



The driver's side of the Blacksburg Transit NRV bus wrap is in front of Virginia Tech's Burruss Hall. Photo by Aspire Marketing Agency.

## BT bus promoting the NRV makes its premiere

A new NRV bus is making its way around Blacksburg. The special Blacksburg Transit bus is wrapped with a Virginia's New River Valley design. Individuals

from around the region are featured on the bus, and the bus encourages Virginia Tech students and Hokie football fans to make the region home by finding their

careers and communities in the NRV. Onward NRV, a regional economic development organization, spearheaded the project to wrap the bus with NRV designs.

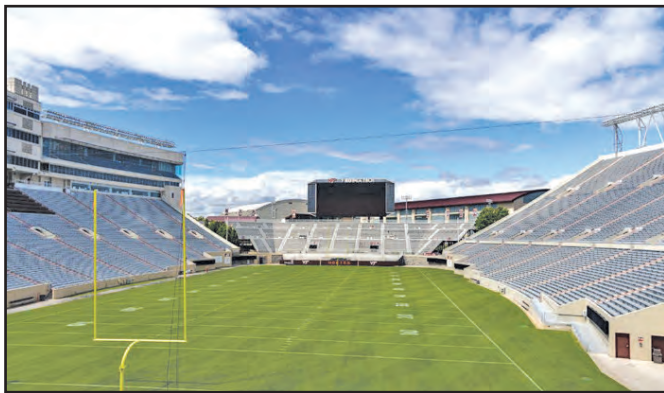
## A message to students regarding game-day behavior

Dear Virginia Tech students,

Fall means football in Blacksburg. Nothing matches the excitement of being in Lane Stadium to jump and cheer together in support of our Hokies. This unique, thrilling experience doesn't happen on its own. We depend on our incredible stadium staff and public safety personnel to move tens of thousands of people safely and efficiently in and out of Lane Stadium and take great care of us while we're there so we can enjoy the game. This only works when we demonstrate patience, mutual respect for those around us, and full cooperation with guidance and protocols.

It troubles us to write this message because of the high regard we hold for our students and the joy, curiosity, and excellence with which you embrace your education every day. Over the last several weeks, we have heard too many stories of selfish, inappropriate, and embarrassing student behavior at home football games. What we have heard falls short of Virginia Tech standards and most importantly, creates an unsafe environment for all who attend.

This week, we are asking that every student attending this Saturday's home game (and all future games) take personal responsibility for a safe



and positive fan experience that reflects the best of our community.

So let's get it right this Saturday against Pitt and for the rest of the season. Starting this week, together we will be taking the following actions:

Student attendance will be restricted to season ticket holders and a more limited number of student lottery winners.

Students are expected to follow all new guidance for gate entry.

Students will be expected to move to seats above the portals immediately to allow for all fans to take their seats safely and quickly.

The Virginia Tech Police Department will deploy law enforcement officers and security personnel in Lane Stadium to support a positive and safe fan experience.

Students entering the game illegally or who violate line protocols will be referred to Student

Conduct. Students who violate our Student Code of Conduct risk significant consequences.

In addition, violators will be subject to ban from Virginia Tech athletic facilities by the police department.

Virginia Tech is a strong, vibrant community guided by our Principles of Community, which are always on display at our home football games in the fall. This year especially, we have so much to be proud of with being back on campus and in the full swing of the semester. But this is one area where we haven't brought our best. Let's change that starting Saturday and remind our community that we know and honor what it means to be a Hokie.

*Whit Babcock, Director of Athletics*

*Frank Shushok Jr., Vice President for Student Affairs*

*Mac Babb, Chief of Police, Virginia Tech Police Department*

## Tips for protecting pumpkins from rotting before Halloween

Virginia Cooperative Extension horticulture expert Ashley Edwards says that before families head out to a pumpkin patch to pick their perfect pumpkin, it's important to wait until pumpkins are fully mature before harvesting and to carve them as close to Halloween as possible to avoid early rotting.



Extension horticulture expert Ashley Edwards suggests that to prevent rotting before Halloween, pumpkins should be fully mature before they are harvested and they should be carved as close to Halloween as possible.

Before harvesting pumpkins, Edwards offers the following tips:

Prevent rotting by waiting until maturity to harvest and avoiding freezing temperatures.

Mature pumpkins have hard, shiny shells that can't be easily punctured by a fingernail.

Cure the pumpkin (allow the skin to harden) by allowing it to remain in the garden during dry, sunny weather, ideally 80-85 degrees F, for about 7-14 days.

Prior to carving, store pumpkins in well-ventilated areas to extend their lifespan before they rot.

Place pumpkins in a well-ventilated storage area, preferably protected from rain.

According to Edwards, pumpkins will retain good quality for approximately two to three months if they are stored at the appropriate relative humidity (50-70 percent) and temperature (50-55°F).

Once the pumpkin is carved, Edwards says to use petroleum jelly on the inside and outside of the pumpkin to keep it hydrated. "Try using battery-operated lights instead of real candles to prevent wilting," Edwards says. She also suggests spraying the outside of the pumpkin with clear acrylic spray to help keep pests and bacteria away.

Edwards says that after Halloween, pumpkins can be disposed

See Pumpkins, page 4

## Blacksburg Regional Art Association opens holiday market



Paintings, jewelry, cards and books, all by local artists and authors can be found at The Art Space as part of the Blacksburg Regional Art Association's holiday market.

The Blacksburg Regional Art Association's holiday market, located at 318 N. Main St. in Blacksburg inside The Art Space at The Artful Lawyer between Chipotle and the Hokie House, is officially opened.

The market opened Friday, Oct. 15, from noon to 4 p.m. It will be open select hours Fridays through Sundays through Jan. 9, 2022.

Twenty-five artists belonging to this 71-year-old local art organization are featured in the market. "We have a nice selection of original paintings in watercolor, acrylic, oils and more," said Ava Howard, artist and coordinator of the temporary market. "Additionally, we have handmade jewelry, ceramics, woven shawls, wood-turned pens, notecards, and many other unique items made by our artist members. This is a happy place for me, surrounded by all

these beautiful creations."

The participating artists are working together to make shopping at the BRAA Holiday Market a unique experience and will periodically offer demonstrations of their trade or will just enjoy painting on the front porch. Check out BRAA Facebook (<https://www.facebook.com/BlacksburgArt>) or Instagram to see when your favorite artist is working and watch them play in a way only artists can. More information on the organization can be found at [blacksburgart.org](https://blacksburgart.org).

Art lovers will enjoy a double helping of local art Dec. 4 and Dec. 5 when The Artful Lawyer hosts its own holiday market on its side of the house. That market will feature more local artists personally in-house to sell their creations for both days from noon to 7 p.m.



PHOTO BY AUTUMN DE WILDE

Pink Martini's music is inspired by the Hollywood musicals of the 1940s and '50s with arrangements of Latin music, cabaret, and cinema scores that produce a glamorous sound.

## Pink Martini to debut at Moss Arts Center with a performance inspired by global sounds

Pink Martini will usher in Halloween with a musical trip around the world, from a samba parade in Rio to a French nightclub, on the Moss Arts Center stage on Saturday, Oct. 30, at 7:30 p.m. The performance marks the 12-member group's live debut in the MAC's Anne and Ellen Fife Theatre, located within the Street and Davis Performance Hall at 190 Alumni Mall. The

group will be joined by singer China Forbes.

Earlier, Pink Martini bandleader/pianist and founder Thomas Lauderdale and Forbes streamed a rollicking cabaret evening of music and conversation in the Moss Arts Center's "HomeStage" series. Lauderdale founded the Pink Martini in 1994 to pro-

See Pink Martini, page 4



# UPCOMING EVENTS

## Saturday, Oct. 16:

**Craft and Draft Festival**  
On the grounds of the Glencoe Mansion and Museum from 11 a.m. until 6 p.m. Live music, handmade arts, food trucks and craft beer. Thirty-five vendors from Southwest Virginia and North Carolina will be on hand selling original art, jewelry, letterpress cards and decorations, soy wax candles, goat milk soaps, and accessories. Live music from JoJo Stockton & Soulacoustix, Gate 10, and Flannel Jukebox.

**Creative Writing Meeting**  
Meadowbrook Public Library; 11 a.m. In person or for support, feedback, and writing tips. Email [mupthegrove@mfrl.org](mailto:mupthegrove@mfrl.org) or call 540-268-1964 for more information.

**Caturday**  
Christiansburg Library; noon to 1 p.m. Sign up at the front desk for a 15-minute slot to read to a cat from the Montgomery County Animal Care and Adoption Center to practice reading and socialize shelter cats. All ages. Email [shodges@mfrl.org](mailto:shodges@mfrl.org) for more info.

## Sunday, Oct. 17:

**Blacksburg Chocolate Festival**  
Located at College Ave. and Draper Rd. from noon to 4 p.m., hosted by The Rotary Club of Blacksburg. The festival will offer artisan chocolates, kids' activities, a beer and wine garden, and vendor booths. Tickets are available at [blacksburgchocolatefestival.com](http://blacksburgchocolatefestival.com) and at the gate.

## Monday, Oct. 18:

**Pokémon Club**  
Christiansburg Library; 4:30 p.m. Pokémon fans can bring their DS or Pokémon cards and get ready to battle, trade, and make new friends. All ages.

**Graphic Novel Book Club**  
Blacksburg Library; 6 p.m. To be discussed is "My Favorite Thing is Monsters" by Emil Ferris. Call ahead to reserve a copy.

## Tuesday, Oct. 19:

**SRS Paranormal at the RPL**  
SRS Paranormal, spooky local paranormal investigators, will be at the Radford Public Library at 4 p.m. to talk about their work, show off their special equipment, and present a live demonstration. The program is not recom-

mended for children younger than 13.

## Wednesday, Oct. 20:

**Radford Army Ammunition Plant (RFAAP) Community Meeting**  
The RFAAP Community Meeting has been rescheduled to Wed., Oct. 20, 2021 at 6 p.m. at the Christiansburg Library. The rescheduling of this meeting will allow RFAAP to provide the most current updates on environmental and modernization projects. Broadcast on Facebook Live from the Radford Army Ammunition Plant Facebook page. These meetings are open to the public and are an opportunity to learn about RFAAP Modernization and Environmental Projects. The public can reach out with questions, or to conduct research on their own through several resources, including:  
Facebook: <https://www.facebook.com/RadfordArmyAmmunitionPlant/>.  
Homepage: <http://www.jmc.army.mil/Radford/RadfordDefault.aspx>.  
Email: [usarmy.radford.peo-eis.list.rfaap-public-affairs@mail.mil](mailto:usarmy.radford.peo-eis.list.rfaap-public-affairs@mail.mil).

**In-Person Learn at Lunch at Hahn Horticulture Garden**  
"Crafting a Garden Vision" with Steve Hale  
This presentation is designed to give participants new perspectives on their own gardens, no matter how large or small. At the Hahn Horticulture Garden Pavilion from noon to 1 p.m. Parking passes will be provided to attendees.

## Friday, Oct. 22:

**VT Corp of Cadets Formal Retreat**  
The Virginia Tech Corps of Cadets will hold a formal retreat ceremony at 4:15 p.m. on Upper Quad. The color guard will lower the flag, and the regimental band, the Highty-Tighties, will play. Skipper, the corps cannon, will fire once.

## Friday, Oct. 29:

**Radford Trick or Treat Trail and Harvest Festival**  
4 to 6 p.m. in downtown Radford. Downtown businesses will have treats. Sponsored by Oasis Church and held in the Virginia Street and East Main parking lot, the Harvest Festival offers some family fun.

## Sunday, Oct. 31:

**Grove United Methodist Church**

**Trunk or Treat**  
An afternoon of safe fun trunk or treating. Trunks filled with treats are being provided by Grove UMC members and students from the Wesley Student Center at Radford University. There is no cost for this event. For more information call 540-639-2807.

**First Annual Hacksburg Pumpkin Chunkin'**  
9 a.m. to 3 p.m. at 1331 Research Center Drive. This year on Halloween, Hacksburg will be running its own pumpkin chunkin' competition. Gather up a team to build a trebuchet capable of throwing pumpkins at targets. Trebuchets are judged by accuracy. Official rules were sent out on October 4. Email [rsvp@hacksburg.org](mailto:rsvp@hacksburg.org) for a copy of those rules. Teams will have a registration fee, but anyone can come to watch for free. Tours of Hacksburg will also be available. Email [board@hacksburg.org](mailto:board@hacksburg.org) with any questions or come to one of the open Tuesday meetings each week at 7:30 p.m.

## Through Oct. 19:

**Crafts to Go**  
Meadowbrook Library. Drop by the library for Halloween and autumn take & make craft kits. They are available at the library or with curbside pickup. The kits are free but supplies are limited.

**Diaper Drive benefiting Montgomery County Christmas Store**  
Blacksburg Library. Blacksburg Junior's Club and the Blacksburg Library are hosting a diaper drive benefiting the Montgomery County Christmas Store. All sizes of diapers are needed and are welcomed.

## Through Oct. 20:

**Halloween Costume Drive**  
Meadowbrook Library. The library is looking for gently used costumes in all sizes. Halloween costumes can be dropped off during library hours through Oct. 20. Halloween Costume Mania offers the chance to select a costume for children or adults while they last.

## All month of October:

**Halloween-Sidewalk Obstacle Course**  
In the Meadowbrook Library Courtyard. Can you make it through our Halloween-themed obstacle course? Don't forget to count the candy corn

throughout the course to win a prize. For all ages and abilities. Those that complete the course can enter for a special prize drawing to take place on Oct. 25.

**Passionate Painters**  
Blacksburg Library. Check out the beautiful works by the students and friends of the VT Lifelong Learning Institute.

## Through October:

**Grab-and-Go Meals**  
All month of October at the Meadowbrook Public Library. Free grab-and-go meals and snacks. Children 18 years and younger can come and get a weeks' worth of meals and snacks. Each box will contain a five-day supply. This is free to all children/teens during library hours. Sponsored by Feeding Southwest Virginia, an equal opportunity provider.

**Radford Farmers Market**  
The Radford Farmers Market continues each Saturday through Oct. 30, from 9 a.m. until 1 p.m. in the New River Valley Community Service parking lot (the Old Wade's parking lot) on West Main Street.

**Christiansburg Farmers Market**  
The Christiansburg Farmers Market continues very Thursday through Oct. 28 at the Christiansburg Recreation Center parking lot from 3 to 7 p.m.

## Ongoing:

**Passports at the Radford Public Library**  
Radford Public Library is a Passport Acceptance Office. Call (540) 731-3621 to set up an appointment time. The current waiting time for a passport is up to 18 weeks, so those planning overseas travel should start the process as soon as possible.

**"Paper Alchemy" exhibit**  
Currently on display in the gallery in the Covington Center. This is an exhibition of jewelry and other objects made from Thurmanite®, a material invented by James Thurman, an artist who teaches at the University of North Texas. Thurmanite is a unique composite material made of layers of recycled paper bonded together with an environmentally friendly plant-based resin. "Paper Alchemy" is a dynamic demonstration of the artist's range of inventive problem-solving and creativity.

# NRCC nurse aide program registration open

Registration is now open for New River Community College's nurse aide program that begins on Nov. 2, 2021. The 13-week program runs from Nov. 2, 2021, through Feb. 8, 2022 from 5:30 p.m. to 9:30 p.m. on Tuesdays and

Thursdays in Dublin. The course also includes five clinical day sessions from 6:45 a.m. to 3:15 p.m. on Thursday, Dec. 2, 2021; Saturday, Dec. 4, 2021; Thursday, Dec. 9, 2021; Saturday, Dec. 11, 2021, and Thursday, Dec. 16, 2021.

Upon successful course completion, students will be eligible to take the Virginia Nurse Aide State Board Exam to become a Certified Nurse Aide. Nurse aides help patients or clients with health-care needs under the supervision of a registered nurse or a licensed practical nurse. They

provide hands-on care to patients, helping with bathing, dressing, and the basic activities of life. Daily activities a nurse aide might encounter include taking patients' temperature, blood pressure, and other vital signs. The nurse aide program is eligible for tuition assistance through the G3 pro-

gram. This program provides Virginia residents who qualify for in-state tuition and whose family income falls below an identified threshold with tuition assistance. Additional financial assistance may also be available. To register, email Ryan Adams at [radams@nr.edu](mailto:radams@nr.edu) or call (540) 674-3600

ext. 4435. Nurse aide is one of several NRCC FastForward programs that provide affordable, short-term training through the Office of Workforce Development. For more information about FastForward program offerings, visit <https://www.nr.edu/fastforward/>.

## THE NRV MPO SEEKS PUBLIC INPUT FOR TIP AMENDMENT

The New River Valley Metropolitan Planning Organization (MPO) is amending its 2021-24 Transportation Improvement Program (TIP). The amendment is to modify funding for Blacksburg Transit and New River Valley Community Services. It is available for review at the offices of the Towns of Blacksburg and Christiansburg, the City of Radford, and the Montgomery and Pulaski County. It is also available on the MPO website: [www.newrivervalleympo.org](http://www.newrivervalleympo.org)

Written comments for this amendment will be received until 5:00 PM, October 19, 2021.

**The public can also speak at the November 4, 2021 MPO Policy Board meeting at 2:00 PM at the Montgomery County Government Center.**

This public notice and opportunity to comment on the TIP amendment meets the program of projects requirements as established by the FTA pursuant to 49 U.S.C. Section 5307(c).

The NRV MPO ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need more information or special assistance for persons with disabilities or limited English proficiency, contact Dan Brugh at: [brughjd@montgomerycountyva.gov](mailto:brughjd@montgomerycountyva.gov) or 540-394-2145, TTY/TTD 711.

## Celebration of local role in American revolution set for Sunday

A public program and celebration of the role of citizen soldiers from the Virginia frontier region during the American Rev-

olution will be held Sunday, Oct. 17, at 2 p.m., one of the first in a series of events during the five-year period leading up to

the nation's 250th birthday. The program will take place at the Crockett home farm at 847 Alleghany Spring Road in Shawsville, one mile south of Rt. 11 and 460. Turn at the Meadowbrook Community Center in Shawsville.

Volleys will be fired by period re-enactors in honor of the 15 signers of the Fincastle Resolutions adopted Jan. 20, 1775, 18 months before the Declaration of Independence, and as a salute to the frontier soldiers who helped turn the tide of the revolution towards victory. Among these were the three sons of Joseph and Jeanne Crockett, all of who rose to the rank of colonel in the Continental Army or the Virginia Militia, and who fought in battles and skirmishes in Virginia and other states, including Pennsylvania, New Jersey, North Carolina, Kentucky, and Ohio. Virginia Tech history professor Dan Thorp will speak on the 240th anniversary of the surrender of the British Army under Lord Cornwallis to

Gen. George Washington in Yorktown on Oct. 19, 1781. He will also address the significance of the Fincastle Resolutions and the perspective of the 15 local leaders who signed them in 1775.

Program participants will include Sons and Daughters of the Revolution, Fincastle Company and Fincastle Rifles re-enactors in period dress, local scout troops and the Meadowbrook Museum of History. A Virginia historic marker, titled American Revolution on the Frontier, will be unveiled. Rivermont Farm, dating from the early 1760's, will also be recognized as a Virginia Century Farm.

All who attend are asked to bring their own lawn chairs as the program will be conducted on the farm house lawn. Eastmont Community Foundation will provide refreshments following the program. Anyone wanting more information may call Mac Sammons at 336-401-2615 or George at 540-392-6280. An event flier may be obtained via email at [maryhawley@aol.com](mailto:maryhawley@aol.com).





**Bored with your stuff?**

Trade in gently used clothing for \$5 off anything new All week.

860 University City Blvd, Blacksburg  
Mon - Sat 11:00am-4pm (540) 951-8102  
Always free and convenient parking





# Imani Winds and Catalyst Quartet transform ancestral stories into music

Two leading contemporary chamber ensembles join forces for an absorbing program highlighting the experience of migration. Transforming ancestral stories into music, the Catalyst Quartet and Imani Winds will perform “(im)migration: music of change” at the Moss Arts Center on Thursday, Oct. 28, at 7:30 p.m.

The performance will be held in the center’s Anne and Ellen Fife Theatre, located within the Street and Davis Performance Hall at 190 Alumni Mall.

“(im)migration: music of change” features music written or inspired by migrants and immigrants from the African and Latin diaspora. The evening includes Imani Winds performing an arrangement of Cuban composer Mongo Santamaria’s popular Jazz standard “Afro

Blue,” while the Catalyst Quartet performs “Negro Folksongs in Counterpoint” by Florence B. Price, the first African American woman to be recognized as a symphonic composer as well as the first to have a composition played by a major orchestra.

The ensembles join for “Concierto de Cámara” by American composer Roberto Sierra and “Sergeant McCauley,” a new work by McCauley, a new work by composer and former Catalyst violinist Jessie Montgomery that tracks the journey of her great-grandfather during the Great Migration.

Montgomery’s “Sergeant McCauley” is inspired by personal family stories of the African-American migration during the early 1900s, around the time of World War I, from the lens of her great-grandfather. It

strings together spirituals and work songs that reflect Sergeant McCauley’s route from Mississippi to the west, then up north, and eventually back to Georgia.

The special timbral effects of this mix of strings and winds transform the stories and their reflections into music. Montgomery carries on the storytelling tradition passed on by her mother, playwright, actor, and teacher Robbie McCauley.

Members of Catalyst Quartet and Imani Winds will perform excerpts from “(im)migration: music of change” in a free school-day performance for area public, private, and homeschool students in grades 4-8 on Wednesday, Oct. 27, from 10-11 a.m.

In addition, Imani Winds will instruct Virginia Tech music students



in winds technique during a class visit while student musicians in strings and winds will have the opportunity to perform and receive coaching from members of Imani Winds and Catalyst Quartet in two concurrent master

classes. Members from both ensembles will also meet with students in Virginia Tech’s two residential colleges.

Tickets for the performances are \$20-45 for the general public and \$10 for Virginia Tech students.

Tickets can be purchased online; at the Moss Arts Center’s box office, 10 a.m. to 5 p.m. Wednesday through Friday, and 10 a.m. to 4 p.m. Saturday; or by calling 540-231-5300 during box office hours.

## New assistance program to help Virginia dairy farmers



Virginia’s dairy industry produces one of the commonwealth’s top commodities with recent cash receipts totaling \$290.1 million annually. Recent problems, though, have cost the state an estimated 20 percent of its dairy farms.

RICHMOND — Dairy farmers have faced a multitude of challenges in recent years, but a new reimbursement program through the Virginia Department of Agriculture and Consumer Services is intended to help farmers in the state.

VDACS established a new reimbursement program to assist dairy producers who participate in the federal Dairy Margin Coverage Program. The new Virginia Dairy Producers Margin Coverage Premium Assistance Program reimburses dairies for the premium payments they have made for the federal program at the tier 1 level.

Virginia’s dairy industry produces one of the commonwealth’s top commodities. According to 2019 U.S. Department of Agriculture data, the state’s dairy industry produced nearly 1.5 bil-

lion pounds of milk annually and had cash receipts of \$290.1 million.

However, ongoing changes in domestic demand, sharp declines in exports and the pandemic-fueled disruption of market channels and product demand during the past 16 months have exacerbated Virginia dairy farmers’ challenges, noted Tony Banks, senior assistant director of agriculture, development and innovation for Virginia Farm Bureau Federation. “During that time, we’ve lost probably 20% of the state’s dairy farms.”

Banks said the new VDACS program will allow some dairy farmers, who otherwise couldn’t, to participate in DMC, the federal risk management program. “All participating dairy farmers will benefit from the financial support offered

by the commonwealth.”

Applications for the new dairy program are available now. Eligible dairy producers will receive notification of the application’s availability directly and should submit program applications to VDACS by Feb. 1, 2022. Eligible dairy farmers include those with a certified resource or nutrient management plan and those who participate in the federal DMC program at the tier 1 level.

The Virginia Dairy Producer Margin Coverage Premium Assistance Program was approved during the Virginia General Assembly 2021 special session and signed into law by Gov. Ralph Northam. Program funding for the current fiscal year is set at \$1 million and will be provided on a first-come, first-served basis.

## PETS-OF-THE-WEEK

At this time, visits to the 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.



**Spruce is a younger dog at the Animal Care and Adoption Center ready to find her forever home. She can be a little shy and nervous when meeting new people and other canines. She will need a home that can provide some training and encouragement as she develops into an adult dog. Spruce is treat-motivated.**



**Dally tends to be more of an independent spirit. While he has lived with other cats in the past and has done fine with them, he may need to get used to interaction with adult humans. Once comfortable, he doesn’t mind being petted. Dally is litter box trained.**

Send community news and photos to  
[communitynews@ourvalley.org](mailto:communitynews@ourvalley.org)

### ONLINE ONLY AUCTION

**Ends Thursday October 28th at 4 PM**  
**Sweet Country Home for Sale in Floyd VA!**  
**197 Silverleaf Lane, Floyd VA 24091**

**Bid Now at [VaAuctionPro.com](http://VaAuctionPro.com)**



Property features a 3 bedroom, 2.5 bath ranch home with 1,730 sq. ft. of space on 2.03 +/- acres. The home is equipped with a heat pump, hardwood flooring, a shingle roof, brick exterior, private well and septic. The home was built in 1952 and has a full basement, detached garage, storage building, garden space, wood shed and much more! Kick back and relax on the patio space out back and enjoy the peaceful sounds of the countryside.

This property would be a wonderful family home with a few updates or great for an investment property! Purchase this sweet homestead to live your dream life, away from the hustle and bustle of the city. Property is just a short 15 minute drive to the Town of Floyd VA and within 45 minutes of Roanoke VA.

**Preview Date – Thursday October 21<sup>st</sup> @ 4 PM**

**Terms** – 10% Buyer’s Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$2,500 required day of sale. Close in 45 days. Subject to seller confirmation. Property sold as is, where is with any and all faults. Buyer is expected to complete their own due diligence. Auction starts ending at 4 PM on October 28th 2021. Download Bidder Information Pack at [VaAuctionPro.com](http://VaAuctionPro.com)

**Contact – Broker & Auctioneer Matt Gallimore at 540-239-2585 or email [gallimore.matt@gmail.com](mailto:gallimore.matt@gmail.com)**

**102 S. Locust Street,  
Floyd, VA 24091  
(540) 745-2005  
[VaAuctionPro.com](http://VaAuctionPro.com)  
Lic# 2907004059**



**Blue Ridge Land  
& Auction Co., Inc**

# OPINION

## Buddy King: I am now a member of the I-Have-COVID Club

I am writing this column during quarantine because of COVID. Yes, I became a member of the way-too-large club of those who have caught the virus. Like some long ago comedian said, Groucho Marx, I think, I would never want to join any club that would have me as a member. Well, I confirmed that statement. Just as soon not be a member.

So far so good though. I'm a superstitious guy, so I don't want to jinx myself, but my symptoms seem mild. For this I am grateful to be fully vaccinated. More on that later.

The worst part of the experience to this point has been the comments from many well-intentioned but non-comforting friends and colleagues. I consider myself blessed to have many wonderful and supportive friends, and I truly appreciate their concern as well as the challenge of trying to say something that is both helpful and honest. But, but, but, I have had a few too many emails, texts, and calls where these well-intentioned folks have said things like "be careful, be smart, it's deadly, it's a killer, it changes overnight, it will sneak up on you."

Yeah, I get the seriousness, I know the tragedy of this disease. But I have lived my life as an optimist, a believer that things will go the right way. That things will work out for the best. Even when I've been wrong, my optimism has remained intact. Hey, I knew the

Sox would win a World Series in my lifetime. Now we've won four.

My comments to those who have COVID have been more along the lines of "no worries, you'll be fine, can I help with anything, let's have a beer after you can get out." Cite all the good stats, not the negative ones.

So I am in quarantine, "self-isolating." When this horrible plague first started taking charge of our lives, I heard that term a lot: "self-isolate." If you got the COVID, you would need to "self-isolate." She is "self-isolating." When I thought about it, I wondered what other kinds of isolation are there? The dictionary defines "isolate" as the act of being alone. "Self-isolate" thus seems a bit redundant. I would much prefer being able "to isolate" with my pals at our local watering hole or with my friends and colleagues at work, but it doesn't work that way. I don't think "group isolation" is what they have in mind. So it's my cat Scarlett and me, hanging out.

A cat, particularly one like Scarlett who is an extrovert, is not a bad companion to go through quarantine with. Scarlett is a tortoiseshell that I found outside my office with four very young kittens a few years ago. She was a child bride herself according to the vet, and she seems to recognize now that she has a pretty good life and seems grateful, at least as much as a cat can.

Scarlett's appearance in my life corresponded with the heartbreak

of my wife having to move into a care facility with early onset dementia. It was as if she was meant to help with the void in my life. She is still performing that function during this ordeal.

Not being familiar with torties when I rescued her (or vice versa), I did what I always do: I bought a book about them, Ingrid King's "Tortitude -- The Big Book of Cats with Big Attitudes." It is full of great quotes that seem fitting to consider when you are "self-isolating" with your cat. Here are a few that seem apropos.

"You can't look at a sleeping cat and be tense." (Jane Pauley)

"Time spent with cats is never wasted." (Colette)

"Cats are magical. The more you pet them, the longer you both live." (anonymous)

"What greater gift than the love of a cat?" (Charles Dickens)

"I meant," said Ipslore bitterly, "what is there in this world that truly makes life worthwhile?" Death thought about it. "Cats. Cats are nice." (Terry Pritchett, Sourcery)

"There are two means of refuge from the misery of life: music and cats." (Albert Schweitzer)

"There is something about the presence of a cat that seems to take the bite out of being alone." (Louis J. Camuti)

So Scarlett has been a "purrfect" companion during isolation; music, the baseball playoffs, and Scarlett on my lap have made it tolerable.

Another thing that has made this dreaded illness tolerable, and hopefully survivable, in my unsophisticated opinion, is the vaccine. I do not and will not look at vaccination as a political issue. I also don't want to insult people's religious beliefs, but it seems to be simply cold, hard science to me. Certainly there are breakthrough cases like mine; no one promised 100% effectiveness.

But the statistics overwhelmingly demonstrate that for those fully vaccinated, the chances of catching COVID are drastically reduced and those who do come down with it have significantly milder symptoms. Tellingly, the cold, hard statistics also show that the vast majority of current deaths and hospitalizations are among the unvaccinated. As my friend Tony the Bookie likes to say, "Take the dog and the points at home if getting five or more and the favorite has had a big game the week before." Go with the percentages in other words.

My father was the oldest of nine children who grew up in a hollow on the Floyd/Montgomery County line. He had a brother, John, who died at age two from the Spanish flu. My dad often talked about his brother and would say how lucky we were to live in a world that has made the medical advances we have seen. I feel fortunate, even more now that I'm in the grip of the disease, that we have vaccines available

to pull us through, to lessen the impact and the spread. Take advantage.

I am reminded of the old joke about the man who was trapped in his house during a terrible flood. A police car came by as the waters were rising in the man's yard and offered to take him to safety. The man yelled back, "God will save me, I'm staying." Later, as the flood waters encircled his house, first responders came by in a boat and asked him to jump in. Again, the man yelled, "God will save me, I'm staying." Finally, when his house was almost completely submerged, the man climbed on his roof. A helicopter came by and lowered a rope ladder to take him on board. Again, the man yells at his rescuers, "God will save me, I'm staying."

The story ends with the man drowning and standing in front of the pearly gates. He is greeted by St. Peter. The man asks, "Why didn't God save me?" St. Peter responds, "We sent a police car, we sent a boat, we sent a helicopter, what more did you want?"

Help yourself, help others.

*Evans "Buddy" King is a proud native of Christiansburg, CHS Class of 1971. He resides in Clarksburg, W.Va., where he has practiced law with the firm of Steptoe & Johnson, PLLC, since 1980. He can be reached at evans.king@steptoe-johnson.com.*

## News Messenger

Established 1869  
(540) 389-9355  
P.O. Box 1125 • Salem, VA 24153  
USPS 016-490 Online: [www.ourvalley.org](http://www.ourvalley.org)

---

Michael Showell, *Publisher*  
Ed McMinn, *Editor*  
[editor@ourvalley.org](mailto:editor@ourvalley.org)  
Heather Bell, *Community News Editor*  
[communitynews@ourvalley.org](mailto:communitynews@ourvalley.org)  
Lynn Hurst, *General Manager*  
[lhurst@ourvalley.org](mailto:lhurst@ourvalley.org)  
Randy Thompson, *Advertising Consultant*  
[advertise@ourvalley.org](mailto:advertise@ourvalley.org)

---

**Give us your view:**  
[editor@ourvalley.org](mailto:editor@ourvalley.org)

---

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.

---

The News Messenger (USPS 016-490) is published twice a week for \$44 a year in Montgomery County, \$53 elsewhere in Virginia, and \$54 out of state by Virginia Media Inc., P.O. Box 429, Lewisburg, WV 24901. Periodical postage paid at Christiansburg, VA. POSTMASTER: Send address changes to NEWS MESSENGER 1633 W. Main St., Salem, VA 24153.

## Virginia students outscore nation on ACT

According to information released Wednesday by the Virginia Department of Education, Virginia students outperformed their peers nationwide by significant margins this year on the American College Test (ACT) college-admissions test.

The number of high school seniors who took the ACT in the commonwealth was down by more than half compared with participation among 2020 graduates.

Nine percent of Virginia's 2021 graduates took the ACT, compared to 19% of 2020 graduates. ACT attributed the decline in participation in the state and nation to factors related to the pandemic.

The percentage of Virginia's 2021 graduating seniors who met the ACT's college-readiness benchmark

in each content area was 30 or more points higher than the percentages for graduates nationwide, with students performing as follows:

86 percent of Virginia seniors met the benchmark in English, compared with 56 percent nationwide.

75 percent met the benchmark in reading, compared with 44 percent nationwide.

68 percent met the benchmark in mathematics, compared with 36 percent nationwide.

67 percent met the benchmark in science, compared with 35 percent nationwide.

56 percent met the benchmarks in all four subjects, compared with 25 percent nationwide.

"Given the impact of the pandemic on participation, the latest

ACT results represent a snapshot of achievement during a challenging year," Superintendent of Public Instruction James Lane said. "But even so, the ACT -- like the more widely taken SAT -- shows that Virginia students continue to demonstrate a much higher level of college readiness than their peers nationwide."

The college-readiness benchmarks identify students whose ACT scores indicate that they are prepared for first-year college English composition, reading, algebra, and biology. ACT results are reported on a scale of 1 to 36, with 36 being the highest score. Virginia students achieved an average composite score of 25.5, compared with 20.3 for graduates nationwide.

## Norfolk, Chesapeake show up among cities with highest increase in homicide rates during COVID

As the personal finance website WalletHub points out, the homicide rate is increasing rapidly in the United States, an average

of 34 percent in 50 of the most populated cities in the county between the third quarter of 2019 and the third quarter of 2021, and they are still rising.

To determine which of those 50 cities have the highest increase, WalletHub calculated the number of homicides per capita in the third quarter of 2021 compared to the third quarters of 2020 and 2019. Two cit-

ies in Virginia -- Norfolk and Chesapeake -- wound up among the cities with the highest rate increase. Norfolk was ranked 16th, and Chesapeake was ranked 20th in the website's survey.

According to WalletHub, Atlanta had the highest increase in homicide rates in the country since COVID hit. Then came 2) Memphis 3) Chicago 4) New Orleans 5)

Baltimore 6) Indianapolis 7) Washington, D.C. 8) Detroit 9) Louisville and 10) Columbus, Ohio.

The cities with the lowest increase in homicide rates during COVID were 41) Charlotte 42) Sacramento, Calif. 43) Fort Worth 44) Omaha, Neb. 45) Seattle 46) El Paso 47) Virginia Beach 48) Anchorage 49) Chandler, Ariz. 50) Lincoln, Neb.

## CROSSWORD PUZZLE

**CLUES ACROSS**

1. Holds candles

7. In possession of

10. Rodents

12. Type of cofactor (Brit. sp.)

13. Hard candy on a stick

14. Animal of the weasel family

15. Things that should not be overlooked

16. "Silence" author

17. Dried, split lentils

18. People native to Ghana

19. Barros and Gasteyer are two

21. British thermal unit

22. Large oblong hall

27. Ethnic group in Asia

28. Holiday decoration

33. Milliliter

34. Open

36. Health physics concept (abbr.)

37. Tantric meditation

38. Where golf games begin

39. Birth swine

40. Rip

41. Remove

44. Puts together in time

45. Rotary engines

48. Skeletal structure

49. Member of a labor organization

50. Japanese classical theater

51. Undergarments

**CLUES DOWN**

1. "Snake Tales" cartoonist

2. Religious group

3. Singer Redding

4. \_\_\_ and tuck

5. Head honcho

6. Second sight

7. Composer

8. About aviation

9. Senior officer

10. Forecasts weather

11. Seasoned Hungarian soup

12. Town in Hesse, Germany

14. Thought to derive from meteorites

17. Hit lightly

18. Seemingly bottomless chasm

20. Title of respect

23. Warm up

24. Man and Wight are two

25. Type of scan

26. Atomic mass unit

29. Article

30. Incriminate

31. Passes by

32. Most nerve-inducing

35. David Alan Grier sitcom

36. Achieve

38. Freshwater fish

40. Beginner

41. Dark brown or black

42. A newlywed wears one

43. DiFranco and Vardanyan are two

44. Diego, Francisco, Anselmo

45. Ancient Egyptian King

46. Old name (abbr.)

47. Brazilian city (slang)

## Pumpkins

from page 1

of by adding them to the compost pile as a good use of the leftover organic matter for future gardening.

Ashley Edwards is the Horticulture Extension Agent for the Virginia

Cooperative Extension. She serves the needs of producers including the production, harvesting, marketing, and distribution of vegetables, small fruits, tree fruits, alternative specialty crops, and greenhouse crops. She also

works with growers to assist them in attaining food safety certification such as USDA GAP and Harmonized GAP, as well as to comply with the Food Safety Modernization Act's Produce Safety Rule.

## Pink Martini

from page 1

vide beautiful and inclusive musical soundtracks for political fundraisers for such causes as civil rights, affordable housing, the environment, libraries, public broadcasting, education, and parks.

A year later, he asked his former Harvard classmate Forbes to join the ensemble. They began to write songs together, and their first song, "Symphonique (Je ne veux pas travailler)," became an overnight sensation in France and to this day remains a mantra ("Je ne veux pas travailler" means "I don't want to work.") for striking French workers.

Pink Martini has performed its

multilingual repertoire at opera houses, concert halls, film festivals, museums, and fashion shows around the world. The ensemble has released 11 studio albums and was inducted into both the Hollywood Bowl Hall of Fame and the Oregon Music Hall of Fame in 2014.

Tickets for the performance are \$40 to \$75 for the general public and \$10 for Virginia Tech students. Tickets can be purchased online; at the Moss Arts Center's box office, 10 a.m. to 5 p.m. Wednesday through Friday, and 10 a.m. to 4 p.m. on Saturday; or by calling 540-231-5300 during box office hours.

Send community news and photos to [communitynews@ourvalley.org](mailto:communitynews@ourvalley.org)



# NRV Master Gardener Association accepting grant applications for gardening projects

The NRV Master Gardener Association, a volunteer organization of the Virginia Cooperative Extension, is now accepting grant applications for Spring 2022 gardening projects.

Grants will be awarded based on merit to any educational, care-giving, or community-based organization seeking to educate, involve, and/or improve quality of life for participants through a gardening-related project. Organizations in the counties of Floyd, Giles, Pulaski and Montgomery (and towns

within) are encouraged to apply.

In the past, grants have been awarded to public and private schools, 4-H groups, public libraries, other educational groups, and community gardens and nursing homes. Funding has been provided for, but not limited to, creating public gardens (vegetable and flower), raising plants for sale (4-H), composting, and purchasing plant labels and gardening tools.

The project applications will be evaluated on the following (in this order): 1. Educational value

2. Plan clarity, viability, and efficient use of funds 3. Positive environmental impact 4. Active involvement of the participants 5. Long-term maintenance, if an ongoing project.

To be awarded, the grant requirements are an itemized list of what is being requested with the associated cost, the project must be completed as submitted usually by the end of the growing season, the applicant must communicate with his or her Master Gardener liaison until the project complete, the ap-

plicant must submit receipts for the expenditures funded by the grant, the applicant must submit a project completion report with photographs at the close of the project, the applicant must be willing to give a tour or program on the project at a meeting of NRVMGA or the board.

Grants will not be awarded for labor, services or salaries. Grant recipients will be announced and the money awarded by Jan. 31, 2022.

The project must be started within three months and com-

pleted within one year of the grant receipt or the grant money shall be returned to the NRVMGA.

Grant amounts will vary depending on the number and quality of the applications received.

For more information and to submit project applications, contact Carol Truitt at 540-239-9591 or caroltruitt53@hotmail.com. Email is preferred, but regular mail may be addressed to Carol Truitt at 95 N Surry Cir. Christiansburg, VA 24073.

## Researchers identify key brain circuit regulating cocaine addiction, relapse

Relapse is a common feature of addiction recovery. Two in three patients treated for substance use disorder in the United States relapse within 12 months, according to the Journal of the American Medical Association.

Substances of misuse hijack the brain's pleasure and reward systems, reinforcing drug-seeking behaviors by flooding the system with "feel good" chemicals, while also producing long-lasting functional changes in brain regions that regulate decisions and motivation.

Combined, these hard-wired biological changes make drug cravings harder to ignore for some, but researchers are developing new ways to prevent relapse by chemically tweaking individual components of neuronal networks, leaving the rest of the brain intact.

In new findings published in Neuron, neuroscientists at the University of California San Diego and the Fralin Biomedical Research Institute at VTC singled out the specific

brain circuit that triggers cocaine relapse in mice. When they applied a molecular brake to block activity in this circuit, the mice completely lost their previously avid interest in the drug, resuming normal behavior.

"They went back to baseline as though they never had been exposed to the drug before," said Byungkook Lim, associate professor of biological sciences at UC San Diego, and the study's lead author. "We've uncovered a hidden molecular regulator that may play a key role in understanding the tendency to relapse."

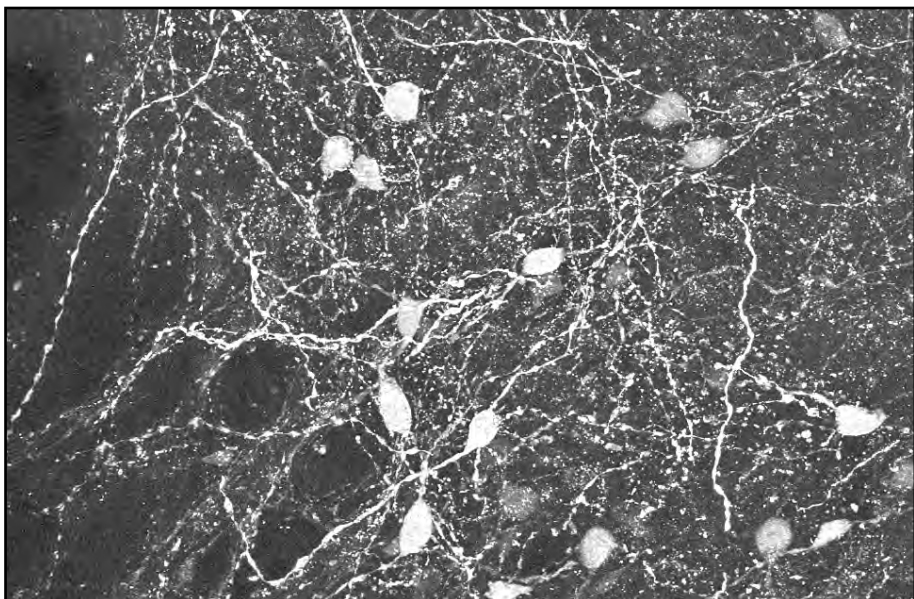
Lim said the finding expands on previous research about how substances of misuse — cocaine, alcohol, tobacco, and other illicit drugs — alter dopamine signaling pathways in the brain, contributing to addiction, a chronic condition that affects 10 percent of American adults, according to the National Institute on Alcohol Abuse and Alcoholism.

The research team,

which included co-author Sora Shin, who is now an assistant professor at the Fralin Biomedical Research Institute and in the Department of Human Nutrition, Foods, and Exercise in the College of Agriculture and Life Sciences at Virginia Tech, began the five-year study by examining changes in brain chemical levels after a prolonged period of withdrawal from cocaine.

The scientists focused on the ventral pallidum, a tiny "stepping stone" brain region that connects cortical, amygdalar, and striatal circuits, making it an anatomical hub for encoding rewards, Shin said. The researchers discovered that cells in this brain area expressed extremely high levels of a certain protein, dopamine receptor D3 (DRD3), two weeks after withdrawal from cocaine.

"This change in brain chemistry wasn't immediate," Shin said. "DRD3 production ramped up only after prolonged abstinence, which was a compelling find. This led us to ask: What cells are



**When neuroscientists used a molecular brake to stop dopamine signaling in a specific brain circuit, mice previously addicted to cocaine no longer sought the drug. (Image Source: Shin Lab/Virginia Tech)**

expressing this protein, and where do they connect in the brain?"

When the researchers blocked DRD3-expressing neurons connecting the ventral pallidum and lateral habenula, the mice lost complete interest in the cocaine.

Cocaine is a dopamine reuptake inhibitor, which means it floods the brain

with dopamine by inhibiting cells from reabsorbing excess dopamine. Previous studies have shown that psychostimulant drugs — such as cocaine and amphetamine — elevate DRD3 expression in several brain regions, in both humans and animals. But this study identifies a specific DRD3 circuit that ap-

pears to directly regulate relapse and drug-seeking behavior after a period of abstinence.

"More research is needed, but modulating activity in this specific brain circuit could be effective in preventing drug relapse," Lim said.

- By Whitney Slightham

## Hit Broadway musical ‘Waitress’ on its way to Moss Arts Center

The diner is open for business with a full cast for the return of the national tour of "Waitress." The hit Broadway musical from Grammy Award-winner Sara Bareilles based on Adrienne Shelly's 2007 motion picture comes to the Moss Arts Center on Tuesday, Nov. 2, at 7:30 p.m.

The performance will be held in the center's

Anne and Ellen Fife Theatre, located within the Street and Davis Performance Hall at 190 Alumni Mall.

Meet Jenna, a waitress and expert pie-maker who dreams of a way out of her small town and rocky marriage. Pouring her heart into her pies, she crafts desserts that mirror her topsyturvy life such as "The Key (Lime) to Happiness

Pie" and "Betrayed by My Eggs Pie."

When a baking contest in a nearby county and a satisfying encounter with someone new show Jenna a chance at a fresh start, she must find the courage to seize it. Change is on the menu, as long as Jenna can write her own perfectly personal recipe for happiness.

Brought to life by a

groundbreaking all-female creative team, this hilarious hit Broadway musical features original music and lyrics by Bareilles ("Brave" and "Love Song"); a book by acclaimed screenwriter Jessie Nelson ("I Am Sam"); original choreography by Lorin Latarro ("Les Liaisons Dangereuses" and "Waiting for Godot"), recreated by tour choreographer Abbie O'Brien; and origi-

nal direction by Tony Award winner Diane Paulus ("Hair" and "Pippin"), recreated by tour director Susanna Wolk.

This performance is recommended for ages 13 and up.

Tickets for the performance are \$45 to \$90 for the general public and \$25 to \$70 for youth 18 and under. A limited number of \$10 tickets available for Virginia Tech students have

sold out. Tickets can be purchased online; at the Moss Arts Center's box office from 10 a.m. to 5 p.m. Wednesday through Friday, and from 10 a.m. to 4 p.m. Saturday; or by calling 540-231-5300 during box office hours.

Please note that this performance is not eligible for sale in subscription packages, and subscriber discounts do not apply to the Broadway series.



PHOTO BY JEREMY DANIEL.

**Gabriella Marzetta as Dawn and Brian Lundy as Ogie in the national tour of "Waitress."**

Send community  
news and photos to  
[communitynews@ourvalley.org](mailto:communitynews@ourvalley.org)

**YOUR LOCAL NEWS**  
**JUST THE WAY**  
**YOU LIKE IT!**

**News Messenger**

Serving Montgomery County Since 1869

**DIGITAL ONLY**  
One Year  
Digital Subscription  
\$29.00

**DIGITAL & PRINT**  
Yearly Print & Digital  
Subscription  
\$72.00

**PRINT ONLY**  
Yearly Print Only Subscription  
\$44.00 Radford \$53.00 Virginia  
\$57.00 Out of State

Subscribe online at [montcova.com](http://montcova.com) or mail to address below

**SUBSCRIPTION TO NEWS MESSENGER**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Check Enclosed \_\_\_\_\_ or call (304) 647-5724 to pay by credit card

Mail to: Circulation Department, NEWS MESSENGER,  
P.O. BOX 429, Lewisburg, WV 24901 or call us at (304) 647-5724.

# Large doses of intensive therapy better for children with cerebral palsy, Virginia Tech scientists, partners find



**Virginia Tech therapist and researcher Dory Wallace helps a young subject using intensive therapy that looks a lot like playtime. With games and toys, children learn to use their bodies and gain motor skills and coordination while completing fun tasks. The techniques are built on the groundbreaking research and discoveries at the Fralin Biomedical Research Institute's Neuromotor Research Clinic.**

Children with cerebral palsy can gain greater use of an impaired arm and hand with larger doses of Constraint-Induced Movement Therapy (CIMT) without increasing stress for parents, according to a new study by researchers at Virginia Tech's Fralin Biomedical Research Institute at VTC, UVA Children's, The Ohio State University, and Nationwide Children's Hospital.

The findings could have far-reaching impacts on treatment of children's movement disorders.

Scientific findings have supported the benefits of pediatric CIMT, in which a child's more functional arm and hand are constrained by a lightweight cast, a splint, or a mitt, while a trained therapist uses operant conditioning techniques individualized for each child. But little was known about whether the outcome of therapy was directly linked to the dosage of therapy or method of constraint.

Now, a study, funded by the National Institutes of Health's Eunice Kennedy Shriver National Institute of Child Health and Human Development and published Oct. 14 in Pediatrics, shows that higher doses of CIMT therapy – 20 three-hour sessions over four weeks – yield significant and lasting improvement in use of their arms and hands, es-

pecially in everyday functional activities. The Children with Hemiparesis Arm-and-hand Movement Project (CHAMP) study is the first to compare different dosage levels of the same type of CIMT intervention for similar children.

The study focused on children with hemiparetic cerebral palsy (HCP), the most common childhood neuromotor disorder. Cerebral palsy affects one to four children per 1,000 in the United States, according to the Centers for Disease Control and Prevention, and about 40 percent of these children will develop hemiparesis – impaired voluntary control on one side of the body.

The study group included 118 children with HCP, 2- to 8-years-old, at three sites — Roanoke and Charlottesville in Virginia, and Columbus, Ohio. CHAMP randomized and assigned children to different CIMT treatment groups that varied in their dosage level (30 versus 60 hours in four weeks) and the type of constraint used (cast versus splint). These treatment groups were compared with a usual and customary treatment group, which was later offered a form of CIMT as an ethical option for study participation.

The CHAMP study found that the higher intensity therapy sessions – three

hours a day, five days a week for four weeks – significantly improved upper arm and hand abilities while a lower dosage of 30 hours per month (2.5-hour sessions, three days a week for four weeks) produced fewer gains. The children's early improvements continued for at least six months after higher-intensity CIMT.

The therapy can be life-changing for children. Kim Hindery, whose daughter, Abigail, 6, was part of the study in Ohio, witnessed a dramatic difference during and after the therapy.

"I could literally see her brain changing," Hindery said. "I'll never forget when she looked up at her hand and goes, 'Oh!' — just mesmerized, like, 'It exists!' Being able to see a light bulb go off in your child's head that you never thought you would see go off is priceless."

The study shows parents who worried about the intensity of the therapy and use of the cast that they should have little concern. The study also unexpectedly showed that that usual and customary treatment benefited children more than it has in the past, which Landesman Ramey said should be reassuring to parents whose children receive other forms of therapy.

## 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](http://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](http://www.stphilipsblacksburg.org). Reverend Fr. Wade Miller, Priest. Eucharist Sundays at 11am and Wednesday's at 12pm.

**St. Thomas Anglican Church** - located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit [www.sttofc.org](http://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](http://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](http://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, Dean Meadows, Campus Minister.

**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 10:30 a.m. Tuesdays. Website: [www.christiansburgcob.org](http://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!

## ECKANKAR

**Eckankar, the Path of Spiritual Freedom**, is located at 1420 3rd St. SW, Roanoke, VA 24016. However, due to COVID-19, the Light & Sound Services and other ECK programs are currently available online through Zoom. Visit [www.eck-va.org](http://www.eck-va.org) for program listings, [# Montgomery County WORSHIP DIRECTORY](http://www.</a></p></div><div data-bbox=)

"See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know him. Beloved, we are God's children now, and what we will be has not yet appeared; but we know that when he appears we shall be like him, because we shall see him as he is. And everyone who thus hopes in him purifies himself as he is pure."  
1 John 3:1-3

"Therefore, brothers, since we have confidence to enter the holy places by the blood of Jesus, by the new and living way that he opened for us through the curtain, that is, through his flesh, and since we have a great priest over the house of God, let us draw near with a true heart in full assurance of faith, with our hearts sprinkled clean from an evil conscience and our bodies washed with pure water. Let us hold fast the confession of our hope without wavering, for he who promised is faithful."  
Hebrews 10:19-23

**If your church is not listed and if you are interested, call Randy Thompson at 540-389-9355 or email at [advertise@ourvalley.org](mailto:advertise@ourvalley.org)**

[meetup.com/Roanoke-Spiritual-Experiences-Group](https://www.meetup.com/Roanoke-Spiritual-Experiences-Group), or call 540-353-5365 and leave a message. We will return your call. Also visit [www.eckankar.org](http://www.eckankar.org) for more information about how the teachings of Eckankar lead you to spiritual freedom.

## EPISCOPAL

**Grace Episcopal Church**, 210 4th Street, Radford, 639-3494. A friendly, mission-oriented spiritual community sharing the Word of God. ALL ARE WELCOME. In person and live-streamed services 10:30AM Sundays. Holy Eucharist twice a month. Morning Prayer twice a month. Fellowship and refreshments follow services. Find us on Facebook: Grace Episcopal Church and [www.graceradford.org](http://www.graceradford.org).

## LUTHERAN

**Luther Memorial Lutheran Church ELCA**, 600 Prices Fork Rd, Blacksburg. Weekly Online Worship at [www.lmlc.org](http://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 [luthermemorial-blacksburg@gmail.com](mailto:luthermemorial-blacksburg@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](mailto: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.

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

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

## UNITED METHODIST

**Asbury United Methodist Church**, 500 Stuart Street, Christiansburg. 540-382-0743. Rev. Dr. Patricia Jones. Sunday School, 9:45 a.m., Sunday Worship, 11:00 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.centralmethodist-church.com](http://www.centralmethodist-church.com).

**St. Paul United Methodist Church**, 220 W. Main St., C'Burg. Rev. Mike Derflinger (540) 382-2410. Sunday Worship 10 a.m., Sunday School 9 a.m. Live streaming Sunday Service - [www.twitch.tv/stpaulumc](http://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, Christiansburg. Public Worship service at 11:00 AM. Sunday School for adults - 10:00 AM. Pastor: Gale Janofski 574-306-7682. Website: [christwesleyanchurch.org](http://christwesleyanchurch.org)



# OBITUARIES

## Asselin, Antoine Tony Joseph

Antoine Tony Joseph Asselin passed away at home in Seneca, S.C., on Aug. 30, 2021, after a March 2020 heart attack. He was surrounded by his family and a warmth of love and prayers from friends along his journey.

Tony is survived by his wife of 49 years, Susan "Susie" Bastian Asselin, and daughter Katelyn Elizabeth Asselin Rieling and her husband Brett Rieling of Ball Ground, Ga.

Tony was born in Southbridge, Mass., the son of Elzear Zacharie Asselin and Lillian Josephine Gemme Asselin. He had six siblings: Andre Aslen (Jane), Lucille Hembel (Robert), Arthur Asselin (Lisa), Louise Carpenter (Steve), Lillian Cucuzza (Dave) and Lorraine Snipper (Stephen) and many nieces and nephews.

Special friends who were part of his family include Susie Wheelis and her daughters Erin Greene and Callie Davis.

Tony was preceded in death by his parents; a sister, Louise Carpenter, and a sister-in-law, Ming Aslen.

Tony was a CPA in Florida and Nebraska before he established a successful CPA practice in Blacksburg. He was dedicated to helping his clients while maintaining a sense of humor and loved talking and joking around. Tony enjoyed serving as an officer or board member of practically every community organization to which he belonged. He was especially proud of his service to the Habitat for Humanity of the



New River Valley and the Blacksburg Breakfast Lions Club.

He described serving others as the "best work of life" and hoped he not only touched others but left things better than when he arrived.

He was an avid cyclist and recorded thousands of miles on roads and trails. Boating, fishing, hiking, photography and kayaking

were his favorite ways to enjoy Lake Keowee, S.C., where he lived after his retirement. If anyone needed anything, Tony had it in his garage. He believed that it is better to have something and not need it, than to need it and not have it.

Tony would find a connection with everyone he met. His family and friends will miss his smile, his sense of humor, quick wit, ever-present whistling, hugs, and his unique giggle.

A graveside service will be held on Monday, Oct. 18, at 11 a.m. at Memorial Gardens of the New River Valley, 2551 North Main St., Blacksburg. The Rev. Jennifer Fletcher of Blacksburg United Methodist Church will officiate. Attendees may visit with the family from 10 to 11 a.m. if fully vaccinated. Otherwise, the family will visit each car at the conclusion of the service.

For the safety of the attendees, the service will be broadcast on the radio.

In lieu of flowers, please make a donation in his memory to Habitat for Humanity of the NRV.

## Barnes, Dr. Michael A.

Dr. Michael A. Barnes of Blacksburg, longtime professor and dairy cattle judging team coach in the Department of Dairy Science Department at Virginia Tech, passed away Sunday, Oct. 10, at the age of 79.

He is survived by his wife, Katharine Knowlton, his brother Peter (Linda), his son Mike (Dianna), and his grandchildren Michael and Madison. He was predeceased by his parents, his first wife Carole, his younger brother Douglas, and his son Doug.

One of Virginia Tech's most effective and well-respected professors, advisors and coaches, Dr. Barnes taught classes in dairy cattle selection, reproductive and lactation physiology, and reproductive management. His ability to teach both the "practical" and the "theory" earned him numerous teaching awards. In 2016, after 35 years of distinguished service, Dr. Barnes was named Professor Emeritus.

Dr. Barnes's impact on the dairy industry, especially in the fields of lactation and reproductive physiology, was immense, but he didn't grow up on a farm. Instead, his interest in dairy cattle was sparked as a teenager when he went to work on a nearby dairy farm. The farm wife was a great cook, and her cooking may be as responsible as anything for his career in the industry.

Mike later enrolled in the two-year agriculture program at the University of Connecticut and was nearly kicked out after setting his dorm room on fire (accidentally). Despite this, he ultimately graduated with a degree in dairy science in 1965. Barnes then enlisted in the Marine Corps and served his country in Vietnam. Upon returning home, he started a family and completed his Master's/Ph.D. degrees in reproductive



physiology at UConn.

Moving his family to Lakeville, Conn., he helped run a dairy farm with a friend for a couple of years. In 1978, Dr. Barnes was recruited by Clemson University as an Assistant Professor for their Dairy Science Department and then, in 1981, he moved to Virginia Tech.

During his career at Virginia Tech, Dr. Barnes taught, advised, or coached more than 2,000 students. His unparalleled commitment to excellence, unrelenting honesty, candor, humility, and great sense of humor made him popular among them. In four decades of dairy cattle judging team coaching, Dr. Barnes coached teams at UConn, Clemson, and Virginia Tech where he instilled in his teams not only the ability to evaluate animals, but also to develop strong decision-making and communication skills.

Mike loved his sons, his dog(s), and students who worked hard and showed up early. He rooted for the Boston Red Sox, for UConn basketball, and for any team, really, whose coach was strong, student-oriented, and inclusive. Mike also loved good food, exercising, sailing, and flying.

Above all else, Mike made you feel good when you were with him. He was tough, self-disciplined, and up-by-the-bootstraps, but also encouraging. At every turn Mike told us to "Do good." We will because he showed us what that meant. Mike Barnes will be sorely missed by those who had the privilege of knowing him.

Donations in Mike's memory can be made to the Virginia Tech Foundation in support of the dairy judging team, to the Blacksburg Volunteer Rescue Squad, or to the University of Connecticut 4-H Foundation.

## Harkrader, Joseph Calvin

Joseph Calvin Harkrader, 46, of Radford, passed away unexpectedly on Thursday, Oct. 7, 2021. He worked in construction as a roofer.

Survivors include his parents, Calvin Lee and Sylvia Ann Wade Harkrader of Parrott; and



his sister, Jolene Johnson of Radford.

Per his wishes, services will be private.

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

## Simpson, Robert (Robbie)

Robert (Robbie) Simpson, 71, of Christiansburg, crossed over to Heaven's shores at his home on Tuesday, Oct. 5, 2021 surrounded by his loving and faithful caregiver/wife, Diane Huff Simpson and his family.

He was born and raised in Fries, Va., to the late Jess and Vernelle Simpson. He was predeceased by his sister, Mary Lee Simpson, and his father and mother-in-law, Carlyn (Fuzzy) and Ruth Huff.

He is survived by his special son, Matt (Connie) Linkous, who helped with his care. He was the proud PawPaw to Josh (Concetta) Hancock and Brianna Hancock; and great-PawPaw (Money Man) to the joy and light of his life, Pippah and Abel Hancock. He is also survived by his brother, John Simpson; a sister-in-law, Linda Agan; special cousin, Jimmy Littreal and Barry Lyons of Galax, and Robert, David, and Larry Littreal from Tennessee.

Robbie was a special dad to his daughter and caretaker, Amy (Tim) Hedrick and his sons. Robbie was affectionately known as "Robbie Gobbie" to his golfing buddies and friends for his love of Virginia Tech football.

He was a certified welder who worked in New York; Albuquerque, N.M., and most currently, for Volvo Trucking for 30 years. He attended the Merrimac Pentecostal Holiness



Church and sang in the choir and special songs upon occasion.

Robbie will be remembered fondly by very special friends, Coach Bob and Barbara Statzer; and friends Bobby and Vanessa Medley, Curtis Linkous, Malcolm Woolwine, Steve and Sharon Spradlin, Jesse and Pam Cantrell, Caleb Mills, Connie Flora, Sandy Belcher, Tommy and Ann Light, Charlie and Evelyn Noonkester, Don Bowman; and his special neighbor buddies, Hunter and Brody Blount.

The family would like to give special thanks to his "ice cream" girl, Clarissa Mills, Jason and Brian Mills and Kindred Hospice for all their help to Diane and Robbie during his illness.

Visitation was held on Friday, Oct. 8, 2021, from 5 to 7 p.m. at McCoy Funeral Home. Funeral services were held at McCoy Funeral Home Chapel on Saturday, Oct. 9, 2021, at 1 p.m. with the Rev. Richard Hall officiating. Interment followed at Belmont Cemetery.

Another celebration of his life will be held in his hometown of Fries at a later date.

In life we loved you dearly  
In death we love you still.  
In our hearts you hold a place  
No one else can ever fill.

## Hay, Kerry Lafonne

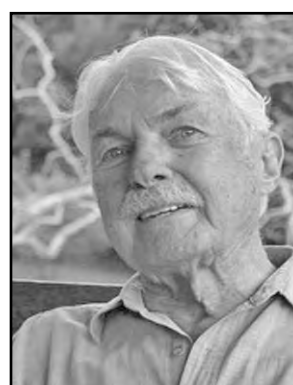
Kerry Lafonne Hay (Fonne), 89, passed away at home on Wednesday, Oct. 13.

He was born Feb. 3, 1932, on Backbone Ridge in Dickenson County, Va. He was the son of Willard and Willie Hay with siblings Theta Artrip, Janice Patton, Mack Hay and Terry Gortney. Kerry is survived by his wife of 66 years, Sula Fields Hay; daughters and sons-in-law Melissa and Chris Kile, Susan and Lyn Jordan, and Rebecca and Robert Pittard; son John Hay; granddaughters Elizabeth Metz (Scott), Anna Will (Tanner), Caroline Pittard, Rachel Robbins (Carter), and grandson Brice Reid; great-grandchildren Kile and Andrew Metz, Norah Will, and Mac Robbins, and "adopted" son, Paul Trianosky.

After graduating from Haysi High School, Kerry went into the Air Force (1949-1953) serving mostly in Japan. He enrolled in Virginia Polytechnic Institute and State University and completed his degree in electrical engineering in 1957. He worked at Poly-Scientific and Electro-Tec (both now part of Moog) in Blacksburg.

After retiring early, Kerry earned his auctioneer's license and formed Hay Holler Auction Sales. He ran auctions in the Blacksburg area with the help of family and friends. Kerry and Sula created a record label, Hay Holler Records, specializing in bluegrass and old-time music.

Many, many summer weekends were



spent at fiddlers' conventions in Southwest Virginia and Northwest North Carolina camping with family and friends. Kerry was a great host at Hay Holler, the home he and Sula built in the late 70s.

For almost 40 summers, friends and family gathered for a weekend of minestrone soup, sourdough bread, breakfast casseroles, roasted pig, slaw, baked potatoes, baked beans, desserts galore, biscuits and gravy, eggs and sausage, and best of all, a lot of picking way up into the early morning hours. He could often be found on the porch flat-footing with his children and grandchildren. During the past several years, he and Sula hosted a monthly porch (or kitchen) jam for the Blacksburg area old-time musicians group.

The family would like to extend a special thank-you to the Good Samaritan Hospice nurses and caregivers who gave extraordinary care to Kerry and the family during this time.

In lieu of flowers, please consider making a contribution to Good Samaritan Hospice (1160 Moose Drive, Christiansburg, VA 24073) or Montgomery County Animal Care and Adoption Center (480 Cinnabar Rd, Christiansburg, VA 24073).

Please join us to celebrate Kerry's life on Sunday, Oct. 17, from 2 to 4 p.m. at Hay Holler, Blacksburg. Come and visit with family and friends. Bring your instrument and pick one more for Kerry.

# Marketplace

ourvalley.org

**THE Fincastle Herald** | **The Vinton Messenger** | **THE NEW CASTLE RECORD** | **SALEM TIMES-REGISTER** | **News Messenger** | **RADFORD News Journal**

**For Sale - Misc**

**Misc.**

Slot machine, 3 sewing machines, candy making marble slab, Store clothing racks, Boonton dinner ware, lots of golf. Workshop items: Power painter kit, Garage door openers, Ceiling fan, Bench drill 540-382-6733

**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

**Legals - Montgomery County**

**The Montgomery Museum of Art and History**

has received notice of the award of a planning grant administered by the Appalachian Regional Commission. The Montgomery Museum is seeking proposals from qualified planning and architectural firms to furnish conceptual planning and design services for a Master Plan for the rehabilitation of the building located at 4 East Main St., Christiansburg, VA. 24073. For more information and to view a complete request for proposal, please visit <https://montgomerymuseum.org/museum-building-rehabilitation-request-for-proposals/>

**Legals - Montgomery County**

**LEGAL NOTICE OF PUBLIC HEARING**

The Christiansburg Planning Commission will hold a Public Hearing on Monday, November 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:

Conditional Use Permit request by **MFF Holdings, LLC** to allow Multifamily Dwelling District (R-3) uses in the General Business District (B-3) for conversion of a former daycare center to a multifamily use with seven (7) apartments on

**Legals - Montgomery County**

property located at 95 **Patricia Lane**, Tax Map No. 501-(1)-26B, Parcel ID 180188, 0.928 Acre. The property is designated as Business/Commercial 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. A copy of the application, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073 during normal office hours of 8:00 a.m. – 5:00 p.m. Monday through Friday. Contact Benjamin Tripp, Planning Director, at

**Legals - Montgomery County**

(540) 382-6128 ext. 1120 or by email at [btripp@christiansburg.org](mailto:btripp@christiansburg.org) with any questions or if you require reasonable accommodations.

**BAG**

**A GREAT DEAL IN THE CLASSIFIEDS!**

To place your ad, call 389-9355

**MAKE AN "A" IN ADVERTISING!**

**BOOK YOUR SPOT TODAY!**

To place your ad, call 389-9355

# MONTGOMERY SPORTS

## Blacksburg wins state Class 4 golf championship



SUBMITTED PHOTO

Blacksburg High School's golf team shot a 285 Tuesday in Abingdon to win the Class 4 state championship. Pictured left to right are Coach Scott Whyte, Jake Albert, Pierce Campbell, Samantha Skinner, Sean Ruan, Eli Haile, David Zhang, and Coach Rick Mattox. Freshman Albert took medalist honors with a 5-under par 67. Zhang finished with a 74 while Ruan had a 74 and Skinner a 77. Jamestown finished second in the team competition at 298, and Great Bridge third with a 309.

## Auburn beats Ft. Chiswell on Dig Pink Night



Allison Martin, pictured here with Auburn volleyball head coach Sherry Millirons, secured her 1000th career kill during the Eagles' Tuesday night defeat of Ft. Chiswell 25-5, 25-9, 25-8. She is the fifth Auburn volleyball player to reach this career milestone. Martin finished the contest with 10 kills, five aces, and nine digs.



Auburn's Stacy Lewis makes the pass during the win over Ft. Chiswell. The Eagles are now 21-0 overall on the season.



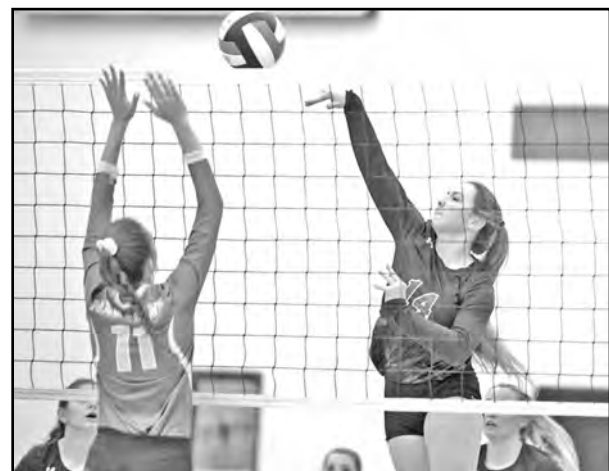
On Dig Pink Night, the evening's ceremonial serve was delivered by Mickie Sciegaj (middle with flowers), who was diagnosed with cancer in 2020 and is now cancer-free. Sciegaj is the grandmother of Auburn libero Stacy Lewis (in the black jersey to the right of Sciegaj).



PHOTOS BY ASHLEY AKERS

The Auburn student section decked out in pink on Dig Pink Night to help create a lasting tradition that funds metastatic breast cancer research and treatments through The Side-Out Foundation.

## Narrows volleyball beats Eastern Montgomery



Senior Skyann Holloway spikes the ball for Eastern Montgomery against Narrows. On Senior Night for the Mustangs, Eastern Montgomery lost in three close games to the visiting Greenwave 26-24, 25-23, 25-22.



Mustangs Lilly Underwood (left) and Laken Smith team up to block a Narrows hit during Wednesday night's match.



PHOTOS BY JON FLEMING

Eastern Montgomery's Morgan Bahnken receives a Narrows serve during Wednesday's three-set loss to the visitors.



# Tech quarterback room to honor Arians

Former Virginia Tech quarterback and current Tampa Bay Buccaneers head coach Bruce Arians and his wife, Christine – both of whom are Virginia Tech graduates – have made a substantial and impactful commitment to the Virginia Tech Football Enhancement Fund.

This gift represents another notable investment in the Reach for Excellence capital fundraising campaign that aims to raise \$400 million to fund major initiatives within Virginia Tech Football and Virginia Tech Athletics.

“Virginia Tech football is a special brotherhood, and creates a bond for all Hokies,” Arians said. “I’m not able to get back to campus very often, but I have and will continue to wear the VT proudly supporting our program. Blacksburg is such a special town and an amazing place to develop as a college football player. It’s my hope that this gift provides the opportunity for our program to continue to strive for excellence, developing these student-athletes both on and off the field.”

To honor the Arians’ generous contribution to Virginia Tech Football, the quarterback meet-

ing room will now be known as the Bruce Arians Room. The room, which is used daily by Tech student-athletes and coaches, is located in the Meryman Athletic Center within Michael Vick Hall.

Arians played quarterback for Tech from 1971-74 and started his coaching career in Blacksburg as a graduate assistant (1975-76) and running backs coach (1977) for the Hokies. As a player, Arians rushed for 11 touchdowns during the 1974 season, a Tech quarterback record that stood for over 40 years until Jerod Evans surpassed it with 12 rushing touchdowns in 2016.

“Over the years I’ve tried to stay as connected as possible both with the program and Coach Fuente,” he continued. “I’m encouraged by the trajectory of the program and trust that under his leadership we can get back to competing for championships. I also hope that many more of my fellow Hokie football alums find a way to reconnect and give back to the program that means so much to us.”

A two-time Associated Press NFL Coach of the Year with Indianapolis (2012) and Arizona (2014), Arians guided Tampa

Bay to a 31-9 win over Kansas City in Super Bowl LV. A three-time World Champion, Arians also earned a Super Bowl XLIII ring as offensive coordinator for Pittsburgh and served as the Steelers wide receivers coach en route to their Super Bowl XL victory.

“As we continue with our Reach for Excellence comprehensive campaign, it is encouraging to see such a former Hokie student-athlete give back to ensure the best experience for our current and future football student-athletes,” said Tech Director of Athletics Whit Babcock.

“Virginia Tech made a tremendous impact on his life and career. He is a Hokie to his core. We are proud of him and incredibly grateful for his generosity,” Babcock said. “Coach Arians is such a renowned figure in the National Football League, the best of the best, and we are so happy to have him supporting our vision to continue the march forward from a challenger to a champion brand.”

Among the many notable stops in Arians’ coaching career, he served as running backs coach for Paul “Bear” Bryant at Alabama (1981-82) before serv-



**Former Virginia Tech quarterback and current NFL coach Bruce Arians and his wife, Christine, have made a generous contribution to his alma mater.**

ing as head coach at Temple (1983-88). He then accepted his first NFL assignment as running backs coach for Marty Schottenheimer and the Kansas City Chiefs (1989-92).

“It’s definitely appropriate that our quarterbacks will meet in the Bruce Arians Room going forward,” VT head coach Justin Fuente said. “First and foremost, thanks to Bruce and Chris for their continued support of Virginia Tech and Tech Football. They share a great passion for their alma mater, and

it was wonderful to host their family at our Middle Tennessee State game earlier this year. Bruce’s accomplishments as a football coach are well documented, and I’ve enjoyed developing a relationship with him during my time in Blacksburg.”

Throughout his NFL coaching career, Arians has developed a well-deserved reputation for elevating the performance of his quarterbacks. That illustrious list includes Peyton Manning, Ben Roethlisberger, Carson Palmer, and Tom Brady.

# Outdoor report: The rut is on

The rut, or breeding season, is the most hectic time of year for elk. Passing on genes to the next generation is the most important aspect of a wild animal’s life, and elk are no exception.

At this point in the season, the mature bulls (adult males) have already assembled their family groups, called harems, which include multiple cows (adult females) and their young. Watching these groups on the elk cam reveals some key breeding behaviors in action.

**Bugling**  
The most prominent behavior is bugling by bulls, a mating call that is so loud that it can be heard from a mile away. Bugles serve several purposes: It advertises the bull’s fitness and availability to attract cows for mating, it warns other bulls to stay away, and it announces a bull’s readiness to fight another bull.

**Fighting**  
If a bull’s bugle elicits another bull to bugle back and accept the challenge, the two elk will move toward one another. Locking antlers, the bulls push against each other until one submits and retreats.

**Intimation Tactics**  
Defending the right to breed can be a costly endeavor, so bulls typically try providing multiple subtle clues or hints (referred to as intimation tactics) before resorting to fighting. Intimation tactics could include rubbing/shredding trees, thrashing the ground and surrounding vegetation, and bluff charging.

Bulls will intentionally tangle vegetation or branches in their antlers to make themselves appear larger than they really are.

**Wallowing**  
Another behavior that bulls will engage in during the rut is wallowing. A wallow is a pond, wetland, spring, seep, or mud hole where bulls choose to take a bath in mud and urine. The mud and urine mixture in combination with

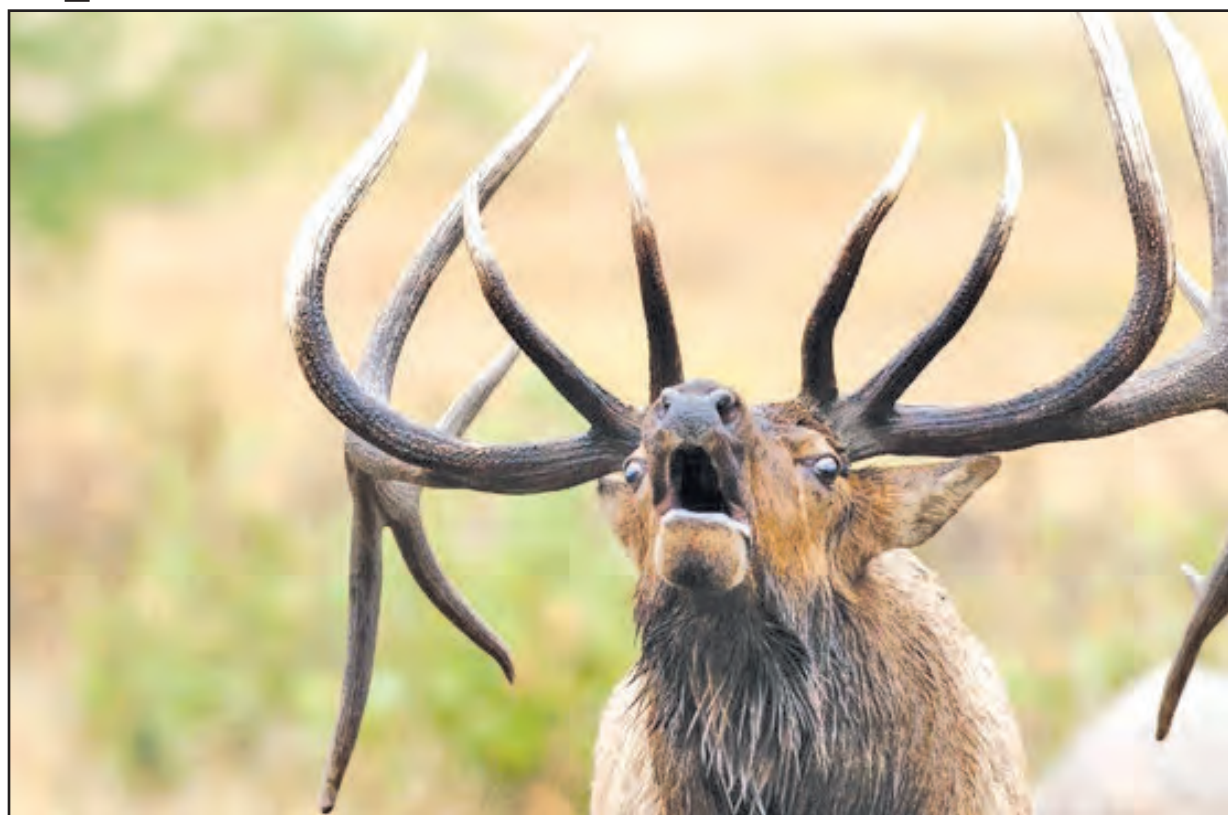
bugling is very attractive to cows. If a bull on camera has dark mud stains on its legs and underside, it was probably just wallowing.

Only the largest, most mature bulls (usually between six and 10 years old) will successfully establish a harem and fight to defend it. All of this action can be seen on the state’s elk cam throughout the rut, which will continue through the end of October.

Between 2012 and 2014, a total of 71 adult elk and four calves (born during the restoration) were relocated into Buchanan County, Va., from Southeast Kentucky. By September 2020, Virginia’s restored elk herd was estimated at more than 250 individuals.

For those who cannot travel to the far reaches of Virginia, the Department of Wildlife Resources has worked with sponsors to establish a live broadcast of some hot spots within the elk range.

Nestled among the mountains of the Cumberland Plateau in Bu-



**A bull elk bugling during one of its appearances in Southwest Virginia.**

PHOTO BY MATT KAMINSKY

chanan County, an elk viewing area with three wildlife viewing stations overlooks nearly 400 yards of restored grassland habitat surrounded by woodland edges.

- - By Jackie Rosenberger and Jessica Ruthenberg

## MPO SEEKS PUBLIC INPUT ON AMENDMENT # 1 TO THE 2045 LONG RANGE TRANSPORTATION PLAN

The New River Valley Metropolitan Planning Organization (MPO) seeks public comment on an Amendment to its Constrained Long Range Transportation Plan. The purpose of the Amendment is to update and expand the constrained project list because of an increase in revenue estimates. Copies of the Plan are available for review at: Planning Offices in Blacksburg, Christiansburg, Radford, the Counties of Montgomery and Pulaski, and on the MPO website at: [www.newrivervalleympo.org](http://www.newrivervalleympo.org).



**Deadline for Written Comments: October 19, 2021**

The public can also speak at the MPO Policy Board Meeting November 4, 2021, 2 P.M., at the Montgomery County Government Center.

This plan is being developed in compliance with the FAST Act and its amendments (Public Law 114-94, December 4, 2015).

**Questions? Contact MPO Director Dan Brugh**  
**Phone: 540-394-2145**

**Email: [brughjd@montgomerycountyva.gov](mailto:brughjd@montgomerycountyva.gov)**

*The New River Valley Area Metropolitan Planning Organization (NRVMPO) fully complies with Title VI of the Civil Rights Act of 1964 and related statutes and regulations in all programs and activities. For more information, or to obtain a Discrimination Complaint Form, email: [brughjd@montgomerycountyva.gov](mailto:brughjd@montgomerycountyva.gov) or call (540) 394-2145.*

## \$0 Medicare Advantage premium – Zero, zip, zilch



With the Humana Gold Plus H5619-135 (HMO), you get everything you have with Original Medicare, and more. And get it for a \$0 monthly plan premium. Benefits include:

- \$0 copay for each primary care visit
- Hearing benefit includes annual exam and \$399 copay for advanced hearing aids or \$699 copay for premium hearing aids
- Vision benefit includes annual exam, fitting and \$200 allowance for contact lenses or eyeglasses
- \$1,000 dental coverage annually for select services, plus exams, X-rays, cleanings, fillings and more
- Prescription drug coverage, with \$0 copay on Tier 1 and Tier 2 drugs for 90-day mail order through Humana Pharmacy®\*

Humana supports you every way you need support. That’s human care.



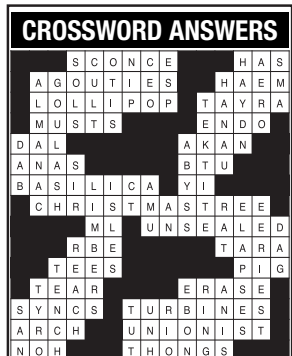
**Call a licensed Humana sales agent**

**CHASE ROSENBAUM**  
**540-744-5245 (TTY: 711)**  
Monday – Friday, 8 a.m. – 5 p.m.  
[CROSENBAUM1@HUMANA.COM](mailto:CROSENBAUM1@HUMANA.COM)

**Humana** A more human way to healthcare™

\*Other pharmacies are available in our network.

Humana is a Medicare Advantage HMO, PPO and PFFS organization with a Medicare contract. Enrollment in any Humana plan depends on contract renewal. Applicable to Humana Gold Plus H5619-135 (HMO). **At Humana, it is important you are treated fairly.** Humana Inc. and its subsidiaries comply with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender identity, or religion. **English:** ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call **1-877-320-1235** (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-877-320-1235** (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 **1-877-320-1235** (TTY: 711)。







**Ashley**  
HOMESTORE  
this is home.

love it  
**FOR LESS**

**0% interest**  
**FOR 60 MONTHS**

  
**TEMPUR-PEDIC®**



**shop now →**

  
**TEMPUR-PEDIC®** 

**BLACKSBURG:**  
**1540 S MAIN STREET**

**Monday-Saturday: 10:00am - 7:00pm**  
**Sunday: 12:00pm - 5:00pm**

**Roanoke | Lynchburg | Harrisonburg | Staunton**  
**Waynesboro | Bluefield | Blacksburg | Wytheville**

Previous purchases excluded. Discounts applied to regular MSRP price. Cannot be combined with any other offer. Offers are nontransferable and do not apply to sales tax, shipping, mattresses, homestore specials, clearance, manager specials, floor model, Protection Plus plans, warranty and service charges. See store for details. Finance is subject to credit approval. See store for details on all financing offers. Valid through 10/18/21.