

Time	Date	Journey Network News & Issues 1 st Quarter Jan-March 2022
6:30/7:30/8:30am	1/4/2022	The U.S. is expanding COVID-19 boosters, allowing extra Pfizer shots for children as young as 12. Boosters already are recommended for everyone 16 and older and are now for 12- to 15-year-olds once enough time has passed since their last dose, which is now as early as five months after the last dose.
7:00/8:00am	4-Jan-22	Health officials at the Children's Hospital of the King's Daughters Emergency Department and Urgent Care Center in Norfolk say they are now at full capacity. Officials are asking parents to call their pediatrician or seek alternative testing sites if their children need to be tested for COVID-19.
6:30/7:30/8:30am	4-Jan-22	Chesapeake School Board members have reversed a previous decision to make masks optional for students in schools. Now, masks will be mandatory to align with the state health commissioner's public health order. Board members have promised to revisit the masking policy in the coming months.
7:00/8:00am	4-Jan-22	William and Mary has joined Virginia Tech in announcing that students and faculty will be required to receive a COVID-19 booster ahead of the spring semester. Students who do not get the booster will be disenrolled, while employees will be placed on leave for 30 days without pay and will be terminated if they do not receive the booster.
6:30/7:30/8:30am	4-Jan-22	A winter storm moving into the mid-Atlantic combined with the pandemic has continued frustrating air travelers. More than 1,900 U.S. flights and more than 3,300 worldwide flights were grounded. Airlines hope that extra pay and reduced schedules will help with staffing issues, so flights won't have to be canceled for pandemic reasons.
7:00/8:00am	4-Jan-22	As snow, sleet and rain fell across Virginia yesterday, Virginia State Police troopers responded to over 300 traffic crashes. There were also thousands without power due to the storm and some areas in Tidewater saw flooding. There are still patches of black ice out this morning so use caution on your commute.
6:30/7:30/8:30am	4-Jan-22	Family and friends gathered for a deployment ceremony over the weekend to honor members of the Virginia National Guard as they begin federal active duty overseas. The deployment is expected to last a year.
7:00/8:00am	4-Jan-22	Jason Weaver who was best known for bass guitar, and vocals of Big Daddy Weave has passed away due to Covid-19 complications. Please be praying for his wife Emily and their 3 children.
6:30/7:30/8:30am	5-Jan-22	AT&T and Verizon said they will delay activating new 5G wireless service for two weeks following the airline industry's concern that the service could interfere with systems on planes. AT&T also repeated its promise to further reduce power around airports for six months to give regulators more time to study potential interference.

7:00/8:00am	5-Jan-22	Centra says they have recently experienced an increased COVID-19 cases and because of that they will limit visitors to one at a time per adult patient. This change will go into effect starting tomorrow. Visitors must also be 16 and older. Visitation time is from 2 p.m. to 7 p.m.
6:30/7:30/8:30am	5-Jan-22	A woman is taking over as the commanding officer of the U.S.S. Constitution, also known as Old Ironside, for the first time in the warship's 224-year history. Commander Billie J. Farrell is scheduled to assume command at an on-board ceremony Jan. 21.
7:00/8:00am	5-Jan-22	Portions of North Carolina 12 have reopened after being closed due to ocean over wash. The areas affected were NC 12 between the Basnight Bridge and Rodanthe, as well as on Ocracoke Island between the Pony Pen and the Ferry Terminal.
6:30/7:30/8:30am	5-Jan-22	Winter weather left many stranded, from hundreds of motorists stuck on I-95 north of Richmond for nearly 24 hours to hundreds more on an Amtrak train stuck in Lynchburg. Thankfully things are moving again today.
7:00/8:00am	5-Jan-22	Those looking for somewhere to get warm in Amherst County have an option. With about 3,000 without power across the county, the Amelon Elementary School gym is open as a warming shelter. No showers or food will be provided, but it will remain open 24 hours a day, and you will be required to wear a mask.
6:30/7:30/8:30am	5-Jan-22	The Virginia Department of Education is allocating \$12 million to a variety of programs for teacher recruitment and retention efforts. The funds will include \$2 million to assist aspiring educators and other school staff in Virginia to earn full state teaching licensure.
7:00/8:00am	5-Jan-22	NASA's new space telescope is on the verge of completing the riskiest part of its mission, unfolding and tightening a huge sunshade. The operation should be complete today.
6:30/7:30/8:30am	6-Jan-22	Americans who miss work due to COVID-19 may hope to receive unemployment benefits, but currently they don't qualify. The U.S. Department of Labor says those infected with COVID-19 do not meet requirements for jobless aid.
7:00/8:00am	6-Jan-22	In Roanoke County, the decision on whether students wear a mask or not will come down to what Governor-elect Glenn Youngkin does once he's sworn into office. Roanoke is looking to remove the mask mandate for students if changes are made at the state level when Youngkin takes office.
6:30/7:30/8:30am	6-Jan-22	Appalachian Power has crews working to restore service and has even brought in extra help from other states including Ohio and West Virginia. More than half of AEP's customers who lost power do have it back, but for the others impacted, crews continue their efforts to get the lights back on.

7:00/8:00am	6-Jan-22	The Lynchburg Humane Society is planning a special adoption event to honor the legacy of the late Betty White on Jan. 15 and Jan. 16. Those who wish to donate in White's memory to help pets at the Lynchburg Humane Society can do so by leaving a note in the memo indicating it is in her memory.
6:30/7:30/8:30am	6-Jan-22	After talks of possibly postponing the Beijing Olympics because of the coronavirus, the International Olympic Committee promised officials that the Winter Games will go ahead as planned. They also promised case-by-case assessments of athletes who recover after testing positive for COVID-19 ahead of traveling to China.
7:00/8:00am	6-Jan-22	The Virginia Department of Social Services announced that they will be releasing emergency allotments of benefits to eligible families later this month. Officials say the benefits will automatically be loaded to recipients' Electronic Benefits Transfer Cards on January 16.
6:30/7:30/8:30am	6-Jan-22	As the demand for COVID-19 tests increases, there are plans in the works to expand testing centers in the Hampton Roads area. While there are no details on when the centers will open or what their hours will be, the state is working up a contract to be approved by the CDC and a private company will be contracted to perform the tests.
7:00/8:00am	6-Jan-22	The City of Martinsville Fire and EMS Department is pushing to fill full- and part-time firefighter positions. Applicants who are already certified firefighters or paramedics in Virginia may be eligible for a \$6,000 hire-on bonus. The deadline to apply is Wednesday, Jan. 19, at 5 p.m.
6:30/7:30/8:30am	7-Jan-22	Virginia Emergency Medical Services will soon have upgraded lifesaving tools across the state. The Hand-tevy resuscitation system includes an app called "CPR Assist." By using the auditory and visual cues provided by the app, nurses can accurately maintain compression and ventilation rates in real-time.
7:00/8:00am	7-Jan-22	During a special meeting the Roanoke County School Board voted to reverse the mask decision it made earlier in the week that would have allowed for the mask mandate to be lifted if a change is made at the state level. Board members are now discussing a new motion, but it seems as of now the mandate will stay.
6:30/7:30/8:30am	7-Jan-22	With the threat of more winter weather VDOT was busy pretreating the roads yesterday. VDOT's Lynchburg district says crews are ready to go in Central Virginia this morning.
7:00/8:00am	7-Jan-22	Lynchburg knitters made and gave away 800 items to help those in need stay warm. They hung hats, gloves, and scarves at Lynchburg Human Services for many to grab as needed. Knitters have participated in the initiative for the last six years.
6:30/7:30/8:30am	7-Jan-22	As the demand for COVID-19 tests increases, the Commonwealth is opening nine new community testing centers. New testing centers will be in Charlottesville, Chesterfield, Fairfax,

		Fredericksburg, Newport News, Norfolk, Prince William, Richmond, and Roanoke.
7:00/8:00am	7-Jan-22	A big pay raise is finally here for the Lynchburg Police Department. Officers will have a starting pay of \$50,000 which is a \$10,000 increase in pay and a \$5,000 sign-on bonus. Chief Ryan Zuidema said since they announced the pay raise, they have seen 90 applicants so far, including a few certified officers.
6:30/7:30/8:30am	7-Jan-22	Pittsylvania County is going solar! Recurrent Energy announced that they've signed an agreement to sell a 150-megawatt solar project, called firefly solar, to Appalachian Power. The project will bring more than 350 construction jobs to the county and will start in 2023.
7:00/8:00am	7-Jan-22	One Richmond woman is stocking her custom-built refrigerated trailer like the produce section at a supermarket. The woman from Chesterfield is the founder of World Up: a nonprofit that delivers veggies and fruits to food deserts (or areas where they can't get fresh produce) across Richmond about six times a month.
6:30/7:30/8:30am	10-Jan-22	The 49th annual March for Life on Jan. 21, in Washington, D.C., will proceed as planned with a kick-off concert by Matthew West at 11 a.m. followed by the rally at Noon and the march to the Supreme Court at 1:15 p.m. However, a mandate will require those seeking to enter indoor places to provide proof of vaccination.
7:00/8:00am	10-Jan-22	Sentara Healthcare announced that they are postponing all non-emergency surgeries, procedures and testing starting today. Patients that are impacted will be contacted directly. The goal of the change is to reassign team members to areas with a more urgent need.
6:30/7:30/8:30am	10-Jan-22	If you live in Richmond and Henrico, you can now sign up to get a free COVID-19 test at the Richmond Raceway. The community testing center is the state's first of nine mass testing sites and it offers appointments daily through Thursday, the 13.
7:00/8:00am	10-Jan-22	Thanks to generous donations from the community the Appomattox Volunteer Fire Dept. held a dedication ceremony to celebrate their new fire engine. This fire engine replaced a 30-year-old truck, which they donated to a fire department in Tennessee that was impacted by tornadoes in December.
6:30/7:30/8:30am	10-Jan-22	The Biden administration has issued new warnings to Russia if it goes ahead with threats to invade Ukraine. Among those threats are that Russia would be hit with economic sanctions and significant restrictions on products exported from the U.S. to Russia.
7:00/8:00am	10-Jan-22	As COVID-19 cases continue to rise, Carilion Clinic is enforcing visitation restrictions. Starting tomorrow at 7 a.m., all Carilion hospitals will transition to the red level, which doesn't allow adult patients to have visitors with few exceptions.

6:30/7:30/8:30am	10-Jan-22	You may be one of the many Roanoke City homeowners who got a property tax bill this week that was much higher than you expected. This year, a single-family home saw an 11% increase in its property assessment. The director of the department of real estate said this is expected as the economy recovers from COVID-19.
7:00/8:00am	10-Jan-22	An army veteran was surprised in Buchanan with a horse to care for as his own. New freedom farm uses equestrian therapy to help veterans and horses find a new purpose.
6:30/7:30/8:30am	11-Jan-22	As Virginia experiences a surge in COVID-19 cases, Governor Ralph Northam has issued an emergency order to help hospitals. The 30-day order will expand the number of available hospital beds and increase staffing capacity at hospitals and nursing homes.
7:00/8:00am	11-Jan-22	Dole Fresh Vegetables is voluntarily recalling Dole-branded and private label packaged salads. The affected products contain iceberg lettuce that could possibly contain Listeria.
6:30/7:30/8:30am	11-Jan-22	Roanoke Public Libraries will distribute at-home COVID-19 test kits at no cost. Right now, all six branches are distributing kits curbside, and residents are required to wear face masks when picking up. If you are experiencing signs and symptoms, be sure to have a family member or friend conduct the pick-up on your behalf.
7:00/8:00am	11-Jan-22	Teams with the American Red Cross Virginia Region have been dispatched to help 15 families after 12 house fires over just two days. The Red Cross offered these safety tips in hopes of preventing fires. Never leave cooking unattended, keep items that can catch on fire at least three feet from any heat source, and make sure to have a working smoke alarm.
6:30/7:30/8:30am	11-Jan-22	The nation's blood supply is dangerously low, prompting the Red Cross to announce a national blood crisis for the first time. The COVID-19 pandemic has caused a decline in donor turnout, the cancellation of blood drives and staffing challenges, leading to the worst blood shortage in more than a decade.
7:00/8:00am	11-Jan-22	UnitedHealthcare will host a virtual job fair to fill 30 full-time, healthcare sales representative positions based in the Roanoke area. The virtual job fair will take place on Thursday, from 1 p.m. to 4 p.m.
6:30/7:30/8:30am	11-Jan-22	Those looking to take the Hatteras Ferry today will need to be aware of a reduced schedule. According to officials, a large number of COVID cases among their staff is forcing them to operate on a reduced schedule.
7:00/8:00am	11-Jan-22	The United States Mint said that it has begun shipping quarters featuring the image of poet Maya Angelou, the first coins in its American Women Quarters Program. The mint's program will issue 20 quarters over the next four years honoring women and their achievements in shaping the nation's history.

6:30/7:30/8:30am	12-Jan-22	This year's tax filing season will begin on Jan. 24, 17 days earlier than last year. The IRS is warning that COVID-19 could again make this filing season challenging. The deadline for tax returns to be filed is Monday, April 18 and they suggest avoiding a paper tax returns to avert processing delays.
7:00/8:00am	12-Jan-22	With the omicron variant spreading, health experts say it's now more important than ever to upgrade your face mask to a quality N95 or KN95. You should also be careful where you buy that mask because there are fake ones out there.
6:30/7:30/8:30am	12-Jan-22	Bank of America is reducing the amount it charges customers when they spend more than they have in their accounts and plans to eliminate entirely their fees for bounced checks. It's the latest move by the nation's biggest banks to roll back the overdraft fees they've long charged customers.
7:00/8:00am	12-Jan-22	U.S. Army Special Forces candidates will take part in the final test of their qualification training later this month in an exercise that will cross much of central North Carolina. The Robin Sage training exercise will take place Jan. 22-Feb. 4 with students from the U.S. Army John F. Kennedy Special Warfare Center and the School at Fort Bragg.
6:30/7:30/8:30am	12-Jan-22	The Justice Department is establishing a specialized unit focused on domestic terrorism, after the threat from violent extremists in the United States last year. The department has a counterterrorism section but decided to create a specialized domestic terrorism unit to expand their approach.
7:00/8:00am	12-Jan-22	The United States announced \$308 million in additional humanitarian assistance for Afghanistan refugees. The new aid will be used to provide shelter, health care, winterization assistance, emergency food, water, sanitation, and hygiene services.
6:30/7:30/8:30am	12-Jan-22	A furniture manufacturer is expanding to Floyd County. Phoenix Hardwoods, will open a new retail storefront in the historic Farmer Supply store in the heart of downtown Floyd. The project will create eight career-focused positions.
7:00/8:00am	12-Jan-22	Virginia Career Works in Roanoke is holding in-person hiring events on a monthly basis. The first event is Thursday, in partnership with the Roanoke Re-Entry Council to help those who are seeking to re-enter society and the workforce. Thursday's event will feature about 10 agencies and organizations.
6:30/7:30/8:30am	13-Jan-22	The omicron variant continues to spread and while the symptoms are relatively minor and common for most, there are some situations that warrant going to the hospital. Examples are chest pains, shortness of breath, a fever that won't come down, and passing out.
7:00/8:00am	13-Jan-22	The U.S. Army is offering an enlistment bonus of \$50,000 to highly skilled recruits who join for six years, as they are struggling to get soldiers for certain critical jobs amid the pandemic. The Army is

		hoping that some extra cash will entice those that are qualified to sign up.
6:30/7:30/8:30am	13-Jan-22	A Navy helicopter crashed on Oakes Lane in Isle of Wight County, Virginia. The craft struck several trees sustaining damage to the front cockpit, the two pilots were not injured but the back passenger was transported to the hospital with minor injuries. The US Navy is investigating the cause of the crash.
7:00/8:00am	13-Jan-22	Drifting is a unique form of motorsports, and it will be coming to South Boston Speedway in March in a new first-time event, SoBo Drifts. It's set for Saturday, March 5, and admission is \$10 for spectators, with children 12 and under free.
6:30/7:30/8:30am	13-Jan-22	March for Life announced its full list of speakers for the 49th annual event on Jan. 21. Marchers will be addressed by Members of Congress, Down Syndrome advocate Katie Shaw, Duck Dynasty's Lisa Robertson, and actor Kirk Cameron. The theme for this year's March for Life, Equality Begins in the Womb.
7:00/8:00am	13-Jan-22	The Biden administration is increasing federal support for COVID-19 testing for schools in hopes to keep them open during the omicron surge. Now they are sending 5 million rapid tests and 5 million lab-based PCR tests to schools to ease supply shortages.
6:30/7:30/8:30am	13-Jan-22	Pulaski County Public Schools will be moving to remote learning for the remainder of the week due to staffing shortages caused by COVID-19. Today and Friday, teachers will give students assignments and will be available to help from 9 a.m. to 3 p.m. each day. In-person classes will likely resume on Tuesday.
7:00/8:00am	13-Jan-22	Newport News Police have been chosen to participate in a project designed to prevent and protect teens against human trafficking. The program, TraffickSTOP, is designed to teach teens, signs to observe to prevent human trafficking. NNPd is one of only two jurisdictions in the state asked to participate in the pilot program.
6:30/7:30/8:30am	14-Jan-22	For the last several days, weather experts have been keeping track of a winter storm that will arrive Sunday. Many are saying this could wind up being the most impactful storm we've had since December of 2018. Snow will fall heavily at times, between Saturday night and Sunday.
7:00/8:00am	14-Jan-22	A lot schools in central and southwest Virginia are already seeing another outbreak of COVID-19 cases forcing school districts to revert to online lessons. Students in both Lynchburg and Pulaski County have access to Chromebooks and internet hotspots if they have to revert to virtual.
6:30/7:30/8:30am	14-Jan-22	Governor Ralph Northam announced that Virginia and Norfolk Southern have reached an agreement to expand into the New River Valley. Along with extending the line into the New River

		Valley, a second round-trip between Roanoke and Boston will begin sometime this year.
7:00/8:00am	14-Jan-22	Exciting news for a Richmond woman! The next time you're in Walmart, you might spot a special, sweet treat from her. Mary D. Lee's sweet potato pies are now selling at Walmart stores across Virginia.
6:30/7:30/8:30am	14-Jan-22	The Supreme Court has stopped the Biden administration from enforcing a requirement that employees at large businesses be vaccinated against COVID-19 or undergo weekly testing and wear a mask on the job. At the same time, the court is allowing the administration to proceed with a vaccine mandate for most health care workers.
7:00/8:00am	14-Jan-22	New legislation is being proposed by the Compress and Shock Foundation that would increase the number of Automated External Defibrillators on the road. The hope is that if one in five cars has an AED inside, more lives could be saved.
6:30/7:30/8:30am	14-Jan-22	Kroger has issued a recall for several baked goods. A variety of items under the Country Oven brand have been recalled because they were reported to have metal fragments in them. Items include cinnamon rolls, and several flavors of cake.
7:00/8:00am	14-Jan-22	A new partnership in Virginia is working to help ease some supply chain issues. Right now, there's a shortage of about 80,000 truck drivers across the U.S., and that's why Virginia Ready Initiative and the Virginia Trucking Association are teaming up to send hundreds of qualified drivers to companies that need them.
6:30/7:30/8:30am	17-Jan-22	This winter storm that impacted everyone from North Dakota down to northern Georgia and up to Maine, was big enough to be given a name. Named Izzy by The Weather Channel, this sprawling storm has caused several travel issues.
7:00/8:00am	17-Jan-22	Virginia Department of Transportation crews pre-treated Interstate 95 and other primary routes ahead of the winter weather over the weekend. However even with the pre-treatment, VDOT is warning that roads can still be dangerous this morning, so be sure to check the conditions before you plan any travel.
6:30/7:30/8:30am	17-Jan-22	This winter storm isn't the last winter weather we'll see even this week. Weather experts are also monitoring another potential for winter weather Thursday and Friday.
7:00/8:00am	17-Jan-22	Bedford County Public Schools needs bus drivers. They are also short-staffed in cafeteria workers, janitors, teachers, and other areas as well. Currently, they have seven openings. If you would like to apply you can call the Bedford County Schools transportation office.

6:30/7:30/8:30am	17-Jan-22	With many areas having seen significant winter weather several are without power. Crews are working as fast as they can to get it restored, however they are also impacted by travel so try and be patient.
7:00/8:00am	17-Jan-22	Virginia State Police are urging you to be extra cautious if you must go out today. They do have all available troopers on patrol to respond as quickly as possible to traffic crashes, and emergencies. They are asking you to make sure you clear all the snow and ice from the roof, trunk, hood, and windows of your vehicle before you travel, slow your speed, and always buckle up.
6:30/7:30/8:30am	17-Jan-22	The Biden administration will hold its first offshore wind auction next month, offering nearly 500,000 acres off the coast of New York and New Jersey for wind energy projects. The administration also announced that they will speed up reviews of clean energy projects on public lands, including solar, onshore wind and geothermal energy.
7:00/8:00am	17-Jan-22	The City of Norfolk has 800 open positions from everything to accountants to zookeepers. Their biggest vacancies are within the first responder role. This spring, the city will offer several resume and interviewing workshop to further prepare candidates for the jobs they have listed.
6:30/7:30/8:30am	18-Jan-22	The United States and several other countries are advising Olympic athletes who are competing in China to use disposable phones, not their own devices due to China's possible surveillance. Also, the Biden administration will not send any diplomatic representation to the Olympics which start on Feb 4th.
7:00/8:00am	18-Jan-22	This weekend Glen Youngkin was sworn in as the 74th governor of Virginia and unveiled his agenda for day one by signing 11 executive actions. Among those were removing divisive concepts from schools, withdrawing from the Regional Greenhouse Gas Initiative, and making masks optional in schools.
6:30/7:30/8:30am	18-Jan-22	The Bedford County School Board has voted to remove the masking requirement for K-12 students. The decision will go into effect February 1. Students will still be required to social distance within classrooms and wear facemasks on school buses.
7:00/8:00am	18-Jan-22	Keira D'Amato has set a new American marathon record by beating the previous record by 24 seconds. Keira, who's 37 who ran in high school and college, and resumed running to get back in shape after the birth of her children. She is also a finalist for "female athlete of the year" in the upcoming Richmond VA Sports Awards.
6:30/7:30/8:30am	18-Jan-22	With cold temperatures yesterday many are still seeing ice this morning. Be sure to check our closings and delays at MyJourneyFM.com before heading out. Also, remember that we are still looking ahead to the potential of more winter weather towards the end of the week.

7:00/8:00am	18-Jan-22	If you're struggling to find an at-home COVID-19 test, you'll soon be able to have free tests delivered right to your door. Starting tomorrow every U.S. home is eligible to receive four free at-home COVID-19 tests and you can order them online.
6:30/7:30/8:30am	18-Jan-22	National Wreaths Across America Day took place with over 3,000 participating locations across the country, and more than 2.4 million veterans' wreaths were laid on headstones nationwide. Now they are asking for volunteers to help clean up the wreaths on Saturday, Jan. 22 at Arlington National Cemetery, beginning at 8 am.
7:00/8:00am	18-Jan-22	The Salem Civic Center's free weekly COVID testing event has been canceled today. With the impacts of the winter storm, officials with the Roanoke City & Alleghany Health Districts thought it would be best to cancel the testing event which is usually held every Tuesday in January.
6:30/7:30/8:30am	19-Jan-22	AT&T will postpone new wireless service near some airports after the nation's largest airlines said the service would interfere with aircraft technology and cause flight disruptions. The decision came after the airline industry warned that thousands of flights could be grounded or delayed.
7:00/8:00am	19-Jan-22	The website for Americans to request free at-home COVID-19 tests, is officially up online. The website, COVIDTests.gov, now includes a link for Americans to access an order form run by the U.S. Postal Service where you can order four at-home tests per residential address.
6:30/7:30/8:30am	19-Jan-22	Appalachian Power has made its largest request for renewable energy asking for up to 1,000 megawatts of wind or 100 megawatts of solar resources with optional battery energy-storage systems. The proposals will help the company meet the requirements of Virginia's Clean Economy Act that states Appalachian Power must be 100% carbon-free in Virginia by 2050.
7:00/8:00am	19-Jan-22	Like many animal organizations across the country, the Lynchburg Humane Society held a donation campaign in honor of the late Betty White. From the day of her passing to Monday, which would've been White's 100th birthday, LHS raised more than \$10,000 to directly help save homeless pets in the community.
6:30/7:30/8:30am	19-Jan-22	Russia is sending troops to Belarus for major war games, a deployment that will strengthen Russian military assets near Ukraine amid Western fears of a planned invasion. A series of talks last week between Russia, the U.S. and NATO failed to reduce the tensions.
7:00/8:00am	19-Jan-22	With fewer than six days until Governor Glenn Youngkin's ban on mask mandates in school goes into effect, some school districts in Virginia say they will continue their mask requirement for now. Nelson County Public Schools said they will continue wearing masks until further notice, along with Richmond public schools.

6:30/7:30/8:30am	19-Jan-22	On the first weekday since he left office, Former Governor Ralph Northam is back at his medical practice Children's Specialty Group in Norfolk. Once Glenn Youngkin was sworn in as the 74th governor, Northam and his wife Pam were escorted out of the ceremony, as is tradition for the outgoing governor.
7:00/8:00am	19-Jan-22	The Centers for Disease Control and Prevention continues to update its COVID-19 guidance for K-12 schools, including how to safely have extracurricular activities. Now they are recommending testing for sports, choir, band, and any activities that involve shouting or vigorous exercise, especially 24 hours before a competition or event.
6:30/7:30/8:30am	20-Jan-22	Europe has said that face masks will no longer be mandatory in public places and COVID-19 passports will be dropped for large events. As infections level off the government is no longer advising residents to work from home, and face masks are now optional in schools starting today.
7:00/8:00am	20-Jan-22	In the U.S. the Biden administration will begin making 400 million N95 masks available for free to Americans starting next week. The masks will come from the government's Strategic National Stockpile and will be available for pickup at pharmacies and community health centers starting late next week.
6:30/7:30/8:30am	20-Jan-22	A Marine has been charged for the military truck crash that took the lives of two Marines in North Carolina. Troopers say 17 passengers in the back of the 7-ton truck were thrown when the truck lost control and overturned. The Marines are assigned to the 2nd Marine Logistics Group which is based at Camp Lejeune.
7:00/8:00am	20-Jan-22	More than \$300 million is being invested in water infrastructure projects in coastal Virginia. That money will be used to reduce and manage flooding for major portions of the city through a system of surge barriers, tidal gates, floodwalls, levees, and pump stations.
6:30/7:30/8:30am	20-Jan-22	President Biden announced the release of \$14 billion to the Army Corps of Engineers to fund 500 projects, to ease supply chain problems. Projects include reducing supply bottlenecks by replacing locks on the Ohio River and a new lock in Michigan. There are also investments at the Port of Long Beach in California and Norfolk Harbor in Virginia to accommodate more shipping.
7:00/8:00am	20-Jan-22	Ford is recalling about 200,000 cars in the U.S. to fix a problem that can stop the brake lights from turning off. The recall covers certain 2014 and 2015 Ford Fusion and Lincoln MKZ midsize cars as well as some 2015 Mustangs. Owners will be notified by mail starting March 3.
6:30/7:30/8:30am	20-Jan-22	A new COVID-19 testing center is slated to open at Valley View Mall today. The Community Testing Center will be open Monday through Thursday from 9 a.m. to 5:30 p.m. by appointment only. Available appointments will be listed on the website 24 hours ahead of each testing event.

7:00/8:00am	20-Jan-22	Many Virginia universities are lifting their COVID vaccine mandates after Governor Glenn Youngkin's executive order got rid of the mandate for state employees. VCU and Virginia State Univ. are now joining Virginia Tech, UVA, William and Mary, University of Mary Washington, Longwood University, James Madison University and Norfolk State University in complying with the governor's order.
6:30/7:30/8:30am	21-Jan-22	The March For Life Rally in D.C. is going on today along the National Mall. Several roads will be closed for the event and around 50,000 are expected to attend. The pre-rally will start at 11 a.m., followed by a march to the Supreme Court.
7:00/8:00am	1/21/2022	President Joe Biden is not planning to send combat troops answer the further Russian invasion of Ukraine. The United States decision to not directly get involved is because we have no treaty obligation to Ukraine, and war with Russia would be risky.
6:30/7:30/8:30am	1/21/2022	The Virginia Department of Transportation says they are poised and ready ahead of the snow in Hampton Roads this weekend. Crews were already treating the roads with both salt and brine. Also, school districts are largely shifting to online learning, and some local organizations have begun to postpone so check for closings and delays.
7:00/8:00am	1/21/2022	More than 130 years after artifacts were sealed within the pedestal beneath the Robert E. Lee statue in Richmond, the Department of Historic Resources has compiled a detailed inventory of what was found inside. They are working to compare the items to what was described in an article published in 1887 that detailed 60 objects within the time capsule.
6:30/7:30/8:30am	1/21/2022	Governor Glenn Youngkin has issued a state of emergency as Virginia braces itself for more winter weather which is expected to be most extreme in the Hampton Roads region. Given that the weather will likely result in downed trees and electrical outages, the executive order will help the Commonwealth prepare ahead of time, to recover from any impacts of the storm.
7:00/8:00am	1/21/2022	North Carolina Governor Roy Cooper has also signed a state of emergency in advance of winter weather. The governor's office is preparing for several inches of snow from the Research Triangle area to the coast.
6:30/7:30/8:30am	1/21/2022	The process to revert Martinsville from a city to a town within Henry County has been years in the making. But the details have not been agreed upon between city council and the board of supervisors. If this legislation passes in the General Assembly, the question to revert or not, would be on city voter's ballots in an upcoming election.

7:00/8:00am	1/21/2022	Liberty University has plans to make some big improvements to Williams Stadium ahead of the 2022 football season. They plan to upgrade seats on the west and east side of the stadium to chairback and bench back seating and add 23 eight-seat cabanas fit with a roof, TV, fan, heater, and waiter service to the south endzone area.
6:30/7:30/8:30am	1/24/2022	The US embassy in Ukraine has requested the evacuation of all non-essential staff amid increasing fears of a Russian invasion. US evacuations are likely to start as early as this week as President Biden believes that Russian president, Vladimir Putin, will move in and invade Ukraine.
7:00/8:00am	1/24/2022	With the Olympics slated to start on Feb 3rd China is warning athletes against any type of protesting. The International Olympic Committee has made it clear that athletes are free to express their opinions in press conferences and interviews, but not during competition or medal ceremonies.
6:30/7:30/8:30am	1/24/2022	A women's cycling team is preparing for the 2024 Olympics in Paris by making Roanoke their home. The Virginia's Blue Ridge Twenty24 cycling team has earned 14 Olympic and Paralympic medals along with 17 world championships.
7:00/8:00am	1/24/2022	Amidst a national blood crisis, the Red Cross says they need your blood. They normally like to have around a five-day supply of key blood types available, but right now they have less than a day's supply in their facilities across the state. They are also in need of volunteers.
6:30/7:30/8:30am	1/24/2022	A layer of ice and snow covered coastal areas stretching from South Carolina to Virginia over the weekend. Authorities are asking you to be cautious as you head out today, but all main roads should be cleared. Check closings and delays at MyJourneyFM.com
7:00/8:00am	1/24/2022	Due to the winter weather this weekend the Virginia Department of Health closed the community vaccine and testing centers in Norfolk and Newport News. Both sites are expected to be open again today with their regular hours.
6:30/7:30/8:30am	1/24/2022	The Lynchburg City School Board voted and ultimately decided that as of today, they will still require students to wear masks. School board members cited Lynchburg's 52% vaccination rate, outbreaks being at an all-time high, and the city experiencing 400 new cases a day as a reason to keep kids masked up.
7:00/8:00am	1/24/2022	The dream of a 25-mile trail running along the Appomattox River from Hopewell to Dinwiddie County is getting closer to reality. The non-profit Friends of the Lower Appomattox is behind the project.
6:30/7:30/8:30am	1/25/2022	Tensions are high between Russia and the West over concerns that Moscow is planning to invade Ukraine. NATO has planned potential troop and ship deployments in preparation. Russia has amassed an estimated 100,000 troops near Ukraine's border, demanding that NATO promise it will never allow Ukraine to join.

7:00/8:00am	1/25/2022	Parents are flooded with paperwork every single day of the year. But this year, the IRS absolutely want you to keep track of one key letter, letter 6419. The IRS said that it started issuing these letters in December to those who received advance child tax credit money last year so be looking for them.
6:30/7:30/8:30am	1/25/2022	A Roanoke pet pantry is asking for donations, of dog and cat food. Donations of any brand and type of food will be accepted by the Regional Center for Animal Care and Protection's Pet Pantry. The facility provides food and assistance to pet owners when they have fallen on hard times.
7:00/8:00am	1/25/2022	Krispy Kreme is giving away free doughnuts to help combat the nationwide blood shortage. This week, customers have to order in-person at a Krispy Kreme and show confirmation of their donation on the Red Cross blood donor app. Donating to other blood donation organizations besides the Red Cross will also qualify for the free dozen doughnuts.
6:30/7:30/8:30am	1/25/2022	President Biden is putting about 8,500 troops on heightened alert for potential deployment to Europe amid fears of a possible Russian military move on Ukraine. Pentagon press secretary said that no final decisions has been made on deployments, which will happen only if the NATO alliance decides to activate a rapid-response force.
7:00/8:00am	1/25/2022	BWXT Technologies was awarded extra funding to expand the production of uranium nuclear reactor fuel for the Department of Defense and NASA. A \$4.9 million contract amendment was awarded for a specific design expansion.
6:30/7:30/8:30am	1/25/2022	This week is the end of a chapter for nearly 50 local businesses inside Pembroke Mall in Virginia Beach. A \$200 million renovation project is set to begin in the spring, making way for a mixed-use site including a hotel and apartments. January 31 is the deadline for shops to close and pack up.
7:00/8:00am	1/25/2022	A new K-9 deputy has joined the Bedford County Sheriff's Office! Hoover is a 14-month-old bloodhound tracking dog that specializes solely in criminal and rescue tracking. The sheriff's office says Hoover will be crucial in finding missing Alzheimer's and dementia patients, children, suspects, and fugitives.
6:30/7:30/8:30am	1/26/2022	The financial options being considered to punish President Vladimir Putin if Russia invades Ukraine could cut Russia off from U.S. dollars and international banking. European allies have also promised to hit Russia financially like never before if Putin does roll his military into Ukraine.
7:00/8:00am	1/26/2022	The SAT exam will move from paper and pencil to a digital format. Test-takers will be allowed to use their own laptops or tablets, but they'll still have to sit for the test at a monitored testing site not at home. The format change is scheduled to roll out in the U.S. in 2024. It will also shave an hour from the current version, bringing it from three hours to about two.

6:30/7:30/8:30am	1/26/2022	Bedford County Animal Shelter is in a code red and is asking for the community's help. Due to an influx in owner sign overs, court cases, and strays, the shelter is overcapacity. For now, all adoption fees are dropped to \$20 with an approved application.
7:00/8:00am	1/26/2022	The world's biggest, most powerful space telescope arrived at its observation post 1 million miles from Earth. The James Webb Space Telescope went into orbit around the sun and NASA confirmed the operation went as planned. Observations will begin in June.
6:30/7:30/8:30am	1/26/2022	The U.S. supply of computer chips has fallen to alarmingly low levels, raising the prospect of factory shutdowns. Chip shortages have disrupted auto production and driven up car prices, contributing significantly to a 7% increase in prices.
7:00/8:00am	1/26/2022	The Covid-19 crisis revealed serious concerns about staffing shortages, poor infection control and neglect inside Virginia's nursing facilities. Now, a House bill would set minimum hourly staffing standards. Virginia is one of only 18 states that doesn't require nursing homes to have a minimum number of staff hours per resident.
6:30/7:30/8:30am	1/26/2022	If you know any avid hunters or fishers, make sure they are purchasing a license through the appropriate channels. The Virginia Department of Wildlife Resources is urging anyone looking to purchase a fishing or hunting license to only go through official DWR websites.
7:00/8:00am	1/26/2022	A local pup is getting his time in the spotlight. Odin is a sweet rescue dog from Roanoke, and he is going to be featured in the Puppy Bowl on Feb. 13 before the Superbowl. He will be suiting up for Team Ruff.
6:30/7:30/8:30am	1/27/2022	Liberal Supreme Court Justice Stephen Breyer is retiring, giving President Joe Biden an opening that he has pledged to fill by naming the first Black woman to the high court. Breyer's departure over the summer will not change the 6-3 conservative advantage on the court.
7:00/8:00am	1/27/2022	The U.S. military says a Navy combat jet conducting exercises in the South China Sea has crashed while trying to land injuring seven sailors. The pilot was recovered by a military helicopter and three were evacuated for medical treatment, but all are reported in stable condition.
6:30/7:30/8:30am	1/27/2022	President Joe Biden announced the distribution of 400 million free N95 masks last week. Mask recipients are limited to three masks each to make supplies last. According to the Centers for Disease Control and Prevention, most pharmacies will have masks by the end of this week.

7:00/8:00am	1/27/2022	Folks in Lynchburg could see improvements to Miller Park in the coming months. The parks and recreation department is requesting \$23,000 from the city for renovations to the park's baseball fields. Some of the improvements include re-grading, new storage racks and dugout shade structures.
6:30/7:30/8:30am	1/27/2022	As school districts across Virginia determine their next steps after the removal of the mask mandate, health experts want to remind the public an end to the pandemic isn't in sight. However, the Children's Hospital of The King's Daughters Chief Medical Officer in Norfolk did say that pediatric cases have begun to plateau due to proper treatment and more children getting vaccinated.
7:00/8:00am	1/27/2022	There are more than 8,000 new technical job openings at General Motors, and the automaker plans to fill them during a hiring spree this year. The company has a work appropriately policy that gives employees flexibility to work where they want, when the work permits.
6:30/7:30/8:30am	1/27/2022	The Navy has discharged 23 active-duty sailors for refusing the coronavirus vaccine, marking the first time it has thrown currently serving sailors out of the military over the mandatory shots. The Army is now the only service that has not yet discharged any active-duty personnel due to vaccine refusal.
7:00/8:00am	1/27/2022	The North Carolina Zoo is closing its aviary habitat to the public as a precaution following the discovery of avian flu among wild birds in the eastern part of the state. A news release says zoo officials will work with the state and federal departments of agriculture to determine when it can safely reopen the aviary.
6:30/7:30/8:30am	1/28/2022	Well Winter Storm Kenan as name by The Weather Channel, is expected to impact the east coast starting this afternoon. Roads will become slippery starting tonight from parts of North Carolina to southern New England. At least some snowy travel is expected Saturday in Virginia specifically the Tidewater area and eastern North Carolina along with coastal flooding.
7:00/8:00am	1/28/2022	Where are the safest places to be during the COVID-19 pandemic? Well, a study shows that Virginia ranks third in the safest states during COVID, D.C. ranks fourth, and Maryland ranks in 10th place.
6:30/7:30/8:30am	1/28/2022	The father of a Virginia journalist who lost her life during a live broadcast in 2015 is announcing his bid for Congress. Andy Parker announced that he'll seek the Democratic nomination in Virginia's newly drawn 5th District and challenge Republican Bob Good.
7:00/8:00am	1/28/2022	No more comebacks for Ben Roethlisberger. A few months ahead of the Ignite men's impact weekend here in Lynchburg the longtime Pittsburgh Steelers quarterback officially announced his retirement yesterday after 18 seasons, two Super Bowls, and possibly a spot in the Hall of Fame.

6:30/7:30/8:30am	1/28/2022	While Southwest and Central Virginia aren't expected to see much snow, that's not the case for all of Virginia. Governor Glenn Youngkin has declared a State of Emergency in advance of the weather. A state of emergency allows Virginia to mobilize resources to assist in response and recovery efforts.
7:00/8:00am	1/28/2022	European Union lawmakers observed a minute of silence and welcomed a centenarian Holocaust survivor as the world remembered the 77th anniversary of the liberation of the Auschwitz concentration camp yesterday. Remembrance Day commemorations were mostly held online again this year, but a small ceremony, did take place at the site of the former Auschwitz camp.
6:30/7:30/8:30am	1/28/2022	Newport News City Council approved the purchase of more than 19 acres of land in James City County to help protect a reservoir that provides drinking water to city residents. The city says the land will help the waterworks department maintain a body of water situated along the New Kent and James City County line.
7:00/8:00am	1/28/2022	Ahead of the summer season, a new roller coaster is coming to Busch Gardens. This March, Pantheon, described as the world's fastest multi-launch coaster will be opening at the Williamsburg amusement park. Visitors will have to wait until March 25 to take a ride.
6:30/7:30/8:30am	1/31/2022	Russia says it will relocate naval exercises off the coast of Ireland after Dublin raised concerns about them amid their fears that Russia is preparing to invade Ukraine. The decision to move them was a rare concession amid the escalating tensions.
7:00/8:00am	1/31/2022	Kia has recalled over 400,000 vehicles this week after learning their air bags may not deploy as intended. The recall includes certain KIA Sedonas, Souls, Soul EVs, Fortes and Forte Koups that were made between 2017 and 2019. Dealers will alert owners by March 21st and will make necessary repairs at no charge.
6:30/7:30/8:30am	1/31/2022	Virginia State Police added 15 Central and Southwest Virginians to the force! If you're interested in joining the Virginia State Police, there are still many openings available.
7:00/8:00am	1/31/2022	Despite reports that he is retiring, Tom Brady has told the Tampa Bay Buccaneers he hasn't made up his mind yet. It's unknown when he'll make an announcement, leaving his team guessing and fans hoping for one more run.
6:30/7:30/8:30am	1/31/2022	A Russian lawmaker is encouraging residents in Ukraine to join the Russian army, a sign that Moscow is continuing to try to integrate those territories as much as possible. A senior official in President Joe Biden's administration said that Russia does not want war, but we do need to see Russia pulling some of the troops away from the Ukrainian border.

7:00/8:00am	1/31/2022	Eligible Virginia families can now apply for federal funds to help them pay their outstanding heating and cooling bills. Eligible households can receive benefits for heating, cooling, weatherization, budget counseling, and/or other vital services to help achieve safe and healthy indoor air quality and temperature.
6:30/7:30/8:30am	1/31/2022	The Virginia National Guard deployed approximately 15 Airmen and Soldiers for winter storm response operations on the Eastern Shore over the weekend. More Soldiers, Airmen and members of the Virginia Defense Force were also on duty to provide logistics, administrative center support in the Richmond area.
7:00/8:00am	1/31/2022	While the world's attention is about to focus on the Winter Olympics which starts Thursday one woman who competes in the Summer Olympics is celebrating. Kristen Hayden has become the first Black woman to win a U.S. senior national diving title and earn a bid to the World Aquatics Championships, in Japan from May 13 to 29.
6:30/7:30/8:30am	2/1/2022	The Food and Drug Administration has issued full approval for Moderna's COVID-19 vaccine for those 18 and older. Moderna was previously available under emergency use authorization and is now the second COVID-19 vaccine to receive full FDA approval. The Pfizer vaccine received approval last August.
7:00/8:00am	2/1/2022	Newport News Shipbuilding, Virginia's largest industrial employer and a key player in the Navy's modernization efforts, has reached a tentative five-year contract with the United Steelworkers. The agreements call for annual pay increase, pension improvements, and a cap on health care costs.
6:30/7:30/8:30am	2/1/2022	The Shenandoah National Park will now require visitors to purchase a ticket to climb Old Rag Mountain near Luray Virginia. They're hoping the tickets will improve visitor experience and preserve the area. Tickets can be purchased up to 30 days in advance, and they only cost \$1 per person.
7:00/8:00am	2/1/2022	A group of churches packed 30,000 meals over the weekend to give away to nonprofit organizations in Southwest Virginia. Each meal contained six servings of food and since the pandemic began, they've served 90,000 meals.
6:30/7:30/8:30am	2/1/2022	The standoff between Russia and the West over Ukraine sparked a debate yesterday during a United Nations Security Council meeting. Russia accused the U.S. of inciting panic as the U.S. continued to press Russia to de-escalate its troop presence along Ukraine's border.
7:00/8:00am	2/1/2022	Kroger announced it will provide up to three non-surgical N95 masks to anyone who wants them. Customers can go to any Kroger store with a pharmacy to pick up the complimentary masks. The masks will be available only while supplies last. CVS and Rite Aid are also giving away N95 masks.

6:30/7:30/8:30am	2/1/2022	The increasing threat of sea-level rise on Virginia's coast means that an afternoon rainstorm can strand drivers for hours. Now the city of Norfolk has partnered with FloodMapp and the Waze traffic app to warn residents of flooded roadways in real time. The pilot program is now live in Norfolk after two years of development.
7:00/8:00am	2/1/2022	A hospital in Pulaski launched a new program to crack down on substance abuse. The patients receive nine hours of group therapy a week to learn tools on how to manage stress and focus on mental health development. The program runs from 9 a.m. to noon on Tuesday, Thursday and Friday.
6:30/7:30/8:30am	2/2/2022	U.S. regulators are urging Pfizer to apply for emergency authorization for a two-dose regimen of its COVID-19 vaccine for children 6 months to 5 years old. They are aiming to clear the way for the shots as soon as late February.
7:00/8:00am	2/2/2022	A Virginia house bill that could give taxpayers a couple of hundred dollars is in the works. This bill would refund taxpayers \$300 for individuals and \$600 for married couples. If this bill gets passed, it will go into effect on July 1.
6:30/7:30/8:30am	2/2/2022	Gleaning for the World is having a blood drive tomorrow. The American Red Cross is calling the current blood shortage a crisis. If you're able, please consider donating tomorrow between 2 & 6 pm. Walk-ins are welcome however appointments are appreciated.
7:00/8:00am	2/2/2022	Tom Brady, the greatest quarterback in NFL history, has officially retired after winning seven Super Bowls in his 22-year-career. Brady has stated his desire to spend more time with his wife, and three children as his reason.
6:30/7:30/8:30am	2/2/2022	President Joe Biden met at the White House with Senate Judiciary Committee leaders as Democrats look to gain GOP support for the president's Supreme Court nominee. President Biden has vowed to nominate the first Black woman to the Supreme Court to replace Breyer, and he plans to announce his pick by the end of February.
7:00/8:00am	2/2/2022	If you're planning on going to Nashville, you're in luck. Allegiant Air is now offering direct flights to Nashville from the Roanoke-Blacksburg Regional Airport for as little as \$39 for one way. Service will start April 21 and will operate on Thursdays and Sundays through August 14.
6:30/7:30/8:30am	2/2/2022	Braley & Thompson of Virginia has announced its Wrapped in Love winter blanket drive benefitting foster youth in need. New and gently used blankets are currently being accepted through Feb. 14 throughout Virginia, from 9 a.m. to 5 p.m. Monday through Friday.
7:00/8:00am	2/2/2022	Today a crowd will gather in Punxsutawney, Pennsylvania, to await a special forecast from Phil the groundhog. If he sees his shadow, then it's six more weeks of winter, but if Phil doesn't see his shadow, then warmer temperatures are on the way. On average, Phil has only gotten it right 40% of the time over the past 10 years.

6:30/7:30/8:30am	2/3/2022	President Joe Biden is sending 2,000 troops from Fort Bragg, North Carolina, to Poland and Germany this week. The military moves come amid stalled talks with Russia over its military buildup at Ukraine's borders.
7:00/8:00am	2/3/2022	If you are planning a trip you might want to check the list of places the CDC is warning about traveling to. Nearly 130 countries are now labeled as "Level 4: Very High", and the United States is included. Per the CDC's recommendations, you should avoid travel to all destinations labeled as Level 4.
6:30/7:30/8:30am	2/3/2022	A fire at a North Carolina fertilizer plant that forced the evacuations of thousands of residents earlier this week is still burning. Firefighters are warning that the chemicals at the site could cause a large explosion. They are also not sure when the blaze might die down or when the air quality will get better.
7:00/8:00am	2/3/2022	Part of Southside Virginia is being recognized for its place in Civil Rights history. The U.S. Civil Rights Trail added The Danville Museum of Fine Arts & History to its list. This trail, spans across 15 states and features more than 120 sites. Danville joins Farmville and Richmond as one of three Virginia sites to receive the designation.
6:30/7:30/8:30am	2/3/2022	Family and community members mourned the passing of two campus officers that lost their lives this week at Bridgewater College in Virginia. Campus police officer John Painter and campus safety officer J.J. Jefferson were close with each other and the college's students. The man accused of taking their lives has been charged with five felony charges.
7:00/8:00am	2/3/2022	The Army said it will immediately begin discharging soldiers who have refused to get the COVID-19 vaccine, putting more than 3,000 service members at risk of being thrown out. The Army's announcement makes it the final military service to lay out its discharge policy for unvaccinated members.
6:30/7:30/8:30am	2/3/2022	One of the largest autism therapy providers in the U.S. announced an expansion to North Carolina. Hope bridge Autism Therapy Centers is bringing up to 15 locations, and more than 800 jobs, to North Carolina to help set up life-changing therapy to children in under-served areas across the state.
7:00/8:00am	2/3/2022	All week long, students at Roanoke Catholic School have been participating in activities that give back to the community. Earlier in the week the entire school gathered to make "thank you" signs for health care workers and put them up around the community.
6:30/7:30/8:30am	2/4/2022	The Winter Olympics are finally here with the Opening Ceremony taking place today. Competition began two days ago, but for many, the Opening Ceremony marks the official beginning of the Games. This is another year of time difference issues with live events streaming throughout the day and being rebroadcasted during primetime.

7:00/8:00am	2/4/2022	The Biden administration, seeking to fill a gap in coverage for COVID-19 tests. Now those with Medicare will be able to get free over-the-counter tests much more easily. Also, Medicare will cover up to eight free tests per month, starting in early spring.
6:30/7:30/8:30am	2/4/2022	Time is running out for lower-income residents of Norfolk and Portsmouth to apply for the expanded toll relief program with Elizabeth River Crossings. If you make less than \$30,000 a year and make five round trips to and from work each week you can get a 50% discount, which will save you \$650 per year. The deadline to apply is February 15th.
7:00/8:00am	2/4/2022	The Foodbank of Southeastern Virginia and the Eastern Shore is celebrating Healthy Heart Month with free events. Attendees will receive free health screenings as well as wellness and nutrition education. The events will provide resources related to health, fitness, and healthy food options, as assistance to those experiencing food insecurity.
6:30/7:30/8:30am	2/4/2022	The U.S. has obtained information that the Russian government developed a plan to stage a fake attack that would make it appear like the Ukrainian military forces assaulted Russian territory giving Russia a reason to take military action against Ukraine. The Biden administration is trying to publicize the information in the hopes that it stops Russia from invading.
7:00/8:00am	2/4/2022	Teacher retention has been a nationwide problem even before the pandemic, now Virginia Beach City Public Schools have decided to take action. They've created a new position called a "teacher retention liaison," to create intentional teacher-to-teacher support. The job is to help teachers with tasks like lesson planning, and navigating parent conversations, it's basically former teachers, teaching new teachers.
6:30/7:30/8:30am	2/4/2022	Nearly 200,000 Ram heavy-duty pickups are being recalled due to a loose nut that can stop the windshield wipers from working properly. The recall covers certain Ram 2500 and 3500 pickups, all from 2019 and 2020. Owners will be notified by March 18th.
7:00/8:00am	2/4/2022	Richmond City Council has approved \$3,000 and \$1,500 bonuses for city employees. Full-time and part-time employees will receive the bonuses today. Richmond police officers and firefighters received similar bonuses last month and aren't eligible for extra pay this time.
6:30/7:30/8:30am	2/7/2022	A few dozen U.S troops landed in southeastern Poland near the Ukraine, following President Joe Biden's orders amid fears of a Russian invasion of Ukraine. Some 4,000 U.S. troops have been stationed in Poland since 2017 on a rotating basis, as a security boost in the face of Russia's increased military activity.

7:00/8:00am	2/7/2022	For the second time a federal appeals court has thrown out a permit for the Mountain Valley Pipeline. They found serious errors with the conclusion that the pipeline wouldn't jeopardize endangered species in its path. The pipeline would transport natural gas through West Virginia and Virginia.
6:30/7:30/8:30am	2/7/2022	A COVID-19 testing company has opened a new testing clinic in Goochland County. The company is offering free testing to those with or without insurance. The company also has testing sites in Midlothian and at the Bon Secours Training Center in Richmond. You should receive your results within 24 hours.
7:00/8:00am	2/7/2022	Kings Dominion is looking to hire 3,000 new seasonal associates ahead of its season reopening on March 12. The starting wage for this position is \$15/hour and the theme park is looking to hire employees in several areas of the park.
6:30/7:30/8:30am	2/7/2022	Russia could invade Ukraine any day, launching a conflict that could cause several casualties. U.S. officials confirmed that Russia has assembled at least 70% of the military firepower it likely intends to have in place by mid-month to give Russian President Vladimir Putin the option of launching a full-scale invasion of Ukraine.
7:00/8:00am	2/7/2022	The Virginia Department of Health's case dashboard has begun to reflect those that have passed away from the surge of omicron cases. The best way to stay protected against the COVID-19 infection, hospitalization and death remains vaccination according to health experts.
6:30/7:30/8:30am	2/7/2022	The CDC is recommending N95 face masks for maximum protection against COVID. Good news it you can decontaminate them for reuse. Just place them in a paper bag and set it aside for 3 days. The bag will protect the mask from further contamination while allowing anything on the mask to safely die off.
7:00/8:00am	2/7/2022	Many flocked to the Virginia Beach Oceanfront this weekend to take an icy dip in the Atlantic Ocean as part of this year's Polar Plunge. The money raised from the plunge goes towards fundraising for the more than 23,000 athletes who participate in Special Olympics Virginia. This participants raised \$1.1 million dollars for the cause.
6:30/7:30/8:30am	2/8/2022	The Beijing Olympics are taking place inside what organizers are calling the enclosed compound to keep COVID out. However, for a few their competition ended before they could begin after a positive test. There is also no exploring for the athletes as Olympic hotels are surrounded by fences and they are not allowed to leave the compound.
7:00/8:00am	2/8/2022	A Lowe's distribution center is set to bring 70 new jobs to Roanoke County. Construction is expected to start within the next few months and the center is set to be complete within about a year.

6:30/7:30/8:30am	2/8/2022	The Campbell County Sheriff's Office is warning residents of an increase in car thefts throughout the county. The Sheriff's Office is reminding you to lock your cars, park in a well-lit area and lock your glove box.
7:00/8:00am	2/8/2022	A popular dessert destination is expanding to the Lynchburg area! Crazy Mason Milkshake Bar announced on Facebook that it will open today from 3 p.m. to 9 p.m.! They are located off Graves Mill Rd. in the Food Lion shopping center.
6:30/7:30/8:30am	2/8/2022	Frontier Airlines and Spirit Airlines are proposing a merger that would create a larger discount airline to compete against the nation's dominant carriers. The airlines claim that it will create many new routes that aren't currently served by ultra-low-cost carriers, and that the combined company will create 10,000 new jobs by 2026.
7:00/8:00am	2/8/2022	The IRS said it will stop the use of facial recognition technology to confirm those that create online accounts after the practice was criticized by privacy advocates and lawmakers. The agency said it would no longer use ID.me because it could become a target for cyberthreats or used by other government agencies.
6:30/7:30/8:30am	2/8/2022	The City of Lynchburg's Registrar's Office is looking for election officials to work at precinct polling locations during elections. The city says the experience offers a better understanding of the election and voting process, and you can make \$145 on Election Day.
7:00/8:00am	2/8/2022	Not one, but two white sharks are swimming off the Outer Banks. Biologists tag and track hundreds of sharks to study their eating and migratory patterns and to educate citizens.
6:30/7:30/8:30am	2/9/2022	The Biden administration is kicking off an outreach campaign to get millions of families to file their taxes so they can receive the second half of payments from the expanded child tax credit. Those without children could also get additional help this tax season if they file, receiving credits worth \$1,500.
7:00/8:00am	2/9/2022	Hyundai and Kia are telling the owners of nearly 500,000 vehicles to park them outdoors because they can catch fire even when stopped. Hyundai dealers will inspect the control modules and replace them if needed and owners will be notified starting April 5. Kia expects to mail letters starting March 31.
6:30/7:30/8:30am	2/9/2022	A crane crashed into the water at the Hampton Roads Bridge-Tunnel yesterday. Thankfully no injuries were reported. Virginia State Police, the Coast Guard and Norfolk firefighters are investigating.
7:00/8:00am	2/9/2022	A museum dedicated to Richmond history is kicking off its largest project since 2014. The Valentine plans to update collection storage and offices among other renovations. Construction is expected to start later this year and be completed in late 2023. The museum will remain open to visitors during the renovation.

6:30/7:30/8:30am	2/9/2022	Johnson & Johnson reportedly shut down production in the only plant making usable batches of its COVID-19 vaccine. The stoppage is temporary, with the facility expected to start making the vaccine again after a few months, it is unclear exactly why the company quietly shut down production.
7:00/8:00am	2/9/2022	The Fairfax County Health District is informing the public about a Measles exposure. The exposure took place between Feb.1 and Feb. 3, and if you were infected you could develop symptoms as late as Feb. 24. If you have had a measles vaccine you are protected and do not need to take any action. If not you should contact your local health care provider for advice.
6:30/7:30/8:30am	2/9/2022	The U.S. Food and Drug Administration has posted a recall for an at-home COVID-19 test because they have been illegally imported into the country. The tests come from SD Bio-sensor and were distributed into the U.S., but were not cleared, authorized, or approved by the FDA.
7:00/8:00am	2/9/2022	Danville-area children have the chance to get hands-on experience with police through the Police Department's fourth annual Youth Police Academy. The academy is a 12-day program that begins June 13 and concludes June 30. Each day starts at 8 a.m. and ends at 4 p.m. It is open to 25 participants ages 10 through 17 who have an interest in police work.
6:30/7:30/8:30am	2/10/2022	Washington, D.C. Police responded to multiple schools in the city yesterday after several threats were made. Threatened schools were evacuated as a precaution. Authorities are investigating.
7:00/8:00am	2/10/2022	Tesla is recalling nearly 27,000 vehicles in the U.S. because the cabin heating systems may not defrost the windshield quickly enough. The recall covers certain 2021 and 2022 Models 3, S, and X, and some 2020 through 2022 Model Y vehicles.
6:30/7:30/8:30am	2/10/2022	Appalachian Power says an extra cold winter may bring an increase in electric bills. So to keep your bills low they recommend changing your air filters, lower your thermostat when you're out of the house and at night while sleeping, and check for gaps in windows and doors that let cold air into the house.
7:00/8:00am	2/10/2022	A Shenandoah staple is making its way to Lynchburg. Kline's Dairy Bar is set to open a new location in Lynchburg just in time for the summer. Each location has its own special flavors that vary from week to week, and they make their ice cream fresh every morning.
6:30/7:30/8:30am	2/10/2022	Inflation has caused prices at the grocery store to spike in recent months, leading to higher bills across the country. Unfortunately, experts say we should all prepare to spend more in the months ahead as prices will most likely go up between 5 and 6%.
7:00/8:00am	2/10/2022	With bipartisan support, the Virginia Senate approved an amendment to give parents the ability to choose whether their children wear masks in schools without providing an excuse and regardless of rules adopted by local school boards.

6:30/7:30/8:30am	2/10/2022	The Better Business Bureau is warning shoppers who may be looking for an easy last-minute Valentine's Day gift. Some of the common scams to be aware of are fake websites, fake florists, and romance scams that take advantage of those that are vulnerable who have experienced a recent breakup or other hardship.
7:00/8:00am	2/10/2022	Barks n' Rec is back in Roanoke. During the week of April 18-24, participants can take part in their activity of choice alongside their favorite furry friend. The fundraiser is hosted by Saint Francis Service Dogs, and the goal is to raise \$60,000 to help place service dogs with individuals with physical and developmental disabilities all around Virginia.
6:30/7:30/8:30am	2/11/2022	States have been given the go-ahead to build a nationwide network of electric vehicle charging stations that would place stations every 50 miles along interstate highways. With more than 100,000 outlets already the goal is to have half-million by 2030.
7:00/8:00am	2/11/2022	According to a recent survey by the Virginia Department of Education more than half of the state's public schools are at least 50 years old. Now legislators are proposing a bill to help the school systems by taking money from the state's literary fund to repurpose it for school construction.
6:30/7:30/8:30am	2/11/2022	Schools throughout Hampton Roads continue to face the challenges of navigating through COVID-19, one of those being meals. Right now, there is legislation that would give schools in Virginia the ability to continue serving free meals including grab-and-go and pick-up lunches into 2023.
7:00/8:00am	2/11/2022	Two pups from the Virginia Beach SPCA will play in this year's Puppy Bowl. Heidi and Sammie will both represent Team Fluff, and they'll take on Team Ruff on Sunday before the Super Bowl. This marks the fifth time that animals from the shelter have appeared in the Puppy Bowl.
6:30/7:30/8:30am	2/11/2022	President Joe Biden was in Culpeper, Virginia yesterday to talk about reducing the price of prescription drugs. The president also mentioned the rising inflation and tried to assure Americans that he was working to decrease gas and food prices.
7:00/8:00am	2/11/2022	The Tennessee Valley Authority is launching a program to fund small nuclear reactors as part of its strategy to reduce greenhouse gas emissions. The federally owned utility provides electricity to seven states and wants the technology to be available by 2030.
6:30/7:30/8:30am	2/11/2022	The Norfolk Health Department is going mobile with a vendor-operated van for COVID-19 testing. Testing staff will travel throughout the eastern region in support of expanding testing to areas that have limited access.

7:00/8:00am	2/11/2022	Those iconic little red wagons from your childhood will soon be available to patients at local children's hospitals. Radio Flyer launched their design made specifically for children's hospitals called the Hero Wagon. Now they are donating 1,000 every year to children's hospitals across the country, including Carilion Children's Hospital in Roanoke.
6:30/7:30/8:30am	2/14/2022	The U.S. Secretary of State met with his Japan and South Korea in Hawaii to discuss the threat of nuclear-armed North Korea after they began the year with a series of missile tests. The three released a joint statement calling on North Korea to cease its unlawful activities.
7:00/8:00am	2/14/2022	A pair of paramedics from Middle Tennessee saw a need and developed a light system that helps guide first responders to hard-to-find locations. It's an LED light that you buy from Lowe's that connects to the LOCATOR 911 app which you can download for free. Once you call 911 the flashing light outside is triggered.
6:30/7:30/8:30am	2/14/2022	Richmond Schools are asking the community to pray for the Fox Elementary community as well as donate to the Fox Elementary Fire Response fund. The 110-year-old historic building caught fire and is now unusable. The school will be closed today and tomorrow before shifting to virtual learning while school leaders work to figure out where to call home. The cause of the fire is being investigated.'
7:00/8:00am	2/14/2022	Well Matt Stafford and the LA Rams did it! Last night the rams defeated the Bengals 23-20. The win is the Rams' first in the Super Bowl since the 1999 season and the first under coach Sean McVay.
6:30/7:30/8:30am	2/14/2022	The United States is evacuating almost all of the staff from the embassy in Ukraine as officials warn that a Russian invasion of Ukraine is increasingly likely. A very limited number of staff will stay to keep communications open with the government, but most operations will be suspended.
7:00/8:00am	2/14/2022	The need to hire mental health professionals is more prevalent than ever with the industry being understaffed so the city of Virginia Beach is offering an incentive to those who apply and are hired for these jobs. They are offering a \$1000 bonus to mental health professionals who apply and are hired.
6:30/7:30/8:30am	2/14/2022	Residents at Discovery Village Senior Living in Henrico's West End cheered on Team USA during their own version of the Winter Olympic Games. Some seniors had the chance to "ice luge" down a hallway, which involved being pulled on an inflatable tube on top of a dolly, as they competed for the gold. The Olympics continues until Feb 20th.

7:00/8:00am	2/14/2022	Danville Parks and Recreation is hosting free community events in three neighborhood parks in the next month. The event, called “Heart the Park” is part of efforts to engage residents in the park planning process and give feedback about what they’d like to see at the park. The next event will be Saturday, February 21 at Coates Park in Danville.
6:30/7:30/8:30am	2/15/2022	Presidents Joe Biden and Russian President Vladimir Putin talked about the crisis in Ukraine as the White House says Russia could invade on short notice. President Biden once again called on Putin to de-escalate and pull back the over 100,000 Russian troops that have gathered near Ukraine’s borders.
7:00/8:00am	2/15/2022	The Virginia House of Delegates has passed a bill that would end mask mandates in schools across Virginia. The governor is expected to add an emergency clause to the bill that would make it go into effect immediately, rather than on July 1.
6:30/7:30/8:30am	2/15/2022	The Coast Guard is continuing to search in the area where a plane went down off the coast of North Carolina. Officials confirmed eight were aboard and rescue crews launched two boats and a helicopter crew from Elizabeth City. So far only debris has been found.
7:00/8:00am	2/15/2022	Starting Feb. 15 and lasting through April 30 the Virginia Department of Forestry has banned any outdoor burning until after 4 p.m. Violation of the burn law is a Class 3 misdemeanor with a fine of \$500. The 4 p.m. burn law applies to any outdoor fire that is not covered and/or contained within non-flammable barriers.
6:30/7:30/8:30am	2/15/2022	Sentara Healthcare is giving most of their employees pay increases. Virginia's largest integrated health system is offering workers \$110 million in pay increases and \$15 million in benefit enhancements this year. Those pay bumps will go to 96% of their employees.
7:00/8:00am	2/15/2022	Universal Orlando Resort announced it will no longer require fully vaccinated guests to wear face coverings at indoor or outdoor venues. The updated policy is said to be based on local trends as the Florida Department of Health’s most recent COVID-19 report says the state has a positivity rate of just 18%.
6:30/7:30/8:30am	2/15/2022	The Virginia Department of Transportation has extended enrollment for the 2022 Toll Relief Program. The last day for Norfolk and Portsmouth residents to apply for toll relief benefits is now this Saturday. Benefits will apply to trips beginning March 1 and current program participants must re-enroll each year.
7:00/8:00am	2/15/2022	The Salvation Army of Roanoke is spreading love through a new campaign called, “Love Beyond.” They’re hoping the new campaign will remind those in the community of the services they offer year-round. To support The Salvation Army’s mission, they’re asking for a monthly donation of \$25, which helps go towards the

		over 25,000 meals served each year and the other services they provide.
6:30/7:30/8:30am	2/16/2022	Russia said that some units participating in military exercises would begin returning to their bases, adding hope that Russia may not invade. However, western officials continue to warn that the Russian military could attack at any time, with some floating today as possible invasion day.
7:00/8:00am	2/16/2022	As telecom companies rev up to 5G, they're shutting down old networks that still rely on the old standard, 3G. AT&T is scheduled to be the first carrier to shut down its 3G network on Feb. 22, followed by T-Mobile in July and Verizon in December.
6:30/7:30/8:30am	2/16/2022	The crane that rolled off a barge into Willoughby Bay near the Hampton Roads Bridge-Tunnel will remain in the water for at least another week. The operator of the crane was moving it onto a barge when it fell off the side. Thankfully the crane operator was able to get out and the fuel and oil tanks are not leaking, meaning there is a low risk of contamination.
7:00/8:00am	2/16/2022	With the challenge of trying to find a COVID test, scammers are beginning to profit by offering free tests while trying to steal your information. Fake COVID testing sites have been popping up in malls and other unusual places, all set up through text messages and social media while offering fake vaccination cards.
6:30/7:30/8:30am	2/16/2022	School mask mandates in Virginia could end on March 1 if the General Assembly adopts amendments made by Governor Glenn Youngkin. The amended legislation now must pass both legislative chambers on a majority vote.
7:00/8:00am	2/16/2022	Although you may be ready to file your taxes, the North Carolina Department of Revenue may not be ready to receive them. Personnel say they are working to get their systems ready to accept tax returns, but the state budget that contains several changes, was passed five months late and didn't give them time to adjust their software to reflect the new changes.
6:30/7:30/8:30am	2/16/2022	Parents across the Richmond region have come together to organize a community day for the William Fox Elementary School family after that school was destroyed in a fire. The event is happening tonight from 4 - 6 p.m. on the playground of Cary Elementary.
7:00/8:00am	2/16/2022	The biggest fundraiser of the year is coming up at God's Storehouse in Danville. Empty Bowls will place on February 25 from 11 a.m. to 3 p.m. and February 26 from 11 a.m. to 1 p.m. Tickets are still available, and the funds raised go to many of their yearly operations.

6:30/7:30/8:30am	2/17/2022	With the continuing threat of Russia invading Ukraine, it's causing the rise of gasoline prices here. The diplomatic back-and-forth has caused investors to try to price out what an armed conflict and U.S. sanctions against Russia would mean for the global economy.
7:00/8:00am	2/17/2022	Hampton University and Amazon Robotics are establishing a robotics degree program to help create careers within the industry. Amazon will fund a new research laboratory, a faculty position, a capstone course and the expansion of K-12 activities that include a drone camp to encourage underserved high and middle school students to pursue degrees in STEM and robotics.
6:30/7:30/8:30am	2/17/2022	If you're looking to save time or money on your commute, Valley Metro in Roanoke will be offering free fares on its services starting on Feb. 28. As Valley Metro transitions from Campbell Court to the Third Street Station, these free services will run through March 13. The new Third Street Station is set to open on Feb. 28.
7:00/8:00am	2/17/2022	You're invited to take a plunge into the James River in conjunction with the Lynchburg Fire Department's Swift Water Rescue team. The second annual Lynchburg Plunge at Percival's Island is Saturday from 10am-12pm. A portion of all proceeds go towards the Lynchburg Parks and Recreation scholarship fund.
6:30/7:30/8:30am	2/17/2022	President Joe Biden has ordered the deployment of 3,000 more Fort Bragg troops to Poland. The state department is moving all U.S. Embassy personnel in Ukraine closer to the Poland border where U.S. forces are being stationed. This deployment is to reassure NATO allies and deter any potential aggression from Russia.
7:00/8:00am	2/17/2022	Virginia Marine Resources Commission is set to receive a \$1.8 million grant to support seafood processors, processing facilities and processing vessels. The grant will finance facilities as they respond to the COVID-19 pandemic which could have a big impact hunting, fishing, and other outdoor sports.
6:30/7:30/8:30am	2/17/2022	Right now the Lynchburg Humane Society is hosting a special adoption event to help make room for new animals. Fees will be half off through this Sunday.
7:00/8:00am	2/17/2022	The Fourteenth Annual Empty Bowls event to benefit the Lynchburg Daily Bread will be held on Saturday, March 19, from 11:00 am – 1:30 pm, at the Academy Center of the Arts in Lynchburg. With the purchase of a ticket, guests can pick out their favorite bowls, enjoy soup tastings, and engage with Lynchburg Daily Bread staff and volunteers!
6:30/7:30/8:30am	2/18/2022	The Ukraine is claiming that Russia is trying to stage a reason for an armed attack by attacking a school and blaming it on the Ukrainians. Two teachers and 4 children were injured. Ukraine's President said the kindergarten attack by pro-Russian forces is causing an increase in tensions.

7:00/8:00am	2/18/2022	U.S. auto safety regulators have launched another investigation of Tesla, tied to them breaking for no reason. The government says it has over 300 complaints from owners during the past nine months in Tesla Models 3 and Y. The probe covers over 400,000 vehicles from the 2021 and 2022 model years.
6:30/7:30/8:30am	2/18/2022	A pilot has passed away after a plane crash involving a tractor-trailer shut down part of a North Carolina highway. North Carolina State troopers said the plane was fully engulfed in flames after the crash. The FAA and the National Transportation Safety Board are investigating.
7:00/8:00am	2/18/2022	The owner of Kings Dominion rejected a \$3.5 billion buyout bid from SeaWorld Entertainment that owns Busch Gardens Williamsburg. The board of King's Dominion said that it was not in the best interest of the company to sell.
6:30/7:30/8:30am	2/18/2022	Millions of individual Americans' immune systems now recognize the omicron virus and are primed to fight it off if they encounter it or even another variant. Meaning future spikes of omicron will likely require much less if any dramatic disruption to society. 73% of Americans are now immune to omicron, and that could rise to 80% by mid-March.
7:00/8:00am	2/18/2022	From gas to groceries, Virginians are paying high prices due to inflation but residents may soon be paying less in state tax. Governor Glenn Youngkin is hoping to implement some tax relief for residents by eliminating the grocery tax, suspending the increase in gas taxes, and declaring the largest tax rebate in the history of Virginia.
6:30/7:30/8:30am	2/18/2022	Virginia Beach firefighters say a leak that caused a small hazmat situation has been fixed. The situation happened at a shipping company on Northampton Blvd. when a 50-gallon drum containing a solvent was accidentally punctured by a forklift. Thankfully no injuries were reported, and no environmental damage occurred.
7:00/8:00am	2/18/2022	Crews dismantling the pedestal of Confederate President Jefferson Davis on Monument Avenue found what they believed to be a time capsule buried inside. All the materials will be documented and stored at a secure location, at the Black History Museum and Cultural Center of Virginia along with the statues.
6:30/7:30/8:30am	2/21/2022	The Ukrainian President called for Russian President Vladimir Putin to meet him and seek resolution to the crisis at the border. With the possibility that war could start within days, Germany and Austria told their citizens to leave the Ukraine and the United States and other European countries have alleged for months that Russia is trying to create pretexts to invade.
7:00/8:00am	2/21/2022	The U.S. Navy showcased its Snakehead Large Displacement Unmanned Undersea Vehicle for the first time at the Naval Undersea Warfare Center in Newport Rhode Island. Since submarines operate in highly hostile environments, this equipment can help crews survey the area for threats from a safe

		distance and can be deployed to search for sunken objects such as missing planes.
6:30/7:30/8:30am	2/21/2022	The Northrop Grumman's cargo spacecraft launched on the company's rocket loaded with more than 8,300 pounds of research, crew supplies, and hardware. It is set to arrive at the orbiting outpost today and remain at the space station until May.
7:00/8:00am	2/21/2022	Well, the Olympics are finally over! I must say I was obsessed with them as always. The United States ended up finishing 4th overall with Norway finishing first.
6:30/7:30/8:30am	2/21/2022	Thousands of Afghan refugees who have been waiting for resettlement departed from a base in New Jersey. With assistance from refugee resettlement organizations, after they evacuated their country they have been gradually leaving and new lives in communities throughout the United States.
7:00/8:00am	2/21/2022	Tax filing season is here but so are scammers looking to take your money. With fewer IRS workers and more tax advisers encouraging you to file online, the region's Better Business Bureau is on high alert. Experts say do not click on social media links to file, and instead use reputable tax preparers or go directly to the IRS website to use their free online tool.
6:30/7:30/8:30am	2/21/2022	The PEACE Community Center in Danville is offering tutoring to help raise SOL scores for kids in the Danville area. The tutoring program is focused mostly on math and reading and is offering tutoring every week, Monday through Wednesday.
7:00/8:00am	2/21/2022	River Edge Park could be getting get some exciting updates soon. The Amherst County Board of Supervisors adopted a resolution allowing them to purchase land to extend the park. Some of the ideas for this project include putting in a food concession area or even a zipline across the river.
6:30/7:30/8:30am	2/22/2022	Virginia hospitals are urging Governor Glenn Youngkin to temporarily extend the executive order designed to help them battle COVID-19. The order allows for expanded overtime hours, and for personal care workers, nurses, and other health care professionals, outside of the state to practice in Virginia.
7:00/8:00am	2/22/2022	About 100,000 hot air brushes have been recalled due to electrocution and shock hazards. The recall involves the BrushX Styler, Dryer & Volumizer, also called the BrushX One and the BrushX Gen.2 hot air brushes. The brushes were sold from April 2020 through August 2021 for between \$44 and \$55.

6:30/7:30/8:30am	2/22/2022	Family Dollar stores have closed more than 400 locations across the U.S. after a massive rodent infestation and recall. The FDA said it is working with Family Dollar to begin a voluntary recall that includes food, dietary supplements, cosmetics, medical devices, and over-the-counter medications that were purchased in January or February.
7:00/8:00am	2/22/2022	Musician Jane Marczewski, who performed under the name Nightbirde and captured hearts around the world amidst her courageous battle with cancer, on America's Got Talent has passed away. Before debuting on America's Got Talent, she attended Liberty University. She was only 31 years old.
6:30/7:30/8:30am	2/22/2022	Russian President Vladimir Putin has recognized the independence of separatist regions in eastern Ukraine that will up tensions even more. Putin's announcement paves the way for Russia to openly send troops and weapons to the long-running conflict pitting Ukrainian forces against Moscow-backed rebels.
7:00/8:00am	2/22/2022	A familiar sight is returning to the Elizabeth River this year as cruise ships make their way to Hampton Roads after a pause in operations due to the pandemic. Norwegian Cruise Lines' The Getaway has limited capacity and the cruise liner has implemented a vaccine requirement for all passengers.
6:30/7:30/8:30am	2/22/2022	Nearly 200 cats and dogs boarded a flight to Virginia to relieve crowded animal shelters in the South. The Richmond SPCA partnered with the Bissell Pet Foundation to fly 180 animals from Louisiana to Manassas to give them a second chance at finding a forever home.
7:00/8:00am	2/22/2022	Love driving on the Blue Ridge Parkway. You're most certainly not alone! For 2021, the Blue Ridge Parkway took the top spot for visitors across the nation, according to the National Park Service. Since 2017, the Parkway has claimed the top spot three times, while averaging more than 14 million visitors each year.
6:30/7:30/8:30am	2/23/2022	Governor Glenn Youngkin extended an executive order to help hospitals fight off COVID-19. The original order was set to expire Monday, but healthcare leaders were calling for an extension. The order now has a new expiration date of March 22, but an executive order could end up extending it in the future.
7:00/8:00am	2/23/2022	Amtrak is looking to get more passengers off I-95 and onto the train. Tickets purchased from now through March 4 will see reduced prices for those traveling south between Virginia, and Florida.
6:30/7:30/8:30am	2/23/2022	The City of Virginia Beach met to discuss a citywide flood protection program that is costing taxpayers more than half a billion dollars. The flooding protecting program includes 21 projects in 6 flooding prone areas that include flood barriers and pump stations. The projects will take about 10 years to complete.

7:00/8:00am	2/23/2022	The Outreach Coordinator for York County is involved in the Trex Plastic Bag Recycling Challenge. For years, many have been dropping their plastic into bins across York County and that plastic has been turned into seven benches for residents to enjoy. The new Challenge is to collect 500 pounds of plastic over a six-month period to create more benches.
6:30/7:30/8:30am	2/23/2022	President Joe Biden announced that the U.S. is ordering heavy financial sanctions against Russian banks, declaring that Moscow has violated international law in what he called the beginning of a Russian invasion of Ukraine.
7:00/8:00am	2/23/2022	The U.S. Army is increasing its signing bonus for certain career fields. The new package will increase potential signing bonuses to up to \$50,000 for new recruits.
6:30/7:30/8:30am	2/23/2022	Starting yesterday AT&T shut down its 3G wireless network. Other carriers like T-Mobile and Verizon will follow later this year. The shutdown will impact older phones, tablets, home alarm systems and medical devices, such as fall detectors. Some cars could also lose key features that require connectivity including remote locks, navigation systems and automatic crash notifications.
7:00/8:00am	2/23/2022	"Arthur," the iconic children's cartoon based on a series of books by Marc Brown, ended its 25-season run on PBS with a series finale. The final episode, "All Grown Up," featured a 20-year flash-forward, showing characters in their late 20s. The episode also shows Arthur's sister, D.W., as a traffic officer and his best friend, Buster, as a teacher.
6:30/7:30/8:30am	2/24/2022	Clogged U.S. ports are being given access to nearly \$450 million in federal money as part of the administration's recent efforts to ease supply chain congestion and lower prices for Americans. U.S. ports will have until May to apply for the grants, which will be awarded by fall.
7:00/8:00am	2/24/2022	The Pentagon has approved the deployment of 700 National Guard troops to the nation's capital as it prepares for trucker convoys that are planning protests against pandemic restrictions beginning next week. 400 Guard members from D.C. will be joined by 300 Guard members from other states to assist with traffic control during the demonstrations.
6:30/7:30/8:30am	2/24/2022	Teachers and staff at Roanoke City Public Schools will receive a significant pay raise next school year. The change is a part of the district's nearly \$30 million budget increase. There are currently 31 vacant teaching positions in the district.
7:00/8:00am	2/24/2022	Sheetz announced plans to hire 3,500 new employees' beginning in March. The company is hiring employees starting at \$15.50 an hour with an additional \$1.50 an hour for employees working 10 p.m. to 6 a.m. They also offer benefits such as medical, dental, vision, retirement plans, tuition reimbursement, and 12 weeks of fully paid maternity leave.

6:30/7:30/8:30am	2/24/2022	There's little support among Americans for a major U.S. role in the Russia-Ukraine conflict. As of now President Biden has ruled out sending troops to Ukraine, and the most noticeable effect so far is the rise of gas prices in the U.S.
7:00/8:00am	2/24/2022	With COVID-19 cases, hospitalizations and deaths subsiding across the U.S the vaccination drives are slowing down, and demand has all but stopped. The average number of Americans getting their first shot is down to about 90,000 a day, and about 76% of the U.S. population has received at least one shot.
6:30/7:30/8:30am	2/24/2022	Lynchburg City Council is reducing how much tax you pay each year for your vehicle to offset a nearly 30% spike in used car values, brought on by the pandemic and supply chain issues. The rate change goes into effect immediately, so you should see a difference on your next bill.
7:00/8:00am	2/24/2022	Schools in Norfolk and Richmond have been named among the top 10 best schools in Virginia. Norfolk Academy was listed at #9 and the Maggie Walker Governor's School came in at #1.
6:30/7:30/8:30am	2/28/2022	Our ministry partners World Help are responding to the Russian invasion of Ukraine. They are assisting with distribution of critical aid and supplies to displaced families. Based in Forest, World Help has provided assistance to over 1100 families in the Ukraine so far. If you would like to help contact World Help thru their website World Help dot NET / Ukraine.
7:00/8:00am	2/28/2022	AT&T is offering free calls to the Ukraine for customers. Until March 7th customers can call the Ukraine for free. They may receive alerts about international calls, but the accounts will reflect a credit or waived charges.
6:30/7:30/8:30am	2/28/2022	The CDC has announced that masks will no longer be required on school buses and vans operated by public and private school systems. School systems will now have the option of choosing for themselves whether to require masks or not, based on the local number of COVID cases.
7:00/8:00am	2/28/2022	Russian president Putin says he has put his nuclear forces on high alert as the war with Ukraine continues. The mayor of Norfolk is calling for his city to end it's "sister city" relationship with a Russian city and Governor Glen Youngkin made the same call on Roanoke. The Governor said it's important that we show solidarity with Ukraine.
6:30/7:30/8:30am	2/28/2022	Capitol police spent the weekend erecting fencing around the US Capitol in preparation for President Biden's State of The Union address. The also announced road closings ahead of Tuesdays address.
7:00/8:00am	2/28/2022	Over the next 5 years you'll probably notice some improvements in Campbell County. The county approved their capital improvement plan that will help with infrastructure and facilities. The improvements will cost about \$2.5 million dollars for 2023.

6:30/7:30/8:30am	2/28/2022	Appomattox County met on Saturday to discuss major items for their 2023 budget. Board members listed what they thought should be priorities. The top 3 include emergency services, raises for government employees and infrastructure.
6:30/7:30/8:30am	3/1/2022	A top adviser to Ukraine's president says the first round of talks with Russia about ending the fighting in Ukraine has concluded, and more talks could happen soon. Meanwhile, Ukraine's president has signed an application for his country to join the European Union, in a bid to solidify his country's bond with the West.
7:00/8:00am	3/1/2022	Ukraine's Interior Ministry says over 350 Ukrainian civilians have lost their lives during Russia's invasion so far. Russia has claimed that its troops are targeting only Ukrainian military facilities and says that Ukraine's civilian population is not in danger. Russia has not released any information on casualties among its troops.
6:30/7:30/8:30am	3/1/2022	A Ukrainian government agency is asking for help from citizens to remove streets signs to confuse invading Russian forces. The enemy has poor communications and without the signs they will have trouble navigating the terrain.
7:00/8:00am	3/1/2022	Security firm Alarm.com says it's expanding its northern Virginia headquarters and will create 180 additional jobs by investing \$2.6 million dollars.
6:30/7:30/8:30am	3/1/2022	In a move to isolate and condemn Russia after invading Ukraine, the International Olympic Committee urged sports bodies to exclude the country's athletes and officials from international events. The IOC said it was needed to "protect the integrity of global sports competitions and for the safety of all the participants."
7:00/8:00am	3/1/2022	FedEx and UPS, two of the world's largest shipping companies, have announced they are suspending delivery services to Ukraine and Russia as the conflict between the countries escalates. Packages in transit that cannot be delivered will be returned free of charge to the sender when possible.
6:30/7:30/8:30am	3/1/2022	The Virginia Department of Motor Vehicles is expanding services for both appointments and walk-ins Monday through Saturday. The new changes begin tomorrow at all 75 customer service centers.
7:00/8:00am	3/1/2022	Keep Virginia Cozy, a non-profit organization dedicated to protecting Virginia's wilderness and cities, held its second annual litter cleanup in honor of Black History Month. As volunteers cleaned, they were joined by a special guest from the American Civil War Museum that shared the significance of the area.
6:30/7:30/8:30am	3/2/2022	Russian nuclear submarines sailed off for drills after President Vladimir Putin ordered his nation's nuclear forces put on high alert over tensions with the West due to the invasion of Ukraine. It is unclear however if the exercises represented a change in the country's normal nuclear training activities.

7:00/8:00am	3/2/2022	President Joe Biden is extending the federal government's 100% reimbursement of COVID-19 emergency response costs through July 1. This helps continue FEMA-backed efforts like vaccination clinics, mass testing sites and hospital resources to deal with local case spikes.
6:30/7:30/8:30am	3/2/2022	Following new guidance from the Centers for Disease Control and Prevention, Newport News Shipbuilding announced that vaccinated and unvaccinated workers would not need to wear masks on shipyard property. The U.S. Navy however will still require masks to be worn on commissioned Navy ships.
7:00/8:00am	3/2/2022	March and April can be exciting times in the nation's capital, as the National Mall turns pink, white and red. D.C.'s famous cherry blossoms are expected to reach peak bloom between March 22 and March 25 this year.
6:30/7:30/8:30am	3/2/2022	NATO's chief said there doesn't need to be a change in its nuclear weapons alert level, despite Russia's threats. The United States recently reinforced the eastern flank of NATO's territory with some 5,000 additional troops.
7:00/8:00am	3/2/2022	The International Energy Agency's 31 member countries agreed to release 60 million barrels of oil from their strategic reserves, half of that from the United States to send a strong message that supplies won't fall short after the Russian invasion of Ukraine.
6:30/7:30/8:30am	3/2/2022	The location of the New River Valley's proposed train station in Christiansburg is being narrowed down to two sites at the former New River Valley Mall. A study showed the residents' preference to have the station near Uptown Christiansburg, west or north of the mall.
7:00/8:00am	3/2/2022	The North Carolina state Department of Revenue is now accepting tax returns following a delay due to the new North Carolina budget. Anyone who has already filed their state returns electronically will receive an acknowledgment.
6:30/7:30/8:30am	3/3/2022	Through partners across Europe, Convoy of Hope is providing shelter, food, water, hygiene kits and other necessities to Ukrainian refugees. More than 500,000 Ukrainians have fled to bordering countries so far and the number could reach 5 million, according to the United Nations.
7:00/8:00am	3/3/2022	Fitbit has issued a recall for about 1 million Ionic Smartwatches due to a burn hazard. The Consumer Product Safety Commission said you should immediately stop using the recalled Ionic smartwatches and contact Fitbit to receive pre-paid packaging to return the device.
6:30/7:30/8:30am	3/3/2022	Virginia Tech is offering a free spaying clinic for female dogs and cats. Students from Virginia Tech Veterinary Program need over 100 animals for part of their course. All dogs must be 5 months old to 5 years of age and be between 15 and 60 pounds and all cats must be 6 months old to 6 years and between 5 and 15 pounds.

7:00/8:00am	3/3/2022	While currently there is an MLB lockout there is some good news if you want to see your Norfolk Tides in action. They will still have players from the Baltimore Orioles' organization but won't be able to have players who've been on the big-league's 40-man roster. The Tides are set to open their 2022 season at home April 5 at 6:35 p.m. vs. Charlotte.
6:30/7:30/8:30am	3/3/2022	The U.N. General Assembly voted to demand an immediate halt to Russia's attack against Ukraine and a withdrawal of all Russian troops. Russia got support from only 4 countries, a powerful indication of the international isolation that Russian President Vladimir Putin faces for invading his country's smaller neighbor.
7:00/8:00am	3/3/2022	The number of new coronavirus cases reported globally dropped by 16% last week, marking a month-long decline in COVID-19 infections. In its weekly report on the pandemic the U.N. health agency also said that deaths fell by 10%.
6:30/7:30/8:30am	3/3/2022	Danville City Council gave final approval to increase retail sales tax 1%. The plan is to use the money raised for school construction and renovation. The tax will not impact groceries or prescription drugs and it should bring in \$144 million in revenue for Danville schools.
7:00/8:00am	3/3/2022	Cape Hatteras National Seashore will hold a public discussion today about some oceanfront homes that are in danger of collapsing onto the ocean. The meeting will be held from 6-7 p.m. at the Rodanthe-Waves-Salvo Community Building. The Dare County Planning Director will be there to discuss recent and potential future problems and answer questions.
6:30/7:30/8:30am	3/4/2022	Due to the urgency of refugees leaving Ukraine our friends at Gleaning for the World are asking for financial donations only. The donations will allow their partners to provide food, water, shelter and other much-needed aid to individuals and families.
7:00/8:00am	3/4/2022	One of the biggest employers in Central Virginia is now investing more in its employees. Centra invested \$63 million in its workforce for things like benefits, retirement, bonuses and compensation programs. Centra has also increased the starting wage to \$15 an hour.
6:30/7:30/8:30am	3/4/2022	To try and rid the Phoebus area of gridlock on weekday afternoons near the Hampton Roads Bridge-Tunnel, Hampton will temporarily turn the Mallory Street overpass into a one-way from 3-6 p.m. beginning April 1. Those used to getting onto I-64 east, which heads toward Norfolk, will have to go to Settlers Landing Road or another entry ramp.
7:00/8:00am	3/4/2022	International Women's Day is Tuesday and a Domino's in Christiansburg is ready to celebrate by donating 100% of its sales from that day to two local nonprofits: Women's Resource Center of the New River Valley and Lishy's Gift.

6:30/7:30/8:30am	3/4/2022	A member of Ukraine's delegation in talks with Russia says the parties have reached an agreement to organize safe corridors for civilians to evacuate and for humanitarian supplies to be delivered. Cease-fires will also be observed in areas where those safe corridors are established.
7:00/8:00am	3/4/2022	A convoy of trucks protesting mask and vaccine mandates will be making a stop in Virginia on the way to Washington, DC. The American Truckers Freedom Convoy will be stopping for the night in Abingdon.
6:30/7:30/8:30am	3/4/2022	Community opposition over a proposed school facilities plan has Norfolk parents worried for the future. The district's master plan seeks to close, rezone, and consolidate several schools. The board has yet to take a vote.
7:00/8:00am	3/4/2022	Your dollar bills won't be good at Kings Dominion anymore. The amusement park is going completely cashless. Starting March 12, when they reopen for the season, they will only accept credit cards, debit cards, Apple Pay and Google Pay. If you don't have a card, the park will have "cash-to-card" kiosks that can transfer cash to a card with no additional fees.
6:30/7:30/8:30am	3/7/2022	Plans to evacuate civilians from Ukraine collapsed for the second time along with an expected Russian cease-fire. The news halted progress in ending, the war in Ukraine, which is now in its 12th day and has caused 1.5 million to flee the country.
7:00/8:00am	3/7/2022	With ports blocked and roads made treacherous by conflict, charities currently can't send humanitarian aid into Ukraine through normal channels. Even though both countries agreed to create corridors to allow those donations to be delivered The Red Cross has expressed worry that Russian attacks in populated areas are hurting aid delivery.
6:30/7:30/8:30am	3/7/2022	Governor Glenn Youngkin outlined his final budget priorities for Virginians. Priorities include reducing the tax burden, creating academic opportunities by providing \$150 million for labs in schools, and supporting the Virginia Business Ready Sites Program.
7:00/8:00am	3/7/2022	More money is going toward helping veterans in the Lynchburg area. Because of your votes, the Lynchburg Area Veterans Council won a \$10,000 grant from the Homes for Heroes Foundation which will help provide temporary housing for homeless veterans.
6:30/7:30/8:30am	3/7/2022	Mastercard and Visa are suspending their operations in Russia, after its invasion of Ukraine. Mastercard said cards issued by Russian banks will no longer be supported and any Mastercard issued outside the country will not work at Russian stores or ATMs. Visa said it's working to cease all Visa transactions over the coming days.

7:00/8:00am	3/7/2022	The U.S. remains in discussions with Poland to potentially backfill their fleet of fighter planes if they decide to transfer their plans to Ukraine. Several Eastern European countries like Poland, have dozens of Russian made aircrafts in their inventories and have been hesitant to give up those planes without guarantees from the U.S. that they could replace them.
6:30/7:30/8:30am	3/7/2022	For the first time, Publix Super Markets is planning to open stores in two of Hampton Roads' cities, Suffolk and Norfolk. In Suffolk, the store will be built near the intersection of Godwin Boulevard and Kings Fork Road and in Norfolk, the development is part of a \$110 million plan to bring apartments and retail shops to Hampton Boulevard.
7:00/8:00am	3/7/2022	Kings Dominion will be debuting a new coaster, the first of its kind in Virginia. It's the first 4D Spin Coaster, meaning all the cars rotate as they move through the track. Kings Dominion will open for the season on March 12 but will be closed the majority of weekdays until May 27.
6:30/7:30/8:30am	3/8/2022	Officials from the American Red Cross are warning of fake accounts on social media asking for donations amid the Russian attacks in Ukraine. The American Red Cross asks that you make sure you follow only official Red Cross accounts to ensure your donations go to the right place.
7:00/8:00am	3/8/2022	Gleaning for the World's partners have asked for donations of very specific items for Ukrainian refugees. They are hosting a humanitarian aid supply collection in front of Sam's Club on Wards Road in Lynchburg today and tomorrow 10am – 6pm. The organization is asking the public to donate financially for this effort as well which will allow them to respond to their overseas partners' requests quickly.
6:30/7:30/8:30am	3/8/2022	The Virginia Department of Social Services announced that they will be releasing emergency allotments of benefits to eligible families later this month. Officials say the benefits will automatically be loaded to recipients' Electronic Benefits Transfer cards on Wednesday, March 16.
7:00/8:00am	3/8/2022	Families can start ordering more COVID-19 test kits this week. President Joe Biden announced that you can request 4 more free tests even if you've already ordered them from the government's website.
6:30/7:30/8:30am	3/8/2022	President Biden is thinking about a potential visit to Saudi Arabia to rebuild relations and to convince the nation to produce more oil. Over the weekend, a group of senior U.S. officials also flew to Venezuela to discuss the possibility of easing U.S. sanctions on their oil exports.
7:00/8:00am	3/8/2022	The price of regular gasoline broke \$4 per gallon on average across the U.S. for the first time since 2008. During the first full week of Russia's invasion of Ukraine, the price of regular gas rose by almost 41 cents.

6:30/7:30/8:30am	3/8/2022	The National Park Service is planning four prescribed burns at Appomattox Court House in March. Fire managers will ignite the fires when the weather is favorable which means exact dates not possible. Those in the area should be aware of the smoke potential and that the trails near the burns will be closed during those times.
7:00/8:00am	3/8/2022	The ramp from westbound Laburnum Avenue to I-64 west in Richmond will be closed for months for bridgework. The ramp will close on Sunday, March 20, and, weather permitting, reopen in November.
6:30/7:30/8:30am	3/9/2022	President Joe Biden announced a U.S. ban on all Russian oil imports, toughening the toll on Russia's economy in retaliation for its invasion of Ukraine. Unfortunately, that means more costs to Americans, particularly at the gas pump.
7:00/8:00am	3/9/2022	The Virginia March for Life is happening April 27th in Richmond. Marchers will rally at the state capitol to call for an end to pro-abortion policies in Virginia. The rally begins at the Virginia Capitol Building steps at 11am followed by the march at noon.
6:30/7:30/8:30am	3/9/2022	Breeze Airways is expanding its flight options from Norfolk International Airport to new locations in Florida, California, Georgia, and Nevada. This expansion will also lead to more jobs.
7:00/8:00am	3/9/2022	State lawmakers have passed a bill that would allow hunting on public land in Virginia on Sundays starting in July. If signed by Governor Glenn Youngkin, the change would take effect July 1.
6:30/7:30/8:30am	3/9/2022	The Biden administration is proposing stronger pollution regulations for new tractor-trailer rigs that would clean up diesel engines by using new technologies. The proposal would require the industry to cut emissions by up to 90% per truck by 2031.
7:00/8:00am	3/9/2022	McDonald's said it is temporarily closing all its 850 restaurants in Russia citing the fact that they cannot ignore the needless human suffering unfolding in Ukraine. They will however continue paying their 62,000 employees in Russia. They also temporarily closed 108 restaurants in Ukraine and continue to pay those employees too.
6:30/7:30/8:30am	3/9/2022	A worker's union has confirmed a 5-year contract with Newport News Shipbuilding. Members of United Steelworkers ratified a new collective bargaining agreement with Huntington Ingalls Industries that covers nearly 10,000 shipbuilders at Newport News Shipbuilding.
7:00/8:00am	3/9/2022	Virginia taxpayers will likely get some money back later this year. The General Assembly is expected to approve one-time rebates to eligible state income tax filers. It would likely pay individuals up to \$300 and married couples up to \$600.

6:30/7:30/8:30am	3/10/2022	The US has rejected a proposal from Poland to send Soviet-era fighter jets to Ukraine by way of a US-NATO airbase in Germany. The US and NATO want to help Ukraine defend itself against Russian troops, but also want to avoid being drawn into an outright conflict with Russia.
7:00/8:00am	3/10/2022	Good news if you are in need of a job. U.S. businesses posted a near-record level of open jobs pushing up worker's pay. Millions are taking advantage of numerous opportunities to switch jobs as well, often for higher pay.
6:30/7:30/8:30am	3/10/2022	With fuel economy on everyone's minds, AAA provided some tips for saving at the pump. Slowing down and driving the speed limit can save a few miles per gallon, along with easing off the gas pedal and giving more time for your vehicle to coast down to a stop, and when the light turns green, you should accelerate gradually.
7:00/8:00am	3/10/2022	After July 1, those looking to recycle in Chesapeake will have two options: pay for a private recycling pickup or drive their recycling to a drop-off center. Recycling has always been covered in Chesapeake, but City Council rejected a proposal to charge a \$22-a-month to continue providing the services and instead did away with the service altogether.
6:30/7:30/8:30am	3/10/2022	A group of Afghan refugees have arrived at a new temporary housing facility in Northern Virginia as the U.S. works to resettle those who fled the Taliban takeover. Afghans arriving from overseas will stay at the National Conference Center in Leesburg, until they can be placed in more permanent housing around the country.
7:00/8:00am	3/10/2022	Despite the local sister city association's initial request to continue a relationship with Norfolk's Russian sister city, Norfolk City Council decided to sever the relationship at least, for now. This in an effort to denounce President Putin's crimes against humanity.
6:30/7:30/8:30am	3/10/2022	Both southbound lanes on I-81 in Rockbridge County have reopened after an eight-vehicle crash. Troopers worked the fatal crash for hours yesterday that involved four tractor-trailers and four cars closing Interstate 81 south and backing up traffic for 11 miles.
7:00/8:00am	3/10/2022	You can score free Eggo waffles to help you cope with daylight savings time. On Sunday, our clocks spring forward, and Kellogg's is dropping a link to the free waffles on Facebook and Instagram on Monday. If you're one of the first 100,000 to click on the link, you'll fill out a form and the company will email you the digital reward.
6:30/7:30/8:30am	3/11/2022	Ukraine's foreign minister says talks between Russia and Ukraine have produced no breakthrough on ending the war. Right now, Russia is not ready to offer a cease-fire, and instead they want Ukraine's surrender. Ukraine says that is not going to happen.

7:00/8:00am	3/11/2022	Twitter has launched a privacy-protected version of its site to bypass surveillance and censorship in Russia after they restricted resident's access to try and restrict the flow of information about the war. Both Twitter and Facebook are working to restore access to those inside Russia.
6:30/7:30/8:30am	3/11/2022	It's been two weeks since Virginia families faced a major baby formula recall. This paired with supply chain shortages is making it difficult for them to find the formulas they're used to. The state is stepping in to bridge the gap though by allowing parents to buy formula not usually covered by WIC.
7:00/8:00am	3/11/2022	The greatest of his generation, Tiger Woods took his place among the best of all time when he was inducted into the World Golf Hall of Fame. He shared a life story of a passion to play and a work ethic that made him feel like he earned it.
6:30/7:30/8:30am	3/11/2022	Sweden's navy is asking the public to report any suspicious underwater activity along the country's Baltic coast. The request comes amid heightened awareness around the Baltic Sea after Russia's invasion of Ukraine. They also said to alert authorities if anyone goes ashore near military installations.
7:00/8:00am	3/11/2022	Federal officials are extending the requirement for masks on planes and public transportation through mid-April. The mask mandate was scheduled to expire March 18, but the Transportation Security Administration said the extra month will give them time to develop new policies that will look at the number of cases of COVID-19 nationally and in local communities.
6:30/7:30/8:30am	3/11/2022	On Monday, Southern VA Health will be relaxing its visitor restrictions. This change will apply at both the Danville and Martinsville hospitals. Two visitors will now be allowed for patients being treated in the hospital, including maternity care.
7:00/8:00am	3/11/2022	A new area code is coming soon to Hampton Roads which means there are some changes to how you make local calls. Starting April 9, all local calls made in the 757 will require dialing the 757-area code. The change is ahead of a new 948-area code coming to the area once there are no more phone numbers available with 757.
6:30/7:30/8:30am	3/14/2022	Ukraine's president says nearly 125,000 civilians have been evacuated through safe-passage corridors, and a convoy with humanitarian aid is headed to help them. As the war continues the fight is moving closer to Poland.
7:00/8:00am	3/14/2022	Virginia's divided part-time Legislature was unable to reach an agreement on a budget and decided to reconvene later at the call of the governor. Both chambers did agree to a resolution that allows a wide range of measures that are still being negotiated to be carried over to a special session.
6:30/7:30/8:30am	3/14/2022	Elizabeth City State University is seeking 80 high school students to join their new Aviation Workforce Development Program. The Federal Aviation Administration granted the school over \$260,000

		to educate high school students about the wide variety of career opportunities in the aviation industry.
7:00/8:00am	3/14/2022	The seventh-seeded Virginia Tech Hokies defeated #1 Duke for their first ACC Tournament Championship over the weekend. This earned them an 11 seed in the NCAA Tournament where they'll face Texas on Friday at 4:30pm.
6:30/7:30/8:30am	3/14/2022	Russian missiles hit a military training base near Ukraine's western border with NATO member Poland, taking the lives of 35. The strike followed Russian threats to target foreign weapon shipments that are helping Ukrainian fighters defend their country against Russia's assault.
7:00/8:00am	3/14/2022	The House passed a spending bill to keep the federal government open and provide \$13 billion in aid for Ukraine and Eastern European countries. More than \$6 billion of the emergency assistance will go to the Defense Department, and \$4 billion to the State Department for humanitarian assistance.
6:30/7:30/8:30am	3/14/2022	The Virginia General Assembly has approved legislation to toughen the penalty for stealing catalytic converters. The legislation makes tampering with or stealing a catalytic converter a Class 6 felony, which is punishable by up to five years in prison.
7:00/8:00am	3/14/2022	Exciting things are happening at Thomas Jefferson's Poplar Forest as they re-open this week. They are kicking off the season by starting their guided tours back up and adding back a lot of their events that residents look forward to every year.
6:30/7:30/8:30am	3/15/2022	Samaritan's Purse has accepted its first patients at the Emergency Field Hospital located in western Ukraine. The 58-bed unit was airlifted to Poland last week, then transported across the border and is equipped to meet critical trauma needs of patients impacted by the conflict.
7:00/8:00am	3/15/2022	In Russia, where demonstrations against the war in Ukraine have been met with a heavy police response, more than 668 have been detained in 36 cities this week. Last week's protest got over 5,000 detained.
6:30/7:30/8:30am	3/15/2022	A U.S. astronaut has made it through nearly a year in space but faces a tricky assignment: riding a Russian capsule back to Earth during deepening tensions between the countries. He is due to leave with two Russians on March 30 having logged 355 days in space, setting a new U.S. record.
7:00/8:00am	3/15/2022	Here's some great news for pizza lovers! Benny's is bringing its monstrous 28-inch pizzas to Bedford! The store is expected to open later this year, but there's no word on yet on precisely when Benny's will open.

6:30/7:30/8:30am	3/15/2022	Ukrainian's President will deliver a virtual address to U.S. Congress tomorrow as the Russian war on his country intensifies. All lawmakers are invited to the talk that will be delivered via video at the U.S. Capitol.
7:00/8:00am	3/15/2022	Chevron is preparing to take operating control of its joint ventures in Venezuela if Washington relaxes sanctions to boost crude supplies after banning Russia's oil imports. U.S. officials have made clear, that any new authorization will depend on if Venezuela's President takes further steps, to release more jailed Americans and set a firm date for resuming negotiations.
6:30/7:30/8:30am	3/15/2022	Bedford County Public Schools is expanding its mental health services provided to students. Horizon Behavioral Health will be hiring four additional positions that will help students schedule appointments, provided crisis management, outpatient therapy, group and family therapy, and coordination of care with other providers.
7:00/8:00am	3/15/2022	After a very short retirement, NFL superstar quarterback Tom Brady announced his return, pledging to play another season with the Tampa Bay Buccaneers. The 44-year-old quarterback now embarks on season 23, ready to keep showing that age is nothing but a number.
6:30/7:30/8:30am	3/16/2022	President Joe Biden is traveling to Europe next Thursday for talks with European leaders about the Russian invasion of Ukraine. He will meet with them at a summit in Brussels where efforts to impose sanctions and further humanitarian efforts are underway.
7:00/8:00am	3/16/2022	Drugmaker Pfizer is expected to request authorization this week for an additional COVID-19 booster for seniors. This would be dose number 4 in the series in an effort to provide maximum protection to the over-65 population that has been hit hardest by the pandemic.
6:30/7:30/8:30am	3/16/2022	A proposal to make daylight saving time permanent in the U.S. cleared the Senate and now heads to the House of Representatives. The Sunshine Protection Act if passed would then have to be signed into law by President Joe Biden. It would take effect Nov. 20, 2023, meaning later sunsets in the winter months, and later sunrises.
7:00/8:00am	3/16/2022	For more than a decade, March 16th, today has been a day for many Christians to share with those around the world the good news declared in the Bible in John 3:16. The origin of the celebration is unknown, but some trace it as far back to 2011.
6:30/7:30/8:30am	3/16/2022	Russian forces escalated their attack on the Ukrainian capital, deepening the humanitarian crisis as the war grinds into its third week. Officials from both countries agreed to more talks, despite the failures of diplomacy so far. The number of Ukrainians forced to flee their country since the invasion has now surpassed 3 million.

7:00/8:00am	3/16/2022	Authorities have confirmed the identity of a Covington police officer that lost his life during an incident at Covington Farm & Fuel. Officer Caleb OG-EL-V leaves behind a wife and two daughters, and there is a GoFundMe page to help the family pay for funeral costs and other expenses.
6:30/7:30/8:30am	3/16/2022	Fairfax County Public Schools are going green in hopes of saving some green. Officials added new electric school buses to their fleet bringing them closer to the goal of obtaining all-electric school buses by 2035.
7:00/8:00am	3/16/2022	After being canceled for the last two years, the Naval Air Station Oceana Air Show is set to return this year on Sept. 17 and 18. The theme for this year's show is titled "Back to the Beach." The air show is open to the public, and admission and parking are free.
6:30/7:30/8:30am	3/17/2022	Ukrainian's President appealed to the U.S. Congress to do more to help Ukraine's fight against Russia. President Joe Biden said the U.S. is sending more anti-aircraft, anti-armor weapons and drones.
7:00/8:00am	3/17/2022	Millions of bottles of the immunity booster Air-borne are being recalled because you could get hurt the first time you open the bottle. The issue is due to possible pressure build-up in the bottle that can cause the cap to pop off with force, thus, possibly causing injury. This only involves the 63 and 75 count bottles.
6:30/7:30/8:30am	3/17/2022	Teachers are a top priority in the Lynchburg City School budget, heading into the next school year, so the school board approved an 8% salary increase for employees. As a next step, the adjusted budget will be presented to the city council.
7:00/8:00am	3/17/2022	Dominion Energy has received approval in Virginia for a series of solar projects expected to generate enough power to light up 250,000 homes. Dominion estimates the projects will also generate more than \$800 million in economic benefits across Virginia and support nearly 4,200 jobs.
6:30/7:30/8:30am	3/17/2022	The United Nations' top court ordered Russia to stop hostilities in Ukraine, but many are skeptical that Russia will comply. Ukraine asked the International Court of Justice, to intervene arguing Russia violated the 1948 Genocide Convention by falsely accusing Ukraine as a pretext for the ongoing invasion.
7:00/8:00am	3/17/2022	Southwest and United Airlines have reported reductions to spring flight schedules, citing issues ranging from staffing shortages to high gas prices. Both companies noted in their filings that demand for travel is starting to increase.
6:30/7:30/8:30am	3/17/2022	About 4,000 sailors and Marines deployed yesterday from Norfolk aboard the USS Arlington and the USS Kearsarge. The Navy won't say where the group is heading, but this is a regularly scheduled deployment.

7:00/8:00am	3/17/2022	Actor, athlete, comedian, and activist Terry Crews is stepping in to make sure one Henry County native can follow her dreams. Crews surprised TAL-YA Hodge, of Bassett, Virginia, with his \$20,000 "Creative Courage" Scholarship which helps creative individuals, afford college. She was chosen out of thousands and plans to use the scholarship for her education in performing arts.
6:30/7:30/8:30am	3/18/2022	President Joe Biden and China's General Secretary are scheduled to speak by phone today. The conversation will center on managing the competition between our two countries as well as Russia's war against Ukraine.
7:00/8:00am	3/18/2022	First it was cars now it's tractors. Beginning this fall, green 14-ton tractors that can plow day or night with no one sitting in the cab will come off the John Deere factory in Iowa. Deere isn't saying how much the tractors will cost but the new technology will be added to tractors that already sell for about \$500,000.
6:30/7:30/8:30am	3/18/2022	The Department of Veterans Affairs recommends closing the Salem VA Medical Center and opening a new one in the Roanoke area. The VA released a report suggesting changes to several facilities and cited aging infrastructure as the reason for closing the Salem location.
7:00/8:00am	3/18/2022	The Virginia Tech Rescue Squad was awarded gold recognition from the National Collegiate EMS Ready Campus program. The team was one of only three collegiate squads across the country to be awarded the honor.
6:30/7:30/8:30am	3/18/2022	Afghan refugees in the United States will be allowed to stay for at least 18 months under a temporary protected status. This will help some of the thousands who arrived following the chaotic American withdrawal from their country. The Afghans must already be in the U.S. and pass a background check to qualify for the program.
7:00/8:00am	3/18/2022	The Centers for Disease Control and Prevention lowered the risk for traveling on cruise ships from Level 3 to Level 2. This means a person's chances of catching COVID-19 are considered moderate and they still recommend getting COVID-19 vaccinations and boosters before setting sail.
6:30/7:30/8:30am	3/18/2022	As the Russian invasion of Ukraine continues to spread destruction, many are rallying to help those impacted by war. Hampton University announced it would offer free room, board, and tuition to Ukrainian students, as well as international students studying in Ukraine.
7:00/8:00am	3/18/2022	Make sure to pay attention when you're driving through Danville; a new traffic light is operational as of now. The City of Danville installed the new traffic signal system at the intersection of South Main Street and Updike Place at Southwyck Plaza. The improvement to the intersection includes accessible pushbutton-activated pedestrian signals and marked crosswalks.

6:30/7:30/8:30am	3/19/2022	Russia's military attacked an art school sheltering around 400 which is the second time in less than a week that city officials reported a public building where residents had taken shelter coming under attack. At least 2,300 have passed away so far and now, food, water and electricity are running low.
7:00/8:00am	3/21/2022	Four U.S. Marines lost their lives when their Osprey aircraft crashed during a NATO exercise unrelated to Russia's war in Ukraine. The exercises began on March 14 and end on April 1. No cause was given for the crash.
6:30/7:30/8:30am	3/21/2022	A new 826 area code will soon coexist with area code 540 in portions of Southwest Virginia. Earlier this month we talked about a similar situation in the tidewater area. Starting June 14, new customers may be assigned 826 and on May 14, Virginia residents will need to dial 10-digits when making a local call otherwise, the call will not be completed.
7:00/8:00am	3/21/2022	More than 1,000 were without power for a few hours in downtown Lynchburg over the weekend because of a squirrel that got into a substation. Luckily power was restored after a few hours.
6:30/7:30/8:30am	3/21/2022	Right now, many European countries have joined together to put pressure on Russian President Vladimir Putin, making it harder, for him to fund the war in Ukraine. Russia is reliant on the U.S., the EU, Japan, South Korea and Taiwan for cutting-edge technologies and investment, so the allies decided to cut them off.
7:00/8:00am	3/21/2022	AAA reports that thieves have begun drilling directly into fuel tanks to steal gasoline since siphoning gas has become difficult. Triple A suggests that when parking in public make sure you park in a well-lit area with high traffic and look for the smell of gas as you approach your vehicle or a puddle near the location of the fuel tank.
6:30/7:30/8:30am	3/21/2022	President Biden has signed into law a bill that provides better mental health care for front line workers. The legislation aims to reduce and prevent burnout, and mental and behavioral health conditions among health care professionals.
7:00/8:00am	3/21/2022	The Virginia Aquarium & Marine Science Center is investigating the deaths of five dolphins who were found in shallow waters along the state's coast. Aquarium biologists believe the deaths are not the result of interactions with humans, although there is not an obvious cause.
6:30/7:30/8:30am	3/22/2022	The Senate Judiciary Committee has begun their confirmation hearings for Judge Ketanji (KI – TAN – G) Jackson, who would be the first Black woman on the Supreme Court. She is also the first nominee with significant criminal defense experience since Thurgood Marshall.
7:00/8:00am	3/22/2022	Great Value, the Walmart store brand, is facing a voluntary recall on buttermilk pancake and waffle mix for possible contamination

		from fragments from a cable used to clear the processing line. The shipped and sold by date is Sept. 1, 2023.
6:30/7:30/8:30am	3/22/2022	A male student is in custody after a threat led to the evacuation of Lakeland High in Suffolk yesterday. Suffolk police said the school received the threat and a few hours later the all clear was given for students to return to class. The incident remains under investigation.
7:00/8:00am	3/22/2022	High gas prices are making it harder for the most vulnerable to get what they need which is concerning for volunteers who deliver with Meals on Wheels of Greater Lynchburg. So, they've started a gas card fundraiser to give away to volunteers. You can go to their website to donate.
6:30/7:30/8:30am	3/22/2022	Despite the Russia-Ukraine conflict being thousands of miles away, the economic effects are being felt right here. Because the Ukraine is the top producer of corn you might see corn shortages this summer, and the two countries account for 19% of the world's barley, 14% of wheat and 4% of corn, making up more than one-third of global cereal exports.
7:00/8:00am	3/22/2022	Some types of Jergens moisturizer have been recalled because of possible bacterial contamination. The FDA is asking consumers to check their Jergens Ultra Healing Moisturizer 3 oz and 10 oz products to determine if it is part of the voluntary recall.
6:30/7:30/8:30am	3/22/2022	Roanoke Fire-EMS has started its annual tests on fire hydrants in Roanoke City, including hydrant flushing which clears out anything that built up over time in water lines. The maintenance should end in October. Because of this Residents and business owners might see temporary water discoloration.
7:00/8:00am	3/22/2022	Students in Chesapeake just won big for using their STEM skills to improve bus transportation routes. Great Bridge High School has been named one of 10 National Finalists in the Samsung Solve for Tomorrow Contest. As a Finalist, they've won \$50,000 in Samsung technology and classroom supplies for their project.
6:30/7:30/8:30am	3/23/2022	Former Vice President Mike Pence and his wife, Karen, visited with members of the Samaritan's Purse Disaster Assistance Response Team in Ukraine. They also met with refugees and provided words of comfort and prayers.
7:00/8:00am	3/23/2022	The White House considered sending gas cards to families to help offset record-high gas prices, but ultimately decided not to. They are worried gas cards won't work because of theft concerns, but they are studying the pros and cons of various other proposals to help Americans.
6:30/7:30/8:30am	3/23/2022	A new quarter honoring the first American woman to travel to space was released by the U.S. Mint. It's the second quarter to be released as part of the American Women Quarters program. Dr. Sally Ride was the youngest American in space when at 32, she blasted off on the Challenger in 1983.

7:00/8:00am	3/23/2022	If you are a high school student who's going to prom, and you need a dress, you can get one for free from the Meadowbrook Public Library. This is for any high school junior or senior who lives in Montgomery or Floyd counties, or in the New River Valley. To get a free dress, you just need to make an appointment. The library also takes donations.
6:30/7:30/8:30am	3/23/2022	A Western official says Ukrainian resistance has slowed Russia's advance almost to a halt, and Ukraine has stopped Russia's attempts to take the strategic southern port despite weeks of bombardment. Unfortunately talks of a ceasefire are still going nowhere.
7:00/8:00am	3/23/2022	Classrooms have opened in Berlin for young Ukrainian refugees. Over 40 children have started school again after fleeing the war. In only two weeks the funds were raised, the rent-free classrooms put together, and the program advertised on a Telegram service.
6:30/7:30/8:30am	3/23/2022	George Washington High School in Danville is getting a new track and field come September and will also see more repairs to the building which was built in 1955. This is just one of the many projects funded by the one-cent sales tax increase.
7:00/8:00am	3/23/2022	Pro day at Liberty University yesterday drew in more than 120 NFL coaches, scouts, and front office personnel. All 32 NFL teams were represented as they checked out Liberty quarterback Malik Willis.
6:30/7:30/8:30am	3/24/2022	One month of war, and Ukraine is still standing with their outnumbered troops battling Russian forces to stalemates in multiple places. U.S. President Joe Biden and key allies are meeting in Brussels and Warsaw this week to discuss possible new sanctions on Russia and additional military assistance for Ukraine.
7:00/8:00am	3/24/2022	Our friends at Gleaning for the World are back at Sam's Club on Ward's Rd., in Lynchburg again today and tomorrow from 10am to 6pm collecting supplies. They are working with several partners including a church in North Carolina who is working to deliver supplies into the Ukraine to provide aid to those who are still there.
6:30/7:30/8:30am	3/24/2022	Approximately 80 families in the English Gardens apartments in Roanoke will need to find a new place to live this summer due to a renovation project. New owners, intend to remodel the 75-year-old, unit given that 84 of the apartments hold historical significance. To help ease the moving process, landlords have waived the rent for April.
7:00/8:00am	3/24/2022	Three firefighters from the same Virginia station became dads within a 24-hour period at the same hospital. The Spotsylvania Regional Medical Center posted a picture of the proud dads holding their newborns.

6:30/7:30/8:30am	3/24/2022	President Biden began a 4-day trip yesterday to huddle with key allies in Brussels and Warsaw as the leaders try to prevent Russia's war on Ukraine from spiraling into even greater devastation. Humanitarian challenges are growing as well as millions of refugees have fled the fighting, mostly by crossing the border into Poland.
7:00/8:00am	3/24/2022	Moderna's COVID-19 vaccine works in babies, toddlers, and preschoolers and if regulators agree it could mean a chance to finally start vaccinating the littlest kids by summer. Moderna said they would ask regulators in the U.S. and Europe to authorize two small-dose shots for youngsters under 6.
6:30/7:30/8:30am	3/24/2022	The Amherst County Board of Supervisors voted to reduce the personal property tax liability by 20% for the upcoming fiscal year. That means you will pay taxes on 80% of your vehicle's value. The tax reduction will only apply to automobiles and motorcycles for the 2023 fiscal year.
7:00/8:00am	3/24/2022	Nine historic places were listed on the Virginia Landmarks Register last week. Covington's Rivermont School, and Wythe County's Fulton Farm were added. Along with the City of Richmond's Shockoe Hill Burying Ground Historic District.
6:30/7:30/8:30am	3/25/2022	The Ukrainian Foreign Ministry says Russia is planning to forcibly relocate thousands of civilians to Russia. So far Russian forces have taken 6,000 residents to Russian filtration camps to use them as hostages and put more political pressure on Ukraine.
7:00/8:00am	3/25/2022	With inflation rising governors across the U.S. are considering sending money. At least a dozen states have proposed giving rebate checks of several hundred dollars directly to taxpayers. In addition, governors are also considering cuts to sales taxes, property tax relief, and reducing or suspending state gas taxes.
6:30/7:30/8:30am	3/25/2022	Perdue will spend \$59 million to expand its operations in Chesapeake. The company will modernize facilities and increase production of high protein soybean meal, soybean oil and hulls. The expansion also comes with nearly \$1 million in public grant money.
7:00/8:00am	3/25/2022	One month into the Russian invasion of Ukraine, the country is about to receive its one-millionth pound of food from a non-profit based in Hampton Roads. Mercy Chef's warehouse is fully up-and-running in Romania, just outside the country's border with Ukraine. From there, crews then load food and supplies into trucks and bring them to distribution sites in the deepest parts of the country, including those currently under attack.
6:30/7:30/8:30am	3/25/2022	A U.S. official says the United States will welcome up to 100,000 refugees from Ukraine as they flee Russia. Initially officials had expected most would want to remain in Europe to stay close to their homeland or to family members around Eastern Europe, but the option is there for them to come here.

7:00/8:00am	3/25/2022	Ukraine's navy has sunk a large landing ship that was being used to supply Russian forces with armored vehicles. The port was going to be used to deliver military equipment for the Russians. Ukraine also claimed two more ships were damaged and a 3,000-ton fuel tank was destroyed causing a fire that spread to nearby ammunition supplies.
6:30/7:30/8:30am	3/25/2022	Finishing touches are being applied to the Rodanthe Bridge metal railing as part of the Rodanthe Bridge project. North Carolina Department of Transportation says the project is 95% complete and the hope is to open the new bridge to traffic in the first half of April, weather permitting.
7:00/8:00am	3/25/2022	Bradford pear trees are in full bloom this time of year, but there are many reasons that you should take them down. The first thing is its structure, with huge heavy limbs that are prone to breakage. It's also an invasive and spreading species that forms a thicket, crowding out native trees and finally, they smell terrible.
6:30/7:30/8:30am	3/28/2022	President Joe Biden delivered condemned Russia's Vladimir Putin asking for resolve among Western nations in the face of a dictator. President Biden also warned Putin against invading even an inch of territory of a NATO nation. There's also no clear path to ending the conflict, although Russian officials have suggested they will focus their invasion just on Eastern Ukraine.
7:00/8:00am	3/28/2022	The bodies of four Marines who passed away during a NATO exercise were transferred back to the U.S. The Marines will ultimately be moved to their final resting places according to their families' wishes. The men were all assigned to Marine Aircraft Group 26 stationed at Air Station New River, North Carolina.
6:30/7:30/8:30am	3/28/2022	High winds and waves broke the floating boat barrier that keeps boaters away from the Smith Mountain Dam. Appalachian Power warned boaters to avoid the intake side between Bedford and Pittsylvania County.
7:00/8:00am	3/28/2022	There's something big landing in Norfolk this Easter. Norfolk Parks and Recreation is partnering with United Healthcare to host EGGs-Treme Egg Drop. The event is Saturday, April 9, from 11 a.m. to 1:00 p.m. at Tarrallton Park in Norfolk. During the event, a helicopter will drop thousands of eggs from the sky as families enjoy games, prizes, raffles, music and more.
6:30/7:30/8:30am	3/28/2022	There is more good news for many Virginians as universal masking is recommended for just four out of 133 localities in the Commonwealth. The update comes as new cases in Virginia dropped 17% last week and 72% of Virginians are fully vaccinated against the virus.
7:00/8:00am	3/28/2022	Norfolk police announced more officers will be patrolling in the downtown Norfolk area Thursday, Friday, and Saturday nights until further notice. They also said they would be looking into hiring off-duty law enforcement to monitor crowds.

6:30/7:30/8:30am	3/28/2022	Construction on Carilion Clinic's new Crystal Spring Tower is coming to life. The addition will feature an underground parking garage, additional emergency rooms, cardiovascular beds, and cutting-edge technology. As the only Level 1 Trauma Center in the region, more than 60 hospitals from across Virginia, West Virginia and North Carolina feed into Carilion.
7:00/8:00am	3/28/2022	The National Arboretum in Washington DC has some eggcellent news! A baby eaglet has begun to hatch and the residents of the nest, Mr. President and Lotus, (Lady of the US), will welcome their first child.
6:30/7:30/8:30am	3/29/2022	The Pentagon says it is deploying six Navy aircraft that specialize in electronic warfare and about 240 Navy personnel to bolster NATO defenses in Eastern Europe. They are not intended for use in Ukraine but instead will be stationed in Germany. Right now Russian forces remain in defensive positions in Ukraine's capital, and are making little forward progress elsewhere in the country.
7:00/8:00am	3/29/2022	An elite Ukrainian drone unit is taking out Russian tanks using an internet service provided by SpaceX CEO Elon Musk. Soon after Russia invaded Ukraine, several parts of the nation began experiencing internet connectivity issues, so Musk set up Starlink satellite internet ground stations in the Ukraine. The group is currently conducting about 300 missions a day.
6:30/7:30/8:30am	3/29/2022	Virginia's lawmakers are being called back to Richmond by Governor Glenn Youngkin beginning on April 4. He will introduce emergency legislation to suspend Virginia's gas tax for three months which will take effect immediately if it's approved by the legislature in this special session.
7:00/8:00am	3/29/2022	Roanoke County Fire & Rescue has added more than a dozen new firefighters to its lineup. Altogether, the department will gain about 15 team members.
6:30/7:30/8:30am	3/29/2022	The Lynchburg Sheriff's Office is joining with the Virginia Association of Chiefs of Police to assist Ukraine. Surplus body armor, carriers, helmets, sweaters, and other equipment is being donated to "Lift Up Ukraine". Two scheduled pickups will happen at the Lynchburg Sheriff's Office on Clay Street. The pickups will be today, at 10:30 a.m. and Tuesday, April 5, at 10:30 a.m.
7:00/8:00am	3/29/2022	Walmart will no longer sell cigarettes in some of its stores. So far California, Florida, Arkansas, and New Mexico are on the list. Walmart is not the first national retail chain to cut off cigarette sales, but it is the largest.
6:30/7:30/8:30am	3/29/2022	Lynchburg community leaders sat down to discuss a plan to stop violence from escalating in their neighborhoods. Police, along with religious and city leaders are discussing ways to save troubled youth by making things like basketball programs, mentorships, and mental health resources readily available.

7:00/8:00am	3/29/2022	The NFL announced that Detroit will host the 2024 draft. Detroit was picked over Green Bay and Washington D.C. According to the league, there will be an NFL Draft Experience open all three days of the event that will feature performances, autographs, and much more! The Detroit Lion's will also be featured in this year's TV series, "Hard Knocks".
6:30/7:30/8:30am	3/30/2022	The head of the International Federation of Red Cross says an estimated 18 million in Ukraine will need humanitarian aid amid the devastation and displacement after Russia's invasion. So far, the Ukrainian Red Cross has reached 400,000 with items like food, bedding, blankets, tents, and water.
7:00/8:00am	3/30/2022	The Federal Trade Commission is suing TurboTax's maker Intuit, saying its ads for "free" tax filing misled consumers. The consumer protection agency said that millions of consumers cannot use the free tax-prep software option because they aren't eligible. This year's tax filing deadline is April 18.
6:30/7:30/8:30am	3/30/2022	Residents in Norfolk can pick up free COVID-19 at-home test kits at Norfolk Public Library branches. The test kits will be available on a first-come, first-served basis while supplies last. Two kits per household are available.
7:00/8:00am	3/20/2022	President Biden's 2023 budget includes extra funding for the Chesapeake Bay Program. The Program will receive funding essential to restoring the Bay and conducts scientific monitoring and research. The Bay Program is critical to implementing the Chesapeake Clean Water Blueprint.
6:30/7:30/8:30am	3/20/2022	The first face-to-face talks in two weeks between Russia and Ukraine ended yesterday in Turkey, with Russia making new promises. Russia said that they will cut back operations near the capital to increase mutual trust. Turkey's president has expressed optimism over the meeting, saying it is possible both countries will reach an agreement that addresses their concerns.
7:00/8:00am	3/30/2022	U.S. regulators have authorized another COVID-19 booster for those 50 and older. The Food and Drug Administration's decision opens a fourth dose of the Pfizer or Moderna vaccines at least four months after their previous booster.
6:30/7:30/8:30am	3/30/2022	The Campbell County Sheriff's Office now has a new way to deescalate crisis situations. The office just purchased \$30,000 in crisis negotiations equipment. One of those items is throw phones, which are phones in boxes attached to 200 yards of cable that they can give to the person in crisis so that they can communicate with them.
7:00/8:00am	3/30/2022	Lynchburg is getting some recognition for its growing attractions. The popular magazine, "Southern Living," named the Hill City as one of The South's Best Cities on the Rise. The magazine noted the beauty of the Blue Ridge Mountains, historic districts, lively art scenes, the James River, and local eateries. The only other Virginia city to make the list was Alexandria.

6:30/7:30/8:30am	3/31/2022	U.S. intelligence officials have determined that Russian President Vladimir Putin is being misinformed by his advisers about Russian forces' performance in Ukraine. Officials said that Putin has felt misled by the Russian military and there is now tension between him and his defense officials. It appears that they are afraid to tell him the truth.
7:00/8:00am	3/31/2022	The Biden administration is launching a website that will help you access COVID-19 tests, vaccines, and treatments, along with status updates on infection rates where you live. It's called covid.gov and now, with a click of a button, you can find the latest data from the Centers for Disease Control and Prevention on COVID in your community.
6:30/7:30/8:30am	3/31/2022	Officials with Commonwealth Catholic Charities say they expect a second wave of refugees to arrive any day now from Afghanistan. The organization is a nonprofit based in Richmond that plans to help around 100 new refugees in Virginia with needs like housing, employment, education, and immigration paperwork.
7:00/8:00am	3/31/2022	The Norfolk State University Spartans will be represented on the track in Richmond this weekend on NASCAR Cup driver Greg Biffle's No. 44 Chevrolet. Meanwhile another Virginia Historically black university, Virginia State University, will be on the car of Rajah Caruth who is making his NASCAR Xfinity race debut.
6:30/7:30/8:30am	3/31/2022	The U.N. refugee agency said more than 4 million refugees have now fled Ukraine, with more than 2.3 million arriving in Poland. Others have traveled onward to other countries, and an estimated 6.5 million have also been displaced from their homes within the country.
7:00/8:00am	3/31/2022	The U.S. Coast Guard is still trying to free a stranded container ship after it ran aground in the Chesapeake Bay. The effort involves five tugboats trying to drag the 1,000-foot "Ever Forward" off the bay's muddy floor just north of the Chesapeake Bay Bridge. If that doesn't work, a third attempt next week will add two anchored pulling barges to the five tugboats. If the ship remains stuck after that some of the 5,000 containers will have to be removed.
6:30/7:30/8:30am	3/31/2022	Don't miss your chance to sign up for the Ukrop's Monument Avenue 10K presented by Kroger in Richmond. The in-person run scheduled for Saturday, April 23 returns to the traditional Monument Avenue course after the pandemic forced the race to change course the last two years. The price increases tomorrow.
7:00/8:00am	3/31/2022	A NASA astronaut caught a Russian ride back to Earth after a U.S. record 355 days at the International Space Station. The thing that made the trip unique was the two Russian astronauts that he traveled back with. Despite escalating tensions between the U.S. and Russia the return followed normal procedures.