News Messenger

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Blacksburg

Wednesday, June 5, 2024

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Rotary Club of Christiansburg-Blacksburg presents Professional Leadership award

Rotary Club of Christiansburg-Blacksburg has awarded their 2024 Professional Leadership Award to Dr. Daniel Drysdale, owner of Drysdale Eye Center in Blacksburg and former member of the club.

Club Award Chair Randy Young said the Professional Leadership Award "recognizes individuals who have gone beyond the boundaries of conventional professional success demonstrating exceptional leadership in the development and implementation of programs beneficial to the community.'

The award has been made annually since 2000 to individuals in diverse professions such as technology, education, medicine, finance, and public safety. Drysdale is a board-

certified ophthalmologist practicing in Blacksburg. He opened his practice in 1978, where he specializes in cataract surgery and glaucoma care.

Drysdale understands how lifechanging improved sight can be for someone experiencing less than perfect vision, from opening up job opportunities to increased mobility to seeing family members and landscapes in a way they haven't before. His interests include advanced technology for cataract surgery and lens implants, outreach to underserved and populations.

Drysdale helps others in the field of ophthalmology by serving on various state and national associations and societies. He enjoys designing new instruments to help his own work as well as that of other ophthalmologists. Rather than patenting these designs, he donates the designs to make them easier for others to replicate and use. Drysdale has fourth year medical students from the Virginia College of Osteopathic Medicine regularly rotating through his office in his position as a preceptor on the faculty there.

Drysdale is on the board of directors for Hope to Walk, a Blacksburgbased non-profit celebrating its tenth anniversary, that provides low-cost lower leg prosthetics to those in need in South America, the Caribbean, Vietnam, and Africa. Hope to Walk

See **Award**, page 2

PHOTO BY RICK FURI Dr. Daniel Drysdale received the Rotary Club of

Christiansburg Blacksburg's 2024 Professional Leadership Award from club Award Chair Randy Young at the club's May 20 meeting.

Virginia Tech professor debuts memoir at Blacksburg Books

Angelica Ramos Contributing writer

BLACKSBURG- Virginia Tech herpetology and mammalogy professor, Dr. Donald M. Linzey, held a reading at Blacksburg Books May 30, 2024 to debut his memoir Rescued!.

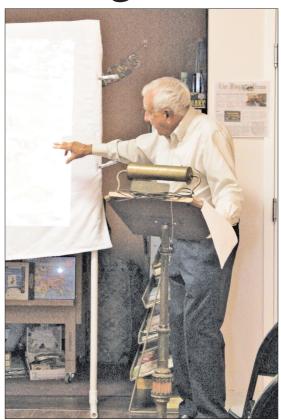
Linzey discussed his new book and presented a slide show explaining some of the photos in the memoir. Linzey is a wildlife biologist, so his memoir explores how he shared his love and passion for wildlife with his two sons, David and Thomas, ultimately inspiring them as they grew and now into their careers. David Linzey is a veterinarian in Boone, North Carolina, where he and his wife have opened a 24-hour emergency animal hospital. Thomas Linzey has been practicing environmental law for over 20 years. In the memoir, Donald's sons say their career choices are because of their father's

passion for nature.

Donald Linzey has taught science, ecology, herpetology and other related courses at universities like Cornell University, the University of South Alabama, and Virginia Tech for over 55 years. He conducts extensive research and has written 14 books including A Natural History Guide to Great Smoky Mountains National Park and Snakes of Alabama. Linzev received both his master's and Ph.D. degrees from Cornell University and now is a board member for the Montgomery County Humane Society.

During his reading, Linzey recounted stories highlighted in his memoir about rehabilitating two raccoons named Blacky and Rascal who went on to be released and have kits of their own; as well as rehabilitating flying squirrels who, at one point,

See **Memoir**, page 2`



Dr. Donald M. Linzey speaks about his new memoir, Rescued! at Blacksburg Books.

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HOTO BY ANGELICA RAMS



DCI works to help revitalize downtown Christiansburg with hopes for director

Angelica Ramos Contributing writer

CHRISTIANSBURG - Downtown Christiansburg Incorporated has been working for 20 years on making Christiansburg a hub for its community and visitors and hopes a Downtown Director would help further that mission.

Downtown Christiansburg Incorporated, DCI, wants to be part of the Main Street America program, which has been working to help build economic power in downtowns and other local commercial neighborhoods for over 40 years. Main Street America strives to help local economies thrive and bring shared prosperity into communities. Virginia has a state branch of this program called Virginia Main Street. DCI has town council support as well as community support to participate in these programs and begin to revitalize Downtown Christiansburg, but with a group of 20 volunteers, the pace of development is slower than originally hoped for. That would be where a Downtown Director would step in.

DCI president, Elli Travis, explained that a Downtown Director would be a point person for the revitalization of downtown Christiansburg. They would be a dedicated staff person who would help build up the community and downtown. The Downtown Director position would have to be paid because they would be the point of contact. Travis says the residents of Christiansburg want a more bustling downtown, connectivity and vibrancy in the community. Currently, DCI has been working with Virginia Tech to advertise the activities and happenings in downtown Christiansburg, but residents would like to see the vacant spaces in downtown be filled. In 2018, DCI worked with volunteers to build Great Little Park at 100 West Main St. and fill it with native plants as a way to combat the stigma of having native plants in a formal garden. It is a step towards the goal of breathing new life into Historic Christiansburg. They took a vacant space and turned it into something for residents to enjoy. Residents can be seen reading, enjoying family time, or just taking a break in this garden. The town council has voted to become an Exploring Community through the Mainstreet America program. A Downtown Director would help foster partnerships with the town, business, and local organizations to provide a downtown full of vibrancy, which is part of DCI's mission. With all the work Christiansburg's organizations and DCI do for the community, the hope is that a Downtown Director would connect those pieces together and adopt a holistic approach to the development of downtown and help restore and revitalize its history. "In five years," Elli Travis said, "I would like to see maybe three or four new retail businesses in downtown. Maybe more restaurants and a coffee shop. I'd love to see people walking, getting ice cream and playing in the parks. I'd like to see more pocket parks like Great Little Park with pockets of native plantings. More murals and a lot of art downtown, that would be wonderful. In 10 years, I'd like to see our community continue to grow."





Help stop the invasive spotted lanternfly

PHOTOS COURTESY OF ERIC DAY

(From left) The spotted lanternfly in the nymph stage, as an adult, its egg masses, and with its wings fully spread.

It's visually striking. When fully grown, open wings display showy hind wings with bright red near the abdomen, black spots, and blackand-white bars.

But the spotted lanternfly, an invasive insect that came to the United States from its native habitat of Southeast Asia in 2014, is destructive. Despite its name, though, the spotted lanternfly is not a fly. It belongs to the order Hemiptera, which includes true bugs, aphids, and cicadas.

These insects colonize quickly, disrupt native ecosystems, and potentially cause problems to agriculture and forest health. The spotted lanternfly is also a significant threat to Virginia's grape and wine industries.

The College of Agriculture and Life Sciences at Virginia Tech, the Institute of Agriculture at the University of Tennessee, and the College of Agricultural and Environmental Sciences at the University of Georgia are working together to build public awareness about these most unwanted visitors through collaborative videos, social media posts, and stories.

In Virginia, the College of Agriculture and Life Sciences

and the Virginia Department of Agriculture and Consumer Services are partnering to empower residents of the commonwealth to act themselves on the spotted lanternfly.

"We need to prevent spotted lanternfly from going somewhere else and becoming a bigger problem," said Eric Day, manager of the Insect ID Lab in the Department of Entomology. "Make sure it does not move on vehicles or plants and remove and squish any you find."

In late spring and early summer, look for the immature stages and

See **Invasive**, page 2

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U PCOMING EVENTS Wednesday, June 5: S

Market Square Jam

Blacksburg's Market Square Jam is an official Crooked Road affiliated venue that provides fun and entertainment on Wednesday evenings, June through September. The Jam takes place at Market Square Park from 7-9 p.m. Host Band: The Jug Busters (Russ Boyd). For more information and a list of hosts, please visit blacksburg.gov/marketsquarejam.

Blacksburg Farmers Market

At Market Square Park, 100 Draper Rd SW, Blacksburg; 2 – 6 p.m. The Blacksburg Farmers Market is a local, family-friendly gathering place in downtown Blacksburg featuring farmers of locally grown produce and meats, alongside artisans of baked goods and handmade crafts. For more information, visit http:// blacksburgfarmersmarket.com.

Thursday, June 6:

American Legion meeting

The American Legion, Harvey Howe Carper Post 30 will meet at 6 p.m. at the VFW Post Home, 102 Watts St., Radford. For further information, please call 540-250-2283 or 540-239-9864.

Friday, June 7:

Friday night outdoor concert

Featuring: The Blacksburg Community Band. The summer of 2024 lineup of outdoor concerts offers six bands throughout June and July. Live music will take place Friday evenings on Henderson Lawn at the corner of Main Street and College Avenue, from 6-7:30 p.m. In case of inclement weather, the event will be canceled.

Friday, June 7 and Saturday, June 8:

Arts NRV Market at The Montgomery Museum of Art & History

Join the Montgomery Museum of Art & History for the Arts NRV Market, featuring artists and vendors from throughout the region, as well as the Virginia Museum of Fine Arts traveling art exhibit. The Arts NRV Market will also feature multiple smaller events, including the Paint Night at the Museum. Dates are June 7 noon - 6:30 p.m., and June 8 10 a.m. – 4 p.m. For more information, visit their website.

Invasive from page 1

control them early on grapes or in backyards. Also, look in your backyard for the spotted lanternfly's favorite host tree - the tree of heaven. If possible, remove those trees as they function as a host that enables the insect to spread further and quicker. spread significantly. Now, to stop this insect from becoming a bigger problem, we must take action to make sure this hitchhiking insect doesn't get any free rides through our state."

In addition to the actions that everyone Virginia take. can Extension Cooperative abundant has an library of digital and online publications and resources geared toward providing our communities with specialized information tailored to local environments and challenges, such as resources to help with the spotted lanternfly.

Saturday, June 8:

Rockin' Main Street Concert

The Town of Christiansburg is hosting Rockin' Main Street, a fun-for-all event with live music from two exciting artists on East Main St. Start the evening off with country music singer/songwriter, Drew Pace taking the stage at 5 p.m. At 7 p.m., country/Americana act, Lyn Avenue will perform. Lyn Avenue brings catchy, compelling stories driven by rich vocals, electrifying leads, and boot stomping rhythms. Beer, wine, and food trucks will be available at the event. Attendees are encouraged to bring lawn chairs to sit watch the live music. Be sure to bring your IDs if you plan to purchase beer or wine.

Adventure of the Lost Treasure: An Interactive Storytelling and Science Show

At the Radford Public Library; 11 a.m. Science and stories collide for this exciting and hands-on show. Adventure of the Lost Treasure is a storytelling scientific adventure that will take us deep within the jungle...can you help the adventurer hunt the treasure? This event is full of both live, interactive science experiments and educational value.

Red Cross blood drive

At St. Thomas Episcopal Church,103 E. Main St., Christiansburg; 10 a.m.- 2 p.m. Appointments: https:// www.redcrossblood.org.

Blacksburg Farmers Market

At Market Square Park, 100 Draper Rd SW, Blacksburg; 8 a.m. - 2 p.m. The Blacksburg Farmers Market is a local, family-friendly gathering place in downtown Blacksburg featuring farmers of locally grown produce and meats, alongside artisans of baked goods and handmade crafts. For more information, visit http://blacksburgfarmersmarket.com.

Radford Farmer's Market

Every Saturday through October; 9 a.m. -1 p.m. on the grounds of Glencoe Mansion, 600 Unruh Dr. Visit weekly for an ever-changing supply of homemade goodies, crafts, plants, meats, produce, and more.

Fish Fry

Mount Tabor Ruritan Club will hold its June Fish Fry, 5 - 7 p.m. at Slusser's Chapel Picnic Shelter, 1543 Mount Tabor Rd, Blacksburg. Serving fish, fries and slaw; homemade desserts; and beverages. Adults-\$12, children under 12- \$6, children under three-free and carry-outs-\$12. This month, the Blacksburg Community Band will be playing. Held rain or shine. Call or text 540-449-6178 for further information. On Facebook at MtTaborRuritan.

Sunday, June 9:

Vintage Market

At Market Square Park, 100 Draper Rd SW, Blacksburg; 10 a.m. - 5 p.m. The market is made up of a carefully chosen group of vendors selling a wide selection of quality vintage items, upcycled crafts, and occasional antiques. For more information, visit blacksburgfarmersmarket.com/vintage-market/.

Monday, June 10:

Radford City Council meeting

The Radford City Council will hold its regularly scheduled meeting at 7 p.m. in council chambers at the Radford Municipal Building, 10 Robertson St., Radford. Citizens are invited to attend and allowed to speak at each meeting. See the agenda at www. radfordva.gov.

Montgomery County Board of Supervisors meeting

Public meetings are normally held the second and fourth Monday of each month at the Montgomery County Government Center, 755 Roanoke St. in Christiansburg. Closed sessions begin at 6 p.m. if needed. Open sessions begin at 7:15 p.m. Citizens are invited to attend and allowed to speak at each meeting. All regular meetings of the Board of Supervisors are rebroadcast on Montgomery County Comcast and Shentel Channels 190 daily.

Tuesday, June 11:

Blacksburg Town Council meeting

The council meets in regular session the second and fourth Tuesdays of each month at 6:30 p.m. in the Roger E. Hedgepeth Chambers of the Blacksburg Municipal Building, 300 S. Main St. These meetings are open to the public and televised live on WTOB Channel 2.

Christiansburg Town Council meeting

Regular town council meetings are held on the second and fourth Tuesday of each month beginning at 7 p.m. in the Council Chambers of Town Hall (100 E. Main St.). The public is welcome and encouraged to attend, with a citizen hearing time reserved at each meeting for residents to bring any matter they desire before the entire council.

Saturday, June 15:

Pilot Community yard sale

At the Pilot Community Center, 4449 Brush Creek Rd., Pilot, Va.; 9 a.m. – 1 p.m. Event is free and open to the public. Renting a space is \$10. Bring your own tables and canopy. To reserve your space: 540-257-3336 or ali5jn@aol.com.

Pets of the week

These pets and many others are available for adoption at the Montgomery County Animal Care and Adoption Center, 480 Cinnabar Rd., Christiansburg. Phone: (540) 382-5795.

Yeah, baby! Austin Bowwowers is a groovy dog. This smart guy has a few commands under his belt, including "sit" and "stay." He enjoys taking walks and, oh, behaves so well when treats are involved. Stop by the Animal Care and Adoption Center to meet him.



As the summer heat

ramps up, check car wheel wells, boat trailers, or box trucks to make sure the unwanted hitchhikers haven't found a free ride. Everyone can play a part by stomping the spotted lanternfly.

"I've been impressed with the citizens of Virginia in their efforts to reduce the impact of the spotted lanternfly," Day said. "Active citizens and businesses in quarantine areas have helped slow

Tom Soladay for Virginia Tech



All Positions Available, SALE REP, ACCOUNTANT and MANY MORE

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 - Admissions Representative
- Office Clerk Help Desk Assistant

As part of our expansion program, our company is looking for part time Work from home Account Manager and sales representatives, it pays \$1700 monthly plus benefits and takes only little of your time. Please contact us for more details. Requirements - Should be computer literate. 2-3 hours access to the internet weekly. Must be over 24yrs of age. Must be Efficient and Dedicated. If you are interested and need more information, contact: Kenneth.bbraun.com@outlook.com for more details.



Memoir from page 1

flew around his home and one of them learned how pick the lid off of the cookie jar. Linzey also discussed the two caves on his property, 35 acres that is now a wildlife reserve, that he found with his sons. One cave, Dave's Cave, was found to have contained a species of millipede that was thought

Award from page 1

received much of its initial funding from Rotary International Global Grants in partnership with local Rotary Clubs.

While on the Hope to Walk Board, Drysdale became involved in a program to perform cataract surgery in rural areas of Guatemala, also funded by a Rotary International Global Grant, this time in partnership with Rotary Clubs in Iowa. Drysdale said that he'd been looking forward to a time in his career when he'd be able to take part in projects like this and was glad to be able to provide the life changing gift of sight to those in need. Because there is little or no electricity and no advanced surgical equipment in the areas he is working in, he and the other doctors have to bring in battery backpacks and equipment, as well as go back to their early training to perform the surgery in a less technological



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Ruby is a diamond in the woof that could use a little polishing. She's a playful, friendly gal who would benefit from learning doggie manners. Ruby is house trained and did not need to be crated in a previous home. She would do best in an environment where she is the only pet.

to have been extinct but is not and lives on Linzey's property. From the wild creatures Linzey loves so much, like mountain lions, to the domestic creatures he held dear, like his dogs Blacky, Candi, Nellie and Brandi, Linzey's memoir and reading were full of not only scientific information, but also the joy of someone who loves and respects nature.

Attendees of the reading and Blacksburg Books staff enjoyed hearing Linzey's stories and had first-hand exposure to his extensive wildlife knowledge.

manner.

Several Iowa Rotarians provided endorsements for Drysdale's nomination for the Rotary Club of Christiansburg-Blacksburg's 2024 Professional Leadership Award.

Comments included "Dan is a visionary who embodies the true spirit of Rotary's motto, Service Above Self," and "We applaud him for his dedication to restoring sight and improving quality of life in Guatemala." However, the best summary came from Iowa Rotarian Mark Ruggeberg who stated, "Dan is truly a Rotary Ambassador of light and embodies our current Rotary International theme: Create

Hope in the World."

Drysdale indeed creates hope both locally and internationally through the gift of sight, something that so many of us take for granted.

The Rotary Club of Christiansburg-Blacksburg has exemplified the Rotary motto of Service Above Self in the community for over 100 years. Local leadership recognition, youth development programs, and community service projects as well as participation in Rotary International programs such as PolioPlus exemplify this motto. For more information or to join us, find @ ChristiansburgBlacksburgRotary

on Facebook.

Rotary Club of Christiansburg-Blacksburg

Virginia gas prices down from last week

\$2.94/g)

\$2.37/g)

\$2.35/g)

\$2.76/g)

Average gasoline prices in Virginia have fallen 4.5 cents per gallon in the last week, averaging \$3.42/g today, according to GasBuddy's survey of 4,081 stations in Virginia. Prices in Virginia are 5.3 cents per gallon lower than a month ago and stand 10.6 cents per gallon higher than a year ago. The national average price of diesel has fallen 1.8 cents in the last week and stands at \$3.82 per gallon.

According to GasBuddy price reports, the cheapest station in Virginia was priced at \$2.99/g yesterday while the most expensive was \$3.99/g, a difference of 100.0 cents per gallon. The lowest price in the state yesterday was \$2.99/g while the highest was \$3.99/g, a difference of 100.0 cents per gallon.

The national average price of gasoline has fallen 5.8 cents per gallon in the last week, averaging \$3.50/g today. The national average is down 15.9 cents per gallon from a month ago and stands 1.9 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:

June 3, 2023: \$3.31/g (U.S. Average: \$3.52/g)

June 3, 2022: \$4.58/g (U.S. Average: \$4.81/g)

June 3, 2021: \$2.94/g (U.S. Average: \$3.04/g)

June 3, 2020: \$1.80/g (U.S. Average: \$1.99/g)

June 3, 2019: \$2.54/g (U.S. Average: \$2.80/g)

June 3, 2018: \$2.74/g (U.S. Average:

June 3, 2014: \$3.47/g (U.S. Average: \$3.67/g)

Neighboring areas and their current gas prices:

June 3, 2017: \$2.16/g (U.S. Average:

June 3, 2016: \$2.19/g (U.S. Average:

June 3, 2015: \$2.53/g (U.S. Average:

Roanoke- \$3.32/g, down 4.9 cents per gallon from last week's \$3.36/g.

Richmond- \$3.46/g, down 5.5 cents per gallon from last week's \$3.51/g.

West Virginia- \$3.43/g, down 5.3 cents per gallon from last week's \$3.48/g.

"The calendar has closed on May, and so too has the door closed on rising gas prices, with the national average declining to its lowest level since March. Thankfully, gas prices are unlikely to be moved by OPEC's meeting and agreement to extend production cuts into 2025, leading the national average to fall below \$3.50 in the next week," said Patrick De Haan, head of petroleum analysis at GasBuddy. "With GasBuddy data showing gasoline demand plummeting after Memorial Day, and refiners inputting the largest amount of oil into their facilities in years, it's very likely we'll continue to see gas prices fall as we approach July 4. Diesel prices also continue to decline to their lowest level in nearly 11 months. The future looks bright for falling fuel prices across the board, though we'll have to keep our eyes on hurricane season.'

GasBuddy

Howard selected to lead Blacksburg Engineering-GIS Department



U<u>BITUARIES</u>

Addison, Stephen Allen

Stephen Allen "Steve" Addison, 59, of Roanoke, passed away May 31, 2024.

He was a loving and caring father, known for his sense of humor and his open-hearted nature. Steve was a good friend to many and always willing to lend a helping hand to those in need.

Steve was preceded in death by his father, Claude Junior Addison, and his mother, Phyllis Ann Jenkins. He is survived by his sons, Shane Addison and Dusty Addison; Zachary stepsons, Dunford and Dustin daughters-in-oka Wickline Walters; law, Wynoka



and Crystal Addison; granddaughter, Kaydence Addison; brothers, Addison and Robert Jeffery Addison; sistersin-law; stepbrothers, Michael Dowdy and Robert Dowdy; stepsister, Doris Dowdy; special

Caldwell, Peggy Jean

friend, Gretta Walters, and numerous other beloved friends and family members.

A service to honor Steve's life will be held at McCoy Funeral Home in Blacksburg Friday, June 7, 2024. Visitation will begin at 1 p.m., followed by the service at 2 p.m. McCoy Funeral Home is assisting with the arrangements for the ceremony, providing support and guidance during this difficult time.

Steve will be deeply missed by all who knew him, and his memory will forever live on in the hearts of those he touched.

Peggy Jean Caldwell completed her earthly journey in her hometown of Radford May 30,

2024, at the age of 65. Death brings joyful reunion with her father James Roosevelt Caldwell, brother Larry Franklin Caldwell and her beloved shar-pei dog Maggie May.

Peggy was a proud and strong-willed individual with a kind heart and a sardonic wit.

meaningful friendships. She was a longtime member of Čhrist strawberries and Tweetie Church, Wesleyan

Compton, Jeremy Lathan

cultivating a profound

Peggy's love for

forming

and

Jeremy Compton, 35, of Christiansburg, passed away Wednesday, May 30, 2024. He was born in Radford on July 18, 1988. He was preceded in death by maternal grandparents, Carl and Faye Winters, paternal grandparents, Roy and Mae Compton, and an

Jeremy began his firefighting career as a volunteer firefighter with Elliston Volunteer Fire Department in 2006. He would always say he was living the dream and his dream was to be a member of the Christiansburg Volunteer Fire Department. He realized this dream in 2014 and remained a member until this day. Jeremy went on



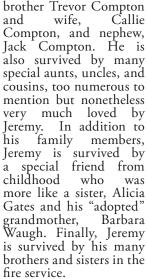
community as a Deputy with the City of Radford from 2016 to 2019. He was one of the first Crisis Intervention Team deputies who helped develop the program. Jeremy was a member member of Alleghany Church of Christ. Everyone who knew Jeremy knew he had a wonderful sense of humor.

Jeremy is survived by is wife. Kara Compton Bird were an example of how much happiness simple pleasures can bring.

With heavy hearts, we bid farewell to Peggy Jean Caldwell, but we find solace in knowing that her memory will forever be etched in our minds, inspiring us to live life with purpose and love.

A celebration of life gathering will be announced at a later date.

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



Fireman's funeral services will be conducted today, Wednesday, June 5, 2024, at 11 a.m. in the Blue Ridge Church, with the Rev. Neal Turner officiating. Interment will follow in Sunset Cemetery. The family received friends Tuesday, June 4, 2024, 3 -7 p.m. at the Blue Ridge Church.

Lathan

faith

aunt, Elaine Farrier.

Carolyn A. Howard, P.E.

BLACKSBURG - Carolyn A. Howard, P.E., has joined the Town of Blacksburg as Director of Engineering and GIS.

Howard attended Valparaiso University where she received a Bachelor of Science degree in Civil Engineering in 1992, followed by her Professional Engineer (P.E.) designation in the Commonwealth of Virginia.

For over 30 years, she has specialized economic in and sustainable site development projects, hydrologic and hydraulic analysis, and stormwater management design. She combines this technical expertise with exceptional team and project management, and communication skills.

Howard comes to Blacksburg from Fairfax-based Dewberry Engineers where she held the position of Senior Associate / Program Manager / Economic Development Initiative Leader for the past two years. Prior to her time at Dewberry, she spent over 17 years in numerous leadership positions

at the former Blacksburg-based engineering firm, Draper Aden Associates (DAA). At DAA she was Senior Associate and Regional Manager for the Site Development and Infrastructure Division.

"My goal is to inspire excellence every day and to collaborate with Town staff to meet and exceed internal and external expectations,'

PHOTO COURTESY OF THE TOWN OF BLACKSBURG

said Howard of her upcoming work as Engineering and GIS Director.

As Director of Engineering, Howard will be responsible for supervising the engineering services that support the town's public infrastructure systems. Additionally, she will manage the GIS operations, which provide comprehensive mapping services, land and topography data, and address management,

and serves as the repository for development plan information.

She is presently a member of the Virginia Economic Developers Association and Chair of the local economic development non-profit, the Blacksburg Partnership. Additionally, she has worked alongside town staff as a member of the Stormwater Stakeholders Advisory Group, and most recently the Town of Blacksburg Business Relations Committee.

"We are thrilled to welcome the town's new Engineering and GIS Director, Carolyn Howard, who brings extensive experience leading public and private sector economic development and infrastructure projects," said Town Manager Marc Verniel. "She has a strong track record of community involvement and excellent leadership skills. We are fortunate to have her on our team and look forward to the innovative ideas she will bring to the Town of Blacksburg.

Town of Blacksburg

become career to Firefighter/EMT with the City of Radford in 2022 and retired in 2024. Jeremy also served the

Ŵyatt children and Compton, Mason Cullop, and Cassidy Bond; parents Richard and Susan Compton;

Tyndall, Sterling Wright

Sterling Wright Tyndall, 91, of Florida, Wright passed away Monday, May 27, 2024, at May 27, [†] Commonwealth Assisted Living in Radford. He was a U. S. Navy veteran and a member of Central Church in Radford. Sterling was preceded in death by his parents, Percy and Virginia Percy and Tyndall.

Survivors include his wife, JoAnn R. Tyndall of Radford; daughter, Linda Walsh Tenn.; of Knoxville,

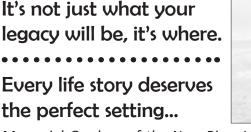


David sons, Tyndall of Melborne, Fla. and Steven Tyndall of Calif.; three grandchildren; and

many other relatives and friends.

Funeral services will be held at 11 a.m. Friday, June 14, 2024, at First United Methodist Church, 1500 S Kanner Hwy, Stuart, Fla. 34994, with Nick Blount officiating. Entombment will follow in Forest Hills Memorial Park Mausoleum in Palm City, Fla.

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



Memorial Gardens of the New River Valley is dedicated to honoring your faith, heritage, & family, now & for future generations. Please contact us today for more information on starting your family's legacy at Memorial Gardens of the New River Valley, designed to be as diverse as our community. The NRV's only locally family owned cemetery, giving us the freedom to meet each family's unique needs.



PAGE 4 · WEDNESDAY, JUNE 5, 2024 · NEWS MESSENGER

OPINION Sometimes spontaneity leads to great things

The late, great golf course designer Pete Dye wrote in his autobiography that before he came to Bridgeport, West Virginia to design and develop his signature course, The Pete Dye Golf Club, for the LaRosa family, he thought there were two ways to do things - the right way and the wrong way. He says he learned there was a third way to do things - the Italian way. Mr. LaRosa, "James D." to all who knew him well, reportedly gave Pete an "unlimited budget" and by all accounts Mr. Dye exceeded it.

Well, as I reflect on the way I have lived my life so far, I believe there are essentially two ways to go about things - planned or spontaneous. I have tended to err on the side of spontaneity. I am not a good planner. I follow the two stages of planning - procrastination and then panic. I can execute other's plans, but mine occur usually only a few minutes or hours or days out, depending on what's happening.

out, depending on what's happening. For instance, my decision to apply to law school came about on a Wednesday afternoon in mid-February, during my first year of marriage when I got home from my job at a local bank and complained to Mary Jane about how dull my work was. I had always hoped to go to law school but I was now two years out of college, married, had a decent job, and was living in the area I grew up in, near our families and close friends. But the time seemed right - at my wife's suggestion, I drove over to the library at Tech that very afternoon, looked at the catalogues of the two in state law schools - UVA and William and Mary - and determined that the deadline for UVA had passed but W & M's was not until the end of the month. I applied the next day and the rest is history, as they say.

My second marriage is another example. We decided on Thursday morning to get married on Thursday night. We even managed to get married in our church, but needless to say the guest list was very short. Please rsvp by 4:30 today. Spontaneous decision again. But it worked.

There are many other examples of spontaneity in less important events in my life. I remember in law school waking up early one beautiful autumn



Saturday morning and telling my wife it would be fun to drive to Chapel Hill to watch Virginia play the Tar Heels that day. I had no idea how long it would take or how to get there from Williamsburg or if we could get cheap tickets, but we made it. Should have stayed at home.

And there was a summer Sunday morning about 15 years ago when I decided my wife and I needed to go to Fenway to see the Red Sox. I had not been since my Dad took me there as a kid and Joyce had never been. So, by the time she comes downstairs I had plane and hotel reservations and game tickets. For games the next week.

(Ås an aside, I was quite amused a few years ago when "flash dances" became popular. Planned spontaneity – which, were they though ?)

All of this is to say that I am partial to doing things on impulse and I love seeing spontaneous events happen around me. This past week was a great example.

I have a great group of friends I meet pretty much every Wednesday around 4 at a local watering hole, Brickside, work permitting. Most are retired, a few of us still work. It's an eclectic gathering, an amalgamation of two groups that did not hang together until the last five years or so - the remnants of an Irish bar and an Italian bar that drifted together when our old spots changed hands and thus character. Ironically, as I think about it, the old Irish bar is now owned by an Italian family and the old Italian bar is now owned by an Irish family.

Back to the spontaneous event of the past week. Our Wednesday afternoon group consists of a couple of retired barbers, a retired plant engineer, a retired union rep from a local factory, two or three guys who work for the Department of Highways, an environmental engineer, a few guys who owned local businesses, a couple of golf course groundskeepers, a stock broker, an oil and gas landman, a shoe salesman, and a car salesman, with names straight from a Damon Runyon story, like Tweets, Kelly, Spike, Duke, Ernie, Tony the Bookie, D'Amato, Mikey, Tucker, Casto, Buddy - 16 or so of us in all. Most of our guys are in their 60's and 70's, with Ernie leading the way at age 90, since our 101-year-old friend Pete can no longer make it out.

We get together and have a few beers and run football and golf and baseball pools, the winners usually breaking even after paying for the pizzas. We have our own long table at "the Brick" in a screened in area and our own waitress, Victoria. She's our age, more or less, and a former bartender in Vegas and tremendous.

Our friend Duke, one of the youngest of our crowd and a land man for the Highway Department, has been dealing with cancer and chemo and radiation for the last six months or so. Hopefully he has put it all behind him, and he returned to the "Brickside group" this past Wednesday. Obviously, we were overjoyed to see him. We were standing around our table welcoming him back when our friend Pat, as he loves to do, wanted to recognize the significance of the moment. He started yelling "Duke, Duke, Duke" and everyone joined in. Suddenly our crowd became a doo wop group and the chant of "Duke" became the singing of "Duke of Earl."

Here on a lazy Wednesday late afternoon was a bunch of old guys sounding like a street corner gang from Philadelphia in the 1950's. Ernie, the 90-yearold retired barber, being hard of hearing (as are a bunch of us) says to Tony, "I don't know the words, I don't know the words" - Tony yells, "there are no #%&#ing words!" Priceless.

It was truly a moving and spontaneous moment for our little group, a nice welcome back for the Duke. I had a tear, as did Duke.



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.

Emergency Fund: What it is and why it matters



CRPC Ameriprise Financial Services, LLC

Josh Smith,

Major car repairs, surprise medical bills, and loss of income are events we don't tend to give much consideration to until they happen to us. While it may not be as fun as saving for vacation or a home remodel, having an emergency fund in place can make the difference between managing a short-term setback and experiencing long-term financial repercussions. What constitutes an emergency fund and why is it so important to have one, particularly in times like this? Here's a primer.

Financial solvency matters. Financial experts generally encourage you to set aside three to six months' worth of living expenses in an emergency fund. Without it, you are at risk of losing what you've worked hard to achieve if life throws a curve ball. A stash of funds

and you regularly contribute to a retirement account, you can start setting money aside for discretionary items such as new furniture, a vacation or a vehicle upgrade.

Set a goal. Determine how much you would need to stay afloat for an extended period of income disruption. At a minimum, how much would you need on hand to pay your bills and buy groceries each month if your paychecks stopped coming? Then multiply this amount by six.

Start where you can. If you don't have a large chunk of money available to establish your emergency fund right now, don't let it prevent you from starting an account and working toward your target. Any amount is a step in the right direction – even if that's \$50 or \$500. Your next tax refund, bonus, or raise are other potential sources of cash to grow an emergency fund. Revisit your current budget to see where you can trim expenses and put more into savings.

Create and stick to your guidelines. Your emergency fund should be reserved for times of financial crisis. It's not an account to pay for life's extras, however tempting that may be. With guidelines in place, you can avoid dipping into these funds unless necessary.

Keep emergency funds within safe reach. When uncertainty strikes, you may need money in a hurry. For this reason, emergency savings should be held in cash or easy-to-access investments like a money market fund. You also may want to open a dedicated interestbearing savings account, potentially in a bank separate from your other accounts, to keep your emergency funds at a safe distance if you're one who may be tempted to spend it. Working with a knowledgeable financial advisor who understands your savings goals can help you prepare for unforeseen circumstances that can change your life and your family's life in an instant.

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can help you meet your monthly obligations, keep your credit report clean and preserve your way of life.

Put your priorities in order. An emergency fund deserves to be at the top of your list of financial priorities. Emergency reserves are designed to provide a safety net to prevent financial disaster. Saving for your retirement comes next, to help protect your financial future. It's even better if you can save for both priorities at the same time. If you're currently saving for your future, consider allocating a portion of monthly contributions to go toward an emergency fund. Once your emergency account is funded at a satisfactory level





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Appointment For More Information Please Contact Cody Manspile, Auctioneer at (540) 784-9254 or cody@circlecauction.com VAAF#2908001046 VAAL#2907004430



Estate of Mr. And Mrs. Bob Frydrych Online Only Bidding Ends Sunday, June 9th at 6pm 2964 County Club Road, Troutville Va 24175 Bid On a Low Hour Kubota Tractor, John Deere Lawn Tractor, Three Point Implements, Pewter Collectibles, Wood Working Tools, Solid Wood Furniture, Handmade Stained Glass Items And MUCH MORE! Visit www.CircleCAuction.com to Register and Bid Preview will be Sunday, June 9th from 12-4pm Pick-up will Be Monday, June 10th from 9:30am 6:30pm by appointment. For Questions Please Contact Cody Manspile, Auctioneer at (540) 784-9254 or cody@circlecauction.com VAAF#2908001046 VAAL#2907004430

Help Wanted-Models

WANTED

Models needed for life drawing class, male and female, \$65 for 3 hour session. Call David (Do not text) 540-473-3713



In execution of the Deed of Trust dated November 30, 2017. in the original principal amount of \$148,265.00, recorded as Inst. 170004619, assigned as Inst. 200000435, in the

Clerk's Office of the Circuit Court for the County of Botetourt, Virginia, default having occurred in the payment of the indebtedness thereby secured and at the request of the holder of the note, the

undersigned, as Substitute Trustees, either of whom may act, will sell at public auction at the front entrance of the Circuit Court for the County of Botetourt on June 17, 2024, at 12:00 noon, the property located at the above address and described as Lot 5, Block 7, Section 5, Blue Ridge Heights, County of Botetourt.

TERMS: CASH. PROPERTY SOLD AS IS WITH SPECIAL WARRANTY OF TITLE, A deposit of \$13.000.00 or 10% of the successful bid amount (whichever is lower) will be required immediately of the successful bidder, in cashier's check or certified funds only payable to or signed over to "DOLANREID PLLC, TRUSTEE", balance due within 15 days from date of sale. No personal checks

accepted. Sale is subject to post sale confirmation and audit of the status of the loan including, but not limited to, determination of whether the borrower filed for and obtained bankruptcy protection.

entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, or if trustee is unable to

complete the sale, or if it is set aside or not fully completed for any reason except purchaser's default the sale shall be null and void, and the purchaser's sole remedy, in law or equity, shall be the return of the deposit without interest.

Upon purchaser's default. the deposit shall be forfeited and the property resold at the risk and costs of the defaulting purchaser. Sale

\$54,800.00. The appointed SUBSTITUTE TRUSTEE.

Commonwealth Trustees LLC will offer for sale at public auction at the Botetourt County Circuit courthouse steps located at 1 W Main Street, Fincastle, VA 24090-0219.

June 27, 2024 at 2:30 PM improved real property, with an abbreviated legal description of the following described property, to wit: LOCATED IN THE COUNTY OF BOTETOURT, VIRGINIA: BEING UNIT A-2, PHASE I. ACCORDING TO THE PLAT SHOWING PHASE I SUBDIVISION OF TINKERVIEW TOWNHOUSE PROPERTY, BLUE RIDGE MAGISTERIALDISTRICT. DATED DECEMBER 1, 1984, REVISED APRIL 2, 1985, PREPARED BYWEEKS, HUBBELL, MCGHEE, P.C. CERTIFIED LAND SURVEYORS, OF RECORD IN THE CLERK'S OFFICE OF THE CIRCUIT COURT FOR THE COUNTY OF BOTETOURT, VIRGINIA, IN PLAT BOOK 11, PAGES 60-62; AND as more fully described in the aforesaid Deed of Trust. TERMS OF SALE: The property will be sold "AS IS," WITHOUT REPRESENTATION OR WARRANTY OF ANY KIND AND SUBJECT TO conditions, restrictions reservations, easements,

rights of way, and all other matters of record taking priority over the Deed of Trust to be announced at the time of sale. A deposit of \$20,000 or 10% of the sale price, whichever is lower, will be required at the time of sale, in the form of certified check, cashier's check or money order by the purchaser. The balance of the purchase price, with interest at the rate contained in the Deed of

Trust Note from the date of sale to the date said funds are received in the office of the SUBSTITUTE TRUSTEE, will be due within fifteen (15) days of

sale. In the event of default by the successful bidder,

On the north by the land of Harry P. Clause, Jr. and the right of way of State Route #625; on the east by the right of way of State Route #625 and the lands of Charles E. Alphin; on the south by the lands of Charles E. Alphin; and on the west by the lands of Charles E. Alphin and the lands of Harry P. Clause, Jr.

This sale is subject to all liens, easements, restrictions, conditions, and reservations of record affecting the title to the property hereinabove described, to the extent any of them have priority over the lien of the Deed of Trust.

TERMS AND CONDITIONS OF SALE

1. AUCTION: Substitute Trustee has employed The Counts Realty & Auction Group ("Auction Company") The successful bidder will be required to execute a Memorandum of Trustee's Sale outlining additional terms of sale and settlement that will be available for review prior to the announcement of sale Settlement within thirty (30) days of sale.

2 DEPOSIT: A bidder's deposit of \$25,000.00 in certified funds (cashier's or certified check made payable to Spilman Thomas & Battle, PLLC) required.

3. ANNOUNCEMENTS: Announcements made on day of sale take precedence over all prior communications, both verbal and written concerning the sale or the property.

4. BUYER'S PREMIUM: A 10% buyer's premium will be in effect on day of sale that is added to the high bid amount to determine the contract sales price

5. "AS-IS". "WHERE-IS": The property is being sold "AS-IS", "WHERE-IS". Potential buyers must perform such independent investigations with respect to the property as they deem necessary

6. ADVERTISEMENTS: All

Chambers located at 10 Robertson Street for the purpose of receiving public comments on the City's proposed budget amendment of \$3,647,783 to the School Board Budget for F.Y. 2024 BY ORDER OF THE RADFORD CITY COUNCIL

Legals-City of Salem

PUBLIC HEARING The City of Salem School Board will hold a public hearing for comment on the Return to In-**Person Instruction** & Continuity of Services Plan on Tuesday, June 11, 2024. The hearing

will begin at 7:00 PM at the School Administrative Office, 510 South College Avenue, Salem. The updated plan is currently posted on the division website for public review. Any citizen of Salem who wishes to address the Board should contact Susan E. Young, Clerk of the Board, at 389-0130 by Friday, June 7, in order to be placed on the agenda Individuals who plan to address the Board are requested to bring copies 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, $\hfill\square$ be brief and address all stated concerns to the chair, A time limit of three minutes per speaker is allotted,

Provide 8 copies 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.

consisting of the Harding Avenue Stormwater and Pedestrian Project, and it authorizes the use of eminent domain as may be necessary. Plans for the project may be viewed at https://letstalkblacksburg.or g/harding

All persons affected by or interested in ordinance or resolution may appear and present their views. After each public hearing. Town Council will consider action on the item. Copies of materials related to the above items are on file and can be obtained in the Office of the Town Clerk 300 South Main Street, Blacksburg, weekdays between the hours of 8 a.m and 5 p.m. For land use matters, copies of applications and all related items may also be found online at www.blacksburg.gov/public hearings or reviewed in person at the Blacksburg Planning and Building Department, 400 South Main Street, Blacksburg, Virginia. Individuals with disabilities who require special assistance to attend and participate in this meeting should contact

Lorraine Spaulding, Town Clerk at (540) 443-1025 or 443-1000 (voice or TDD).

VIRGINIA: IN THE **CIRCUIT COURT** OF MONTGOMERY COUNTY IN RE: HELEN V. ST CLAIR, TREASURER OF MONTGOMERY COUNTY, VIRGINIA

LEGAL NOTICE TOWN OF VINTON, VIRGINIA NOTICE OF PUBLIC HEARING

Please be advised that the Vinton Town Council will hold a public hearing at its meeting on Tuesday, June 18, 2024, at 6:00 p.m. or as soon thereafter as the matter may be heard, in the Council Chambers of the Vinton Municipal Building, located at 311 South Pollard Street, Vinton, Virginia, concerning the proposed amendment to the Town of Vinton's FY 2023-2024 budget to appropriate funding for various operational expenditures, including additional paving, personnel expenditures, maintenance projects, contractual services, and materials and supplies in the total amount of \$1,533,539.00 in the General Fund. State law

requires a public hearing to be held whenever a proposed budget amendment exceeds 1% of the locality's total budget.

Any additional information on this public meeting is available in the Town Manager's Office, located in the Vinton Municipal Building, (540) 983-0607 Persons requiring special assistance to attend and participate at this public meeting should contact the Town Manager's office at (540) 983-0607.

Antonia Arias-Magallon Town Clerk/Administrative Manager



PAGE 6 · WEDNESDAY, JUNE 5, 2024 · NEWS MESSENGER

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MONTGOMERY SPORTS

Lady Bruins capture 4A track championship

Marty Gordon

NRV sports@ourvalley.org

The Blacksburg High School girls' track knew they trailed the top team in the Class 4 track meet this past weekend. A third-place finish in the final event of the day, 4X400 meter relay, meant the Lady Bruins would win the state title by a 3/4th point.

The crowd was on edge at the Liberty University track as the relay team began the last race. Blacksburg would tally 74 points to second place Atlee's 73.5 and third place Manor's 52.

Layla Boyle won the pole vault, and Kionna Grubb took an individual title in the 300 hurdles.

Mia Littlejohn was a multi-winner with second in the high jump and third in the 100 hurdles. The Lady Bruins also finished second in the 4X800 relay.

Grubb recorded a photo finish in the 300 hurdles, narrowing beating her opponent at the line.

But it was the relay of Mirra Bowman, Tess Dickhans, Allie McDonald and Cameron Lee, who saved their best for the end.

Over in Class 3, Christiansburg's Donovan Richardson carried the school's lone flag in the finals with fourth place in the boys' triple jump with a mark of 45-07.

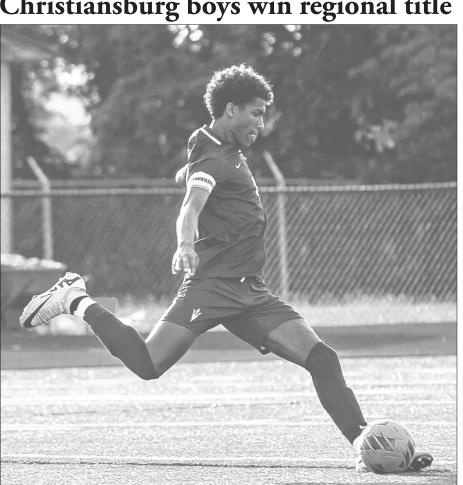
Auburn's boys would finish fourth in Class 1, while the girls' squad was third on their side of the track.

Auburn's Kasey Rosenbaum would take second in the 3,200 and third in the 1,600 for the Lady Eagles, while teammate Megan Earnest finished third in the high jump.

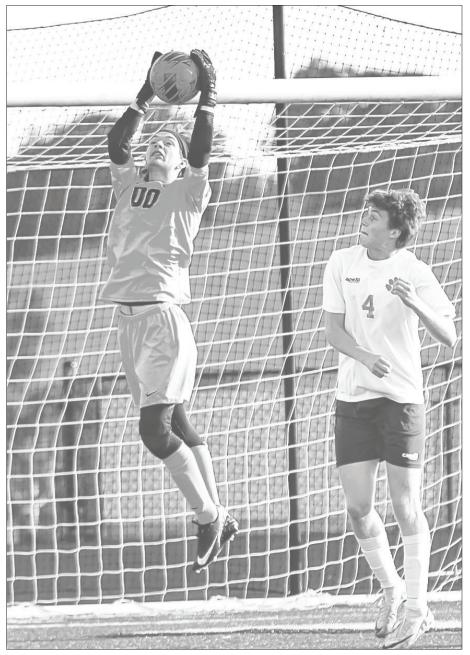
Auburn's fourth place finish (49 points) comes behind first-place Lancaster's 87.5 and second place Parry McCluer's 67 points.

The Auburn girls would tally 54 points to barely be out of second with Northhampton with 57 points. Brunswick took the team competition with 84 points.

In Class 2, Radford's Javier Wade took third in the 200 meters.



Sami Seife takes a penalty kick for the Blue Demons. Seife scored on another penalty kick late in the second half cinching the 1-0 win for Christiansburg. The win was a regional championship in Class 3C.





Christiansburg's Makaylee Hughes connects with a Staunton River pitch during the Region 3D championship game on Friday night. Christiansburg defeated Staunton River 5-1 for the Region 3D championship.

Area softball teams claim regions

Marty Gordon

NRV sports@ourvalley.org

taken Seann Gaynor has Christiansburg High School to a regional title in his first year on the school's softball sidelines.

After the win, they will play on the highest stage for the first time in school history. This past week, Christiansburg downed Staunton River 5-1.

Pitcher Kadyn Camper threw six strikeouts and only walked one. The defense made the plays and had no errors on the night.

Offensive fire power came from

leadoff hitter Kyrstin Lowe who had two hits and an RBI. Camper and Sophia each had a hit and two RBI's. Tyleigh Dillard had two hits, and freshman Aubrey Davis had a hit on the night.

Meanwhile in Riner, where Gaynor teaches and his daughter plays for the Auburn Eagles, they too are regional champs. Both schools were scheduled to open the state quarter finals on Tuesday night.

Also, the Christiansburg High School boy's tennis team brought home the region 3D team title, and the girls' double team of Lucy Burningham and Nora Cross brought home a championship to the school.



Christiansburg boys win regional title

Christiansburg goalkeeper Joseph Baines makes one of his critical saves during the game.



Luca Pickeral (center) outpaces three William Byrd players to bring the ball into scoring territory for Christiansburg.

Christiansburg senior Kadyn Camper pitches against Staunton River in a 5-1 Region 3D championship win.



Christiansburg shortstop Addison Reasor throws to first to cut down a Staunton **River baserunner.**



PHOTOS BY JON FLEMING

Christiansburg second baseman Kyrstin Lowe catches an infield fly to record an out against Staunton River.



PHOTO COURTESY OF NEW RIVER BOWLING CONGRESS

The New River Bowling Congress has new members for its 2024 Hall of Fame, which were honored at a recent banquet. Pictured (left to right) Danny Perdue, **Connie Price and Ricky Helvey.**

Four named to bowling Hall of Fame

Marty Gordon

NRV sports@ourvalley.org

The New River Bowling Congress held their annual induction ceremony on May 3 for four new honorees.

The group included Ricky Helvey, Danny Perdue and Connie Price. Carl Shrader was recognized posthumously.

Helvey has had multiple 300 games and held over a 200 average for many years. He has bowled in the NRV for over 20 years and is a very competitive bowler, and according to the group, shows great sportsmanship in his game. Perdue has been bowling in multiple leagues in the NRV since 2001. He has carried an average of 200 since 2007 and has two 300 games in the 800 series and several 299 games.

Price has been bowling competitively since 1999 and always participates in local and state tournaments.

Shrader has bowled for many years and held an average of 175. The induction said he loved bowling and it was one of the his favorite things to do. He always showed great sportsmanship and had a smile on his face.

Shrader unfortunately lost his battle with Alzheimer's but dreamed of being inducted into the Hall of Fame.



Tech's Galt named master coach



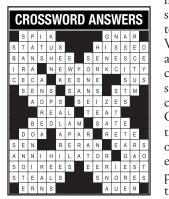
Dwight Galt IV

Director of Strength and Conditioning, Dwight Galt IV has achieved a significant milestone in his career, earning the title of Master Strength and Conditioning Coach from the Collegiate Strength and Conditioning Coaches Association.

This prestigious member, milestone marks the highest recognition in the strength and conditioning profession, and is a tribute to Galt's professionalism, knowledge, experience, expertise, and longevity in the field.

Galt is one of 334 coaches at the collegiate and professional level who have earned the honor on the collegiate and/ since the award's inception in 2001.

'To be mentioned in the



Virginia Tech Senior same breath along with some outstanding strength and conditioning coaches, is humbling and an honor," said Galt. "To see an athlete improve in their sport and be successful has been an extremely rewarding experience."

To be eligible, a coach must be an active CSCCa currently practice full-time strength and conditioning coaching on the collegiate level, be Strength and Conditioning Coach Certified (SCCC) by the Collegiate Strength and Conditioning Coaches Association and have been a full-time strength and conditioning coach or professional level for a minimum of 12 years.

"This is an incredible honor for Coach Galt that signifies a commitment to the student-athlete, Virginia Tech athletics and the strength and conditioning profession," head football said coach Brent Pry. "Coach Galt is committed to the holistic development of our student-athletes, empowering them to perform in all aspects of their lives."

his third Galt is in

PHOTO COURTESY OF VT ATHLETICS

the Monarchs' football program.

Prior to his time in Norfolk, Galt worked as assistant director of strength and conditioning for Penn State football for seven seasons, helping the Nittany Lions achieve back-to-back 11-win seasons in 2016 and 2017, including the program's Big Ten Championship in 2016.

Galt went to Penn State following a two-year stint at South Carolina where he started as a graduate assistant and then worked as an assistant strength coach for the Gamecocks. He began his coaching career at his alma mater, Maryland, as a strength and conditioning following his intern playing career with the Terrapins.

Galt is the second member of the Hokies' strength and conditioning staff to earn the MSCC honor, along with assistant director of strength and conditioning, Jarrett Ferguson who received the honor in 2017. He also joins his father, Dwight Galt III, in earning the distinction in 2005. He spent nearly 40 years in the profession at Maryland, Vanderbilt, and Penn State.

It's Ladies' Night!

Enjoy an evening of shopping and save big on your entire purchase!

Sunday June 9th, 2024

- 2:00 p.m. 6:00 p.m.
- 25% off your entire purchase!*

Don't Forget Dad - Father's Day is June 16th!

Roanoke • Salem • Vinton • Ridgeway Dublin • Clifton Forge • Brambleton Hollins • Christiansburg • Winston Salem Blackstone • Hickory • Morganton Blacksburg • Walkertown



<u>Measure Twice, Shop Once</u>



in Blacksburg season after serving as director of sports performance at Old Dominion for three years where he oversaw

Virginia Tech Athletics

AARP Virginia fraud alert: Crypto ATMS



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If you're like most Americans, you walk right past a tool used to steal a reported \$35 million from US consumers last year each time you go out for groceries.

Cryptocurrency ATMs are often colorful kiosks that are popping up in supermarkets, convenience stores, gas stations, restaurants, liquor stores and even laundromats across the U/S. There are more than 49,000 crypto ATMs in the United States, up from only about 1,200 at the end of 2017.

Criminal scammers are always looking for the quickest way to get money from their victims. As awareness and protections around other payment methods increase, crypto ATMs have become their tool of choice. Because these kiosks look similar to regular ATM machines, they seem more legitimate to victims who are directed to them. The AARP Fraud Watch Network Helpline has heard from countless victims who have been directed to insert thousands of dollars in cash into these machines to address an "urgent" financial matter.

While there are many different scams, there are only a handful of ways that criminals can get paid. If you are directed to a crypto ATM to address an urgent financial matter, it is a scam.

AARP Virginia