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Saturday, August 20, 2022 • USPS 387-780 • ourvalley.org • \$1.00

Radford-Fairlawn Daily Bread celebrates 30th anniversary

Heather Bell

communitynews@ourvalley.org

RADFORD - Since 1992, Radford-Fairlawn Daily Bread has been providing people with nutritious meals to help curb hunger in Radford and the surrounding areas.

RADFORD -

The organization was recently recognized by the Radford City Council for its work with a proclamation in honor of its 30th anniversary.

"It was a real honor to be recognized by the City Council," said RFDB Board of Directors Co-Chair the Rev. Wendy Wilson, pastor of Unity Christian Church in Radford. "We do have a wonderful organization, and it has been in place for so long because we have such a wonderful generous community that looks out for each other."

The city council proclamation notes that RFDB has "organized volunteers to come together over the past 30 years to serve free meals every weekday to anyone in need in our community" and recognizes "that in 2021 alone 35,548 meals were served in to those in need by the Daily Bread through Meal on Wheels, mid-day meals, and emergency food boxes.

"Many groups and individuals collaborate and volunteer, ensuring the basic needs of individuals in our community are met, and the Radford-Fairlawn Daily Bread is a nonprofit organization which provides a valuable service to our city with their volunteer work," the proclamation states.

We are grateful for the recognition and hope to see more support from Radford City in the future," said RFDB Executive Director Gretchen Dee, who added that community support is vital to the success of RFDB.

"Continue being involved in your community, come volunteer with us or encourage your group/church to donate," she said to the community at large. "Participate in local government and

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Radford-Fairlawn Daily Bread board members, members of Radford City Council, and supporters gather at a recent city council meeting for the passage of a proclamation honoring RFDB for its 30th anniversary.

PHOTO BY JENNI WILDEF

PHOTO BY HEATHER BELL William Yagel is the new Curate at Grace Episcopal Church. He is the church's first ordained full-time

Grace Episcopal Church welcomes new curate

Heather Bell

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RADFORD - It has been almost two years since full-time clergy has led Grace Episcopal Church in Radford, but that changed recently with the arrival of Curate William Yagel.

Church members say his leadership has had immediate positive effects.

"William arrived with an enthusiasm and joy which has been contagious," said Tim Walker, Grace Episcopal Church Vestry Senior Warden. "This enthusiasm has invigorated our parish. As a recently graduated William seminarian, brings an up-to-date lives as Christians," she academic perspective. As continued. "William a person, he brings fresh 'walks the talk' about

ideas that are reinforced by an outgoing personality, an open heart, and a passion for pastoral care.'

Lee Slusher, who has been a member of Grace Episcopal for more than 45 years, agrees. "William

brings boundless energy and a zest for his ministry that we haven't seen in quite some time," said Slusher. enthusiasm 'This draws people to him. With an easy smile and amiable personality, he is such a good fit for a congregation that has longed for a strong faith leader.

"His sermons challenge our faith as he makes strong Biblical connections to our daily God's love for all people in a world that seems to have lost its way. Grace Church is thrilled to have William, his wife Eve, and their children with us."

Yagel, 47, and his family moved to Radford from Alexandira, Va., where he earned a Master of Divinity Virginia Theological Seminary (VTS) over the past three years. For the 13 years prior, he and his family lived on a small farm in Tye River, Va., in Nelson County. Yagel, 47, was a builder by trade, but says he was called to ministry through a "series of opportunities and moments in [his] life where [he] considered a call to the priesthood until finally [he] couldn't

Grace is curate rather than rector, meaning he is here continuing his time of "education and formation." Generally, a curate serves as an assistant to a priest in a parish, but Yagel is the only ordained person serving at Grace. Yagel was ordained a deacon in the Episcopal Church in June, "and the Lord willing, people consenting, I will be ordained a priest in six months or so," he said. All priests must serve as deacons for a time before ordination to the priesthood.

"I am fortunate to have a wealth of colleagues to provide help and advice in my work here," said Yagel. "But even more importantly, the

William refuse it anymore. Yagel's official title at

See Yagel, page 4



SUBMITTED PHOTO

Chris Cleveland is the frontman for Stars Go Dim. a Contemporary Chrisian band headlining the latest 2022 Radford Summer Concert series show, set for this evening, Saturday, Aug. 20.

Contemporary Christian bands featured at Radford summer concert

RADFORD - The City of Radford's summer concert series continues this evening, Sat. Aug. 20, with two Christian pop/contemporary groups hitting the stage.

Stars Go Dim, a national contemporary Christian group, is headlining the concert with Kindred, a duo of American Idol contestants, as the opening act. Saturday's concert is the fourth installment of the City of Radford's Summer Concert series, which is held on the grounds of Glencoe Mansion, Museum, and Gallery.

Stars Go Dim was formed by Chris Cleveland in 2007, and the band's song "You Are Loved" hit number one on Billboard's Christian music chart. Cleveland has toured the world, written, and played with many of the biggest artists in Christian music in the last 15 years, including Lauren Daigle, For King & Country, Bethel Music, and Maverick City. His newest project, Grace

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Study: Average Virginian would give up three years of his life to keep eating fast food

According to a recent 3,222-person survey conducted in Virginia by DrugGenius.com, a provider of evidence-based information about prescription medications, the average Virginian would rather give up three years of his life than quit eating fast food.

Sixty percent of those surveyed said they would rather give up alcohol than fast food.

One in five of those surveyed indicated they believe a burrito has the greatest health benefits.

Those who responded to the survey also said the last time they did any aerobic exercises was three months ago

These responses were provided

despite studies having proven that overconsumption of ultraprocessed food such as fast food and skimping on exercise have adverse health complications leading to lower life expectancies. In fact, a recent study revealed that eating junk food contributes to cognitive decline.

Fifty-one percent of Virginians responding to the DrugGenius.com survey admitted they flat-out ignore the frequent studies that warn of the health risks of eating too much fast food. In response to the survey's hypothetical question as to how many years of their lives Virginians would be willing to forgo if it meant they could continue to eat unhealthily, the final results revealed that the average

Virginian would give up three years of his life to continue eating fast food.

In fact, 51% also admitted that they flat-out ignore frequent studies that warn of the health risks of eating too much fast-food.

When these figures were analyzed in each state, the places in which people were willing to forgo the greatest number of years to keep eating unhealthy food were Hawaii, Montana, and North Dakota. People in these states would give up a whopping 12 years of their life to maintain their unhealthy diet. Comparatively, these figures were

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Emergency services student journeys to an EMS career at RUC

student in the emergency services program at transport teams. The track also prepares students Radford University Carilion (RUC), needed a for entry-level management and leadership leap from a big pond to a small pond to find his comfort zone and path to a career.

The Arlington, Va./Washington, D.C., native first came to Southwest Virginia as a communications program major on the main campus in Radford. While there, he volunteered for the on-campus EMS service and discovered his passion for taking care of patients.

"That's where I found my love for EMS as a whole," Taylor said. "It didn't take long before I said to myself, 'This is what I really want to do with my life."

Taylor began exploring his options and found that RUC offered a four-year bachelor's degree in emergency services. In his second year as a Highlander, he made the move from Radford to Roanoke and dived headlong into learning to become a first-responder.

Taylor joined the critical care track of the program, which prepares students for

De'anthony "DJ" Taylor, a third-year advanced patient care as part of ground and air

See Taylor, page 4



DJ Taylor

SUBMITTED PHOTO

UPCOMING EVENTS

Saturday, Aug. 20:

EastMont Tomato Festival

At the Meadowbrook Public Library; 10 a.m. This festival has music, food, contests, children's activities, and more. Presented by EastMont Community Foundation.

Magic show with Mark Fuller at the tomato festival

At the Meadowbrook Public Library at 11:15 a.m. Magician Mark Fuller will amaze and dazzle in the Meadowbrook Courtyard at the Tomato Festival. Sponsored by the Meadowbrook Public Library.

Tomato sidewalk obstacle course

At the Meadowbrook Public Library at 10 a.m. Take on the challenge of a sidewalk tomato-themed obstacle course at this year's tomato festival. Participants can enter for a chance to win a prize.

Monday, Aug. 22:

Crafternoon for adults only

At the Radford Public Library; 1 to 2 p.m. Participants can bring their supplies and knit, crochet, and/or needlepoint at the library. Some crafting supplies will be provided, including supplies to make a blanket to donate to the Linus Project. All crafters are welcome from painting to writing, knitting, and more.

Noise alerts

The university and surrounding community may experience elevated levels of noise emanating from the Graduate Life Center Lawn, Squires Plaza, and Squires Parking Lot accompanying GobblerNights outdoor activities from 7:30 to 11 p.m.

Tuesday, Aug. 23:

American Red Cross blood drive

At the Christiansburg Library; 12:30 p.m. Walk-ins welcome or donors may sign up at https://www.redcrossblood.org/give.html/donation-time.

Magical cooking with Dave - Facebook Live

At the Radford Public Library; 2 to 2:15 p.m. A magical Facebook Live episode of Cooking with Dave in preparation for the Literacy Volunteers of the New River Valley's TriWizard Tri-Mile Race. Find out more on lvnrv.org.

Wednesday, Aug. 24:

Sustainable Blacksburg Lunch and Learn: Electric cars

At the Blacksburg Library at noon. Dave Ropper will talk about electric cars with topics such as driving distance, maintenance, and charging the battery. Stay for the show-and-share of actual Teslas in the wild. The presentation will be both in-person and virtual.

Thursday, Aug. 25:

MEDICAL | DENTAL | BEHAVIORAL HEALTH

Long term neighbor. Great new provider.

Film Screening: "On the Basis of Sex"

At the Blacksburg Library at 6 p.m. This is a free screening of Ruth Bader Ginsburg's biopic "On the Basis of Sex" to commemorate Women's Equality Day.

Radford Photo Club meeting

Adi Ben Senior of Radford will present his photo exhibit "The Human Side of Trees," at the Radford Photo Club's meeting at 6 p.m. at the Radford Public Library. The meeting is open to the public. Trees are one of Ben Senior's most well-known subjects in a lifetime of photo projects. In 2016, he was asked to participate in a fundraising exhibit for the Syrian refugees who were coming to Europe. His photos of trees represent humans and their moments in life.

Saturday, Aug. 27:

Inflate-a-Fest noise on drillfield

The Virginia Tech campus and surrounding community may experience elevated levels of noise emanating from the drillfield area from Inflate-A-Fest from 5 to 8 p.m.

Monday, Aug. 29:

Crafternoon for adults only

At the Radford Public Library; 1 to 2 p.m. Participants can bring their supplies and knit, crochet, and/or needlepoint at the library! Some crafting supplies will be provided.

Tuesday, Aug. 30:

Teen Book Club

At the Blacksburg Library at 4 p.m. Every month the teen book club gets together to discuss a new book. To be discussed this month is "Last Night at the Telegraph Club" by Melinda Lo.

Science fiction and fantasy book club

At the Blacksburg Library; 6:30 p.m. To be discussed is "The Paper Menagerie" by Ken Lui. Call 540-552-8246 to reserve a copy.

Fri., Sept. 23 and Sat., Sept. 24:

RHS Class of 1972 reunion

Radford High School's 1972 Class of Champions will hold its 50th Year Reunion on Sept. 23 and Sept. 24. Festivities include a tailgate at the King Center Friday, Sept. 23 and attendance at the football game. A social is planned for Saturday, Sept. 24, at Preston's at the River Course. The committee is looking for "Lost" classmates. Any class member who hasn't received the reunion information can contact reunion committee members Jenny Doud and Marti Hale. jennydoud@gmail.com and Martihale@yahoo.com.

Ongoing:

Montgomery-Christiansburg Citizens Academy Registration now open

Registration for the 2022 Montgomery-Christiansburg Citizens Academy is now open. Citizens Academy provides a hands-on experience for participants, covering a wide variety of local government functions ranging from fire and rescue to libraries, animal care and public works. Classes are Wednesday evenings from 6 to 8 p.m., beginning Sept. 7 and ending Oct. 26.

Jessie Peterman Memorial



Jean R. Duetsch, MSN,

CPNP-PC, IBCLC

Community Health Center of the New River Valley welcomes Jean R. Duetsch, MSN, CPNP-PC, IBCLC.

Jean is passionate about pediatric health and served as a nurse lactation consultant before becoming a nurse practitioner. She believes healthcare providers should prioritize listening, educating, and providing respectful, family-centered solutions and support.

Duetsch received her Master of Science in Nursing from Old Dominion University in 2021 and will receive her Doctor of Nursing Practice in May of 2023. She also holds degrees from the University of Delaware School of

Nursing and William & Mary. She is licensed as a Nurse Practitioner, Registered Nurse, Certified Pediatric Nurse Practitioner – Primary Care, and International Board-Certified Lactation.

STILL HAVEN'T GOTTEN YOUR COVID VACCINE? WE CAN HELP.

Register online at chcnrv.org.

GILES CENTER | 540.921.3502 219 South Buchanan Street | Pearisburg, VA 24134

MONTGOMERY CENTER | 540.381.0820 215 Roanoke Street | Christiansburg, VA 24073

DUBLIN CENTER | 540.585.1310 5826 Ruebush Road | Dublin, VA 24084

GILES HIGH SCHOOL | 540.381.0820 1825 Wenonah Ave | Pearisburg, VA 24134

Like us on Facebook at www.facebook.com/NRVCHC/

chcnrv.org

COMMUNITY HEALTH CENTER

of the New River Valley

Library upcoming schedule

Saturday, Aug. 27

The Meadow at Home from 2 to 3 p.m. Ian Caton will be on hand to relate how to design, install, and care for native perennial wildflower meadows.

Tuesday, Aug. 30

Spanish reading time. Open to Spanish speakers and those who would like to learn more Spanish. Native Spanish speaker Tara Orlando will read Spanish language stories and engage in exploration of the Spanish language.

Tuesday, Aug. 30, Sept. 6, Sept. 13, Sept. 20, Sept. 27

A certified peer recovery specialist from the 401 Peer Center will lead a group meeting at the library Tuesdays at 3:00 p.m. Certified peer recovery specialists are trained to offer support to individuals who are dealing with substance use disorder and/or mental health challenges. These meetings will provide a safe, non-judgmental space that will promote overall wellness. Sign-up is not necessary.

Friday, Sept. 2

The American Red Cross will be at the library for a blood drive from 1:30 to 5:30 p.m. Free T-shirts will be available.

Saturday, Sept. 3

Author talk from 12:30 to 1:30 p.m. with Raquel McCloud, who has the unique experience of being an adoptee, a birth mother, and an adoptive mother. She has written two children's books on the subject: "Tell Me My Story: What Does Adoption Mean" and "The ABC's of Adoption." She will read from her books and talk about her experiences.

Saturday, Sept. 3

2 to 4 p.m. Watch a classic tale of true love and high adventure with this 1980s pirate film. Dress up as a pirate or a princess, bring a blanket, and the library will supply the popcorn.

radfordnewsjournal.com

Community Health Center accepts patients with or without insurance.

Christiansburg **Kiwanis** to present 49th edition of Wilderness Trail Festival

Ed McMinn Editor, News Messenger

The Kiwanis Club of Christiansburg will celebrate the 49th edition of its Wilderness Trail Festival on Sept. 17 from 9 a.m. to 4 p.m. in downtown Christiansburg.

will be Vendors stationed on Main Street from town hall to Burger King.

will The event include the usual local arts and crafts vendors, craft demonstrations, an enhanced children's area, a community stage, an emergency services location, great food all day, classic cars, raffles, a silent auction, and more.

Vendors who have not already applied need to get their applications in soon while space is still available.

The children's area will be located in front of Atlantic Union Bank, will be sponsored by Infinity, and will include inflatables, face painting, Chuckles the Clown, and heritage and skills area first responder vehicles. will be located on West There will be no charge to Main Street in front of participate.

The Improvement Row will a blacksmith, a wood return this year and will turner, a basket weaver, be located on West Main hand crafted leather, Street near Burger King. a corn shuck chair It will be available to bottomer, and a beekeeper anyone involved in the and preservationist. of business.

the Dollar General Store. Home This area will include

home improvement line The community stage, sponsored by Shentel, will

The live crafters in the be in the medical parking

lot at the intersection of West Main Street and South Hickok Street with performances beginning at 9:30 a.m. and ending at 3:30.

Performers will include Westover Ballet, the CHS Chamber Ensemble, All 4 Him, Dale Buckner, Kempo Karate, and Appalachian Aftershock.

Twelve food court

Record giving sets stage

vendors will be preparing and cooking fresh food. The food court will be located on North Franklin Street near the Main and Franklin intersection and will extend to the front of the post office and Montgomery Museum.

In past years, the Wilderness Trail Festival has drawn from 7,500 to 10,000 attendees from all over Virginia and neighboring states.

All proceeds from this event benefit the youth-focused programs of the Kiwanis Club of Christiansburg. The club assumed operation of the festival from the Montgomery County Chamber of Commerce in 2009.

Parking and admission to the event and the children's area are all free.

Dispensers keep school milk cold, cut back on carton waste

Cartons aren't the only way to deliver nutritious milk to growing students.

Milk dispensers—like soda machines but for milk have the potential to decrease school milk waste.

Milk cartons make up about 50% of school trash volume, and students waste 30% of all milk in cartons, according to milk dispenser supplier Hubert. Schools that use a milk dispenser and washable cups can decrease packaging waste associated with school milk.

But that's not the only benefit to milk dispensers.

"Replacing cartons with milk dispensers helps students drink more milk, filling critical nutrition gaps while also putting the school on a more environmentally sustainable path," said Roseann Liberatore, registered dietitian and manager of youth wellness in Virginia for The Dairy Alliance. "Students expect choices and products that taste great. Milk dispensers allow students to serve themselves and keep the milk colder than cartons, improving milk's taste."

In Virginia, The Dairy Alliance and the Virginia State Dairymen's Association have supported the use of milk dispensers in schools through grant programs that help cover the cost of equipment. "The milk dispenser grant program is a great opportunity to promote increased milk consumption and reduce food and packaging waste at the same time,' noted Tony Banks, senior assistant director of agriculture, development and innovation for Virginia Farm Bureau Federation. "Dairy farmers are eager for schools to consistently serve milk at its proper temperature, as it's been shown to improve consumption." After Bluestone Elementary School in Harrisonburg introduced milk dispensers, it experienced a 91% reduction in packaging waste and a 52% increase in milk consumption, according to an internal study conducted at the school. It also eliminated the 39,000 milk cartons it had been providing students yearly. Before schools had to shut down during the pandemic, Liberatore said Prince Edward County schools, an elementary school in Harrisonburg and four elementary schools in Lynchburg were using the milk dispensers. Prince Edward has since started using its milk dispensers again, and the schools in Harrisonburg and Lynchburg are hoping to restart in the new school year. King George and Louisa County high schools are slated to have milk dispensers in use this school year, and Northumberland County has them installed in its high school, with plans to expand to middle school this year. By Albert Raboteau and Brian Snell

Hokie Nation has set a new mark for philanthropic impact on Virginia Tech's students, faculty, and programs.

Alumni, friends, parents, employees, and students combined to make nearly \$268.5 million in new gifts and commitments during the 2021-22 fiscal year that ran from July 1, 2021, through June 30, 2022.

The all-time-record show of generosity was a tremendous increase — 34 percent — from the \$200.3 million given in fiscal year 2020-21.

Tim Sands. "Philanthropy is essential for recruiting and retaining world-class faculty and extraordinary staff. Support from alumni and friends also helps ensure that talented students from all the communities we serve have access to a lifechanging educational experience at Virginia Tech. Thank you to everyone who stepped forward to make a difference.'

for future achievements at VT

Along with the record total in new gifts and commitments, the 2021-22 fiscal year saw the largest single gift ever made by a Virginia Tech graduate, \$35 million from Norris Mitchell '58 and his wife, Wendy Mitchell, to name a new College of Engineering building. A record amount, nearly \$78.6 million in new gifts and commitments, was raised for the engineering college the undergraduate alumni giving percentage reach 22 percent, doubling the rate from the end of the fiscal year 2015-16 and achieving an ambitious goal set by Sands in fall 2016 in his first State of the University Address.

Other notable examples of philanthropy in the past fiscal year included \$12.5 million toward quantum research and education from leading global aerospace and defense company Northrop Grumman and nearly \$49.6 million given to athletics, which was an increase of more than 70 percent from athletics donations the previous fiscal year. Athletics announced a \$400 million fundraising

Twelve food court vendors will be on hand for the 2022 edition of the Wilderness Trail Festival on September 17.



According to Liberatore, milk is the leading source of calcium, potassium and vitamin D that children ages 2-18 are often lacking.



SUBMITTED PHOTO

'Hokie Nation's generosity remarkable, is inspiring, and empowers our vision for the university's future,"

initiative called "Reach for Excellence" in 2021 and by April of this year, announced it had raised over \$200 million toward that goal.



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boundary adjustment area is located on the northeast boundary of the Town of Christiansburg and the unincorporated area of the County of Montgomery adjacent to Houchins Road and includes a 3.743-acre

and acceptance

Concert from page 1



Kindred, the uncle-niece duo of Dustin Chapman and Ryleigh Madison

In The Wilderness, was released this past spring, and the first single, "Yes He Does," was a radio hit.

Opening for Stars Go Dim is the unique uncleniece duo of Dustin Chapman and Ryleigh Madison, collectively performing as Kindred. Out of Whiteville, N.C., they have been dubbed "old souls" as they incorporate traditional and contemporary country and gospel into their sound.

They have traveled all around the Southeast with their uplifting sound. Chapman was a contestant on Season 19 of American Idol, and Madison was a semifinalist on the 20th season of American Idol.

Gates open at 6 p.m., and the concert begins

Yagel from page 1

thoughtfulness. As challenges have come up, the is excited about moving forward in ministry and people of Grace have been generous with their time mission. The excitement at Grace is palpable, and I and talents.

'Grace is a close and faithful community that is eager to be God's mission in this community," Yagel Frannie, Will, and Henry, "of whom I am annoyingly



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community of Grace is one of hospitality and continued. "They are a resilient community that am overjoyed to be with them."

at 7 p.m. Food trucks

will be on site. Alcoholic

beverages will not be sold

at this concert. The last

concert of the summer

will be on Saturday, Sept.

24, with a performance

by The Catalinas, a beach

Museum, and Gallery

is located at 600 Unruh

Dr., just off West Main

Mansion,

music band.

Street.

Glencoe

Yagel and his wife, Eve, have three children, proud and about whom I will always talk too long, he said.

Frannie, 25, lives in Richmond and has just earned her Masters in criminal justice from the VCU Wilder School for Public Policy. Yagel said "she is passionate about making change accessible for those who have been affected by the criminal justice system.'

Will, 19, is a rising sophomore at the VCU School of the Arts where he is majoring in jazz guitar. Yagel says Will "is a gifted musician, and I hope he will play a gig or two locally for folks to hear him."

Henry, 17, will be a senior at Radford High School this year who, Yagel says, "is also a gifted musician and artist who is working to figure out his next adventure." Yagel calls his wife "a naturalist at heart constantly teaching all of us about the world around

" I am so proud of all of them, and so grateful that they have been supportive of this move to Radford," he said.

Yagel says he is awed by the natural beauty and friendliness of his new home.

"Radford and the New River Valley are beautiful," he said. "The network of trails and parks is excellent, and we can't wait to explore more. We also hope to make it up to Claytor Lake in the next couple of weeks to see what that is all about. Also, the people of Radford couldn't be more welcoming. It seems I meet a new neighbor every time I walk our dogs, and the pride folks have in this City is evident every time."

Yagel says he is excited about the future possibility for his Church.

"I hope we can continue to be a voice and force for God's mission in Radford and beyond," he said. "I can't wait for the specific programs and ministries that will emerge in the years ahead. My prayer is that we continue our effort to be a welcoming and inclusive spiritual home for all who seek to serve Christ in each other and in this community. I hope to learn from them how to be a better person and a better priest in the years ahead."

Slusher says she thinks Yagel will be a force for growth for Grace Episcopal Church.

"William immersed himself into the Radford community very quickly," she said. "He has instant recall for names. I truly believe he will help Grace grow and become a shining example of God's love having no boundaries. He's a keeper."

Grace is located at 210 Fourth Street in Radford. The church has in-person services each Sunday at 10:30 a.m., which can also be viewed on YouTube.

Daily Bread from page 1

encourage your representatives to allocate more funds towards community projects like RFDB." Wilson agrees.

The community can continue

to help support us primarily financially," said Wilson. "Food expenses have gone way up, and we don't get as many donations from stores, RU, and Virginia Tech like we did prior to COVID. That is truly our greatest need." "It was amazing how many people stepped up financially and physically during the time COVID was so prevalent and shut down our world," Wilson said. "One of the things I am most proud of with our organization is that we did not stop our services during the shutdown. We still made sure people got good food. The Sheriff's Office and

Mullins Funeral Home provided volunteers to get food delivered to many of our clients. We also added weekly food distributions and worked with the school system to make sure families were fed.

Wilson said even though RFDB is continuing takeout meals currently due to COVID, she looks forward to providing dining room service again. We do look forward to a day when our guests can come sit around tables and be nourished by fellowship as well as food, but until then we will continue to serve to-go meals," she said. RFDB recently hosted a picnic at Bisset Park to celebrate the 30th anniversary and recognize volunteers past and present, with about 70 people in attendance. 'The overall feel was wonderful

at the picnic, a real feeling of celebration," said Wilson. "Bob Thomas was our emcee, and he gave a brief history of our 30 years together. Gretchen [Dee] shared how grateful she is to work with such a great organization. Mayor David Horton was in attendance and said some very kind words congratulating us for 30 years of service. He let us know how much we are appreciated and needed in the community." Current RFDB Officers are Co-Chairs Wilson and Elizabeth Cassell; Secretary Bob MacLeod and Treasurer William Fry. The current Board of Directors includes Ramona Fleisher, Frank Herzog, Peggy Taylor, Bob Thomas, Dan Cheverton, Heather Bell and John Cox, Jr.

Taylor from page 1

positions in non-fire service-based EMS agencies, and graduates can sit for the national paramedic certification exam and specialty critical care certifications.

Taylor said that after completing his first year at RUC, he wouldn't change a thing.

"I've had a wonderful time at RUC," he said. "The professors and people are, by far, the best part of the RUC experience, and the classes are amazing."

Taylor said that the program provides students with advantages over other programs by offering learning opportunities taught by experienced EMS professionals. Additionally, emergency services students tend to learn in smaller classes, giving them the opportunity to bond with their classmates and the faculty.

In addition to his classes, Taylor stays busy as a student worker in the Office of Admissions, conducting tours, sending letters, and compiling information packets for prospective students. He also has taught "Stop the Bleed" classes at local high schools through his program and supplements his courses with

notification

work as an Inter Facility Transport team member taking patients between healthcare facilities. That service can sometimes extend to responding to 911 calls as well.

Due to his clinicals and a few other requirements for his program, Taylor expects to graduate in 2025. At that time, he wants to follow several family members into the military by joining the army.

"I'd like to be in the service for five to six years, and then I'd like to come back to this area and join an EMS crew," Taylor said. "It's something I can see myself doing for the rest of my life, and RUC has been a key part of getting me there."



BITUARIES

Donnelly, Ann Parsell

Ann Parsell Donnelly, 83, passed She is survived by her husband,

away Saturday, Aug. 13, 2022, with her loving family by her side.

Ann was born Aug. 24, 1938, in McComas, W.Va., to Stella and Thomas Parsell.

She graduated from Pembroke High School in 1956 and Radford Community Hospital Lab School in 1958. She was married to

Johnny Donnelly for 62 years, tying the knot on June 5, 1960, in Pembroke.

Ann worked at Vet Science and the Anaerobe Lab at Virginia Tech for many years and was known by her colleagues for her sense of humor and boundless energy.

She was an active member of Fairlawn Presbyterian Church and served as organist and choir director until her retirement.

Ann loved cooking, baking, music, and spending time with her family.



Donnelly; John her children, Dina Yauger, (David) John (Melody) Donnelly, and Tim Donnelly; her grandchildren, Laura (Aaron) Horowitz, Mattie (Nathan) William Williams, Yauger, and Grayson Donnelly; her great-

grandchildren, Beckett and Cohen Williams; and lifelong friend Shirley Roby.

She will be remembered for her laughter, her gentleness, and her love of life.

A private memorial service to celebrate her life will be held in September for family and friends.

În lieu of flowers, Ann would be honored if donations in her memory were made to the Fairlawn Presbyterian Church.

The Donnelly family is in the care of Mullins Funeral Home & Crematory in Radford.

Dowdy, Joshua Michael

Joshua Michael Dowdy, 33, of and her children, Aubrey and

died Christiansburg, Sunday, Aug. 14, 2022, at Roanoke Memorial Hospital.

He was born in Radford on March 13, 1989. He was preceded in death by his sister, Ashley Dowdy; an uncle, Gary Dowdy; and his grandfather, Bobby Dowdy.

He is survived by his mother, Sheri Leach; his fiancé Dean Keith; his father, Mike and his stepmother, Kathy Dowdy; a stepsister, Casey Keith



Wyatt and Nanny Patt; granny Irene Dowdy; stepsisters, Brandy Weseloh and Christina Dunlap; and nephews Mason, Max, and Maddox Price.

Funeral services were conducted Thursday, Aug. 18, 2022. in the McCoy Funeral Home

Chapel, with pastor John Hopkins officiating. The family received friends at McCoy Funeral Home prior to the service.

radfordnewsjournal.com

See **Obituaries**, page 6

ANGLICAN CATHOLIC

St. Philip's Anglican Church, 306 Progress Street, NE, Blacksburg, Virginia 24060, (540) 552-1771, www.stphilipsblacksburg.org. Reverend Fr. Wade Miller, Priest. Eucharist Sunday's at 11am and Wednesday's at 12pm.

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

BAPTIST

First Baptist Church, 555 West Rock Road, Radford, 639-3873. Rev. Corwin C. Casey, Pastor. Worship with us: 9:45 a.m.; Sunday School: 10:45 a.m.; Praise and Worship: 11:00 a.m. Morning Worship Service; Therefore, my beloved brethren, be ye stedfast, unmoveable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord. 1 Corinthians 15:58

First Baptist Church on 3rd Ave., 215 Third Ave at the corner with Downey St. We nurture meaningful connections to God and others through worship, spiritual growth, and community ministry. We celebrate the dignity and worth of all persons, created in the image of God. Sunday Bible Study Groups - 9:45, Sunday Worship - 11:00. Website: fbcradford.org 540-639-4419. Worship is inperson and live-streamed on Facebook and on our YouTube channel: First Baptist Church Radford. Trinity Community Church, 1505 N. Franklin Street, C'burg. John Altizer, Lead Pastor, Brian Cockram, Associate Pastor, 382-8121. Worship at 10:45 a.m., Outreach Ministries - 6:00p.m. Wednesday, Growth Groups - 5:00p.m. Sunday, Youth and

Radford WORSHIP DIRECTORY

I Do Not Understand

Read Leviticus 11:1 through 13:59

God's Law seems obscure. Reading kosher requirements or cleanliness rules is difficult. Following them must have been even more so.

"I am the Lord who brought you up out of Egypt to be your God; therefore be holy, because I am holy" (Leviticus 11:45).

In the middle of God's requirements stands this abrupt justification. What God demanded may not appear reasonable. Purification requirements seem tedious. Differences in provisions are not explained. We seek answers and might find solace in some explanations, but questions remain. Why

must relationship with God demand obedience to things not understood?

God knew about health concerns when humans still had no clue. Much of the Law was for the benefit of the body, emotions, and society even when the foundations of infectious disease were not known. But it is not understanding that assures compliance. God deserves obedience. God provided deliverance as an example that God's holy nature looked to their benefit. It still does!

Children's Ministry - 5:00p.m. Sunday, www.trinitycburg.org.

CHURCH OF CHRIST

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

CHURCH OF GOD

Childress Church of God, 4187 Piney Woods Rd., C'Burg. 381-3693. Sun. School 10 a.m.; Worship 11 a.m. & Wed. 7 p.m.

New Hope Church of God, 1404 Mud Pike Rd., C'Burg. Rev. T. Michael Bond, pastor, 731-3178. Sun. School 10 a.m., Worship 10:50 a.m., 6 p.m. 2671. Thurs., 7:00 p.m.

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

CHURCH OF GOD IN CHRIST

Radford Church of God in Christ, 206 Russell Ave., Radford. Supt. Ronald A. Watson, Sr.; Elder, 639- 5948. Sun. School 9 a.m.; Prayer 11:30 a.m.; Worship 6 p.m.

(DOC - DISCIPLES OF CHRIST)

Snowville Christian Church, 5436 Lead Mine Rd., Hiwassee, VA 24347, Pastor: Jerry King, Website: www.SnowvilleChristianChurch.com (and Facebook), Office: 540-633-3761, Email: office@ SnowvilleChristianChurch.com, Sunday Worship Service: 11:00 a.m., Sunday School: 10:00 a.m., Thursday Bible Study: 6:00 p.m., We are: "Inspiring hope, helping people grow their faith, and sharing God's love with others!'

EPISCOPAL

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

LUTHERAN

Christ Lutheran Church, 201 Harvey St. Sunday worship with communion at 10am; fellowship & snacks at 11am. All are welcome. Upcoming events and fellowship opportunities (Senior Brunch, Faith & Film, Rough Draught, etc.) detailed in weekly email and on website: clcradford.org. 540-639-

Challenge for Today: Demonstrate fidelity to God even if you do not understand why.

Quicklook: Leviticus 11:44-47



If your church is not listed and if you are interested, call Randy Thompson at 540-389-9355 or email at advertise@ourvalley.org

VILL PAT PRIMA CONNER IT CARDS

Our Saviour Lutheran Church ELCA, 1845 Cambria St NE, Christiansburg. Worship each Sunday at 10 am, in person and online at https://www.youtube.com/channel/ UCMsB-gbyjmV5ce9mr43dbCw. Please visit our website at www.oslc-cburg.org and our Facebook page at https:// www.facebook.com/oslcchristiansburg to learn more about us. Little Free Pantry and Little Free Library located in our parking lot. Pastor Joshua L. Copeland; church office 540-382-2223.

St. Michael Lutheran Church, 2308 Merrimac Road, Blacksburg, VA 24060. Worship service each Sunday at 10 AM, Sunday School 9 AM. We are a community of God's people where people gather for worship, learning and service. Visitors and new members are always WELCOME! Google comments: "Wonderful, welcoming congregation...A place where all are truly welcome... Nice, friendly, competent staff." You will like our minister, The Rev. Michelle L. Stramiello. Her previous service was as Family Faith Formation Director at Cross and Crown Lutheran Church, Indianapolis, IN, Pastor of St Matthew Lutheran Church, Paducah, KY, and Hospice Chaplain in Largo, Fl. St. Michael started and administers Micah's Backpack which has great community impact, Micah's Soup for Seniors, Micah's Garden, Closet, and Mini Pantry. Also, partnering with Rainbow Riders and Total Action for Progress, we opened open the first Early Childhood Head Start in our community (6 weeks to age 3), and have numerous other programs including a Justice & Mercy Fund providing assistance for those needing emergency assistance with critical bills. Further St. Michael sponsors an awesome Scouting program of Boy & Girl Scout Troops, Venture Scouts for older youth, and a new Cub Pack for girls & boys kindergarten - 5th grade. Directions: From Price's Fork Road, turn onto Merrimac Road and St. Michael is 3/10ths of a mile down on the left. For more information about any of our activities: Phone 540 951-8951. Email hope@stmlc.us or visit our Website www.st-michael-lutheran-church.org

PENTECOSTAL HOLINESS

Merrimac Pentecostal Holiness Church, Rev. Larry

Christopher (540) 552-7194. l.christopher695@comcast. net. Sunday school at 10 a.m. and morning worship is 11 a.m. Evening service at 6 p.m. and Wednesday at 7 p.m. Compassion Church, 1820 Second Street, Radford, 639-6287, Our music is passionate, our worship is real, and Pastor Chandler Jones brings relevant messages for everyone at any place on their journey, Sunday Worship Experience at 9:30 AM & 11:00 AM, Wednesday Family Night at 7 PM, Children Ministry provided for all services. Our vision is to see all Saved. Freed. Restored. Fulfilled. Find us on facebook and Instagram

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

PRESBYTERIAN

Join us at The Presbyterian Church of Radford, 201 4th Street, at the corner of 4th & Randolph, for Sunday worship at 10 am with our Interim Minister Rev. Steve Willis. Phone 639-2585. Watch the service live on Facebook: The Presbyterian Church of Radford. www.pcradford.org We are called to share the love of Christ in this community and beyond.

UNITED METHODIST

Asbury United Methodist Church, 500 Stuart Street, Christiansburg. 540-382- 0743. Rev. Ryan Schaeffer. Sunday School, 10:15 a.m., Sunday Worship, 11:30 a.m., Wednesday Bible Study 7pm, alternating month's with Schaeffer Memorial Baptist Church, Senior Bible Study Thursday, 10:30 a.m. All are welcome.

Central United Methodist Church, 803 Wadsworth Street, Radford. 639-3529. 8:30 a.m. Sunprovided): day Services: 8:30am (interpreter 9:45am Sunday School (interpreter provided); and 11:00am. Wednesday Bible Study: 6:30pm. Child care is provided. www.centralmethodistchurch.com. St. Paul United Methodist Church, 220 W. Main St., C'Burg. Rev. Moonsup "Paul" Song (540) 382-2410. Sunday Worship 10am, Sunday School 9am. Live streaming Sunday Service - www.twitch.tv/stpaulumc.

Barney is survived by his wife

Obituaries from page 5

Gibson, Doris Ann Semones

90, of Christiansburg, passed away Monday, Aug. 15, 2022.

Doris worked in the banking industry for 45 years having been employed with First and Merchants National Bank, United Virginia Bank, Crestar Bank, SunTrust Bank, and Carter Bank and Trust.

She was preceded in death by her parents, Leonard and Libbie Semones; and her loving husband of 69 years, Bill Gibson.

Survivors include her godson, Anthony Price II; special friends Tony and Sherry Price and Michael Mantz;



Doris Ann Semones Gibson, cousins Dr. Wallace and Emogene Huff; four-legged "Mike Einstein love Gibson"; and many other relatives and friends.

A graveside service was held on Friday, Aug. 19, 2022, at the Pleasant Hill Cemetery Willis in with Pastor Diana White officiating.

In lieu of flowers, donations can be made to the First Baptist Church in Radford, 215 Third Ave., Radford, VA 24141.

The Gibson family is in the care of Mullins Funeral Home and Crematory in Radford.

Grubb, Jean Elizabeth

Jean Elizabeth Grubb, 71, passed away Friday, Aug. 12, 2022, at her home in Radford. She was a U. S. Navy

veteran. Per her request, her

body was donated to the Virginia State Anatomical Board. Services will be

private. In lieu of flowers,

Jean would be honored if donations in her memory were made to

Carilion Hospice at https:// carilionfoundation. org/hospice.

The Grubb family is in the care of Funeral Mullins Home and Crematory in Radford.

Barbara Ann Thompson Helms

Barbara Ann Thompson Helms, Helms, Sr., and a granddaughter,

a longtime resident of Annapolis and Severna Park, Md., died on Monday, August 15, 2022.

She was born on July 30, 1936, in Christiansburg to the late Lottie Thompson. She retired from the Annapolis location of Macy's following a 37-year career.

of Cambria Baptist Church in Christiansburg. In addition to her mother, she was preceded in death by her husband, James Curtis



Erica Lynn Helms.

She is survived by two children, James (Sherry Fox) Curtis Helms, Jr., of Englewood, Colo., and Debra (Craig) Helms Engler of Arnold, Md.; three grandchildren, James Curtis Helms III, Christopher James Engler, and Samantha

Barbara was a longtime member Mae Simmons; and five greatgrandchildren. Arrangements for Barbara are private. Online guestbook registration is available at KalasFuneralHomes.com

Wurzburger, Davy Lee

Davy Lee Wurzburger, 67, of Blacksburg, formerly of Fairlawn, passed away on Tuesday, Aug. 16, 2022.

He was preceded in death by his parents, Charles Wilson and Mary Lou Wurzburger; daughter Tabitha Lynn Wurzburger; and his brother, Gil C. Wurzburger. Survivors include his daughter and son-in-law, Christy and Brian Dishon; grandchildren Nathan S. Dishon, Silas Eugene Stigger, and Javonte Xavier "Peanut" Jackson; brother and sister-in-law, C.W. Wurzburger, Jr., and Julie; sister-in-law Judy Wurzburger; and special friend, Barbara.

The family would like to thank the nurses and staff at Heritage Hall in Blacksburg for the loving care they provided Davy.

Meredith, Barney

Barney Meredith of Riner at the age of 80 went to be with the Lord on Aug. 12, 2022.

He was at home surrounded by his family.

Barney was one of five children, born and raised on his parents' dairy farm in Snowville. He never lost his love and passion for his old homeplace and a way of

life that only a dairy farmer's child really knows.

He married young to the love of his life, Charlotte, in 1960.

Barney attended Virginia Tech, majoring in dairy science and graduating in 1964. Upon graduation, He went to work for the Valley of Virginia Milk Cooperative (Shenandoah's Pride), where he would impact this organization for 36 years before transitioning and ending his career with Dean Foods in 2007.

Nothing was more important to Barney than his family. He was an amazing husband, father, brother, grandfather, and great-grandfather. His love was unconditional, and he cherished every moment he had with all of his family.



of 61 years, Charlotte Meredith; one son, Kevin Meredith (Maren), of Snowville; one daughter, Tracy Butenhoff (Andy) of Greenville, S.Ć.; one brother, Ernie Meredith (Nydia); two sisters, Janet Dishon (Conley) and Gay Meredith; eight grandchildren, Austen

Meredith, Pearl Akers, Berkeley Meredith, Oliver Meredith, Wyatt Meredith, Meredith Butenhoff, Cole Butenhoff, and Sydney Butenhoff; and two great-grandchildren, Barrett Akers, and Bowen Akers.

As Barney was a faithful member of Snowville Christian Church, a special memorial service will be held there on Saturday, Sept. 10, at 11 a.m. It will be followed by a celebration of life on the banks of the Little River a few miles away. In lieu of flowers, the family

requests contributions be made to the Alzheimer's Foundation of America. https://alzfdn.org/ support-us/donate/.

The Meredith family is in the care of Mullins Funeral Home and Crematory in Radford.

Vest, Lee Roy

Lee Roy Vest, 82, of Pilot,, died Miller; great-grandchildren, Trey Matthew

Sunday, Aug. 14, 2022, at his home. He was born in Check on May 17, 1940, to the late Roy Allen and Alice McNeil Vest. He was preceded in death by two brothers, R.B.

Vest and L.C. Vest. He is survived by his loving wife of 62 years, Carroll Burress Vest; daughters Neva

Mannon (Richard), Lesa Miller (John), and Angela Dickerson (Danny Booth); granddaughters Chrisy Miller-King and Michelle



Giarla, Ronin Lynch, Lydia Lynch, and Jayden Miller; sisters Vera Clower, Marie Wimmer, Kaula Dowdy, and Clara Southern; as well as numerous nieces and nephews; and a special nephew, Sidney Clower.

A graveside service was held on Wednesday, Aug. 17, 2022, at Roselawn Memorial Gardens, Christiansburg, with the Rev. Mike Vest officiating.

Weddle, Barbara J. Dove

Barbara J. Dove Weddle, 64, of Blacksburg, died at Roanoke Memorial Hospital on Aug. 14, 2022. She was born in Radford on May 5, 1958, to the late Marshall Jackson Dove, Sr., and Betty Mack Davis Dove.

She is survived by brothers Jack Dove and wife, Melani, and Roger Dove; sisters Vickie Linkous and her husband, Bobby,



and Shirley Dove; special friends Bob and Joni Pienkowski; and many other friends, nieces and nephews.

The family sends a special thank-you to Ross and Mike at McCoy's Funeral Home for their kindness and compassion. A private service will be held at a

King,



Services will be held at a later date. The Wurzburger family is in the care of Mullins Funeral Home and Crematory in Radford.

Virginia Tech Dining Services serves swells of summer guests

By Shannon Atkins

Though a smaller student population means most Virginia Tech dining centers are closed during summer, those that remain open experience their highest waves of traffic all year. Surges of conference guests plus shifting staff schedules demand increased coordination and flexibility to maintain Dining Services' renowned food and service when the heat is on.

"Dietrick Hall and Au Bon Pain in Squires [Student Center] are the only dining centers open for summer operation," said

Kelvin Bergsten, assistant manager of Dietrick. With its eight shops and all-you-care-to-eat service, D2 at Dietrick Hall sees the most dramatic increase in summer service. "In addition to summer school students, we had more than 6,000 attendees from over 60 conferences eating at D2 this summer," said Bergsten. Clear communication

is crucial to effectively plan service for such large groups.

Dietrick Operations Manager Charlene Mitchell said, "We meet weekly with Conference and Guest Services to confirm the conference numbers

and dining schedules. If necessary, we plan to have the larger groups come in at intervals."

Matching the pace of customers to seating and service capacity is essential to a good dining experience.

"D2 can serve 500 to 600 people every half-hour with moderate lines, great service, and hot, fresh food," Bergsten said. "Guests will self-regulate over time, but before their schedules settle, a thousand guests at once can test the facility."

This summer's overlapping groups brought over 1,400 customers to each breakfast one week. The D2 team responded by extending hours and engaging with guests and conference leaders.

While the facility opens half an hour earlier for summer groups, during its busiest week, D2 staff added more seating and opened a full hour earlier to accommodate the tight timelines of conference participants. When the earlier opening time still saw long lines, the team actively managed the flows in and out of the dining area.

With those kinds of numbers, we have managers at the door to determine if we need to open another register or regulate entry," said Matt Hoag, assistant manager. "We radio managers in the dining area to ensure we have seats available."

Send community news and photos to community news @ourvalley.org

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RADFORD SPORTS



Kyle Dudley took Late Model Stock Car Race #2 Saturday at Motor Mile.

bounty at Motor Mile

But some 10 other

drivers had other plans,

Lancaster collects

The past Saturday

night at Motor Mile

Speedway featured races

3 and 4 for the "Six Pack

Series" of Late Model

races. At the beginning of the season, Motor Mile announced that if

the same driver won all

six races in the series, he

would receive a \$10,000

Looney, who had won

the first two races back

at the beginning of the

season and who was the

leader in points, wins,

and just about any other

metric available for

measuring success. If he

won on this night, he

would advance to the

championship in the

series on Aug. 20.

All eyes were on Mike

bonus.



Ray Sowers won the Super Street action during a race filled night at Motor Mile Speedway near Radford.



Richard Caldwell won his first ever Sportsman Division race Saturday at Motor Mile Speedway.

Caldwell claiming his first-ever win at Motor Mile, followed by Jacob Porter and Brad Foy. Sportsman Track champion and Hall for the Mod-4's,

Jamie Sweeney and Tam Topham.

Öther winners included Johnathan Ray Sowers for the Super Streets. Scooter Hollandsworth for the

U-cars, and William Hale for the Pure-4's.

While the \$10,000 bonus is off the table, a good deal of bonus money is still up for grabs for winning races 5 and 6 of the series.

LROM THE SIDELINES



including his rival and the only other winner season, Kyle this Dudley. In the first 50-lap feature, Dudley and Looney worked their way to the front at least until Looney got into Dudley, causing them both to spin out of contention.

Their aggressive driving and subsequent accident allowed the third-place car driven by hometown favorite and racing legend Derrick Lancaster to move to the front and fight off a strong challenge from Bryan Reedy for the win that brought with it a \$2,000 bonus "bounty" for winning and beating the track champion.

Lancaster was racing in only his second weekend since his fiery crash in the Arca series in Talladega just over a year ago. Reedy settled for second, and Dudley wound up in third place.

In the second Late Model race, Looney and Dudley were side by side racing again for the lead. This time, Dudley made contact in the turns as payback for the previous race, spinning out Looney, and went on to win race 2. Looney settled for second with Lancaster third.

The Division also had a pair of current points leader races, 30 laps each, with Karl Budzevski won the race 1 winner Richard second race, followed by

<u>By Marty Gordon</u>

Remembering a former newspaper editor

Every now and were closed down and But he always had that reporter and editor with then, you have to shuttered. talent for making us the News Messenger experience a bit of Later came the young writers sound and Southwest Times. He is survived by his wife, Mozelle Duncan Morrell; daughter and son-in-law, Angela M. and Rocky Huff; granddaughter Jana Huff and her fiance Guy Smith; and grandson Shane Huff, all of Indian Valley; sisters Mary Morrell Charlotte and Μ. Roe of Piney Flats, Tenn.; sisters-in-law brother-in-law, and Brenda D. and Allen Cox of Radford, and Nadean D. Jarels of Christiansburg; and nieces and nephews Jackie Ferguson, Tim Roe, Matthew Hensley, Hensley, Cassie Dustin Roe, Melissa Werner, Lynn Reed, Kayla Piediscalzo, and Jameson Jarels. Funeral services were held Tuesday the Mayberry at Funeral Home Chapel. Interment followed the Phillipsin Kessler (Indian Creek) Cemetery with full military rites by the Army National Guard.

SUBMITTED PHOTO After retiring from the army as a major, Gene Morrell's newspaper career spanned some 30 years. He died Friday, Aug. 12.



lowest in Alaska, Colorado, Maine, and Mississippi, where the average person would forgo 'just' 2 years of his/her life to keep making these unhealthy dietary choices.

from page 1

Another study by the Northeast Regional Center for Rural Development found that American communities with a higher volume of fast-food restaurants have a shorter life expectancy, and research from The University of Michigan discovered that eating a hotdog costs an individual 36 minutes of his life, and a chicken wing can claim three minutes and 30 seconds.

The good news, however, is that it's also possible to add years onto a life span by making more nutritious dietary choices and implementing healthier lifestyle habits.

reality. This newspaper decision to change a has undergone many changes over the past to a tri-weekly, then to 20 years, and I have been a part of a lot of them.

Gene Morrell, who held then came back three. a number of different roles over the years. He most of those times adjusted well when the papers combined and paper and becoming formed the Montgomery County News. Then came the additions of the Blacksburg Sun

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daily afternoon paper a bi-weekly.

The ownership changed several times, Another person was and I left four and Gene stayed on during before leaving the an analyst for the Virginia Employment Commission.

I mention all of this and the Sentinel. Both because he passed away this past week at his Floyd County home.

I remember him as a quiet individual who had a talent for copywriting. No matter what other editors and other owners threw at us, he handled it well.

He was there in the early years before I joined the papers, making a difference from behind a desk. Gene spent his time covering local government and crime. He even took it in stride when he became a straight-up copy reader. better.

I never told him, but I gained a lot of experience from watching him, and I always respected what he was doing.

He will be missed in the local newspaper world.

He was a graduate of East Tennessee State University with bachelor's degrees in history and journalism and a master's degree in history.

Another little known fact about Gene was his service to the military. He was a Vietnam War Veteran who served with the 25th Infantry Division and retired from the Army Reserve with the rank of major after 21 years of service.

One of his secrets included being the author of "Heroes Among Us: World War II Veterans of Montgomery County and Radford, Virginia." He was a journalist

with more than 30 years of experience as

Snacking on a handful of nuts and seeds can prolong a life by 26 minutes, and a serving of salmon can add 16 minutes, according to these studies.

The hard truth, however, is that when it comes to choosing between a hotdog and a handful of nuts, many Americans still opt for the hotdog, even knowing it could take years off their lives.

A rather alarming discovery of DrugGenius.com's survey is that 27 percent of those surveyed believe - wrongly, of course - that moderate consumption of fast food has health benefits. And when asked what kind of fast food they believe has the greatest health benefits, 20% of those surveyed thought it was tacos or

burritos (perhaps it's the shredded lettuce garnish?); 8% believed it to be burgers and fries (potatoes are a vegetable, right?); 11% thought it was cheesy, processed meattopped pizza, and 8% thought a bucket of fried chicken wings had the most health benefits. Overwhelmingly, 45% of those surveyed thought a foot-long sandwich had the most health benefits, maybe because some are loaded with healthful, fresh vegetables and served on whole wheat bread.

One in three respondents also said they were more likely to take health supplements as opposed to doing physical exercise to stay healthy. This perhaps correlates with another of DrugGenius.com's survey findings, that the average person has not

taken part in any aerobic exercise for at least three months.

Responding to the survey, DrugGenius. com's Stacie Detmer said, "It may seem like an impossible task to change up your lifestyle and dietary habits; however, once you begin making healthier substitutions and choices in one or two areas, it can also help you learn more about the nutritional information and components of different food sources. Although it's less-than-likely that you'll be able to completely change your habits overnight, learning more about this kind of information can help you make healthier choices overall, potentially adding years onto your life if managed effectively."

Virginia Tech football celebrates annual Fan Day



Virginia Tech first-year head coach Brent Pry smiles as he interacts with a young Hokie fan during Sunday's Fan Day at Tech's indoor practice facility.



New River Valley products Cole Beck (left) and P.J. Prioleau sit together at the wide receiver table as they took part in Virginia Tech's Fan Day Sunday.



Virginia Tech safeties coach Pierson Prioleau signs a Hokie helmet during Sunday's Fan Day.



Blacksburg's Brian Crist, Virginia Tech's senior football analyst, poses with parents David and Faye Crist during the Hokies' Fan Day.

Hokie preview: Examining the contenders among running backs

Virginia Tech's backfield in 2023 may feature one workhorse or a stable of talented, productive backs under the direction of running backs coach Stu Holt and offensive coordinator Tyler Bowen.

At ACC Kickoff, head coach Brent Pry indicated that he had not determined which system he prefers but he is looking for production in the running game.

Where might that come from? Jalen Holston, Malachi Thomas, and Keshawn King are names that come to mind.

A sixth-year senior, Holston rushed for 199 yards and five touchdowns on 52 carries a season ago and also registered a receiving touchdown while often serving on the Hokies' special teams units.

three touchdowns. The Hartwell, Ga., native finished his rookie season with 440 yards rushing on 93 carries.

Meanwhile, King recorded 29 carries for 117 yards and a touchdown a second touchdown a season ago, showing flashes of the speed and productivity he demonstrated as a freshman in 2019.

Holt will have some tough decisions to make, but the good news is he will have a contingent of experienced student-athletes to select from as camp continues.

Redshirt freshman Chance Black



PHOTO COURTESY OF VT ATHLETICS and highly-regarded true freshman With so many talented backs, a room by committee may be the way it shakes out in Bryce Duke are on campus and are Blacksburg this season, but Malachi Thomas seems to be a man on a mission.

Thomas is back for his sophomore season after his breakout game against Syracuse last fall. Against the Orange, he rushed for 151 yards and also in the mix. Black has yet to rush the ball during his time with the maroon and orange but showed some speed in Tech's kick return game in the latter portions of the 2021 season. NOTES

Virginia Tech ran for 2,408 total yards in 2021 but will have to

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replace its top two rushers in Raheem

Blackshear and Braxton Burmeister. - Holston has produced 1,070 allpurpose yards with nine touchdowns during his Tech career so far.

- Thomas is the Hokies' leading returning ball carrier from 2021 with 93 attempts.

POSITION OUTLOOK

The flexibility of having three

members of the backfield returning will be a nice luxury for Pry and company to have when they decide who will earn the majority of reps. Holston has the experience, Thomas has the explosiveness, and King has the speed. How many runners the coaching staff plans to use in the backfield regularly, though, emains to be seen.

RU basketball tickets go on sale

Season tickets for the 2022-23 Radford Men's and Women's Basketball season are on sale now at radfordtickets.com. To order tickets today, call 540-831-7889 or visit radfordtickets. com.

The men's basketball program enters its second season under Head Coach Darris Nichols, a Radford native and Radford High School graduate. The team returns players such as Josiah Jeffers and Shaquan Jules who were crucial to last year's success but will also feature a new look with talented transfers like Bryan Antoine (Villanova), DaQuan Smith (Murray State), Souleymane Koureissi (Richmond), Onyebuchi Ezeakudo (Pittsburgh), and Madiaw Niang (Florida Atlantic).

Entering his 10th year at the helm of the women's basketball program, Head Coach Mike McGuire has his squad looking for a strong showing this season. The Highlanders have secured winning seasons seven times during his tenure, making him the thirdwinningest coach in Radford history, and confidence is sky-high that the 2022-23 season will produce an eighth winning season. Jackie Christ, Rachel LaLonde, Makaila Brown, Carmen Williams, and Vanessa Blake all return from last year's squad with a new infusion of young talent joining them for what should be an exciting season in the Dedmon Center.

Renewal information has been sent to the 2021-22 basketball season ticket holders, but fans can renew online at any time, reserve by phone, or visit the ticket office in the Dedmon Center during normal business hours to make purchases and secure their preferred seat. Following the renewal deadline, preferred seating locations will be reserved on a first-come, first-served basis and cannot be guaranteed.

Men's basketball season tickets start as low as \$75 for general admission. Fans looking

for the same seat each game are being offered reserved chairback tickets for \$130.00. Young alumni season tickets for Radford students who graduated between 2018-22 and current Radford faculty and staff season tickets are also available at a discounted rate. Call the Radford Ticket Office for more details.

A general admission family plan for \$150 includes four geneal admission tickets to every men's game.

Youth season tickets for men's basketball start as low as \$30 for general admission and \$75 for a reserved chairback ticket.

Women's basketball season tickets start as low as \$50 for reserved chairback tickets. Young alumni and current Radford faculty and staff can purchase women's basketball tickets at a discounted price of \$40.

Fans 18 or younger are admitted into all regular-season home women's basketball games for free in the general admission sections.

For Highlander fans who are interested in purchasing both men's and women's basketball tickets, the university offers combination season tickets that start as low as \$100. A reserved chairback option for combo season tickets are \$160.00 for both sports.

Current Radford faculty and staff can now sign up for payroll deductions by calling the Radford Athletics Ticket Office at 540-831-7889 or emailing tickets@radford.edu. Faculty/staff can purchase packages and divide the total cost into equal payments.

Highlander Club members receive additional benefits such as priority seating, hospitality access, parking privileges, and invitations to special events. For more information on giving levels and benefits, contact the Athletic Advancement Office via email at thehighlanderclub@radford.edu or by phone at 540-831-7667.