



Kiwanis Club of Christiansburg provides Christmas for 50 children

On December 16, 2021, the Kiwanis Club of Christiansburg held its annual children's Christmas event with the children picking up their gifts at the Christiansburg Recreation Center.

Due to COVID concerns as was the case last year, rather than having the children gather for a pizza party

and Santa delivering their gifts, their parents or guardians came to the recreation center's parking lot where Kiwanis members delivered to each child a bag of toys, a bag of clothing, a box of food, and a ham.

For those unable to come pick up their gifts, the club delivered the gifts

to their homes.

The process began with the local schools providing the Kiwanis Club the names of children in need. The schools also obtained and provided the club with a list of the clothing needed

See **Kiwanis Club**, page 4



Christiansburg Kiwanis Club members distributed gifts at the club's annual children's Christmas party at the Recreation Center.

Virginia's COVID-19 hospitalization cases set record

Friday, Jan. 7, statewide COVID-19's hospitalization count of 3,329 set a one-day record since the pandemic began, eclipsing the previous one-day peak of 3,201 hospitalizations on Jan. 13, 2021.

COVID-19 hospitalizations are up nearly 200 percent across Virginia (194 percent) in the past month. And hospitalizations are up across all regions of the commonwealth with significant increases recently documented in the central, eastern, and northern regions.

This is now the fifth surge of the pandemic. The previous four were in Spring 2020, Summer 2020, Fall and Winter 2020-2021, and Summer 2021.

Hospitals across Virginia continue to make operational adjustments related to things like visitation restrictions, scaling back or postponing non-emergency procedures, and adjustments to respond to the current and evolving circumstances of the pandemic. While each facility and the situation it is confronting is unique, hospitals and their teams have consistently adapted to meet the challenges presented by the pandemic.

As adaptable as hospitals have been, it is important to remember that the health care delivery system does not have unlimited resources (For instance, staffing challenges which predated the pandemic have been magni-

fied due to various factors, including staff who are sidelined while isolated/quarantining due to illness or exposure).

The current situation is serious and if things remain on the current trajectory for an extended period – particularly because hospitalizations as a metric tend to slightly lag behind rising case counts, and some of the modeling projections suggest that this current surge may not yet have reached the point where it will crest and begin to recede (some modeling suggests that may occur later this month) – Virginia's hospitals could face the possibility of straining the limits of the system's capacity.



With more than 15 years working in museum environments, Kate Skelly is the new executive director for the Blacksburg Museum and Cultural Foundation. She assumed her duties on Jan. 4.

Blacksburg Museum and Cultural Foundation names new executive director

BLACKSBURG, VA – Kate Skelly has accepted the position of executive director for the Blacksburg Museum and Cultural Foundation (BMCF).

Jim Rakes, president of the museum's board of directors, said, "We are excited to have such an accomplished museum professional as Kate. Her experience and leadership will keep BMCF moving

forward with innovative programs that capture and present Blacksburg history and culture.

"Skelly has over 15 years of experience working in museum environments. She has developed a broad range of museum programs using traditional and modern technologies and state-of-the art pre-

See **New Director**, page 4

Blacksburg's Torc Robotics to open third location

Torc Robotics, a self-driving truck firm headquartered in Blacksburg, will open its third U.S. location in Austin, Texas, in early 2022. The approximately 21,000-square-foot office will complement the firm's Blacksburg headquarters and its Albuquerque, N.M. test center.

The expansion coincides with the recent two-year anniversary of Torc joining the Daimler Truck family as an independent subsidiary.

Torc, a pioneer in commercializing self-driving vehicle technology, and Daimler Truck, the market share leader in commercial vehicles, have pledged to commercialize level 4 auto-

nous trucks at scale within the decade. Level 4 vehicles can operate autonomously under certain conditions and parameters.

"Trucking is the backbone of the U.S. economy, and we predict hauling freight will be the first successful commercial application of self-driving on-road vehicles," said Michael Fleming, Torc Founder and CEO. "This is why we're laser-focused on the freight industry, taking a pure-play approach and joining forces with the leading heavy-duty trucking manufacturer in North America."

"We are aggressively hiring key talent in engineering and product development to support

our strategic growth," said Mike Avitable, Torc Robotics's vice president of engineering. "With Austin's relatively low cost of living as compared to other major cities in the U.S. and high quality of life, it was the logical choice for our new facility. The local talent pool is impressive, and the city is also known for being innovative, collaborative, and entrepreneurial. We are confident that our future Austin Torc will share our passion for this technology and mission of saving lives."

Along with the deep talent pool, Avitable said that Austin was strategically selected due to its location along the Southwest shipping corridor, which is a key

area for long-haul freight travel in the U.S. While the Texas facility will host mainly software development teams, Torc also plans to utilize the area to expand autonomous test truck development.

In addition to testing in other regions, Torc manages a fully operational test facility in Albuquerque, running multiple routes and shifts each day on New Mexico highways. This past year, Torc expanded on-road testing in Texas. Additional routes are planned, strategically based on major freight haulage lanes.

In 2020, Torc expanded its footprint in Blacksburg, adding nearly 16,000 square feet to its

headquarters, and in 2021 the company added 28,000 square feet of office space for its workforce in Blacksburg's Corporate Research Center.

"With self-driving trucks, we are solving one of the most challenging engineering feats of our generation," Fleming said. "To support this need, the Austin office will primarily serve as another product development center for Torc and will employ engineering talent across the autonomy, systems, and infrastructure teams, as well as provide opportunities within product management. Torc has also been recruiting heavily for its growing engineering team in Blacksburg."

Beta Sigma Phi supports Montgomery Emergency Assistance Program



Beta Sigma Phi Sorority members Carolyn Sowers (left) and Phyllis Durham (right) present donations of soups and crackers to Margie Vitale, vice president and store manager of the Montgomery County Emergency Assistance Program (MCEAP). The donations were from the Alpha Mu Master Chapter of Beta Sigma Phi Sorority in Christiansburg.

Virginia State Parks Youth Conservation Corps accepting applications through March 14

Virginia State Parks is seeking qualified candidates to fill Youth Conservation Corps (YCC) summer residential service opportunities across the state. Two three-week programs will be offered this summer.

Applications for crew leaders and crew members will be accepted through March 14, 2022.

YCC crews will assist Virginia State Parks staff with a range of operational projects including, but not limited to, trail maintenance, habitat improvement, and campground construction and restoration. Room and board is provided to all YCC crew serving at Virginia State Parks.

Applications are being accepted for the following sessions:

Session 1: June 19 – July 9, 2022 (Leaders must arrive June 17)

Session 2: July 17 – Aug. 6, 2022 (Leaders must arrive July 15)

Crew members will gain valuable experience in trade skills and resource management. Ideal applicants for crew member positions

are young adults 14-17 years of age who have an interest in environmental protection, the physical ability to work outdoors in all weather conditions and the desire to make a difference in the community they serve.

Crew members who successfully complete a three-week service program will receive 120 service learning hours and a \$500 stipend.

Crew leaders will supervise a group of 10 YCC crew members and work directly with park staff to complete a variety of projects. Upon completion of a three-week program, crew leaders will receive a \$1,800 stipend and a \$350 travel stipend. All crew leaders are required to attend training at Twin Lakes State Park June 13-16.

For continuity of the service programs, crew leaders are encouraged to apply for both three-week sessions. Eligible crew leaders will be entering their junior year of college or equivalent. Applications for crew leaders are being accepted until filled.

UPCOMING EVENTS

Now through Jan. 21:

Apply now for NRV Master Gardener Program
The New River Valley Master Gardener Program is seeking applicants for the 2022 Master Gardener Training class. The classes will be held on Tuesday and Thursday afternoons from Feb. 15 through May 5 on the Virginia Tech Campus and at the Montgomery County Government Center. Topics covered include basic botany, plant propagation, herbaceous plants, houseplants, vegetables, fruits, pruning, landscape design, floral design, lawn care, woody plants, entomology, plant pathology, abiotic stresses, soils, and pesticide use and safety. The cost for the course is \$185.00 and participants will perform 50 hours of volunteer service. Contact Wendy Silverman at the Montgomery County Extension Office at 540-382-5790 for more information. Applications are due Jan. 21, 2022.

Now through Feb.1:

Town of Blacksburg Leaf Collection
The Town of Blacksburg is finalizing leaf collection in the two remaining areas of town: Wyatt Farms and Woodbine. This service will be completed by Jan. 14. Residents are reminded that leaves may also be bagged and placed curbside until Feb. 1.

Now through Feb. 28:

MFRL adult winter reading program
The Montgomery Floyd Regional Library's adult winter reading program challenges patrons to read during January and February and keep track of their reading on the library's Beanstack site. Earn badges with each book read and activity completed. <https://mfri.beanstack.org/>.

Wednesday, Jan. 12:

Brown Bag Book Club
At the Radford Public Library from noon to 1 p.m. The club meets on

the second Wednesday of each month for a book discussion. Participants may bring a lunch. Discussed this month is "Nomadland" by Jessica Bruder.

Evening Book Talk: "Save Me the Plums"

At the Christiansburg Library at 6:30 p.m. Discussed this month is "Save Me the Plums: My Gourmet Memoir" by Ruth Reichl. Meeting in-person and virtually.

Earth Fare Ribbon-cutting

Earth Fare, an organic and natural grocery chain, opens doors to the public at its new location, 2625 Market St. NE, Christiansburg. A ribbon-cutting ceremony will take place at 7:45 a.m. with doors opening to guests at 8 a.m. The ceremony will kick-off with a \$1,000 check presentation to the Community Foundation of New River Valley. Gift cards will be given to the first 200 people in line with one lucky winner walking away with \$500.

Thursday, Jan. 13:

Vision Board Workshop
At the Blacksburg Library at 6:30 p.m. Create a 2022 vision board to serve as a daily reminder of dreams and goals. All supplies will be provided, but participants may bring any personal pictures to add. The program is recommended for adults.

NRV Small Business Relief Program business grant applications due

The New River Valley Small Business Relief Program is making grants of up to \$15,000 available to businesses located in the counties of Floyd, Montgomery, Giles, and Pulaski and the City of Radford to help offset business impacts during the pandemic. Applications will be accepted until Jan. 13, 2022.

River City Quilt Guild

The River City Quilt Guild meets the second Thursday of each month at 9:30 a.m. in Grove United Methodist Church, 1020 Tyler Avenue, Radford. All skill levels of quilters are welcome. For more information, call Anna Handy at 540 320 7791.

Saturday Jan. 15:

Caturday
At the Christiansburg Library; from 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 to socialize shelter cats. All ages are welcome. Email shodges@mfri.org for more information.

Dyslexia: The Basics

At the Meadowbrook Public Library at 1 p.m. Pediatric speech-language pathologist and dyslexia consultant Vicki W. Brackett will give a brief overview of the symptoms and cause of dyslexia. Her presentation will include the myths, the symptoms to look for in both young children and adults, and what can be done to help overcome some of the issues associated with dyslexia. Handouts will be provided.

Author Talk: Mary Ellen Campagna

At the Christiansburg Library at 2 p.m. Local author Mary Ellen Campagna will discuss her new book, "UNA: Queen of Trouble." Books will be available for preorder at the event.

Teen DND

At the Blacksburg Library at 2 p.m.

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

Sunday, Jan. 16:

Montgomery County-Radford City-Floyd County NAACP MLK Celebration

The NAACP will celebrate and honor the life and legacy of the Rev. Dr. Martin Luther King, Jr. Guest speaker for the 2022 celebration is Dr. Tommy McDearis, Senior Pastor of Blacksburg Baptist Church. The virtual celebration will include presenting the MRF NAACP/Dr. Martin Luther King, Jr. Community Service Awards and presentations by the NAACP Youth Council. The celebration will also include music, poetry and an inspiring message.

To register for the virtual celebration, log onto <https://mrfnaacp.com/MLK2022>. A special offering will be taken for the MRF NAACP/Samuel H. Clark Memorial Scholarship. Each year, up to five youth are awarded \$1,000 scholarships. Donations may be sent to Montgomery County-Radford City-Floyd County Branch NAACP, PO Box 6044, Christiansburg, Virginia 24068.

Monday, Jan. 17:

Crafternoon

At the Radford Public Library from 1 to 2 p.m. Bring your crafting supplies to this crafternoon delight crafting club for adults.

Tuesday, Jan. 18:

Stuffed Animal Taxidermy

At the Blacksburg Library at 4:30 p.m. Create a new wall hanging. Transform stuffed animals into works of art. Library staff will supply all the materials needed. This program is recommended for teens. Email mroach@mfri.org with any questions.

Wednesday, Jan. 19:

American Business Women's Association Luncheon Meeting

At the Holiday Inn Christiansburg-Blacksburg, 99 Bradley Dr., Christiansburg, from 11:30 a.m. to 1 p.m. Cost is \$14.25 The guest speaker is Ann Custer, a professional organizer with WOW Organizing Services. RSVP by noon on Jan. 17, 2022. Contact Terri Welch at christiansburg@wineand-design.com.

Computer Basics, Part 3

At the Meadowbrook Public Library at 10:30 p.m. This course will cover accessing and utilizing library databases from computers, smartphones, and tablets. Databases include the library digital collections, genealogy and research, career resources, and resources for kids.

American Red Cross Blood Drive

Schedule an appointment at www.redcross-blood.org. The blood drive will be held at the Waldron Wellness Center-Carilion Community Room and is co-sponsored by the Craighill Masonic Lodge. Patrons of the Montgomery-Floyd Regional Library who have fines and donate blood will be forgiven up

to \$10, redeemable only at the Meadowbrook Public Library at 1 p.m.

Art Club: Chila Kumari Burman

At the Christiansburg Library at 2 p.m. Explore the art of Chila Kumari Burman and recreate one of her famous sculptures, Eat Me Now. For ages 6 and up.

Thursday, Jan. 20:

Talking About Books Nonfiction: "The Good Neighbor - The Life and Work of Fred Rogers"

At the Christiansburg Library at 11 a.m. To be discussed is "The Good Neighbor: The Life and Work of Fred Rogers" by Maxwell King. Meeting in-person and virtually.

Snow Storm Slime

At the Blacksburg Library at 3:30 p.m. Come make some fun snowstorm slime. Supplies are limited. Email mroach@mfri.org with any questions.

Saturday Jan. 22:

Friends of the Library Book Sale

An all-day event at the Blacksburg Library; \$5 per bag of books, \$1 for hardbacks, \$.50 for paperbacks. Support the Friends of the Library and score some deals on books.

Sunday, Jan. 23:

Chess Club

At the Blacksburg Library at 3 p.m. Ages 8 years and up are welcome to sharpen their chess skills. Supplies will be provided. All skill levels are welcome.

Monday, Jan. 24:

Crafternoon

At the Radford Public Library from 1 to 2 p.m. Participants may bring their supplies to this crafternoon delight crafting club for adults.

Tuesday, Jan. 25:

Rock Painting

At the Meadowbrook Public Library at 4:30 p.m. Paint a rock to look like a fish (or other aquatic creature) and put the rocks in a fishbowl and decorate it to

be a personal aquarium. All supplies are provided and this is a free event. Recommended for ages 10 and up. Please pre-register as spaces are limited.

Science-Fiction/Fantasy Book Club: "Trail of Lightning"

At the Blacksburg Library at 6:30 p.m. To be discussed is "Trail of Lightning" by Rebecca Roanhorse. Call 540-552-8246 to reserve a copy.

Wednesday, Jan. 26:

Lunch and Learn: Listening Session

At the Blacksburg Library at noon. Sustainable Blacksburg is making a January listening session an annual tradition to keep building on progress and to incorporate new ideas for the new year. Participants can join in person or via Zoom by registering at <https://go.mfri.org/BB012622>.

Saturday, Jan. 29:

Click Smarter photography Q and A

Drop in to the Radford Public Library from 11 a.m. to noon and talk to professional photographer Charlie Whitescarver about photography. He will look at your photographs and give you tips on how to improve them. He can also help you with that new camera that was a Christmas present. Masks are required for in-person attendance of library programs. Whitescarver has been taking pictures and teaching the art of photography since the mid-1970s.

Quilting Marathon

At the Meadowbrook Public Library from 8 a.m. until 8 p.m. The Meadowbrook Quilters are hosting a quilting marathon. The public is invited to see these skilled individuals working on quilts. The event is open to everyone at any skill level to come and join in the quilting or to just ask questions.

Bookmark Making

At the Blacksburg Library. Use basic hand sewing skills to create a colorful elastic bookmark that fits many sizes of books. A quick and fun craft for anyone who can sew a few stitches. Best for ages 8 and up. All supplies provided, registration recommended. Call the library at 540-552-8246.

ONLINE ONLY AUCTION

Ends Thursday January 20th @ 4 PM
Storage Units for Sale at Auction in Floyd VA
Sunny Ridge Rd Floyd VA 24091
Bid Now at VaAuctionPro.com



You have the opportunity to purchase this great investment property! This property features 12 10x10 storage units for sale in Floyd County VA. The units were built in 2004 and are in great condition. The lot consists of .21 acres and is easily accessible. They are located right next to a set of green boxes (dumpsters) which is very convenient for cleaning out units! Storage units are in high demand in Floyd County. These units are rented on a month - to - month lease for \$45 / mo., but similar units in the area are getting around \$100 / mo. 9 out of 12 of the units are currently rented - seller using the other 3 for personal use.

Directions - From Town of Floyd - 221 north towards Roanoke - Left on Bethlehem Church rd. - right on Sunny Ridge rd. - property on immediate right past green boxes. See signs

Terms - 10% Buyer's Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$5,000 required on day of sale. Close in 30 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. Please note that during the last two minutes of bidding, if a new bid is placed, the clock is automatically extended an additional two minutes. Download Bidder Information Pack for complete terms and conditions, purchase contract, and maps at VaAuctionPro.com

Contact - Broker & Auctioneer Matt Gallimore at 540-239-2585 or email gallimore.matt@gmail.com; in cooperation with Terry McCraw with McCraw Real Estate & Auction at 540-320-5200 or email mccrawrealestate@gmail.com

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



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

Thompson & Litton Announces New Directors

Wise, VA - Thompson & Litton, Inc. (T&L) is pleased to announce multiple promotions throughout our offices that took effect Jan. 3, 2022.

Timothy Mullins, PE is entering his 36th year at T&L and has been promoted to Director of Transportation and Utilities. Throughout his employment, Tim has served the firm in many different roles including CADD Technician, Design Engineer, Project Engineer, Design Supervisor, and Director of Transportation. Tim has played a major role in the design of various transportation, water, wastewater, site and infrastructure development projects for numerous clients throughout T&L's service area. Tim graduated with a Bachelor of Science in Civil Engineering from Virginia Polytechnic Institute and State University in 1992. Tim is in the firm's Bristol, TN office.

Andrew Monk, PE has been promoted to Director of Site Development and Solid Waste. Now in his 14th year with the firm, Andrew has experience in the design and construction of site development, stormwater, and solid waste management projects. He received a Bachelor of Science, Civil and Environmental Engineering from Virginia Polytechnic Institute and State University in 2007. Andrew is a member of the American Society of Civil Engineers. He is in the firm's Radford, VA office.

Erica Sunshine, AIA, LEED AP has been promoted to Director of Architecture for Virginia and West Virginia. In 2018 Erica joined T&L and brought with her 30 years of experience. Erica has played a key role in the design of new construction and renovation/adaptive reuse projects. As a Project Architect, Erica oversaw all planning and development of design concepts and alternatives and supervised design architects and technicians who developed design details and construction documents. As a LEED Accredited Professional, Erica also has a comprehensive understanding of green building design practices, principles, and the LEED Rating System. She received a Bachelor of Architecture from Virginia Polytechnic Institute and State University in 1988. Erica is a member of American Institute of Architects. She is in the firm's Radford, VA office.

Ned Stacy, AIA, NCARB has been promoted to the position of Director of Architecture for Tennessee. Ned has 15 years of experience in construction and 25 years in the architectural profession. He has played a key role in the design of new construction and renovation/adaptive reuse projects. As a Senior Architect, Ned has overseen all planning and development of design concepts and alternatives and supervised design architects and technicians who developed design details and construction documents. Ned received his Bachelor of Arts in Architecture from the University of Tennessee in 1995. He is in the firm's Johnson City, TN office."

T&L President Greg Hurst, P.E., remarked that, "This is a solid group of professionals, and I am excited to see what they do with this opportunity. I am sure it will be great for T&L!"

LewisGale Medical Center expands cardiac services with renovated cardiovascular catheterization lab

LewisGale Medical Center announced recently the opening of its newly renovated, state-of-the-art Cardiovascular Catheterization Lab. The new cardiac lab is part of an ongoing investment the hospital has made in enhancing the delivery of cardiovascular services.

The new equipment and renovated lab provides advanced treatments that enhance patient care, make complex procedures safer and simpler, and provide physicians with leading edge technologies, including a laser-steered platform, to perform a comprehensive range of diagnostic and interventional procedures.

“The renovation of our Cardiovascular Catheterization Lab reflects our commitment to providing the highest-level cardiac care in Southwest Virginia,” said Michele Gillespie, vice president of cardiovascular services. “This updated facility brings next-level precision of care to our patients. Coupled with

our exceptional team of experts, we are proud to bring innovation, quality care, and service to our community.”

Richard Konstance, medical director of interventional cardiology, recently performed the first procedure in the new lab. The upgrades reassure patients that their providers have the best possible tools at their fingertips to perform life-saving procedures.

“This new lab is state-of-the-art, not only in imaging, but in air flow for infection prevention, ergonomics, and comfort for our patients,” said Dr. Konstance. “This investment reinforces that LewisGale Medical Center is invested in this community.”

LewisGale Medical Center serves the cardiovascular needs of patients from across the Roanoke Valley and beyond. Led by Drs. Richard Konstance and Andrew Maiolo, the diversified cardiology team, comprised of expert cardiologists, interventionalists,

and surgeons, performs a wide variety of elective and emergent therapies ranging from open sur-

gery and Percutaneous Coronary Intervention (PCI), to the latest approaches in minimally

invasive cardiovascular techniques such as peripheral vascular interventions, carotid stent-

ing, transcatheter aortic valve replacement/implantation and cryoablation.



LewisGale Medical Center's state-of-the-art cardiovascular catheterization lab provides advanced treatments that make complex procedures safer and simpler.

VT researchers investigating how to protect against sport-related head injuries

The pouring rain and blustery wind gusts are brutal. The crowd is bone-chillingly cold, but they don't care.

Their favorite football team is on the field.

Suddenly, a player turns up the tempo, plowing full force into the opponent. Cheers erupt in the stands.

The player jumps up, shakes off the hit, ready for the next play. But he's suffered a sub-concussion, a critical component of chronic traumatic encephalopathy (CTE), a traumatic brain injury that often goes unnoticed during play.

The head impacts he experiences are causing sub-clinical brain damage. Experts refer to these sorts of impacts as a sub-concussion – a traumatic brain injury that does not present with the signs and symptoms of concussion. Sub-concussions often go unnoticed during play but have been shown to play a critical role in the risk for developing CTE.

This unsettling scenario plays out frequently on football fields, basketball courts, and other sports venues. The Centers for Disease Control and Prevention estimates between 1.6 and 3.8 million sports-and recreation-related concussions occur each year in the United States. While the prevalence of sub-concussive injuries is not well-quantified because of the nature of the injury, the occurrence is likely exponentially greater.

To address this, Virginia Tech researchers in the College of Agriculture and Life Sciences are studying how docosahexaenoic acid (DHA), a type of omega-3 fatty acid, usually inadequate in collegiate athletes' diets, helps protect the brain from trauma in a proof-of-concept study.

“This would be such an important finding if a nutrition or dietary supplement intervention can make a difference in athletes' risk of brain injury,” said Michelle Rockwell, an adjunct faculty member in Virginia Tech's Department of Human Nutrition, Foods, and Exercise and the principal investiga-

tor of the research project.

The research team selected football because of the repetitive head impacts, which have been shown to exceed 500 per college season and 5,000 in an NFL career. Ultimately, they chose linemen as the study group. The research was conducted from June through December 2020, covering football's summer camp and the entire football season.

“This is the first time that a randomized, controlled DHA supplement trial with in-depth measures of head impact and brain damage has been conducted in football players,” said Rockwell, also a senior research assistant with the Department of Family and Community Medicine at Carilion Clinic and an assistant professor with the Virginia Tech Carilion School of Medicine. “DHA has shown to be effective in reducing traumatic brain injury in mice, but we don't watch mice play on Sunday afternoons.”

The ultimate goal of the research is to identify dietary or supplement strategies that athletes or teams could implement to protect the brains of their athletes as one of many measures put in place to protect their health.

Picking up during the research right where the TCU researchers left off in 2020, the Virginia Tech researchers studied Hokie football offensive and linemen for an entire season. Approximately half of the linemen received daily DHA supplementation and the remaining participants received a matched placebo with the research conducted in a double-blind scenario.

The dose of DHA, commonly found in foods such as fatty fish and other seafood, given to the athletes daily was in the ballpark of two grams, a hefty amount but understandable given the average body weight for the participants was more than 250 pounds.

Donning GPS trackers embedded in their helmets, the players had a



Virginia Tech researchers are studying how common nutritional supplements may protect against traumatic brain injuries in sports.

plethora of motions analyzed, including gravitational forces of impacts, the maximal force, and rotational forces. Each of these impacts could contribute to microdamage to the brain.

To help keep the data collection team small during the COVID-19 pandemic, just a handful of students assisted with the research, providing support for the main research team, monitoring supplement compliance, processing samples, adminis-

tering tests, and managing data. In total, three graduate students and five undergraduate students were involved with the project in 2020, and seven students are involved in the data analysis phase of the project.

The research is in the final phase: the analysis of results. And so far, Rockwell said, these results are promising. For example, some biomarker concentrations and neurocognitive measures were better

in the participants who took DHA supplements compared with those who took a placebo.

The important next steps for the research involve the full analysis of the results, including MRI findings, which are expected in the next month. The research team will then submit results to peer-reviewed journals while designing future work to repeat

the study over a much larger group of athletes to confirm the findings.

This research, importantly, could translate to all athletes and all sports. To that hockey player that makes repeated hits or bumps on the boards. That basketball player with the physical playstyle. And to the volleyball player who constantly hits the floor.

OFFICE SPACE FOR RENT

Nice office spaces available in the McCraw Building in Radford. 616 West Main Street Off Sreet parking. Heat Pumps. Ins. Windows. Internet available. Space 1. 3 large offices with rest room. Coffee room. Nice. \$650 a month. Space 2. Nicer office space with 3 private offices plus large open receptionist/waiting room. 2 restrooms. Owner furnishes water, garbage pickup, and hot water. \$850 per month Agent owned. Available now.

McCraw Real Estate
Call 320-5200 for appointment to view

- Forestry Mulching/Brush Cutting
- Right of Way & Land Clearing
- Stream & Pond Services
- Light Excavating/Grading
- Pipe & Culvert Cleaning
- Rock & Stump Removal
- Crane Services
- Bucket Truck Services
- Underground Utilities
- Storm Water Management
- Site Prep • Small Job Specialty



APX Services LLC
540-566-6920

OPINION

Buddy King: Growing up without culinary experience

I grew up without great culinary experiences or expectations. Both my parents were raised on farms and probably had similar diets, although my dad was one of eight and went through life cherishing each meal.

My mother was pickier. I am sure that most of what they consumed was grown or raised at home. Their typical diet in my years with them was best described as bland. My mom probably got her cookbook from a hospital cafeteria.

Some stunning examples. I never knew what garlic was until college. Herbs and spices meant salt and pepper. I never knew any salad dressing existed except for French. You had to have bread at every meal and potatoes, too. Like most of my friends growing up, our dads had the disgusting habit of crumbling up cornbread and putting it in their milk.

And then there was buttermilk. My folks loved it. To this day I have never tasted it. Don't get me started on sweet potatoes either. Ugh. It was difficult sustaining an appetite just having to see these things at the kitchen table.

My dad always fixed breakfast, and it almost always included bacon or sausage or country ham, fried apples, and toast. Buckwheat cakes in season. He usually had eggs himself and one healthy concession was that he loved fresh fruit: grapefruit, oranges, can-

taloupes, bananas, honey dew melons. It was undoubtedly his favorite meal of the day, but I developed an aversion for the melon group, except watermelon.

Dinner was my mother's domain. She was a functional cook, but, as I said before, certainly not fancy. Like a lot of folks raised in the mountains at that time, she was terrified of seafood and pretty much any fish. She was certain that eating anything that had been in the water a few days before could lead to nothing good such as food poisoning and choking on fish bones. I think she would have been no less scared of a live alligator in our kitchen than fresh shrimp or oysters or trout.

So our meals were staples of chicken, ground beef, ham (I only liked country ham.), pork tenderloin, liver and onions (OMG), stuffed peppers, potatoes, and carrots. Her one concession to things that swam was our Friday night dinner of frozen fish sticks. These things were as close to seafood as I got before college days, with the exception of weekly suppers of salmon patties scraped from a can and fried in a skillet. I don't think I knew then what species had been sacrificed to create this dinner sensation.

I probably would like salmon patties now, but I'm pretty sure I ate my lifetime allotment as a kid. That's my story and I'm sticking to it. I was quite shocked to learn

in recent years that salmon is almost a "delicacy," that it is actually served by fine restaurants, and that it can be eaten in forms other than the ground-up stuff (bones and all) that I remember from my Cherry Lane days.

Another food I have been stunned to learn that is also considered a delicacy is asparagus. Hated it as a kid. Again, it came from a can, which must have infused it with a special kind of nastiness. I mainly remember it in casseroles covered with some sort of white goop on top. I'm not sure any of it ever reached my mouth. I mainly just moved it around on my plate, trying to make it look like some of it was disappearing. Most of my experience with broccoli was along these same lines. Today, I find FRESH asparagus and broccoli tolerable, even tasty, particularly if you add enough cheese and butter and wrap the asparagus in bacon.

My favorite meals as a child involved country ham or pork tenderloin. My mom always let me pick dinner on my birthday, and my choice was always pork tenderloin cutlets with Spanish rice. To this day, I have not found a butcher shop that sells pork tenderloin anywhere near as good as what we got at Angle's Market in Christiansburg. I can say the same thing about the "minute steaks" we had back then.

For some reason, Saturday

lunch as a kid sticks in my mind as special. It was my mother's treat to me I think. My dad was usually at work or on the golf course, so it was alone time with my mom. She would fix Canadian bacon in the ubiquitous skillet and serve it on plain white bread, which would soak up the delicious grease. The meal would be topped off with my very own can of potato sticks. Better than chips (probably cheaper too, knowing my Scotch-Irish parents).

I often say that to be a true Virginian (at least from my part) you had to love pork: bacon, sausage, tenderloin, and particularly country ham. My first father-in-law Charlie always had several hams curing in the little shed behind his house in Blacksburg. The flies buzzing around the hocks took a little getting used to, but it kept a connection with pioneer days.

My family preferred country ham to turkey on holidays, and to this day I buy a couple for Christmas presents for daughter Laura and Cousin Bobby. I learned that most of the good people of North Central West Virginia do not share my love of country ham.

This area is all about prosciutto (had never heard of it) and kielbasa and stuff like that. I remember the first time we hosted Christmas Eve for J's family and one of her nephews tasted country ham and said, "it's like prosciutto." He added insult to injury by saying, "It's a little too salty." That's the idea. I did convert my stepson Adam, but he, Laura, and I are probably in the minority in our family.

I obviously use some literary license here. My mother was not a terrible cook. We survived. And while she and her sisters were somewhat "minimalists" in their day-to-day cooking skills, they were tremendous bakers. Pies, cakes, cookies, brownies. My Aunt Mary Alma was probably the best. I remember her angel food cake as one of the best things I ever tasted.

They also excelled at what is now a lost art: the Christmas fruitcake. I remember they each had several tins and Bundt pans and made enough cakes to feed the entire town. I loved them, particularly my mother's, and feel they get a bad wrap (as long as you don't use black walnuts). I'm sure the fact that it took a truckload of sugar to make had nothing to do with my love of fruitcakes.

One final "baking" memory. Toll house cookies. The mainstay of my childhood, one of the four basic food groups, i.e., country ham/pork tenderloin, Aunt Mary Alma's mac and cheese, minute steaks, and toll house cookies. My cousins Joe and Bobby favored my mother's chunky ones, while I preferred the flatter, crispier ones their mother made.

Gotta run, hungry for some reason.

News Messenger

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

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

Give us your view:
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 gas prices unchanged in the last week

Average gasoline prices in Virginia were unchanged through the last week, averaging \$3.14/g Monday, according to GasBuddy's survey of 4,081 stations in Virginia.

Prices in Virginia are 5.4 cents per gallon lower than a month ago and stand 94.1 cents per gallon higher than a year ago.

According to GasBuddy price reports, the cheapest station in Virginia was priced at \$2.64/g Monday while the most expensive was \$3.89/g.

The national average price of gasoline rose 2.3 cents per gallon in the last week, averaging \$3.29/g Monday. The national average is down 5.5 cents per gallon from a month ago but stands 97.5 cents per gallon higher than a year ago, according to GasBuddy data compiled from more than 11 million weekly price reports covering over 150,000 gas stations across the country.

"Oil prices have remained stubbornly strong, touching nearly \$80 per barrel last week, pushing gasoline prices higher even as U.S. gasoline demand starts to struggle," said Patrick De Haan, GasBuddy's head of petroleum analysis.

"Some of this is typical seasonal weakness, but the lack of demand is likely enhanced by omicron cases surging and Americans who are just a bit more hesitant to get out right now," said De Haan. "In addition,

unrest in Kazakhstan, the 18th largest oil producer, is likely leading to impacts on oil production while continued unrest in Libya also worries markets and overpowers the seasonal drop in gasoline demand. Without improvement or stability in oil producing countries, we're likely to continue to see upward pressure on oil prices."

GasBuddy is the authoritative voice for gas prices and the only source for station-level data spanning nearly two decades. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide. GasBuddy data are accessible at <http://prices.GasBuddy.com>.

Virginia DMV seeking participants for new highway safety campaign

RICHMOND - The Virginia Department of Motor Vehicles (DMV) is seeking Virginians willing to share their stories for a new highway safety campaign aspiring to persuade unsafe drivers to change their behaviors behind the wheel.

The campaign centers around four brief videos on important highway safety topics: drunk driving prevention, seat belt safety, speeding prevention, and distracted driving awareness.

"Stories of heartbreak

and loss are never easy to share, but many are willing to tell theirs to try to prevent future tragedies from occurring," said DMV Commissioner Richard D. Holcomb, the Governor's Highway Safety Representative. "We hope that by seeing and hearing how unsafe drivers so drastically

New Director

from page 1

sentation strategies," Rakes said.

"Kate will be responsible for programming at both of the BMCF sites, the Alexander Black House on Draper Road and St. Luke and Odd Fellows Hall on Gilbert Street," Rakes said. "She has expertise in communicating and promoting museum and cultural events as well as broad experience in fostering community engagement and museum leadership."

"I am so happy to have the opportunity to lead the Blacksburg Museum and Cultural Foundation," Skelly said. "Giv-

en we have two such diverse venues, there is no limit to the ways we can exhibit and educate. Blacksburg's history and culture environments are so deep and rich. I am especially enthusiastic about continuing the traditions of the BMCF by introducing new lecture series, exhibitions, oral histories, and historic tours."

Skelly began work on Jan. 4, 2022. Her office is in the Alexander Black House where the exhibition "Women of Blacksburg" will open in February.

Kiwanis Club

from page 1

and the toys desired. Once the names were received, each Kiwanian took a name and bought clothes for the child selected. Items of clothing purchased included coats, sweaters, shoes, boots, socks, pants, shirts, and underwear.

On average, each club member spent in excess of \$100 per child for clothing. The club members then wrapped the gifts and delivered them to the Recreation Center for distribution.

On the Saturday before the event, a group of Kiwanis members went on a club-funded 7:00 a.m. shopping spree at Walmart,

purchased toys for the children, and delivered them to the B & B storage facility. Later, the toys were taken to Christiansburg High School where they were wrapped and bagged by the Early Childhood Education class. Once they were wrapped, the toys were returned to B & B Storage until they could be delivered to the Christiansburg Recreation Center for distribution to the children's parents as they drove through the recreation center parking lot.

The members buying clothes and the club providing toys and food spent in excess of \$10,000 total

this year. The funds the club used to buy toys and food came from the various fund-raising activities the club had during the year.

The club sends a big thank-you to Walmart and its employees, B & B Storage (Bryan Rice), the Early Childhood Education class at CHS, the Christiansburg Recreation Center, and all the Kiwanis members who helped make this event a success.

Special thanks go to Kiwanian Dennis Hunter, who chaired the event for the Kiwanis Club, and to the Kiwanis members who provided the resources that made the event happen.

CROSSWORD PUZZLE

1	2	3	4		5	6	7		8	9	10	11	
12				13		14			15				
16				17		18			19				
20						21			22				
				23		24			25				
26	27	28	29				30						
31							32						
33								34	35	36	37	38	
				39	40	41	42	43					
			44	45			46						
	47						48						
49					50			51		52	53	54	55
56					57			58					
59					60								
62					63					64			

CLUES ACROSS

- Requests
- Calendar month
- Invests in little enterprises
- Bird sound
- American plant cultivated for tubers
- Car
- Bullfighter
- Hill (Celtic)
- Strong criticism
- Detector
- When you hope to get there
- Having the skill to do something
- Legendary MLB broadcaster
- Vulcanite
- C. Asian mountain range
- In a way, healed
- Midway between east and southeast

CLUES DOWN

- What a thespian does
- Footwear
- Adjust spacing between
- Witnesses
- Who shows excessive fondness
- Distinct form of a plant
- National capital
- Hunting expedition
- Related to medulla oblongata
- European country
- Cola
- Excluded from use or mention
- Speak
- Bloodshot
- Make better
- Keyboard key
- Type of degree
- Paddle
- Peacock network

CLUES DOWN

- Not young
- Baseball stat
- One's grandmother
- Breakfast food
- Bathroom features
- Disease-causing bacterium
- NY ballplayer
- Got up
- Prophet
- Part of the mouth
- Unnatural
- Acronym for brain science study
- Three are famous
- Languages spoken in Patagonia
- Freedom from difficulty
- Widely used OS
- Many people pay it

OBITUARIES

Dowdy, Ellen Dove

Ellen Dove Dowdy, 71, of Little Creek, Bland County died Wednesday, Jan. 5, 2022, at her home.

She was born in Blacksburg on Dec. 9, 1950, to the late Willie Antney and Lola Mae Owens Dove.

She was preceded in death by her brothers, Robert Dove, Willie “Buddy” Dove, and Ribble Dove, and her sisters, Nellie Cook and Betty Tolly.

She is survived by her husband, Henry Dowdy; her son and daughter-in-law, Bentley “Randy” and Catrina Thompson; three daughters and sons-in-law: Pamela Thornton, Teresa and Joe Shepard, and



Melissa and Michael Cox; a sister and brother-in-law, Virginia and Wayne Slusser; a brother and sister-in-law, Gene and Janice Dove; grandchildren Sierra and Cody Sowers, Ryan Thompson, and Ally Thompson; and special great-grandson, Cayson Sowers.

Graveside services were conducted Monday, Jan. 10, 2022, at 11 a.m. in the Dove Family Cemetery with Pastor Linda Hale and the Rev. Derek Cowan officiating.

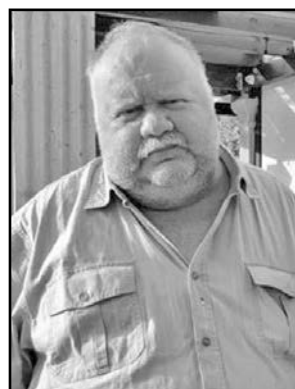
Arrangements by McCoy Funeral Home, Blacksburg.

Linkous, Jeffrey Wayne

Jeffrey Wayne Linkous, 54, of Pembroke died Wednesday, Jan. 5, 2022.

He was born in Radford on Aug. 8, 1967, to the late Edwin “Buck” Mullard and Barbara Woolwine Linkous.

He is survived by his wife, Angela Linkous; a daughter and son-in-law, Jennifer and Tommy Truelove; a son, David Linkous; an extra-special grandchild, Alexis (Lexi) Truelove, special sisters Tiffany Linkous and Michelle Linkous; brothers and sisters-in-law, Eddie and Amanda Linkous,



Tony Linkous (Shannon), Mike Linkous and Cathy Greer, and Darrell and Susan Linkous; his mother-in-law, Frances Thornhill; sisters-in-law, Crystal Thornhill and Suzanne Linkous (Brett Martin); and numerous nieces and nephews.

Funeral services were conducted Monday, Jan. 10, 2022, in the McCoy Funeral Home Chapel.

Interment followed in the Roselawn Memorial Gardens, Christiansburg. The family received friends prior to the service.

Lockhart, Shirley Anita

Shirley Anita Lockhart, 80, of Christiansburg, gained her wings on Sunday, Jan. 2, 2022, at LewisGale Hospital Montgomery. She was a woman of God and a loving mother, grandmother, sister, and aunt. Shirley was born in Faraday, W.Va. on July 5, 1941, to the late Samuel and Bessie Mae Berger. She was preceded in death by two brothers and six sisters.

She is survived by her daughter, Deborah Dobbins of Christiansburg; her son and daughter-in-law Lt. Col Darrell and Lt. Col Denise Lockhart of Woodbury Minn.; three grandsons, Christopher Dobbins of Christiansburg and Cayden and Ian Lockhart of Woodbury, Minn.; sister Janella Coleman of Huntington W.Va.; one sister-in-law, two brothers-in-law, and several



nieces and nephews.

A very special thank you goes to Dr. Meredith Spencer, Dr. Fereas Ghosheh, Dr. Kris Ramachandran, the ER second-floor and fourth-floor staff, and LewisGale Hospital Montgomery for all the loving care that was shown to our mother.

The family will receive friends at McCoy Funeral Home 150 Country Club Dr. SW, Blacksburg, on Saturday, Jan. 15, 2022, from 1 to 2 p.m. Funeral services will begin at 2 p.m. with the Rev. Hiawatha Spraggins officiating. Interment will follow in Roselawn Memorial Gardens, Christiansburg.

The family requests that masks be worn during visitation and the service. Arrangements by McCoy Funeral Home, Blacksburg.

Lovern, Joyce Robinson

Joyce Robinson Lovern, 80, died on Saturday, Jan. 1, 2022, in her home surrounded by family.

She was born in Blacksburg on June 21, 1941, to the late Archie E. Robinson, Sr., and Myrtle Sowers Robinson.

She was preceded in death by her siblings: Archie E. Robinson, Jr., Lana Saunders, and Rudolph Robinson and her daughter-in-law Jana Sheppard.

She is survived by a daughter and son-in-law, Gina and Roger Shelor; a son Robert Sheppard; a son and daughter-in-law, Drew and Ann Sheppard; and a son and daughter-in-law, Steven and Lisa Sheppard. She is also survived by her grandchildren: Jesse, Cody, Seth,



Taylor, Forrest, David, and Emily; many great-grandchildren, nieces, nephews; and several chosen family members and friends.

Joyce was full of stories, wisdom, and jokes. She loved life, family, friends, music, and dancing the night away. She was both the life of the party and a shoulder to lean on. She never met a stranger, and

her door was always open to anyone who needed help or simply wanted to stop by.

She had many kids, even if they weren't blood related. Joyce was a light to all who knew her, and the world is just that little bit darker now.

A celebration of life will be held at a later date.

Worrell, Gary Tilden

Gary Tilden Worrell, 69, of Radford, passed away on Wednesday, Jan. 5, 2022.

Born Dec. 22, 1952, he was the son of the late Tilden Hurley Worrell and Elizabeth Edwards Worrell.

Surviving are his wife of 44 years, Karen Neighbors Worrell of Radford; daughters Traci Worrell and Hope Worrell of Barren Springs; four special grandchildren: Justin Ratcliffe, Dakota Stanger, Nellie Miller and Hayley Wor-



rell; a sister and brother-in-law, Debbie and Michael Yonce of Kingston, Tenn.; nieces and nephews; and many many others he considered to be children, family, and friends.

Gary was one of a kind. He had a great love for horses, farming, hunting, and spending time with those he cherished.

The family received friends on Monday, Jan. 10, 2022, at McCoy Funeral Home in Blacksburg.

Blythe, Elizabeth Williams

Elizabeth (Betsy) Williams Blythe died on Dec. 11, 2021, at her home in Blacksburg after a long illness.

She was born in Akron, Ohio, on March 16, 1947, and graduated from Ohio Wesleyan University in 1968.

She was a career computer systems professional, employed by the Department of the Navy from 1968 to 1977, and continuing at Virginia Tech beginning in 1977. She was a pioneer in the development of the data warehousing concept in information systems. She retired from Virginia Tech in 2010 as the director of General Enterprise Systems.

She loved her family and friends

and cherished her dogs. She was an avid photographer and crafts artist and enjoyed socializing. She was passionate about Virginia Tech basketball and helped organize support groups for the women's and men's teams.

Betsy is survived by her husband of 51 years, Erv Blythe; her brother, Harry Williams; her daughter, Melissa, her son, Harrison, and their spouses; and her grandchildren, Luca, Antonin, Samuel, and Gillian.

In keeping with her family tradition and her preference, a celebration of Betsy's life will be held at a later date.

Arrangements by McCoy Funeral Home, Blacksburg.

How hyenas sanitize the city

Chinmay Sonawane sits by garbage in Africa. And add flip flops and hyenas to the dark night in the dump. Always hyenas, but flip flops only once.

“I started to notice needles when I arrived that first day in flip flops,” says Chinmay Sonawane, a Stanford University Ph.D. student. “My attire quickly changed.”

He changed shoes, but not subjects. He embraces spotted hyenas but not literally. Anyone in hyena territory at night doesn't have a free hand for hugging. Their palms, and possibly their pockets too, are full of rocks.

“People don't walk around or travel at night,” Sonawane says. “If people have to be out, they have rocks in their hands when they're walking a dirt road on the outskirts of town. Hyenas are a dangerous animal to be around, but attacks are usually not fa-

tal.”

Sonawane studies predators, their influence on ecosystems and their positive impact on people. It's something most of us don't expect from the carnivorous wild, but humans living in harmony with hyenas serves a significant positive purpose. It reduces disease.

“There's an actual scientific benefit,” he says. “Traditionally, the narrative about carnivores is focused on negative interaction. I focus on the positive interaction instead. Devilify the villain.”

In the Ethiopian city of Mekelle the non-villains are hyenas. Their positive interaction is waste consumption. They sanitize cities. That's why Sonawane sits in the dump at night.

Mekelle is a city in northern Ethiopia that's home to about 120,000 livestock and 310,000 people. Those people carry rocks as weapons,

but they don't plan on throwing stones unless they have to defend themselves.

According to the African Wildlife Foundation, hyenas are the most common carnivore in Africa and there are three species: spotted, brown and striped. Sonawane's subject of choice is spotted. They live up to 20 years in the wild and can tip the scales clear up to 175 pounds.

“The landscape around town is completely stripped of wildlife,” Sonawane says. “Hyenas can either hunt livestock, which they have, or scavenge on the waste thrown out by the people. Waste is easy and there's usually plenty.”

The 210 hyenas around Mekelle eat 207 tons of waste every year. By eating all that waste, hyenas prevent five anthrax and bovine TB infections in humans plus 140 infections in cattle, sheep and goats annually.

And they save the town more than \$52,000, by reducing treatment costs and livestock loss. That's why those stones in hand are last resort. The predator is a positive.

“Hyenas in particular are probably the most vilified predator we know of. They get even less love

because they're less charismatic than wolves and lions,” Sonawane says. “But hyenas are providing benefits. That's why their existence has been tolerated for hundreds of years. If we can demonstrate this in other parts of the world, hopefully it will motivate others to

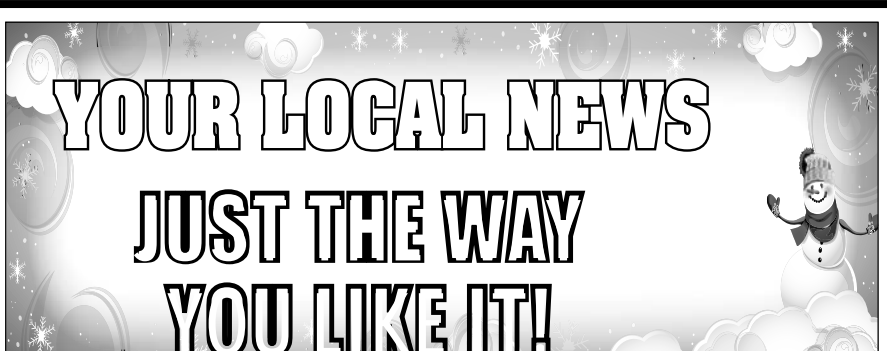
keep predators around.”

By Kris Millgate

Outdoor journalist Kris Millgate is based in Idaho where she runs trail and chases trout. Sometimes she even catches them when she doesn't have a camera or a kid on her back.



The 210 hyenas around Mekelle, Ethiopia, eat 207 tons of waste every year. By eating all that waste, hyenas prevent five anthrax and bovine TB infections in humans plus 140 infections in cattle, sheep, and goats annually. And they save the town more than \$52,000 by reducing treatment costs and livestock loss.



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 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.

World music superstar Angélique Kidjo to make her Moss Arts Center debut

Chart-topping world music superstar Angélique Kidjo cross-pollinates the West African traditions of her childhood in Benin with elements of American R&B, funk, and jazz, as well as influences from Europe and Latin America. She makes her Moss Arts Center debut on Thursday, Jan. 20, at 7:30 p.m., with a performance filled with recent hits and classic, danceable favorites.

Co-sponsored by the Black Cultural Center and the Office for Inclusion and Diversity, 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.

A creative force with 13 albums and multiple Grammy Awards to her name, Kidjo's stage presence and fluency in multiple cultures and languages have won respect from her peers and expanded her following across national borders.

She released her latest album, "Mother Nature," in the summer of 2021, following the 2019 Grammy-winning "Celia," which explores the African roots of Cuban-born celebrated salsa singer Celia Cruz. Kidjo's 2018 radical reimagining of Talking Heads' landmark album "Remain in Light" offered a refreshing perspective, reinterpreting classic songs with electrifying rhythms, African guitars, and layered backing vocals.

"It doesn't matter how hard the subject

is, make it danceable," Kidjo told NPR. "Bring people to the table to have a discussion. Open doors that are closed. If you have the gift of song, if you're an artist, whatever arts you touch upon, empower yourself to be able to empower other people."

Her star-studded album, "Djin Djin," won a Grammy Award for Best Contemporary World Album in 2008, while her album, "OYO," was nominated for the same award in 2011. In January 2014 her first book, a memoir titled "Spirit Rising: My Life, My Music," and her album, "Eve," were released to critical acclaim. "Eve" later went on to win the Grammy Award for Best World Music Album in 2015, and her historic orchestral album, "Sings with the Orchestre Philharmonique Du Luxembourg," won a Grammy for Best World Music Album in 2016.

The BBC has included Kidjo in its list of Africa's "50 most iconic figures," and in 2011 The Guardian listed her as one of their "Top 100 Most Inspiring Women in the World." Forbes Magazine ranked her as the first woman in their list of the "Most Powerful Celebrities in Africa."

Kidjo travels the world advocating on behalf of children in her capacity as a UNICEF and OXFAM goodwill ambassador, and she has created her own charitable foundation, Batonga, dedicated to support the education of young girls in Africa.



Angelique Kidjo brings her vibrant sounds and joyous energy to the Moss Arts Center at 7:30 p.m. on Thursday, January 20, in a performance filled with recent hits and danceable favorites.

VT groundwater depletion project will help researchers and communities better understand irrigators

The United States uses 82.3 billion gallons of fresh groundwater per day, according to the National Ground Water Association. Groundwater is used for numerous applications, including public water supply, irrigation, farming, manufacturing, and thermoelectric power. However, this dependency in so many facets of society threatens to deplete our supply.

"Groundwater is being over-exploited in many areas," said Landon Marston, assistant professor of civil and environmental engineering at Virginia Tech. "This threatens the social and economic viability of people that depend on groundwater."

To counteract groundwater depletion, communities using irrigation have begun to develop

community-level rules to regulate use and management to preserve the aquifer and their livelihoods. The initial success of these self-governance regimes has led to rapid spread as more communities adopt this approach. Communities with such rules in western Kansas and south-central Colorado have benefited from decreased groundwater pumping and increased storage. However, researchers note that these successes developed under ideal conditions with stable crop markets and a relatively wet period. What would happen if the market faltered, or if the weather changed?

"There is an urgency to address these questions," said Marston. "Groundwater depletion continues to worsen in many areas and

these governing rules are largely untested but are continuing to spread to other communities."

Marston leads a multi-institutional team of researchers that was recently awarded a nearly \$1.6 million grant by the National Science Foundation to develop new theories of how socio-environment diversity determines the effectiveness, resilience, and adaptability of groundwater self-governance regimes. Their research examines the viability of these regimes under current conditions but also seeks to understand how they would behave in the event of social or environmental changes.

"There are still many questions remaining regarding the long-term effectiveness, resilience, and adaptability of these self-governance re-

gimes under droughts or volatile commodity markets," Marston said. "There can be potential problems of one-size-fits-all approaches that can undermine system sustainability and resilience."

By exploring these challenges, the five-year grant aims to help groundwater-dependent agriculture communities create better management strategies. The project brings together four academic institutions – Virginia Tech, Kansas Geological Survey, Purdue University, and Colorado School of Mines.

Marston's team will study the communities in Kansas and Colorado that have rapidly adopted self-governance schemes to manage the groundwater commons. The rapid spread between regions

may undermine long-term resilience because the groundwater management rules do not account for the unique social and environmental contexts of differing areas.

"It is one thing to write down rules that seem good on paper," said Steven Smith, assistant professor of economics and business at Colorado School of Mines. "Just like the rules of the road do not explain actual driving behavior, we do not expect that groundwater rules will be followed to a T."

This project will help researchers and communities better understand and model how irrigators actually adapt and behave in response to new rules so they can better assess their effect on the community's water and food systems.

Legal Notice

NOTICE TO THE PUBLIC OF A PETITION BY
APPALACHIAN POWER COMPANY,
FOR APPROVAL TO CONTINUE
RATE ADJUSTMENT CLAUSE, THE EE-RAC,
AND FOR APPROVAL OF A NEW ENERGY EFFICIENCY PROGRAM
PURSUANT TO
§§ 56-585.1 A 5 c AND 56-596.2 OF THE CODE OF VIRGINIA
CASE NO. PUR-2021-00236

•Appalachian Power Company ("APCo") requests a total of \$18,405,768 for its 2022 EE-RAC. According to APCo, this amount would increase the bill of a residential customer using 1,000 kilowatt hours per month by approximately \$0.34.

•A Hearing Examiner appointed by the Commission will hold a telephonic hearing in this case on May 18, 2022, at 10 a.m., for the receipt of public witness testimony.

•An evidentiary hearing will be held on May 19, 2022, at 10 a.m., either in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, or by electronic means. Further details on this hearing will be provided by subsequent Commission Order or Hearing Examiner's Ruling.

•Further information about this case is available on the Commission website at:sec.virginia.gov/pages/Case-Information.

On November 30, 2021, Appalachian Power Company ("APCo" or "Company"), pursuant to §§ 56-585.1 A 5 and 56-596.2 of the Code of Virginia ("Code") and the Final Order of the State Corporation Commission ("Commission") in Case No. PUR-2020-00251, filed with the Commission a petition ("Petition") for approval of the continued implementation of its rate adjustment clause ("EE-RAC") to recover the costs of its existing portfolio ("EE Portfolio") of energy efficiency ("EE") and demand response programs, as well as for approval of one new EE pilot program, the Commercial and Industrial ("C&I") Custom Pilot Program.

In its Petition, APCo requests Commission approval to implement the C&I Custom Pilot Program for a three-year period starting January 2023. The Company states that through the proposed pilot program, qualifying C&I customers will be able to earn incentives for EE improvements that are not already covered by existing programs in APCo's EE Portfolio. The Company further states that C&I customers will be able to implement non-standard and more complex EE projects that are unique to their facilities and operations. APCo indicates that it will offer incentives based on resultant, verified savings and that the Company and its partners will work with participating customers throughout the pilot program to refine goals and performance.

APCo also requests approval to continue the EE-RAC for the rate year of September 1, 2022, through August 31, 2023 ("2022 Rate Year"), to recover: (i) 2022 Rate Year costs associated with the Company's EE Portfolio ("Projected Factor"); and (ii) any (over)/under recovery of costs associated with the EE Portfolio as of August 31, 2022 ("True-Up Factor"). APCo represents that it calculated the margin on EE program expenses incurred through December 31, 2021, based on a return on common equity of 9.2%, as authorized by the Commission in Case No. PUR-2020-00015. The Company indicates that it excluded margins on projected EE program expenses after January 1, 2022, from the revenue requirement and will seek recovery of these margins in a future true-up proceeding. The Company proposes a total EE-RAC revenue requirement of \$18,405,768 for the 2022 Rate Year, which consists of a Projected Factor in the amount of \$19,672,909, and a True-Up Factor credit of \$1,267,141. APCo is not requesting recovery of lost revenues in this proceeding.

If the proposed EE-RAC for the 2022 Rate Year is approved, the impact on customer bills would depend on the customer's rate schedule and usage. According to the Company, implementation of the proposed EE-RAC would increase the monthly bill of a residential customer using 1,000 kilowatt hours per month by approximately \$0.34 or 0.3%.

Interested persons are encouraged to review the Petition and supporting documents for the details of these and other proposals.

TAKE NOTICE that the Commission may apportion revenues among customer classes and/or design rates in a manner differing from that shown in the Petition and supporting documents and thus may adopt rates that differ from those appearing in the Company's Petition and supporting documents.

The Commission has taken judicial notice of the ongoing public health issues related to the spread of the coronavirus, or COVID-19. In accordance therewith, all pleadings, briefs or other documents required to be served in this matter shall be submitted electronically to the extent authorized by 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice and Procedure ("Rules of Practice"). Confidential and Extraordinarily Sensitive Information shall not be submitted electronically and should comply with 5 VAC 5-20-170, *Confidential information*, of the Rules of Practice. Any person seeking to hand deliver and physically file or submit any pleading or other document shall contact the Clerk's Office Document Control Center at (804) 371-9838 to arrange the delivery.

Pursuant to 5 VAC 5-20-140, *Filing and service*, of the Commission's Rules of Practice, the Commission has directed that service on parties and the Commission's Staff in this matter shall be accomplished by electronic means. Please refer to the Commission's Order for Notice and Hearing for further instructions concerning Confidential or Extraordinarily Sensitive Information.

The Commission entered an Order for Notice and Hearing that, among other things, scheduled public hearings on APCo's Petition. On May 18, 2022, at 10 a.m., a Hearing Examiner appointed by the Commission will hold a telephonic hearing for the purpose of receiving the testimony of public witnesses, with no public witness present in the Commission's courtroom. On or before May 12, 2022, any person desiring to offer testimony as a public witness shall provide to the Commission (a) your name, and (b) the telephone number that you wish the Commission to call during the hearing to receive your testimony. This information may be provided to the Commission in three ways: (i) by filling out a form on the Commission's website at sec.virginia.gov/pages/Webcasting; (ii) by completing and emailing the PDF version of this form to SCCinfo@sec.virginia.gov; or (iii) by calling (804) 371-9141. This public witness hearing will be webcast at sec.virginia.gov/pages/Webcasting.

On May 19, 2022, at 10 a.m., either in the Commission's second floor courtroom located in the Tyler Building, 1300 East Main Street, Richmond, Virginia 23219, or by electronic means, a Hearing Examiner appointed by the Commission will convene a hearing to receive testimony and evidence offered by the Company, any respondents, and the Commission's Staff on the Company's Petition. Further details on this hearing will be provided by subsequent Commission Order or Hearing Examiner's Ruling.

An electronic copy of the public version of the Company's Petition may be obtained by submitting a written request to counsel for the Company, Noelle J. Coates, Esquire, 3 James Center, American Electric Power Service Corporation, 1051 East Cary Street, Suite 1100, Richmond, Virginia 23219, or njcoates@aep.com.

On or before May 12, 2022, any interested person may submit comments on the Petition electronically by following the instructions on the Commission's website: sec.virginia.gov/casecomments/Submit-Public-Comments. Those unable, as a practical matter, to submit comments electronically may file such comments by U.S. mail to the Clerk of the State Corporation Commission, c/o Document Control Center, P.O. Box 2118, Richmond, Virginia 23218-2118. All comments shall refer to Case No. PUR-2021-00236.

On or before March 2, 2022, any person or entity wishing to participate as a respondent in this proceeding may do so by filing a notice of participation with the Clerk of the Commission at: sec.virginia.gov/clk/efiling. Those unable, as a practical matter, to file a notice of participation electronically may file such notice by U.S. mail to the Clerk of the Commission at the address listed above. Such notice of participation shall include the email addresses of such parties or their counsel, if available. A copy of the notice of participation as a respondent also must be sent to counsel for the Company. Pursuant to 5 VAC 5-20-80 B, *Participation as a respondent*, of the Commission's Rules of Practice, any notice of participation shall set forth: (i) a precise statement of the interest of the respondent; (ii) a statement of the specific action sought to the extent then known; and (iii) the factual and legal basis for the action. Any organization, corporation or government body participating as a respondent must be represented by counsel as required by 5 VAC 5-20-30, *Counsel*, of the Rules of Practice. All filings shall refer to Case No. PUR-2021-00236.

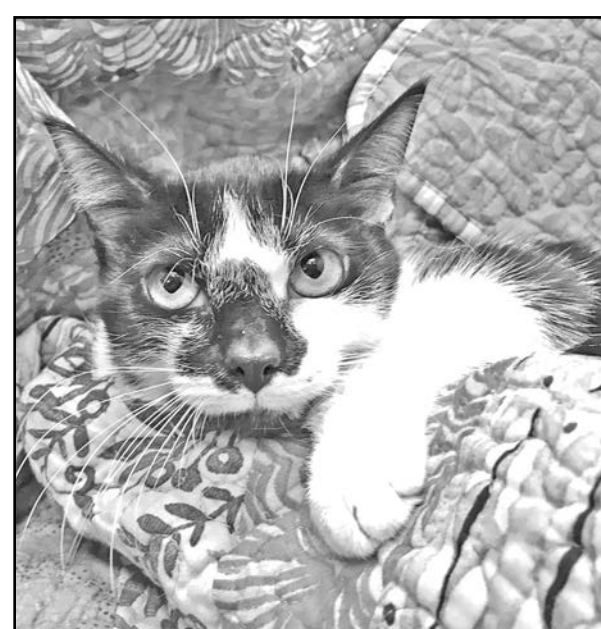
On or before March 23, 2022, each respondent may file with the Clerk of the Commission, at sec.virginia.gov/clk/efiling, any testimony and exhibits by which the respondent expects to establish its case. Any respondent unable, as a practical matter, to file testimony and exhibits electronically may file such by U.S. mail to the Clerk of the Commission at the address listed above. Each witness's testimony shall include a summary not to exceed one page. All testimony and exhibits shall be served on the Staff, the Company, and all other respondents simultaneous with its filing. In all filings, the respondent shall comply with the Rules of Practice, including 5 VAC 5-20-140, *Filing and service*, and 5 VAC 5-20-240, *Prepared testimony and exhibits*. All filings shall refer to Case No. PUR-2021-00236.

Any documents filed in paper form with the Office of the Clerk of the Commission in this docket may use both sides of the paper. In all other respects, except as modified by the Commission's Order for Notice and Hearing, all filings shall comply fully with the requirements of 5 VAC 5-20-150, *Copies and format*, of the Commission's Rules of Practice.

The public version of the Company's Petition and other documents filed in this case, the Commission's Rules of Practice, and the Commission's Order for Notice and Hearing may be viewed at: sec.virginia.gov/pages/Case-Information.

APPALACHIAN POWER COMPANY

PETS OF THE WEEK



Marcy is looking for her purrfect match. This petite kitty tends to be a bit timid, so she will need a future home that will be patient with her and give her time to adjust. Stop by the Animal Care and Adoption Center to meet Marcy.



Sorcha could be the happiest pup ever. She loves life, toys, cuddles, and people. At 5-years-young, she is energetic and active. She may do well with other dogs who can match her energy.



Marketplace










Lost & Found



LOST MALE HUSKY, Brown Eyes
**** \$500.00 REWARD for safe return ****
 CALL/TEXT-Facebook/IM: Sherri Combs Turnbull 540-580-2929

Max went missing November 8, 2021 in the Solitude Rd area of Arcadia, Va. Please help us find Max, if you see something, say something, ask questions, he's out there somewhere. He is loved and missed terribly by his family and twin sister Bella. We need Max home, PLEASE!!

Share this far and wide. Let's get Max home.

For Sale - Firewood

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

For Sale - Misc

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

Help Wanted - General

Quality Inn Radford
 Hiring Full-Part Time Front Desk Clerk/Night Auditor and Housekeeping. Apply in Person. Ph-540-639-3000

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

tap
 into hope
New Year, New Career!
TOTAL ACTION FOR PROGRESS
 JOB FAIR SCHEDULE
 01/20/22
 01/27/22
 02/03/22
 02/10/22
 02/17/22

10am – 3pm

VFW POST 1264
 4930 Grandview Ave NW
 Roanoke VA 24012

Bring your resume
 Onsite Interviews

Benefits offered:
 PTO/Sick Leave/Paid Holidays/Health, Dental, Vision Insurance/Paid STD,LTD

Mask must be worn regardless of vaccination status

Part-time pianist/organist
 needed by Buchanan Presbyterian Church to lead our merry band of joyful singers in Sunday morning worship. Choir practice is held just before worship. Job description available from memere1@lumos.net or call Mrs. Kidd at 540-589-3107.

THE CLASSIFIEDS-
 Where the Deals Are!

ADVERTISE!

Legals - City of Salem

Notice is hereby given to

all interested persons that the Council of the City of Salem, at its regular meeting on Monday, January 24, 2022, at 6:30 p.m., in the Community Room of the Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA:

1. Consider the request of Scott A. Boggs, property owner, for rezoning the property located at 407 East Burwell Street (Tax Map # 120-1-5) from RB Residential Business District to TBD Transitional Business District.
2. Consider the request of Union Plaza, LLC, contract purchaser, and the City of Salem, property owner, for rezoning the property located at 630 Union Street (Tax Map # 160-11-2) from HM Heavy Manufacturing District to HBD Highway Business District.
3. Consider the request of 2936 Salem Inc., dba Sunshine Spa and 217 NY Ave Corp, property owner, for the issuance of a Special Exception Permit to allow a massage parlor at 2936 West Main Street (Tax Map # 210-1-2).
4. Consider amending Chapter 106, Zoning, Article IV, Development Standards, Section 106-400 pertaining to site plan review.
5. Consider amending Chapter 78, Subdivisions, Article I Generally, Sections 78-103 and 78-105, Article II Administration, 78-201, Article III Definitions, Section 78-300, Article IV Review of Plats, Sections 78-402, 78-403, 78-406, 78-408, 78-416, and 78-421 of the CODE OF THE CITY OF SALEM, VIRGINIA pertaining to the review of subdivision site plans and plats.

Copies of the proposed plans, ordinances or amendments may be examined in the Office of Community Development, 21 South Bruffey Street, Salem, Virginia.

At said hearing, parties in interest and citizens shall have an opportunity to be heard relative to the said requests.

THE COUNCIL OF THE CITY OF SALEM, VIRGINIA
 BY:
 H. Robert Light
 Clerk of Council

CLASSIFIED ADVERTISING DELIVERS

Shopping Starts Here



Newspaper Advertising Works!

A GREAT DEAL IN THE CLASSIFIEDS!

To place your ad, call 389-9355

STATEWIDE ADS

AUCTIONS

ATTN. AUCTIONEERS: Advertise your upcoming auctions statewide and in other states. Affordable Print and Digital Solutions reaching your target audiences. Call this paper or Landon Clark at Virginia Press Services 804-521-7576, HYPERLINK "mailto:landonc@vpa.net" landonc@vpa.net

HOME IMPROVEMENT

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 15% off Entire Purchase. 10% Senior & Military Discounts. Call 1-877-614-6667


GENERAC Standby Generators provide backup power during utility power outages, so your home and family

STATEWIDE ADS

stay safe and comfortable. Prepare now. Free 7-year extended warranty (\$695 value!). Request a free quote today! Call for additional terms and conditions. 1-877-636-0738

The Generac PWRcell, a solar plus battery storage system. SAVE money, reduce your reliance on the grid, prepare for power outages and power your home. Full installation services available. \$0 Down Financing Option. Request a FREE, no obligation, quote today. Call 1-833-688-1378

Don't let the stairs limit your mobility! Discover the ideal solution for anyone who struggles on the stairs, is concerned about a fall or wants to regain access to their entire home. Call AmeriGlide today! 1-888-510-0805



Protect the ones you love, get your flu shot today.

@vaccinatevirginia

Protect the ones you love, get vaccinated now.

VDH VIRGINIA DEPARTMENT OF HEALTH



THE CLASSIFIEDS-
 Where the Deals Are!

The best place to find it, sell it, buy it, and announce it.



SITUATIONS WANTED



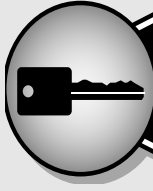
HOMES FOR SALE



BUSINESS OPPORTUNITIES



AUTOMOBILES FOR SALE



APARTMENTS FOR RENT



GARAGE SALES

To place your ad, call 389-9355

STATEWIDE ADS

RECRUITMENT

HIRING? We can help you fill your open positions! Promote job listings regionally or statewide! Affordable Print and Digital Advertising Solutions reaching potential candidates. Call this paper or Landon Clark at Virginia Press Services 804-521-7576, HYPERLINK "mailto:landonc@vpa.net" landonc@vpa.net

SERVICES

DIVORCE-Uncontested, \$395+\$86 court cost. WILLS-\$225.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB

STATEWIDE ADS

Member. HYPERLINK "https://hiltonoliverattorneyva.com" https://hiltonoliverattorneyva.com.

Up to \$15,000.00 of GUARANTEED Life Insurance! No medical exam or health questions. Cash to help pay funeral and other final expenses. Call Physicians Life Insurance Company- 844-509-1697 or visit HYPERLINK "http://www.Life55plus.info/vapress" www.Life55plus.info/vapress

Portable Oxygen Concentrator May Be Covered by Medicare! Reclaim independence and mobility with the compact design and long-lasting battery of Inogen One. Free information kit! Call 888-608-4974

OUTER BANKS, NORTH CAROLINA • VACATION RENTALS

500 VACATION HOMES

Selling fast for Summer 2022 due to need to escape covid

Brindley Beach

VACATIONS & SALES

Book now for best selection!

877-642-3224

www.brindleybeach.com

LeafFilter

GUTTER PROTECTION

CALL US TODAY FOR A FREE ESTIMATE

1-877-614-6667

15% OFF

YOUR ENTIRE PURCHASE

10% OFF

SENIOR & MILITARY DISCOUNTS

5% OFF

TO THE FIRST 50 CALLERS!

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST | Promo Number: 285

*For those who qualify. One coupon per household. No obligation estimate valid for 1 year. **Offer valid at time of estimate only. The leading consumer reporting agency conducted a 16 month outdoor test of gutter guards in 2010 and recognized LeafFilter as the "1" rated professionally installed gutter guard system in America. *Manufactured in Flannet, Michigan and processed at LIT Merger Group in Ohio. See Representative for full warranty details. CSLB #1035795 DGPL #10783658-5501 License# 7636 License# 50145 License# 41254 License# 99328 License# 12384 License# 216204 WA-UBM-403-233-977 License# 210237286 License# 2105212546 License# 2705132153A License# LEAFPRW222 License# WV056912 License# WC-29998-4117 Nassau HIC License# HD1067000 Registration# 176447 Registration# HIC-0648905 Registration# C127229 Registration# C127230 Registration# 366020918 Registration# PC4575 Registration# R731004 Registration# 126V09053000 Registration# PA060583 Suffolk HIC License# 52229-H License# 2705160445 License# 262000022 License# 262000403 License# 0086990 Registration# H-19114

BACKED BY A YEAR-ROUND CLOG-FREE GUARANTEE

GENERAC

Prepare for power outages with a Generac home standby generator

REQUEST A FREE QUOTE!

844-947-1479

FREE

7-Year Extended Warranty* A \$695 Value!

Limited Time Offer - Call for Details

Special Financing Available

Subject to Credit Approval

*To qualify, consumers must request a quote, purchase, install and activate the generator with a participating dealer. Call for a full list of terms and conditions.



Life is short. Don't make it shorter.

Choose life. Make sure your kids get their HPV vaccine and protect them against cancer.

@vaccinatevirginia

Protect the ones you love, get vaccinated now.

VDH VIRGINIA DEPARTMENT OF HEALTH



BUSINESS SERVICES DIRECTORY

DRFAME
ALLERGY
ASTHMA

540-404-9598
1002 APPERSON DR • SALEM, VIRGINIA 24153
WWW.DRTOMFAME.COM

SENIOR FOR SENIORS
PAINTING & RESIDENTIAL MAINTENANCE

Cell: 540-293-4271

ROOF LEAKS?

CIRCLE R ROOFING OF VIRGINIA

Call for a FREE Estimate
Rob Gendreau • 540.784.0500

embrace
homeloans

Robin Jewell
Senior Loan Officer / NMLS# 235597
540.309.5013
rjewell@embracehomeloans.com
www.embracehomeloans.com/robin-jewell
5044 Keagy Road, Suite H100
Roanoke, VA 24018

Embrace Home Loans, Inc. (NMLS ID#2184) is licensed in VA.
(www.nmlsconsumeraccess.com)

BAG
A GREAT DEAL IN THE CLASSIFIEDS!
To place your ad, call 389-9355

Lisa Martin, REALTOR®
Serving the industry for 30+ years
Roanoke Valley & Blue Ridge Mountains
Premier, REALTORS
(540) 597-0480
Lisa@Lisa2buy.com • www.Lisa2buy.com
1638 Roanoke Road, Suite 101
Daleville, VA 24083

BERKSHIRE HATHAWAY HomeServices
A member of the franchise system of BHH Affiliates, LLC

MHC
Monroe Health Center

Craig County Health Center
226 Market Street - New Castle, VA
Phone: (540) 864-6390 Fax: (540) 864-6356

*Physical Exams *X-ray Services
*Laboratory Services *Acute Care
*Mental Health Services *Well Baby Checks
ACCEPTING NEW PATIENTS

CARPET RE-STRETCHING!
STEVEN W. DURRANCE FLOORS

Repairs • New Sales • Expert
540-776-9591
Cell: 540-353-7908
Licensed & Insured
carpetroanoke.com

Sunflooring Inc.
STEVE SMITH
With over 40 years of experience

Specializing in Hardwood Floors,
Hardwood Refinishing, Laminate Flooring,
Engineered Floors, Ceramic Tile,
Carpet and Luxury Vinyl Plank

540-556-3100

CUSTER'S PLASTERING AND DRYWALL

- No job too large or small
- Repair work, new construction, etc.
- Quality Work At A Reasonable Price

Call 864-6498

THE CLASSIFIEDS-
Where the Deals Are!

The best place to find it, sell it, buy it, and announce it.

BAG
A GREAT DEAL IN THE CLASSIFIEDS!

To place your ad, call 389-9355

Roof Replacement & Repair

540-966-0688
PO Box 630
Daleville, VA 24083

www.southerntracellc.com

BUSINESS OPPORTUNITIES
Opportunity is knocking loud and clear.

SITUATIONS WANTED
Find a job in your special field, or find the help you need.

WE NOW OFFER NEW TAILLIGHTS! COME CHECK OUT OUR PRICES!

Price is Right
Auto Parts & Supplies

We sell used cars, bedliners, wheels, truck covers & boxes.
Plus many other new & used parts - for every make of car!

Robert Cox 341 Walnut Avenue Vinton, VA 24179
Sonny Arrington 800-982-8778 Phone: (540) 982-8777

Absolutely Best Real Estate Experience Ever!!
-J&M T.

540.342.9600
Dayna@PatrickTeamHomes.com

Patrick Team HOMES Farms & Unique Properties
RE/MAX All Stars - Daleville, VA

AUTOMOBILES FOR SALE
Get rid of the old rattletrap while it still runs

HOMES FOR SALE
House-hunting couldn't be easier.

NRV HOMEGROWN
SUPPORTING LOCAL BUSINESSES

This holiday season, buy a **\$20 Go Local Card** and receive **"HUNDREDS OF DISCOUNTS"** throughout the NRV and beyond.

"Go Local Cards" can be purchased online or at our card retailers.

Check us out at golocalcards.com

ADVERTISE!

389-9355

To place a classified ad, call 540-389-9355

THE CLASSIFIEDS-
Where the Deals Are!

To place a classified ad, call 540-389-9355

MONTGOMERY SPORTS

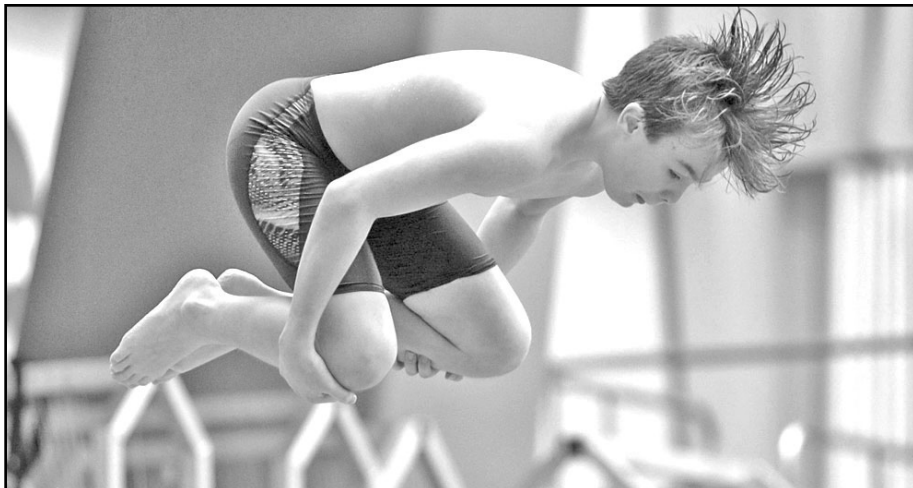
Aquatic Center hosts high school diving competition



Christiansburg Aquatic Center hosted a mid-week diving competition for high school divers from Christiansburg, Auburn, and Radford, and other area schools. Auburn's Jocelyn DeHart leaps off the board as she performs a single back somersault tuck dive during the competition.



Christiansburg's Teaghan Wilson performs a forward 1 1/2 somersault pike dive at last Wednesday's competition. The swimming portion of the meet, scheduled for Thursday, was postponed due to weather.



Christiansburg's Nic Hamm performs a forward tuck dive at the CAC diving competition.



Radford's Tommie Bloomer performs a reverse tuck dive at the Wednesday competition at the Christiansburg Aquatic Center.

PHOTOS BY JON FLEMING

Hokie gives back to community



From the Sidelines

Marty Gordon

The NCAA changed its rules this past July to allow college athletes to make money off their name, image, and likeness (NIL), and many of those young men and women have signed endorsements deals that have come under much criticism.

But some of those individuals like Virginia Tech football player Luke Tenuta have used an NIL for the good. He is giving all the proceeds from his deal with the online App Cameo to the Micah's Backpack program.

This past week, he made good on that promise by presenting a check to Micah's Backpack organizers.

Micah's Backpack, which is operated out of St Michael Lutheran Church in Blacksburg, provides direct food assistance for students who are experiencing food insecurity. Every Friday during the school year, the identified students receive a backpack filled with two breakfasts, two lunches, two dinners, snacks, juice and milk boxes, and an educational piece.

Cameo allows individuals to request personalized videos from thou-

sands of stars with up to 24-hour delivery. This includes Tenuta.

Thousands of actors, artists, and influencers have set their own rates for a Cameo video appearance.

Cameo prices range from as low as \$1 to as high as \$15,000, depending on the celebrity.

One hundred percent of Tenuta's endorsement money goes back to Micah's Backpack.

Currently, 300 children in Blacksburg schools receive a gift of healthy food during the academic year, and approximately 140 receive a good gift during the summer school break via Micah's.

This past December, 3,848 backpacks were delivered with 54,398 items of food that made up more than 23,000 meals.

The 6-9, 320-pound Tenuta started 10 games this past season, nine at left tackle and one at right tackle.

This past month, the Albermarle County, Va., native declared for the NFL draft.

If other college athletes would follow Tenuta's example, we would be much blessed.

For more information on Micah's Backpack, check out <http://www.micahsbackpack.org>.

For more information on Cameo and Tenuta's effort check out <https://www.cameo.com>.



SUBMITTED PHOTO

Virginia Tech offensive linemen Luke Tenuta (left) recently presented a check to Micah's Backpack in Blacksburg to help with the food assistance program. The money is a direct funding association with Tenuta's own Name, Image, and Likeness (NIL) endorsement agreement thanks to Cameo celebrity appearances. Also pictured is Micah's director, John Stramiello.

Hokies dominate wrestling matches in Cassell

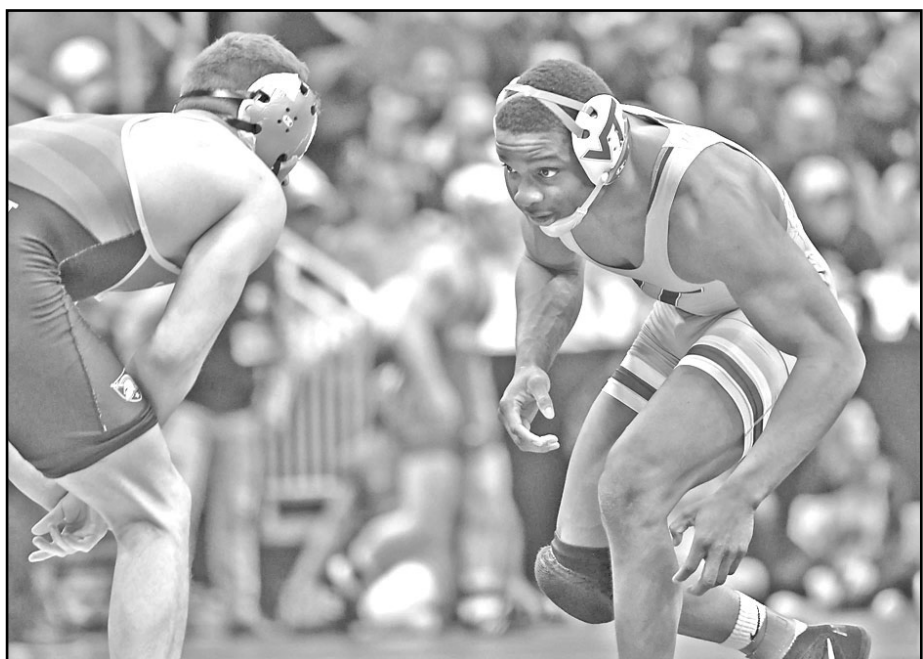


PHOTO COURTESY OF VT ATHLETICS

Virginia Tech's Mekhi Lewis is now ranked #4 on the mat and took two matches on Sunday against Binghamton and West Virginia.

Virginia Tech's tenth-ranked wrestling team welcomed fans into 2022 with a dominant showing against visiting West Virginia and Binghamton in Cassell Coliseum Sunday.

Originally formatted as a tri-meet event, the coaching staff among the three participating teams agreed to reformat the competition to an individual round-robin in light of COVID-related developments. The Hokies wrestled in a total of 21 matches throughout the event, winning 16 of them.

Match Notes

125 – No. 16 Sam Latona snapped a two-match losing streak with a tech fall over Binghamton's Nick Curley, 22-7. Latona

scored in bunches, picking up eight takedowns throughout the match, picking up back points, and forcing a stall point against Curley. Latona also racked up over three minutes of riding time, which gave him the tech fall at the end of the match. The 2021 All-American is now 5-5 on the season.

133 – No. 5 Korbin Myers was electric in his two matches on the day, putting up a total of 30 points. Myers picked up a bonus victory ranked win over No. 32 Anthony Sobotker of Binghamton to get his day started in dominating fashion. Myers was surgical in a clinical takedown performance over West Virginia's Mi-

chael Dolan, picking up seven takedowns to go with a stall point, escape point, and riding time point to pick up the 17-5 major decision victory. Myers didn't give up a takedown in the 14 minutes he spent on Cassell floor.

Redshirt sophomore Bran-

See Wrestling, page 10

CROSSWORD ANSWERS

ASKS	DEB	SBIC
CHEEP	OCA	AUTO
TORERO	TOR	FLAK
SENSOR	ETA	ABLE
	HARRY	CARAY
EBONITE	PAMIR	
SCABBED	ESE	
CERCI		LORNE
	TUB	MAILBAG
OPERA	ERODING	
ERADICATOR		
MEAL	NIB	SACEUR
ARCA	ALI	ETHANE
GILT	LLB	EOSIN
IEEE	SIS	NEXT

Wrestling

from page 9

don Wittenberg picked up a fall over Binghamton's Christian Gannone in a wild match from the start. One takedown and escape each were traded in the first period before Wittenberg found the

fall :44 into the second period.
141 – Freshman Sam Hillegas made his Cassell season debut, going 2-1 on the day. Hillegas dropped his first bout to

Ryan Anderson of Binghamton 4-0 before rebounding in his second match to pick up the fall over West Virginia's Caleb Rea at 2:47 in the opening period. Hillegas then

ended his day picking up a major decision victory over Lucas Seibert of West Virginia. Hillegas scored 10 points via takedown and two sets of four nearfall to put him ahead in the first period. He improved his season record to 4-3.
149 – True freshman Kylan Montgomery had split results on Sunday. Montgomery dropped his first bout to Binghamton's Nick Lombard 8-2 then picked up a 7-1 decision victory over West Virginia's George Johnson to pick up his second career win in Cassell Coliseum.
157 – No.-23 Connor Brady's solid season continued as he picked up two wins. Brady controlled both matches against West Virginia's Alex Hornfeck and Binghamton's Tyler Martin. He wasted little time against Martin, shooting in for the take-

down and securing the fall 1:51 into the first period.
165 – Freshman Clayton Ulrey was back in action following a 4-0 open tournament campaign at the F&M Open on Friday. Ulrey picked up a 6-1 decision victory over Binghamton's Brevin Cassella with two lefty high crotch takedowns, an escape, and a riding point in his first victory of the day. Ulrey picked up his second victory with a forfeit from West Virginia's Peyton Hall.
174 – No. 4 at 174 pounds, Mekhi Lewis was dominant once again, going 2-0 highlighted by a spectacular takedown to pin in his opening bout. Lewis controlled the majority of the bout against Binghamton's Jacob Nolan before escaping a takedown attempt transitioning right into an attack of his own before pinning Nolan at 3:56 into the bout. Lewis then picked up four takedowns and accumulated more than four minutes of riding time over West Virginia's Scott Joll to pick up the 10-4 decision victory. Lewis remains undefeated at 12-0 on the season.
184 – Simeone Holmes picked up his first Cassell Coliseum win over Binghamton's Sam DePrez in an entertaining match from the start. The two put up a combined 14 points in the opening period before Holmes secured the 14-8 decision via crafty scrambles and solid

mat wrestling in the final period. Holmes dropped his two other bouts, a close 1-0 decision to Binghamton's Cory Day and a 10-1 loss to West Virginia's Anthony Carman.
197 – Freshman Andy Smith made his season debut, splitting matches on the day. Smith dropped a 10-4 decision to No.-12 Louie DePrez of Binghamton to start his Sunday. He rebounded with a 9-5 decision over West Virginia's Jackson Moomau courtesy of three takedowns for his first Cassell win of the season. Smith most recently placed fifth at the 2022 Southern Scuffle, going 5-1 at the ever-prestigious tournament in Chattanooga.
285 – No.-13 Nathan Traxler picked up two decisive victories over ranked opponents. He squared off against No.-20 Joe Doyle of Binghamton and dominated early with a takedown and back points before eventually locking up a bow and arrow for the fall 2:46 into the match. Traxler picked up ranked victory number two of the day over West Virginia's No.-22 Michael Wolfgram with a 5-2 decision. Traxler is now 5-1 against ranked opponents on the season.
The Hokies will be back in action on Saturday, Jan. 15, at 4 p.m. to take on visiting in-state foe George Mason in the annual Moss Arts Center match.

Life is short.
Don't make it shorter.

Choose life. Make sure your kids get their HPV vaccine and protect them against cancer.

@vaccinatevirginia

Protect the ones you love, get vaccinated now.

VDH

VIRGINIA DEPARTMENT OF HEALTH

Protect the ones you love, get your flu shot today.

@vaccinatevirginia

Protect the ones you love, get vaccinated now.

VDH

VIRGINIA DEPARTMENT OF HEALTH

Remember:

★ December 7: Pearl Harbor Day

★ January 6: U.S. Capitol Day

PAID ADVERTISEMENT

Vinton

HAS EXPANDED TO INTRODUCE

350 NEW GAMES

PLUS! EXPANDED HIGH LIMIT GAMING AREA

280-SPOT PARKING GARAGE | LIVE ENTERTAINMENT

DON'T MISS A FREE LIVE PERFORMANCE FROM COUNTRY MUSIC GROUP

parmalee

ON SATURDAY, JANUARY 15 AT 8PM

Free Show

1135 VINYARD ROAD | VINTON, VA 24179 | ROSIESGAMING.COM

Must be 18 or older. Problem Gaming? Call the Virginia Help Line at 1-888-532-3500.