

# News Messenger

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## ARTGAWK exhibition to showcase world-renowned artists at RU Art Museum



This work by Pablo Picasso is one of the pieces that will be on display at Radford University's newest art exhibit.

The Radford University Art Museum is presenting a new art exhibit featuring work from world renowned artists, including Picasso, Andy Warhol and more.

The "ARTGAWK: Choice Pickings from the Radford University Permanent Collection" exhibition will be on display beginning January 27 through April 17, 2021, at the Art Museum at the Covington Center on the campus of Radford University. The exhibit opening will be stretched across three nights to maintain safe social distancing guidelines. Groups of 10 attendees will be allowed into the exhibit for 30-minute sessions to view the artwork on display. The opening dates will take place on January 27, 28, and 29 from 4:30 until 8 p.m. each evening.

According to information re-

leased by the university, the exhibition "will highlight significant and interesting works from the university's extensive art collection, including recent acquisitions that have never before been on public display."

The art museum's permanent collection was founded by acclaimed artist Dorothy Gillespie, whose work will be among other famous artists on display in the exhibit. During her time as a distinguished faculty member with the university, Gillespie began to acquire select pieces of art that she believed would be important for preservation. Since that time, numerous works of art have been added to the collection.

The newest acquisitions in-

See **ARTGAWK**, page 6

## News Brief: Pulaski Sheriff's Sgt., NRV Health Task Force member Perry Hodge killed in car crash



Sgt. Perry Hodge

Sgt. Perry Hodge of the Pulaski County Sheriff's Office and a member of the New River Valley Public Health Task Force, was killed in a car crash last Thursday, Jan. 14.

"It's always tough when we lose a soldier in the middle of the fight,"

said Blacksburg Police Chief Anthony Wilson. "Sergeant Hodge was dedicated to the fight against COVID. He was at every single one of the task force's COVID testing sites. We have lost a valued colleague and comrade."

## Virginia Tech employees donate more than \$404,000 to charity

In the middle of a pandemic, Virginia Tech employees rallied together to exceed the university's 2020 Commonwealth of Virginia Campaign (CVC) goal of \$370,000 by more than \$34,000.

The campaign to raise money for charities across the commonwealth ended Dec. 11, 2020.

In a mostly virtual environment, senior management areas changed up the way they typically raised money. Fundrais-

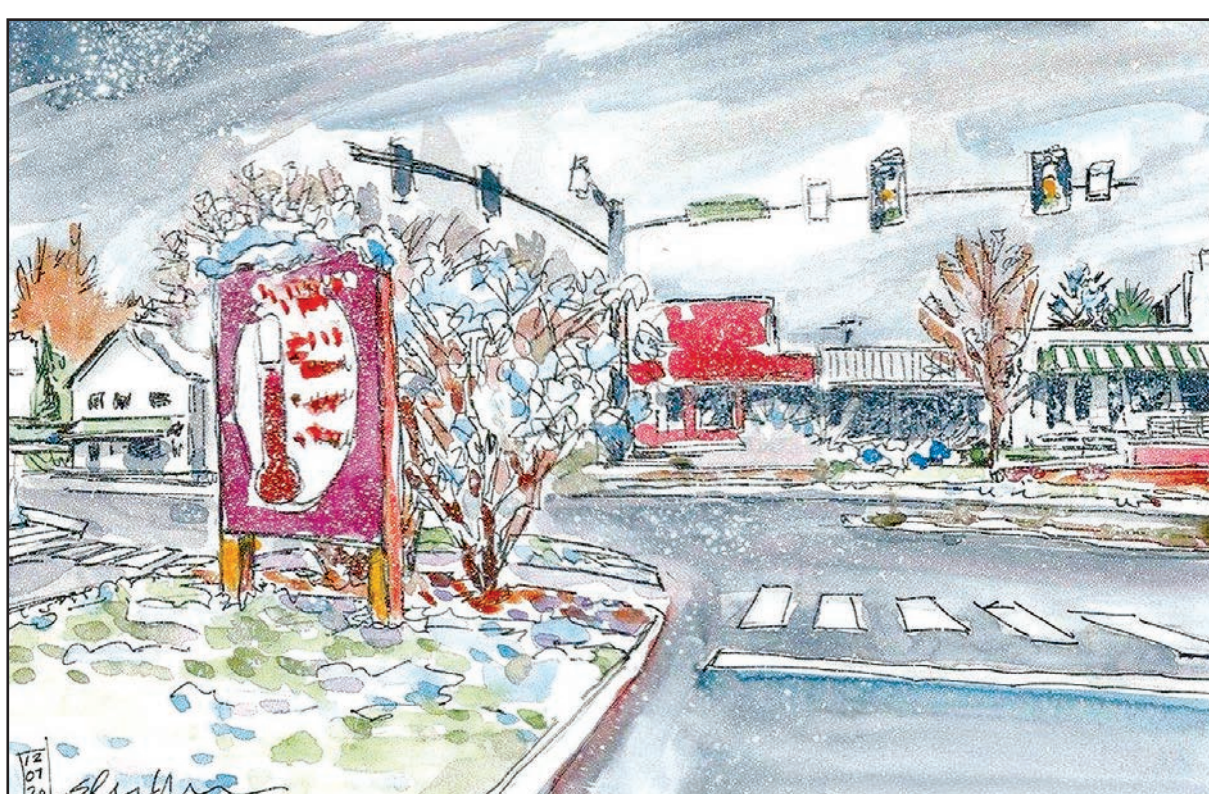
ers historically held in person and in the office were creatively switched from bake sales, potlucks, and contests to credit card fund giving, online bingo, and various virtual contests.

Made up of Virginia Tech employees from the university's senior management areas, the steering team sets an annual campaign goal. From that goal, senior management goals are then set based on their size and recent

history of giving.

Many areas not only met, but exceeded their goal in 2020, including College of Agriculture and Life Sciences, College of Engineering, College of Natural Resources and Environment, College of Science, Dean of Libraries, Vice President for Advancement, Vice President for Business Affairs, Vice President for Finance

See **Donations** page 3



Virginia Tech doodle of Alumni Mall and CVC sign.

STEVEN WHITE

## Certified personal trainer offers tips for exercising at home and supporting a healthy immune system during pandemic

Maintaining physical activity and good health during the pandemic will not only help with weight management, but will also support a healthy immune system and improve mental health as we cope with the ongoing disruption

to our lives, says Austin Brooks of the Virginia Cooperative Extension Family Nutrition Program.

"Physical activity guidelines recommend 150 minutes of moderate-intensity physical activity and two full-body strength training sessions

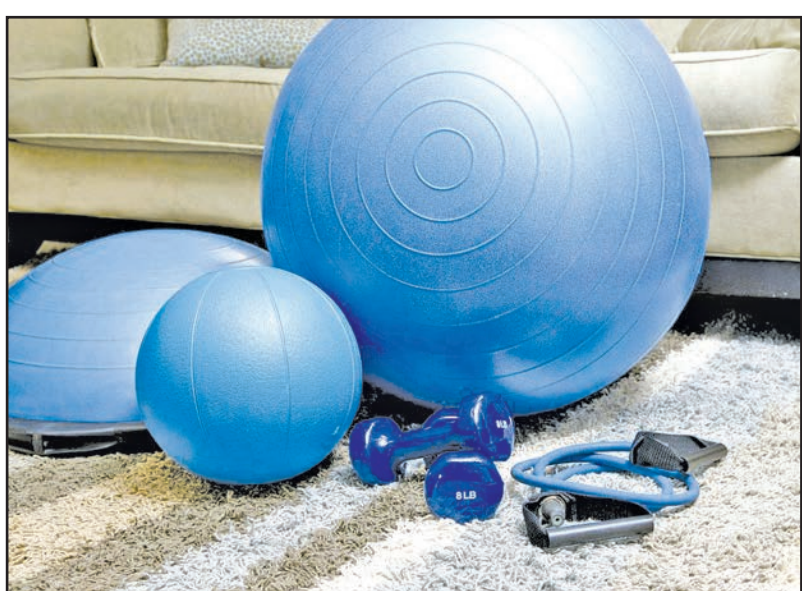
each week, yet only about 1 in 5 Americans meet these guidelines," says Brooks.

Brooks offers the following advice for maintaining physical activity at home.

Start small and build up your fitness. The benefits are twofold – starting slowly helps you establish a regular habit of activity without overwhelming you and keeps you from getting sore or injured. For complete beginners, 5-10 minutes a day is a great initial goal. For people who have been active off and on, focus on consistency, even if that means dialing back the length per session.

Use your body. Bodyweight exercises are adaptable for any fitness level and can give you a great workout. Bodyweight exercises can be used for strength training or cardio. There's no need for equipment or large space to perform at home; all you need is a

See **Exercising** page 6



## RHS student places in district VFW essay contest



SUBMITTED PHOTO

Veterans of Foreign Wars Post 776 Commander Gary Harris presents an award to Radford High School student Abby Barnes for her third-place finish in the VFW's district national Voice of Democracy essay contest. Barnes won first place at the local level for her essay on this year's theme, "Is This the Country the Founders Envisioned?" The VFW Voice of Democracy audio essay program has been awarding scholarship funds to teens in the U.S. for more than 70 years. Participants write an essay based on a theme and then record themselves reading their work. Those recordings are then judged by members of the VFW.

# UPCOMING EVENTS

## Through Thursday, Jan. 21:

**Girl Scout Cookie Sales**  
The Girl Scouts of the Virginia Skyline Council are taking orders for Girl Scout cookies. They are \$5 a box. To locate a Girl Scout to take an order, contact the girl scouts at [info@gsvsc.org](mailto:info@gsvsc.org) or 540-777-5100. The scouts will be delivering the cookies in different ways: masked drop-offs to the customer's door; cookie booth drive-thrus; online ordering with shipping via Digital Cookie; a cookie delivery service; and voice-activated sales via Echo home systems.

## Thursday, Jan. 21:

**Discord Comic Book Club**  
Join the Radford Public Library for an all-ages voice-chat discussion of Comic Books via Discord. To be read and discussed this month is Neil Gaiman's "Eternals." It can be checked out on Hoopla at this link: [Eternals https://www.hoopladigital.com/title/12003687](https://www.hoopladigital.com/title/12003687). Send the library a Facebook message or email [duncan.hall@radfordva.gov](mailto:duncan.hall@radfordva.gov) to sign up. The library will then send an invitation to the RPL Discord.

## Wednesday, Jan. 27:

**Lyman Whitaker Zoom Talk**  
Hahn Horticulture Garden's three Lyman Whitaker Wind Sculptures have been installed along the southern edge of the Conifer Garden, a gift from Warren and Margie Kark. Whitaker will present a zoom talk about his work on Jan. 27 at noon. Register through [https://virginiatech.qualtrics.com/jfe/form/SV\\_291uAlpoEfN00d](https://virginiatech.qualtrics.com/jfe/form/SV_291uAlpoEfN00d)

## Thursday, Jan. 28:

**Writing Flash Fiction Workshop**  
Blue Ridge Writers, an affiliated chapter of the Virginia Writers Club, is offering a workshop titled "Writing Flash Fiction" (less than 1500 words) for interested writers including both high school students and adults at 7 p.m. via Zoom. Blue Ridge Writers is a 501 (c) 3 non-profit member organization that supports beginning writers, and seasoned writers through critique programs, quarterly literary journal publication and monthly workshops. Contact Dr. John Nicolay [nicolay0211@gmail.com](mailto:nicolay0211@gmail.com) or visit <https://blueridgewriters.com> for additional information. Class size is limited.

## Thursday, Feb. 4:

**Radford Army Ammunition Plant (RFAAP) Commander's Community Meeting**  
This is a Facebook Live event from 6:30 to 8 p.m. <https://www.facebook.com/RadfordArmyAmmunitionPlant/>  
These meetings are an opportunity to learn about RFAAP Modernization and Environmental Projects, Environmental Compliance and Corrective Actions. The meeting is open to the public. For questions relating to the meeting, contact Charlie Saks at 540 731 5785 or visit the RFAAP website at <https://www.jmc.army.mil/Radford/RadfordDefault.aspx> then "Ask the Commander" in the lower left margin of the home page.

**American Legion Meeting**  
American Legion, Harvey-Howe-Carper Post 30 will meet at 7 p.m. at the VFW Post Home on 102 Watts St. in Radford. If there is heavy snow or ice that day, the meeting

will be cancelled. For further information, please call 250-2283 or 239-9864.

## Tuesday, Feb. 9:

**Sons of Confederate Veterans Meeting**  
Stuart Horse Artillery Camp 1784 will meet at 7 p.m. at Aly's Family Italian Restaurant at 3204 Riner Rd. Camp Commander Will Reed will present a talk on the "History of the 4th Virginia Infantry Regiment." Members of the United Daughters of the Confederacy (UDC) are also invited to attend. In the event of heavy snow or ice that day, the meeting is cancelled. For further information, please call 320-4315 or 239-9864.

## Wednesday, Feb. 10:

**A Beginner's Approach to Garden Photography**  
Robert E. Lyons, Professor Emeritus University of Delaware and former Director of the Hahn Horticulture Garden/Faculty Member VT Horticulture Department, will present a Zoom talk at noon about using your eyes, your mind and your camera to capture moments in your personal landscapes. They may be your gardens, vignettes from your travels, seasonal records of your favorite plants and/or features of landscape designs. The presentation content is example-driven and provides understandable and uncomplicated information to create aesthetically pleasing images in a relatively short period of time.  
While equipment details and camera mechanics will be mentioned, they will not dominate the presentation. Instead, the impact and exploitation of prevailing light, elements of photographic composition, the power of mastering depth of field and devel-

oping a personal style will be emphasized. This presentation is particularly relevant for and geared towards early-stage photographers who use a variety of devices, including DSLR's, mobile/cell phones, or both. Register via [https://virginiatech.qualtrics.com/jfe/form/SV\\_4Ymy3HGvrxExkxf](https://virginiatech.qualtrics.com/jfe/form/SV_4Ymy3HGvrxExkxf)

## Saturday, Feb. 13:

**Dialogue on Race 2021 Winter Summit**  
Online via Zoom. Keynote Speakers will be Dr. Abraham B. Hardee III, DO/PhD, and Dr. Pete Guerra, MDA. The subjects include The Year in Masks, The COVID Pandemic, Race and Racism and Vaccination and Vaccines: What to know and what to do. From 10 a.m. until 11:30 a.m. All Dialogue on Race events will be held online - or virtual until further notice. Register at [https://us02web.zoom.us/webinar/register/WN\\_jbi908JMSgq1264cQKX8Eg](https://us02web.zoom.us/webinar/register/WN_jbi908JMSgq1264cQKX8Eg).

## Ongoing: Throughout January:

**Keep Your Lights Up for Healthcare Heroes**  
Local communities are calling upon every citizen and business to keep their holiday lights up through January 31 to recognize those working in healthcare.

**StoryWalk**  
All month at the Christiansburg Library. Brains and bodies get exercise by reading and walking the trail. The walk begins at the library at the College Street entrance of Downtown Park. This month's book is The Emperor's Egg.

# Blacksburg seeks feedback on local housing affordability

In December, the Town of Blacksburg launched the first of a three-part online public engagement process on housing affordability. The town's increasing lack of affordable housing has become a major topic of community concern, and the town is considering a variety of affordable housing strategies to help address the issue. One of those strategies is asking the public to provide feedback to aid in the understanding of top concerns and priorities regarding affordable housing. The feedback will be used to weigh the tradeoffs of potential approaches and to select the most appropriate strate-

gies for local growth and housing availability. As part of phase one, the Town of Blacksburg produced an informative video about its housing affordability challenges. The video details data and analyses from the forthcoming NRV Regional Housing Study. This current phase also seeks to understand what citizens feel are the biggest challenges with growth and change and what they would like to see preserved as growth occurs. Individuals also have the opportunity to share their experiences trying to find housing in Blacksburg. Phase one will conclude on

February 12. In phase two, the community will have the opportunity to provide feedback on factors such as quality of life, community and neighborhood character, inclusivity, patterns of growth and density. The housing affordability engagement page can be found on the Town of Blacksburg's recently launched online community engagement platform called Let's Talk Blacksburg. (<https://letstalk-blacksburg.org/affordable-housing>) Let's Talk Blacksburg allows Blacksburg residents and others to get involved, participate in

community decision making and provide feedback on a variety of topics. Through the site, the town will listen, engage, provide timely project updates and report back to the community about how their feedback has contributed to decisions that are being made. Although the town will continue to offer traditional, face-to-face engagement opportunities, Let's Talk Blacksburg offers an additional online venue for users to have their say at their convenience. Providing feedback on this site requires a quick and easy, one-time registration process that includes a username, email and

password. Users may register once and return at any time to engage in this, and other, active projects. Registration helps ensure a broader set of perspectives and also means that the town can easily communicate updates related to the issue for which feedback has been provided. To register and start engaging on this issue, visit <https://letstalkblacksburg.org/affordable-housing>. For additional information, contact Blacksburg's Housing and Community Development Initiatives Manager Kim Thurlow, at [kthurlow@blacksburg.gov](mailto:kthurlow@blacksburg.gov) or 540-443-1619.

# Meet the dipper: North America's only songbird that swims

By Justine E. Hausheer  
Contributing Writer  
I'm snowshoeing through Colorado's Rocky Mountains when I see a small, nondescript bird at the far edge of the creek. I look down to adjust my binoculars, fumbling with

my gloves. When I look up again, the bird is gone. Water ripples along the ice-edged creek. The wind rattles bare aspen branches. There's no sign of the bird. Then a dark shape rockets out of the water onto the ice. Oh. That's where the bird went. It devours its

prey, does a quick bob-and-shake move and then dives back into the creek. I've just found an American dipper, a chunky, lively aquatic songbird of the American west. Yes, that's right. Aquatic songbird. American dippers are oddballs of the passerine

world. Along with the four other species in their genus, Cinclus, they're the world's only aquatic songbirds or passerines. They're sometimes known as water ouzels. American dippers are small and chunky, about the side of a robin, with

grey-blue plumage, a brownish head, pink legs, a short tail and a white eyelid. Males and females look the same while juveniles are a dull grey, without any blue tones. They're found in high-altitude areas of the west, including Alaska, the Rocky

Mountain states and down through Central America along the spine of the Sierra Madre. In the US, dippers are altitudinal migrants, meaning that instead of migrating across continents, they move up and down a

See Dipper, page 3

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  - Humbug
  - Atomic #79

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# VT researcher tracking how tissue fluid flow worsens diseases such as cancer and Alzheimer's

As an undergraduate studying chemical engineering at Tulane University in New Orleans, near the heart of oil country, Jennifer Munson modeled how fluids move through pipes.

Five years later, she aimed that understanding at the human brain.

"The majority of our brain is water," said Munson, an associate professor at the Fralin Biomedical Research Institute at VTC. "It just made sense to apply that kind of information."

Today, Munson is a biomedical engineer and one of a handful of scientists examining how the flow of fluids in the spaces surrounding cells within human tissues can aggravate cancers, accelerate Alzheimer's disease and effectively deliver drugs.

"It's kind of a force that's always there," Munson said. "Very few people

are looking at how cells behave when you have fluid flow there. However, in our bodies, there's always fluid moving around and through our tissues."

Munson, an associate professor in the Department of Biomedical Engineering and Mechanics in Virginia Tech's College of Engineering, joined the Fralin Biomedical Research Institute's primary faculty team this past summer.

Munson's lab developed tissue-engineered models that let the researchers study how fluid flows through and around cancerous tumors. She also developed a new way to use magnetic resonance imaging (MRI) to identify and track areas of fluid flow in and around brain tumors.

The fluid that flows around cells and through space between vessels in tissues is mostly water, with some proteins and

sugars. A major purpose is to aid in the body's immune response. When immune cells enter a tissue in response to a threat, they release large amounts of proteins and cytokines. Fluid flow helps to drain the proteins and cytokines away. When you cut your finger or twist your ankle and it swells, Munson said, that's the fluid coming in to do its job.

Munson's research has shown, however, that variations in the movement of fluid can be harmful.

"In cancer, we know that heightened fluid flows can facilitate tumor cells' movements contributing to metastases," Munson said. "It can also activate the surrounding tissues, so the tumor cells are more prone to move towards it, or augment their ability to survive therapies."

"In Alzheimer's disease, we know that fluid flow slows down. It can cause

poor waste removal, possibly contributing to the disruption of neural circuitry and attendant functions such as memory."

Munson is part of a team of researchers from three universities that recently found using MRI-guided ultrasound and microbubbles to make tumors more porous increased fluid flow, allowing for more effective delivery of therapeutics.

Munson and her team are also collaborating in conjunction with scientists in the Virginia Tech School of Neuroscience to translate research on fluid flow in brain tumors to the study of Alzheimer's disease.

She grew up in Marietta, Ga., with a machinist father and a mother who was a nurse, which fostered an interest in both health care and how things work. She earned a doctoral degree in bioengineering



**Jennifer Munson of the Fralin Biomedical Research Institute at VTC is one of a small number of investigators in the emerging field of fluid flow research in biomedicine and how it affects diseases such as cancer and Alzheimer's.**

from Georgia Tech's school of chemical engineering in 2011 and relocated to the Swiss Federal Institute of Technology as a postdoctoral associate. It was in Switzerland that Munson began her research into fluid flow.

The main contribution

she'd like to make is expanding interest in fluid flow among scientists.

"I want to have more people look at how cells act and how drugs act and how tissues respond to changes in fluid flow or even just if fluid flow is there," she said.

## Dipper

from page 2

mountain with the seasons. In summer they spread across the higher elevations to breed, but as the winter cold closes in they retreat to lower-elevation streams with free-flowing water.

Once you see a dipper, you immediately understand why they're called "dippers." These birds never seem to sit still. Even while scurrying along a creek, they're constantly bobbing and dipping their bodies up and down like an endearing nervous twitch. One photographer observing dippers noted that the adults bob around 50 times per minute when they're excited, disturbed, courting other dippers or feeding.

The dipping, and their habit of dunking themselves into nearby streams, makes them easy to identify — if you can find them.

A dipper's diet is all things aquatic. If it's found in a mountain stream and is small enough, there's a good chance that a dipper will eat it. Aquatic insects and their larvae, including mayflies, mosquitoes, and midges, are favorite dipper foods. They will also consume small fish, fish eggs, dragonflies and worms.

Dippers employ a variety of foraging strategies. They



will walk along the water's edge like a heron, plucking prey from the shallows. Sometimes dippers forage by standing on a rock in the middle of the stream and dunking their head into the depths (my favorite). They will also dive underwater or beneath ice, either swimming with their wings or walking along the stream bottom in search of prey.

None of this would be possible without a few nifty adaptations. To survive cold mountain winters, dippers have low metabolic rates, thick down feathers and the ability to carry extra oxygen in their blood. They also have nostril flaps to keep water out.

Many people assume that their conspicuous

white eyelid is a special membrane to help them see underwater, but it's just a normal bird eyelid with white feathers. (Scientists aren't quite sure why their eyelids are a different color.)

Adult dippers have an unusual molting pattern. Unlike other birds, which lose one or two feathers at a time, adult dippers molt all of their flight feathers simultaneously. This usually occurs around August after breeding. The birds are flightless for about two weeks as they regrow new plumage.

So the next time you head out to explore winter's snowy stillness, keep your eyes peeled for the delightful dipper. You won't be disappointed.

*Justine E. Hausbeer is an award-winning science writer for The Nature Conservancy, covering the innovative research conducted by the Conservancy's scientists in the Asia Pacific region. She has a degree from Princeton University and a master's in Science, Health, and Environmental Reporting from New York University. Justine's favorite stories take her into pristine forests, desolate deserts or far-flung islands to report on field research as it's happening. When not writing, you can find her traipsing after birds, attempting to fish and exploring the wild places around her home in Brisbane, Australia.*

## Donations

from page 1

Resources, Vice President of Information Technology and Chief Information Officer, Vice President for Research and Innovation, and Virginia Tech Carilion School of Medicine.

"Virginia Tech employees' generous contributions to the CVC reflect our collective commitment to our motto, Ut Prosim (That I May Serve)," said Laura Sands, this year's honorary campaign chair. "Their donations will provide essential resources to those who have experienced significant challenges during this past year. Their positive impact on others is yet another reason I am

so proud to be a Hokie."

Edward Lener said he was deeply humbled to see the generosity of his fellow Virginia Tech employees in 2020, who really stepped up to help meet the needs in the community and beyond during a difficult time.

"We had to restructure and redesign many of our traditional CVC events for this campaign, and it was great to see the creativity shown by our volunteers," Lener said. "I especially enjoyed hosting a weekly charity spotlight series featuring representatives from many of our local charitable organizations and enabling them

to share with viewers the important work they do."

CVC donations have gone to approximately 1,000 participating charities, ranging from health and human services to animal welfare; from environmental conservation to medical research and everything in between.

As the sponsoring department for CVC, Vice President for Human Resources Bryan Garey said, "It is truly remarkable seeing employees come together to support our local communities during a trying time. Once again Virginia Tech rose to the challenge to help those in need."

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## OPINION

## The horror of it all

Toward the end of Joseph Conrad's masterpiece, *Heart of Darkness*, as his protagonist, "Mistah Kurtz," lay dying, he cries out, "The horror! The horror!"

Stripped of all the trappings and restraints of civilization, at the moment of his death, Kurtz had the terrible opportunity few people are given and even fewer should desire of seeing themselves as they really are with the extent of their depravity laid bare. What he saw was a monster unable to exert even a shred of self-control. Even worse, he saw that his darkness was the same as that found in every human heart. In other words, the darkness and the horror that stalk and terrify the Earth come from humans, not creatures that go bump in the night. We, sports fans, are the monsters.

That serves as something of a segue into a discussion of one of the more interesting books I've ever made my way through. It's titled *Horror Cinema*, and it's a blow-by-blow examination of the history of horror movies.

Such a book, creepy though it may be, is right up my alley. When I was growing up, the little red-haired girl down the street

decorated the walls of her room with photos of handsome male movie stars torn out of the movie magazines so popular back then. I had a full-color, life-sized poster of Frankenstein's monster on the door of my room.

The book does something interesting in providing a list of what it calls The Top 50 Horror Movies. But rather than rank the movies in a totally subjective way bound to upset some folks, the editors somewhat brilliantly just listed the movies in chronological order. The first entry on the list is *The Golem* (1920), and the last entry on the list is *The Others* (2001).

The book separates horror cinema into ten distinct sub-genres:

1) Slashers and serial killers (Friday the 13th, Halloween, Psycho, The Silence of the Lambs)

2) Cannibals, Freaks and Hillbillies (Deliverance, The Hills Have Eyes, The Phantom of the Opera, The Texas Chain Saw Massacre (which the book claims is the greatest title ever in the history of horror movies. I agree.))

3) Revenge of Nature and Environmental Horror (Creature from the Black

Lagoon, Godzilla, Gremlins, Jaws, King Kong, Them)

4) Science Fiction Horror (Alien, Aliens, The Andromeda Strain, The Fly, Invasion of the Body Snatchers, The Thing from Another World (remade as The Thing by John Carpenter in 1982 with some of the best special effects ever, perhaps outdone only by David Cronenberg's 1986 remake of The Fly))

5) The Living Dead (Frankenstein, Bride of Frankenstein, The Mummy, Night of the Living Dead)

6) Ghosts and Haunted Houses (The Sixth Sense, The Haunting, Poltergeist)

7) Possessions, Demons and Tricksters (The Exorcist, Dr. Jekyll and Mr. Hyde)

8) Voodoo, Cults and Satanists (Children of the Corn, I Walked with a Zombie, The Wicker Man)

9) Vampires and Werewolves (An American Werewolf in London, Dracula, The Howling, The Wolf Man)

10) The Monstrous Feminine (The Blair Witch Project, Carrie, Misery, Whatever Happened to Baby Jane?)

If I were any more impressionistic than I am, the book would probably have given me nightmares. But

as a bona fide horror-movie nut (with perhaps a touch of callousness), I escaped psychologically unscathed and enjoyed reading about these movies and what went into making them. I could, however, have done without a few of the more explicit photos because, generally speaking, I am not a fan of slasher flicks or gore. Blood and guts aren't scary; they're just cheap, repulsive substitutes for honest, hard-earned scaring the socks off us. Thus, my favorite horror movies are long on atmosphere, tension, and suspense and short on gore.

But I do have some clear favorites, and if you'll indulge me a bit, I'll share ten of them with you. Feel free to criticize my selections all you want. These are, after all, subjective choices in a movie genre many critics over the years have deemed to be unworthy of consideration as legitimate cinema.

So here is a very personal list of ten horror movies worthy of devoting some of your precious time to:

1) Invasion of the Body Snatchers (the original 1956 version) The best ever. After all, sleep is overrated, isn't it?

2) Creature from the Black Lagoon. Holds up well as an environmental protest. Plus it has Julia Adams in a

bathing suit. No wonder the creature was obsessed. And I met the creature once. Or at least the stunt man who wore the latex suit.

3) Psycho (Tidbit: A week was spent on what the book calls "the sequence widely considered the most terrifying movie murder in cinema history." Hitchcock used 70 camera shots to fill 45 seconds of scream/screen time. And he never showed the knife entering Marion Crane's body. What is surely the scariest scene of all time had no guts and little blood and was in black and white at that. A master at the height of his career.)

4) Alien (I don't know whether it's true that in space no one can hear you scream, but it sounds so scary that it ought to be true. And, yes, some guts, including one literal stomach-turning scene that's a real shocker, but it's guts in limited amounts that are crucial to the story.)

5) Jaws. Those guys still need a bigger boat.

6) Misery. I'm just glad Kathy Bates has never been my number one fan.

7) The Silence of the Lambs. I'm still not old enough to see this thing. And Hannibal is still having a friend for dinner.

8) The Sixth Sense. Anybody around here see dead people?

9) The Others. Just exactly whose house is this anyhow?

10) The Blair Witch Project. Tidbit: The movie cost \$35,000 to make. In the U.S. alone, it grossed some \$140 million. Nice return, huh?

What makes watching horror movies so much fun is that you know you're safe. Whatever is after those poor schmucks in the movie can't get out of the movie and get you. Vicarious terror. Gotta love it.

But just a gentle hint: Try to avoid watching these alone in the dark.

*The author is a man of a certain age who has indeed met the Creature from the Black Lagoon and one of the underwater divers who worked on Jaws. He can safely claim that the only time in his life he was scared out of most of what passed for his wits was the night a traveling monster show came to the local theater when he was about 11. He was fine until some guy who to this day remains indelibly imprinted in the author's mind as the exact image of Frankenstein's monster clumped off the stage into the audience and they turned the lights out. Ladies and gentlemen, the lobby beckoned. At least nobody got in his way, so no one was injured.*

## Virginia hospitals have administered more than 175,000 vaccine doses since receiving first shipments

RICHMOND—According to the Virginia Hospital & Healthcare Association (VHHA), Virginia's hospitals have administered more

than 175,000 doses of the Pfizer and Moderna COVID-19 vaccines in the weeks since the commonwealth received the first shipment of

doses in mid-December.

VHHA is an alliance of 110 hospitals and 26 health delivery systems that develops and advocates for sound health care policy in the commonwealth. Its mission is to achieve excellence in both health care and health. Its vision is through the power of collaboration to be recognized as a driving force behind making Virginia the healthiest state in the nation.

As Virginia Governor Ralph Northam noted at a news conference last Thursday afternoon, "Virginia's

hospitals and health systems have administered the majority of shots in arms so far in Virginia."

Progress on vaccine administration in Virginia is contingent on a steady, predictable supply of doses available to hospitals and other providers. A recent announcement by the federal government that additional vaccine doses will be released to states is an encouraging sign, and one that can help build on the vaccination progress achieved so far. Another positive sign is the commonwealth's

move into phase 1b of the vaccination process even as work continues to vaccinate health care professionals in the phase 1a priority population.

Individuals covered in the phase 1b and 1c priority populations include essential workers such as police officers, firefighters, educators and childcare workers, grocery store and food processing plant employees, older adults such as those in high-risk and vulnerable populations, and construction, utility, transportation, and food service workers.

The governor has also announced that Virginians 65 and older and those ages 16-64 with a co-morbidity (which represents about half of Virginia's population) are included in the phase 1b population. This designation can help further expedite vaccination progress.

With a steady supply of vaccine doses, it is estimated that Virginia's hospitals can administer close to 100,000 doses of vaccine each week with the capacity to expand that if additional doses and funding are available.

## News Messenger

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

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## WalletHub ranks Richmond among lower half of best state capitals in which to live

With an internal FBI bulletin suggesting there could be armed protests in all 50 state capitals in response to Joe Biden's inauguration, the personal financial website WalletHub recently surveyed all 50 capitals using 44 key indicators of affordability, economic well-being, quality of education and health, and quality of life with an emphasis on safety from their preparedness to deal with violence to their handling of the COVID-19 pandemic and other considerations like traffic fatalities.

The survey determined that Richmond was the 32nd best state capital

in which to live.

State capitals aren't just for law-making. Often, they're thriving cities with a lot of economic and cultural value. In fact, they can be some of the best places to live in America. But not all state capitals are created equal. Though 17 of them are the largest cities in their states, the biggest population doesn't always represent the best quality of life. Some have rampant poverty problems. For example, over 28% of the population of Hartford, Conn., lives in poverty, compared to 10.5% of the entire United States.

Since state capitals are the seat of

each state's government, they can also be very hectic and politically-charged environments and thus the survey's emphasis on safety.

Among the key metrics and Richmond's ranking among the states were affordability, 41; economic well-being, 30; quality of education and health, 23; and quality of life.

The top-ranked state capitals in the four metrics emphasized were Bismarck, N.D., affordability; Austin, Texas, economic well-being; Montpelier, Vt., quality of education and health; and Boston, Mass., quality of life.

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Kurt L. Zimmerman to Dave Huynh, lot 3, Cedar Run Subdivision, Blacksburg, \$285,000  
 Carmie Jean Lamb to Clayton B. Perdue, Lot 93, Windmill Hills, Sec. 11, Christiansburg, \$420,000  
 Stateson Homes LLC to Tam Duc Troung, Lot 49, Clifton Phase 2, Christiansburg, \$338,540  
 Maribeth B. Coluni to Charles Anthony Hypes, Lot 22, Olde Town Estates, Christiansburg  
 Garry L. McCoy to Garry McCoy, Lot 8, Sec. 1, McCoy Estates  
 Julianne Lemon to Olivia A. Lemon, 0.1684 acres, Prices Fork Magisterial District., \$36,000  
 Brenda J. Wojciechowski to Suzanne Marie Miles, 0.647 acres, Riner Magisterial District, \$203,000  
 Asmr. Gary T. Davis to Sharon K. Davis, Lot 29, White Oaks Townhouses, \$146,000  
 Suzanne M. Miles to James L. Miles, Lot 10, Christiansburg, \$263,000  
 Gary E. Earles to Daniel W. Hamrick, 0.87 ac., lot 3, Riner Magisterial District, \$335,000  
 Wallace L. Huff to Teal Holdings, LLC, lots 5, 6, Ringer Magisterial District, \$400,000  
 Lev Osinovsky to Carl J. Saunders, Jr., Lot 50, Block 5B1, Blacksburg, \$250,000  
 Susan Lynne Exor Miller to Christopher Albert Garguilo, Lots 65, 66, 67, Beverly Hills, Christiansburg, \$165,000  
 Virginia Tech Foundation, Inc., to Enrique Ruiz-Geli, 2.3 acres, Mt. Tabor Magisterial District, \$488,500  
 R. Fralin Homes, LLC to Fralin Construction, Inc., Lot 18, The Villas on N. Main, Phase II, \$65,000  
 Steven W. Robinson to David P. Anderson, 5.007 acres, Mt. Tabor Magisterial District, \$76,999  
 Little River Stitches LLC to Beverly Gwen Cox Henley, 1.018 acres, Riner Magisterial District, \$6,410.  
 Little River Stitches LLC to Beverly Gwen Cox Henley, 19.523 acres, Riner Magisterial District, \$116,589  
 Brandi Gayle Exor Barnett to Whitethorne Properties LLC, 1.006 acres, Prices Fork Magisterial District, \$110,000  
 Thomas P. McGoldrick to Paul Anderson, 1.025 ac. Lot 88, Heritage Pl., Ringer Magisterial District, \$65,000  
 R. Fralin Construction Inc., to Joshua Sayre Durkee, Lot 18, Villas on N. Main, Phase II, \$445,000  
 Kathleen F.S. Hawes to Kathleen F.S. Hawes Tr., Lot 33, Phase 1, Blacksburg  
 John Allen to Rebekah Christina Cox, Condo 623, Bldg 6 Cascades Condo, \$145,000  
 Stateson Homes LLC to Christopher J. Faith, Lot 90, Clifton Phase I, Christiansburg, \$297,640  
 Owen Anderson LLC to Kingdom Land LLC, 1.075 ac., Mt. Tabor Magisterial District, \$278,500  
 Martha M. Thomas Tr. to Brett R. Jesmer, Lot 3, Pinewood Estates, \$285,000  
 John C. Shiflett to Christopher J. Faith, Lot 37, Oak Tree Townhomes, Phase VI, Christiansburg, \$178,000  
 Tyriss Rentals LLC to Jodeci Elice Houston, \$319,000  
 Shirley Funk Digs to William J. Ferguson, two parcels, \$218,000  
 Joseph Ray Conrad to George Estel Thomas, Lots 5, 7, Roseland Hts, Sec. I, Christiansburg,

\$171,000  
 John Nichols to Juan Eladio Jamie Melgar, 1 ac. Lot 3, Shawsville Magisterial District  
 John F. Hale to John D. Weatherspoon, three parcels, \$340,000  
 JBP Properties LLC to Free Clinic of the New River Valley, 0.7182 ac., Lot 5, \$290,000  
 Mark Ruby to Mark Ruby Tr., 4.683 acres  
 Richard G. Saacke to Richard G. Saacke Tr., Lot 5, Block 1, Sec. 1, Westover Hills, Blacksburg Magisterial District  
 David Marshall Shrader, Jr., to Caroline D. Capocelli, Lot 8, Old School Townhomes, Christiansburg, \$132,500  
 Anthony D. Dodson to Randy Biddle, 11.058 acre lot 35, \$450,000  
 Ian W. McKeague to Kezia F. McKeague, Lot 501, Blacksburg County Club Estates, Mt. Tabor Magisterial District  
 Asimle LLC to Stacey Clark, Town of Blacksburg, \$222,000  
 Donald S. Hayes to Wallace J. Nelson, Jr., .0811 acres, Hayes Minor Subdivision, Blacksburg  
 Wallace J. Nelson, Jr., to Heritage Hall, three parcels, Blacksburg, \$1,155,000  
 Kennedy Living Trust to Walter A. Fowler, Lot 12, Mt. Top Estates, Phase 1, Christiansburg, \$287,600  
 Michael T. Reilly to Emily V. Tucker, Lot 52 Shenandoah, Phase 1, \$219,000  
 Knollwood Associates LLC to Novarp LLC, Condo unit 2303 Knollwood Condo, Phase II, Blacksburg, \$228,000  
 Miles R. Dodge to William Lawrence Keeth, 3.5 acres, \$172,500  
 Donald R. Sunshine to Donald Raymond Sunshine Tr., 1.24 ac., Mt. Tabor Magisterial District  
 Poff Construction Inc., to Linda Robin Rogers, W part of lot 78 well lot, Riner Magisterial District, \$750  
 Stateson Homes LLC to Francis S. Porterfield, Lot 48, Phase II, Christiansburg, \$377,770  
 Monica Dae Perdue Wylie to Monica Dae Perdue Wylie, .091 acres, Prices Fork Magisterial District  
 Albert E. Carrier to Brad Anton, 1.7958 acres, Riner Magisterial District  
 Christine M. Fulmer Tr. to Anna M. Roach, Lot 16, Phase II, Lions Gate, Chrsitiansburg, \$305,000  
 Diane Lytton Mabry to Sandra T. Daniels Tr., two tracts, \$36,250  
 Stateson Homes LLC, Lot 51, Clifton Phase II, Christiansburg, \$361,545  
 Amy Woods to Derick Doyle Walters, Lot 35A, Blacksburg  
 Lorene G. Eanes to John Darryl Eanes, 4202 Shamrock Cir., Hwy 114, Radford, \$71,200  
 Shiv Dutt Kale to Emily Kathleen Alberts, Lot 1, Shelor Ac. Blacksburg  
 Chad Lee Raines to Emily A. Engdahl, 41.681 acres, \$232,000  
 Thomas J. Horne Tr. to Sally Helms, 10 parcels, Blacksburg  
 Jerald F. Robinson to Thad W. Lowe, Lot 1, Phase 1, The Orchard, Mt. Tabor Magisterial District, \$325,000  
 HME Properties LLC to Tony W. Linkous, Multiple parcels, Christiansburg, \$444,000  
 Kenneth R. Kingrea to Ray Anthony Kingrea, 5.441 ac., Riner Magisterial District  
 Barbour Jean Duvall to Sean C. Duvall, unit 16-4, phase VII, Villas at Peppers Ferry, Christiansburg  
 Thomas J. Horne Tr. to Sally Helms, 0.379

acres, Blacksburg  
 Sallee Family LLC to Laurie Ann Sallee, 0.491 acres, parcel A, Prices Fork Magisterial District, \$160,000  
 Derreth E. Hutt to Derry Hutt Tr., Lot 18, Montgomery Farms, Sec. 1, Prices Fork Magisterial District  
 Kenneth M. Carlton to Kennth M. Carlton, Lot 10, Phase II, Rutherford Townhomes, Mt. Tabor Magisterial District  
 Robert Kaleb Stettler Kleine to Ian F. Kimbrough, 0.417 acres, Blacksburg, \$285,000  
 Riley Collins to Virginia Tech Foundation, Inc., 8.6 acres, Mt. Tabor Magisterial District, \$18,000.  
 Frank R. Garvin to Darrell D. Linkous, Lot 22, Phase II, Kirk Heights, Shawsville Magisterial District, \$9,500  
 Elton Lane Moore to Darrell D. Linkous, Lot 19 and ½ lot 20, Shawsville Magisterial District, \$8,250  
 Debra Christine Smith to Debra Christine Smith, Lot 1, Shawsville Magisterial District  
 Brandon P. Semel to John Allen, Lot 2, Oak Tree Townhomes, Phase X, Chritiansburg, \$172,000  
 Elizabeth A. Harold to Dylan Lee Hanks, Lot 13, Highland Park, Christiansburg, \$136,000  
 Stateson Homes LLC to Venkata Akula, Lot 105, Clifton Phase 1, Christiansburg, \$331,525  
 Bojo LLC to Clat23 LLC, Lot 18, Phase III, Sec. 1, Ramble Ridge Subdivision, \$229,900  
 Cambria House LP to Kevin Gilberte  
 Commonwealth of Virginia to Town of Christiansburg, Rt. 114, Peppers Ferry Road Hwy Project, Christiansburg  
 Jeanne H. Stosser to Alfred B. Baldwin, 1.013 ac., Lot B, Blacksburg, \$546,000  
 Fre G. Aloorf Jr., Tr. to RSMWTD LLC, 0.821 ac., Prices Fork Magisterial District, \$250,000  
 Luis Omar Carmona to Angela D. Semones, Lot 29, Oak Tree Townhomes, Phase X, \$224,000  
 Tyriss Rentals LLC to Andrea Michelle Altis, Lot 34, Walnut Creek Phase I, \$279,900  
 Kenneth M. Carlton to Kenneth M. Carlton Tr., Lot 10, Phase II, Mt. Tabor Magisterial District  
 Jeffrey P. Moss to Kelly A. Peeler, Lot 18, Walnut Creek Phase 1, Shawsville Magisterial District, \$335,000  
 Timothy D. Simpkins to Rhonda F. Simpkins, two parcels, Christiansburg  
 Dorothy P. Williams to William Thomas Sutherland Jr., Lot 23, Sec. 2, Riner Magisterial District, \$475,000  
 Teresa Josephine Sylvia to RWW48 LLC, Lot 25, Gulberg Estates, Riner Magisterial District, \$475,000  
 Golden Triangle Development LLC to Joan E. Sexton, Lot 34, Christiansburg \$239,900  
 Bonnie Williams to Lane Haydens LLC, 1.002 ac, Mt Tabor Magisterial District, \$67,500  
 Ronald J. Kovalcin to Ronald J. Kovalcin Tr., Hash Enterprises LLC to KBJ Enterprises LLC, 3.32 ac., Christiansburg, \$1,200,000

Sharon Lisa Lucas to Sharon Lisa Lucas, Lot 23, Radford Hts Subd.  
 Vincent Loparo III to Vincent Loparo III, Lot 15 Sec 1, Carriage Hill Townhouses, Blacksburg  
 Patricia Ann Covey to Kristy Hubbard Karas, Lot 23, Kensington Ph. I, \$241,000  
 Scott A. Metz to Scot A. Metz, Lot 20, Sec 1, Blacksburg  
 Nur Aida Abdul Rahim to Pawel Nazarewicz, Lot 29, Ph 1, Shad-owlake Village Subv, Blacksburg, \$351,000  
 William J. Linkenhoker to William J. Linkenhoker, Lot 111, Blacksburg Country Club Estates, Sec 1, Mt. Tabor Magisterial District  
 Katherine Rose Davis to Tommy F. Clapp, Lot 65 Belmont Estates, Sec II, Christiansburg, \$160,000  
 Fredric LaChance to Town of Blacksburg, \$1 Stateson Homes LLC to Sahil Ahora, Lot 103, Clifton Ph 1, Christiansburg, \$336,345  
 RFSG LLC to Suzanne R. Mellen, Lot 45, Cambria Crossing Ph 1, Christiansburg, \$250,000  
 James K. Cowan Jr. to Jeffrey Edwin Smith, 0.6412 ac., Mt. Tabor Magisterial District, \$100,000  
 Robert K. Miller to Tyriss Homes, Inc., Lot 47, Hillcrest at Union Valley, Riner Magisterial District, \$55,000  
 New River Land Trust to Azra Urhio, 37.035 ac., Mt. Tabor Magisterial District, \$216,000  
 Jo U Orji to Joseph R. Golias, Lot 20, Falling Branch Subd. Ph 1, Christiansburg, \$230,000  
 Caldwell Construction to Betzabel Velez Diaz Enriquez, 1.025 ac., Lot 79, Heritage Place, Ph IV-A, Riner Magisterial District, \$120,000  
 John V. Travis to Sahar Saleem, Lot 13, Charleston Pl, Christiansburg \$197,500  
 Benjamin W. Lehmer to Russ Marlon Tyree, Lot 12, Ph 1 Forelmount Estates, Christiansburg, \$232,000  
 Chad Lyn Vaught to Blacksburg Land Lease LLC, two parcels, 17.32 ac and .009 ac., Christiansburg, \$1,300,000  
 Darrell J. Musselman to Jordan Chase Clendenon, \$206,000  
 Knollwood Associates LLC to Liang Tan, condo unit 3302 Knollwood Condos, Ph III, Blacksburg, \$218,250  
 William Mullens to Diana Bonofiglio, 0.875 ac. Alleghany Mtn, Mt. Tabor Magisterial District, \$15,250  
 Commonwealth Investment Services to Eric P. Frith, 0.366 ac., Grisson Lane, Blacksburg, \$27,000  
 Nassef A. Gawary to

Michael Chad Bolding, four parcels, \$77,500  
 Knollwood Associates LLC to Liang Tan, condo unit 5102 Knollwood Condos, Ph 1, Blacksburg, \$203,700  
 JLS 23 LLC to Liang Tan, condo unit 4303 Knollwood Condos, Ph III, Blacksburg, \$175,000  
 Stephanie Fagg Parker to Stephanie Fagg Parker, Lot 10, Block 1, Ph III, Blake Forest Subd, Shawsville Magisterial District  
 Michele C. Wrenn to Michele C. Wrenn, Lot 26, Sec 2, Riner Magisterial District  
 Knollwood Associates LLC to Liang Tan, condo unit 1302, Knollwood Condos, Ph II, Blacksburg, \$218,250  
 JLS 23 LLC to Liang Tan, condo unit 4206 Knollwood Condos, Ph III, Blacksburg, \$175,000  
 Morgan L. Wetzel to Christopher Spotswood, Lot 17, Kensington Ph 1, Christiansburg, \$249,900  
 Stateson Homes LLC to Clara J. Reed Pence, Lot 104, Clifton, Ph 1, Christiansburg, \$271,900  
 W.C. Flinchum & Sons Inc. to Diane R. Flinchum, Panorama Dr., Blacksburg, 14.9895 ac., Mt. Tabor Magisterial District  
 W.C. Flinchum & Sons Inc. to Brenda Lee Martin, Panorama Dr., Blacksburg, 14.989 ac., Mt. Tabor Magisterial District  
 W.C. Flinchum & Sons Inc. to Jason Stuart Owens, 27.5692 ac., Shawsville Magisterial District, \$45,640  
 Allen R. Ramsey to Janet L. Convery, Lot 12 Craig Mtn. Christiansburg, \$311,500  
 Kenneth Dawson to Reese H. Tuckwiller, Lot 30, Falling Branch Subd, Ph 1, Shawsville Magisterial District, \$215,000  
 Michelle E. Carter to Kelsey L. Sapp, Lot 5 Edgewood Subd, Christiansburg, \$185,500  
 Roxia A. Owens to RWW48 LLC, NE of depot, Christiansburg, \$9,200  
 Nathan M. Holmes to Jonathan Holmes, 290 Holmes St., Christiansburg, \$39,000  
 Raymond D. Mansfield to Cara Gangloff, 4.976 ac., 7.736 ac., 2.23 ac., Shawsville Magisterial District, \$39,000  
 Peter J. Recupero to Virginia Capital Investments LLC, Lot 17 Oak Tree Townhomes Ph IX, Ringer Magisterial District  
 Peter J. Recupero to Virginia Capital Investments LLC, Lot 85 Cambria Crossing Ph II, Christiansburg  
 Peter J. Recupero to Virginia Capital Investments LLC, Lot 84 Cambria Crossing Ph II, Christiansburg  
 F&B Land LP to Fralin Construction Inc., Lot 11, Ph IV Kensington

Paul E. Fritz to John R. Trcka, Lot 54, Blk 5B1, Pheasant Run Townhomes, Blacksburg, \$270,000  
 Sandra T. Daniels Tr. To Pamela D. Tabor, 1.03 ac., Blacksburg, \$285,000  
 Danielle Leigh McNiel to William T. Watkins, Lots 13, 14, Lynwood Terrace, Christiansburg, \$105,000  
 Kevin K. Gilbarte to Loic M. Lachenal Chevallet, Lot 24, Dundas Hts, Blacksburg, \$287,500  
 Kevin Council Coppedge to Double V LLC, Lot 76 Cambria Crossing Ph II, Christiansburg, \$323,000  
 Frank E. Hubbard Jr. Tr. To Montgomery County Emergency, two parcels, 0.343 ac., 0.142 ac., Christiansburg, \$300,000  
 John C. Brown to Timothy A. Brown, 1.00 ac., Prices Fork Magisterial District, \$128,000.  
 Michael E. Exor Donohue to Wenquan Wu, Lot 6, Karr Hts Subd Sec III, Blacksburg, \$300,000  
 John O. Sutton to Mary H. Plott, 0.618 ac., lot 3, Riner Magisterial District, \$149,900  
 Jerry G. Sloss to James W. McAlister Jr., Lot 2 Falling Branch Sec. VIII, Ph 1, \$225,000  
 Jason Stuart Owens to Jason Stuart Owens, 27.5692 ac., Shawsville Magisterial District, \$45,640  
 Allen R. Ramsey to Janet L. Convery, Lot 12 Craig Mtn. Christiansburg, \$311,500  
 Kenneth Dawson to Reese H. Tuckwiller, Lot 30, Falling Branch Subd, Ph 1, Shawsville Magisterial District, \$215,000  
 Michelle E. Carter to Kelsey L. Sapp, Lot 5 Edgewood Subd, Christiansburg, \$185,500  
 Roxia A. Owens to RWW48 LLC, NE of depot, Christiansburg, \$9,200  
 Nathan M. Holmes to Jonathan Holmes, 290 Holmes St., Christiansburg, \$39,000  
 Raymond D. Mansfield to Cara Gangloff, 4.976 ac., 7.736 ac., 2.23 ac., Shawsville Magisterial District, \$39,000  
 Peter J. Recupero to Virginia Capital Investments LLC, Lot 17 Oak Tree Townhomes Ph IX, Ringer Magisterial District  
 Peter J. Recupero to Virginia Capital Investments LLC, Lot 85 Cambria Crossing Ph II, Christiansburg  
 Peter J. Recupero to Virginia Capital Investments LLC, Lot 84 Cambria Crossing Ph II, Christiansburg  
 F&B Land LP to Fralin Construction Inc., Lot 11, Ph IV Kensington

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# LAND TRANSFERS

continued from page 5

ton Subd., Christiansburg, \$58,000

Beth M. Fiske to Kingdom Investments Virginia LLC, Lot 69, Sec 3, Ph 3 Blacksburg, \$260,000

R. Fralin Construction Inc., to Colton L. Keene, Lot 11 Ph VI, Kensington Subd, Christiansburg, \$346,290

Bradley Gene De Wet to SBD Properties LLC, 1903 Sussex Rd., Lot 17 Carriage Hill Townhouses Sec II, Blacksburg

Jennifer Ann Exor Lucas to Deborah G. Alderman, 285 Haymaker St., Christiansburg, two parcels.304 ac.

Randolph Dewey Vaden to Rodney Eric Vaden, 76.499 ac., Mt. Tabor Magisterial District

Randolph Dewey Vaden to Russell Derek Vaden, 1.950 ac., Mt. Tabor Magisterial District

Randolph Dewey Vaden to Russell Derek Vaden, 79.453 ac., Mt. Tabor Magisterial District

Randolph Dewey Vaden to Ryan Daniel Vaden, 67.015 ac., Mt. Tabor Magisterial District

Randolph Dewey Vaden to Raymond Jacob Vaden, 9.137 ac., Mt. Tabor Magisterial District

Snyder-Hunt Company LLP to Stateson Homes LLC, Lot 12, Christiansburg, \$69,357

RDT Construction Inc. to Michael N. Creamer, 0.424 ac., lot 10, Mt. Tabor Magisterial District, \$123,000

Ethan L. Thompson to CIP Properties LLC, two parcels, 20,000 sq. ft., 0.250 ac., Christiansburg, \$175,000

Dwane L. Williams to Florence G. Bishop, Lot 10, Sherwood Forest Sec. E, Christiansburg, \$259,900

Ronald Brintjes to Neel R. Parikh, 0.249 ac. Lot 1B, Christiansburg, \$260,000

Daniel H. Dempsey to Jason L. Fisher, 2.426 ac., \$104,000

Sally Helms to Mustafa Akbar, 3.9 ac, Forest Hill Subd, Sec C, \$32,000

Citigroup Mortgage Loan Trust to Benjamin J. Wilder, 31,292.4 sq. ft., Lot 7, Phillips Subd, Riner Magisterial District, \$116,700

R. Fralin Homes LLC to Fralin Construction Inc., Lot 14 Villas on N. Main, Ph II, \$65,000

Hill Companies LLC to Heritage Hall-Nasawadox LLC, condo units 100, 202, 204, 206, 304, 100-C, 200-C, Jackson St. Condominium, Blacksburg, \$2,373,000

Hill Companies LLC to Heritage Hall-Nasawadox LLC, condo units 101, 102, 201, 202, The Lofts at the Bank Condos, Blacksburg, \$3,129,975

Kenneth W. Schor to Bryan Cheng, 0.436 ac. Lot 58 Mt. Tabor Magisterial District, \$583,000

R. Fralin Construction Inc., to Boleredene Namjil, Lot 14, The Villas on N. Main, Ph II, \$332,956

Constance S. Joyce to Frank David Sale, Jr., 58 ac and 1.598 ac., lot 3, \$350,000

Roger Woody to Thomas Clarke Westmoreland

David Edward Foreman Tr. To ADZ Prop I LLC, condo unit P, bldg 503, Sundance Ridge, Blacksburg, \$121,000

Robert W. Grove to Joseph John Connor, 3.190 ac., lot 615, Preston Forest Ph VI, Mt. Tabor Magisterial District, \$547,500

James K. Bayne to CMH Homes Inc., two parcels, 1.713 ac. Lot A, 3.372 ac. Lot B, Riner Magisterial District, \$42,500

Rebecca Galyean Exor Yopp to Alexander Adams, Lot 49, Belmont Farms, Unit 2, Christiansburg, \$170,000

Patricia Keister Elliott to Michael Henry Barnett, 2.0132 ac., tract D, Mt. Tabor Magisterial District, \$6,000

Bryan Cheng to Jin Hyun Lim, Lot 36, The Orchards, Ph III-B, Mt. Tabor Magisterial District, \$310,000

John M. Evans to

He Hu, Lot 6, The Glen Subd, Blacksburg, \$349,000

Trevor H. Soles to Tiler Smith, Lot 19, Springview Subd, Ph IV, Riner Magisterial District, \$130,000

Marla Scarola to Marla Scarola, Lot 9, Knob Hill Sec V

Dean A. Bower to John M. Evans, Lot 15, Walnut Creek Ph 1, Shawsville Magisterial District, \$400,000

Mark G. Becker to McCalla Family LLC, 19.644 ac. Prices Fork Magisterial District, \$152,500

Theresa R. Thayer to Barrett D. Henzel, 4.6 ac., Prices Fork Magisterial District, \$290,000

Michael R. Fleming to Brian L. Jun, Lot 27 Staffords Farm Subd, Christiansburg \$318,500

Harold D. Hogan to Patricia Ann Shaffer, Lot 5, Block B, Cloyd Magisterial District, \$20,000

Amy Orsini Freck to Amy Orsini Freck, Lot 27, Dunton Dr., Blacksburg

Midland IRA Inc., to Jared A. Keyel, Lot 8 Hunters Ridge, Ph III, Christiansburg, \$168,000

William R. Ryan to Michael Bradley Sutherland, two parcels, 42 ac., Alleghany Magisterial District

Collegiate Associates LLC to Price Collegiate LLC, Blacksburg

Harding Associates LLC to Price Harding LLC, multiple parcels

Thomas L. Jeter to Thomas L. Jeter, 0.1164 ac., lot 142, Ph VI, New River Village, Christiansburg

Jordan K. Reed to Teresa Tabor, 1 ac., Riner Magisterial District, \$120,000

Kimberly O. Hall to Jackie G. McCann, two parcels, \$110,000

Darlene Barnett Kathy LLC to Kathy B. Mills Tr., Lot 60, Map #1, JRK Cowan Farm, Prices Fork Magisterial District

Darlene Barnett Kathy LLC to Kathy B.

Mills Tr., Lot 59, Map #1, JRK Cowan Farm, Prices Fork Magisterial District

Peter Greider to Peer C. Greider Tr., Tract 4, Indian Run, Mt. Tabor Magisterial District

Julia Thompson to Hylton Properties LLC, 2881 Seneca Hollow Rd. Elliston, 1 ac., Mt. Tabor Magisterial District, \$2,100

Nettie Lee Thornton to Arthur G. Hamrick Jr., 903 Rock Rd., Christiansburg, 10 ac., Riner Magisterial District, \$5,000

Dorothy Helen Pelkey to Meldo G. Richards, Hiawasse, 1.143 ac., Riner Magisterial District, \$5,000

Alene Saunders Hawthorne to Jennifer Pitzer, 5 ac., Elliston, \$2,400

Seth Hobson Hale to Sarah Lindsey Hale, 1.111 ac. Lot 3, Mt. Tabor Magisterial District

Secretary of Housing and Urban Development to David E. Shelor, Jr., Lots 9,10, 11, Riner Magisterial District, \$92,000

David E. Shelor, Jr., to David E. Shelor, Jr., Lots 9, 10, 11 Riner Magisterial District

David A. McDaniel to Charles David Phlegar, 2.3614 ac. Lot 3, Walnut Hill Subd., \$120,001

Jessie C. Nester to Jessie C. Nester, 06.26 ac., Shawsville Magisterial District

Timothy W. Blevins to Tyler D. Street, two parcels, 0.41 ac., 0.173 ac., Riner Magisterial District, \$168,000

Zachariah Milton to Aly M. Sultan, three parcels, Shawsville Magisterial District, \$162,000

Hoge Farm Properties LLC to Ott & B LLC, 2.766 ac., Lot B. Prices Fork Magisterial District, \$425,000

William D. Thomas to Stephen C. Roberson, Lot 19, Christiansburg, \$269,900

Patrick W. Lloyd to Richard Otto Claus, 39.047 ac., Prices Fork Magisterial District, \$935,000

NRV Group LLC to

Chad Lynn Vaught, Lots 13, 14, 15, Blk 1, Christiansburg, \$80,000

Paul Martin Biederman to Paul Matthew Biederman, 0.070 ac., Lot 13, The Orchards, Ph 1, Woods Edge, Mt. Tabor Magisterial District

Stateson Homes LLC to Elaine M. Head, Lot 22, Clifton Ph II, Christiansburg, \$530,630

Wesley T. Young to F. Frad Denardo Tr.

David R. Stephens to Katlin R. Shelor, 1.3953 ac., Lot 9, Riner Magisterial District, \$300,000

US Bank National Association Tr. To Joe Brunk, 0.46 ac., Riner Magisterial District, \$59,900

Hill Rentals LLC to Ridgeback Real Estate LLC, Condo unit 105 Clay Ct., Blacksburg, \$558,600

Jonathan Kidwell to Rosent LLC, Lot 2A, Kamran Dr., Christiansburg, \$132,000

Douglas Lawrence McEldowney to Graham Reynolds, Lot 6, Myers Ac., Blacksburg, \$310,881

Terry Duncan to Kimberly Denise Bane, 1545 Fire Tower Rd., Christiansburg, Auburn Magisterial District, \$11,175

Jason P. Lancaster to Corkwood Properties LLC, Lot 22 Oak Tree Townhomes, Ph XIII, Christiansburg

Paul Fritz to Everone LLC, condo unit 1203K Ph IV University Terrace, \$200,500

Carl Wayne Yates to Mark Holsinger, 0.689 ac., Riner Magisterial District, \$193,000

Christopher Clay Duncan to Brendan Frasier Dent, 0.2586 ac., Shawsville Magisterial District, \$114,600

Nancy Anne Scagel to Reginald Roakes, 0.331 ac., Christiansburg, \$182,500

R. Fralin Homes LLC to Fralin Construction Inc., Lot 13, The Villas on N. Main, Ph II, \$65,000

PL Griffith to Brenda H Flora, 0.281 ac.,

Christiansburg, \$90,000

Robert H. Guill to HGB Investments LLC, 18.001 ac. Lot 3, Little River, Riner Magisterial District, \$277,000

R. Fralin Construction Inc. to Maziar Ouliacinia, Lot 13, The Villas on N. Main, Ph II, \$359,352

Connie Noonkester Linkous to Brandon M. Epperley, 1.087 ac., Prices Fork Magisterial District, \$305,900

Martin Irvine, Jr. to Joyce Parish, condo unit 206 Piedmont at Blacksburg II, Ph 3, Blacksburg, \$160,000

Rodney Allen Exor King to Nicolas M. Caruso, two parcels, Riner Magisterial District, \$182,000

James E. Walker to Stephen Russell Lackey, Lot 16, Highland Park #4, \$168,000

Guardian Properties LLC to Karibu Properties LLC, \$427,607

Paul E. Fritz to Christopher Baker, Condo unit 1211-D, Ph IX University Terrace, \$210,000

William I. Snyder to Christie E. Veatch, Condo unit 305 clay Ct., \$450,000

Julie Mae Baucum Sisson to Melissa Faye Sisson Shepherd, 3642 Sisson Hall Dr., Shawsville, Lot 13, 0.96 ac., Shawsville Magisterial District

Paul E. Fritz to Roberto Gobbi, condo unit 1207-D, Ph XI, University Terrace, \$209,750

McCalla Family LLC to Brian H. Baddley, 0.428 ac., Blacksburg, \$362,500

Deeds Transfer upon death

Richard G. Saacke to Richard G. Saacke Tr., Lot 5 Block 1, Sec 1, Westover Hills, Blacksburg Magisterial District

Ian W. McKeague to Kezia F. McKeague, Lot 501, Blacksburg Country Club Estates, Mt. Tabor Magisterial District

Barbour Jean Duvall to Sean C. Duvall, Unit 16-4, Ph VIII, Villas at Peppers Ferry, Christiansburg

## Exercising

from page 1

mat or towel to get started.

Get creative for cardio. Unless you feel like investing in a stationary bike or treadmill, there are low-cost options for cardio activities outside the gym. Dress appropriately and head outdoors for a walk around the neighborhood, a bike trip on a local trail, or hit your favorite hiking spot. Don't forget a mask.

Indoors, jumping rope (real or imaginary), jumping jacks and other cardio moves you may remember from P.E. are good options. There are ways to modify for lower impact or lower intensity as needed, such as step taps in place of jumping jacks. If you have a staircase in your home, take a few trips up

and down at the fastest speed you can safely manage or quickly step up and down the bottom step.

Check out online resources for follow-along workouts. There are lots of good workout videos online you can use. Many personal trainers have also shifted to streaming workouts using Zoom or Instagram Live. You can find plenty of options for low or no equipment workouts. Find a reputable source – a certified and respected personal trainer – and try one out.

DIY equipment for new challenges. If you're ready to add weight to some of your strength moves, head for the recycling bin. Plastic bottles or jugs (espe-

cially with handles) make good home weights. One gallon of water in an old milk jug weighs eight pounds and can be used for bicep curls, bent over rows or goblet squats. Smaller drink bottles or cans of beans are a nice option for lighter weights. While not a DIY option, resistance bands are much more affordable and available than dumbbells or other traditional weights and take up almost no room at home.

Just like our diets need balance, physical activity routines should include time spent on all the components of fitness: cardio or aerobic activity, strength training, flexibility and balance. This balance helps maxi-

mize health benefits and reduce the risk of injury. If you have a strong cardio habit, start incorporating strength training and flexibility or vice versa.

Fit in fitness throughout the day. It can be hard to find a full 30 minutes every day to devote to physical activity, which is why this is one of the biggest barriers to moving more. It works just as well to break it up into smaller "bite-sized" chunks throughout the day until you hit the 30-minute (or more) mark. It might even be better to approach physical activity this way. When working out at the gym, you probably only want to go once during the day. But if your home is the gym, you can go as

many times as you like. Perhaps start the day with 10 minutes of stretching, take a 20-minute walk after lunch and do a 15-minute circuit of strength moves to decompress after work is complete for the day. You have three different types of activity in and are well on your way to meeting the physical activity guidelines for the week.

*Austin Brooks is a project associate for the Virginia Cooperative Extension Family Nutrition Program focusing on promoting access and opportunities for physical activity across the state for SNAP-eligible families. Brooks is a registered dietitian nutritionist and a certified personal trainer.*

## ARTGAWK

from page 1

clude a collection of 23 Mithila artworks from India which were donated by The Ethnic Arts Found-

ation in August of 2020. A painting by Urmila Devi from that collection will be on display during

ARTGAWK. Two joint exhibitions focusing on Mithila art and mythology are being planned for

the fall of 2022.

ARTGAWK will include such artists as Honoré Daumier, Adolf Dehn, Urmila Devi, Jim Dine, Gustave Doré, Audrey Flack, Dorothy Gillespie, Guadalupe González Ríos, Francisco Goya, Jasper Johns, Käthe Kollwitz, Elaine de Kooning, Harold Little, Dinh Luc, Aristide Maillol, Joan Miró, Robert Motherwell, Pablo Picasso, Robert Rauschenberg, Georges Rouault, Frank Stella, Andy Warhol, Alison Weld, and James Abbott McNeil Whistler.

Dr. Steve Arbury, Director of the Radford University Art Museum, and guest curator John H. Bowles are co-curating the exhibition.

Bowles says "it has been a joy going through the museum's collection of some 2200 art objects

to select works for this exhibition."

Arbury says that he is looking forward to displaying works from the collection.

"Radford University has a noteworthy art collection that deserves to be seen and enjoyed by the wider community," he said. "I am pleased the Radford University Art Museum can offer this aesthetic and educational experience, especially during these trying times."

Margaret Devaney, Dean of the College of Visual and Performing Arts at Radford University, said she is excited about the upcoming event.

"The isolation of the last year has been difficult for everyone, and we are thrilled to be able to offer an art exhibition for both our campus and

surrounding community where we can gather safely and enjoy world-class artwork from our permanent collection," said Devaney.

Since ARTGAWK's opening event sessions will be limited to 30 minutes each with a maximum of 10 people at a time in the museum gallery, anyone wishing to attend opening events is encouraged to register early. Opening sessions will take place starting January 27 through 29 from 4:30 p.m. to 8 p.m. each evening. After those dates, regular museum hours will be Monday through Friday 10:00 a.m. until 5:00 p.m. and Saturdays noon until 4 p.m. through April 17, 2021. Anyone seeking to attend ARTGAWK's opening sessions can register for admission by visiting [www.radford.edu/artmuseum](http://www.radford.edu/artmuseum).



This work by Alexia Sinclair is one of the pieces that will be on display at Radford University's newest art exhibit.

# PETS-OF-THE-WEEK

Each Saturday the paper features pets from the Montgomery County Animal Care and Adoption Center (480 Cinnabar Road, Christiansburg). Those interested in adopting a pet can call 382-5795 or visit [www.montgomerycountyva.gov/acac](http://www.montgomerycountyva.gov/acac). At this time, visits to the Montgomery County Animal Care and Adoption Center are limited to one party at a time in the lobby area. Animal areas are not open to the public. To schedule an appointment to meet a prospective pet call (540) 382-5795 or email [animalcenter@montgomerycountyva.gov](mailto:animalcenter@montgomerycountyva.gov).



**Tortilla the energetic tortie, a short-time resident of the Animal Care and Adoption Center, is ready to head home. Tortilla would love a place where she can be active and play. She is litter-box trained.**



**Meet lovable Bernie. He's a mini-lion lop rabbit who is very easygoing and mellow. At the Animal Care and Adoption Center, Bernie enjoys freely roaming around a smaller room and never causes any trouble. He is also litter-box trained.**

## OBITUARIES

### Farley, Josephine Smith

Josephine Smith Farley, 83, of Blacksburg, transitioned to be with her heavenly father on Thursday, Jan. 14, 2021.

She was born in Montgomery County on Sept. 28, 1937, to the late Harvey Ray and Mallie Huffman Smith.

She was preceded in death by her husband, Frank James Farley, and several sisters and brothers. She is survived by her daughter and son-in-law, Rhonda and Glenn Carroll; a son, Frank James Farley, Jr.; granddaughters Heather Huff, Deanna Farley and Sydney Farley; a great-granddaughter, Aubrey Huff; and her sisters Mary Dowdy and Dorothy Reynolds.



For the last two years, Josephine found comfort with her baby doll, Jeremiah.

The family wishes to thank all the staff at Highland Ridge Health and Rehab for their dedicated care throughout the years she was there. In lieu of flowers, please make contributions to the family, as they would like to purchase baby dolls and teddy bears for the other residents at Highland Ridge Health and Rehab Center.

A graveside service was conducted Monday, Jan. 18, 2021, at 11 a.m. in the Smith Family Cemetery. Arrangements by McCoy Funeral Home, Blacksburg.

### Sewell, Judy Carol Pinson

Judy Carol Pinson Sewell, 77, of Blacksburg, died on Saturday, Jan. 16, 2021, at LewisGale Medical Center, Salem, following surgery.

She was preceded in death by her parents, Doyle and Mildred Pinson of Olton, Texas.

She is survived by her husband of 53 years, Edward (Edd) Holt Sewell, Jr.; Neffi, her cat; sons John Edward Sewell and his wife, Karen Linkous Sewell, of Montgomery County, Zachariah (Zac) David Cole and fiancé Maddie Reda of Raleigh, and Phoenix Damien Cole of Dublin; granddaughters Chelsea La'Raye Sewell and Courtney Roxanne Sewell Croy and her husband, Paul Logan Croy, all of Montgomery County; a great-granddaughter, Marlee Ryder Sewell; a daughter, Virginia (Ginny) Carol Sewell Cole of Blacksburg; her brother, Jackie Pinson and his wife, Sue, of Brownfield, Texas; brothers-in-law James Sewell and his wife, Carol, of Knoxville, Tenn.; and Thomas Sewell

and his wife, Susie, of Columbia, Mo.; and many other nephews, nieces, family and friends.

Judy taught at Harding Avenue Elementary School for 35 years. In retirement, she volunteered with palliative care at NRV Medical Center, played mahjong with gusto, quilted with love and was active in Glade Church (United Church of Christ, formerly Baptist) for 50 years. She received her undergraduate degree from Hardin-Simmons University, Abilene, Texas, and her graduate degree from Virginia Tech.

Due to COVID-19, a service of remembrance will be scheduled in the future.

In lieu of flowers, memorial gifts may be made to Glade Church at P.O. Box 11565, Blacksburg, VA 24062 or online at [www.gladechurch.breezechms.com/give/online](http://www.gladechurch.breezechms.com/give/online), or to a local humanitarian organization of your choice.

Arrangements by McCoy Funeral Home, Blacksburg.

### Price, Peggy O'Neal McCoy

Peggy O'Neal McCoy Price, 92, passed away Jan. 7, 2021.

She was born in McCoy in 1928 to Marvin Issac (Billy) and Margie Croy McCoy.

Throughout her childhood and teen years, Peggy lived in McCoy, the Salem-Roanoke area and eventually in Prices Fork where she met and married her husband, Ellie, and raised their two daughters at the Price home-plate.

She was preceded in death by her parents; her husband of 54 years, Frank Ellison Price; a daughter, Jeanne Price Keister; sisters Judy Lindsey and Norma Rutledge; and a brother, Delwin (Sonny) McCoy.

She was a loving and dedicated wife, mother and grandmother who loved spending time with family, flower gardening, sewing, reading, porch sitting, taking Sunshine Tours and traveling with "the sisters."

Peggy was a member of St. Michael Lutheran Church in Blacksburg where she was a longtime member of the church choir, women's groups and the Happy-Go-Lucky senior group. She was also a member of Prices Fork Grange where she was a dedicated volunteer with the Prices



Fork Fair and many other community projects.

Left to cherish her memory are her daughter and son-in-law, Angela and Michael Gunther of Blacksburg; her grandchildren, Michael A. Keister of Prices Fork, Allison Price (Brian) of Moneta and Chris Keister (Erin) of Midlothian; and great-grandchildren Chase, Mason, Chance, Emma and

Cole. She is also survived by sisters Marguerite Olinger of Prices Fork and Mary Jo Snider Lindsey of Roanoke; and many special nieces, nephews, cousins and friends.

Peggy's family would like to thank Kindred at Home, Intrepid Healthcare, LewisGale Hospital Montgomery and Dr. Christine Jordan and staff for the care and support they showed Peggy throughout the last several years.

Graveside services will be private. An additional celebration of life is planned for when all can gather safely.

In lieu of flowers, the family suggests donations to one of Micah's Fund Programs at St. Michael Lutheran Church (<http://www.st-michael-lutheran-church.org/>) or the Blacksburg Volunteer Rescue Squad. Arrangements by McCoy Funeral Home, Blacksburg.

### Skurupey, Arlene Echols

Arlene Echols Skurupey, 77, of Blacksburg died, Friday, Jan. 15, 2021, at her home. She was born in Blacksburg on Oct. 18, 1943, to the late Paul B. and Mamie Dillon Echols.

She was preceded in death by her husband, Fred Skurupey; a son, Greg Skurupey; and three brothers, Gale Echols, Shirley Echols and Mitchell Echols.

She was a member of Slusers Chapel Church of God and was very active in Girl Scouts and Boy Scouts. She is survived by her daughter, Jodi Skurupey; a son and daughter-in-law, Reggie and Wendy Skurupey; a daughter-in-law, Kathryn Tidwell; grandchildren Logan, Sheridan, Abria, Adam, Dillon, Ashton, Cameron and Matthew; great-grandchild-



dren Jack, Gabriella and Gregory; a special sister-in-law, Ruth Echols; several nieces, nephews and other relatives; a special friend, Sheena; and special caregivers Janna Anderson, Allen Linkous, Doris Smith and Frances Burton.

Funeral services were conducted Monday, Jan. 18, 2021, at 2 p.m. in the McCoy Funeral Home Chapel with the Rev. Richard Gilbert officiating. Interment followed in the Westview Cemetery, Blacksburg.

In lieu of flowers, memorial contributions may be made to Jodi Skurupey in order to establish a sports scholarship fund in Arlene's name. The family received friends Monday prior to the service. Arrangements by McCoy Funeral Home, Blacksburg.

### Hodge, Perry Anthony

Perry Anthony Hodge, 49, of Dublin passed away on Thursday, Jan. 14, 2021.

He was preceded in death by his father, Jackie Bowman Hodge, a brother-in-law, Shane Simmons and his grandparents.

Survivors include his wife, Lisa Hodge; daughters and son-in-law Melissa Quesberry, and Katie and Justin Noonkester; grandchildren Briggs, Cameron, Branson, Maddy, Mason and Harper; his mother, Francis Harless Hodge; sisters and brother-in-law, Tina and Gene Duncan, and Jacqueline Simmons; a nephew, Jeremy Chadwick; an



uncle Wayne "Pickle" Harless; an aunt, Lois Blevins; and a host of other family members and friends.

The family received friends on Sunday, Jan. 17, 2021, at the Blue Ridge Church in Christiansburg. Memorial services followed with Pastor Scott Obenchain officiating.

In lieu of flowers, the family requests that donations be made to the American Cancer Society, 2200 Lake Blvd., Atlanta, GA, 30319.

The Hodge family is in the care of Mullins Funeral Home & Crematory. [www.mullinsfuneralhome.com](http://www.mullinsfuneralhome.com).

### Spencer, Chester Wallace

Chester Wallace Spencer passed away quietly on Thursday, Jan. 7, 2021, from natural causes at his home in Blacksburg.

Chester was 96 years of age at the time of his death. He was born in 1924 to his parents, Frank and Hazel Spencer, in Greeley, Kan. Chester continued to live in Greeley until his high school graduation.

He then went on to serve in the European Theater of World War II from 1943 to 1945 in the 42nd Infantry Division. Chester was awarded the Bronze Star and other medals for his valor in service. He was among the first American soldiers to liberate the death camp at Dachau.

After the war, Chester completed a bachelor's and a master's degree in engineering from the University of Kansas. He then earned his PhD in Material Science from the University of Wisconsin in Madison.

Chester continued his research by taking a position as a faculty member in the Chemical and Metallurgical Engineering Department at Cornell University. After leaving Cornell, Chester went to AVCO, where he managed the development of the heat shield for the Apollo re-entry vehicle for NASA.

He then took a business management position as Vice President of Research for Kennecott Copper Corporation. He later served as Executive

Director of the National Materials Advisory Board in Washington, D.C. This position was a part of the National Academy of Sciences. By 1976, Chester returned to a more traditional academic life by accepting a position as Department Head of Materials Science and Engineering at VPI&SU (now Virginia Tech).

Chester lived in the Blacksburg area for the balance of his life. He enjoyed travelling the world hunting large game and birds. He took his daughters and grandchildren on some of these memorable hunting trips. He also enjoyed working on vintage British cars.

Chester was preceded in death by his wife of 64 years, Elizabeth House Spencer, and by his oldest daughter, Elizabeth Spencer Allen (Charles). He is survived by three daughters: Margaret (Daniel), Catherine (Harry), and Hazel (John). Eight loving grandchildren also survive.

Because of the pandemic, no visitation is set at this time. Instead, the family will be scheduling a memorial service sometime in the spring or summer of 2021 in the Blacksburg area.

In lieu of flowers, the family suggests that donations may be made in Chester's memory to the Veterans of Foreign Wars at [heros.vfw.org](http://heros.vfw.org). Arrangements by McCoy Funeral Home, Blacksburg.

### Williams, Robert Michael

Robert Michael (Mike) Williams, formerly of Giles County, passed away on Jan. 4, 2021, in Lawrenceville, Ga., his residence for the last several years.

Mike passed from complications of liver cancer.

He was born in Giles County on Jan. 9, 1955. Mike could always be seen with a smile on his face, and his jokes and pranks will forever be remembered by his family and friends.

Mike is survived by his partner and the love of his life, Nancy Emm of Lawrenceville. He also leaves behind three daughters: Dawn Suni, Sherri Branco



and Marlene Musso, and several grandchildren. His surviving siblings are Jean Smith of Blacksburg, Ed Williams of Blacksburg and Rose (Fred) Riviezzo of Pennsylvania. Mike is also survived by a host of nieces, nephews, great-nieces and great-nephews.

He was preceded in death by his parents, Mildred and Bill Williams; brother, Powell Williams; and sisters Rachel Green and Debbie (Elmore) Calfee

In keeping with his wishes, the body was cremated and a private memorial for Mike will be held by his family at a later date.



# Marketplace



THE FINCASTLE HERALD    The Vinton Messenger    THE NEW CASTLE RECORD    SALEM TIMES REGISTER    News Messenger    RADFORD News Journal

### Autos - Trucks/ Vans

**For Sale**  
1986 Chevrolet S-10  
Pick-up, Red,  
W/ extended Cab,  
shell back.  
87k miles, recent state  
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Good tires, new exhaust.  
Complete maintenance  
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Short waiting list, HUD  
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NW Blacksburg 540-731-  
1786 EHO TDD #800-828-  
1120



### For Sale - Firewood

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

### For Sale - Misc

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

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**Part Time  
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The Salem TimesRegister  
has openings for  
afternoon/evening shift  
work inserting, labeling  
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Hours may vary. Will train.  
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Manager, Salem-Times  
Register (540)389-9355  
or email  
lhurst@ourvalley.org

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cleaning for assigned  
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You will receive education  
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Scheduled shifts between  
7am-6:30pm and every  
other weekends.  
Shift differential for  
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Full benefit package  
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Join our team of food  
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### Legals - Botetourt County

**ORDER OF  
PUBLICATION**  
Commonwealth of Virginia  
VA. Code Ann. §§ 8.01-316,  
-317  
**Case No. 20-649**  
Botetourt County Circuit  
Court  
Mary Elizabeth McKenney  
v.  
Richard Lee McKenney

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Identity.**  
**Carilion Clinic is a  
drug-free workplace.**



**Project Associate,**  
Roanoke, VA. Provide  
subject matter expertise in  
psychiatric diagnostic  
assessment, crisis mgmt,  
& empirical  
psychotherapy.  
Psychiatric assessments,  
structured diagnostic  
interviews, &  
implementing clinical  
research  
programs/research  
compliance. Apply online  
at <https://jobs.vt.edu/>.  
Jobsite: Virginia  
Polytechnic Institute &  
State University, 2  
Riverside Circle, Roanoke  
VA 24016.

### Handyman

Must be able to  
climb stairs and ladders,  
carry objects up to 50 lbs.,  
Work well with others and  
independently, use a  
riding mower and  
weed eater, use power  
tools  
Saturday's 10-5  
\$15 an hour Cash  
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### Help Wanted - Health Care

### Assistant Director of Nursing

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searching for a dedicated  
individual to join our team  
as Assistant Director of  
Nursing. This person will  
assist the DON with  
directing, planning,  
coordinating, monitoring  
and supervising the  
effective and efficient use  
of the operations of  
nursing and the delivery of  
behavioral health/nursing  
services in a positive,  
empathetic, and  
professional attitude  
toward customers.  
Graduation from an  
accredited school of  
nursing required. Master's  
degree in psychiatric or  
mental health nursing  
preferred. Current RN  
license as required by  
Virginia. Five years of  
nursing experience  
required.  
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### Legals - Botetourt County

**ORDER OF  
PUBLICATION**  
Commonwealth of Virginia  
VA. Code Ann. §§ 8.01-316,  
-317  
**Case No. 20-649**  
Botetourt County Circuit  
Court  
Mary Elizabeth McKenney  
v.  
Richard Lee McKenney

### Legals - Botetourt County

The object of this suit is to:  
Obtain a divorce based on  
separation of 1 year.  
It is ORDERED that Richard  
Lee McKenney appear at  
the above-named court and  
protect his/her interests on  
or before 02/01/2021.  
12-28-20

Sherry Perry  
Deputy Clerk

### SPECIAL COMMISSIONER'S SALE OF

**58 Lakeland Circle,  
Troutville, VA  
24175  
Tax Map  
#108(A)(1)BK2-19**  
The Special Commissioner  
will offer the above-  
described property for sale  
to the highest bidder at  
public auction on the date  
and time referenced below.

Lot 19, Block 2, according  
to the Map of Blocks 2  
through 7, of Rainbow  
Forest, property of Botetourt  
Development Corporation,  
Botetourt County, Virginia,  
made by C.B. Malcolm and  
Son, S.C.E.'s dated August  
15, 1960, of record in the  
Clerk's Office of the Circuit  
Court of Botetourt County,  
Virginia in Plat Book 4, page  
102.

Date of Sale: February 9,  
2021 at 9:00 a.m.  
Location: outside the  
Botetourt County Circuit  
Court, PO Box 219,  
Courthouse, Main Street,  
Fincastle, VA 24090.

Terms: CASH; a deposit in  
the form of certified funds in  
the amount of \$10,000 or  
10% of the sale price,  
whichever is lower. Final  
settlement is subject to  
Court approval of terms.  
Time is of the essence.

### OPTIONS:

1. All costs of conveyance,  
examination of title,  
recording charges, etc. will  
be at cost of purchaser with  
the exception of the  
grantor's tax. Neither the  
Special Commissioner nor  
any other party guarantees  
or covenants to deliver or in  
any way to obtain  
possession of the premises  
for any third party  
purchaser.

2. The Special  
Commissioner reserves the  
right to reject all bids,  
extend the time to receive  
bids or withdraw the  
property from sale at any  
time. In addition, should the  
Special Commissioner be  
unable, for any reason, in its  
sole discretion, to convey  
title, the successful bidder's  
sole remedy in law or equity  
shall be the return of his  
deposit. Upon refund of the  
deposit, the sale shall be  
void and of no effect.

Additional terms may be  
announced at the time of  
the sale. The Special  
Commissioner will convey  
the above-described  
property to the purchaser(s)  
by Special Warranty deed at  
settlement and makes no  
additional representations  
or warranties of any kind  
regarding the title to said  
property.

John K. Prillaman, Esq.  
  
Special Commissioner

For Information Contact:  
John K. Prillaman, Esq.  
OPN LAW  
3140 Chaparral Drive  
Roanoke, Virginia 24018  
(540) 725-8194

### VIRGINIA: IN THE CIRCUIT COURT OF BOTETOURT COUNTY

### IN RE: ESTATE OF GEORGINA B. HUTCHENS, DECEASED

### NOTICE

Having been requested to  
do so by Jane Judah,  
Administratrix of the estate  
of Georgina B. Hutchens,  
Deceased, and in  
accordance with Section  
64.2-550 of the 1950 Code  
of Virginia, as amended, all  
creditors of Georgina B.  
Hutchens, and all persons  
in any way interested in her  
estate are hereby notified  
that I have fixed the 17th  
day of February, 2021 at 10  
o'clock a.m., at my office at  
13 South Roanoke Street,

### Legals - Botetourt County

Fincastle, Virginia as the  
time and place for  
determining an account of  
the debts and demands  
against said Georgina B.  
Hutchens or her estate, the  
priorities among them, and  
the names of the persons to  
whom they are due.  
All creditors of Georgina B.  
Hutchens, deceased, and  
persons interested in her  
estate should appear at the  
time and place named, or  
any other time or place to  
which the proceedings may  
be adjourned, and protect  
their interest.  
Given under my hand this  
the 11th day of January,  
2021.

Malcolm McL. Doubles  
Commissioner of Accounts

### Legals - City of Salem

### ORDER OF PUBLICATION

Commonwealth of  
Virginia VA. Code  
Ann. §§ 8.01-316, -317  
**Case No. CL20-2497**  
Roanoke County Circuit  
Court  
April Lynn Webster-Mullins  
v.  
Timothy Roger Mullins  
The object of this suit is to:  
Obtain a divorce based on a  
one year separation. It is  
ORDERED that Timothy  
Roger Mullins appear at  
the above-named court  
and protect his/her  
interests on or before  
2-26-2021 @ 4:30pm.

1-4-2021  
Jennifer Vest  
Deputy Clerk

### Legals - Craig County

### ORDER OF PUBLICATION

Commonwealth of Virginia  
VA CODE § 8.01-316  
**Case No. JJ002182-04-00,  
JJ002182-05-00,  
JJ002182-06-00**  
CRAIG COMBINED  
COURT- JUVENILE  
Juvenile and Domestic  
Relations District Court  
Commonwealth of Virginia,  
*in re* PAITSEL, RAYNE,  
AKA BABY GIRL GARMAN  
The object of this suit is to:

The object of this suit is to  
terminate the residual  
parental rights of the father  
of Rayne Paitsetl, aka Baby  
Girl Garman thought to be  
either Daniel Garman,  
Christopher Allen Paitsetl or  
Unknown Father pursuant  
to Virginia Code Sections  
16.1-283 B and C, and  
which child is under the age  
of twelve (12) months and  
was born to Kristen Nicole  
Garman. Residual parental  
rights are defined in Section  
16.1-228 of the Code of  
Virginia (1950, as amended)  
as the rights and  
responsibilities remaining  
with a parent after the  
parent loses custody of a  
child, including but not  
limited to the right to  
visitation, consent to  
adoption, consent to  
determine religious  
affiliation, and the  
responsibility for support.  
The termination of your  
residual parental rights will  
permanently end all of your  
rights and responsibilities to  
the child named in the  
petition. The ties between  
you and your child are  
severed forever and you  
become a legal stranger to  
the child.

It is ORDERED that Daniel  
Garman, Christopher  
Paitsetl & Unknown Father  
appear at the above-named  
Court and protect his or her  
interests on or before  
02/17/2021 09:30 AM.

12/29/2020  
Patty Taylor  
Deputy Clerk

### Legals - Montgomery County

### NOTICE OF JUDICIAL SALE

Pursuant to an Order of  
Sale entered in United  
States vs. Aimee E Reese,  
and Randall J. Reese, Civil  
Action No. 7:19-cv-00645,  
United States District Court  
for the Western District of  
Virginia Roanoke Division,  
the United States will offer  
for sale at public auction, to  
the highest bidder,  
according to law and  
pursuant to the terms and  
conditions set in herein, the  
property described below.

### Legals - Montgomery County

Date: February 25, 2021  
Time: 10:00AM

Sale Location: Front of the  
Montgomery County  
Courthouse 1 E Main Street  
Christiansburg, Virginia  
24073. All prospective  
bidders will be required to  
wear a face mask and  
maintain a social distance.

Title Offered: The property  
shall be offered for sale at  
public auction, free and  
clear of all liens and  
interests of the parties to  
this action.

Description of Property:  
Being all of Lot 45,  
containing approximately  
1.978 Acres, The Ridges  
Subdivision Phase 6,  
located in Montgomery  
County, Virginia. Parcel ID  
number 140178. Pin  
number 045-9-45.

Property May Be Inspected  
at: Drive by only

For information about the  
sale: Call Sara Wright at  
865-274-7349

Minimum Bid: \$7,800

The Terms of Payment:  
See Below

Form of Payment: All  
payments must be by  
Certified or Cashier's Check  
made payable to the United  
States District Court for the  
Western District of Virginia

### TERMS AND CONDITIONS OF SALE:

No bid (except for bids  
made by the United States)  
shall be accepted by the  
IRS, unless the same is  
accompanied by a certified  
check or cashier's check, in  
the minimum amount of  
\$1,560 made payable to the  
United States District Court  
for the Western District of  
Virginia. Before being  
permitted to bid at the sale,  
all bidders shall display to  
the IRS proof that they are  
able comply with this  
requirement. No bids will  
be received from any person  
who has not presented  
proof that, if he or she is the  
successful bidder, he or she  
can make the deposit  
required by the Order.

The successful bidder shall  
tender the balance of the  
purchase price, in certified  
funds payable to the United  
States District Court, at the  
office of the IRS on or  
before March 25, 2021.

In the event the successful  
bidder defaults on any of  
the terms contained in the  
Order, the deposit shall be  
forfeited and retained by the  
IRS as part of the proceeds  
of sale, and the real  
property shall again be  
offered for sale, without  
further permission of the  
Court, under the terms and  
conditions of the Order, or,  
in the alternative the real  
property shall be sold to the  
second highest bidder.

The United States may bid  
as a creditor against its  
judgments without tender of  
cash.

The sale of the real property  
shall be subject to  
confirmation by the Court.  
Upon confirmation of the  
sale and receipt of the  
entire purchase price, the  
Court shall deliver to the  
purchaser, a deed  
conveying the real property  
to the purchaser. Upon  
confirmation of the sale, all  
interests in, liens against, or  
claims to, the real property  
that are or may be asserted  
by any of the parties to this  
action are discharged and  
extinguished.

The United States reserves  
the right to reject any and  
all bids and to withdraw the  
property from sale.

**\*\*\*\*\*IMPORTANT  
INFORMATION\*\*\*\*\***  
This is not an advertisement  
of a sale of administratively  
seized property. This is an  
information notice only  
regarding a sale being  
conducted by the Internal  
Revenue Service as a result  
of the foreclosure of an  
Internal Revenue Service  
Federal Tax Lien by the  
Department of Justice.

### ORDER OF PUBLICATION

Commonwealth of Virginia  
VA CODE § 8.01-316  
**Case No. JJ018725-06-00**  
Montgomery County  
Juvenile and Domestic  
Relations District Court  
*In re* Dejah Moser  
Montgomery County DSS  
IV.  
Telisha Leigh Moser  
Gebhart

### Legals - Montgomery County

The object of this suit is to:  
Terminate the residual  
parental rights of Telisha  
Moser Gebhart legal parent  
of Dejah Moser a minor, in  
that said parent has, without  
good cause, failed to correct  
the conditions which  
resulted in the child entering  
foster care and it is not  
reasonably likely that they  
will be able to do so in a  
reasonable amount of time,  
failed to maintain continuing  
contact with the child and  
substantially plan for the  
child's future. Residual  
parental rights include, but  
are not limited to the right to  
visitation, consent to

adoption, the right to  
determine religious  
affiliation, and the  
responsibility for support.  
The termination of residual  
parental rights will  
permanently end all of your  
rights and responsibilities to  
the child named in the  
petition.  
It is ORDERED that Telisha  
Leigh Moser Gebhart  
appear at the above-named  
Court and protect her  
interests on or before  
February 16, 2021.

1-12-21  
Amie Blankenship  
Clerk

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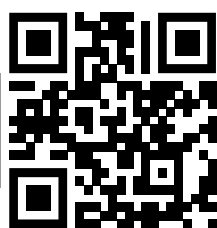
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# MONTGOMERY SPORTS

## Artificial turf to be installed at Radford University baseball field

Williams Field at Sherman Carter Memorial Stadium will have a new look for the 2021 baseball season as the Radford University athletics department has announced that an artificial turf field will be installed at the ballpark.

"I know that I speak for the entire Radford baseball program, past and present players and coaches when I say thank you to our donors for this most generous gift during this most unprecedented time," head coach Karl Kuhn said of the project. "We are grateful, humbled and honored to have a brand-new playing surface to match our already magnificent baseball stadium and indoor development center."

Radford University President Brian O. Hemphill said, "Radford University is fortunate to be supported by past, present and future Highlanders who give

freely of their time, talent and treasure. The financial support for the baseball turf project is a clear symbol of the generous spirit of Highlanders and one that will provide an enhanced experience for Radford student-athletes and devoted fans for years to come."

The artificial turf project was privately funded through an anonymous donor, broke ground in November and is scheduled to be completed this month. Field-Turf, Inc., a world leader with more than 20,000 artificial turf field installations worldwide, is installing the field, which replaces the natural grass surface that has been in place since the stadium's opening.

"Without the investment from our gracious supporters, this project would not have been possible,"

athletic director Robert Lineburg said. "As we continue to enhance the student-athlete experience, this project will allow our baseball program to better prepare for their season at a higher level. This addition will not only help with recruiting top athletes, but will serve our current student-athletes in their development to compete for championships."

Similar to many baseball facilities, the design will feature green shading in certain areas rather than a solid green look for a more aesthetically pleasing field. The infield has alternating shades of green stripes that stretch from home plate towards second base. The outfield has a similar system with wider striping. The Radford shield logo will be prominently displayed in center field in the same color shades as the striping in both the

infield and the outfield while the Highlander wordmark will be featured behind home plate on a halo. Additional logos will be seen down the first- and third-base lines.

"As a baseball coach, you are always looking for avenues to update your facility for the betterment and development of your players," Kuhn said. "This new state-of-the-art turf field will allow our program the opportunity to join the elite baseball programs in the country by giving us the ability to develop and train our players on a surface second to none."

The new field is the latest improvement to Radford's baseball facilities and infrastructure that have been funded through donor support. Within the last decade, the Highlanders opened both Williams Field at Sherman Carter Memorial Stadium and the Sioros

Center, which houses the baseball and softball offices and the indoor practice facility, and had a video board installed at the ballpark. They were all either completely funded through donors or had large donor contributions.

President Hemphill said, "This critical project is also a true testament to the many ways in which our university is providing world-class facilities and unique experiences in the classroom, in competition and in the community. I cannot wait to see Coach Kuhn and his dedicated team take the field once this project is completed and the season begins."

The first games on the new field will take place beginning Feb. 19 when the Highlanders host LaSalle for a three-game series.

—RU Athletics

## Former pro football player writes book on achieving dreams



FILE PHOTOS

**Christiansburg resident and former football player Dennis Haley has written a book recounting his experiences on the football field and his time at Salem High School, the University of Virginia and in the National Football League.**

**Marty Gordon**

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Dennis Haley has spent most of his life on the gridiron as a former Salem High School, University of Virginia and NFL football player. He now calls Christiansburg home and has been through trials, setbacks and challenges that along the way almost convinced him to quit. His spirit of resiliency, as he puts it, would not let him stop dreaming and quit.

Earlier this month, Haley completed the book *The Playbook: The Art of Dreaming* in which he introduces the five pillars of achieving dreams. They are self-worth, work ethic, discipline, rela-

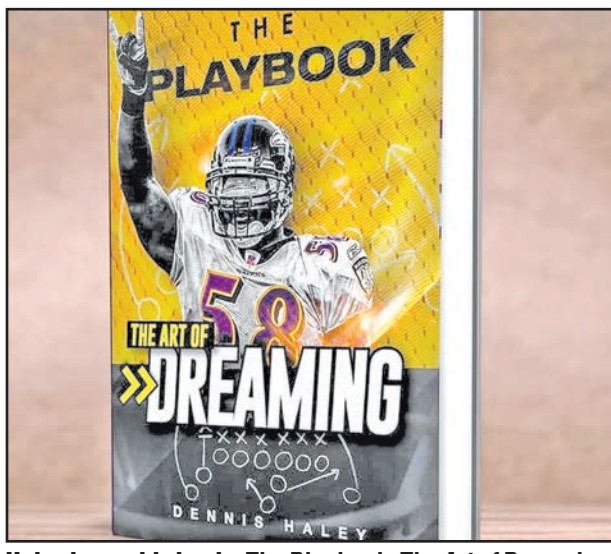
tionships and sacrifice. He hopes the book will help teach young players the next-play mentality, which will keep them going whether circumstances are good or bad.

Haley was born in Roanoke and excelled on the football field as a linebacker and running back at Salem High School, rushing for 3,762 yards and 63 touchdowns during his 4-year career. He led the school to three state championships (1996, 1998 and 1999). He also played on Salem's 1999 state basketball championship team. He went on to star at the University of Virginia and then turned pro. In the NFL, he has played for

the Baltimore Ravens, the San Francisco 49ers and the New York Jets.

He first touched a football when he was 2. He apparently inherited some of his talent from his father, who played football at Bluefield State.

"Football taught me patience, taught me to never be too excited or angry because there is always the next play," Haley said. "I transferred that mentality from the field to my life off the field and to my experiences. Football taught me how to be accountable because when others depend on you to do your job and do it well, you have no choice but to put your all into it."



**Haley hopes his book, *The Playbook: The Art of Dreaming*, which relates his personal trials and setbacks, will help others achieve their dreams in whatever their profession may be.**

With the extraordinary support of his parents, Haley developed a "humble hustle" that had kept him focused. Now he has created a different kind of passion and focus that has switched from crushing his opponents on the field to molding the minds of men, women and youth.

"I wrote this book because I know that there are millions of boys, girls, men and women who are dreaming of going pro in something," Haley said. "Dreaming has no age or profession, whether athlete, teacher, lawyer or doctor."

"I wanted to tell my story of winning and losing on the path to achieving my dreams and to show that no

matter what you go through on your journey, you should never lose faith in your ability to be great. Self-worth is the most important trait that one has," Haley said.

*The Playbook: The Art of Dreaming* is his life story that recounts what took him on his journey to success.

"I want [readers] to use my experiences as a playbook to achieving their dreams. This book details the process to reaching your dreams. It's the work ethic, self-worth, relationships, sacrifice and discipline," said Haley, who spends his spare time running fundamental sports camps for area youngsters.

Haley credits his family

and a strong faith in helping him to reach the top.

"Don't let anyone control your destiny," Haley said. "You know your dreams and what you want to accomplish. Do the right things and put in the work. They can be achieved."

Anything is possible if you want it as Haley writes. "You have to believe in yourself and your abilities. You have to know your worth. I lived and still to this day live by these Five Pillars. I believe that if you put these in your everyday life and make a daily commitment to them, I promise it will put your mind in a space where anything can be achieved." He said he hopes people will use the experiences he recounts in his book to achieve their dreams.

Early responses to the new book have been positive.

Two-time Super Bowl champion Chris Long said he has learned a lot from Haley during his collegiate and professional career. The two were teammates at UVA, and Long has said that what Haley continues to do after football is what separates him from others.

ESPN analyst Chris Canty said the book is truly inspirational and has something for everyone.

The book is available on Amazon for \$19.99 and on Kindle for \$9.99.

## Christiansburg racer Derrick Lancaster back on track after months in neck brace

**Marty Gordon**

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August 9, 2020, is a day Derrick Lancaster would like to forget.

The Christiansburg racer was rushed to the hospital after being involved in the most serious accident he has had in his 20-plus years in the sport. He had been pulled from a Late Model race car that had catapulted over another car and into the Turn 4 wall at Kingsport Speedway.

MRI results showed a hairline fracture at the base

of his skull. He did not require surgery but was in a neck brace for three months and was advised by doctors not to race again. The doctor's words were simple: "Mr. Lancaster, you may never be able to race again."

The injury was very similar to one that killed NASCAR legend Dale Earnhardt.

But Lancaster, who has made more than 100 starts between Motor Mile Speedway and Kingsport Speedway since 2008, was determined to work through rehab and see what those

doctor's words really meant for his time on the track.

"At first, I couldn't move my neck, and, yes, I was worried," he said Sunday sitting in his office at Total Car Care and Truck Service.

Those comments came less than 24 hours after he suited up and got behind the wheel of his ARCA race car for new-year testing at Daytona Speedway.

"It's like chewing gum or riding a bike. You don't forget," he said.

Lancaster admitted to having some reservations, but when the flag fell, he

was all business. When he finished his run, he led testing in the ARCA Menards Series at Daytona International Speedway. Saturday, he pushed his car to the front for a lap of 183.902 miles per hour with a .046 second lead over Ty Gibbs of Joe Gibbs Racing.

"It felt great," Lancaster said.

The return to the track did not come without a lot of effort. "I did everything the doctor asked of me including wearing a neck brace for most of the past three months. I also had to get a written release from the doctor," he said.

He spent most of the past few months traveling back and forth to the Johnson City doctor who first saw

him after the accident. "It wasn't easy on my family. It wasn't easy for me," Lancaster said.

The time in between was very emotional, according to Lancaster, but in the back of his mind he always knew he wanted to be back in the seat of a race car again.

He plans to run the big race at Daytona next month. So far in three tries, he has not finished the race after small mishaps in heavy traffic. Now, he has his eyes on qualifying near the front and having all those other racers chasing him.

The Kingsport track accident was not his first incident, but it definitely was the most serious. "After I hit the wall, I looked down and my pants were on fire,"

Lancaster said. "The car was on fire. I told myself that would not be the way I would end it. For the past three months, it has been hard for me to talk about the accident."

This weekend's run might erase at least a part of that.

"My phone has not stopped ringing since I grabbed the top of the board," Lancaster said.

His run came with an all-volunteer race crew that has full-time jobs back here in the New River Valley.

"That's what made it feel so much better against crews with full-time crew members," he said.

The team did hire veteran crew chief Marcus Richmond, which helped leading into the trials.

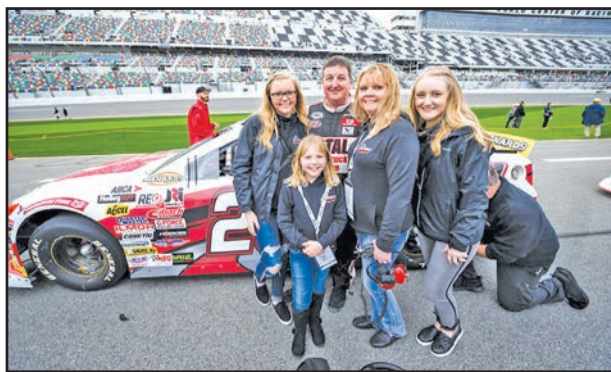
Lancaster has been a frequent competitor in the Dirty Dozen Late Model series. All five of his Top-10 finishes came at Motor Mile, and he has run four ARCA races in the past four years, scoring a career-best finish of sixth at Talladega Superspeedway in 2014.

He will return to Florida for the February 13 season opening event. He also plans to run the Late Model season at Motor Mile Speedway in Radford this summer.



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FILE PHOTO

**Christiansburg racer Derrick Lancaster was back on the track this weekend just five months after a serious accident at Kingsport Raceway in Tennessee.**