The 10:30am service is also available on YouTube for those unable to leave their house. Find us on Facebook and www.graceradford.org.

LUTHERAN

Christ Lutheran Church, 201 Harvey St. Sunday worship with communion at 10am; fellowship &

snacks at 11am. All are welcome. Upcoming events and fellowship opportunities (Senior Brunch, Faith & Film, Rough Draught, etc.) detailed in weekly email and on website: clcradford.org. 540-639-2671.

Our Saviour Lutheran Church ELCA, 1845 Cambria St NE, Christiansburg. Worship each Sunday at 10 am, in person and online at <https://www.youtube.com/channel/UCMsB-gbyjmV5ce9mr43dbCw>. Please visit our website at www.oslc-cburg.org and our Facebook page at <https://www.facebook.com/oslcchristiansburg> to learn more about us. Little Free Pantry and Little Free Library located in our parking lot. Pastor Joshua L. Copeland; church office 540-382-2223.

St. Michael Lutheran Church, 2308 Merrimac Road, Blacksburg, VA 24060. Worship service each Sunday at 10 AM, Sunday School 9 AM. We are a community of God's people where we gather for worship, learning and service. Visitors and new members are always WELCOME! Google comments: "Wonderful, welcoming congregation." A place where all are truly welcome." You'll love our minister, The Rev. Dr. Wes Jamison, who engages us in God's word. St. Michael started and administers Micah's Caring Initiative which includes Micah's Backpack, Soup for Seniors, Garden, Closet, and Mini Pantry, with tremendous community impact. Partnering with Rainbow Riders and Total Action for Progress, we opened the first Early Childhood Head Start in our community (6 weeks to age 3). We sponsor an awesome Scouting program of Scouts Boy & Girl Troop, Venture Scouts for older youth, and a Cub Pack for girls & boys kindergarten - 5th grade, amongst many other programs. Directions: From Price's Fork Road, turn onto Merrimac Road. St. Michael is ~quarter mile on the left. For more information: Phone 540.951.8951; Email hope@stmclc.us; Website www.st-michael-lutheran-church.org

PENTECOSTAL HOLINESS

Merrimac Pentecostal Holiness Church, Rev. Larry Christopher (540) 552-7194. lchristopher695@comcast.net. Sunday school at 10 a.m. and morning worship is 11

a.m. Evening service at 6 p.m. and Wednesday at 7 p.m. **Compassion Church**, 1820 Second Street, Radford, 639-6287, Our music is passionate, our worship is real, and Pastor Chandler Jones brings relevant messages for everyone at any place on their journey, Sunday Worship Experience at 9:30 AM & 11:00 AM, Wednesday Family Night at 7 PM, Children Ministry provided for all services. Our vision is to see all Saved. Freed. Restored. Fulfilled. Find us on facebook and Instagram

Walton Pentecostal Holiness Church, 4003 Morning Glory Rd., off Walton Rd. on Rt. 114. 731-1755. Lee Sarver, pastor. Sun. School 9:30 a.m., Worship 10:30 a.m. & 6: p.m., Wed., 7p.m.

PRESBYTERIAN

Join us at **The Presbyterian Church of Radford**, 201 4th Street, at the corner of 4th & Randolph. Sunday School is at 10:00 a.m. and Sunday Service 11:00a.m. Rev. Don Makin will be leading worship. Phone 540-639-2585, Email pcfcradford@gmail.com, Website www.pcradford.org. We are called to share the love of Christ in this community and beyond.

UNITED METHODIST

Asbury United Methodist Church, 500 Stuart Street, Christiansburg. 540-382- 0743. Rev. Ryan Schaeffer. Sunday School, 10:15 a.m., Sunday Worship, 11:30 a.m., Wednesday Bible Study 7pm, alternating month's with Schaeffer Memorial Baptist Church, Senior Bible Study Thursday, 10:30 a.m. All are welcome.

Central Church, 803 Wadsworth Street, Radford. 639-3529. 8:30 a.m. Sunday Services: 8:30am; 9:45am Sunday School; and 11:00a.m. Child care is provided. www.centralmethodistchurch.com.

St. Paul United Methodist Church, 220 West Main Street, Christiansburg. Rev. Mike Derflinger (540) 382-2410. Sunday Worship at 10a.m. with Children's Church at the same time, Sunday School at 9 a.m. Worship is in-person and Live-streamed on our YouTube Channel: StPaulUMCChristiansburgVA. All are welcome. Website: www.stpaulvaumc.org

Service sorority to honor Valentine Queen

The Alpha Mu Master Chapter of Beta Sigma Phi Sorority in Christiansburg will honor Lillian VanLear as their 2024 Valentine Queen on Sunday, Feb. 11, 2024 at Bull and Bones, Christiansburg.

VanLear has been an active member of the Sorority since pledging to a Clifton Forge Chapter in 1969. She joined the Alpha Mu Master Chapter when her family moved to Christiansburg.

During her 55 years of membership, VanLear has served in a variety of offices and on numerous committees. She has been honored as Woman of the Year and Valentine Queen. VanLear is known for her creative and informative cultural programs.

A highlight of her membership was when she was honored with the Golden Circle Ritual, recognizing her 50 years of active membership at an impressive candlelight Ritual.

VanLear has contributed to the betterment of the Chapter and has given special participation to the varied Service Projects which help members of our community in many ways. She made and donated a handmade quilt to the Montgomery Relay for Life and has donated many handmade items for Operation Christmas Child and other missions that assist others. She is a gifted seamstress, needle worker and a very skilled quilter.

VanLear will be crowned by Doris Caldwell, last year's queen, following a welcome from Carolyn K. Sowers of the Social Committee.

She is a retired history and geography teacher with the Montgomery County Public Schools and resides in Christiansburg.

Beta Sigma Phi Sorority



Lillian VanLear

PHOTO COURTESY OF BETA SIGMA PHI



PHOTO BY LUKE HAYES FOR VIRGINIA TECH

(From left) Research scientist Kayla Farrell and Associate Professor Tim Jarome in the School of Animal Sciences are part of a Virginia Tech research team that discovered a new function for a common protein in the brain.

Virginia Tech researchers discover new role for protein that forms memories

Virginia Tech researchers discovered a new function for a common protein in the brain — a development that sheds new light on the mysteries of the mind and holds promising implications for the treatment of memory loss and post-traumatic stress disorder.

The protein normally performs necessary housekeeping in the brain's hippocampus by working as part of a larger protein complex called the proteasome to destroy other proteins.

But researchers in the College of Agriculture and Life Sciences' School of Animal Sciences recently noticed this protein, called RPT6, behaving in a previously undetected way.

"We found that RPT6 is capable of this completely different function where it can bind to DNA and increase the expression of other genes or proteins during memory formation," said

Tim Jarome, associate professor of neurobiology. "This indicates that RPT6 plays a unique dual role in memory formation, both inside and outside the proteasome complex."

The discovery, published this month in the Journal of Neuroscience, opens up new avenues for exploration of how RPT6 functions in the brain and how it could be manipulated to improve memory and alleviate memory disorders such as Alzheimer's disease and post-traumatic stress disorder (PTSD).

The project was led by research scientist Kayla Farrell, who received her Ph.D. from the School of Animal Sciences in December. Farrell previously headed a study identifying a protein that could lead to better therapeutic treatment for women with PTSD.

Gene expression is critical to memory formation. It helps to build the neural networks needed to form and

strengthen memories. Researchers don't yet understand why RPT6 has this dual function or how it is helping to control the cells that are recruited to form a memory.

"There has to be something else that's working with it to regulate gene expression," Jarome said. "We are trying to understand now how it's doing that."

Ultimately, the discovery will be helpful to the ongoing research in Jarome's lab, which focuses on understanding and treating memory disorders such as Alzheimer's, dementia, and PTSD.

"This discovery is leading us somewhere new in unraveling the complexities of the brain and how we learn and store memories," Jarome said. "We hope that this will help to inform new directions into understanding how gene expression is controlled during memory. In the long-term, this could lead to potential therapeutic

targets for controlling and improving memory or treating maladaptive memories."

Understanding the dual role of RPT6 provides insights into the complex processes of memory formation. This knowledge could pave the way for targeted

therapeutic interventions to enhance memory or alleviate negative memories associated with conditions such as PTSD.

The study marks a crucial step in unraveling the complexities of the brain and gene expression control during memory formation. Researchers

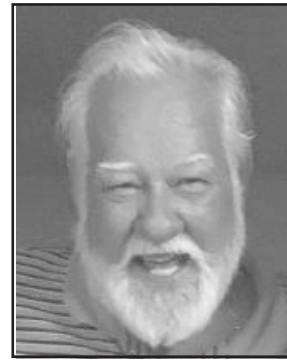
anticipate that further investigation into RPT6's mechanisms will inform new directions for understanding memory at the molecular level.

Max Esterhuizen for Virginia Tech

Obituaries from page 5

Lee, Walton S.

Walton S. Lee, of Floyd County, parents, two sisters and five brothers. He passed away Jan. 17 at the age of 81. He was the son of the late William Jennings Lee and Jessie Pearl Peters Lee.



He was born near Libertytown, Md. Oct. 9, 1942, and grew up in Maryland. He served in the U. S. Navy on the ship, The USS Galveston from 1959 to 1963 where he achieved the rank of Master Machinist 3rd class. He retired from the Montgomery County School Board in 1989 after 25 years.

After retiring he got his captain's license and ran charter fishing trips out of Deale, MD, on his boat the Bay Pearl. He was a member of VFW Post 7854, American Legion 127, Masonic Lodge 329, and The Moose, all in Floyd Virginia, and also Amvets Post 2 in Frederick, Md. He had a small farm in Floyd County at the time of his death.

He was preceded in death by his

his wife, Jean; stepson, Travis Epes IV and his wife, Cara; and grandson Travis Epes V. Also surviving him are a brother, Byron Lee, special niece, Teresa (Terri) Koogler and husband Robin, and many nieces and nephews and friends who were also blessed by his love. Also surviving him are his first wife, JoAnn Finnyfrock Lee, and godchildren Kelly Wissinger (Scott) and Jimmy Stuckles (Dawn) and their children.

His loving kindness, his contagious smile and laughter and his generosity will be forever treasured by those who loved him. A celebration of life is being planned in Maryland for later this year. The Lee family is in the care of Mullins Funeral Home & Crematory in Radford.

Whitt, Bonnie Jean Thompson

Bonnie Jean Thompson Whitt, 80, of Pulaski, passed away Wednesday, Feb. 7, 2024. She was preceded in death by her mother, Gertie Mae Thompson.

Bonnie retired from Suntrust Bank after 35 years of service where she was Branch Manager at the Kent Street bank.

She is survived by her husband, Elvin Dean Whitt, Sr.; son, Dean Whitt; grandsons, Jason Dean Whitt

and Courtney, and Cole Jarrett Whitt; great grandchildren, Hannah, Ethan, Sofia, Logan, Mia, Chloe, Nolan and Roman; and many other relatives and friends.

Graveside services will be held at 2 p.m. Monday, Feb. 12, 2024, in the Sunrise Burial Park in Radford with Kenneth D. Farrar officiating.

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



RADFORD
CITY SCHOOLS

GRAPHIC COURTESY OF RCPS

RCPS Special Education Advisory meeting

RADFORD - A Radford City Public Schools Special Education Advisory Committee meeting will be held Monday, Feb. 12, 2024, at 4:30 p.m. in the Radford High School Library, 50 Dalton Dr., Radford.

The public is invited to attend. The meeting will also be available virtually using Google Meet. To be invited using Google Meet, contact Anne Goodman, Chair, at 540-267-7144, or Kate Leeper, Vice Chair, at 540-267-7223, to obtain a virtual meeting link. We hope to see you there!

Radford City Public Schools

CROSSWORD ANSWERS

S	B	E	B	A	N	G	O	R				
P	R	I	S	M	I	R	C	H				
R	O	R	U	E	M	S	E	C				
U	P	P	I	N	G	U	S	E	L	E	S	
D	A	R	N	E	L	N	A	T	U	R	A	L
E	L	E	G	I	A	C	J	I	N	D	A	L
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RADFORD SPORTS

Christiansburg's Thompson headed to Concord Univ.

Marty Gordon
NRVsports@mainstreetnewspapers.com

CHRISTIANSBURG - JT Thompson, a multi-sport star at Christiansburg High School, has announced plans to attend Concord University where he will play football and baseball.

He called Concord the right spot for him to play athletics, and for the academics.

"When I stepped onto campus, I felt like I was in the right spot," said Thompson. "The environment was very calm and seemed very adaptable, but with that being said there was also the competitive side of things where Concord being a school with mainly athletes I can compete inside and outside of the classroom."

On the football field at linebacker, Thompson was second in tackles this

past season with 100 including 44 solos. He also caught 11 passes for 311 yards and was named to the second team all-River Ridge District team.

In baseball as a junior as an outfielder and second baseman, Thompson was second team all-River Ridge and was all-region 3C honorable mention. He batted .333 while hitting six doubles, three homeruns and 20 RBI's.

Concord University is a public university in Athens, W.Va and has a current enrollment of 1,375 students. The university is known athletically as the Mountain Lions and is an NCAA Division II school, and a member of the Mountain East Conference.

This past season, the school's football team finished 1-10. The Concord baseball team has been predicted to win the Mountain East Conference

See **Thompson**, page 8



PHOTOS BY KYMN DAVIDSON-HAMLEY

Christiansburg's JT Thompson (center) signed a letter of intent on Wednesday in the school's cafeteria in front of friends, family and classmates to continue his playing career at Concord University.

Swifties headline Sunday's Super Bowl

A Virginia Tech sports media expert and former ESPN analyst says already this season's ratings for the NFL are the best they've been since 2015. Anthony Amey says a big part of that has been the relationship between Taylor Swift and Chiefs' Travis Kelce. Amey says she has been a tremendous marketer for the league and Kansas City, and it will have a direct impact on this weekend's Super Bowl between the Kansas City Chiefs and San Francisco 49ers.

Several other Tech experts are also weighing in on this phenomena.

Virginia Tech economist Jadrian Wooten says her likely attendance at the Super Bowl will also attract viewers who wouldn't normally watch and that will result in a big return for Super Bowl advertisers who bought ad spots back in the fall. More here

Amey points to these other headlines to watch for surrounding the game:

A win for Kansas City would make the Chiefs the first team to repeat as Super Bowl champions since Tom Brady led the Patriots to back-to-back titles in the 2003-04 seasons.

Kansas City has played in four of the last five Super Bowls, making the Chiefs only the third franchise ever to accomplish that.

San Francisco is aiming to win its sixth Super Bowl and the 49ers' first since the 1994 season. A win for them would tie the 49ers with the Pittsburgh Steelers and New England Patriots for the most all-time.

Chiefs quarterback Patrick Mahomes has won more playoff games prior to the age of 29 than anyone in NFL history, leading to debate that while still young he could be the greatest quarterback of all time.

"The backlash to the attention given to Taylor Swift

this football season freshly revealed the deep vein of sexism that runs through American sports culture," says Virginia Tech expert Megan Duncan.

She explains that most sports fans develop their identity at a young age as a social bonding activity with family and friends. "A change to the perception of how the game should be experienced can be unsettling and remove the ease to which the game can feel like an escape to world events." Non-male fans are a crucial source of growth for the NFL, but they often strictly cater to stereotypically feminine tropes when attempting to appeal to a non-male audience. Duncan says the industry needs to widen its culture to incorporate all people, including all gender identities.

"The sports media industry can do better to make all people excited to be a fan."

Jerseys for No. 87 Travis Kelce, a tight end for the Chiefs and Swift's rumored boyfriend, spiked by 400 percent, according to news reports.

The National Football League has responded to the Swiftmania by changing its Twitter banner to a photo of Swift and even airing commercials for the superstar's new movie during a recent game.

Is the NFL overdoing the Swift bandwagon?

Not at all, says Amey. It's good for the football business, and it's a unique way to get in front of a new fan base.

"Although Sunday Night Football has been the No. 1 television show in America for a record 12 consecutive years, and NFL games rate higher than anything else in this country, of course the league wants those fans who would rarely or never watch a game to join and feel welcome, no matter what," Amey said. "Provided the reasons are ethical, what seems

to be more wholesome right now than Taylor Swift?"

"Even a league as popular and as profitable as the NFL will gladly welcome Taylor Swift and all of her hundreds of millions of followers, because that kind of business is good business for the owners, who know that hardcore fans will watch regardless of who is present or promoted," he said.

"Those hardcore fans who just want to see football will have to shake it off."

Virginia Tech voice expert Ariana Wyatt says there have been other figures with cultural impact, but none to the degree of Taylor Swift.

"The Beatles, Beyoncé, and Michael Jackson have had similar cultural impacts and changed the music industry, but not to the same degree as Swift. It has been reported that the economic impact that her Eras Tour generated this year exceeded \$5 billion dollars. That level of impact is unprecedented. She is not only a cultural icon, but also a global economy," Wyatt points out.

"Taylor Swift is constantly evolving. She lives in a musical space that is inclusive of multiple genres at once, and she is constantly reinventing her musical style. She always stays true to storytelling, and that creates an intimacy and passion in her music that speaks to millions of people."

Economic expert Jadrian Wooten mentions the gambling side of the Super Bowl.

"The Super Bowl may not be the most gambled-on sporting event, but it is a significant time for sports betting. Last year, approximately 50 million gamblers collectively wagered an estimated \$16 billion on the game, with roughly 1 in 5 Americans participating in some form. Given the heightened attention the season has seen, we may see even more betting

activity this year," says Wooten.

"What makes this year's Super Bowl particularly intriguing are the unique proposition bets, or prop bets, that viewers may not be accustomed to seeing," Wooten says. "While the usual prop bets, such as coin flip outcomes, the color of the Gatorade bath, and the length of the national anthem, will still be present, this year's choices also include unconventional options like betting on a post-game proposal and even whether Taylor Swift will make an appearance at the game."

The Big Game is coming, and whether you're joining with friends and family out of hardcore sports fandom or simply hoping for a glimpse of Taylor Swift in the stands, you might feel the need to strategize what those gathering before your television will get to munch on.

Kristen Chang, a registered dietitian with the Virginia Tech Department of Human Nutrition, Foods, and Exercise, has tips for every stage of your snack preparation.

"On special occasions, many people fall into the trap of under-eating early in the day and 'saving their calories' for a big event," Chang says. "To set yourself up for eating success on Super Bowl Sunday, consider the following general eating tips."

Americans are expected to devour 1.45 billion chicken wings for the Super Bowl, according to the National Chicken Council.

Michael Persia, a professor and Virginia Cooperative Extension specialist in poultry nutrition and management in the College of Agriculture and Life Sciences, says the game's impact on the industry has been transformative. "They've taken a portion of the bird that was undesirable, turned it into a valuable product, and reduced waste." Persia says. The history

of the wing and how it came into popularity is an interesting story that goes back to the 1980s.

The first bite of the chicken wing dripping with hot sauce doesn't feel so bad — flavorful, but has a bit of a kick. Eventually, that sweet heat turns into a roar complete with a tingling face and sweat streaked forehead.

Food science professor Sean O'Keefe says the levels of capsaicin, a colorless and odorless compound, found in peppers, are the reason why hot sauces bring the heat.

"What the capsaicin does is bind to nerve receptors in the body and gives a sensation of burning."

As millions prepare to eat wings, O'Keefe is available to explain what makes hot sauce bring the heat and why extended exposure to capsaicin could make it more tolerable to the human body.

The Super Bowl slump The day after the Super Bowl is often followed by a big drop in productivity after a night of partying and celebration.

Virginia Tech economist Jadrian Wooten says this can add to have a significant impact on the economy — that lost productivity can cost the economy about \$6 billion.

"While the game may make only a small impact on an individual, it can add up quickly. Employers typically see the most employees call in sick, take extended lunch breaks, or simply spend the day in a daze after the big game."

The slump will be felt most in the two teams' cities. "The most impact of this will likely be felt the most in Kansas City and San Francisco and it could last for several days as employees struggle to return to their usual level of productivity."

Virginia Tech

Super Bowl weekend boring for some



From the Sidelines

Marty Gordon

The Super Bowl is this weekend if you didn't know it.

But in so many ways, the big game has lost its shine and is no longer relevant. Most people don't even pay attention to the game itself, instead turning the elaborate television commercials. But those have lost their luster too, as many have already been seen thanks to social media.

The game just isn't as relevant as it used to be.

Some fun facts surrounding the Super Bowl:

The trophy was named after the late coach Vince Lombardi of the two-time Super Bowl champion Green Bay Packers before the 1971 Super Bowl.

The Vince Lombardi trophy, which goes to the winner, stands 20 3/4 inches tall, weighs 6.7 pounds and is valued more than \$25,000.

According to the National Chicken Council, Americans will consume more than 100 million pounds of chicken wings on Super Bowl Sunday alone. For those playing along at home, that's more than 1.25 BILLION individual wings.

16.2 million Americans plan to watch the game at a bar or restaurant.

12 NFL franchises have never won a Super Bowl (The Detroit Lions, Cleveland Browns, Houston Texans, and Jacksonville Jaguars have never been).

See **Sidelines**, page 8

SPORTS NOTES

Salem Sox, Appy League, Hokies soccer coaching staff announced

The Salem Red Sox, in conjunction with the Boston Red Sox, have announced their coaching staff for the 2024 Carolina League season, including five returning staff members.

Leading the Salem Red Sox is manager Liam Carroll, who returns for his second season with the team. Prior to last season, Carroll worked with Great Britain's national baseball teams. Carroll has been involved with Great Britain Baseball

since 1996 and joined the coaching staff in 2004, before being named Head Coach in 2008. Carroll also served on Great Britain's coaching staff for the 2023 World Baseball Classic.

Nelson "Pepe" Paulino returns as the hitting coach for his 27th season with the Red Sox organization. Paulino brings extensive experience spending seven seasons in the Blue Ridge Mountains. Additional Red Sox MiLB stints include the Greenville Drive and former Lowell Spinners.

Juan Rivera returns for his third season with Salem as pitching coach after previously serving as the development coach.

Rivera hopes to build upon last year when Salem finished top 10 in ERA, hits allowed, and home runs allowed across Single-A.

River Turtle to coach Tri-State

The Appalachian League's newest team, the soon-to-be-named Tri-State baseball team in Huntington, W.Va., has announced former Major League outfielder/first baseman Tommy Gregg as manager for their inaugural 2024 season.

As the first manager in Tri-State's history, Gregg brings more than 35 years of professional experience as a player and coach to the organization. He spent the 2023 season as

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RADFORD SPORTS

Radford boys fall to Floyd



Max Kanipe grabs a rebound in the third quarter.



Daniel DeHart-Lewis drives to the basket in Monday's game. He tallied 10 points for the Bobcats.



Mekih Martin fires a three pointer in the first quarter in the Bobcats' 48-47 loss to the visiting Buffaloes. Martin led Radford with 14 points.



Sincere Taylor nails a jumper against Floyd in Monday's 48-47 loss. Radford falls to 10-8 on the season.

PHOTOS BY BRYANT ALTIZER

Notes

from page 7

a coach for the Pulaski River Turtles in the Appy League.

The Appalachian League announced in November that Marshall University, in Huntington, W.Va., would host an Appy League team beginning with the 2024 season.

The Pittsburgh Pirates selected Gregg in the seventh round of the 1985 MLB Draft out of Wake Forest, and he made his big league debut with the

organization during the 1987 season. Gregg played nine seasons in the Major Leagues as a member of the Pirates (1987-88), Atlanta Braves (1988-92, 1997), Cincinnati Reds (1993) and Miami Marlins (1995). He hit .255 over 226 games with Atlanta during the 1989-90 seasons and finished his career with a .243 average in 446 games.

Gregg transitioned into a coaching role with Atlanta after retirement,

holding positions with the Single-A Macon Braves (1999-2000) and Myrtle Beach Pelicans (2001). He spent five years (2002-06) on the St. Louis Cardinals' Triple-A Memphis Redbirds coaching staff before joining the Royals organization for the next decade. With Kansas City, Gregg served as a coach for Single-A Wichita (2007), Double-A Northwest Arkansas (2008) and Triple-A Omaha (2009-17). He joined the Marlins

in 2018, coaching Miami's Triple-A New Orleans affiliate for two seasons.

Former keeper to Hokie staff

Head coach Mike Brizendine announced the addition of assistant coach Kyle Renfro to the Virginia Tech men's soccer program on Monday.

Renfro, a 2013 graduate of Virginia Tech, returns to Blacksburg after a five-season stint as an assistant coach at Duke. With the Blue Devils, he

worked with goalkeepers and oversaw the program's recruiting efforts.

While Renfro directed the goalkeeper unit, Duke's Will Pulisic, Eliot Hamill and Julian Eyestone went on to have All-ACC seasons. Pulisic was a two-time All-ACC selection, while Hamill had an All-American 2022 campaign that saw him garner the ACC Goalkeeper of Year award. In 2023, Eyestone burst onto the scene with an All-

ACC second team rookie season before making the jump to the professional ranks in December.

Renfro served in a volunteer assistant role at Virginia Tech during the 2018 season, in a year that saw the Hokies reach the 'Sweet 16' while holding a ranking as high as 14th in the country.

Staff report

Sidelines

from page 7

18.8 million people will miss work the day after the Super Bowl.

Alicia Keys clocked in at two minutes 35 seconds during Super Bowl XLVII in singing the longest National Anthem. The average length is about one minute and 50 seconds.

There has been a Super Bowl every year since the event began in 1967.

In 1970, Carol Channing became the first singer to perform at a Super Bowl Halftime Show.

The very first Super Bowl ticket in 1967 cost \$12.

There has never been a shutout in a Super Bowl.

Fox Sports sold 30-second commercials costing more than \$7 million each for last year's Super Bowl, the most expensive Super Bowl ad price in NFL history.

Last year, fans wagered more than \$16 billion on the game, more than double the \$7.61 billion that was wagered in 2022, says the American Gaming Association.

In 2024 the winners will pocket \$157,000 apiece - up from \$150,000 last year. Each member of the Super Bowl losing team will receive some extra cash: \$82,000 each - up from \$75,000 in 2023.

Each team is given 108 footballs to use during the course of the game, 54 of which are to be used during practice and 54 to be used during the game itself.

Halftime performers at the Super Bowl do not get paid for their performance.

The majority of quarterbacks in Super Bowl history come from the same 11 colleges. Notre Dame, Stanford, and Michigan were tied for the most alumni featured in the Super Bowl as of 2017.

Both QB's are wearing the number "9."

There's only been one player named Super Bowl MVP who didn't actually play on the winning team. That was Dallas Cowboys linebacker Chuck Howley way back in Super Bowl V.

The New England Patriots and

the Denver Broncos have lost the most Super Bowls with five a piece.

Super Bowl XLIX (49) - Seattle Seahawks vs. the New England Patriots was the most-watched sporting event in U.S. history. 114,442,000 people.

The NFL has a policy against holding Super Bowl games in stadiums that have a climate of less than 50 degrees Fahrenheit, unless it is an enclosed stadium.

Prediction for the big game, Kansas City 29, San Francisco 24.

Thompson

from page 7

South Division with the release of the MEC Coaches' Preseason Poll Friday afternoon. Last year, the squad was 27-19.

The football team's head coach Brian Ferguson has a Blacksburg connection as his sons played for the Bruins.

Thompson said his goal on the

field is to change the game for both programs.

"A day won't go by without me training for either sport," he said.

At Concord, he will join former Christiansburg pitcher and third baseman MJ Hunter. Thompson plans to major in business at Concord.