

News Messenger

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Saturday, January 23, 2021

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County to allow varsity sports to play



FILE PHOTO

The Blacksburg varsity girls' basketball squad is among the county's high school sports teams who were given the go-ahead Tuesday night to resume play.

Officials from the Montgomery County Public Schools gave permission Tuesday night for winter varsity sports -- basketball, indoor track, swimming and wrestling -- to resume play after a long shutdown forced by the coronavirus.

The decision was announced at Tuesday evening's school board meeting. Danny Knott, the school system's director of human resources, told school board members that the county's rate of positive COVID-19

cases had slowed down allowing a decision to be made. The 14-day infection rate is now below seven percent, he said. He further explained that with the shift away from the agreed-upon criteria for returning to play, decreasing metrics and the mitigation strategies currently in place, the staff felt it was the right time to allow varsity student-athletes to compete.

The decision was also made, however, to shut down middle school and junior varsity sports before they ever

got started. They will not be allowed to play. According to Knott, the decision to cancel sports at the lower schools was made because those student-athletes will have the opportunity to compete in future years.

"This was a difficult decision but one that we felt necessary," Knott said about the decision not to allow middle-school and jayvee teams to play. "Middle school and jayvee teams do not have tournaments at the conclusion of the season," Knott said. "These student-athletes will now have the opportunity to join fall-season teams and out-of-season practices. This will allow them to begin to prepare for this season in which we plan to participate in competition at all three levels."

But the lateness of the decision has a bearing on the winter sports. "This is the last week of the regular season for most sports and the week prior to tournament play," Knott said.

Thus, each county school will play at least five games over the next two weeks against other county schools. Football and volleyball are scheduled to start practice February 2. Play would start two weeks later.

Teams will still be required to wear masks during game play, and

See Varsity, page 3

New restrooms being installed at Depot, Circle parks



Renovated Depot Park



Circle Park

As part of ongoing renovation projects, new restrooms are being installed at Depot and Circle parks.

Depot Park is located at 250 Depot St. NE. It offers a place for family outings and picnics and is within walking distance of the aquatic center and the skate park.

Previous renovations at Depot Park have included a multi-purpose athletic field (60x40 yards), a walking loop around the perimeter of the park (1/5 mile or appx. 1080 feet), additional playground equipment, additional picnic tables in the wooded area of the park and resealed and restriped basketball courts.

Circle Park is located at 138 Ellett Drive. This playground is in the middle of an established residential area and features Miracle Recreation playground equipment, swings, a picnic area and a half-court basketball court. This neighborhood park is attractive for family outings and picnics.

The installation of the restrooms is being funded by the Federal Coronavirus Aid, Relief and Economic Security (CARES) Act. The project will cost approximately \$85,000 and is expected to be completed by the spring.

According to information released by the

Town of Christiansburg in its January/February 2021 newsletter, Depot and Circle parks were chosen for the restrooms because of how they were built. The bathrooms are prefabricated and had to be placed using a crane, and the two parks had space appropriate for the use of a crane.

The new restrooms replace portable restrooms at the parks and will make the parks more accessible to families and will improve the appearance of the parks. The restrooms will offer running water, soap dispensers, sinks and toilets, especially important during the pandemic and beyond.

"We are very excited to be able to provide this amenity at our parks with the hopes of eventually having restrooms in all of our parks," said Parks and Recreation Director Brad Epperley about the improvements. "We hope that users of the parks will understand how important it is for us to provide them with these types of wonderful park amenities."

"The outdoor facilities have been used heavily during the past year and will continue to be used heavily," Epperley said. "These types of additions help us to provide an overall great experience at our parks."

Memorial run honors fallen police sergeant Perry Hodge



PHOTO BY KYMN DAVIDSON-HAMLEY

The color guard of Pulaski County High School stands at attention as a prayer is offered before the run. In the background, law enforcement friends hold flags Sgt. Hodge had carried in other runs himself.

A 16K run was held Wednesday in honor of Sgt. Perry Hodge of the Pulaski Sheriff's Department, who was killed Jan. 14 in a car crash.

Hodge was an active participant in the New River Valley Public Health Task Force. Blacksburg Police Chief Anthony Wilson called him "dedicated to the fight against COVID" and "a valued colleague and comrade."

The route for the 1 p.m. run began in Radford's Bisset Park, went through central and west central Radford before coming back to Bisset Park.

Taking part in the run were approximately 125 runners, 25 volunteers and some 15 others who came for the start. The run was organized by law officer Jerri Abdelaziz, and special thanks were given to Dom-

See Hodge, page 5

Glencoe Mansion to host '2020 in Review' art show opening Tuesday

The Glencoe Mansion, Museum & Gallery will host its new gallery exhibit, "2020 in Review," from Tuesday, Jan. 26, through Friday, March 5.

The exhibit will feature the works of Cheryl Mackian, the Radford Photo Club and Teresa Regil, artists who exhibited in the gallery during 2020.

For Floyd-based artist Cheryl Mackian, the use of light, vibrant color and unique angles of perspective are her trademarks. Her work features people, architecture and the motion of the cities themselves. Her figures tend to be utterly focused in their everyday activities and lost in thought, conversation,

viewing art or shopping for dinner. These quiet pieces are juxtaposed by a series of paintings that celebrate motion, color and the beat of big city life itself.

Radford is a special place, and the works of the Radford Photo Club have captured just some of the many elements that make it special. From its historic treasures to its people and from the railroad to the university, the Radford Photo Club's members have assembled an eclectic collection of images that speak of Radford. The photographers featured in the show are Joyce Crowder, Rebecca Harris, Deborah Ring, Joyce Sims, Brian Smith, Susan Trulove and Linda Waggaman.

Artist Teresa Regil discovered her passion for painting almost by accident after many years of being a mother, an entrepreneur and a dentist. She realized she had an ability that enabled her to draw the likeness of her favorite subjects: her family members. Born in Mexico City, Teresa is now established in Radford as a happy Abuela (grandmother) and portrait artist. Self-taught, guided by masters such as John Singer Sargent and Mary Cassatt, she creates her portraits in oil and incorporates a myriad of techniques, including alla prima, an indirect approach and mixed media.

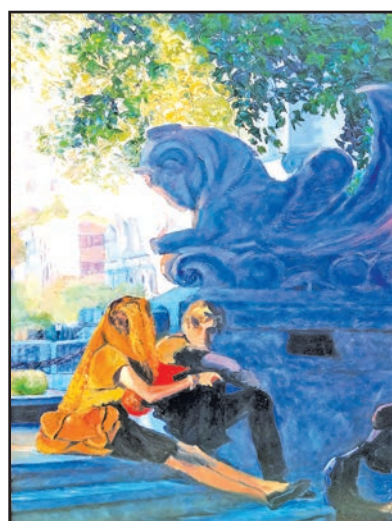
The exhibit will be open to the public. There is no admission charge.



Raisins on My Cheeks by Teresa Regil



Male Baltimore Oriole photograph by Brian Smith



Her Avid Listener by Cheryl Mackian

News Brief: Grades 7-12 headed back to classroom

At its regular meeting of Tuesday, Jan. 19, the Montgomery County School Board voted to allow students in grades 7-12 to attend school in person for half a day four days each week beginning

Tuesday, Jan. 26.

Officially, the vote was to move to Instruction Phase 3, Level 2.

Monday, Jan. 25, is a teacher workday. Students will not have assignments on this day.

UPCOMING EVENTS

Saturday, Jan. 23:

Women's Mountain Bike Clinic - Blacksburg Parks and Recreation presents a women-led beginner mountain bike ride and clinic Saturday, Jan. 23, from noon to 4 p.m. The group will learn proper braking, cornering climbing techniques and how to repair a flat tire. Participants will be riding at the Poverty Creek Trail system, and, depending on the group, the specific trails may vary. Riders will meet at the Pandapas Pond upper parking lot. The class is limited to 10 people. Cost is \$20 refundable and \$30 non-refundable. To register, visit www.blacksburg.gov/recreation or call 540-443-1100.

Monday, Jan. 25:

Radford City Council Meeting - 7 p.m. Virtual meeting. Watch on Facebook.

Wednesday, Jan. 27:

Lyman Whitaker Zoom Talk - Hahn Horticulture Garden's three Lyman Whitaker Wind Sculptures, a gift from Warren and Margie Kark, have been installed along the southern edge of the Conifer Garden. Whitaker's live Zoom talk at noon will be about his work. Register via https://virginiat-e.ch.qualtrics.com/jfe/form/SV_291uAlpoEfN00d.

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, 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 both beginning writers and seasoned writers through critique programs, quarterly literary journal publications and monthly workshops. Contact Dr. John Nicolay nicolay0211@gmail.com or visit <https://blueridge-writers.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 p.m. to 8 p.m. at <https://www.facebook.com/RadfordArmyAmmunitionPlant/>.

These meetings are an opportunity to learn about the plant's 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 plant's website at <https://www.jmc.army.mil/Radford/Radford-Default.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. In case of heavy snow or ice, the meeting will be canceled. For further information, 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 Fourth Virginia Infantry Regiment. Members of the United Daughters of the Confederacy (UDC) are also invited to attend. In case of heavy snow or ice, the meeting will be canceled. For further information, call 320-4315 or 239-9864.

Wednesday, Feb. 10:

A Beginner's Approach to Garden Photography - This is a Zoom presentation at noon by Robert E. Lyons, Professor

Emeritus University of Delaware and former Director of the Hahn Horticulture Garden/Faculty Member VT Horticulture Department.

The talk is all 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 will provide 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 developing a personal style will be emphasized.

The 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://virginiat-e.ch.qualtrics.com/jfe/form/SV_4Ymy3HGvrxExkxf.

Saturday, Feb. 13:

Dialogue on Race 2021 Winter Summit - This is an online Zoom event from 10 a.m. until 11:30 a.m. All Dialogue on Race events will be held virtually or online until further notice.

The 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-19 Pandemic, Race and Racism, and Vaccination and Vaccines: What to Know and What to Do.; 10 a.m. 11:30 a.m. Register at https://us02web.zoom.us/join/register/WN_Jbi908JMSgq1264cQKX8Eg.

Ongoing Throughout January:

Keep Your Lights Up for Healthcare Heroes - Local communities are calling on 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.

Christiansburg Aquatic Center February programs



10:15 a.m.; Feb. 2-25 (no class Feb. 9 & 11); \$30 R/\$40 N

Strap on an aqua belt and join this deep water class in the competition pool. Participants need to bring their own aqua belts and resistance gloves though gloves are not required. Expect to perform aerobic exercises such as jogging and skiing to develop core strength.

The class will be taught by Jillian Kowalcik in the competition pool with a maximum enrollment of nine.

Rolling in the Deep Tuesdays and Thursdays from 9:15 a.m. until 10:15 a.m.; Feb. 2-25 (no class Feb. 9 & 11); \$30 R/\$40 N

The class will be taught by Eddie Tickle in the competition pool with a maximum enrollment of four.

Warm Water Move and Soothe (Tuesdays)

Tuesdays from 10:30 a.m. until 11:30 a.m.; Feb. 2, 16, 23 (no class

Feb. 9); \$21 R/\$31 N
The class will be taught by Jillian Kowalcik in the therapy pool with a maximum enrollment of six.

Hydro Power Tuesdays Tuesdays from 5:45 p.m. until 6:30 p.m.; Feb. 2, 16, 23 (no class Feb. 9); \$15 R/ \$25 N

This aqua class combines cardiovascular training and muscle conditioning through methods of interval training, abdominal work and muscle enduring activities. These combinations provide a great workout with the use of equipment such as pool noodles and water weights in the leisure pool. The class will be taught by Jillian Kowalcik with a maximum enrollment of nine.

Hydro Power Tuesdays Tuesdays from 5:45 p.m. until 6:30 p.m.; Feb. 2, 16, 23 (no class Feb. 9); \$15 R/ \$25 N

The class will be taught in the leisure pool by Eddie Tickle with a maximum enrollment of five.

Rise'n Shine Water Aerobics Wednesdays from 7 a.m. until 7:45 a.m.; Feb. 3, 10, 17, 24; \$18 R/\$28 N

Gear up for this morning class that will get everyone ready for the workday. This is an aerobics class for the early risers who want to kick off their day energized.

The class will be taught in the leisure Pool by Edward Tickle with a maximum enrollment of eight.

Swim and Trim Wednesdays from 7 a.m. until 7:45 a.m.; Feb. 3, 10, 17, 24; \$20 R/\$30 N

This is a chance for a new routine in the new year consisting of half dryland workout and half water workout. This workout will hit all the right muscles and have everyone ready to conquer the rest of the day. Participants should bring their own mats or extra towels for the deck exercise portion.

The class will be taught

in the leisure pool by Jillian Kowalcik with a maximum enrollment of eight.

Warm Water Move and Soothe (Thursdays)

Thursdays from 10:30 a.m. until 11:30 a.m.; Feb. 4, 18, 25 (no class Feb. 11); \$21 R/\$31 N

The class will be taught in the therapy pool by Jillian Kowalcik with a maximum enrollment of six.

Aqua Yoga

Mondays and Wednesdays from 8 a.m. until 9 a.m.; Feb. 1-24 (no class Feb. 3); \$40 R/\$50 N

Aqua Yoga utilizes the principles and movements of hatha yoga and adapts them to the water. The yoga poses practiced in this class will help the participants develop strength and static balance and will increase their range of motion. Beginners are welcome.

The class will be taught in the therapy pool by Thea Vincenti with a maximum enrollment of eight.

Participants may register online. Registration deadline for Christiansburg residents is Jan. 21 at noon. The deadline for non-residents is Jan 23 at noon. Upon registration, participants should please check with the front desk to be sure the contact information is accurate in case of an emergency situation or inclement weather.

Warm Water Move and Soothe (Mondays)

Mondays from 10:30 a.m. to 11:30 a.m.; Feb. 1, 8, (no class Feb. 15) 22; \$21 R/\$31 N

This warm water exer-

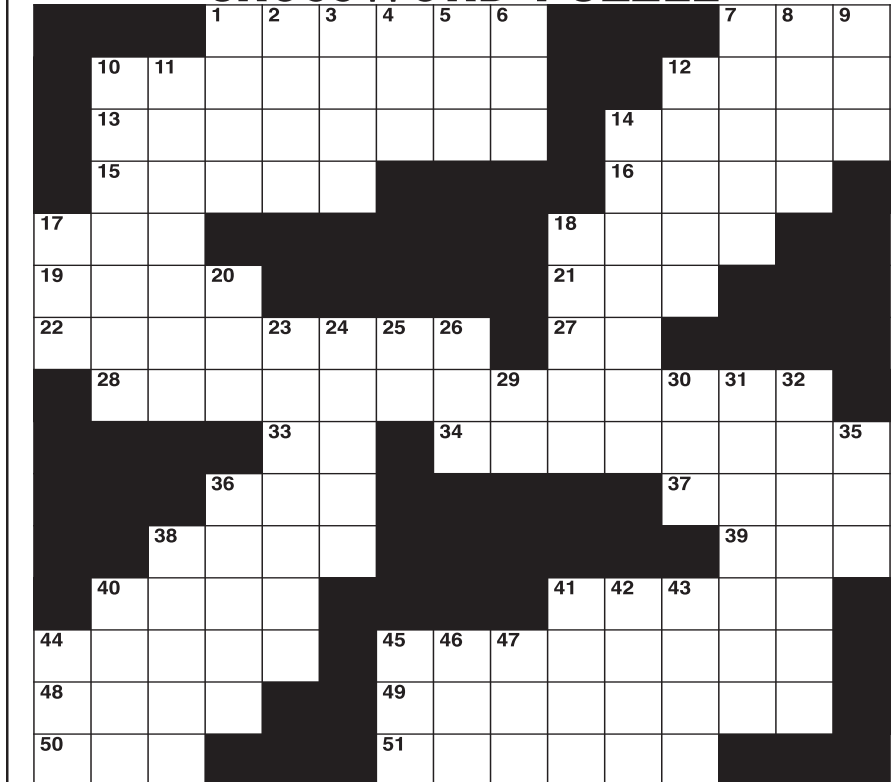
cise program is designed for individuals with arthritic and mobility limitations. This class is for those who seek to increase their strength, flexibility, and range of motion in a relaxing and low impact atmosphere.

The class will be taught by Jillian Kowalcik in the therapy pool. Enrollment is limited to six participants with each person allowed to take the class only once during the month because of class popularity.

Rolling in the Deep

Tuesdays and Thursdays from 9:15 a.m. to

CROSSWORD PUZZLE



- | | | | |
|---|---|--|---|
| <p>CLUES ACROSS</p> <p>1. Latin American dances</p> <p>7. European viper</p> <p>10. Finch-like birds</p> <p>12. Civil rights college organization</p> <p>13. A person who organizes</p> <p>14. Small carnivorous mammal</p> <p>15. City in Sweden</p> <p>16. Grayish-white</p> <p>17. Google certification (abbr.)</p> <p>18. Six (Spanish)</p> <p>19. The highest adult male singing voice</p> <p>21. Political action committee</p> <p>22. Exterior part of a home</p> <p>27. And, Latin</p> | <p>28. Where pirates hide their bounty</p> <p>33. Six</p> <p>34. Cores</p> <p>36. Diego is one</p> <p>37. ___ Carvey, comedian</p> <p>38. Aromatic plant</p> <p>39. Carry with great effort</p> <p>40. One point east of southeast</p> <p>41. Female cattle's mammary gland</p> <p>44. Small fries</p> <p>45. Optimistic in tough times</p> <p>48. Make less distinct</p> <p>49. Surrounds</p> <p>50. Cost per mile</p> <p>51. A local church community</p> | <p>CLUES DOWN</p> <p>1. "Beastmaster" actor Singer</p> <p>2. Rice-distilled liquor</p> <p>3. Messenger ribonucleic acid</p> <p>4. Wet, muddy ground</p> <p>5. Have an obligation to</p> <p>6. Defunct Chevy convertible truck</p> <p>7. Deer-like water buffalo</p> <p>8. Skin lesion</p> <p>9. Amount in each hundred (abbr.)</p> <p>10. Where kids play ball</p> <p>11. Roman judge</p> <p>12. One who endures hardship without complaint</p> <p>14. Cover the sword</p> <p>17. "Frozen" actor Josh</p> <p>18. Eyeglasses</p> | <p>20. Metal-bearing material</p> <p>23. Primitive persons</p> <p>24. Wild ox</p> <p>25. Group of countries (abbr.)</p> <p>26. Before</p> <p>29. Spanish be</p> <p>30. Opposite of the beginning</p> <p>31. With three uneven sides</p> <p>32. Gives a permanent post to</p> <p>35. Actors' group (abbr.)</p> <p>36. Cavalry sword</p> <p>38. Gland secretion</p> <p>40. Marine invertebrate</p> <p>41. Hybrid citrus fruit</p> <p>42. Pairs</p> <p>43. Used to serve food</p> <p>44. English broadcasting network</p> <p>45. Calendar month</p> <p>46. Comedic actress Gaster</p> <p>47. Company that rings receipts</p> |
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Blacksburg Parks and Recreation winter and spring children's activities

Registration is underway for Blacksburg Parks and Recreation's winter and spring children's activities. Parents may register their children by calling 540-443-1100 or by visiting www.blacksburg.gov/recreation.

Gym time rhythm and movement

This new interactive children's program will incorporate music, movement and games in a supervised setting. Parent participation and a mask are required for adults. Classes will be at the com-

munity center.
Mondays from Feb. 8 through March 15, 9:00 a.m. to 9:45 a.m., for ages 2 and 3; cost is \$40/\$50.
Mondays from Feb. 8 through March 15, 10:15 a.m. to 11: a.m., for ages 3 and 4; \$40/\$50.

Tuesdays from Feb. 9 through March 16, 9:00 a.m. until 9:45 a.m., for ages 4 and 5, \$40/\$50

Tuesdays from Feb. 9 through March 16, 11:00 a.m. until 11:45 a.m., for ages 5 and 6; \$40/\$50

Thursdays from Feb. 11 through March 18, 9:00 a.m. until 9:45 a.m., for

ages 2 and 3; \$40/\$50
Thursdays from Feb. 11 through March 18, 10:15 a.m. until 11:00 a.m., for ages 3 and 4; \$40/\$50
Thursdays from Feb. 11 through March 18, 11:30 a.m. until 12:15 p.m., for ages 4 and 5; \$40/\$50.


Movement and agility through tennis


Tennis classes introduce players ages 4-5 to the sport of tennis in a fun and games format with courts, nets and equipment scaled to fit the age of the players. Eight sessions. Classes will be at the community center.

Wednesdays from Jan. 27 through March 17 from 10:30 a.m. until 11:30 a.m. for ages 4 and 5, \$55/\$65

Sensory Art

Two-year-old children will create, play, investigate and explore the wonders of art through touch, sight, smell and sound. Parent participation is required. Children should bring a smock with them to class to protect their children. Classes will be in the rec administration offices.





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Historic Montgomery



This 1951 advertisement was created by Doug Lester for Lewis Kanode who owned Christiansburg's Glen Theater from 1953 until its closure in 1954. The Hillbilly Jamboree live music show was offered on Friday nights at the theater, which was located on Radford Road in the building now occupied by Floored. Playing on this night were the Rocky Mountain Boys, the Little River Boys, the Scagg Sisters, and the Dixie Rangers. (This image from the D. D. Lester Collection and many more are available from the Montgomery Museum of Art & History.)

Local college students honored

Christiansburg's Brenna Crowgey receives two Shenandoah academic honors; Sarah Newman named to dean's list

WINCHESTER, Va. -- Two Christiansburg students -- Brenna Crowgey and Sarah Newman -- have been named to the dean's list at Shenandoah University for the Fall 2020 semester.

In addition, Crowgey was one of only 470 students to be named to the President's List for the fall semester. Students who achieved this prestigious academic recognition attained a grade point average of at least 3.90.

To be considered for the dean's list, students must complete at least 12 semester hours and earn a semester GPA of 3.5 or higher.

Shenandoah University was established in 1875, and is headquartered in Winchester, Virginia, with additional educational sites in Clarke, Fairfax and Loudoun counties. Shenandoah is a private, nationally recognized university that blends professional career experiences with liberal education.

Christiansburg's Kristina Lundquist receives Award of Excellence at WGU

SALT LAKE CITY -- Kristina Lundquist of Christiansburg has earned an Award of Excellence at Western Governors University Teachers College. The award is given to students who perform at a superior level in their coursework.

Established in 1997 by 19 U.S. governors with a mission to expand access to high-quality, affordable higher education, online, nonprofit WGU now serves more than 123,000 students nationwide and has more than 190,000 graduates in all 50 states.

Blacksburg's Anna Kender named to Bucknell dean's list

LEWISBURG, Penn. -- Blacksburg High School graduate Anna Kender

has been named to the fall semester dean's list at Bucknell University. A student must earn a grade point average of 3.5 or higher on a scale of 4.0 to receive dean's list recognition.

Bucknell University is a highly selective private liberal arts university that offers majors in the arts, engineering, humanities, management, and social and natural sciences, along with broad opportunities outside of class, to its 3,600 undergraduates. Graduate programs are available in select disciplines.

Blacksburg's Ruth Abbott graduates Cum Laude

Ruth Abbott of Blacksburg graduated Cum Laude with a degree in hospitality management from James Madison University during commencement exercises in December.

Abbott was among 973 students who received undergraduate, masters, educational specialist and doctoral degrees.

Established in 1908, James Madison University is a community of 22,000 students and 4,000 faculty and staff in the Shenandoah Valley. JMU offers 124 degree programs at the bachelor's, masters and doctoral levels.

Two Christiansburg students make dean's list at Coastal Carolina

Among the students earning dean's list recognition for the Fall 2020 semester at Coastal Carolina University were two students from Christiansburg: Justin Cerv, a marine science major, and Haleigh Hale, an exercise and sports major.

Located in Conway, S.C., Coastal Carolina University offers baccalaureate degrees in 94 major fields of study. Among CCU's graduate-level programs are 27 master's degrees, two educational specialist degrees, and doctorates in education and in marine science.

Activities

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Tuesdays from Feb. 9 through March 16 from 9:30 a.m. until 10:15 a.m., \$40/\$50

Thursdays from Feb. 11 through March 18 from 9:30 a.m. until 10:15 a.m., \$40/\$50

Tuesdays from March 30 through May 4 from 9:30 a.m. until 10:15 a.m., \$40/\$50

Thursdays from April 1 through May 6 from 9:30 a.m. until 10:15 a.m., \$40/\$50

Introduction to Art For 3's & 4's

Children will be introduced to different media while learning to use colors, shapes, patterns and sizes. The class encourages

imagination, expression and communication through art. The emphasis is on fun and social interaction. Parent participation is required.

Tuesdays from Feb. 9 through March 16 from 10:45 a.m. until 11:45 a.m., \$40/\$50

Thursdays from Feb. 11 through March 18 from 10:45 a.m. until 11:45 a.m., \$40/\$50

Tuesdays from March 30 through May 4 from 10:45 a.m. until 11:45 a.m., \$40/\$50

Thursdays from April 1 through May 6 from 10:45 a.m. until 11:45 a.m., \$40/\$50

Varsity

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daily temperature checks and screenings will continue. No spectators will be allowed at the events, but cameras have been installed in all the high school gymnasiums to allow for public viewing through the National Federal of High School (NFHS) sports network. A small usage fee is charged by the NFHS.

Six feet of separation will be required on the sidelines between athletes and in the bleachers for cheerleaders. Each team will be allowed a senior night which the families of senior athletes can attend in person. Each gym will host only one game/match per evening, allowing for proper cleanings. Teams will come dressed to play and locker rooms will be

used for restrooms only. The Montgomery County school system will continue its current mitigation plan for buses with one student per seat.

Many of the current restrictions will continue into the winter- and spring-season sports.

ENTERTAINMENT AT ANY AGE

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www.nrvsuperbowl.biz

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Why healthy eating can help fight COVID-19



Wearing a face covering, physical distancing and hand washing are not the only ways that people can protect themselves from COVID-19.

Eating a healthy diet is essential to building a strong immune system so that your body is less susceptible to infection, including the coronavirus, said Carlin Rafie, a registered dietitian and professor in Virginia Tech's College of Agriculture and Life Sciences.

"Lifestyle does impact your immune function," said Rafie, whose past research has focused on immune function. "Having said that, you could be perfectly well nourished and have a healthy diet and still get COVID-19. What we're talking about is being proactive in your approach to doing the most that you can to give yourself the best chance to fight it [COVID-19]. Nutrition is one of those things."

It all starts with changing the public message. Rafie suggests something like "social distance and eat for health."

She also works with the Virginia Cooperative Extension to help people get access to healthy foods, which has been a challenge for some families during the pandemic.

Rafie offers details about what to do — from eating a balanced diet to adding specific foods — for proper nutrition that strengthens the immune system.

Eat five to nine servings of fruits and vegetables a day, including fresh, canned, or frozen varieties, Rafie said.

"Higher fruit and vegetable consumption is associated with reduced risk of chronic disease and results in lower infection rates," she said.

Plant-based diets also are best, which include such foods as whole grains, nuts and seeds. These foods contain healthy fats and provide vitamin E, a vitamin in which people are often deficient.

It's also important to eat dairy or nondairy alternatives that contain vitamin D every day. Most vitamin D comes from exposure to sunlight, but during winter's short days and with people staying at home more, there

are fewer opportunities for sunlight.

"We have to be more conscious of our dietary intake of vitamin D," Rafie said.

She also recommends swapping red meat for white meat and eating fish at least twice a week.

Fatty fish, such as salmon and trout, "have monounsaturated fats that have an impact on the metabolism in your body that decreases inflammation," Rafie said.

The majority of people can get all of the required vitamins and minerals in their diet if they choose foods wisely and are conscious eaters. But there are groups of people who are at risk for nutritional deficiencies, such as older adults. These groups may need to take vitamin and mineral supplements.

In particular, B vitamins, including vitamins B6, folate, and B12, play specific roles in strong immune system function, Rafie said.

Additionally, another vitamin, vitamin C, is an antioxidant.

"We have pretty strong evidence that supplementation with vitamin C during the common cold and respiratory infections actually reduces the severity and length of the illness," Rafie said.

Also, some older adults are deficient in zinc, a mineral that is important to the immune system. Rafie suggests adding zinc as a supplement if deficiency exists.

Vitamin D has been highlighted in the past year as an important vitamin for fighting coronavirus. There are receptors for vitamin D in immune cells, Rafie said, and vitamin D's actions appear to regulate the immune system's response.

For example, there is evidence that vitamin D deficiency is associated with lung inflammation during a respiratory illness. Research is ongoing to determine if there are benefits of vitamin D supplementation for people with COVID-19, Rafie said.

Even so, people should be careful not to over supplement with vitamins and minerals. They should consult a doctor to find out if their body is in need of certain nutrients.

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OPINION

NRV health district director Bissell: Vaccine demand is far greater than supply

The current demand for a vaccine outpaces the district's supply, and thus the public should be patient, said Dr. Noelle Bissell, the director of the New River Valley Health District in her COVID-19 update Wednesday with members of the news media.

"We don't have enough vaccine for everybody who is seeking it right now," she said. "We are asking for some grace right now. We have been at this non-stop for 10 months and counting. We will vaccinate everyone, but it's not going to be today or this week or this month."

Bissell said the district orders about 5,000 doses of the Moderna vaccine from the Virginia De-

partment of Health weekly, but it typically receives only 2,500 doses, based on available supply from manufacturers.

Those doses are given based on priority. Right now, the district is vaccinating people in phase 1b, which includes teachers, emergency services providers, police and others who work in jobs that interact directly with the public. This group also includes people age 75 and older.

Additionally, last week, Gov. Ralph Northam announced that people 65 and older and those younger than 65 with high risk medical conditions would be added to phase 1b.

With this addition, it will

take the health district longer than it initially expected to move on to offering vaccines in the next phase, which is phase 1c, Bissell said. This group includes other essential workers, such as people in housing construction, food service, media, legal services and institutions of higher education.

She estimated that it will be a couple of months before the district can offer vaccines for phase 1c. If more vaccine supply becomes available, the district will move more quickly, she said.

Along with scheduling large block vaccinations for bigger groups of people, such as K-12 school employees, Bissell said

the district is working with local pharmacies and medical providers to administer the vaccine, mostly for older populations.

People who fall in phase 1b should pre-register for a vaccine at <https://www.nrvroadtowellness.com/> or by calling the district's vaccine hotline at 540-838-8322. The district will contact people to schedule a vaccination appointment.

This week, the district is starting to schedule appointments for second doses of the vaccine for those who received the first dose 28 days ago.

The 28-day mark is a gauge to determine when a second dose is needed, but not all second doses

will be scheduled at that exact date, Bissell said.

Within 14 days of receiving the first dose, people will develop a short-term immunity to the coronavirus, she said. "That can last for months or longer. The second dose is a boost for longer-term immunity."

Dr. Bissell reminded people that once they receive a COVID-19 vaccine, they should continue to follow public health guidelines, such as wearing a face covering, maintaining physical distance from others and washing their hands frequently. That's because, she said, the risk of spreading the coronavirus, even with the vaccine, is not yet known.

A vaccine "is not your get-out-of-jail-free card," Bissell said. "We have to take care of each other until we have most of our population vaccinated and until we get this pandemic controlled."

Website declares Virginia fifth best state for adventure seekers in 2021

A new study by Outforia, an Internet site that bills itself as "the internet's best guide to the great outdoors, created by nature lovers for nature lovers," has ranked each state according to the number of available "adven-

ture" activities and determined that Virginia is a great place for adrenaline junkies to live, ranking the commonwealth at number five on its Adventure Index.

The site compared ten activities: rock climbing routes,

nature trails, mountain biking trails, kayaking sports, ski resorts, zip lines, surfing spots, caving grottos, skydiving drop zones and hang gliding locations.

The survey found that Virgin-

ia is home to 5048 rock climbing routes, 1624 hiking trails, 286 mountain biking trails, 248 kayaking spots, five ski resorts, 11 zip lines, five surfing spots, 14 caving grottos, seven skydiving drop zones and three hang

gliding locations.

The scoring system employed by the site left Virginia with a total score of 42.35, which ranked it fifth among the 50 states, behind only California, Colorado, New York and Pennsylvania.

QuoteWizard survey: Virginia among worst states in vaccinating its residents

In a survey ranking the states by the percentage of their population receiving COVID-19 vaccinations, QuoteWizard.com, a one-stop site for customers to compare insurance rates and quotes, determined that Virginia was the ninth least suc-

cessful state among the 50 in its effort to vaccinate its residents.

As of Tuesday, Jan. 19, according to the website, Virginia had distributed 852,725 doses of the vaccine but had administered only 244,234 doses, which represents only 28.6% of

the available doses and only 2.9% of the state's population. This is below the national average of 3.5% of the population.

Only eight states have vaccinated a lower percentage of their population than has Virginia, according to the company's survey. In descending order, they are Mississippi, Nevada, California, Arizona, Idaho, South Carolina, Georgia and Alabama.

The top five states in terms of administering the vaccine to the largest percentage of their population are West Virginia (7.5%), Alaska (6.7%), South Dakota (6.5%), North Dakota (6.1%) and Connecticut (5.2%).

The website attributed West Virginia's success to the state's vaccination program aimed at long-term care facilities affected the most. Vaccinations started being

distributed throughout the state by the National Guard and being offered at local pharmacies.

This allowed the state to get a lead in vaccination rates since they began distributing before the federal program by the Centers for Disease Control had officially started. Local vaccination sites can now be found throughout the state and are currently open to those 80 years or

older, K-12 teachers and school staff who are 50 or older.

QuoteWizard's survey also determined that as of the first week of January 2021, only 9 million Americans have been vaccinated and that around 202 million unique persons need to be vaccinated in Phases 1a, 1b and 1c and around 126 million (all remaining) in Phase 2 need to be vaccinated.

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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DMV offering more convenient service options

RICHMOND -- The Virginia Department of Motor Vehicles (DMV) is now offering more convenient service options for customers during the current COVID-19 pandemic.

These changes are a direct result of language included in the budget Gov. Ralph Northam signed in November.

Juvenile Licenses

DMV is working with the Juvenile and Domestic Relations Courts statewide to help juveniles obtain their first-time driver's licenses in a timely manner during the pandemic. Under normal circumstances, driver's licenses for customers under age 18 are sent to the judge of the customer's local Juvenile and Domestic Relations Court. The court then conducts a licensing ceremony to provide the customers their licenses. Due to the pandemic, some courts are no longer holding licensing ceremonies. DMV is now able to work with the courts to determine which localities are not holding licensing ceremonies so those driver's licenses can be

sent directly to the minors.

Driver Training Schools

The budget allows DMV to permit Class B driver training schools and computer-based driver education providers to administer the end-of-course driver's education test online during a declared state of emergency (such as the current COVID-19 pandemic). It also allows Class B driver training schools to administer in-class curriculum and the parent/student driver education component of the driver's education course via an online platform.

Aid for Customers Moving out of Virginia

The budget also allows the DMV commissioner to delay the cancellation of a credential when a customer moves out of the commonwealth. Prior to this change, customers had 30 days upon leaving Virginia to transfer their credential to their new state. DMV has extended that grace period to 90 days, giving customers more time to obtain a credential in their new state of residence before their Virginia

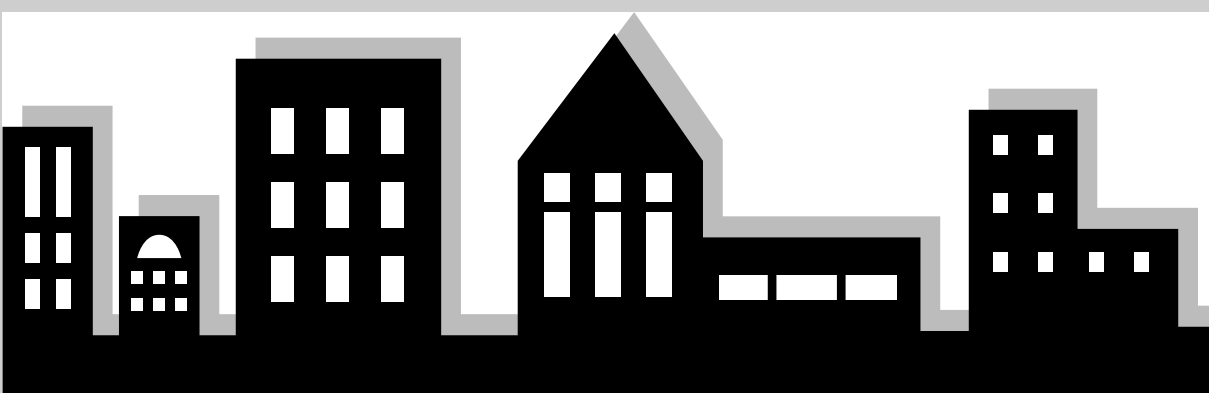
driver's license or identification card is cancelled.

Restricted Driving Privileges

The budget also ensures that any customers who had a prior driver's license revocation for a non-motor vehicle-related, drug-related offense are able to petition the court for restricted driving privileges. If the petition is granted, the customers can obtain a restricted driver's license as long as they are otherwise eligible. DMV has contacted all 305 affected customers and assisted them in scheduling appointments to satisfy any outstanding requirements such as completing a knowledge test.

"The COVID-19 pandemic has changed how customers interact with DMV," said DMV Commissioner Richard D. Holcomb. "DMV is constantly looking for ways to serve customers outside of our customer service centers. These additional updates and changes to policies and procedures will undoubtedly help even more customers during these unprecedented times."

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OBITUARIES

Graham, William (Billy) Hubert

William (Billy) Hubert Graham, 78, of Blacksburg died Wednesday, Jan. 20, 2021, in his home.

He was born in Montgomery County on October 4, 1942, to the late Tom and Jimmie Graham.

He was preceded in death by his wife, Clara Ann Graham, and sisters Barbara Croy and Flan Ousey.

He is survived by his daughter and son-in-law, Gloria and Earl Smith; sons and daughter-in-law, Brian and Kelly Graham and Paul Graham; sisters and brothers-in-law, Delilah McConnell, Nita and Ed Horton, Carolina and Fred

Hammond and Angie Shipley; brothers and sister-in-law, Kaywood Graham and Darlene, and Denson and Vickie Graham; numerous nieces and nephews; grandchildren Jason Smith, Little Billy Graham, Jennifer Boyd, Matt Boyd, Christopher Graham and Chasidy Graham; numerous great-grandchildren; and a special friend, Julie Bryant.

Graveside services will be held today, Jan. 23, 2021, at 2 p.m. in Zack Price/James R. Long Cemetery with the Rev. Jimmie Lee Price officiating.

Arrangements by McCoy Funeral Home, Blacksburg.

Perfater, Betty Craighead

Betty Craighead Perfater, 80, of Lafayette died Monday, Jan. 18, 2021, in her home.

She was born in Ironto on Oct. 10, 1940, to the late George Washington and Della Elizabeth Woods Craighead.

She was preceded in death by her husband, C. Milton Perfater.

She is survived by her daughter and son-in-law, Robin and Dale Akers of Elliston; a sister and brother-in-law, Edith and Ray Epperly of Christiansburg; grandchildren Joshua Akers and wife, Shelly, Caleb Akers

and wife, Miriam, Aaron Akers and Jonathan Akers; great-grandchildren Annabelle Akers, Gabriella Clausen and Jase Akers.

Special thanks go to Good Samaritan Hospice.

Funeral services were held Friday, Jan. 22, 2021, at 10 a.m. in the McCoy Funeral Home Chapel. Interment followed in Roselawn Memorial Gardens.

In lieu of flowers, a memorial contribution may be made to the American Cancer Society. Arrangements by McCoy Funeral Home, Blacksburg.

See more **Obituaries**, page 6

Hodge from page 1



PHOTO BY KYMN DAVIDSON-HAMLEY

The run began in Radford's Bisset Park and wound around central and west central Radford before finishing up back at Bisset Park. Numerous law enforcement and public education agencies participated.

ino's Pizza in Radford, which donated pizzas for all the participants.

A number of law enforcement and public education agencies participated in the run including representatives from the Radford Police Department, the Dublin Fire Department, the Pulaski County Sheriff's Office, the Radford Fire Department and EMS, the Dublin Police Department, the Salem Police Department, the Fairlawn Fire Department; principals,

teachers and staff from Riverlawn Elementary School; Dublin Elementary School; Pulaski County middle and high school; the Pulaski County School Board office; the Pulaski High School Color Guard; the Floyd Sheriff's Office, the Carroll County Sheriff's Office, the Christiansburg Police Department, the Pulaski fire and police departments; the Radford University Police Department, Pulaski County Hearts Behind the Badge and numer-

ous military and veteran organizations.

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ANGLICAN CATHOLIC

St. Peter the Apostle Anglican Church, 230 W. First St., Christiansburg, VA. Fr Peter Geromel OHI Th.M., Vicar, Fr. Alex Darby, "Associate", 540-382-0432/540-270-9166. Sundays: 8:00 am & 10:00 am Holy Eucharist followed by Christian Education and refreshments. Holy Communion most Thursdays at 12Noon, other Holy Days as announced. Traditional services use the 1928 Book of Common Prayer and 1940 Hymnal. Handicapped accessible. All are welcome. Come worship with us! Website: www.stpetersacc.org. Follow us on Facebook

St. Philip's Anglican Church, 306 Progress Street, NE, Blacksburg, Virginia 24060, (540) 552-1771, www.stphilipsblacksburg.org. Reverend Fr. Wade Miller, Priest. Sunday Morning Prayer 9:45 AM, Sunday Morning Eucharist 10:30 AM, Traditional Anglican Worship using the King James Bible, 1928 Book of Common Prayer, And the 1940 Hymnal.

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

BAPTIST

First Baptist Church on 3rd Ave., 215 Third Ave. at the corner with Downey St. We are committed to personal spiritual growth and to providing leadership in community ministry. We celebrate the dignity and worth of all persons, created in the image of God. Sunday Bible Study Groups - 9:45, Sunday Worship - 11:00. Website: www.fbcradford.org, 540-639-4419. Worship is broadcast live on JOY radio, 93.1 FM and 890 AM.

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

CHURCH OF CHRIST

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

Faith Christian Church of Christ, 305 3rd Street, Christiansburg, David Rhudy, Minister, 382-4628, Sunday School 10 am; Worship 11 am; Evening Worship 6:30 pm; Wednesday night Bible Study for Women and Men 6:30 pm. We welcome you to any and all of our services.

CHURCH OF GOD

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

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

CHURCH OF THE BRETHREN

Christiansburg Church of the Brethren, 310 South Franklin Street. Pastor: Paul J. Stover Jr. 540-797-5015. Sunday School 10 a.m.; Morning Worship 11 a.m.; Bible Study

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"It will be a sign between me and the Israelites forever, for in six days the Lord made the heavens and the earth, and on the seventh day he rested and was refreshed" (Exodus 31:17).

God created the Sabbath for two key purposes. First, people need to set aside a day to worship

God and fellowship with His people. Second, we need a day of rest and refreshing. Scientific research bears this out.

Nearly everyone must contend with deadlines and expectations from others. God, however, wants us to set aside time to rest and to seek Him. Obeying His instructions for rest and worship actually helps us gain the energy and renewal we need to be more effective and productive in the responsibilities we carry.

Prayer Suggestion: God, please direct me in ways to better rest in You.

Quicklook: Exodus 31:14-17

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10:30 a.m. Tuesdays. Website: www.christiansburgcob.org. A loving family, fueled by the Holy Spirit, grounded in God's Word, and delivering Jesus forgiveness and love to all people. Come as you are... you are welcomed!

LUTHERAN

Luther Memorial Lutheran Church ELCA, 600 Prices Fork Rd, Blacksburg. Weekly Online Worship at www.lmlc.org. We are a Reconciling in Christ congregation that welcomes and affirms all people just as they are. For information on Bible studies and Wednesday Vespers, email luthermemorialblacksburg@gmail.com, or contact the church office, (540) 951-1000. Rev. Monica Weber, pastor.

MULTI-CULTURAL

NON-DENOMINATIONAL Christian Growth Center, 1850 Electic Way, Christiansburg, VA 24073 (beside Hubbell Lighting). Sunday Worship: 9:30am Prayer, 10:00am Service *Nursery Available. Lead Pastor: Todd Hallinan. Founding Pastor: Rob Sowell. Mission: Sow, Grow, & Go Sow Faith! Grow in Righteousness! Go into all the world in the authority of the believer! 540-382-2908

PENTECOSTAL HOLINESS Merrimac Pentecostal Holiness Church, Rev. Richard Hall (540) 552-7194. pastorhall29@gmail.com. Sunday School at 10 a.m. and morning worship is 11 a.m. Evening service at 6 p.m. and Wednesday at 7 p.m.

Radford Worship Center, 1820 Second Street, Radford, 639-6287, Our music is passionate, our worship is real, and Pastor Hal Adams brings relevant messages for everyone at any place on their journey, Sunday Worship Experience at 9:00 AM & 10:45 AM, Wednesday Family Night at 7 PM, Children Ministry provided for all services, join us as Love, Grow, Serve, find us on facebook and Instagram

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

UNITED METHODIST Asbury United Methodist Church, 500 Stuart Street, Christiansburg. 540-382-0743. Rev. Ryan Schaeffer. Sunday School, 10:15 a.m., Sunday Worship, 11:30 a.m., Wednesday Bible Study 7pm, alternating

month's with Schaeffer Memorial Baptist Church, Senior Bible Study Thursday, 10:30 a.m. All are welcome.

Central United Methodist Church, 803 Wadsworth Street, Radford. 639-3529. 8:30 a.m. Sunday Services: 8:30am (interpreter provided); 9:45am Sunday School (interpreter provided); and 11:00a.m. Wednesday Bible Study: 6:30p.m. Child care is provided. www.centralmethodistchurch.com.

St. Paul United Methodist Church, 220 W. Main St., C'Burg. Rev. Moonsup "Paul" Song (540) 382-2410. Sunday Worship 10 a.m., Sunday School 9 a.m. Live streaming Sunday Service - www.twitch.tv/stpaulumc

Wesley Memorial United Methodist Church, 350 Stafford Drive, Christiansburg, VA 24073, Sunday School 10am, Sunday Worship Service 11am. **WESLEYAN Christ Wesleyan Church**, 525 Harkrader Street, C'burg. Facebook LIVE service Sundays at 9:00 AM., Public Worship service at 11:00 AM. Sunday School for adults - 10:00 AM. Pastor: Gale Janofski 574-306-7682. Website: christwesleyanchurch.org

OBITUARIES continued from page 5

Cox, Timothy Alan

Timothy "Tim" Alan Cox, 53, of Radford, was called home on Monday, Jan. 18, 2021.

He was the worship leader at Calvary Baptist Church in Radford and was a counselor with Radford and Blue Ridge counseling groups.

He was preceded in death by his parents, Carl Cox and Violet Potts; his father-in-law, Andrew Collins, and his brother-in-law, Steve Collins.

Survivors include his loving wife and best friend, Judi Collins-Cox; sons Drew King (Jenna) of Atlanta, Mike Kelly (Jess) of Arlington and Scott King (Sarah) of Bluffton, S.C.; daughters Faith Cox of Blacksburg, Whitney Stokes (Rich) of Radford and Natasha Cox of Nashville, Tenn.; grandchildren Julien and Jackie Mataj, Regan and Davis King and William Alan Stokes; brothers-in-law Garry Collins (Katrina) and David Collins; sister-in-law Pam Driver (Frank); his "mom," Etta Collins; close cousins Eric Gollhier (Trish) and Greg East; dear friends at Calvary Baptist Church and many other cousins, nephews, nieces and friends.

Tim was a licensed professional counselor, working with clients throughout the New River, Roanoke and Shenandoah valleys. In his work, Tim helped clients navigate their obstacles to find healing, purpose and success in life. He had a strong passion for leading worship and ministering internationally, having served with a mission team to Costa Rica.

He was a man of many interests, which included driving stylish European cars, drinking strong dark coffee, enjoying large buffets with bacon or pizza, bragging on a stop at Krispy Kreme, wearing driving gloves, nice clothes and sunglasses; shopping at local pawn stores, encouraging others to eat raw



oysters, relaxing by the pool or hot tub, winning at trivia and Family Feud, taking people on new roller coasters, watching Gunsmoke and Andy Griffith, and traveling with Judi to new islands and sunny beaches.

His favorite pastime was listening to music of many genres. He was known for heartfelt singing to loud music with his fingers tapping on the steering wheel during long drives with family and friends. His love of music influenced many of his children to enjoy everything from Phantom and Les Misérables to James Taylor and Edwin McCain.

Because of his love for his Lord and Savior, his favorite music was contemporary Christian, and he often traveled near and far to hear his friend, Charles Billingsley. Tim was a great listener and had a knack for making people feel connected and important. He will be missed by all who knew him.

Special thanks go to his friends Pastor Timothy and Hannah-Kait Worles for the many, many hours of food, conversation, travel and fun memories. Additional gratitude is extended to his colleagues, Keith Fender and Angie Dillon. Tim especially enjoyed his time spent worshipping alongside those involved with the Calvary Baptist Church praise team. The family wishes to thank those who supported them during Tim's unexpected weeks in ICU.

A viewing implementing masks and social distancing measures will be open to the public today, Jan. 23, from noon to 1:30 p.m. at Calvary Baptist Church in Radford.

In lieu of flowers, please direct love offerings to the Missions Fund or the Music Ministry Fund at Calvary Baptist Church.

Tim's family is in the care of Mullins Funeral Home & Crematory in Radford.

Lewis, Veronica Turner

Veronica Turner Lewis' genesis into this world was on July 25, 1967, in Baltimore where God anointed her as his chosen vessel to spread his love to everyone she met. Her exodus was on Monday, Jan. 18, 2021, surrounded by her loving family.

She accepted Christ at an early age and was a living epistle to be read among men. Everyone who knew her would remark about her selfless, giving nature whereby she always put others before herself.

Her elementary education began in Baltimore City Public Schools until her family transitioned to Hampton, Va., where she continued her education and graduated from Kecoughtan High School. Subsequently, Veronica attended her beloved alma mater of James Madison University where she received a Bachelor of Science Degree in Psychology. Her insatiable desire for knowledge led her to complete a Master's Degree in Industrial Organizational Psychology at Radford University. After completing her master's degree, she met the love of her life, S. Oliver Lewis III. They were married on August 5, 1996. To this union was born a blessed and anointed child named Jera Miah Lewis.

Veronica served as the Assistant Director and Director of Student Support Services for 20 years until her retirement due to health related issues. Her leadership in the program afforded many low socioeconomic, first-generation, and students with disabilities the



support needed to not only graduate from college, but to matriculate on to obtain master's and doctorate degrees.

To rejoice in her memory and honor her legacy, she leaves behind her husband, S. Oliver Lewis III; a daughter, Jera Miah Lewis; her parents, William O. Turner, Sr., and Augustine Turner; a brother, William O. Turner Jr.; a sister, Sylvia Britt; an uncle Melvin Hawkins; aunt Martha and uncle William Haywood; uncle Drew Turner; uncle Monroe Page, a special cousin, Keish Kimp; beloved great-aunts Catherine Gunther, Gracie McNeil and Roma Hawkins; in-loves Sim Lewis and Patricia Lewis; devoted friends Camelia Gunn, Michelle Stephney Moore, Regina Rush, Reva Pryor, Cassandra Jefferson-Davis and Renee Akers; God-children Dr. Tyson Beale, Geoffrey Colbert, Tatiana Davis, Tessa Davis and Tre Davis; and a host of cherished nieces, nephews and cousins.

There will be a drive-thru visitation from 9 until 9:45 a.m. today, Jan. 23, 2021, at Sunrise Burial Park in Radford. Graveside services will begin at 10 a.m. with Bishop Ronald Watson and Pastor Gary Hash officiating.

In lieu of flowers, please consider donations to the UVA Strickland Transplant Center.

The Lewis family is in the care of Mullins Funeral Home and Crematory in Radford. www.mullinsfuneralhome.com.

Spillman, Dr. James Blair

Dr. James Blair Spillman was born on February 15, 1927, in Staunton, Va.

On January 14, 2021, he passed away peacefully at his home in Radford.

Blair graduated from Robert E Lee high school in 1946. He then went on to college at the University of Virginia, followed by medical school at UVA. He was a member of Phi Beta Kappa National Honorary Fraternity.

After medical school, he enlisted in the Army and was honorably discharged as a Major in the Medical Corps. He then decided to lay roots in Radford, a community he loved while practicing as a pediatrician for 30 years.

Blair had a strong passion for the outdoors, including gardening, birds, stargazing and canoeing. He also was involved in the community by volunteering in many activities.

He was preceded in death by his parents, Jim and Lelia Spillman; his wife, Betty Spillman; and his son,



James Todd Spillman.

He is survived by his daughters, Beth Spillman, Linda Newell (John), Susan Spillman (Russ) and Shirley Cullop (Mark); grandchildren Ian and Danielle Weaver, Jesse, Kevin and Matt Newell, and Rachael and Devin Cullop; and great-grandchildren Cameron and Lila.

The family would like to thank Intrepid Home Health and Hospice, who helped with Blair and greatly touched our lives. Also, thanks to the many caregivers who made it possible for him to stay home, which was his wish.

A private graveside service will be held at Thornrose Cemetery in Staunton at a later date.

For those wishing to make a memorial donation, please consider the adford Public Library.

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

Linkous, Florence Alls

Florence Alls Linkous, 86, of Christiansburg, went home to be with her Lord and Savior on Tuesday, Jan. 19, 2021.

With her family surrounding her in comfort care, she continued to have a sense of humor. On the last day of her life, together we were able to laugh and cry, and she lifted her hands up to God in prayer while waiting for her departure. She was a loving mother, grandma, great-grandma and will be deeply missed. Our loss is Heaven's gain.



Florence attended North Fork Baptist Church where she will be buried in the church cemetery. She loved her church family. The service will be held at the McCoy Funeral Home in Blacksburg at 11 a.m. today, Jan. 23, 2021.

"And God shall wipe away all tears from their eyes; and there shall be no more death, neither sorrow, nor crying, neither shall there be any more pain: for the former things are passed away." Revelation 21:4

Marketplace

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

Autos - Trucks/ Vans

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Help Wanted - General

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

Help Wanted - General

Food Services Service Associate
Carilion Clinic New River Valley Medical Center
We're looking for individuals who will provide excellent customer service to patients. Duties include: assisting patients with meal selections, deliver meal trays, Basic stocking and cleaning for assigned areas. You will receive education on diet needs and allergy restrictions. Scheduled shifts between 7am-6:30pm and every other weekends. Shift differential for weekends and selected holidays. Full benefit package including paid-time-off, competitive pay
Looking for a new career? Apply today! Join our team of food service professionals today! Visit www.carilionclinic.org/careers to view our current openings and for more details of the positions. Submit your online application today!
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Carilion Clinic is a drug-free workplace.

Legals - Montgomery County

LEGAL NOTICE OF PUBLIC HEARING

The Christiansburg Planning Commission will hold a Public Hearing on Monday, February 1, 2021 at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073. The purpose of the public hearing is to receive public comments concerning:

1. A Rezoning request by Gay and Neel, Inc. (applicant), for an approximately 1.38 acre property owned by Depot Street Development LLC, located at the intersection of Depot Street, N.E. and Harless Street, N.E. (tax map nos. 497-A-288, 497-A-288A, 497-A-288C, 497-A-285, 497-A-286, 497-13-3, 497-13-1E). The request is to rezone the property from B-3, General Business to R-3, Multi-Family Residential with proffers. The property is designated as residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan.
2. Two Conditional Use Permit requests by Balzer & Associates, Inc., on behalf of SHAH Development, LLC (applicant/owner), for property located at 1145 West Main Street (tax map no. 556-A-39) in the B-3, General Business District:

Legals - Montgomery County

Residential uses as permitted in the R-3, Multi-Family Residential District include single-family dwellings, two-family dwellings, townhouses, and multiple-family dwellings at a density of development of up to 20 units per acre.

2. A conditional use permit request for a proposed planned housing development to consist of single-family, two-family, and multiple-family dwellings at a density of development not to exceed 7.8 units per acre.

The property is partially designated as Business/Commercial and partially designated as Residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan.

Town Hall will be open and available to receive public comment in-person at the time of this Public Hearing. Additionally, the meeting will be streamed live on the Town of Christiansburg's YouTube channel at www.christiansburg.org/youtube and will remain on the Town's YouTube page once the meeting concludes. For information on contactless methods for submitting public comment, please visit www.christiansburg.org/publichearings.

Copies of the applications are available for review at the following link: www.christiansburg.org/publichearings. A copy of the applications, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in

Legals - Montgomery County

the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073 during normal office hours of 8:00 a.m. - 5:00 p.m. Monday through Friday. Contact Andrew Warren, Assistant Town Manager, by phone at (540) 382-6120 ext. 1130 or by email at awarren@christiansburg.org with any questions or if you require reasonable accommodations.

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1. A conditional use permit request for residential uses as permitted in the R-3, Multi-Family Residential District.

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MONTGOMERY SPORTS

What I've learned about sports during the pandemic



From the Sidelines
Marty Gordon

The decision by the Montgomery County School Board Tuesday night to allow our high schools to resume competitive sports is a bright light in what has been a long dark tunnel.

The big question, though, is how much damage -- emotionally, psychologically and physically -- has been done to our children.

The past 10 months have been unexplainable. What will we tell youngsters 20 years from now about what happened in 2020? I am lost for words to even consider what I might say or write.

It all started in March when the NCAA shut down any plans for March Madness. I am one of those individuals who look forward to this tournament every year. The National Basketball Association followed with the stoppage of their season.

Sports as we knew it came to a screeching halt. For so many people, the games from high school through the pros are a way to escape at least temporarily from the problems associated with everyday life. Not anymore. Instead, sports itself became a big part of what would follow us for over 300 days.

Athletics like baseball, softball and football were not held. Student-athletes received word there would be no summer sports, and the fall was completely lost.

Youngsters under the age of 12 were not allowed to play any recreation sport of any kind. Some numbers show that population was an estimated 40 million kids. As we finished 2020, most of the kids were left sitting at home playing video games.

During this "lockdown," I have learned many things about sports as it has changed the way we participate and watch the games. There is so much to consider and to ponder.

Kids will lose interest in sports and probably pick up the video game controller at an alarming rate.

Fear cannot keep us from living. Nothing has shown that sports is spreading the virus. Yes, we have had shutdowns of individual sports when a positive case is discovered, but in no way are our games a "super spreader."

Proper protocols have taken place in and around all sports to prevent the

spread. This includes the elimination of high-fives, handshakes after a game and true sportsmanship that will now be lost.

Physical activity to a large extent has been lost during this battle. As a result, many of our local kids have gained weight because of their inactivity.

The differences in playing versus not playing according to a particular area of Virginia and/or adjacent states have created a stigma of "why not us" and of course, the slogan of "Let them play." There should have been a uniform response to the virus for athletics.

Turmoil has created the demand for a change in the leadership for school leaders across the board. This is not fair to those trying to keep our youth safe during a pandemic.

There has been a loss of personal relationships. In so many cases, we cannot turn back what children of all ages have lost by not having daily relationships with their friends and coaching mentors.

We have lost the idea of community as there are no fans in the stands. Our athletes have lost the cheers from the crowd, and playing in an empty gym has become the norm.

Depression is looming. We do not know how the youngsters will be affected, but their mental health is a concern. The lack of camaraderie among teammates and classmates is a big issue still hanging out there. Kids are tough cookies, but depression is something I fear for them.

Travel sports are taking over where other organized sports have stopped. This is good for some, but bad for others because the lower-income kids who might play recreation or school sports will not get the same opportunity.

Some of these changes are here to stay. Some are positive and some are negative depending on how you look at it. I do believe masks are now a part of the norm. Sanitizing athletic equipment needs to continue and more might be needed.

The overall sports world has been chaotic, and rules are being changed on a daily basis. We don't know what tomorrow will bring.

I'm sorry to tell you this, but I don't believe sports at all levels will ever be the same again. We won't be able to go back to the way it was. As I matter of fact, it's been so long I don't remember how it used to be. I definitely don't know how to write about it.

I do know I feel sad for our kids.

Sports notes: Big South 3-point fundraiser, Big South Sweepstakes, Roanoke hockey season tickets

Marty Gordon
NRVsports@ourvalley.org

The Big South Conference announced Tuesday that new corporate partner First Citizens Bank will donate \$1 for every 3-point shot made during the 2020-21 men's and women's basketball regular-season and conference championships, which will benefit league-wide student-athlete diversity, inclusion and equity programming.

Through games of January 18, the amount donated is \$1,762 and First Citizens Bank will present a donation check for the final total at the conclusion of the women's basketball championship on March 14.

The Big South's multi-year partnership with North Carolina-based First Citizens Bank was announced on Dec. 9 when First Citizens was introduced as the "Official Bank and Wealth Management Partner" of the conference. As a conference partner, First Citizens will work alongside the Big South to provide valuable resources to benefit all Big South student-athletes and their pursuit of excellence on campus, in competition and in life.

"While our partnership with First Citizens Bank is in its infancy, we are already seeing tremendous results through this promotion for supporting some of the Big South's most important core values: diversity, equity

and inclusion," said Big South Commissioner Kyle Kallander. "We are so grateful for First Citizens Bank's support for these important initiatives and the benefits Big South student-athletes will realize because of it."

"We're pleased to sponsor this three-point donation drive as part of our partnership with the Big South Conference," said Barbara Thompson, Director of Brand Management, Marketing and Corporate Communications for First Citizens. "First Citizens Bank places a priority on inclusion, equity and diversity, which is essential to everyone's success. That's why we're glad to join and support the Big South's initiatives in these areas. It's another reason to cheer on the student-athletes through the end of the season."

Also, the Big South Conference has announced the return of the annual Big South Sweepstakes, presented by Hercules Tires, Pepsi and Sunbelt Rentals. One lucky fan will receive a prize package at the conclusion of the conference basketball championships.

Eleven finalists will be randomly-selected on February 15, and each will receive an exclusive prize package. At the championships, one of the finalists will be awarded the grand prize of a set of Hercules Tires, two mini-helmets autographed by a professional football

player and a new Apple Watch 6.

To determine the grand-prize winner, each of the 11 Big South Conference men's basketball teams competing for the conference championship will be randomly assigned to represent one of the 11 finalists. The grand-prize winner will be the finalist paired with the Big South institution that wins the nationally televised 2021 Men's Basketball Championship game on Sunday, March 7.

The Rail Yard Dawgs, Roanoke's minor league hockey team, are now selling season tickets to new accounts and are accepting seating change requests from existing season accounts.

As in the past, the team will require a \$100 non-refundable deposit to reserve seats and a parking pass. Season-ticket holders from the 2019-2020 season will have their seats and parking passes reserved without a deposit until June 1, 2021. If no deposit is received before this deadline, seats and parking passes will be released and will not be guaranteed in the future.

Season tickets start at \$330 for adults and \$275 for children. Payments can be made monthly through Oct. 15, 2021.

New half-season ticket sales and requests for seating changes will begin Feb. 1, 2021.

Corporate partner seats are reserved until their renewal meetings.

RU softball picked fourth; Fisher named Preseason Player of Year

For the second time in two years, the Radford University softball team was picked to finish inside the top four in the Big South Preseason Poll announced Wednesday afternoon.

Senior infielder/outfielder Sydney Fisher, a native of Georgia who began her collegiate career at Georgia Southern University and transferred to Radford prior to the 2019 season, was selected as the Co-Preseason Player of the Year.

The Highlanders finished 13-3 a season ago and ended the year on an eight-game win streak. Radford lost only three seniors and two starters and has a strong core group of upperclassmen returning.

Radford tallied 38 points in the polls, tied with Campbell for fourth place. Gardner-Webb was picked to finish first in the poll with 50 points and three first-place votes. USC Up-

state finished second in the poll with 47 points; Longwood was picked to finish third with 42 points.

Last season, Fisher had a team-leading seven doubles and 24 hits. She ranked fourth in the Big South with a .421 batting average and struck out only three times during the season. She had a 12-game hit streak and eight multi-hit games. She ranked 24th nationally in doubles per game.

Fisher is the first Highlander to be named Preseason Player of the Year since Nichole Beall in 2012. She is the third player to earn the honor as Kristen Shifflett also won the accolade in 2010 and 2011.

2021 Big South Conference Preseason Softball Poll
Rank Team (First-Place Votes) Points
1 Gardner-Webb (3) 50
2 USC Upstate (1) 47

3 Longwood (3) 42
T4 Radford 38
T4 Campbell 38
6 Presbyterian 33
7 Winthrop 23
8 Charleston Southern (1) 17

--RU Athletics



RU's Sydney Fisher

VT releases spring softball schedule

BLACKSBURG -- After scrimmaging all fall season, Virginia Tech softball has released its spring schedule featuring both non-conference and conference opponents.

The Hokies are slated to play 49 games this season, 21 in Blacksburg, including four ACC home weekends.

New to the schedule, Tech will participate in an ACC "pod" the second weekend of the season. The Hokies will first travel to Clemson to play a three-game set against the Tigers Feb. 18 and 19, then head down to Georgia for three games vs. Florida State in Atlanta Feb. 20-21.

Tech opens the 2021 season Feb. 13 at Kennesaw State for a weekend series with the Owls. After the pod weekend, the Hokies open their home slate with ACC foe Boston College March 5-7.

The Hokies' home conference op-

ponents for the 2021 season are Boston College, Pitt, Georgia Tech and Notre Dame. After the pod, Tech will travel to NC State, Louisville, Duke and Syracuse.

The Commonwealth Clash presented by Virginia529 will be a two-game, home-and-home series with rival Virginia. The Hokies travel to Charlottesville March 9, and the Cavaliers will come to Blacksburg on March 24.

Virginia was the only ACC opponent Tech played last season before the COVID-19 pandemic cancelled the season. The Hokies won the clash for the fifth straight season, sweeping the Cavaliers in the three-game series.

Other than Virginia, the Hokies midweek schedule will feature Radford, Longwood and Liberty. The ACC Championship will take place May 12-15 in Louisville, Kent.

Subject to change, the 2020-21 schedule is as follows:

Feb. 13-14 at Kennesaw State
Feb. 18-19 at Clemson
Feb. 20-21 vs. Florida State in Atlanta
Feb. 24 at Radford
March 5-6-7 Boston College at home
March 9 at UVA
March 12-13-14 at NC State
March 17 Radford at home
March 19-20-21 Pitt at home
March 24 Virginia at home
March 26-27-28 at Louisville
April 2-3-4 at Duke
April 7 Longwood at home
April 14 Liberty at home
April 16-17-18 Georgia Tech at home
April 23-24-25 Notre Dame at home
April 28 at Liberty
April 30, May 1-2 at Syracuse
May 12-13-14-15 ACC Championships at Louisville

Outdoor report: Hunters for the Hungry, Virginia Hound Heritage team up to deliver thousands of pounds of venison to those in need

When conservation organizations work cooperatively, good things can happen for society, and such is the case in the collaboration of Virginia Hunters for the Hungry (VHfH) and Virginia Hound Heritage (VHH) through a unique endeavor.

The basic concept is that Southampton County area VHH-member deer hunting clubs are now using two mobile cold boxes to donate deer to Hunters for the Hungry. These expansive cold boxes can hold numerous deer at a time, are always at opposite ends of the county or a neighboring one such as Sussex throughout the general firearms season, and are moved weekly so as many VHH clubs as possible can drop off deer, as can members of the general public.

Gary Arrington, director of Virginia Hunters for the Hungry, explains that the idea for this joint

venture came in 2018 when Virginia Hound Heritage president William Hart Gillette contacted now-retired Hunters for the Hungry director Laura Newell-Furniss about how the two organizations could work together to help the less fortunate and bring about more awareness about the impact Hunters for the Hungry could have in Southampton County and surrounding areas.

That contact evolved into a project in which Virginia Hound Heritage donated the two coolers (worth some \$12,000 each) and about \$10,000 that went toward the purchase of a trailer to pick up donated deer. David Burks, who operates Burks Farm Processing, drives that trailer to various pick-up points in the commonwealth's far southeastern counties.

The trailer went into use during the 2018-19 season. The vehicle rotated through Southamp-

ton and Sussex counties collecting a total of 230 deer. Normally, says Arrington, when the organization establishes a new trailer an average of about 40 deer is collected.

But Virginia Hound Heritage was not done with its philanthropy. At the conclusion of the 2018-19 hunting season, the organization's foundation held a special dinner and presented Hunters for the Hungry with a check for \$10,000. That night, attendees donated an additional \$3,980.

These donations allowed Hunters for the Hungry to cover the processing costs for all 230 of the deer it collected as well as an additional 80 deer that were donated to the charity. This collaboration by conservation organizations resulted in approximately 10,350 pounds of venison—41,400 quarter-pound servings of lean venison—being available for those in need.

Before the 2019 hunting season, VHH purchased a second trailer to donate to Hunters for the Hungry. During the 2019/2020 season, the two trailers collected 261 whitetails, allowing the charity to process 11,745 pounds or 46,980 servings.

"This has been an awesome collaboration," Arrington said, "not only between the Virginia Hound Hunters and us but also with Burks Farm. One of the most wonderful things we are doing is giving the less fortunate something very nutritional to eat. It just shows what the hunting community can accomplish when we work together and how we can make a positive difference in people's lives. And create a positive image for hunters, too."

Arrington added that the need for highly nutritional venison was especially important in 2020 because of the pandemic. "In 2020

at one point, we even had to stop collecting deer because of funding, so this has been a challenging year for Hunters for the Hungry, too," he said. "But we are doing all we can to help folks—as are many missions, churches, food banks and food pantries, and they deserve the public's support, too. I like to say that Virginia Hunters for the Hungry supplies a renewable natural resource for our most precious resource—our fellow man."

Gillette agreed with Arrington about the success of their joint efforts. "Things have worked out very well for Hunters for the Hungry and for the hound hunters," he said. "I also want to stress that many of the deer donated have been taken from farms that have deer overpopulation problems, so we suffer less crop damage."

"I would also encourage conservation groups in other parts of the state to partner with Hunters for the Hungry and do what we've done," Gillette said. "Then even more people can benefit from having healthful venison meals to eat."

--Bruce Ingram, Virginia DWR



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