



COURTESY OF RODNEY GAINES

Rodney Gaines is the recipient of the Virginia Association of Health, Physical Education, Recreation, and Dance (Virginia AHPERD) Honor Award.

World competitive bodybuilder and three-time Hokie returns to Blacksburg

Lori Graham

Contributing writer

Rodney Gaines has not only an incredible dedication to his health and training, but a positive spirit that is contagious to anyone that meets him, and now the three-time Hokie graduate has come back home.

Gaines grew up in Tappahannock, Va., and first came to Virginia Tech as a freshman in 1985. After graduating in 1989, he returned to his hometown where he accepted his first postgraduate job.

It was during his time at VT as an undergrad when he began to become involved in weightlifting. When he returned to his hometown, he found no weightlifting facilities nearby. Gaines was determined to continue with his training, and discovered some older equipment at a hospital that was not being used. So, he and others formed a gym at an empty bank building.

“Basically in 1990, we formed a club,

a gym, and everyone was volunteer. I didn't get paid for it,” Gaines said. “I worked 8-5, then at night I managed the gym. It was called Riverfront Fitness Center.”

It was his passion for fitness that called Gaines back to Virginia Tech in 1993, for his master's degree in Exercise Science while also working in the athletics department as a graduate assistant with Coach Mike Gentry. He graduated with his master's degree in 1996, but just prior to his graduation, something else thrilling would happen in his life.

“In '95 is when I won Mr. Virginia Bodybuilding,” Gaines said. “That was a turning point in my life. That was exciting.”

Upon his 1996 graduation, Gaines would leave the Hokies again, this time for Richmond where he worked for American Family Fitness, one of the biggest gyms in the Richmond area. He

See **Bodybuilder**, page 3

Virginia Tech receives \$3.5 million award to study impact of adolescent exposure to opioids

Opioid addiction is a pressing public health crisis with far-reaching implications. More than 100,000 deaths a year have been linked to drug overdoses since 2020.

Jenna Catalano prepares epigenomic assays; photo by Peter Means for Virginia Tech. The Centers for Disease Control and Prevention reports that more people died from drug overdoses in 2021 than from firearm and motor vehicle deaths combined. Three-quarters of these overdose deaths were attributable to opioids.

A five-year, \$3.5 million grant from the National Institutes of Health's National Institute on Drug Abuse will fund the Virginia Tech Department of Chemical Engineering's pioneering research to understand how adolescent exposure may contribute to opioid addiction. Examples of adolescent exposure include youth taking prescribed opioid medication for pain relief following a sports injury or experiencing neglect in instances of parental opioid addiction.

Chang Lu, the Fred W. Bull Professor of Chemical Engineering and graduate chair, will serve as the contact principal investigator of the initiative, leading a team in the research.

Chemical engineers bring in unique skills

According to Lu, chemical engineers have a unique set of skills that they can leverage in chemistry, biotechnology, and process engineering to clarify how addiction takes hold, making it possible to eventually develop processes and products that alleviate the societal burden of drug addiction. Additionally, their proficiency in data analysis and modeling allows them to develop the tools required to unveil complex neural networks, opening new avenues for brain research.

Lu's team in the initiative includes Julie Blendy, professor of pharmacology at the University of Pennsylvania, and Wei Wang, professor of chemistry and biochemistry at the University of California, San Diego.

Blendy's expertise in long-lasting effects of adolescent oxycodone exposure

on reward-related behavior and gene expression in mice make her an ideal collaborator for the initiative. Likewise, Wang brings proficiency in analyzing large data sets like the ones that will be generated in the research.

“My research at University of Pennsylvania focuses on understanding the molecular basis for the biochemical and behavioral changes that come with chronic drug use,” noted Blendy. “How drugs lead to long-term adaptations within the brain to impact drug-taking behavior is not known, but alterations in gene expressions are likely involved. Our team — led by Lu — is well-poised to significantly advance the field in understanding the biological basis of addiction.”

A complex problem

Opioid addiction is a multifaceted issue, involving both genetic and environmental components. Genetic factors can predispose individuals to addiction vulnerability, influencing how their brains respond to opioids.

Environmental factors such as early-life adversity, social networks, and access to opioids play pivotal roles in addiction initiation and maintenance. Understanding how genes and the environment interact at the molecular level is central to understanding the neurobiology of addiction. Epigenetics, the study of how behaviors and environment can cause changes in how genes work, provides valuable insights into the gene-environment interactions that drive addiction.

In this project, Lu's team will focus particularly on one environmental factor: How early exposure to opioids potentially contributes to addiction. “When adolescents are injured during sports, they are often prescribed strong pain relievers that contain opioids,” Lu said. “It is important to understand what footprint such early exposure leaves in a developing brain, in terms of epigenetic alterations.”

A bridge between genes and the

See **Opioids**, page 8

Artists host Holiday Open House benefitting charities

RADFORD – Three local artists will be hosting a Holiday Open House this weekend, just in time for holiday shopping, which will also benefit local charities.

The annual open house event will be held at the home of Susan V. Lockwood, one of the featured artists, at 408 Eighth Street, Radford, (corner of Berkley and Eighth) with parking on Berkley, on Saturday, Dec. 2 and Sunday, Dec. 3, 10 a.m. – 5 p.m.

The show will feature artwork by painter Charlotte Chan, colored pencil artist Jennifer Carpenter, and photographer Susan V. Lockwood. Originals, prints (framed and unframed), and cards will be available. Area residents are invited to stop by and enjoy fine art and refreshments. Also, 10% of all sales will be donated to a local charity of each artists' choice.

Lockwood's work has been shown in national juried exhibitions in Florida, Georgia, Illinois, Maryland, Nebraska, Nevada, New Jersey, New York, North Carolina, Ohio, Pennsylvania, South Carolina, Texas, Virginia, and West Virginia. In awarding her first place, the juror of a regional show commented, “Her photographs combine technical skill and a fine eye to create formally



“If Daddy Can't fix it, Santa Can,” colored pencil by Jennifer Carpenter

interesting compositions strong enough to evoke intense and lasting emotional responses from a variety of viewers.”

Carpenter, formerly of Radford and a current resident of Christiansburg, brings 40 years of colored pencil experience and many unique, one-of-a-kind original artworks to the event. A multitude of reasonably priced giclee prints and note cards will also be available. Carpenter has won awards at the international level and her colored



“Caladium II,” by Charlotte Chan

pencil expertise and has been featured in numerous art publications, colored pencil books, and artist magazines. She was a Special Education teacher in Radford City Schools until 2013 when she left teaching to focus on art full-time. She currently works from her home studio; she is a member of the Floyd Artists Association, exhibiting work year 'round at A New Leaf Gallery in Floyd.”

Chan, of Blacksburg, learned how to paint with Chinese brushes when



“Icelandic Thaw,” a photograph by Susan Lockwood

she was a teenager in Hong Kong and now she is using this technique to paint with watercolor. She loves colors and forms, so she paints a lot of nature. Her artworks were accepted into the juried shows of Virginia Watercolor Society and West Virginia Watercolor Society. She is expanding her artistic endeavor by adding acrylic paints as well as oil with cold wax in her artwork.

Staff report

Volunteers exemplify Warm Hearth Village mission

BLACKBURG – As the only local nonprofit retirement community in the New River Valley, Warm Hearth Village (WHV) strongly values collaborations with the greater community to provide enriching programs for residents. Residents benefit greatly from interactions with school-aged children, local college students, performers and peers from throughout the New River Valley. Volunteers bring a vibrancy to the village and complement the efforts of staff adding a layer of engagement and interaction that takes everyone a step beyond the expected.

Sachin Gandhi, a junior in Clinical Neuroscience at Virginia Tech became a volunteer seven months ago to socialize with residents for an intergenerational interactive experience. “Volunteering at Warm Hearth lets me put myself in the residents' shoes, learn their perspectives and

understand their backgrounds. Everyone has a story to tell and it's important to take a step back and listen so we can help as much as possible,” he said. He continued, “Plus as our population lives longer, we deal with more age-related diseases like dementia. Volunteering my time socializing with the residents keeps them active and contributes to their overall mental health. It also gives me a sense of purpose because working with the elderly lets me make a direct, positive impact on the lives of others,” he said.

In 2022, Warm Hearth Village invested in a new volunteer management and communication platform called Volgistics. This platform facilitates volunteer engagement by posting available opportunities and directly scheduling more than 270 in roles such as hosting “senior” proms to cleaning up woodland walking trails. Sara McCarter,

Project Manager, works to train new volunteers and coordinates volunteers in the Village.

Intergenerational experiences were integral to our founder's vision for Warm Hearth. Dr. Kroontje knew the value of collaboration with our greater community not only from the resources it would bring to the village but for how it would help seniors living here contribute their own talents and remain engaged and active.

To learn more about volunteer or collaborative opportunities at the village, visit our website at retire.org and click the Volunteer button at the upper right.

Warm Hearth Village is a nonprofit senior living community in Blacksburg that provides a full continuum of living options on our campus and in the home.

Submitted by Warm Hearth Village



Sachin Gandhi discusses the daily schedule with a resident in Kroontje Health Care Center.

PHOTO COURTESY OF WARM HEARTH VILLAGE

UPCOMING EVENTS

Wednesday, Nov. 29:

CommUNITY Yoga for Self-Care for Adults

At the Radford Public Library; 5:45- 6:45 p.m. Join Kelly McCoy of The Whole You for an all-level yoga class for adults. Learn poses to help strengthen and lengthen your muscles as well as some breathing and meditation techniques to help calm the nervous system. This class is FREE to the public and is funded by grant money via the Virginia Department of Health.

Thursday, Nov. 30:

Final Town Gown

The final Blacksburg Town Gown meeting of the fall semester will take place this at 6:30 p.m. The meeting will be located in the Blacksburg Police Department's Community Room, 200 Clay Street SE. Free parking is available adjacent to the building on Church Street and Midtown Way. This month's session will be an opportunity for a casual and engaging discussion with our Town Gown co-chairs: Dean of Students Mark Sikes and Deputy Town Manager Steve Ross, and various VT and Blacksburg staff members. The conversation will focus on future Town Gown topics so please bring us suggestions on what you want to learn and discuss. Lights refreshments and snacks will be served.

Waffles Club! A Young Writer's Group

At the Radford Public Library; 4-5 p.m. Join us for a gently guided writing club for kids, aka the Waffles Club (Writing Association for Fun Loving Enthusiastic Students)! Together, we will work on responding to writing prompts, have some quiet writing time, and the opportunity to share work! Geared toward 8-12 year olds. Contact Morgan for more information at morgan.esterhuizen@radfordva.gov. Please bring your favorite writing materials!

Friday, Dec. 1:

Blacksburg Winter Lights and Holiday Parade Road closings

Winter Lights activities
Downtown Blacksburg's Winter Lights activities will be held on College Avenue, 3-8 p.m. College Avenue will be closed beginning at 11a.m. and will reopen at 11 p.m.

Holiday Parade

The Blacksburg Annual Holiday parade will be held at 7 p.m. The parade will begin on Main Street at the Turner Street intersection and will follow Main Street through downtown, ending on Eheart Street. Turner Street will be closed to through traffic for the parade lineup starting at 5:30 p.m. and will reopen at 8:30 p.m. Main Street will be closed during the parade. This year's route is a slight change from previous years. Those who typically watch the parade near the roundabout on Prices Fork Road are encouraged to move closer to the Turner Street intersection and the

new beginning of the parade route.

Radford "Candyland" Parade

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

Saturday, Dec. 2:

Breakfast with Santa

The Christiansburg High School Music Department will host its annual community event Breakfast with Santa 2023, 8 a.m. - 12 noon in the CHS cafeteria. Admission includes a pancake breakfast, fun games, and holiday crafts. Bring your camera or phone for a photo op with Santa. Cost is \$6 for children 12 and under and \$8 for children 13-99. Kick-off the holiday season with Santa, his elves and reindeer, live music and the music students of CHS.

SWVa Legal Aid Society meeting

The Board of Directors of Southwest Virginia Legal Aid Society will meet at 9 a.m. at The Inn at Virginia Tech, 901 Prices Fork Rd., Blacksburg. The public is welcome to participate.

Saturday, Dec. 2 and Sunday, Dec. 3:

Artists host Holiday Open House benefitting charities

Annual open house event at 408 Eighth Street, Radford, (corner of Berkley and Eighth) with parking on Berkley, 10 a.m. - 5 p.m. The show will feature artwork by Blacksburg painter Charlotte Chan, Christiansburg colored pencil artist Jennifer Carpenter, and Radford photographer Susan V. Lockwood. Originals, prints (framed and unframed), and cards will be available. Area residents are invited to stop by and enjoy fine art and refreshments. Also, 10% of all sales will be donated to a local charity of each artists' choice.

Sunday, Dec. 3:

NAACP Veterans Affairs Committee

The NAACP Veterans Affairs Committee will present a program to honor veterans at 3 p.m. at the Asbury United Methodist Church, 500 Stuart St, Christiansburg. The guest speaker will be former Navy Commander Dr. David Points of Roanoke.

Holiday Bazaar

"Second Chance at the Bazaar" at First Baptist Church, 555 West Rock Rd., Radford; 1-3 p.m. Lots of holiday items to choose from. Stop by and get a hot dog for lunch. This is sponsored by the Women with

a Vision Bible Study.

Tuesday, Dec. 5:

Radford Holiday tree-lighting ceremony

Join Radford Public Library in the 21st Radford Tree Lighting Ceremony. Doors open at 5 p.m. Hodge Podge Cookies is bringing their sugar and chocolate chip cookies and hot chocolate to hand out. Thanks to our Lamplighters for funding these delicious treats which are free to attendees. Santa will be on hand for photo opportunities and will offer a festive reading. The Grove United Methodist Church Handbell Choirs will perform at 6 p.m. Following the performance there will be interactive playing. Bells will be (temporarily) provided for your musical participation. Tree lighting at 6:30 p.m.

Friday, Dec. 8:

Christmas on Main in Downtown Christiansburg

Join The Town of Christiansburg starting at 5 p.m. for Christmas at the Market featuring local crafters and other vendors, followed by the Tree Lighting Ceremony and Christmas Parade. The Tree Lighting Ceremony with the mayor will take place at Town Square at roughly 6:50 p.m., with the Christmas Parade starting at 7 p.m.

Saturday, Dec. 9:

NAACP year-end meeting

The NAACP will hold its year-end meeting 9-11:30 a.m. at Asbury United Methodist Church, 500 Stuart St., Christiansburg. Douglas Asante will speak about Ghana and the slave trade.

Sunday, Dec. 17:

Luminary display

The annual Stroubles Mill Neighborhood Association Luminary display will begin at 5:30 p.m. in Blacksburg (Hethwood). Rain date is Monday, Dec. 18.

On-going:

Radford "Candyland" Parade registration

Radford's Holiday Parade, themed "Candyland", will take place on Friday, Dec. 1, 2023 at 7 p.m. Line-up begins at 6 p.m. The parade route will line-up on East Main Street between Tyler Avenue and University Drive Bridge and proceed westward along Main Street to the Central Square Shopping Center. To register, complete the form at www.radford.gov and return it to: Radford Parks and Recreation, Attention: Donna

See Upcoming Events, page 3

Christmas Open House

Sunday, December 3rd

2:00 - 6:00 pm

Enjoy an Evening of shopping and Save Big on Your Entire Purchase!



25% off
YOUR ENTIRE PURCHASE*

NORTH WEST ACE
Measure Twice. Shop Once.

*10% OFF Yeti Products, Weber, Blackstone and Big Green Egg Grills. Discount not valid on Stihl and Ego Power Equipment, Power Tools, Ammunition and Firearms, Propane or Sale Items. Valid 12/3/23 only.

Get a Jump Start on Your Holiday Shopping!

NORTH WEST ACE
Measure Twice. Shop Once.



OBITUARIES

McMillen, Donna Lee

Donna Lee McMillen, 77, of Indian Valley, passed away Thursday, Nov. 23, 2023.

She was a Registered Nurse but was lovingly known around Radford City Schools as "Nurse Donna." She was preceded in death by her parents, Harold and Rosalee Yeomans.

Survivors include her daughters, Kimberly McMillen Hunt and Meghan McMillen (Adam Kell); granddaughter, Kellan Layne Martin; bonus granddaughter, Layla Kell; brother, Randall Yeomans (Mariellen LeSuer); sister, Jeri Dewey; and many nieces, nephews, cousins, extended family and friends.



Donna was a nurse her entire career, working for the VA, the American Red Cross, Director of the HIV/AIDS resource center, the Radford Department of Health and the Radford school system. She was on the national disaster team for the Red Cross and helped with many disasters

throughout the country.

Donna was a true believer in living life to the fullest, and she ferociously loved her family and friends. She accepted everyone for exactly who they were. Donna made an impact on every person that she met and in turn, each and every person that met her loved her.

The family will receive friends 4 - 6 p.m. Friday, Dec. 1, 2023, at the Mullins Funeral Home in Radford. A celebration of life service will be held at a later date.

In lieu of flowers, please consider donations to the American Red Cross.

The McMillens are in the care of the Mullins Funeral Home & Crematory in Radford.

Reed, Jean Kirtner

Jean Kirtner Reed, 86, passed away Monday, Nov. 20, 2023, at her home in Christiansburg.

She retired from the Radford Arsenal. She was preceded in death by her parents, Charles and Lucille Mans; her son, Benjamin Kirtner; brother, Arthur "Butch" Mans; grandson, Brandon Kirtner; and former husband, William D. Kirtner.



Survivors include her sons and daughter-in-

law, Kenny Kirtner and William Kirtner (Kim); grandsons, Bradley and Austin Kirtner; and many other relatives and friends.

A visitation was held Friday, Nov. 24, 2023, at the Mullins Funeral Home in Radford. Burial will be private.

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

Adkins, Mary Howard

Mary Howard Adkins, 76, of Blacksburg, died Nov. 22, 2023, at her home.

She was born Oct. 19, 1947, to the late James Edward and Fannie Mae Adkins. She was preceded in death by her siblings Melvin, June, Francis, and Nancy. She is survived by her husband, Victor Adkins; son and daughter-in-law, Brian and Dolly Adkins; sister Evelyn



Still; brothers Marvin Howard and Frank Howard; grandchildren

Michelle (Matthew) Isabella and Victoria Adkins; and great-grandchild Kamden Michael.

Funeral services were conducted Tuesday, Nov. 28, 2023 in the McCoy Funeral Home Chapel with Reverend Neal Turner officiating. A visitation was held prior to the service. Interment followed in the Roselawn Memorial Gardens.

James, Andrew

Andrew "Jerry" James, 66, of Radford, died Tuesday, Nov. 21, 2023. He was preceded in death by his parents, Jerry Kyle James and Laura Bell James; sister,

Shannon; and brother, Sandy.

Surviving are his sisters, Carrie Decker of Fairlawn and Gay James of Radford; and several nieces and

nephews.

There will be no services.

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

Yates, Ila Ann

Ila Ann Yates, 90, of Fairlawn, passed peacefully into the waiting arms of her Savior on the morning of Tuesday, Nov. 21, 2023.

Ila was a strong woman of faith, who loved the Lord with all her heart. She was an active figure in the local church for many years. Ila loved reading and gardening, getting her hands in the dirt. Be it flowers or vegetables, she was always proud of her work and had a "green thumb." She was also a very skilled seamstress and did beautiful works of knitting and crochet. Originally from Springfield, Mass., she met the love of her life through mutual friends while he was stationed in Berlin. She and Jesse K. Yates, of Blacksburg, wrote to each other for a year. When he was discharged from the service, he went to Massachusetts to meet her. Not long after, they were married and he brought her back down to Virginia, where they lived, happily married for 49 years and 11 months before he lost a long battle with cancer and went home to be with



the Lord. During this time, they were blessed with three children. Ila was preceded in death by her parents, Alexander and Lottie LaFleur Neill; her beloved husband, Jesse K. Yates; brother, Jimmy Neill; and her sister, Olive Mae Beresford.

Survivors include her children, Steve Yates (Debra), David Yates (Nancy), and Lori Yates; grandchildren, Ryan Lawson (Brian), Joshua Yates (Karla), Blake Yates (Jessica), Whitley Lester (Charlie), and Kelsey Cooper (Daniel); great-grandchildren, Carter Kegley, Jason Lawson, Jaxon Yates, Griffin Yates, Kellen Yates, Kyla Yates, Benson Yates, Ryker Yates, Jackson Lester, Genesis

Lester, Graham Lester, and Gabriel Lester; adopted daughter and caregiver, Julie Jordan; sister, Lillian Haidemenous; and many other family members and special friends.

The family would like to sincerely thank the staff of CCU and PCU at Carilion New River Valley Medical Center, who lovingly cared for Ila during her recent stay; as well as Dr. Ruffin, Dr. Turner and the Carilion Cardiology Group, Deett Ray, Shelly Butler, and Dr. Sandeep Ravi.

Ila was a unique woman, loving wife, mother and faithful friend. She was well loved and will be missed by all who knew her.

The family received friends Tuesday, Nov. 28, 2023, at the Jubilee Christian Center. Funeral services followed with Pastor Gary Hash officiating. Interment followed in Highland Memory Gardens in Dublin.

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

Canode, Jr., George Nathan

George Nathan Canode, Jr., 78, of Shawsville, passed away on Tuesday, Nov. 21, 2023.

He was born on Nov. 10, 1945. George was a graduate of Newcastle High School and went to Virginia Tech where he received a degree in animal science. He was a dedicated member of the block and bridle club. After that, he joined the army, serving in Germany during the Vietnam era. After being discharged, he worked a few jobs before working at Triangle Equipment in Christiansburg and leaving there to start his business, Farmland Equipment, in 1979. He was a lifelong member of Craig Healing Springs Christian Church and served there in various capacities throughout his life. George was preceded in death by his parents, George Nathan, Sr. and Elizabeth LaFon Canode;

his loving wife, Carol Ellen Rucker Canode; and an infant grandson, William Nathan Canode.

Survivors include his son and daughter-in-law, Gregory Taylor Canode and his wife Kristi; grandchildren, Taylor and Luke; sister, Becky Hutton; brother-in-law and sister-in-law, Jamie and Christie Rucker; special friend, Judy Purks; and many other relatives and friends.

George was a very proud "Papa" to his grandchildren, and they were his pride and joy. He always said that the reason that parents never killed their kids was for the hope of them having grandchildren. He thought the world of them and worried about them even up until the end.

George was proud that it was the oldest continuously family run farm equipment dealership in

Montgomery County. As many will attest, George was not always the friendliest but would do anything for anyone if he was able. He liked the many customers that have supported him over the years. George will be dearly missed.

The family will receive friends 12 - 1 p.m. Wednesday, Nov. 29, 2023, at the Mullins Funeral Home in Radford. Memorial services will begin at 1 p.m. with Pastor JB Beane and Minister Kenny Davis officiating. A graveside service will follow at 2:30 p.m. at the Southwest Virginia Veteran's Cemetery in Dublin.

In lieu of flowers, the family requests that donations be made to a charity of your choice.

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

Bodybuilder

from page 1



PHOTO COURTESY OF LORI GRAHAM

Many years of dedication to his health, training, and bodybuilding has led Rodney Gaines to achieve many accolades and awards, most recently the 2023 Amateur Athletic Union (AAU) Lifetime Male Masters Bodybuilding World Champion award.

would then go on to work for a large food distributor, as a Wellness Coordinator for the organization's employees.

However, in 1998, Virginia Tech would call Gaines back again, this time to remember a dear professor who had passed.

"My professor from Tech passed away, Dr. Sebold," Gaines said. "I came back to his funeral, they had it at the chapel."

It was while seeing some familiar faces that he found out about a position in Recreation Sports. He interviewed and received the position, so again, he found his way back to the VT campus. For the next four years, Gaines would work on his PhD at night, achieving his doctorate in 2002. A position at Norfolk State University as a professor and strength coach

would take Gaines away from Blacksburg once more, but that would not be the last time he would see the VT campus.

"Blacksburg is a really nice community, the crime is low, and I always felt comfortable here," Gaines said.

It is this dedication to health and fitness that has brought Gaines to his most recent position as a professor in the department of Health, Nutrition, Fitness and Exercise at Virginia Tech University, completing his first semester back with the Hokie Nation, this December 2023.

Also in 2023, Gaines competed in the AAU, where he has had a long-standing and solid competitive relationship. As a focused athlete on healthy training without the use of enhancing steroids, he competed in and won the Lifetime Drug Free World Championship and Lifetime Drug Free Mr. Universe, as well as winning his over-50 age group competition.

Gaines has also competed in the Mr. Universe Fashion and Sports Model competitions, receiving both World Championships and Universe Competitions.

It hasn't been an easy road though, requiring daily dedication to healthy eating, consistent training regimens, and proper rest.

"I've been as heavy as 270, I'm probably about 160 today," Gaines said. "When I moved back in 2018 to Virginia...it was during a time in my life where my dad had passed, I just wasn't in a place where I wanted to be. I started eating bad, I stopped training for a year, and I got up to 270 pounds, and I was like, I need to get back to Virginia."

Gaines had to work for a year to get his weight back down, but after a scare with his health, he knew it was important to be at a healthy size. He maintains his current weight by doing cardio, running, and strength training. He also has removed meat from his diet, sticking to a vegetarian regimen. Most importantly, he has stayed away from steroid use as a bodybuilder.

"I love the drug-free lifestyle," Gaines said. "Bodybuilding has kind of had a black eye since it's been around, because people look at those people and think, they got pumped like that on 'roids. I've taken

the natural approach."

Gaines is a strong proponent of keeping an eye on your health, having his own struggles with rheumatoid arthritis, and maintaining a healthy sugar level to prevent diabetes. As you get older, he expresses that it is even more important to maintain lean muscle and flexibility through strength training, yoga, and other physical activities.

"We're never too old, and I've seen like on a long run, I can be stressed to the max you know, not that Virginia Tech is stressing me out there, but along with any job stress you know deadlines and pressure I can go for a long run and by the end of that run I've worked it out," Gaines said.

When asked what he would say to those in the over 50 age group, or really anyone that wants to improve their physical and mental health, and is discouraged about finding time to exercise, he said to make a date with yourself every day.

"Some might say they don't have time to. Get up before everybody else, get up at 4-5 a.m., or 5-6 a.m.," Gaines said. "I would say now, more than ever...you've got to take health more seriously because it doesn't get any easier. From here, it's just going to get harder in your 60s and 70s."

Gaines went on to say low vitamin D, low testosterone, and becoming diabetic are three common things for people as you age. In addition to these things that happen to older adults, Gaines has asthma and rheumatoid arthritis. Exercising has kept him at a healthy weight, and increased bone density, which has prevented him from being in a wheelchair.

"Strength training three to four times a week naturally increases your testosterone. Fitness is the fountain of youth," Gaines said.

Gaines ran in the Richmond marathon on Nov. 11, finishing with a time of three hours and 41 minutes. He missed the Boston marathon qualification by six minutes but will try again Dec. 2 in Chesapeake, Va. He says his faith and belief in God is central to his successes in life and continues to give honor to the Lord in all he does.

Upcoming Events

from page 2

Wolfe, 200 George St., Radford.

Blacksburg stormwater utility credit application deadline

Deadline for Stormwater Utility Credit Applications is Jan. 1, 2024. If you are located within the Town of Blacksburg and have a stormwater management facility on your site, you may qualify for a credit on your monthly stormwater utility fee. Go to www.blacksburg.gov/stormwaterfund and review the Stormwater Utility Credit Manual to know more. Stormwater management facilities are typically ponds (either dry ponds/dry detention basins or wet retention basins). Other types include underground storage structures (usually located under parking lots in commercial areas), vegetated areas like bio-

retentions, and mechanical filters that remove oil and sediment from stormwater runoff. Questions, contact stormwater@blacksburg.gov or call 540-443-1354.

Blacksburg Comprehensive Plan Amendment application process

In 2021, Town Council adopted the updated Comprehensive Plan. As part of the mid-way evaluation between five-year updates, the town accepts privately initiated applications for amendments to the plan. Amendments include changes to Future Land Use Map designations or the text of the Plan. Applications due on Jan. 15, 2024. A pre-application meeting is required prior to submittal. Contact Maeve Gould, Comprehensive Planner, at (540) 443-1300 or CompPlan@blacksburg.gov, with questions, or to

schedule a pre-application meeting.

Eligibility applications for Christmas Store 2023

Online applications are being accepted and reviewed now through Dec. 6, 2023 to shop at the Montgomery County Christmas Store in December. Go to the Christmas Store website at www.mcchristmasstore.org and click on Apply to Shop. First, you will see the documents you need to have ready to upload before beginning the application process. Then scroll down some more to see the criteria you must meet to see if you are eligible to apply to shop at the store in December. If you qualify to shop at the store Dec. 5-9, you will receive the link to select your shopping appointment.

OPINION

Remembering some of the greatest characters who have stalked the football sidelines

Evans "Buddy" King

Columnist

You can't listen to sports news or read a word about college football these days without hearing something about a coach, usually not good. This season started with a hazing scandal at Northwestern which resulted in an almost revered coach, one who was a "feel good" story leading his alma mater, losing his job, and then quickly progressed to the head coach at another Big 10 school being fired for allegedly sexually harassing the sexual harassment trainer he had hired to work with his team. Really?

Of course, the coup de grace of scandals came at Michigan, a school that prides itself on being "almost an Ivy" for its academic achievements and high character. This reputation has been sullied by the sign stealing scandal that has reached Watergate-like proportions, sadly overshadowing great seasons by what seem to be tremendous kids like running back Blake Corum and quarterback J.J. McCarthy.

The Michigan situation at least has added some comic relief when you consider that Coach Jimmy has attempted to turn his suspension for what appears to be a blatant cheating scheme into an attack on the American

way of life, just like Tim Matheson turned the suspension of his college fraternity into an indictment of the American educational system in Animal House. Watch the scene on You Tube if you don't know it. I must admit I borrowed this analogy from my friend Rick Neuheisel, another famous former coach turned broadcaster.

All these events led me to think about college football coaches and some of the great characters who have stalked the sidelines on autumn Saturday afternoons during my lifetime.

First, I have to put in a plug about my neck of the woods in North Central West Virginia. Miami of Ohio, a little to our west, has long been known as the "Cradle of Coaches", boasting of former coaches Earl Blaik, Paul Brown, Woody Hayes, and Ara Parseghian to name just a few of a long list. But my little corner of the world has put out some legends of its own, most recently Nick Saban and Jimbo Fisher (a softball teammate of mine when he was in college and I was a young lawyer in town and the coach who recently impacted Wall Street with his buyout), and Rich Rodriguez, who has had his ups and downs but is still one of the more innovative coaches around.

Within the same 25-mile radius is Shinnston, the hometown of legendary

USC Coach John McKay, who perhaps became most famous while, when coaching the 0-16 Tampa Bay Bucs and being asked about his team's execution, said he was in favor of it.

My favorite Saban story is one Nick tells on himself. Just a few years ago, when Nick and his wife "Miss Terry" returned to their hometown of Monongah, they spotted the guy Miss Terry had dated in high school before Nick. He was working in a gas station and Nick kiddingly said, "Look where you would have ended up if you had married him". Miss Terry quickly said, "No, if he had married me, he would have ended up as the head coach at Alabama". Touché.

Add to this list of northern West Virginia college football coaches the names of Lou Holtz and legendary Syracuse coach Ben Schwartzwalder who were from the northern panhandle area, and you can see the reason for bragging rights. You could also include Tommy Bowden and brother Terry who were either born or raised in Morgantown while their dad Bobby was coaching the Mountaineers. This was before the wise folks there said, "we can do better, let's hang him in effigy and run him out of town". Like to rethink that one?

Any article on great college football coaches by someone my age and with the

roots I have in the Commonwealth has to include shout outs to Jerry Claiborne, who coached the decade of the 1960's at Tech and set the path for the current Iowa team which wins with great defense and special teams and an offense that couldn't score a TD if the opposition had left the field, and Frank Beamer, who did the near impossible by taking Tech consistently to the Top 20, and George Welsh, who did the impossible at Virginia by having umpteen winning seasons in a row.

When thinking of college football coaches, I have to go back to my high school football days and my idols - the aforesaid John "there are 600,000,000 people in China who don't give a damn about who wins this game" McKay at Southern Cal and Darrel "dance with the who brung you" Royal at Texas and Woody "a clash of thunder and a cloud of dust and 3 yards" Hayes at Ohio State and Paul (Bear) "call your mamas tomorrow boys, I wish I could call mine" Bryant at Alabama.

In junior high, somewhat jokingly and somewhat wishfully, I asked my dad what would I do if I got recruited by all four of those coaches. He said, "Son, let's cross that bridge when we get to it." Thankfully, I wasn't forced to let any of them down.

Financial Focus: Do your investments match your goals?

As you go through life, you'll have various financial goals — and to achieve them, you'll need to invest. But just recognizing the need to invest is not as useful as matching specific types of accounts or investments with specific goals. How can you make these connections?

Let's look at some common goals and how they could possibly be met with appropriate accounts and investments:

Saving for a down payment on a house — When you're saving for a down payment, you want a certain amount of money available at a certain time — so, for this goal, you won't want to take too much risk. Consequently, you might consider investing in certificates of deposit (CDs), which will pay you regular interest payments and return your principal when the CDs mature. CDs are issued in a range of maturities, from one month to 10 years. Other vehicles you might consider are money market accounts or other cash equivalents.

Saving for a child's education — If you have children, and you'd like to help them pay for some form of higher education, you may want to consider a 529 education savings plan. Any earnings growth in a 529 plan is federally tax free, provided the withdrawals are used for qualified education expenses, and you may also receive state tax benefits. A 529 plan can be used for college, approved trade school programs, student loan repayments and some K-12 costs. And if the child you've named as a beneficiary chooses not to continue their education, and doesn't need the money in a 529 plan, you can generally switch beneficiaries to another immediate family member.

Saving for retirement — This is the one goal that will remain consistent throughout your working years — after all, you could spend two or even three decades in retirement, so you'll need to accumulate as many financial resources as you can to pay for

those years. Fortunately, you likely have access to several good retirement-savings vehicles. If you work for a business, you might have a 401(k) plan, which offers you the chance to put away money on a tax-deferred basis. (If you have a Roth option in your 401(k), your withdrawals can be tax free, although, unlike a traditional 401(k), your contributions won't lower your taxable income.) If you work for a public school or a nonprofit organization, you may be able to participate in a 403(b) plan, which is quite similar to a 401(k), and the same is true if you work for a state or local government, where you might have a 457(b) plan. And even if you invest in any of these plans, you can probably also contribute to an IRA, which gives you another chance to invest on a tax-deferred basis (or tax-free basis, if you're eligible for a Roth IRA). Try to take full advantage of whatever retirement plans are available to you.

Here's one final point to keep in mind: While some investments and accounts are appropriate for certain goals, they may not necessarily be suitable for your individual situation — so keep all your options in mind and take the steps that are right for you.

This article was written by Edward Jones and submitted by Edward Jones Financial Advisor Meghan Kuczmariski, 540-944-1511. Edward Jones, Member SIPC.

News Messenger

Established 1869

(540) 389-9355

P.O. Box 1125 • Salem, VA 24153

USPS 016-490 Online: www.ourvalley.org

Michael Showell, *Publisher*

Heather Bell, *Editor*

communitynews@ourvalley.org

Aila Boyd, *Executive Editor*

aboyd@ourvalley.org

Wendi Craig, *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 \$46 a year in Montgomery County, \$55 elsewhere in Virginia, and \$59 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.

Gas prices fall slightly in the last week

Average gasoline prices in Virginia have fallen 1.1 cents per gallon in the last week, averaging \$3.11/g today, according to GasBuddy's survey of 4,081 stations in Virginia. Prices in Virginia are 17.9 cents per gallon lower than a month ago and stand 23.5 cents per gallon lower than a year ago. The national average price of diesel has fallen 5.2 cents in the last week and stands at \$4.23 per gallon.

According to GasBuddy price

reports, the cheapest station in Virginia was priced at \$2.59/g yesterday while the most expensive was \$4.59/g, a difference of \$2.00/g. The lowest price in the state yesterday was \$2.59/g while the highest was \$4.59/g, a difference of \$2.00/g.

The national average price of gasoline has fallen 5.8 cents per gallon in the last week, averaging \$3.21/g today. The national average is down 26.0 cents per gallon from a month ago and stands 30.3 cents per gallon

lower 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.

Historical gasoline prices in Virginia and the national average going back ten years:

November 27, 2022: \$3.34/g (U.S. Average: \$3.52/g)

See Gas, page 8

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				61				62		
		63				64				65		

- CLUES ACROSS**
- Single Lens Reflex
 - People of southern Benin
 - One who is learned (abbr.)
 - Neckwear
 - Solid water
 - A way to work the soil
 - Inspiring
 - Pick up
 - It wakes you up
 - Parcel
 - Popular dog breed
 - Lets out a sigh
 - Embedded into the surface
 - Hard liquors
 - One from Scotland
 - Satisfy
 - Used to introduce a contrasting statement
 - Antidepressant drug type (abbr.)

- Similar
- Winged horse
- Soft drink maker
- One who doesn't live up to expectations
- Nursemaid
- Inheritor
- Hot, often dusty wind
- Serves as an introduction
- Earned top billing
- Mansion
- A partner to a carrot
- War-horse
- Midway between northeast and east
- It checks the heartbeat
- Aquatic salamander
- CNN's founder
- Being precisely suitable and right
- Strongly alkaline solution

- CLUES DOWN**
- Pinochle trick
 - A system of connections
 - Emblems of royalty
 - Work with a soft hand
 - Plant cultivated in Peru
 - A timid man
 - Lacking intellectual depth
 - A way to order
 - Intoxicating
 - Mimic
 - Surfers use it
 - Small Eurasian deer
 - Popular Miller beer
 - Finds out about
 - Unusual
 - Small European viper
 - Indicates before
 - Birth swine
 - Useful keyboard key
 - Letter of the Greek

- alphabet
- Edible mollusk
- Stitched up
- Utilized
- in tradition
- A way to get through
- Let off
- Fashionable source of shade
- In due time
- Printing speed
- A major division of geological time
- Nocturnal, cat-like mammal
- de la
- After B
- Unusual
- Former money of the EU

YOUR LOCAL NEWS

JUST THE WAY YOU LIKE IT!

News Messenger

Serving Montgomery County Since 1869

DIGITAL ONLY

One Year Digital Subscription
\$29.00

DIGITAL & PRINT

Yearly Print & Digital Subscription
\$72.00

PRINT ONLY

Yearly Print Only Subscription
\$46.00 Radford \$55.00 Virginia \$59.00 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.

Marketplace

The Fincastle Herald | The Vinton Messenger | The New Castle Record | Salem Times Register | News Messenger | Radford News Journal

Auctions



Horse Farm Downsizing Online Only Auction

163 Dale Road, Troutville, Virginia Tractors, Trailers, Wood Chipper and More! Bidding Begins to close Thursday, December 7th at 7:30 pm

Preview will be Thursday December 7th from 3:30-5:30 PM

Pick-up will be Friday, December 8th from 3:30-5:30 PM

Visit www.CircleCAuction.com Contact Cody Manspile, Auctioneer (VAAL 2907004430) @ (540) 784-9254 with any questions.

VA AF# 2908001046

Help Wanted - Clerical

TOWN OF TROUTVILLE IS SEEKING FULL TIME TOWN CLERK

The Town of Troutville is looking for an experienced business professional to support the Town with an array of clerical functions. The ideal candidate will have a degree in business or 5 years of accounts payable/receivable experience. Candidate must have excellent communication, organizational and interpersonal skills and be able to work with Microsoft Office Tools as well as financial software applications. Duties include the answering of phones, general secretarial duties, water billing, collections, bank deposits, and other duties as assigned or needed. Candidate must have the ability to work in a self-directed environment. Selected applicants will be called for an interview. Hourly rate is negotiable. Retirement and health benefits are available. All resumes must be received by December 5, 2023, 3:00 PM. Send resume to: Town of Troutville, Resume, P.O. Box 276, Troutville VA 24175 or laura.bumgarner@gmail.com

Help Wanted - Drivers

Part Time Newspaper Driver

Salem Times Register has openings for afternoon/evening drivingshift for newspaper delivery. No experience necessary. Hours may vary. Will train. \$12 per hour. Contact Christine, Salem-Times Register (540)389-9355

Help Wanted - General

Help Wanted Carpenter

\$16 to \$20 plus hour, based on experience. Vacation after one year. For Details calls 540-598-7100 or 304-667-7531

Part Time Newspaper Production Help

The Salem Times Register has openings for afternoon/evening shift work inserting, labeling and bundling newspapers for delivery. No experience necessary. Hours may vary. Will train. \$12 per hour. Contact Christine, Circulation Manager, Salem-Times Register (540)389-9355 or email customerservice@ourvalley.org

Help Wanted - General

MECHANICS URGENTLY NEEDED:

Experienced Heavy Equip. Mechanic to work on mainly Komatsu, CAT Loaders, Dozers, and Excavators and Haul Trucks. Experienced Forklift Mechanic to work on Toyota forklifts, Bobcat Loaders and more. Can help train. Serious inquiries only! Competitive Pay and Benefits.

Dogs for Sale

Yorkie Poo Puppies 8 weeks old Ready for Forever Homes \$900 each Tiny & Solid Black 3 female, 1 male Serious inquiries only Call or Text 540-620-9242

Legals - Botetourt County

TRUSTEE'S SALE OF 366 Bridge Street N, Buchanan, VA 24066

In execution of a Deed of Trust in the original principal amount of \$53,680.00 dated December 1, 2015 recorded among the land records of the Circuit Court for Botetourt County on December 14, 2015 as Instrument Number: 1504503, the undersigned appointed Substitute Trustee will offer for sale at public auction, at the Main entrance of the courthouse for the Circuit Court of Botetourt County, 1 W Main St, Fincastle, VA 24090 on January 2, 2024 at 10:00 AM the property described in said deed of trust, located at the above address and briefly described as: ALL OF THAT CERTAIN LOT OR PARCEL OF LAND LYING AND BEING IN THE COUNTY OF BOTETOURT, VIRGINIA, AND BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: LOT 3, ACCORDING TO THE PLAT OF SURVEY OF HEARTHLAND SUBDIVISION, PREPARED BY CHARLES R. MCMURRY, C.L.S., DAIED JULY 3, 1991, OF RECORD IN THE CIRCUIT COURT CLERK'S OFFICE OF THE COUNTY OF BOTETOURT, VIRGINIA, IN PLAT BOOK 14, AT PAGE 73. Tax ID: 22559. TERMS OF SALE: A bidder's deposit of \$5,000.00 or 10% of the sale price, whichever is lower, will be required in the form of a certified or cashier's check. Cash will not be accepted as a deposit. Settlement within fifteen (15) days of sale, otherwise Trustee may forfeit deposit. Additional terms to be announced at sale. This is a communication from a debt collector. This notice is an attempt to collect on a debt and any information obtained will be used for that purpose. (Trustee # 23-008417) Substitute Trustee: ALG Trustee, LLC C/O Orleans PC PO Box 2548, Leesburg, VA 20177 (703) 777-7101 website: www.Orleans.com The Vendor auction.com will be used in conjunction with this Sale. Potential Bidders: For sale information, please visit www.Auction.com or call (800) 280-2832.

Legals - City of Salem

ABC NOTICE

SAPPHIRE HOSPITALITY LLC., trading as FAIRFIELD INN AND SUITES, 121 SHERATON DRIVE, ROANOKE COUNTY, SALEM, VA. 24153-0121. The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Beer and Wine license to sell or manufacture alcoholic beverages.

Vishnu Patel, Sole Member

NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

PUBLIC HEARING

The City of Salem School Board will hold a public hearing for comment on the FY 2024-25 budget on Tuesday, December 12th The hearing will begin at 7:00 PM at the School Administrative Office, 510 South College Avenue, Salem. Any citizen of Salem who wishes to address the Board should contact Susan E. Young, Clerk of the Board, at 540-389-0130 by Friday, December 8, in order to be placed on the agenda. Individuals who plan to address the Board are requested to bring a copy of their remarks for the record. In accordance with Board Policy KD, Public Participation in Board Meetings, individuals who plan to address the Board are requested to: provide their name and address, address their remarks to the Board, be brief, provide a copy of their remarks for the record, and be prepared to answer questions from the Board, in unusual cases or cases of emergency, the Board, by consensus, may allow an individual or organization to speak if not on the agenda.

Legals - City of Salem

ABC NOTICE

Maa Vedai 6 LLC, trading as JENNIFER GROCERY, 1312 Patterson Ave SW, Roanoke, Roanoke City, VA. 24016. The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Retail Specialty Establishment Application-Convenience Grocery Store, Wine, Beer, Consumed Off Premises license to sell or manufacture alcoholic beverages.

Haresh Chaudhari, Only Member.

Legals - Botetourt County

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316, 20-104 Case No. CA23000019-00 MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonwealth of Virginia, in re: The Adoption of a Minor Child Under Eighteen Years of Age, to be known as SERITA DANIELLE TICKLE By: MILDRED ANNE TICKLE, FRED LEE TICKLE, JR. The object of this suit is to obtain an adoption of the minor child, Serita Danielle McLemore, by your petitioners, Mildred Anne Tickle and Fred Lee Tickle, Jr., husband and wife. An affidavit having been made and filed, pursuant to Virginia Code §8.01-316 (1950), as amended, showing that the biological father, Kenneth McLemore (aka Kenneth Lee Sturdivant), despite the exercise of due diligence on behalf of Petitioners, could not be personally served with legal process for this action and his last known address is unknown, though he is known to be residing in and around the Montgomery County, Virginia area. It is further ORDERED that this Order shall be published once a week for (4) successive weeks in a newspaper of general circulation, serving the Montgomery County, Virginia, the locality of father's last known whereabouts, and contemporaneously posted in a conspicuous location at the Montgomery County Courthouse. Enter this 1 day of November, 2023. Robert M.D. Turk, Judge I ask for this: R. Cord Hall, Esquire, VSB 77637 R. Cord Hall Attorney-At-Law, P.C. 106 S. Franklin Street, Suite B-2 Christiansburg, VA 24073 (540)318-0707 (540)381-0505 fax Counsel for Petitioners

Legals - Botetourt County

Branch Civil, Inc. (VA License # 2701-029434A) is currently soliciting quotes for the following project located in Franklin County, VA:

Summit View Connector Road IFB: 092301 (UPC No. 111362) VDOT Project No.: 0697-033-827, P101, C501 U.S. EDA Award No. 01-79-15051 We are soliciting quotes for the following selected items of work: Clearing and Grubbing, E&S Measures, Hauling and Disposal, Drainage Piping/Structures, Water and Sanitary Sewer Relocations, Sidewalks, Curbs and Gutters, Underdrains, Asphalt Pavement, Pavement Marking, Landscaping, Plantings, Topsoil and Seeding, Roadway Signs, Electrical and Traffic Signalization. All quotes must be received by: December 11, 2023 @ 4:30 p.m. EST We encourage Minority, Women and Disadvantaged Businesses to participate. Contact our Estimating Department at 703-486-6575 for further information. Quotes may be submitted by email to BClestimating@branchcivil.com or US Mail to P.O. Box 40004, Roanoke, VA 24022. EQUAL OPPORTUNITY EMPLOYER M/F/H/V

Legals - Botetourt County

VIRGINIA: IN THE CIRCUIT COURT OF BOTETOURT COUNTY IN RE: ESTATE OF CHARLES MATTHEW BARTON, DECEASED

NOTICE Having been requested to do so by Lenden Eakin, attorney for James McClure, administrator of the estate of Charles Matthew Barton, Deceased, and in accordance with Section 64.2-550 of the 1950 Code of Virginia, as amended, all creditors of Charles Matthew Barton, and all persons in any way interested in his estate, are hereby notified that I have fixed the 4th day of January, 2024 at 10 o'clock a.m., at my office at 13 South Roanoke Street, Fincastle, Virginia as the time and place for determining an account of the debts and demands against said Charles Matthew Barton or his estate, the priorities among them, and the names of the persons to whom they are due. All creditors of Charles Matthew Barton, deceased, and persons interested in his estate should appear at the time and place named, or any other time or place to which the proceedings may be adjourned, and protect their interest. Given under my hand his the 27th day of November, 2023. Malcolm McL. Doubles Commissioner of Accounts

Legals - City of Salem

ABC NOTICE

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 PLANNING COMMISSION OF THE CITY OF SALEM, VIRGINIA BY: H. Robert Light Deputy Executive Secretary

Legals - Montgomery County

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316, 20-104 Case No. CA23000019-00 MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonwealth of Virginia, in re: The Adoption of a Minor Child Under Eighteen Years of Age, to be known as SERITA DANIELLE TICKLE By: MILDRED ANNE TICKLE, FRED LEE TICKLE, JR. The object of this suit is to obtain an adoption of the minor child, Serita Danielle McLemore, by your petitioners, Mildred Anne Tickle and Fred Lee Tickle, Jr., husband and wife. An affidavit having been made and filed, pursuant to Virginia Code §8.01-316 (1950), as amended, showing that the biological father, Kenneth McLemore (aka Kenneth Lee Sturdivant), despite the exercise of due diligence on behalf of Petitioners, could not be personally served with legal process for this action and his last known address is unknown, though he is known to be residing in and around the Montgomery County, Virginia area. It is further ORDERED that this Order shall be published once a week for (4) successive weeks in a newspaper of general circulation, serving the Montgomery County, Virginia, the locality of father's last known whereabouts, and contemporaneously posted in a conspicuous location at the Montgomery County Courthouse. Enter this 1 day of November, 2023. Robert M.D. Turk, Judge I ask for this: R. Cord Hall, Esquire, VSB 77637 R. Cord Hall Attorney-At-Law, P.C. 106 S. Franklin Street, Suite B-2 Christiansburg, VA 24073 (540)318-0707 (540)381-0505 fax Counsel for Petitioners

Legals - Botetourt County

VIRGINIA: IN THE CIRCUIT COURT OF BOTETOURT COUNTY IN RE: ESTATE OF CHARLES MATTHEW BARTON, DECEASED

NOTICE Having been requested to do so by Lenden Eakin, attorney for James McClure, administrator of the estate of Charles Matthew Barton, Deceased, and in accordance with Section 64.2-550 of the 1950 Code of Virginia, as amended, all creditors of Charles Matthew Barton, and all persons in any way interested in his estate, are hereby notified that I have fixed the 4th day of January, 2024 at 10 o'clock a.m., at my office at 13 South Roanoke Street, Fincastle, Virginia as the time and place for determining an account of the debts and demands against said Charles Matthew Barton or his estate, the priorities among them, and the names of the persons to whom they are due. All creditors of Charles Matthew Barton, deceased, and persons interested in his estate should appear at the time and place named, or any other time or place to which the proceedings may be adjourned, and protect their interest. Given under my hand his the 27th day of November, 2023. Malcolm McL. Doubles Commissioner of Accounts

Legals - Town of Vinton

ABC NOTICE

Maa Vedai 6 LLC, trading as JENNIFER GROCERY, 1312 Patterson Ave SW, Roanoke, Roanoke City, VA. 24016. The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Retail Specialty Establishment Application-Convenience Grocery Store, Wine, Beer, Consumed Off Premises license to sell or manufacture alcoholic beverages.

Haresh Chaudhari, Only Member.

Legals - Botetourt County

Order of Publication

Commonwealth of Virginia VA Code§§ 1-211.1; 8.01-316, 20-104 Case No. CA23000019-00 MONTGOMERY COUNTY Circuit Court, 55 EAST MAIN STREET, SUITE 1, CHRISTIANSBURG, VA 24073 Commonwealth of Virginia, in re: The Adoption of a Minor Child Under Eighteen Years of Age, to be known as SERITA DANIELLE TICKLE By: MILDRED ANNE TICKLE, FRED LEE TICKLE, JR. The object of this suit is to obtain an adoption of the minor child, Serita Danielle McLemore, by your petitioners, Mildred Anne Tickle and Fred Lee Tickle, Jr., husband and wife. An affidavit having been made and filed, pursuant to Virginia Code §8.01-316 (1950), as amended, showing that the biological father, Kenneth McLemore (aka Kenneth Lee Sturdivant), despite the exercise of due diligence on behalf of Petitioners, could not be personally served with legal process for this action and his last known address is unknown, though he is known to be residing in and around the Montgomery County, Virginia area. It is further ORDERED that this Order shall be published once a week for (4) successive weeks in a newspaper of general circulation, serving the Montgomery County, Virginia, the locality of father's last known whereabouts, and contemporaneously posted in a conspicuous location at the Montgomery County Courthouse. Enter this 1 day of November, 2023. Robert M.D. Turk, Judge I ask for this: R. Cord Hall, Esquire, VSB 77637 R. Cord Hall Attorney-At-Law, P.C. 106 S. Franklin Street, Suite B-2 Christiansburg, VA 24073 (540)318-0707 (540)381-0505 fax Counsel for Petitioners

Legals - Botetourt County

VIRGINIA: IN THE CIRCUIT COURT OF BOTETOURT COUNTY IN RE: ESTATE OF CHARLES MATTHEW BARTON, DECEASED

NOTICE Having been requested to do so by Lenden Eakin, attorney for James McClure, administrator of the estate of Charles Matthew Barton, Deceased, and in accordance with Section 64.2-550 of the 1950 Code of Virginia, as amended, all creditors of Charles Matthew Barton, and all persons in any way interested in his estate, are hereby notified that I have fixed the 4th day of January, 2024 at 10 o'clock a.m., at my office at 13 South Roanoke Street, Fincastle, Virginia as the time and place for determining an account of the debts and demands against said Charles Matthew Barton or his estate, the priorities among them, and the names of the persons to whom they are due. All creditors of Charles Matthew Barton, deceased, and persons interested in his estate should appear at the time and place named, or any other time or place to which the proceedings may be adjourned, and protect their interest. Given under my hand his the 27th day of November, 2023. Malcolm McL. Doubles Commissioner of Accounts

STATEWIDE ADS

The Bath or Shower You've Always Wanted IN AS LITTLE AS A DAY



\$1000 OFF AND No Payments & No Interest For 18 Months* OFFER EXPIRES 12.31.2023

BCI BATH & SHOWER CALL NOW (844) 945-1631



ERIC Metal Roofs FREE ESTIMATE 1.844.902.4611 Expires 12/31/2023

Limited Time Offer! SAVE! UP TO 50% OFF ON YOUR INSTALLATION TAKE AN ADDITIONAL 10% OFF Additional savings for military, health workers and first responders

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Eric Construction Mechanics, Inc. ("Eric"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone. SMS text message, email, pre-recorded messages by Eric or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on homesteaders.compliance.com. All rights reserved. License numbers available at enemetalroofs.com/ericlicense/. VA License Number: 2702029944.

LEGAL NOTICE

Roanoke County Board of Supervisors Seeking Applicants to Fill Vinton District Vacancy

The Board of Supervisors of Roanoke County is searching for candidates to fill the vacancy in the Vinton Magisterial District as the result of P. Jason Peters' election to the Roanoke County Commissioner of the Revenue. The person appointed shall be a qualified voter of the Vinton Magisterial District and hold office until a special election in November of 2024. The person elected at the special election will serve the remainder of Mr. Peters' term, which expires December 31, 2025. If any qualified voter in the Vinton Magisterial District would like to be considered for the vacancy, please mail or email a 300-word essay on why you want to be the Supervisor for the Vinton Magisterial District and why you feel you are qualified to serve to the Chief Deputy Clerk at the following address or email by January 1, 2024. Deborah C. Jacks Chief Deputy Clerk to the Roanoke County Board of Supervisors 5204 Bernard Drive Roanoke, Virginia 24018 Telephone: 540-772-2003 Email: djacks@roanokecountyva.gov or Dated: November 26, 2023 Deborah C. Jacks Chief Deputy Clerk to the Board

Legals - Botetourt County

Branch Civil, Inc. (VA License # 2701-029434A) is currently soliciting quotes for the following project located in Franklin County, VA:

Summit View Connector Road IFB: 092301 (UPC No. 111362) VDOT Project No.: 0697-033-827, P101, C501 U.S. EDA Award No. 01-79-15051 We are soliciting quotes for the following selected items of work: Clearing and Grubbing, E&S Measures, Hauling and Disposal, Drainage Piping/Structures, Water and Sanitary Sewer Relocations, Sidewalks, Curbs and Gutters, Underdrains, Asphalt Pavement, Pavement Marking, Landscaping, Plantings, Topsoil and Seeding, Roadway Signs, Electrical and Traffic Signalization. All quotes must be received by: December 11, 2023 @ 4:30 p.m. EST We encourage Minority, Women and Disadvantaged Businesses to participate. Contact our Estimating Department at 703-486-6575 for further information. Quotes may be submitted by email to BClestimating@branchcivil.com or US Mail to P.O. Box 40004, Roanoke, VA 24022. EQUAL OPPORTUNITY EMPLOYER M/F/H/V



It's not just a generator. It's a power move.

Receive a free 7-year warranty with qualifying purchase* - valued at \$735. Call 844-947-1479 to schedule your free quote!



LeafFilter CLOG-FREE GUTTERS FOREVER



EXCLUSIVE LIMITED TIME OFFER! 15% OFF YOUR ENTIRE PURCHASE + 10% OFF SENIORS & MILITARY + 0% APR FOR 24 MONTHS** Promo Code: 285 FREE GUTTER ALIGNMENT + FREE GUTTER CLEANING*

CALL US TODAY FOR A FREE ESTIMATE 1-877-614-6667

Mon-Thurs: 8am-11pm, Fri-Sat: 8am-5pm, Sun: 2pm-8pm EST A COMPANY OF LEAFHOME

Legals - Botetourt County

VIRGINIA: IN THE CIRCUIT COURT OF BOTETOURT COUNTY IN RE: ESTATE OF CHARLES MATTHEW BARTON, DECEASED

NOTICE Having been requested to do so by Lenden Eakin, attorney for James McClure, administrator of the estate of Charles Matthew Barton, Deceased, and in accordance with Section 64.2-550 of the 1950 Code of Virginia, as amended, all creditors of Charles Matthew Barton, and all persons in any way interested in his estate, are hereby notified that I have fixed the 4th day of January, 2024 at 10 o'clock a.m., at my office at 13 South Roanoke Street, Fincastle, Virginia as the time and place for determining an account of the debts and demands against said Charles Matthew Barton or his estate, the priorities among them, and the names of the persons to whom they are due. All creditors of Charles Matthew Barton, deceased, and persons interested in his estate should appear at the time and place named, or any other time or place to which the proceedings may be adjourned, and protect their interest. Given under my hand his the 27th day of November, 2023. Malcolm McL. Doubles Commissioner of Accounts

*** MULTI-PARCEL LAND *** AUCTION

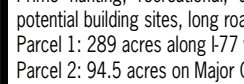
Fri, Dec. 15 at 12:30PM at Wytheville Meeting Center, 333 Community Blvd, Wytheville, VA



289 Ac | 95 Ac | 24 Ac

3 Tracts on Major Grahams Rd, Max Meadows, VA Prime hunting, recreational, and timber tracts w/ excellent potential building sites, long road frontage, privacy, and views. Parcel 1: 289 acres along I-77 with access from multiple roads Parcel 2: 94.5 acres on Major Grahams Rd & Beetle Spinner Ln Parcel 3: 23.1 acres on Major Grahams Rd & Carters Ferry Rd For details, call Mike at 434-847-7741 or visit trfauctions.com

TERMS: 10% deposit. 5% buyer's premium. 30 day close. Full terms online. Details, photos, & terms online 434.847.7741 | TRFAuctions.com



THE CLASSIFIEDS- Where the Deals Are!

To place your ad, call 389-9355

HAVE SOMETHING TO SELL? To place your ad, call 389-9355

BUSINESS SERVICES DIRECTORY



DR FAME
ALLERGY
ASTHMA

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



FOX 910
Roanoke
and 104.3 FM
ATLANTA BRAVES

CBS SPORTS RADIO

ROANOKE'S #2 NEWS TALK AND SPORTS RADIO STATION
(Nielsen Fall 2022 book)
www.foxradioroanoke.com
(540) 343-7109



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
Moore 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




CENTURY 21
Wampler Realty
64 Wendover Road
Daleville, Va 24083
Cell: 540-312-7792
Office: 540-992-2500
sfleshmansells@hotmail.com

SHERRYE FLESHMAN REALTOR®
Each office is independently owned and operated

WE BUY COIN COLLECTIONS
Top money paid
FREE estimates



EADES & LOWER INSURANCE
5007 Carriage Dr., Suite 100
P.O. Box 21483
Roanoke, VA 24018

SHERRI STINETTE HOLT
INSURANCE AGENT

Cell (540)819-9179 • Office (540)981-1124
Fax (540) 981-1266
sherri@eadesandlower.com
www.eadesandlower.com

AUTO | HOME BUSINESS | LIFE




Residential and Commercial Construction

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

www.southerntracellc.com

Contact us at
540-988-2420

Windy Ridge Tree & Mulching Service

Contact us today for a free quote!
540-473-5176
fincastletreedr@gmail.com
windyridgetreedr.com



Colonial Title and Settlement

Serving the Greater Botetourt & Roanoke Valley communities with all your real estate needs for residential, commercial, construction with MLA services, Assist with 1031 Real Estate Exchanges, Purchases, Refinances and More!!!!

Call Loretta, Debbie or Kristi for your next move!

540-966-1260
1215 Roanoke Road, Daleville

SENIOR FOR SENIORS
PAINTING & RESIDENTIAL MAINTENANCE

Cell: **540-293-4271**

HARDWOOD FLOORS

- Cleaning
- Waxing
- Beautification

Save **10% NOW!**

540-776-9591
Cell: 540-353-7908

ADVERTISE With us

Place your ad here,
call 276-340-2445

Want to keep up with local news, sports and events?
SUBSCRIBE TODAY • Call (540) 389-9355



STATEWIDE ADS

AUCTIONS

Commercial Foreclosure Auction; 341 E. Market St. Leesburg, VA 20176. 2,719 sq ft Income Producing, Long Term Tenant. Live Auction Dec 15th 11:00 AM at Loudoun Co Courthouse. DudleyResources.com for info.

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, landonc@vpa.net

HOME IMPROVE-

STATEWIDE ADS

MENT

Now Offering Financing! Ronnie Jenkins II Windows, Siding, Roofing and Gutters! FREE Estimates! Call 804-739-8207 for More Details! American Made Products!

Prepare for power outages today with a GENERAC home standby generator. \$0 Money Down + Low Monthly Payment Options. Request a FREE Quote. Call now before the next power outage: 1-844-947-1479

Replace your roof with the best looking and longest lasting material steel from Erie Metal Roofs! Three styles and multiple colors

STATEWIDE ADS

available. Guaranteed to last a lifetime! Limited Time Offer - up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-844-902-4611

Eliminate gutter cleaning forever! LeafFilter, the most advanced debris-blocking gutter protection. Schedule a FREE LeafFilter estimate today. 20% off Entire Purchase. Plus 10% Senior & Military Discounts. Call 1-877-614-6667

The bathroom of your dreams in as little as 1 day. Limited Time Offer - \$1000 off or No Payments and No Interest for 18 months for

STATEWIDE ADS

customers who qualify. BCI Bath & Shower. Many options available. Quality materials & professional installation. Senior & Military Discounts Available. Call Today! 1-844-945-1631

Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-877-591-9950

LIVESTOCK SALE

BCIA CULPEPER SENIOR BULL SALE, Saturday, December

STATEWIDE ADS

9, Noon, Culpeper Agricultural Enterprise, Culpeper, VA. Selling 80 Angus, Charolais, Gelbvieh, Gelbvieh Balancer, Hereford, Simmental and SimAngus bulls. Catalog 540-231-9159. Sale information available at www.virginiabcia.com. Sale available online at https://www.liveauctions.tv/

TOTAL PERFORMANCE BULL SALE. Friday, December 1, 2023 at Noon. Featuring 175 Angus, Polled Hereford, Gelbvieh and Balancer bulls. Knoll Crest Farm, Red House, VA. Pre-register before sale day by calling 434-376-3567

SERVICES

STATEWIDE ADS

DIVORCE-Uncontested, \$475+\$86 court cost. WILLS-\$295.00. No court appearance. Estimated completion time twenty-one days. Hilton Oliver, Attorney (Facebook). 757-490-0126. Se Habla Espanol. BBB Member. https://hiltonoliverattorneyva.com.

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

FREE high speed internet for those that qualify. Government

STATEWIDE ADS

program for recipients of select programs incl. Medicaid, SNAP, Housing Assistance, WIC, Veterans Pension, Survivor Benefits, Lifeline, Tribal. 15 GB internet service. Bonus offer: Android tablet FREE with one-time \$20 copay. Free shipping & handling. Call Maxisip Telecom today! 1-855-970-1995

DENTAL INSURANCE from Physicians Mutual Insurance Company. Coverage for 350 plus procedures. Real dental insurance - NOT just a discount plan. Do not wait! Call now! Get your FREE Dental Information Kit with all the details! 1-888-550-3083 www.dental50plus.com/virginia #6258

MONTGOMERY SPORTS

Radford slips by Glenvar to state semi-finals

Marty Gordon

NRVsports@ourvalley.org

Radford and Glenvar gave fans everything they would want in a high school football playoff game on Friday night.

Over the past two years, Glenvar has scored in the final minutes to knock Radford out of the postseason. This week, it was Radford who scored with a minute to go to pick up the 29-24 win.

QB Landon Clark was picked off three times but completed 26 of 40 passes for 295 yards with two touchdowns. He also

rushed 13 times for 116 yards in the game. Max Kanipe caught 13 of those passes for 154-yard night with a score. Sincere Taylor added six catches for 73 yards.

Clark is 63 yards from passing his yardage record from last year. Friday night, he passed his record for completions and set the record for passing attempts in a season. Kanipe tied Parker Prioleau's receptions record from last year.

For the season, Clark is now 191 of 296 through the air with 2,910 yards with 34 touchdowns. He has rushed 105 times for 1,056 yards with 24 touchdowns.

Kanipe now has 62 catches for 1,333 yards with 14 touchdowns, while Taylor has added 44 for 631 with four TDs.

On the season, J.D. Grubb has rushed 94 times for 495 yards to give the running attack a one-two punch.

Radford will now play a familiar foe in the form of Graham, who beat Union on Saturday.

The game will be held at Christiansburg High School on Saturday at 2 p.m.

Graham is 12-1 after Saturday's 33-24 win over Union. The 2022 Class 2 Offensive Player of the Year Ty'Drez Clements rushed for 306 yards and four

touchdowns for the defending Class 2 champions.

The G-men have outscored opponents 489 to 165 this season. Their lone loss came to Union in the regular season.

Of note this season, they beat the Class 1 semi-finalists Galax 42-13 and Pulaski 52-24.

Last year, Graham finished 15-0 and took down Central Woodstock 34-7 in the title game.

The school is 93-11 since the 2015-16 season when they finished 6-6. Since Tony Palmer took over as coach, the G-men have dominated the competition.



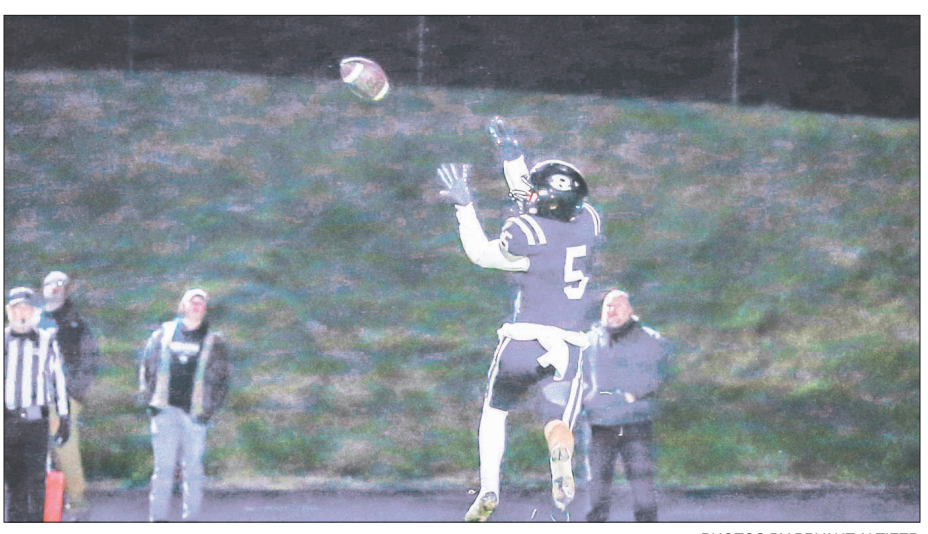
Senior receiver Max Kanipe picks up extra yards after the catch by breaking tackles.



Sam Khandan-Barani (#22) and Reece Honaker (#62) assist on a tackle by Ricky Bailey (#77) in Friday's Regional championship victory.



Senior quarterback Landon Clark races for a score with 6:01 to play in the fourth quarter to put the Bobcats up 21-16 before later converting the 2-point conversion to extend the score to 23-16.



Receiver Luke Woodard hauls in a touchdown pass with 10 seconds left in the game to give Radford the 29-24 victory over Glenvar.

PHOTOS BY BRYANT ALTIZER

Besties continue together on collegiate softball field



PHOTO COURTESY OF JOSH SPRADLIN

The Blacksburg High School combo of catcher Katey Mathena and pitcher Lorelei Spradlin have played softball with each other for over eight years. They will graduate this May and then continue their collegiate softball careers together at Carson Newman University.

Marty Gordon

NRVsports@ourvalley.org

Lorelei Spradlin and Katey Mathena have been friends since preschool, and they have played softball together since elementary school.

This has included several years of recreation-age softball and four years for the Blacksburg High School varsity. This week, they announced plans to attend Carson-Newman University to continue their collegiate careers, but what else, together on the diamond.

Spradlin is excited about continuing the journey with her friend.

"I'm looking forward to being able to mature in the game together," Spradlin said. "We've already been together for so long (10 years), and built a strong foundation of chemistry, but playing at a higher level will push us further than ever before, and I can't wait."

Spradlin is a pitcher and Mathena is her catcher, making this relationship even stronger. Those positions will not change in college.

Mathena chose CN after looking at over 30 schools with the only one that excited her being the final decision.

"The atmosphere and welcoming nature that that school gave made it feel like home. The coaching staff at Carson-Newman is also another reason why I chose to continue my softball career at Carson-Newman. They spent a lot of time telling me all about their program and showing me how much they cared about each of their athletes. It also helps that my best friend and pitcher is also attending," she said.

Spradlin said the school checked all her boxes.

"I was looking for a small, Christian, environment that had my major and an

opportunity to play softball. Plus, all of the coaches and players are super kind-hearted, so I can tell that's where God wants me to be."

Mathena has been a starter for the past four years and was named first-team All-District for two years in a row and second-team All-Region her sophomore year. Last year, she batted .417 with 25 hits.

Spradlin has been right there with her battery mate. In her sophomore and junior years, she was named first-team All-District and second-team All-Region. She pitched 90 innings this past year with 123 strikeouts, giving her 200 strikeouts for her career, while posting a 2.0 earned run average including a perfect game against Salem.

Carson-Newman University is a private Baptist university in Jefferson City, Tennessee with current enrollment of 2,536 students. The school is a member of the South Atlantic Conference (SAC) and fields 21 varsity teams in the National Collegiate Athletic Association (NCAA) Division II competition.

CNU finished 31-18 in softball this past season, losing in the NCAA Regionals. Michael Graves returns for his 16th year as the head coach of the softball team.

In his five full seasons at the helm of the program, Graves has coached Carson-Newman to a trio of NCAA Southeast Regional appearances. In 2018, as the Eagles' interim head coach, he also captained C-N to a regional appearance, as well as a SAC tournament title.

In college, Mathena plans to major in Graphic Design and minor in marketing, while Spradlin is leaning toward Kinesiology/Exercise Science (Athletic Training).



PHOTO COURTESY OF VT ATHLETICS

The Virginia Tech football team battled sprinklers after Saturday's win over UVA as they were attempting to take a post-game group shot.

Hokies get a little wet in win over Hoos

Marty Gordon

NRVsports@ourvalley.org

Virginia Tech's football team brought the Jekel side of the closet this past week as they continued the domination of UVA.

Just two weeks ago, it was Hyde that took the field in a loss to N.C. State.

It's just getting harder and harder to understand which Hokie squad will take the field on game day.

The bottom line is the Commonwealth Cup is starting to tarnish after every player and coach on the team took a drink from it. Of course, this has been an ongoing tradition for a number of years and probably will continue as UVA is still trying to find the right road where wins come more often than losses.

Kyron Drones threw three touchdown passes, Bhayshul Tuten scored on a 32-yard run and a 94-yard kickoff return and Virginia Tech beat Virginia for the 18th time in the last 19 meetings, 55-17, on Saturday to achieve bowl eligibility. Hokie Nation can celebrate the dominant win with an exclusive Tech Triumph win shirt.

The win gives the Hokies one point in the Commonwealth Clash, presented by Smithfield. The score for the Commonwealth Clash currently is 5-1 in favor of Virginia. Drones threw touchdown passes of 44, 84 and 34 yards and the Hokies (6-6, 5-3 Atlantic Coast Conference) also scored on two long runs. They had a 294-60 yardage edge at halftime and boosted their total to 378 on Drones' 84-yard pass to Da'Quan Felton on their first play from scrimmage after halftime to go ahead 31-0.

Virtually nothing went right for the Cavaliers (3-9, 2-6), who were facing their top rival for the first time in two seasons because last year's game was canceled after the fatal shootings of three Virginia players with two weeks

left in the season.

Tech's 55 points scored against the Cavaliers were the most points scored by either team in the 104-game series. Tech's previous high was 52 - twice, once in a 52-14 win in 2005 and again in a 52-10 win in 2016.

The most points Virginia has scored is 45 back in 1950. The last time Tech scored 55 or more points was against William & Mary in 2018. The 55 points are also tied for the second most points scored by the Hokies in an ACC contest. Tech scored 55 in 2004, their first year in the ACC, against Maryland. The most points scored by Tech in an ACC game is 59 against North Carolina in 2017.

But it might have been the after game incident, which is getting the most attention.

Apparently, the University of Virginia facilities staff has a timer, which turns on the field sprinklers shortly after everyone leaves the stadium. The problem was this past week, Virginia Tech Coach Brent Pry decided it would be cool to take a team photo with the Commonwealth Cup at mid-field.

The program here was he probably should have sought advice from the facilities staff. Have way through the pic, the field sprinklers turned on and left the Hokies a little wet.

Without trying, UVA got back at the Hokies.

Of course, Hoos might have more than a bit upset. When the scoreboard hit triple-zeros, Hokie fans rushed the field like it was a home game at Lane.

Do remember, someone did change the google address search engine four years ago to say the address of Scott Stadium was really called "Lane Stadium North."

Game staff just gave up and let the chaos happen. Sorry from some of the Hokie faithful that knows even if it was UVA, that's just something you don't do.

Radford storms past Northern Colorado

From a double-digit first half deficit to a double-digit win, the Radford men's basketball team stormed back for a 79-68 victory over Northern Colorado to win the 2023 Cancun Challenge Mayan Division Championship at the Hard Rock Hotel Riviera Maya on Wednesday.

Redshirt senior guard DaQuan Smith was named tournament MVP after dropping 22 points, six rebounds and four assists in the championship game. The veteran sharpshooter carried the Highlanders (4-3, 0-0 Big South) through a slow start and kept it going until the clock hit zero.

It was a nerve-racking start to the contest as the Highlanders missed every one of their first seven shot attempts. Down 9-0 right off the jump, Radford's first point came at the 15:40 mark on a Justin Archer free throw and the first field goal to hit its mark didn't come

until the 14:13 mark, courtesy of TJ NeSmith.

Northern Colorado (3-3, 0-0 Big Sky) built its lead to 20-7, but it would prove to be their largest advantage of the night.

A smooth jumper from Bryan Antoine was the first sign of life for the Highlanders and a pair of free throws from D'Auntray Pierce tied the game at 32-all with 2:51 to go in the period. All of a sudden, the 13-point deficit was a 40-34 halftime lead as Radford closed the half on a 15-2 run.

The Highlanders held that lead for the remainder of the game, shooting 46.8% (29-62) from the field, 35.0% (7-20) from three, and 82.4% (14-17) at the charity stripe when it was all said and done. It took a complete team effort to pull off the comeback win, as the defense held the Bears to a 39.7% (23-58) clip overall on the other end.

Joining Smith on the All-Tournament team was sophomore guard Kenyon Giles, who turned it on late to extend his double-digit scoring streak to seven games with 11 points. NeSmith contributed a crucial 14 points and seven rebounds while Antoine gave Radford a fourth major scorer with 11 points of his own.

The Bears were paced by Saint Thomas (19 points, five rebounds) and Riley Abercrombie (14 points).

Notes and stats:
Wednesday marked Radford's seventh straight game with the same starting lineup (Giles, Smith, Antoine, Turner, Archer). The team's longest streak last year was only six games straight with Jeffers, Smith, Antoine, Archer and Niang from Jan. 26 to Feb. 11.

Radford entered the week averaging just 15.6 bench points this season. Truth

Harris and NeSmith were central to 19 bench points on Tuesday and then 25 bench points on Wednesday.

The Highlanders earned a 32-to-20 advantage in points in the paint.

Coach Nichols' squad committed a season-low nine turnovers against Northern Colorado.

Cancun challenge results (Mayan division):

Game One: Radford 82, Morgan State 72

Game Two: Northern Colorado 78, Chicago State 77 (OT)

Third-Place Game: Chicago State 84, Morgan State 83

Championship Game: Radford 79, Northern Colorado 68

All-tournament team from RU: Daquan Smith and Kenyon Giles.

Radford University Athletics

Opioids

from page 1

environment
Epigenetics refers to hereditary changes in gene expression that do not involve alterations to the DNA sequence. Epigenetic modifications alter the accessibility of DNA and play critical roles in regulating gene expression and shaping an individual's response to environmental stimuli.

Many of the genes that are thought to play a role in opioid addiction are involved in the endogenous opioid system, which is the body's internal system for regulating pain, reward, and addictive behaviors. It consists of opioid substances produced naturally within the body, called endogenous opioids, and their receptors, into which opioids fit like keys into locks.

Opioids introduced from outside the body,

called exogenous opioids, including opioid medications and heroin, also act on these receptors. Variations in the genes that provide instructions for making opioid receptors have been studied extensively as genetic risk factors for opioid addiction. Researchers hypothesize that differences in the receptors' structure and function influence how the body responds to opioids.

Using low-input epigenetic profiling techniques developed in Lu's lab, the team is better able to study gene-environment interactions in the brain. These techniques will allow them to examine epigenetic changes within limited quantities of brain tissue, making it feasible to explore the dynamics of specific brain regions and cell types involved in addiction.

Key insights gleaned by this approach include:

Identifying epigenetic biomarkers. These biomarkers may serve as diagnostic tools for assessing an individual's risk of addiction or as targets for therapeutic interventions.

Unraveling developmental trajectories. Epigenetic profiling can reveal how adolescent experiences

environmental factors shape epigenetic patterns over time, offering insights into critical windows of vulnerability to opioid addiction.

Personalized medicine. Tailoring interventions based on an individual's epigenetic makeup may enhance treatment efficacy and reduce the risk of relapse.

Informing policy changes. A fundamental understanding of how opioid addiction works in the brain can inform policy and regulatory decisions.

"Opioid addiction is a complex and devastating public health crisis," said Lu. "Low-input epigenetic profiling is a powerful tool in unraveling the intricate gene-environment interactions that underlie addiction vulnerability and progression. By studying epigenetic dynamics within specific brain regions and cell types, we hope to identify biomarkers and shed light on when people — especially adolescents — are vulnerable to addiction, and why. Successfully doing so means opening the door to personalized treatment approaches and prevention strategies in the future."

Chelsea Seeber for Virginia Tech

CROSSWORD ANSWERS

S	L	R	F	O	N	S	C	H						
T	I	E	I	C	E	H	O	E						
A	W	I	N	G	N	A	B	A	L	A	R	M		
P	A	C	K	A	G	E	B	U	L	L	D	O	G	
E	X	H	A	L	E	S	T	I	N	L	A	I	E	D
A	P	P	E	A	S	E	H	O	W	E	V	E	R	
S	R	I												
P	E	G	A	S	U	S								
L	E	G	A	T	E	E	S	I	R	O	C	C	O	
P	R	E	L	U	D	E								
M	A	N	O	R										
E	N	E												
T	E	D												

NRCC offering free computer tune up at Uptown Mall

New River Community College will hold a Cyber Day event on Saturday, Dec. 2.

Cyber Day is an event where anyone can bring their laptops, desktops, tablets and phones for a free tune up and virus scan. The NRCC Computer Club is hosting the event from 9 a.m. to noon in room 127 at the college's Christiansburg site located in Uptown Christiansburg.

There will be several students and Dr. David Filer, NRCC information

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

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

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

Submitted by NRCC

Gas

from page 4

November 27, 2021: \$3.25/g (U.S. Average: \$3.39/g)

November 27, 2020: \$2.05/g (U.S. Average: \$2.12/g)

November 27, 2019: \$2.35/g (U.S. Average: \$2.60/g)

November 27, 2018: \$2.37/g (U.S. Average: \$2.52/g)

November 27, 2017: \$2.31/g (U.S. Average: \$2.50/g)

November 27, 2016: \$1.98/g (U.S. Average: \$2.12/g)

November 27, 2015: \$1.89/g (U.S. Average: \$2.04/g)

November 27, 2014: \$2.63/g (U.S. Average: \$2.79/g)

November 27, 2013: \$3.24/g (U.S. Average: \$3.28/g)

Neighboring areas and their current gas prices:

Roanoke- \$3.05/g, down 5.5 cents per gallon from last week's \$3.10/g.

Richmond- \$3.06/g, down 0.5 cents per gallon from last week's \$3.07/g.

West Virginia- \$3.14/g, down

4.2 cents per gallon from last week's \$3.18/g.

"With the national average price of gasoline declining for the 10th straight week, motorists are enjoying the longest downward trend at the pump since the summer of 2022. The timing couldn't be better as Americans head into the holidays, leaving them with more in their wallets at a time of year many start to spend on gifts for loved ones," said Patrick De Haan, head of petroleum analysis at GasBuddy. "In addition, gasoline demand continues to be dragged lower as Americans stay inside more often, helping to put continued downward pressure on gasoline prices. However, we're carefully monitoring OPEC's delayed meeting, set to occur this week, for potential surprises that could eventually mean an end to lower gas prices should they make any surprise oil production cuts."

Submitted by GasBuddy

ONLINE AUCTION

Ending Wednesday, December 13th, at 4 PM
Colonial Style Home for Sale in Pulaski County VA
4207 Lee Hwy, Pulaski, VA 24301

Bid Now at VAAuctionPro.com



Check out this captivating colonial-style gem for sale! This picturesque home sits on +/- 55 acres of land with the perfect blend of country living and modern comfort. The home features 5 bedrooms, 3.5 baths, and over 3,500 sq ft of living space. Inside, discover a meticulously maintained interior that seamlessly blends charm with modern updates. The open floor plan flows into a spacious kitchen, a cozy breakfast area, and a sunken family room with a wood-burning fireplace and built-in bookcases. The living and dining rooms provide ample space for entertaining and making cherished memories. The primary bedroom, conveniently located on the main floor, features an ensuite bathroom for added privacy. Upstairs, 3 large bedrooms, a full bath, and a spacious bonus room await your personal touch. There are multiple walk-in attic spaces to ensure all your storage needs are met!

A blacktop driveway, embraced by majestic mature trees, leads to the double detached garage and custom-built brick home. The additional garage and barn are great for tractor or hay storage. Enjoy the +/- 55 acres of rolling pastureland that surround the home. Home is within 5 miles of Dublin and Pulaski VA. Radford, Blacksburg, Fort Chiswell, and Wytheville are all within 30 miles of the home.

PREVIEW DATE: December 2nd at 10 AM

TERMS & CONDITIONS: 10% Buyer's Premium will be added to final high bid to arrive at contract price. Earnest Money Deposit of \$25,000 is required on day of sale. Close on or before January 29th, 2024. Subject to seller confirmation and court approval. Property sold as is, where is with any and all faults. Buyer is expected to complete their own due diligence before placing a bid. Auction starts ending at 4 PM on December 13th, 2023. 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. Be sure to register to bid early to ensure you receive notifications regarding any changes to the Auction, Bidder Packet and/or Pre-Auction offers received. Download Bidder Information Pack for complete terms and conditions, purchase contract and maps at VAAuctionPro.com

CONTACT – Auctioneer Matt Gallimore at 540-239-2585 or email Gallimore.Matt@gmail.com. You can also contact Realtor Jay Mandell with MR Real Estate at 540-599-4070 or email jay@mrteam.realestate.

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



Blue Ridge Land & Auction Co., Inc.

ONLINE AUCTION

Truck, Tractor, Tools, and Household Goods Auction in Pulaski VA
Ends Wednesday, December 13th at 6 PM
Address: 4207 Lee Hwy, Pulaski, VA 24301
Preview Date: Saturday, December 2nd at 10 AM

Bid Now at VAAuctionPro.com



Items Include: John Deere 5065E Tractor, 2023 2500 HD Dodge Ram w/ Cummins Turbo Diesel (8,000 miles), Nikon D5000 Camera, Kawasaki Mule Pro FX 820, Whirlpool Dishwasher, Ladders, Gas Cans, Duralast Jumper Cables, Yeti Hopper Cooler, Rugs, Filing Cabinets, Stanley Tool Box, Light Fixtures, Flower Pot, Cow Skull, Cannon Gun Safe, King Bedroom Suite, Tools Glassware, Furniture, Christmas Décor, Vera Bradley Totes, Dale Earnhardt NASCAR Collectibles, and MORE!

Pick Up: Saturday, December 16th from 9 AM to 12 PM at 4207 Lee Hwy, Pulaski, VA 24301

TERMS & CONDITIONS: 10% Buyer's Premium and VA Sales Tax Charged. All items being sold "as is, where is". The auction company will charge the credit card on file for total invoices up to \$300 max. Any invoices over this amount must be paid by cash, certified, or cashier's check at pick up. The auction starts ending at 6 PM EST with a soft close. Please note that if a bid is placed in the last 2 minutes of bidding, the clock will be extended an additional 2 minutes. No Shipping is provided by the auction company. It is the Bidder's responsibility to determine the condition and value of items. Bidders acknowledge that all items are sold "as is, where is with any and all faults."

CONTACT – Auctioneer Matt Gallimore at 540-239-2585 or email Gallimore.Matt@gmail.com. You can also contact Realtor Darrell Hylton at 540-250-0850 or email dwh@swva.net.

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



Blue Ridge Land & Auction Co., Inc.