



## Virginia Tech announces head football coaching change

Director of Athletics Whit Babcock announced Tuesday that Virginia Tech and head football coach Justin Fuente have mutually agreed to part ways. Babcock indicated that a national search is underway to fill the position. J.C. Price will serve as interim head coach for the remainder of the 2021 season.

In his parting statement, Fuente said, "On behalf

of Jenny and our family, I would like to thank President Sands, Whit, and the entire Virginia Tech community for extending me the opportunity to lead this football program for six seasons.

"To the many incredible young men that I had the privilege to coach, so many of you have made a lasting impact on our family," Fuente said. "I can't thank

you enough for your dedication and your commitment to doing your very best, whether that was on the field, in the classroom or in your personal lives.

"To the fabulous assistant coaches and support staff at Virginia Tech, I can't express how much I appreciated all of your work and all your sacrifices. It takes so many dedicated,

See **VT Coach**, page 8



**VT Director of Athletics Whit Babcock will lead a national search to hire a new leader for the Virginia Tech football program.**

## WalletHub survey finds best Black Friday deals

As the personal finance website WalletHub points out, Black Friday shopping is one of America's most treasured holiday traditions, but there's always a bit of hassle involved. Traditionally, shoppers have to get up early, stand in endless lines at stores, and try to find deals through hordes of other shoppers, all in the name of savings.

Last year, in-person shopping was very limited by the COVID-19 pandemic. According to WalletHub, for the first time ever, the number of Americans who shopped online on Black Friday passed 100 million while in-store shopping dropped by 37%. Businesses are largely open to full capacity this year, though, so in-person shopping may see a resurgence.

The website notes that Black Friday sales have also been changing during the past few years. They are starting earlier, weeks ahead of the actual shopping holiday at some stores. That's good news for consumers who want to stretch out their purchases over a longer period



of time rather than buying everything in one day.

So which stores offer the best discounts and for which items?

To answer that question and help consumers maximize their Black Friday savings, WalletHub surveyed nearly 5,000 deals from 21 of the biggest U.S. retailers' 2021 Black Friday ad scans to identify the stores offering the biggest discounts in various product categories such as "Appliances," "Jewelry," and "Toys."

The website determined

the following order for the stores offering the best Black Friday deals storewide with the average percentage discount after the retailer's name: 1. Macy's 58.5% 2. JC Penney 57.6% 3. Belk 56.7% 4. Kohl's 49.3% 5. Office Depot and OfficeMax 42.8% 6. Lenovo 40.3% 7. Nordstrom 33.2% 8. Walmart 31.6% 9. HP 31.3% 10. Big Lots 29.2% 11. Amazon 27.5% 12. Academy Sports Outdoors 26.3% 13. BJ's 26.1% 14. Dell Home 24.3% 15. Target 22.7% 16. Best Buy

See **Black Friday**, page 3

## Cybersecurity expert offers safety tips for online holiday shopping

The surge for online shopping brings heightened cybersecurity risks for consumers this holiday season during the COVID-19 pandemic. Virginia Tech cyber expert Aaron Brantly shares the following safety tips for preventing online scams.

1. Watch out for fake websites and scams. If it looks too good to be true, it probably is.
2. Shop only from a secure computer and consider using a service such as PayPal or Apple Pay.
3. Do not use a debit card if possible.
4. Make sure that any website you engage in commerce on has "SSL" often viewed as a lock icon on Safari and Chrome.
5. Limit the amount of personal information you disclose.
6. Search on retail sites (Walmart, Amazon, Target, Best Buy etc.) rather than using search

engines and use "trusted vendors."

7. Consider what you are purchasing: where was it made, what types of data will be used by it and what will it collect, what are the terms of service associated with its use, does it meet security standards, is it manufactured by a reputable producer?

8. Review your credit card statements and banking statements regularly to identify potentially fraudulent purchases.

9. Use a password manager (Keychain, LastPass, 1Password, or similar) to create unique user IDs and passwords for each site you visit. DO NOT reuse passwords or usernames, particularly those that are used on banking, billing or medical sites.

10. Consider shopping locally. Local businesses have been especially hard hit during the COVID-19 pandemic.



**On Veterans Day, 2Lt. Charles Edward Garnett's name was added to the war memorial in downtown Christiansburg. Garnett was a doctor who was killed in action while tending to wounded comrades in North Korea.**

## Name added to Christiansburg's war memorial

During a special ceremony on Veterans Day, the name of 2Lt. Charles Edward Garnett was added to the Veterans of Foreign Wars war memorial at the corner of N. Franklin and Main streets in downtown Christiansburg.

Local VFW representatives had recently discovered that Garnett's name was missing from the memorial. A doctor and a member of the 15th Infantry Regiment medical unit, Garnett, who was born in 1927 in Shawsville, died March 17, 1952, killed in action while tending to wounded comrades in North Korea.

Before the ceremony, the local

VFW members were not able to locate any of Garnett's relatives.

Records show his name is included on the Korean War Veterans Memorial in Washington, D.C. His commendations include the Purple Heart, the Combat Infantryman Badge, the Marksmanship Badge, the Korean Service Medal, the National Defense Service Medal, the Republic of Korea Presidential Citation, the Republic of Korea War Service Medal, the United Nations Service Medal, the Army Presidential Unit Citation, and the Army Good Conduct Medal.

Garnett is buried in the Correll Family Cemetery in Shawsville.

## Cadet Angel Carcamo-Reyes to highlight flags at tonight's Miami football game

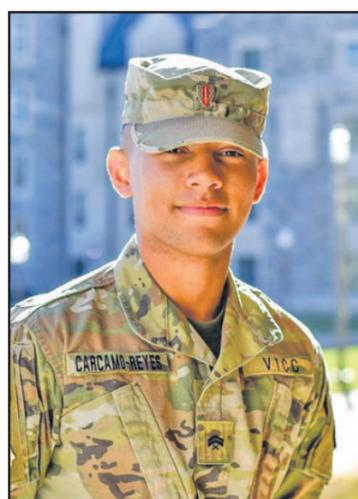
Cadet Angel Carcamo-Reyes will travel with the Hokies to receive the flags at tonight's football game against Miami.

The Virginia Tech Corps of Cadets and the Virginia Tech football team continue their proud partnership highlighting the colors during the pre-game ceremony at every football game.

Three football players, chosen because of their performance in the last game or at practice, carry the American flag, the state flag, and the team's spirit flag and lead the team onto the field. They deliver the flags to cadets at the south end of the field.

The cadets, also selected based on their performance in the corps, render honor to the flags and carry them off the field. At home games, three first-year cadets are selected, and one or two upper-class cadets travel with the team and receive the flags at away games.

Carcamo-Reyes is a sophomore in the Navy ROTC-Marine option majoring in national security and foreign affairs in the College of Liberal Arts and Human Sciences. He is a fire team leader for his corps company, overseeing and training small groups of first-year cadets. Through that work, Carcamo-



**Chosen to highlight the colors at this evening's Miami football game, Cadet Angel Carcamo-Reyes is a sophomore in the Navy ROTC-Marine option majoring in national security and foreign affairs. He is a fire-team leader for his corps company, overseeing and training small groups of first-year cadets.**

Reyes has developed the reputation of being a textbook example of an exemplary cadet and continues to push those around him to be the best version of themselves they can be.

# UPCOMING EVENTS

## Saturday, Nov. 20:

**Creative Writing Group**  
At the Meadowbrook Public Library at 11 a.m. either in person or on Go-To-Meeting for support, feedback, and writing tips. Email [mupthegrove@mfrl.org](mailto:mupthegrove@mfrl.org) or call 540-268-1964 for more information. Participants do not need a Go-To-Meeting account to join.

**Caturday**  
At the Christiansburg Library at noon. 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 are welcome. Email [shodges@mfrl.org](mailto:shodges@mfrl.org) for more information.

**Edible Pumpkin Patch Craft**  
At the Blacksburg Library at 2 p.m. Create an edible pumpkin patch with the likes of graham crackers and Oreos. All ages are welcome, registration is required, and all supplies will be provided.

**Teen DND**  
At the Blacksburg Library at 2 p.m. Teens. Dungeons. Dragons.

**Help Project Linus**  
At the Radford Public Library from 11 a.m. until 1 p.m. Happiness is a warm blanket. Join in the fun and make a blanket with RPL and Project Linus. Participants may contribute their finished blanket to Project Linus, which distributes the blankets to children in need in Radford, Montgomery, Floyd, Giles, and Pulaski counties. Lamplighters will provide materials, and Project Linus volunteers will provide tools and instruction to begin and complete a blanket to donate to a child in need during this event. Supplies are limited, so participants are invited to bring their own supplies if they're able (1&1/3 yards Blizzard Fleece in a child-friendly print). Blankets will be completed with loop-through edging rather than knotting. Email [elizabeth.sensabaugh@radfordva.gov](mailto:elizabeth.sensabaugh@radfordva.gov) to reserve a space. For ages 14+.

## Sunday, Nov. 21:

**Chess Club**  
At the Blacksburg Library at 3 p.m. Kids and teens ages 8 and up are welcome to come sharpen their chess skills. Supplies will be provided. All skill levels are welcome.

## Monday, Nov. 22:

**Radford Solid Waste pick-up**  
Wednesday, Nov. 24, 2021, solid waste pick-up will be collected on Monday, Nov. 22, 2021. Thursday, Nov. 25, 2021, pick-up will be collected on Tuesday, Nov. 23, 2021. Friday, Nov. 26, 2021, pickup will be collected on Monday, Nov. 29, 2021. Garbage needs to be ready for pick-up by 7:30 a.m.

## Tuesday, Nov. 23:

**Secret Agent Camp**  
At the Blacksburg Library at 4:30 p.m. Children of all ages are invited to attend the library spy camp. Crack codes, lift fingerprints, and learn how to sleuth.

**Wellness Book Club: "The Anti-Diet"**  
At the Christiansburg Library at 6:30 p.m. This month's book for discussion is "The Anti-Diet" by Christy Harrison. Please pre-register with the Town of Christiansburg Recreation Department at 540-382-2349.

**Radford Solid Waste pick-up**  
Thursday, Nov. 25, 2021, will be collected on Tuesday, Nov. 23, 2021. Friday, Nov. 26, 2021, will be collected on Monday, Nov. 29, 2021.

## Wednesday, Nov. 24:

**Montgomery Floyd Regional Library closed**  
All branches of the MFRL libraries will close at noon on Wednesday, Nov. 24, and remain closed on Thursday, Nov. 25, and Friday, Nov. 26, for Thanksgiving.

**Radford Drop Center Hours:**  
Will be closed Nov. 24 through Nov. 26 for the Thanksgiving holiday.

**Radford Library Closed**  
The Radford Public Library will be closed in observance of Thanksgiving from Wednesday, Nov. 24, through Sunday, Nov. 28.

## Sunday, Nov. 28:

**Chess Club**  
At the Blacksburg Library at 3 p.m. Kids and teens ages 8 and up are welcome to come sharpen their chess skills. Supplies are provided. All skill levels are welcome.

## Monday, Nov. 29:

**Talking About Books: "The Last Anniversary"**  
At the Blacksburg Library at 11 a.m. To be discussed is "The Last Anniversary" by Liane Moriarty. Call ahead to reserve a copy.

## Tuesday, Nov. 30:

**Gingerbread House Making**  
At the Meadowbrook Public Library at 4 p.m. Build a personalized gingerbread house for the holidays. Registration is required. Sign up by calling the library at 540-268-1964.

**Dino Party**  
At the Blacksburg Library at 4:30 p.m. Help say goodbye to Dinovember with a Dino Party at the library. Dig for fossils, hatch dinosaur eggs, and design a dinosaur. Email [mroach@mfrl.org](mailto:mroach@mfrl.org) for more information.

## Throughout November:

**Donate your old sneakers**  
The RADical Change Commission and GotSneakers have partnered up to promote healthy communities with creative recycling. This sneaker drive fundraiser keeps sneakers out of landfills and reduces toxic chemicals released into the air and soil. All sneakers from the drive are recirculated to people who want quality, reusable footwear at affordable prices or repurposed into new surfaces such as playgrounds and tracks. Participants are

asked to wash their sneakers before dropping them off at either of the following locations: 1) Unity Christian Church, 400 Tyler Ave. (corner of Tyler and Clement), Radford, Monday through Thursday 8 a.m. to 4 p.m. and Friday 8 a.m. to 2:30 p.m. The bin is located at the office door facing Moe's Southwest Grill. 2) The Shelter, 1205 Downey St., Radford. The bin is located on the front porch. Drop-off hours are anytime day or night. Sneakers will be collected through Nov. 30. They can be in any size or condition.

## Help the Veterans with Your Donations

All the month of November, at the Meadowbrook Public Library, a collection point for items needed at the VA Medical Center in Salem. Donors may bring any of the following items to the library during November: deodorant, denture adhesive, 3 in 1 body wash/shampoo/conditioner, body lotion, toothpaste, nail clippers, sweatpants, sweatshirts, t-shirts (size M, L, XL), and new baseball caps.

**No brush collections in November**  
Christiansburg public works crews will not be collecting brush this month due to equipment failure. Brush collection will resume in December once repairs are completed.

## Wednesday, Dec. 1:

### Radford Annual Tree Lighting Ceremony

Save the date for the annual Tree Lighting Ceremony. Radford Coffee Company (RCC) will offer hot cocoa and cookies from the library parking lot prior to the lighting of the tree. Libby and Olivia, members of the Grove United Methodist Handbell Choir, will perform music and also lead interactive handbell playing for little ones. Mayor David Horton will provide the countdown for the magical tree lighting, and Santa will be there to flip the switch. This event takes place outside, rain or shine, so attendees should dress accordingly.

## Thursday, Dec. 2:

### Radford Holiday Parade

Radford's Holiday Parade, themed "Winter Nights and Magical Lights," will take place at 7 p.m. The line-up begins at 6 p.m. The parade route will line up on East Main Street between Tyler Avenue and University Drive Bridge and proceed westward along Main Street to the Central Square Shopping Center.

## Saturday, Dec. 4:

### CHS Music Department Breakfast with Santa

The Christiansburg High School Music Department presents its annual Breakfast with Santa at the high school from 8 a.m. until noon. Enjoy a pancake breakfast, games, crafts, and a photo op with Santa. Families are welcome to bring their own cameras or phone and take a picture with Santa. Since this is an event in a Virginia Public School, masks must be worn at all times except when eating. The cost for children 12 and under is \$5. The cost for ages 13 and up is \$8.

## Sunday, Dec. 5:

**Luminaries Display**  
The annual Stroubles Mill Neighborhood Association Luminaries Display in

Blacksburg will begin at 5:30 p.m. The rain date is Dec. 6.

## Wednesday, Dec. 8:

**Brown Bag Book Club**  
The Radford Public Library offers a book discussion on the second Wednesday of each month from noon to 1 p.m. Attendees may bring a lunch. This month's book is "The Great Alone" by Kristin Hannah.

## Saturday, Dec. 11:

### Handcrafted Holiday Pop-Up Market and Holiday Open House at Glencoe Mansion

The annual Handcrafted Holiday Pop-Up Market hosted by MountainTrotter Arts will take place from noon to 4 p.m. at Glencoe Mansion, Museum, and Gallery. The event features one-of-a-kind and high quality handcrafted works by local artisans, perfect for holiday shopping. Hot beverages, sweet treats, and live holiday music are part of the fun. Step inside the Glencoe Mansion, Museum & Gallery to check out the holiday display, "Christmas in Virginia," that transports attendees through Virginia's past into the present. The Glencoe Mansion gift shop will feature a wide variety of items. The museum will also feature works by local artists in its gallery space for even more great holiday gift-giving ideas. The event and the museum are both open to the public with no admission charge. In case of weather issues, the rain date will be Dec. 18.

## Tuesday, Dec. 14:

### Sons of Confederate Veterans meeting

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

## Ongoing:

### Second annual Radford holiday display contest

The Radford Chamber of Commerce's second annual holiday display contest is underway as Radford businesses and residents are urged to come up with their best window or home displays. The entry fee is \$25, and the entry deadline is Nov. 30 with decorations required to be up by Dec. 10. Public voting will then take place from Dec. 10 through Dec. 22.

### Passports at the Radford Public Library

Radford Public Library is a Passport Acceptance Office. Persons desiring a passport can call (540) 731-3621 to set up an appointment.

### "Paper Alchemy" exhibit

Currently on display in the gallery in the Covington Center at Radford University. 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 artists' range of inventive problem-solving and creativity.

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## NRV vaccine clinics designed to reduce anxiety for ages 5-11



Children get vaccinated at an NRV clinic for 5- to 11-year-olds.

The Virginia Department of Health's New River Health District held two large-scale COVID-19 vaccine clinics for children ages 5-11 Thursday and Friday.

Martin's Pharmacy hosted the clinics from 3:30 to 6:30 p.m. Thursday, Nov. 18, at Christiansburg High School and from 3 to 6:30 p.m. on Friday, Nov. 19, at Christiansburg Recreation Center.

The clinics were scaled and designed for children with distractions to help them successfully and calmly receive vaccines. Those distractions included a bubble ma-

chine, play stations, and furry friends like a calm petting dog and various mascots. The Hokie Bird and the Highlander visited Thursday.

"Our children have waited the longest for a vaccine and have been incredible at wearing masks and doing their best to stop the spread of COVID at school," said Dr. Noelle Bissell, Director of the New River Health District. "We are happy we could finally offer them a vaccine and could welcome them and their parents to as stress-free a location as we could create," she said.

# Community Foundation of New River Valley awards grants to local nonprofits

Through its Responsive Grant Program, the Community Foundation of the New River Valley (CFNRV) throughout the fall awarded \$184,772 in grants to 56 local and regional nonprofits for operational support.

The CFNRV manages over \$14.3 million in assets in 200 endowed funds created by NRV individuals, families, and businesses to award grants to charitable organizations and scholarships to students. In prior years, the Responsive Grant Program has awarded operating and programmatic support on issues like poverty, natural resource conservation, education, the arts, and housing.

In 2020, the CFNRV Board of Directors decided to award up to \$4,000 in only operational support to organizations, as starting or continuing projects during the pandemic was challenging. In 2021, the CFNRV Board of Directors decided to continue and award only operational support as the pandemic is ongoing. The CFNRV received over one hundred applications, and staff and volunteers then vetted the applications and made grant awards from dozens of endowed funds managed at the foundation.

In addition, the CFNRV once again opened grants to the public

through a grant catalog, allowing public contributions from individuals to help fund nonprofits.

Eric Chapman, CFNRV board member and chair of the distribution committee, said of the awards, "Each year, we are able to give more money out to local nonprofit organizations that are making a positive impact in our community. Unfortunately, we always run out of money and can't fund every worthy organization that applies."

"As the Foundation grows and more funds are started, we will continue to see the number of grants increasing," Chapman said. "The great thing about the CFNRV is that even a small fund will give out a little money each year, and while we wish we could fund them all 100%, having the ability to give more than \$184,000 because of the generosity of so many people in our community is something that we are proud of."

The 2022 Responsive Grant Program will open online in June 2022 with a deadline in late July. Anyone interested in starting an endowed fund to support charitable work in the New River Valley should contact the CFNRV at 540-381-8999 or email [jessicawirgau@cfnrv.org](mailto:jessicawirgau@cfnrv.org).

Local nonprofit organizations receiving

awards, listed alphabetically, were Adaire Theatre: \$4,000; Beans and Rice, Inc: \$4,000; Blacksburg Interfaith Food Pantry (NRCA): \$1,800; Blacksburg Museum and Cultural Foundation: \$1,000; Bland Ministry Center: \$3,500; Blue Mountain School: \$2,000; Brain Injury Services of SWVA: \$3,500; Calfee Community and Cultural Center: \$4,000; Cayambis Institute for Latin American Studies in Music: \$804; CHIP of the NRV (NRCA): \$2,000; Children's Trust - NRV Children's Advocacy Center: \$2,148; College Mentors for Kids: \$3,120; Emergency Assistance Program (NRCA): \$2,000; Emergency Needs Task Force of Pulaski County: \$4,000; Family Resource Center: \$2,000; Fine Arts Center for the NRV: \$500; Free Clinic of Pulaski County: \$4,000; Floyd Center for the Arts: \$2,000; Floyd County Historical Society: \$1,000; Floyd County Humane Society: \$1,000; Giles Animal Rescue: \$1,000; Giles County Christian Service Mission: \$4,000; Giles Health and Family Center: \$2,000; Giles County Shelter: \$4,000; Goodwill Industries of the Valleys: \$100; Habitat for Humanity of the NRV: \$2,100; Healthy Floyd: \$1,000; Help Overcom-



The local nonprofit organization Plenty! receives its check for \$4,000 from Community Foundation's 2021 Responsive Grant Program.

ing Poverty's Existence (HOPE): \$3,000; InStill Mindfulness: \$1,000 Justice & Peace Committee, Holy Family Catholic Church: \$2,000; Lead Mines Rescue Squad: \$4,000; Literacy Volunteers of the NRV: \$4,000; Live Work Eat Grow Inc.: \$2,000; Lyric Council Inc. \$3,000; McHarg Elementary School: \$1,000; Montgomery County Christmas Store: \$4,000; Montgomery Museum of Art & History: \$2,000; Mountain Community Action Program: \$2,000; Mountain View Humane: \$2,000; Mullins Trailer Park Ministry: \$4,000; New River Family Shelter: \$2,000; New River Valley Agency on Aging:

\$4,000; New River Valley Agency on Aging - ESL Project: \$100; New River Valley HOME: \$100; New River Valley Senior Services: \$4,000; NRV CARES: \$4,000; NRV Disability Resource Center: \$4,000; NRV Glean Team: \$4,000; One-on-One Literacy Program of Wythe & Grayson Counties: \$2,000; Plenty!: \$4,000; Pulaski Community Youth Center: \$4,000; Pulaski Daily Bread: \$3,000; Radford Heritage Foundation (Glencoe Mansion, Museum & Gallery): \$150; Radford-Fairlawn Daily Bread: \$550; Rx Partnership: \$4,000; Springhouse Community School: \$2,000; St. Michael Lu-

theran Church - Micah's Backpack: \$4,000; SustainFloyd: \$2,000; The June Bug Center: \$4,000; To Our House (NRCA): \$2,000; Valley Interfaith Childcare Center: \$4,000; Virginia CARES (NRCA): \$2,000; Virginia Foundation for Agriculture in the Classroom: \$4,000; Virginia Hunters Who Care, Inc.: \$2,000; Vittles for Vets: \$300; Warm Hearth Foundation: \$2,000; Wilderness Road Regional Museum: \$4,000; Women's Resource Center of NRV: \$4,000; Wonder Universe: \$2,000; Wytheville Training School Cultural School: \$4,000; YMCA at Virginia Tech: \$2,000; YMCA of Pulaski County: \$4,000.

## PETS OF THE WEEK



Mitch is a friendly, playful dog who is ready to find a pawsome home. He gets along well with other dogs and would make a good hiking partner. Some situations make him a little nervous, but when given time, he warms up and gets comfortable, showing his happy personality.



Moonshadow is a curious cat in search of his purrfect match. He likes attention and affection. He also has a visible tooth that peeks out of his mouth. It may be the result of a broken jaw, but it doesn't appear to hamper Moonshadow's enjoyment of tasty treats.

## Black Friday from page 1

22.3% 17. Overstock.com 22.1% 18. Costco 20.5% 19. Newegg 20.0% 20. Sam's Club 19.1% 21. Ace Hardware 11.7%.

WalletHub determined the overall average for the Black Friday discounts to be 32.1%.

Breaking down the retailers offering discounts in various categories, WalletHub's survey determined the following results:

For apparel and accessories, the best Black Friday deals can be found at 1) JC Penney 2) Belk 3) Macy's 4) Kohl's 5) Nordstrom.

For computers and phones, the best Black Friday deals can be found at 1) Macy's 2) Belk 3) Walmart 4) Lenovo 5) Kohl's.

For consumer electronics, the best Black Friday deals can be found at 1) Macy's 2) JC Penney 3) Belk 4) Kohl's 5) Newegg.

For consumer pack-

aged goods, the best Black Friday deals can be found at 1) Macy's 2) JC Penney 3) Ace Hardware 4) Amazon 5) Belk.

The best places to shop for toys on Black Friday, according to WalletHub's survey are 1) Macy's 2) JC Penney 3) Belk 4) BJ's 5) Kohl's.

According to WalletHub, consumers shopping for appliances can find the best Black Friday deals at 1) Belk 2) Macy's 3) JC Penney 4) Big Lots 5) Kohl's.

The best deals on furniture on Black Friday, according to WalletHub, can be found at 1) Office Depot and OfficeMax 2) Macy's 3) BJ's 4) Target 5) Amazon.

Consumers shopping for jewelry are advised by WalletHub to find the best Black Friday deals at 1) Belk 2) Kohl's 3) Macy's 4) J.C. Penney 5) Costco.

For generalized all other product categories, WalletHub's sur-

vey determined the best deals on Black Friday may be found at 1) Belk

2) JC Penney 3) Macy's 4) Kohl's 5) Walmart.

**NOTICE RADFORD RESIDENTS**

The due date for paying **REAL ESTATE TAXES AND PERSONAL PROPERTY TAXES** for 2021 is **December 6, 2021**.

All taxes must be paid no later than December 6, 2021 to avoid additional penalty, interest, and fees. All payments made by mail must bear a postmark no later than December 6, 2021.

Taxes may be paid in person at:  
Treasurer's Office  
619 Second Street, Rm 164  
Radford, VA 24141  
8:30 a.m. - 5:00 p.m. Monday-Friday

**For your convenience, extended hours will be offered Dec. 3<sup>rd</sup> & Dec. 6<sup>th</sup> 7:30 a.m. - 6:00 p.m.**

Authorized by:  
Janet H. Jones, Treasurer  
City of Radford, VA

**AUCTION SALE!**

**November 27, 2021**  
**STARTS AT 10:00 A.M.**

**Registration begins at 9:30 AM**

*Bins available for auction are subject to change due to customer payment prior to sale.*

**PACK IT IN II**  
3822 BOB WHITE BLVD  
NEWBERN ROAD  
PULASKI, VIRGINIA  
PHONE: (540) 980-4739  
Storage Bins:  
125,136,46,40,192,95,73,126,79,3,109,27,13,190

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502 EAST MAIN STREET  
RADFORD, VIRGINIA  
PHONE: (540) 639-9075  
Storage Bins:  
38,81,132,151,77,101,102,170,33,98,51,130

**NOTICE:**  
**ALL WILL BE AUCTIONED AND SOLD BY BIN ONLY, ACCORDING TO CODE SEC. 8.7-210 (PROPERTY BEING SOLD TO COVER DELINQUENT STORAGE PAYMENTS).**

# OPINION

## COVID-19 update: Cases in district, Virginia, and nationally have plateaued; Pfizer vaccine demand outstrips supply for ages 5-11

“New cases of COVID-19 have plateaued in Virginia and in the New River District; we may have plateaued, but are still on a very slow decline,” Dr. Noelle Bissell, director of the New River Valley Public Health Task Force, told the media Monday at her press conference.

Dr. Bissell cautioned, though, that “some areas are starting to see a surge from the delta variant, such as in the Southwest and some Midwest states as well as some of the northern states. Europe, specifically Germany and Austria are seeing cases rise as are countries who had severe lockdowns. Basically, the numbers are telling us you are not going to avoid delta. It’s going to run through every community.”

“The vast majority of hospitalizations and deaths are in unvaccinated populations,” Dr. Bissell said. “Most of the New River Health District is still at high community transmission as defined by the CDC while Montgomery County is considered to be at substantial transmission.”

“Monday, the New River Health District hospitals reported 28 COVID-19 patients with one person under investigation. Our numbers overall have come down, at peak we

had upwards of 60 people hospitalized with COVID-19. Our hospitals are still very busy.

“Non-COVID patients are coming to the hospital sicker than they were pre-pandemic because many people put off medical care,” the health district director told the media. “The COVID patients on top of this add significant stress to our hospitals. Although our hospitals are still very busy, they remain at normal operations. COVID cases tend to stay in the hospital for a long time, and we’re also seeing flu cases and some hospitalized with flu and COVID.”

“We are still asking everyone who has respiratory symptoms such as a cough, stuffy nose, runny nose, fever, or unexplained headache to get tested for COVID and to stay home from work or school. The Health Department offers free testing with results in 36 hours. You can also get tested at pharmacies, doctor’s offices, and urgent cares.

“We’re asking people not to go to the hospital to get tested,” Dr. Bissell said. “The Virginia Department of Health is starting a pilot program where the public library systems will be a distribution point for rapid tests. In the New River District, the Montgomery Floyd library

system is expected to have some of these rapid tests available this week. The library staff will distribute tests only; they won’t be available to answer questions or assist with administering the test.

“If you get a positive test, isolate for 10 days from the date of your positive test or from symptom onset and resume normal activities on day 11 if you are fever free for 24 hours without medication,” Dr. Bissell cautioned. “If you get a positive test and you are at risk for poor outcome, such as medical conditions or age, please ask your doctor or health department for monoclonal antibodies. We have monoclonal antibodies available and they decrease risk of hospitalization.”

“Our health department focus continues to be on getting vaccines into the arms of the unvaccinated. We are vaccinating people age 5 and up with the vaccines approved for their age. We have Pfizer, Moderna, and Johnson & Johnson for first doses, second doses, third doses for the immune-compromised and boosters.

“Infection does give immunity, but public health is always going to advocate vaccination. The long-term side effects from infection are much less predictable.

“We still have higher demand than supply for the Pfizer vaccine for ages 5-11. We expect this to last for another week or so, until all those who want a shot now have received one. We expect that about 50% of this age will be getting shots immediately. For second shots, the interval for children is the same as for older groups: three weeks. However, it is fine to wait up to six weeks for that second shot. We have been assured by the federal government that there is enough supply for all.

Dr. Bissell also reported “a supply glitch with getting Moderna vaccines last week, but we were able to secure a little more on Monday and are hopeful we will get our regular supply next week.”

“The Community Vaccination Center at Valley View Mall has all vaccines and is accepting walk-ins. Remember flu season. We and the pharmacies still have flu shots available. You can get your shot at the same time as your COVID shot.

“If you are an employer in the New River Valley, you can get advice and assistance on mandates and other COVID-related topics from the Business Continuity Team of the New River Regional Commission,” Dr. Bissell said. “Contact Ash-

ley Briggs, [abriggs@nrvc.org](mailto:abriggs@nrvc.org).

“We are all looking forward to our national Thanksgiving holiday, to be with family, friends, or just to have some time to unwind. Please remember there is a highly transmissible disease circulating everywhere,” the district director warned. “Each person and family needs to do their own risk assessment. It helps to know the immunity status of the people you’ll be in close contact with. Stay outdoors as much as possible. Bundle up if it’s cold. If you can’t be outdoors, make sure your indoor space is well ventilated. If you aren’t sure about the ventilation, open some windows. In the UK, they have been advising people to open windows and doors for 10 minutes every hour.

“While we gather with people or wish them well from afar, let’s remember to give everybody grace, even our family members with different viewpoints,” Dr. Bissell suggested. “Everybody is more stressed because of this pandemic, and many people are shorter tempered and not reacting as calmly as they did in the before times. Let’s give each other more grace and temper our own reactions. Everybody is doing the best they can, and we all need to have a little more patience right now.”

### News Messenger

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

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## Virginia ranks first among all states in new scorecard on patient safety in hospitals

Virginia tops all states in the Fall 2021 Leapfrog Group Hospital Safety Grade state rankings that are based on the share of hospitals in each state that earned “A” grades.

In the current rankings, 56.2 percent of Virginia hospitals graded received top marks. That reflects improvement from the Spring 2021 rankings when 50 percent of Virginia hospitals had “A” grades and the commonwealth ranked fourth among all states.

The commonwealth has consistently been a high-achieving state in the bi-annual Leapfrog rankings: Virginia ranked sixth among states in the Fall 2020 rankings, third overall in the Fall 2019 rankings, second overall

in the Spring 2019 rankings, third overall in the Fall 2018 scores, and fifth overall in the Spring 2018 grading period.

“Virginia is blessed to have a vast network of hospitals to care for people in their hour of need,” said Steve Arner, Carilion Clinic Executive Vice President and Chief Operating Officer and the Chair of the Virginia Hospital and Healthcare Association (VHHA) Board of Directors.

“While these hospitals are each unique in their own way, they share a strong commitment to ensuring all patients receive safe, effective, high-quality care,” said Arner. “The latest Leapfrog Group Hospital Safety Grades scorecard list-

ing Virginia first among all states in the rankings confirms that our hospitals consistently strive for excellence on behalf of the patients, families, and communities we serve.”

“Caring for the health and medical needs of patients and communities across Virginia is a duty our hospital members and their teams hold sacred,” said VHHA President and CEO Sean T. Connaughton. “It is something we have all been reminded of while living through the COVID-19 pandemic. Virginia hospitals are committed to the wellbeing of patients, which is reflected in Virginia’s consistently strong performance in the Leapfrog

Group Hospital Safety Grades.

These scores are a testament to the ongoing collaborative work by Virginia’s hospitals to intentionally focus on patient safety and health care quality improvement as part of a broader goal to make the Commonwealth the healthiest state in the nation.”

The Leapfrog Group Hospital Safety Grades assign letter grades to more than 2,700 general acute care hospitals across the nation. In the latest rankings, 41 of 73 Virginia general acute care hospitals evaluated earned “A” grades, placing the commonwealth first among states in the nation.

## NRCC offering free computer tune-up

New River Community College will hold a Cyber Day event on Saturday, Dec. 4, when anyone can bring their laptops, desktops, tablets and phones for a free tune-up and virus scan. The NRCC Computer Club is hosting the event from 9 a.m. to noon in room 127 at the college’s Christiansburg site.

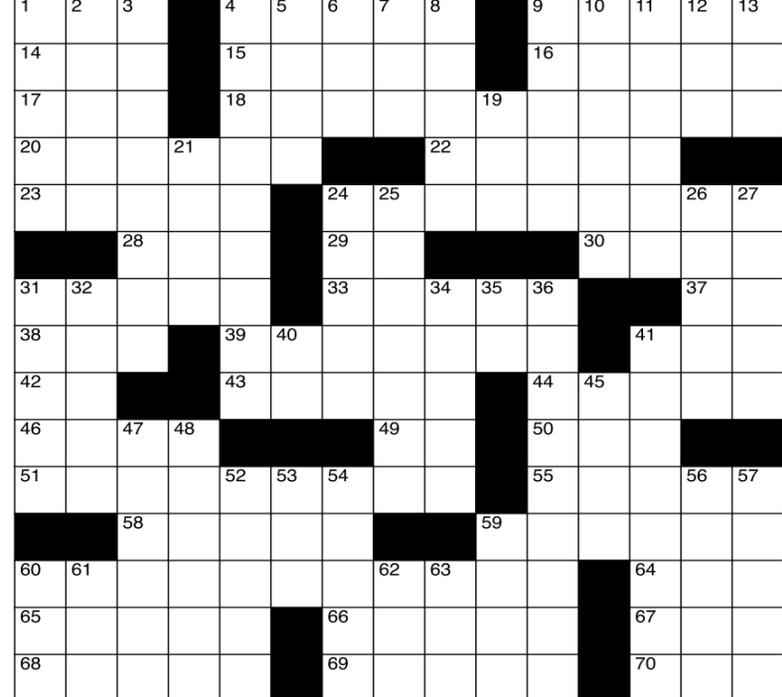
Several students and Dr. David Filer, NRCC information systems

professor and club advisor, will be working on the systems at the event. Any Windows or Android device is welcome.

The NRCC Computer Club focuses on the skills of repairing and creating computers for campus and community use.

For more information about Cyber Day, contact Dr. Filer at [dfiler@nr.edu](mailto:dfiler@nr.edu) or (540) 674-3600, ext. 4272.

### CROSSWORD PUZZLE



- CLUES ACROSS**
- Taxi
  - Long periods of time
  - Boiled cow or sheep material
  - Ottoman military commander
  - Pig
  - Don't go near
  - Benin inhabitants
  - Pop star
  - Removes
  - Your sibling's daughter
  - Trade
  - Dabbled
  - Tax collector
  - Atomic number 73
  - Russian emperor
  - Broad-winged bird of prey
  - Pale brownish yellow
  - A type of bill
  - One or a sum of things
  - Stiff, untanned leather
  - Naturally occurring solid material
  - Promotional material
  - Beer mug
  - Nostrils
  - Very rich
  - Atomic number 10
  - Not even
  - Pulls apart
  - City in western Finland
  - Wing shaped
  - Paddling
  - Player
  - Japanese classical theater
  - S-shaped lines
  - Coined for one occasion
  - Pitching stat
  - "M" actor
  - Some are noble
  - Lair
- CLUES DOWN**
- Places to eat
  - Marketplace
  - Unoriginality
  - Administrative officials
  - Female sheep and a loch in Scotland
  - Something to drill for
  - Midway between north and northeast
  - Cassia tree
  - Founder of medical pathology
  - Long-legged wading bird
  - Go and goers
  - Go quickly
  - Used to cut and shape wood
  - Small island (British)
  - Dry or withered
  - "Last of the Mohicans" actress
  - Manufacturers need one
  - Tidal bore
  - Makes free of moisture
  - Semitic titles
  - Inappropriate
  - Gregory \_\_, US dancer
  - \_\_ denotes past
  - Makes nicer
  - Indicates position
  - Made a priest
  - Sixth month of Jewish calendar
  - One who refrains
  - Type of top
  - Pay increase
  - Curved shape
  - Keeping down
  - Sleep sound
  - Tiny Iranian village
  - Only one time
  - Elected official
  - Before the present
  - Genus of grasses
  - Autonomic nervous system

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

# Long-banned class of psychedelics shows promise in treating mental illness

One in five U.S. adults will experience a mental illness in their lifetime, according to the National Alliance of Mental Health. But standard treatments can be slow to work and cause side effects.

To find better solutions, a Virginia Tech researcher has joined a renaissance of research on a long-banned class of drugs that could combat several forms of mental illness and, in mice, has achieved long-lasting results from just one dose.

Using a process his lab developed in 2015, Chang Lu, the Fred W. Bull Professor of Chemical Engineering in the College of Engineering, is helping his Virginia Commonwealth University collaborators study the effects of psychedelics.

Their findings give insight into how psychedelic substances like psilocybin, mescaline, LSD, and similar drugs may relieve symptoms of addiction, anxiety, depression, and post-traumatic stress disorder. The drugs appear to work faster and last longer than current medications all with fewer side effects.

The project hinged on Lu's genomic analysis. His process allows researchers to use very small samples of tissue, down to hundreds to thousands of cells, and draw meaningful conclusions from them. Older pro-

cesses require much larger sample sizes, so Lu's approach enables the studies using just a small quantity of material from a specific region of a mouse brain.

And looking at the effects of psychedelics on brain tissues is especially important.

Researchers can do human clinical trials with the substances, taking blood and urine samples and observing behaviors, Lu said. "But the thing is, the behavioral data will tell you the result, but it doesn't tell you why it works in a certain way," he said.

But looking at molecular changes in animal models, such as the brains of mice, allows scientists to peer into what Lu calls the black box of neuroscience to understand the biological processes at work. While the brains of mice are very different from human brains, Lu said there are enough similarities to make valid comparisons between the two.

VCU pharmacologist Javier González-Maeso has made a career of studying psychedelics, which had been banned after recreational use of the drugs was popularized in the 1960s. But in recent years, regulators have begun allowing research on the drugs to proceed.

In work by other researchers, pri-

marily on psilocybin, a substance found in more than 200 species of fungi, González-Maeso said psychedelics have shown promise in alleviating major depression and anxiety disorders. "They induce profound effects in perception," he said. "But I was interested in how these drugs actually induce behavioral effects in mice."

After one dose of DOI, a drug similar to LSD, the mice that had reacted to fear triggers no longer responded to them with anxious behaviors. Their brains also showed effects, even after the substance was no longer detectable in the tissues, Lu said. The findings were published in the October issue of Cell Reports.

It's a hopeful development for those who suffer from mental illness and the people who love them. In fact, it wasn't just the science that drew Lu to the project.

For him, it's also personal. "My older brother has had schizophrenia for the last 30 years, basically. So I've always been intrigued by mental health," Lu said. "And then once I found that our approach can be applied to look at processes like that — that's why I decided to do research in the field of brain neuroscience."



**Chang Lu, left, Fred W. Bull Professor of Chemical Engineering in the College of Engineering, recently collaborated with a Virginia Commonwealth University pharmacology lab on research into the use of psychedelics to treat mental illness. Doctoral student Bohan Zhu, right, is a co-author on the paper. Photo by Tonia Moxley for Virginia Tech.**

## 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, www.

# Montgomery County WORSHIP DIRECTORY

## I NEED HELP

Read Psalms 11:1 through 18:50

Many of the Psalms are full of praise to God. We sometimes visualize David as peacefully strumming a harp as he quietly watches a flock of sheep grazing on a grassy slope. Psalm 13 presents a different picture.

David apparently had doubts, troubling thoughts, and enemies. Things did not always go well for him. In the first part of this psalm, David, in authentic transparency, expressed some real concerns. He apparently had enemies who were getting a little too close for comfort. The amazing part is how, in spite of the chaos around him, David made a decision to trust God.

But I trust in your unfailing love; my heart rejoices in your salvation (Psalm 13:5).

Everything does not always go well for us either. We face challenges that seem overwhelming, and we do not always see a clear path through the jungle of everyday life. But God is our Source of help, and we can trust Him to get us through!

Prayer Suggestion: Father, I do not feel up to the task that is before me at times, but I have decided that I will trust You.

Quicklook: Psalm 13:1-6

**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, 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)

# CAC December schedule

Aqua Yoga (Monday/Wednesday)  
8-9 a.m.; Dec. 1-20 (no class 12/13);  
\$32, residents; \$42, non-residents.

Aqua Yoga utilizes the principles and movements of hatha yoga and adapts them to the water. The yoga poses practiced in this class will help participants develop strength and static balance and increase their range of motion. Beginners are welcome. The instructor is Thea Vincenti with a maximum enrollment of 10.

Morning Fit (Monday/Wednesday)  
9:15-10:15 a.m.; Dec. 1-16; \$27 residents; \$37 non-residents.

This shallow water workout combines calisthenics style movements with variations of upper and lower body resistance exercises. Participants will jog, kick, march and jump through the water to improve their cardiovascular fitness, muscular endurance, and flexibility. Danielle Bland is the instructor at the slide side of the leisure pool, the deep beach area. Maximum enrollment is 16.

Warm Water Workout (Monday/Wednesday)  
10:30-11:30 a.m.; Dec. 1-16; \$32 residents; \$42 non-residents.

This warm water exercise program is designed for individuals with arthritic and mobility limitations. This class is for those whose goals include increasing strength, flexibility, and range of motion in a relaxing and low-impact atmosphere. Danielle Bland is the instructor in the therapy pool with a maximum enrollment of 10.

Due to limited spacing and class popularity, the center is limiting participation to one session of Warm Water Workout per person per month.

Rolling in the Deep (Tuesday/Thursday)  
9:30-10:30 a.m.; Dec. 2 and 7; \$10 or drop-in (\$7 per class).

Strap on an aqua belt and take part in this deep water class in the competition pool. Participants can expect to perform aerobic exercises such as jogging, skiing, and more to develop core strength. The instructor is Jillian Kowalcik.

Hydro Power (Tuesday/Thursday)  
9:30-10:30 a.m.; Dec. 14 and 16; \$10 or drop-in (7 per class).

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

Warm Water Workout (Tuesday/Thursday)  
9:15-10:15 a.m.; Dec. 2-16 (no class 12/09); \$26 residents; \$36 non-residents.

Danielle Bland is the instructor in the therapy pool with a maximum enrollment of 10.

Due to limited spacing and class popularity, the center is limiting participation to one session of Warm Water Workout per person per month.

Warm Water Workout (Tuesday/Thursday)  
10:30-11:30 a.m.; Dec. 2-16 (no class 12/09); \$26 residents; \$36 non-residents.

Location: Therapy Pool. Instructor: Danielle Bland is the instructor in the therapy pool with a maximum enrollment of 10.

Due to limited spacing and class popularity, the center is limiting participation to one session of Warm Water Workout per person per month.

participation to one session of Warm Water Workout per person per month.

Hydro Power (Tuesday/Thursday)  
5:45-6:30 p.m.; Dec. 2-16 (no class 12/09); \$20 residents; \$30 non-residents.

Jillann Kowalcik is the instructor in the leisure pool with a maximum enrollment of 25. Drop-ins are allowed.

Swim and Trim (Wednesday); 7-7:45 a.m.  
Dec. 1, 8, 15; \$17 residents; \$27 non-residents

This new routine consists of half dry-land workout and half water workout and is guaranteed to hit all the right muscles and have participants ready to conquer the rest of their day. Participants should bring their own mats or extra towels for the deck exercise portion.

Location: Leisure Pool. Instructor: Jillian Kowalcik is the instructor in the leisure pool with a maximum enrollment of eight and two participants per lane.

Drop-ins are allowed.

Rise N' Shine Water Aerobics (Wednesday); 7-7:45 a.m.

Dec. 1, 8, 15; \$17 residents; \$27 non-residents.

Get up for this morning class that will get participants ready for the day. This is an aerobics class for the early risers so they can kick off their day energized.

Edward Tickle is the instructor at the slide side of the leisure pool with a maximum enrollment of eight.

Drops-in are allowed.

SPECIAL HOLIDAY WORKOUTS  
12 Days of Christmas Workout; 8-9 a.m.

Wednesday, Dec. 8; \$7.

The pyramid format of this class is based upon the song "The 12 Days of Christmas" in that it builds and encourages some festivity, but also provides the structure for a pretty powerful workout. Exercises such as lap swimming, core workouts, and squats will be completed both in and out of the water at the competition pool with a maximum enrollment of eight.

Drop-ins are allowed.

Warm Water Merry and Moving; 9:30-10:30 a.m.

Monday, Dec. 20; \$7.

This class provides exercises that assist with balance, stability, and range of motion with a movement-filled workout in warm water. This is great for those with arthritic or mobility limitations. Maximum enrollment is 10 in the therapy pool.

Drop-ins are allowed.

Holly Jolly Workout; 9:30-10:30 a.m.

Tuesday, Dec. 21; \$7.

This is an aqua class guaranteed to get the fitness party started and have participants energized for the holidays. This class combines cardiovascular training and muscle conditioning through methods of interval training, abdominal work, and muscle enduring activities. These combinations provide a great workout with the use of equipment such as pool noodles and water weights in the leisure pool.

Maximum enrollment is 16.

Drop-ins are allowed.

Holly Jolly Workout; 5:30-6:30 p.m.

Tuesday, Dec. 21; \$7.

Maximum enrollment is 25.

Drop-ins are allowed.

# OBITUARIES

## Lawson, Norma Gearhart

Norma Gearhart Lawson, 79, of Christiansburg, went home to be with her Lord and Savior Jesus Christ on Tuesday, Nov. 16, 2021, following a brief illness.

Born on Jan. 14, 1942, in Morgantown, W.Va., she was the daughter of the late Flora Linkenhoker Gearhart Sumner and Ralph W. Gearhart. In addition to her parents, she was preceded in death by one sister, Doloris Gearhart Demas, and one grandson, Derek J. Saunders.

Norma loved to sing in the choir where she was a member at the North Fork Baptist Church in Blacksburg. She was an avid master gardener, who loved feeding her blue birds. She also enjoyed bird watching, reading, and all aspects of God's creations. She will be sadly missed by her family and friends.

Left to cherish her memory is one sister,



Shirley Gearhart Thompson McGee of Elon, N.C.; three sons, William (Billy) Saunders and his wife, Kasandra; Patrick Saunders and his wife, Haley; and John Saunders and his wife, Kerri; and two daughters, Jodi Saunders Cerv and Robin Saunders Kenly and her husband, Kevin, all of Christiansburg.

Norma also leaves behind five grandchildren: Sarah, Justin, and Madeline Cerv, Jackson Young and Abigail Saunders, and a special longtime friend/ex-husband, Edward T. Lawson, and many other close friends and relatives.

A memorial celebration was held Friday, Nov. 19, 2021, at 2 p.m. at the McCoy Funeral Home in Blacksburg. Online condolences are appreciated. Arrangements by McCoy Funeral Home, Blacksburg.

## Songer, Gary Michel

Gary Michel Songer, 63, of Blacksburg, went to be with the Lord, Sunday, Nov. 14, 2021, at Lewis-Gale Hospital Montgomery.

He was born in Christiansburg on Nov. 6, 1958, to the late Harry and Clarice Holdren Songer. He was also preceded in death by his sister, Norma Hall, and his brother, Eddie Songer.

He had 40 years of dedicated service with Federal Mogul. He is survived by his



wife, Patricia Jean Songer; a son and daughter-in-law, David and Tiffany Songer; a stepdaughter, Crystal May and Avery; grandchildren Charlee and Michael Songer, Michael, Joshua, Shyan, and Aubrey; six great-grandchildren; a sister, Sharon McMahan; and brothers and sister-in-law, Jerry and Jill Songer, and Bobby Songer.

No services will be held at this time. Arrangements by McCoy Funeral Home, Blacksburg.

## Woolwine, Patricia Wells

Patricia Wells Woolwine, 86, of Shawsville, went to her heavenly home on Monday, Nov. 15, 2021

She was born in Amigo, W.Va., on Aug. 30, 1935, to the late Charlie and Maude Wells. She was also preceded in death by her brother, William (Buddy) Wells; a sister, Martha (Janabee) Wells Carper; and a grandson, Bryan Woolwine.

Patricia was a graduate of Stoco High School, class of 1953 in Coal City, WV. She played the trumpet in the band for four years. She loved her family and enjoyed going to church, singing specials, and playing her trumpet with her daughter, Cindy Crockett.

She was a member of the Elliston Church of God for many years and was also blessed by Pastors Eddie and Sandra Booth of Moore's Chapel Baptist



Church. Patricia worked at Green Hill Meat Packing Company for three years and retired from Meadowbrook Nursing Home in 1996 after 18 years of housekeeping service.

She is survived by her husband of 65 years, LeRoy Woolwine; a daughter, Cindy Crockett and her husband, Russ; sons Chuck Woolwine and his wife, Karen, and Tim Woolwine and his wife, Robin; grandsons Andy and Cody Woolwine; granddaughters Dawn and Ryleigh Woolwine; sisters Donna Ratcliff and JoEllen McDaniel of Shawsville; and a brother, James (Piggy) Wells of Ironto.

A funeral service was held on Thursday, Nov. 18, 2021, in the McCoy Funeral Home Chapel with Pastor Eddie Booth and Pastor T. Michael Bond officiating.

# VDOT road watch

The following is a list of forecasted highway projects that may impact traffic traveling in the 12-county Salem Transportation District this week. Work schedules and construction project timelines are always subject to change and weather dependent. The Salem District covers Bedford, Botetourt, Carroll, Craig, Floyd, Franklin, Giles, Henry, Montgomery, Patrick, Pulaski, and Roanoke counties.

### MONTGOMERY COUNTY

I-81 NORTHBOUND AT EXIT 105 NEW RIVER BRIDGE REPLACEMENT IN MONTGOMERY COUNTY - Lane and shoulder closures may be in place near exit 105. Lane closure may be in effect during the week from 8 p.m. to 7 a.m. Shoulder closures may be in effect at any time during the week. Slow rolls may be performed on I-81 in the north and southbound lanes from mile marker 104 to 106 from 9 p.m. to 5 a.m. Speed limit is reduced to 60 miles per hour in the work zone. Shoulder closures will remain in place though the duration of the project. Project completion is estimated by June 2022.

may be in place on I-81 northbound between mile markers 104-105 during nighttime hours, 7 p.m. to 5 a.m. the following morning.

SLOW ROLLS: Slow rolls may be utilized periodically on both the northbound and southbound lanes from mile marker 98-109 for structural steel deliveries and setting beams.

I-81 BRIDGE REPLACEMENT AT EXIT 114 IN MONTGOMERY COUNTY - The bridge replacement of the two Interstate 81 bridges over Route 8, northbound and southbound, is underway. Drivers can expect alternating lane and shoulder closures, northbound and southbound, from mile marker 114 to 115. Exit 114 ramp shoulder closures will be ongoing from 8 a.m. to 4 p.m. Speed limit is reduced to 60 mph in the work zone. Route 8 will have alternating northbound and southbound shoulder and lane closures, day or night, as needed between the I-81 on and off ramps. A temporary traffic signal will direct traffic on Route 8 throughout the duration of the project. Access to all properties will be maintained during construction. Estimated completion is late 2021.

ROUTE 643 PAVING PROJECT - Beginning soon, exact date to be determined, a project is being scheduled to resurface an unpaved portion of Route 643 (Yellow Sulfur Road). The work area begins .7 mile south of the intersection with Route 642 (Jennelle Road) and ends 1.7 miles north of the bridge over Route 460. Traffic impacts will include intermittent flagging operations between these intersections. This project has an estimated completion date of May 2022.

LANE CLOSURES: Intermittent single lane closures utilizing flagging operations will be in place between the intersection of Teaberry Road and Jennelle Road.

ROUTE 636 BRIDGE REPLACEMENT AT SENECA HOLLOW - Work has begun replacing the bridge on Route 636 over the Roanoke River at Seneca Hollow. A road closure with a detour is in place from Echo Hills Road to .36 mile south of Route 460. The detour will restrict access to Route 460 at Seneca Hollow and will require travelers to enter/exit Route 460 at Friendship Road near Wheeling Hollow. The project is expected to be completed by the end of 2021.

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# MONTGOMERY SPORTS

## Defensive effort leads Virginia Tech past Radford 65-39

The Virginia Tech men's basketball team limited Radford to a 28-percent shooting performance, including 2-for-24 from three, in a 65-39 win Monday inside Cassell Coliseum.

The Hokies (3-0, 0-0 ACC) had three players score in double figures, led by Storm Murphy, who had 17 points. Justyn Mutts added 11 points and eight rebounds, and Keve Aluma helped out with 10 points and two blocks.

Tech out-rebounded Radford (1-2, 0-0 Big South) 41-32, led by Hunter Cattoor's nine boards.

Virginia Tech's defense held Radford to only 8.3-percent shooting from beyond the arc. The Hokies also limited Bryan Hart to 0-of-7 shooting from downtown and two points in the game. The Highlanders did not have much luck cleaning up their misses on the offensive glass either, as they

finished with seven offensive rebounds and managed zero second-chance points while Virginia Tech cleared 34 defensive rebounds.

Head coach Mike Young recorded a noteworthy milestone from the bench, as the Radford native coached his 600th career game.

How It Happened After being tied at 7-7, Tech went on a 13-0 run with 14:03 left in the first half, culminating in a bucket from Cattoor, to take a 20-7 lead. The Hokies then lost some of that lead, but still entered halftime with a 25-18 advantage. The Hokies did most of their first-half damage in the paint, scoring 14 of their points close to the basket.

Following intermission, Tech kept widening its lead, expanding it to 54-39 before going on an 11-0 run, finished off by Sean Pedulla's three, that grew the lead to 65-



Guard Storm Murphy, a graduate student, scored a season-high 17 points in the Hokies' defeat of the Radford Highlanders Monday in Cassell Coliseum. With the win, Tech improved to 3-0 for the season.

39 with 1:07 to go in the contest. That was the final score. Virginia Tech shot well from three-point range in the second half, hitting seven shots from

deep to score 21 of its 40 points.

Game Notes The Hokies shot well from three-point range, knocking down 10 of 23

long-range attempts.

Storm Murphy led the Hokies with a game-high 17 points.

Virginia Tech never trailed in the second half

on its way to the win.

Tech's defense forced 18 turnovers.

Hunter Cattoor led the team with a career-high nine rebounds.

## Christiansburg loses to Pulaski Co. in NRV Junior League Super Bowl



Christiansburg's Elijah Palmer races downfield in last week's New River Valley recreation league's Junior Super Bowl played on the turf at Blacksburg High School. The Blue Demons fell 18-0 to Pulaski County.



Christiansburg's John Hunt catches a long pass from quarterback Bryson Dow in the Junior League Super Bowl.

PHOTOS BY JON FLEMING

## VT men's tennis team hosts weekly wheelchair tennis clinics

For the past six months, the Virginia Tech men's tennis team has hosted a weekly wheelchair tennis clinic at the Burrows-Burleson Tennis Center.

Head coach Jim Thompson's student-athletes voluntarily have led instruction for local adaptive athletes seeking to dive into the sport. On Sunday, Nov. 14, members of the United States Paralympic Wheelchair Tennis team held a public exhibition and clinic in partnership with Hokies tennis.

"It's been super eye-opening for me to make friends that are in a wheel-

chair and want to play a sport that we always played," Thompson said. "We have a vision to grow this and get more people aware of it."

When Thompson had the idea to get his team involved in wheelchair tennis, he wanted every age group to be represented. Seemingly all ages on the spectrum have shown up. Attendees at Sunday's exhibition and clinic ranged from Scott Willis, 48, to Parker Burgard, 8.

"With any adaptive sport, people kind of have this idea that, 'Oh, this is sort of a rec thing,'" said Jacob Tyree, 29, who pre-

viously played for the U.S. National Wheelchair Basketball team. "We are here to compete."

The idea to start the clinic originated when Thompson met Burgard through his wife, B'easy, a school psychologist in Floyd County. Thompson and his son, Frank, who is also a member of the Tech men's tennis team, started practicing with Burgard when he was four years old. Burgard was diagnosed with spina bifida as an infant and has used a wheelchair and crutches his entire life.

VT student-athletes Michael Shephard, Jor-

dan Chrysostom, and Frank Thompson usually oversee the practice activities among the participants. The Tech tennis players split time between instructing on foot and actually sitting in a sport wheelchair to scrimmage with the adaptive athletes.

"The most fun aspect of this really is putting a smile on the athletes' faces," Shephard said. He has been connected with wheelchair tennis since his childhood in Australia. "A lot of the time the kids are in a shell because of being in a wheelchair. When they come here, they can open up and be themselves," Shephard said.

A tidal wave of positivity washes over everyone at the BBTC when the Hokies host a wheelchair tennis clinic. Drew Lucas, 11, traverses in his wheelchair across the courts with a smile, sharing kind-hearted jabs with both attendees and the VT student-athletes. Tyree wallops each serve with precision and focus yet takes the time to encourage each of his fellow adaptive athletes. It's this type of optimistic attitude and outlook that drives Frank Thompson to continue to participate in the clinic on a weekly basis.

"As a tennis player, we go through our own injuries and challenges that we think are really tough," Thompson said. "To see

how resilient these guys are to be playing tennis in a wheelchair is incredible."

The first clinic was held in the early spring of 2020, but weekly sessions were halted at the start of the pandemic. Those sessions picked back up again in May of 2021. Jason Harnett, the head coach of the U.S. National Wheelchair Tennis Team, has been in contact with Coach Thompson for the entirety of the program's existence. Their exchanges culminated in the idea of a public showcase for Team USA to hold an exhibition and provide instruction in Blacksburg for aspiring adaptive athletes.

"I think Coach Thompson has a fabulous team of people here," Harnett said. "Just getting the young people engaged in a different side of the tennis world they might not know about. They've been fantastic."

Harnett brought four decorated paralympians to the BBTC to showcase the sport in front of a crowd of Virginia Tech student-athletes, staff, and Blacksburg community members. After the doubles exhibition, the paralympians stuck around to introduce many aspiring wheelchair tennis players and their families to the sport first-hand. Dana Mathewson, the top-rated female wheelchair tennis player in the United States, felt encour-

aged by the efforts of the Virginia Tech men's tennis team to grow the sport.

"It's been awesome to meet all of the young people trying tennis for the first time; it reminds me of myself growing up," said Mathewson, who participated in both the 2016 Rio and 2020 Tokyo games. "Paralympics are underrepresented, so to see a bunch of people coming here today to see us is a great step forward in growing our sport."

Team USA's arrival on campus brought an impressive crowd to the BBTC, including appearances from Virginia Tech President Timothy Sands and Director of Athletics Whit Babcock.

"It's wonderful on a lot of levels," Babcock said. "It's obviously great for Team USA, and I think it's also wonderful for our student-athletes to be a part of it and to do something great for the community to remind us what's good about sports."



The players on VT men's tennis head coach Jim Thompson's team have for months now voluntarily led instruction in wheelchair tennis. Sunday they teamed with members of the United States Paralympic Wheelchair Team for a public exhibition and clinic.

| CROSSWORD ANSWERS |   |   |   |   |   |   |   |   |   |
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| L                 | O | R | R | E | G | A | S | E |   |

# VT Coach from page 1

hard-working and loyal people behind the scenes to make a football program run smoothly. Thank you.

Fuente went on to say, "To all the donors who have recently stepped up to make substantial contributions to Virginia Tech Football, please know the importance of your commitment. So many improvements have been made to point our facilities and overall student-athlete experience in the right direction. Thank you to the fans of Hokie Nation. I would encourage all of you to continue cheering on this football team. Your support means so much to all of them."

"Finally," Fuente said, "to Jenny, Cecilia, Caroline, Charlotte and the rest of our family, thank you for your unwavering love and support. We have all been in this together and we will continue to be in this together on the next step of our journey."

"We leave Blacksburg with many great memories, but above all else, our family cherishes the many relationships that have been established and that will always endure. To all of those players, coaches and staff who are still fighting

on, know that the Fuente family is always cheering for you."

"We sincerely appreciate the contributions that Coach Fuente made to our football program and the positive impact he made on our student-athletes during his time at Virginia Tech," Babcock said. "While it is never easy to make a change, I believe in order for our football program to attain the type of sustained success that is expected at Virginia Tech, the time was right for new leadership of our football program."

"Virginia Tech is one of the most attractive football jobs in America, competing in one of the nation's premier conferences, the ACC," Babcock said. "I'm extremely confident that we'll be able to identify and hire a new head coach who can build on our rich history and winning tradition."

"I have full confidence in Whit's leadership and appreciate his commitment to keep the best interest of the players and the program at the forefront," Virginia Tech President Dr. Tim Sands said. "Together, we stand in support of our student-athletes as they prepare to complete the

season at this challenging time."

Fuente compiled a 43-31 record in six seasons at Tech. The Tulsa, Okla., native owns a 69-54 career record during 10 seasons as an FBS head coach. Prior to joining the Hokies he guided Memphis to a 26-23 ledger in four seasons.

Interim head coach J.C. Price was a team captain and third-team All-America selection for the Hokies as a senior in 1995. He was a four-year starter on Virginia Tech's 1995 Big East Championship team and previously served as the strength coach for the Hokies in 1997-98. He returned to Blacksburg in 2021 after spending the previous nine seasons at Marshall University where he most recently served as the Thundering Herd's co-defensive coordinator and defensive line coach.

Upon Price's arrival, Fuente said, "First and foremost, we're excited to welcome J.C. and his family back to Blacksburg. J.C. played an integral role in establishing Tech's winning tradition and helping the Hokies earn a place on the national stage. We're not only adding a coach who owns nearly two decades of

coaching experience, but J.C. also brings another talented recruiter to our ranks."

In 2015, Price was named the Conference USA Recruiter of the Year by Scout.com for his contribution to the Thundering Herd's 2016 recruiting class. He was part of seven Marshall squads that earned bowl berths, the 2014 Conference USA championship, and three C-USA East Division titles.

Marshall led the nation in scoring defense (13 points per game) in 2020 while ranking second in total defense (279.4 yards per game), fourth in rushing defense (95.5 yards per game) and 11th in pass defense (183.9 yards per game) en route to a berth in the Conference USA championship game. Marshall's 2015 squad went 10-3 and finished the season with a St. Petersburg Bowl win as the defense totaled 30 sacks and 101 quarterback hurries. Price helped develop defensive tackle Jarquez Samuel into an All-Conference USA second-team selection.

The Herd won the 2014 Conference USA title, finishing the season with a



**Co-defensive line coach/defensive recruiting coordinator J.C. Price will serve as VT's interim head coach for the remainder of the 2021 season.**

13-1 record with their only setback coming in a 67-66 overtime loss to Western Kentucky. Marshall's defense racked up 38 sacks that season to tie for 16th among FBS squads.

With Price coaching Marshall's defensive tackles, the Herd went 10-4 in 2013 and reached the

Conference USA Championship Game.

Price joined Marshall after an eight-season stint at James Madison University (2004-11). The Dukes won the 2004 FCS national championship and made the FCS playoffs on four other occasions during his tenure.

## Two sign with Radford University men's basketball

The Radford men's basketball program has signed Kyle Burns and Kenyon Giles to national letters of intent, Head Coach Darris Nichols announced Wednesday afternoon. The duo will join the Highlanders as true freshmen for the 2022-23 season.

A 6-3 combo guard from Wheeler High School in Marietta, Ga., Burns is an athletic shot-maker who has all the tools to become a threat on the offensive end from the moment he steps on campus. He helped the Wildcats to a pair of AAAAA state championships and is a crucial piece of the puzzle in their hunt for another title this season.

"We are excited to add Kyle Burns to our team next year," said assistant coach Shane Nichols. "Kyle is a guard with some length and is very active defensively. He has a good IQ and can dribble, pass, and shoot at a high level."

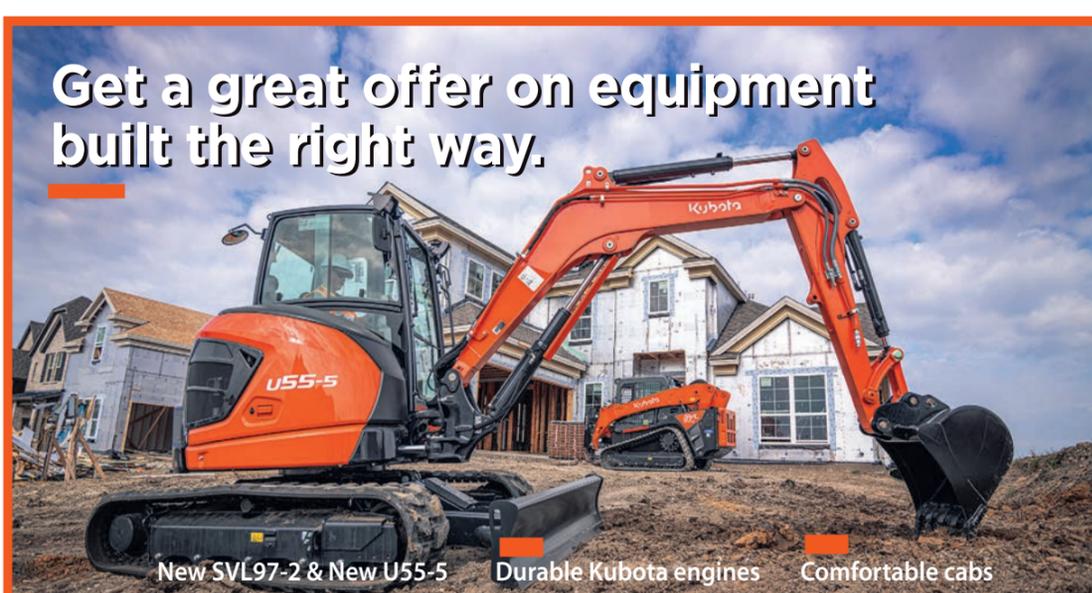
Burns's coach at Wheeler, Larry Thompson, had this to say about him: "Kyle is the true definition of what it looks like to improve on a day-to-day, year-to-year basis. As a high school sophomore, I noticed how determined

and focused he was on improving his game. Kyle's best basketball days are ahead of him but I'm super proud of his growth and maturity up to this point."

Giles is a true point guard. Standing at 5-11, he comes to Radford from Silverado High School in Las Vegas, but is originally from Chesapeake, Va. He, received offers from the University of North Carolina Greensboro, Navy, North Carolina A&T, Norfolk State, and the New Jersey Institute of Technology, amongst others.

"We are excited to add Kenyon Giles to our team for next year," Shane Nichols said. "He is a dynamic guard with shot-making ability and quickness that can help change a game. He comes from a great family, and I think he is a vocal guy that loves the game."

Silverado High School coach Andy Johnson said, "Kenyon is a terrific leader and is a very good basketball player who will have a major immediate impact at Radford. His high-level work ethic, speed, skill, toughness, and high basketball IQ will be a great addition to the Radford basketball team. Radford University landed a great one in Kenyon Giles."



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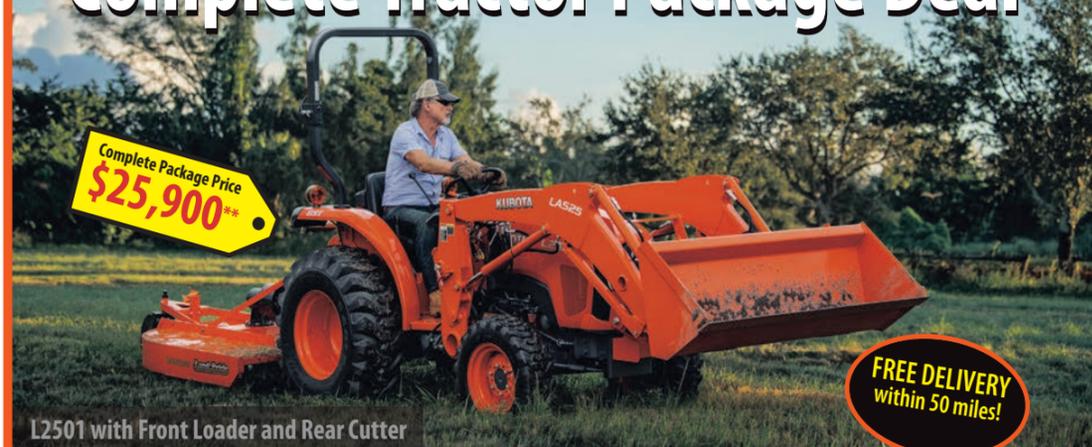
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