

	Time AM	Date	Description
News	7:00/8:00	1/2/2020	After it was discovered that Iran was fully responsible for an attack on the U.S. Embassy in Iraq, President Donald Trump ordered 750 U.S. soldiers to deploy to the Middle East as about 3,000 more prepared for possible deployment in the next several days. The breach of the U.S. Embassy compound revealed growing strains between Washington and Baghdad, raising questions about the future of the U.S. military mission there.
News	6:30/7:30/8:30	2-Jan-20	Virginia Educators will attend today's State Senate and House budget meetings, asking for more money for education. They are expected to talk about the impact of underfunding. They say the governor's \$1.2 billion proposed increase is not enough to restore funding and teacher pay.
News	7:00/8:00	2-Jan-20	A new health clinic is set to open in Roanoke. Roanoke's Council of Community Services announced its Drop-In Center is opening a second location in the city. Located on Campbell Avenue, the new clinic will officially open on January 13.
News	6:30/7:30/8:30	2-Jan-20	It has now been determined that students at James Madison University stole the Hokie Bird statue from the Hotel Roanoke and then later ditched it on the side of a road near Charlottesville. Now that the investigation is complete, JMU Vice President for Student Affairs said the students involved will make things right with Hotel Roanoke and the artist that made the Hokie Bird statue.
News	7:00/8:00	2-Jan-20	Virginia is on the verge of becoming the 38th state to ratify the equal rights amendment. After a ratification vote, Virginia is expected to submit copies of the state's resolution to the U.S. archivist. State Attorney General Mark Herring said when that happens, he will include legal arguments in support of the ERA.
News	6:30/7:30/8:30	2-Jan-20	The new FDA food labels will include nutrition information for eating a whole bag of chips or pint of ice cream. The Food and Drug Administration's new rules for nutrition labels will include side by side labeling with information about single serving and eating the whole package. Companies that make less than \$10 million in yearly food sales will have until 2021 to comply with the new FDA food label rules.

News	7:00/8:00	2-Jan-20	Norfolk's historic Riverview Theater is getting a face lift. After being vacant for many years, the Riverview Theater will soon become home to "Virginia's underground theater" organization — Generic Theater which is currently located in Chrysler Hall. The organization produces plays and public programs and plans to renovate the Riverview Theater in 2020 and make it the organization's permanent home.
News	6:30/7:30/8:30	2-Jan-20	Friends of Bedford County Animal Shelter need your help. Right now they are overcrowded with dogs. We recommend that when you come to the shelter, you take your time getting to know the dogs before taking one home. Until Saturday, the adoption fee for all shelter dogs is \$20 and the adoption fee for all shelter cats is \$10.
News	7:00/8:00	3-Jan-20	Well you might be wondering what's next in the impeachment process. House speaker Nancy Pelosi says she is delaying the Senate trial for what she claims are housekeeping matters. Once the articles are sent to the Senate, it can't do any other business until it deals with impeachment and right now there are other bills that they are focused on.
News	6:30/7:30/8:30	3-Jan-20	The Subaru Outback is starting the year out with a recall. There only a limited number of 2016-2017 Subaru Outback models affected by this latest recall. Subaru says some models have defective passenger airbags that in the event of a crash may not deploy increasing the risk of serious injury to an occupant in the front passenger seat.
News	7:00/8:00	3-Jan-20	After a year, Lime has pulled the plug on its scooters in Charlottesville. The electric scooters arrived in December 2018 and became the subject of controversy in the city. Earlier this week, those who charge the scooters, received an email from Lime, letting them know about the decision.
News	6:30/7:30/8:30	3-Jan-20	Lynchburg residents have knitted and crocheted lots of scarves, hats and mittens for anyone in need of something warm to wear for the winter. Just stop by and select whichever item you like. These items can be selected from two locations in Lynchburg, Human Services on 99 / Ninth St., downtown, and at Parkview Mission on Memorial Ave.

News	7:00/8:00	3-Jan-20	Iran has vowed retaliation for a U.S. airstrike near Baghdad's airport that took the life of Iran's top general and the architect of its interventions across the Middle East. This marks a major escalation in the standoff between Washington and Iran, since President Donald Trump withdrew from the 2015 nuclear deal and imposed crippling sanctions.
News	6:30/7:30/8:30	3-Jan-20	A federal judge formally blocked North Carolina's new voter identification law ruling that discriminatory intent was likely a motivating factor. The decision from US district judge could have big consequences in North Carolina, which is scheduled to hold its presidential primary on March 3. This iteration of the North Carolina law required voters to present one of 10 forms of acceptable identification, such as a driver's license, passport, or military ID in order to vote.
News	7:00/8:00	3-Jan-20	The Pulaski Co. Sheriff's Office is offering a \$2,500 reward for information leading to the arrest of the suspect(s) responsible for damaging school property. Someone broke 19 windows at Newbern Elementary School, adding up to about 5,000 in property damage. The school is currently vacant but is still used by the county for other purposes.
News	6:30/7:30/8:30	3-Jan-20	One Community, One Voice and the Lynchburg Police Department partnered for a community walk in the White Rock Hill neighborhood of Lynchburg last night. The community walk called E.N.O.U.G.H., allowed officers and community members to speak with neighborhood residents about their concerns.
News	7:00/8:00	6-Jan-20	Hundreds of U.S. soldiers deployed from Fort Bragg, North Carolina, to Kuwait to serve as reinforcements in the Middle East amid rising tensions. In the midst of the United States sending more troops, Iraq's parliament voted to expel U.S. troops from their country and extremist overran a key military base used by U.S. counterterror forces in Kenya taking the lives of three Americans.
News	6:30/7:30/8:30	6-Jan-20	One of Virginia's largest employers is making sure their employees are going to be taken care of. Sentara and Optima Health are expanding and increasing their minimum wage for employees to \$15 an hour in Virginia and North Carolina by January 2022. Some of the impacted positions are admissions clerks, CNAs, and housekeeping.

News	7:00/8:00	6-Jan-20	The U.S. Navy ship USS Leyte (lay tay) Gulf returned to Norfolk following a nine-month deployment in the U.S. 6th and 5th Fleet areas of operation. Hundreds of sailors who were on the ship are now back with their families after 9 months at sea. They were deployed to the Mediterranean and the middle east to contribute to the security and safety around the world.
News	6:30/7:30/8:30	6-Jan-20	A Buchanan horse farm focused on helping veterans with post-traumatic stress disorder now has a new addition. The Steve Goodwin Veterans Center opened at New Freedom Farm and it provides a place for veterans to relax indoors, as well as New Freedom Farm's offices. Veterans who frequent the farm say they are happy to see it expand.
News	7:00/8:00	6-Jan-20	The French general overseeing the reconstruction of fire-devastated Notre Dame Cathedral says the Paris landmark is not saved yet because there's still a risk its vaulted ceilings might collapse. The actual condition of the cathedral's vaults is not fully known, which means they can not guarantee that "it won't fall apart."
News	6:30/7:30/8:30	6-Jan-20	Governor Ralph Northam has announced his criminal justice reform agenda for 2020. Some of the topics he touched on in the proposed legislation were raising the felony larceny threshold to \$1,000, permanent elimination of driver's license suspension for unpaid fines, fees and court costs, and parole reform.
News	7:00/8:00	6-Jan-20	Several showed up at Town Point Park over the weekend to protest any sort of war or violence that may come from the actions in Iran this week. According to President Trump War has not been officially declared by anyone. While the world and our nation wait to see what happens next, Norfolk residents chanted, marched, and prayed for safety.
News	6:30/7:30/8:30	6-Jan-20	A new exhibit just opened up at the Lynchburg Museum this weekend. The Five Forks Battle Flag exhibit features artifacts, books, information, and a Confederate flag. The Director of the Lynchburg museum says the Confederate flag has a rich history that people should learn about and that they had several focus groups and community wide surveys to ensure everyone's opinions got a voice. Their purpose is to display a battle flag both professionally and responsibly and to let you decide the rest. It will be up until Jan 31st.

News	7:00/8:00	7-Jan-20	Tensions are still heightened between Iran and the United States. Iran has promised retaliation for the airstrike and President Trump has warned if any American assets are targeted, the U.S. will hit back very fast and very hard. In Washington, House Speaker Nancy Pelosi plans to introduce a resolution to limit the president's war powers.
News	6:30/7:30/8:30	7-Jan-20	Mercedes-Benz is recalling roughly 750,000 cars because the vehicles' sunroofs could potentially fly off. The cars include the Mercedes-Benz's C, E, CLK and CLS-Class, made between 2001 and 2011. All four vehicles came with an optional sunroof, and the bonding material can deteriorate, resulting in the sunroof detaching from the car. Affected owners will be contacted by Mercedes.
News	7:00/8:00	7-Jan-20	Virginia Beach Public Utilities is warning you about a letter claiming a company needs to come into your home to conduct maintenance. The letter asks you to leave your doors unlocked, deactivate your alarms and crate your pets so crews can do water meter maintenance. The utilities department says water meters are on the outside of the home, and the city will never request to enter a house.
News	6:30/7:30/8:30	7-Jan-20	With the potential for wintery weather this morning several schools are closed or delayed. Be sure to check MyJourneyFM.com before heading out and remember to bundle up.
News	7:00/8:00	7-Jan-20	Due to the increased prevalence of flu in Central Virginia, all Centra facilities are implementing temporary visitation restrictions. In order to protect patients from the flu and other infectious diseases, Visitation is limited to healthy adults and it is highly recommended that children are not brought into any Centra facility unless medical attention is needed.
News	6:30/7:30/8:30	7-Jan-20	Norfolk Southern employees in Roanoke were hit with another round of furloughs yesterday. Less than 70 employees were impacted in the locomotive maintenance and repair divisions. The company claims that furloughed employees will be able to apply for available positions elsewhere within Norfolk Southern.

News	7:00/8:00	7-Jan-20	A Virginia senator has filed a bill that would offer firearm safety classes for students in all school divisions. The Board of Education would work with the Department of Criminal Justice Services to establish curriculum guidelines for the program. The classes would be a minimum of two hours of fire safety instruction taught by a school resource officer, law enforcement officer, or U.S. Armed Forces instructor.
News	6:30/7:30/8:30	7-Jan-20	A little winter weather is expected to hit the region this morning so VDOT has decided to treat the roads in case they freeze over. VDOT has brined I-81 and I-77 as a precaution, as well as Route 460. They are however not expecting road conditions to be terrible because the ground temperature is so high. Check myjourneyfm.com for closings and delays.
News	7:00/8:00	8-Jan-20	Iran struck back at the United States early this morning, firing a series of ballistic missiles at two Iraqi military bases housing American troops. It was Iran's most direct assault on America since the 1979 seizing of the U.S. Embassy in Tehran. U.S. and Iraqi officials said there were no immediate reports of casualties, though buildings are still being searched.
News	6:30/7:30/8:30	8-Jan-20	Yesterday's winter weather did cause some issues in Central Virginia along Interstate 81. In Botetourt County, crews responded to a tractor-trailer crash, near the Buchanan exit, that sent two to the hospital. Also, a van slid into the median at Fishburn Park Elementary School in Roanoke and was then hit by a bus, but everyone involved was okay.
News	7:00/8:00	8-Jan-20	The Tidewater Figure Skating Club is bringing several professional skaters to perform an exhibition at MacArthur Center in Norfolk. The skaters hail from groups such as 'Disney On Ice' and the U.S. Figure Skating Team. The event will be held on Sunday, Jan. 12, from 10:30 to 11:30 a.m. at MacArthur On Ice and is free and open to the public.
News	6:30/7:30/8:30	8-Jan-20	A family-owned restaurant known for its authentic, Southern cooking will be opening a new restaurant in Madison Heights. Bisuitville will be opening in a new location on Amherst Highway at 5:00 a.m. tomorrow. As part of its opening, they are partnering with the Salvation Army and everyone who brings socks, scarves, gloves or individually wrapped snacks will receive a coupon for a free biscuit.

News	7:00/8:00	8-Jan-20	As bushfires rage across the continent, Australian officials say they have taken action against more than 180 fire-related offenses. 24 residents have been charged for allegedly intentionally lighting bushfires. So far this fire season the wildfires have claimed the lives of 18 and millions of animals.
News	6:30/7:30/8:30	8-Jan-20	The Virginia State Police are welcoming the New Year with a new recruitment website. The site is the first of its kind for the department and highlights the Virginia State Police's mission, culture, Academy life and extensive career opportunities available to trooper-trainees. By the end of this year, the state police Recruitment Unit will have made contact with more than 2,300 Virginians and out-of-state residents in its ongoing efforts.
News	7:00/8:00	8-Jan-20	Looking to travel in the first part of this year? Amtrak is looking to make your travel plans easier with its limited time buy one, get one free promotion. Tickets must be bought before Jan 13. to be eligible and the offer is valid for travel from Feb. 1, through June 12. Both tickets must be purchased in the same transaction.
News	6:30/7:30/8:30	8-Jan-20	The Danville Mall announced that they are participating in "Color for a Cause" which is an event that raises money and awareness in support of local organizations. The event will be held at the Danville Mall from 5:00 p.m. until 7:00 p.m. on Tuesday, March 3. Everyone has two hours to color their mural, then you can vote on your favorite.
News	7:00/8:00	9-Jan-20	President Donald Trump said his administration will immediately impose new economic sanctions on Iran in response to Iranian missile strikes on U.S. bases in Iraq. It is not immediately clear what those sanctions might be, but they could be expansions on existing sanctions on Iran's financial, energy, shipping and military sectors.
News	6:30/7:30/8:30	9-Jan-20	Two Confederate monuments were vandalized in Virginia's capital city. A Jefferson Davis monument was spray-painted with the phrase "This is Racist" and a Stonewall Jackson monument was spray-painted as well. The vandalism comes after Richmond's City Council voted to have power over the monuments. Other cities in the state have tried to move Confederate monuments but a state law has blocked their efforts.

News	7:00/8:00	9-Jan-20	Lynchburg Parks and Recreation said they are now offering lunch with the Lynchburg Daily Bread. For more than 30 decades, the Lynchburg Daily Bread has provided a free, hot meal from their commercial kitchen in downtown Lynchburg. Starting January 16, lunch will be served every Thursday at 11 a.m. at the Templeton Center on Wiggington Road, free of charge. You can get a meal through the drive-thru, or dine in at the center. No registration is required.
News	6:30/7:30/8:30	9-Jan-20	Aldi is opening its new location on W. 21st St. in Ghent in what was the former Farm Fresh on Jan. 16. Aldi will first host a ribbon-cutting ceremony at 7:50 a.m., followed by a Golden Ticket giveaway with gift cards for the store's first 100 customers. Shoppers will also have a chance to sample foods only sold at Aldi and enter a sweepstakes for a chance to win a yearlong supply of Aldi produce.
News	7:00/8:00	9-Jan-20	The House will vote today on a measure limiting President Donald Trump's ability to take military action against Iran. Speaker Nancy Pelosi announced the planned vote in a one-page statement that said last week's drone strike that took the life of the top Iranian General was provocative and disproportionate. Under the 1973 War Powers Act, it would be binding if also approved by the Senate.
News	6:30/7:30/8:30	9-Jan-20	School officials are working with the police department to determine who is responsible for a social media threat directed at Menchville High School in NewPort News. Authorities and the school are asking that if you have any information that can assist the investigation, please let them know.
News	7:00/8:00	9-Jan-20	Staunton River High School has introduced Bedford County's first-ever esports team. Esports is a team-based competition with specific rules set in the arena of a video game. The team practices on Mondays and Wednesdays from 4 to 5:30 p.m. If students want to join, they are advised to come and spectate first. Their spring registration deadline is Feb. 14.
News	6:30/7:30/8:30	9-Jan-20	A little reading can go a long way with kids, and the Roanoke County Public Library is hoping parents read a little bit more to their toddlers and infants. The library system has partnered with the "1,000 Books Before Kindergarten" initiative encouraging children and parents to read 1,000 books before the kids enter grade school. Rereading books can count towards the goal.

News	7:00/8:00	10-Jan-20	President Donald Trump was in Ohio last night for the first campaign rally of the election year. The president's reelection campaign has already used Facebook ads to highlight his decision to strike Iran's second most powerful official. For Trump to win reelection, securing Ohio's 18 electoral votes will be critical.
News	6:30/7:30/8:30	10-Jan-20	The wildfires in Australia are continuing to blaze. So far over 2,000 homes have been destroyed. Right now, there are 72,000 people from across the world who make up the world's largest volunteer fire service. They've been at the forefront of fighting wildfires that have devastated parts of Australia since September.
News	7:00/8:00	10-Jan-20	The Portsmouth City Jail will not be condemned, and the city must complete repairs to it. In July, the city's building and code official decided to condemn the jail after finding problems with the fire suppression system and unsanitary conditions. The City of Portsmouth filed its own petition asking a judge to move current inmates and any new prisoners to the Hampton Roads Regional Jail, which has room to spare. But according to the judge the Portsmouth jail will remain open.
News	6:30/7:30/8:30	10-Jan-20	The Championship Stampede Rodeo returns to the Salem Civic Center tonight. It features some of the best cowboys and cowgirls and livestock in the nation. There are performances tonight and tomorrow night at 7:30 p.m. and Sunday at 2 p.m. Tickets start at \$18.
News	7:00/8:00	10-Jan-20	Two U.S. officials have said that it was highly likely that an Iranian anti-aircraft missile downed a Ukrainian jetliner taking the lives of all 176 on board. The crash came just a few hours after Iran launched a ballistic missile attack against Iraqi military bases housing U.S. troops. Officials said it could have very well have been a mistake, and that the airliner was mistaken for a threat. A preliminary Iranian investigation revealed the pilots never made a radio call for help.
News	6:30/7:30/8:30	10-Jan-20	Walmart is offering free wellness services and resources in Lynchburg and Roanoke to help its customers stay away from the flu. The company says customers can come in on Saturday from 10 a.m. to 2 p.m. and receive low-cost flu shots and several other services to help them from getting sick this flu season.

News	7:00/8:00	10-Jan-20	One of the U.S.'s largest producers of packaged baked foods plans to invest \$25 million into its longstanding Lynchburg bakery, transforming it into an organic facility. Governor Ralph Northam announced that Flowers Foods wants to expand the bakery, a move that will create 15 new jobs in Lynchburg. Its top brands include Nature's Own, Wonder, Dave's Killer Bread and Tastykake.
News	6:30/7:30/8:30	10-Jan-20	The Hampton University Marching Force received a proclamation of praise during the last City Council meeting. The band has gone from 78 members to over 200 members in less than two years and they have been invited to perform at the Macy's Thanksgiving Day parade this year.
News	7:00/8:00	13-Jan-20	The United States and China have agreed to resume semiannual talks on economic and trade issues. These discussions had been conducted in previous administrations but had been halted so far by the Trump administration. Officials said that the details of the Phase One deal would be released after the agreement is signed on Wednesday.
News	6:30/7:30/8:30	13-Jan-20	Storms over the weekend throughout central Virginia caused more than 3,000 customers to lose power in the area. According to Appalachian Power strong winds downed trees causing outages. All power should be restored today.
News	7:00/8:00	13-Jan-20	More than 100 employees lost their jobs as part of a restructuring effort at the ABB plant in South Boston. According to the company, the South Boston facility employs 410 and has been operational since 1968. The company said they are restructuring in order to become a leaner organization in South Boston.
News	6:30/7:30/8:30	13-Jan-20	The Bedford Fire Department celebrated serving the community for 131 years at their annual awards banquet on Saturday. Over 60 members and guests were at the banquet to recognize the department's top contributors and notable accomplishments of 2019. They responded to 150 calls throughout the year.
News	7:00/8:00	13-Jan-20	House Speaker Nancy Pelosi is hitting the send button on President Donald Trump's impeachment after she paused the whole matter creating a three-week standoff with the Senate. The resolution starting President Trump's Senate trial would not mirror President Bill Clinton's word for word

but will provide the framework at least to start President Trump's proceedings.

News	6:30/7:30/8:30	13-Jan-20	Two U.S. service members lost their lives and two others were injured when their vehicle was hit in southern Afghanistan. The Taliban immediately took responsibility for the attack. More than 2,400 U.S. service members have been killed in Afghanistan with last year being one of the deadliest for the United States, with 23 American troops killed.
News	7:00/8:00	13-Jan-20	VDOT officials are seeking the public's input on the future of Route 17 in Isle of Wight. The Virginia Department of Transportation is conducting a study to assess potential safety and traffic improvements. To gather public input, VDOT has created an online survey to solicit community and motorist feedback which is available through Monday, January 20. VDOT officials are expecting the study to be finished by spring of 2020.
News	6:30/7:30/8:30	13-Jan-20	The New River Polar Plunge is set for Feb. 22 at Dudley's Landing in Radford. Check-in registration begins at 10 a.m. with the Plunge set for 12:30 p.m. The funds raised from this event help Special Olympics Virginia and its mission to help more than 25,000 athletes of all abilities. This year, the plunge is looking to raise \$55,000. Each person must raise at least \$100 in order to take the plunge.
News	7:00/8:00	14-Jan-20	It's never too early to start preparing for your taxes. The IRS is trying to make it easier for you to file your taxes online for free and not get scammed in the process. Hackers can file a fake return in your name and get the refund you deserve so to prevent yourself from getting hacked, it's best to file your taxes quickly.
News	6:30/7:30/8:30	14-Jan-20	The Henrico County police announced that there was no threat after authorities received a report of an incident yesterday. An original tweet from Henrico County police advised everyone to avoid the area of Woodman Road, near Moody Middle School in Henrico. Thankfully upon arrival there was no threat, and everyone is fine.

News	7:00/8:00	14-Jan-20	Layoffs with Norfolk Southern, FreightCar America and General Electric have left hundreds of families in the Roanoke Valley without a stable source of income, so Virginia CareerWorks and the City of Roanoke are working on a new workforce initiative. The Norfolk Southern Foundation donated \$150,000 to launch the new Stability & Empowerment program. Now CareerWorks can help workers get job training, find a new career or even pay for their food, rent, and utilities.
News	6:30/7:30/8:30	14-Jan-20	Those affected by homelessness are finding community in an unexpected place: a choir. The positive effects of the Norfolk Street Choir are rippling across the community and the country. The music is a powerful testament of strength and perseverance. It is now in its fourth season of making music and changing lives.
News	7:00/8:00	14-Jan-20	Two U.S. service members that lost their lives Saturday when their vehicle was hit by a roadside bomb in southern Afghanistan have been identified. One of which is 29-year-old Ian McLaughlin of Newport News, Virginia. Both soldiers were assigned to 307th Brigade Engineer Battalion out of Fort Bragg, North Carolina.
News	6:30/7:30/8:30	14-Jan-20	Toyota is recalling nearly 700,000 vehicles in the U.S. because the fuel pumps can fail and cause engines to stall. The recall covers 2018 and 2019 Lexus models, along with Toyota 4Runner, Camry, Highlander, Land Cruiser, Sequoia, Sienna, Tacoma, and Tundra. Some 2019 models of the Avalon and Corolla are also affected. Owners will be notified by mail in mid-March.
News	7:00/8:00	14-Jan-20	The USDA Forest Service and the Mt. Adams Institute are inviting military veterans to participate in a national career-training program. The VetsWork Environment is a 45-week hands-on internship in which participants will learn new skills while studying natural resources, wildlife and timber projects. The two internship positions to be filled in Roanoke are based at Natural Bridge Station and Norton and begin on March 2, 2020.
News	6:30/7:30/8:30	14-Jan-20	Lynchburg Parks and Recreation, The Lynchburg Fire Department, Centra Health Trauma Services and the Diamond Hill Community Center, will host a community health event next week. Lynchburg residents are invited to attend the event on Tuesday, Jan. 21, from 6 p.m. to 8 p.m.

at the Diamond Hill Community Center, in Lynchburg. At this event, basic medical and life safety techniques will be taught.

News	7:00/8:00	15-Jan-20	The third impeachment trial of a president in U.S. history is expected to start this week. Senate Majority Leader Mitch McConnell is expected to lay out a schedule for opening arguments and questions but push off until later a decision on calling witnesses.
News	6:30/7:30/8:30	15-Jan-20	If you live in Frederick County Virginia, West Virginia has an offer for you: Come join our state. Frederick was one of three counties given the opportunity to join West Virginia after the Civil War but they never held a vote on the issue. While the resolution was passed in the West Virginia State Senate and sent to the House, it is not immediately clear how seriously Frederick County was taking the offer.
News	7:00/8:00	15-Jan-20	The Atlantic Intracoastal Waterway's Dismal Swamp Canal between North Carolina and Virginia will be closed to vessel traffic for about 90 days for gate restoration. A contractor removed two South Mills Lock canal gates last week to begin the over \$500,000 rehabilitation project. Repairs are estimated to be completed by the end of March.
News	6:30/7:30/8:30	15-Jan-20	Chick-fil-A is kicking off the new year by offering free chicken nuggets this month. All you have to do is create or signs into the mobile app and you can get a free eight-piece order of classic Chick-fil-A nuggets. The offer is available until Friday, Jan. 31.
News	7:00/8:00	15-Jan-20	Virginia moved a step closer to ratifying the Equal Rights Amendment even as the measure's future nationally remains in doubt. A House committee approved a resolution to ratify the gender equality measure, which advocates hope will become the next amendment to the U.S. Constitution. The ERA is meant to give equality to women.
News	6:30/7:30/8:30	15-Jan-20	Allegiant airline has added three new nonstop flights from Norfolk International Airport in its latest expansion. Flights to Nashville, Pittsburgh and Columbus, Ohio, will run twice a week. The new flights at ORF are among 44 new nonstop flights announced by Allegiant which is the largest expansion in company history.

News	7:00/8:00	15-Jan-20	Hundreds of Radford University students, faculty and staff have signed up to participate in the seventh annual Martin Luther King Jr. Day of Service on Jan. 20. Events include sending members of the Radford family to locations throughout the New River and Roanoke valleys for the entire day to serve community members, businesses, nonprofits and other organizations.
News	6:30/7:30/8:30	15-Jan-20	Lynchburg middle school students will gather to “Break the Cycle” of bullying tonight. Middle schoolers from Lynchburg, Roanoke, Staunton and more will take part in discussions about diversity, discrimination and respect. They will take what they learn back to their schools in an effort to reduce conflict and prejudice.
News	7:00/8:00	16-Jan-20	The Senate trial on whether or not to impeach President Donald Trump is set to start today. President Trump's trial will be only the third presidential impeachment trial in U.S. history. Significant proceedings won't begin until next Tuesday after the Martin Luther King Jr. holiday.
News	6:30/7:30/8:30	16-Jan-20	Fearing a repeat of the violence that engulfed Charlottesville more than two years ago, Virginia Governor Ralph Northam declared a state of emergency banning all weapons from Capitol Square ahead of a massive rally planned next week over gun rights. One official said Northam decided to ban all weapons from the capital after receiving reports online by out-of-state pro-gun and militia groups who are promising to attend Monday’s rally.
News	7:00/8:00	16-Jan-20	Roanoke Valley sophomores and juniors will meet with representatives from local businesses at the Student Registered Apprenticeship Showcase today. The businesses are accepting applications from those who are interested. The program allows students to develop skills, earn school credit and a paycheck. The showcase runs from 5:30 p.m. to 7:30 p.m. at the Green Ridge Recreation Center.
News	6:30/7:30/8:30	16-Jan-20	Two puppies that were adopted from the Virginia Beach SPCA are about to get their claim to fame. Sparkle and Maverick will participate in the Animal Planet Puppy Bowl on Feb. 2, Super Bowl Sunday at 3pm. Sparkle will play on team Fluff and Maverick will be on team Ruff.

News	7:00/8:00	16-Jan-20	President Donald Trump signed a trade agreement with China that is expected to boost exports from U.S. farmers and manufacturers, protect American trade secrets and lower tensions in a long-running dispute between the world's two biggest economies. The agreement is being described as "phase one" of a larger negotiation.
News	6:30/7:30/8:30	16-Jan-20	Several buildings near Kelly Hall on the campus of Virginia Tech were evacuated yesterday due to a gas leak. In precaution, the Virginia Tech Facilities Department turned off all air handling equipment in the evacuated buildings after a gas line was struck during construction in the vicinity of the Virginia Tech power plant. Crews are working to repair the leak.
News	7:00/8:00	16-Jan-20	It used to be that if an Amherst County student was caught with a tobacco product or vape, they would be suspended and spend that time at home. Now, they will go through a new program at the Amherst County Alternative Suspension Center. The new program is called the INDEPTH Curriculum through the American Lung Association and is the first in the area used to teach students about the dangers of vaping and tobacco use.
News	6:30/7:30/8:30	16-Jan-20	Change is on its way at MacArthur Center mall in Norfolk. J. Crew, Fossil and Brighton Collectibles are among stores that are leaving. However, the mall just celebrated the opening of Glow Golf and will soon introduce a new 19,000-square-foot GameWorks.
News	7:00/8:00	17-Jan-20	Chief Justice John Roberts was sworn in to preside over President Donald Trump's impeachment trial, then immediately administered the oath to the full Senate to ensure impartial justice as jurors for only the third such proceeding in American history. President Donald Trump is calling the impeachment a hoax, even as new information emerges about his actions toward Ukraine that led to the charges against him.
News	6:30/7:30/8:30	17-Jan-20	Electric school buses will soon be on the roads in Virginia carrying children and reducing emissions as Dominion Energy moves forward with the electric school bus deployment. Phase one will bring 50 electric school buses to 16 locations within Dominion Energy's Virginia service area by the end of 2020.

News	7:00/8:00	17-Jan-20	The Central Virginia Addiction and Recovery Resources Coalition held their official launch event in Lynchburg. Their mission is to engage the community and reduce substance abuse with education and collaboration with community partners. They were recently awarded a Drug Free Communities Grant of \$125,000 a year for up to ten years to provide substance prevention programs for youth.
News	6:30/7:30/8:30	17-Jan-20	The YMCA's Little Chefs program allows kids to learn nutrition and their way around the kitchen. Over several weeks, students in the class will learn how to make not-so-cheesy dip, granola bars, fruit and veggie chips and many other recipes. Members and non-members are welcome to sign up their kids ages 5 to 12. Classes are Saturday from 10 to 11 a.m. at the YMCA Express at Gainsboro.
News	7:00/8:00	17-Jan-20	President Trump's impeachment trial began yesterday. Senators are required to sit silently under strict rules that prohibit talking or cellphones, for a trial that will test not only Trump's presidency but also the nation's three branches of power and its system of checks and balances. Opening arguments will begin on Tuesday.
News	6:30/7:30/8:30	17-Jan-20	Ahead of a rally at the Virginia State capitol in Richmond on Monday the FBI has arrested three men who are linked to a violent white supremacist group that was believed to be heading to the rally. The men were charged with transporting a firearm. U.S. and Canadian authorities had been searching for these men for several months.
News	7:00/8:00	17-Jan-20	City officials in Lynchburg want to change how they collect trash and how much you pay for it, but they want your opinion before moving forward. They'll take the input that you give to city council for a final vote on the plan. Lynchburg leaders said a change is needed because the trash system hasn't changed in 25 years and it's not working anymore
News	6:30/7:30/8:30	17-Jan-20	Chesapeake Regional Healthcare broke ground Thursday on a major expansion for its hospital on Battlefield Boulevard, and also unveiled a new community pharmacy in the city's South Norfolk neighborhood. The \$85 million expansion of the Medical Center will add 94 beds and several new services. Chesapeake Regional delivers about 3000 babies a year and this project will enlarge maternity rooms by 50 percent.

News	7:00/8:00	20-Jan-20	<p>Today in Richmond many are gathering for a rally centered around firearms.</p> <p>Ahead of the rally Governor Ralph Northam has issued a temporary state of emergency, banning all weapons from Capitol Square which was upheld by the Virginia Supreme Court. Since the Democrats won control of the General Assembly more than 100 cities and counties across Virginia have passed resolutions supporting the Second Amendment.</p>
News	6:30/7:30/8:30	20-Jan-20	<p>By the end of the month, Lynchburg police will be losing more officers so</p> <p>to stay ahead of their retention issues, the department is bringing back the Cadet Program. The program targets high school kids ages 17 to 20-year-old young adults. Participants will work in different units of the department before they can join the academy. Applications are due by Jan 27th.</p>
News	7:00/8:00	20-Jan-20	<p>The U.S. Navy is expected to honor a World War II hero when a new aircraft carrier is named for Doris Miller. The announcement is expected to be made at Pearl Harbor today. Miller was the first African American to receive the Navy Cross for valor. Miller was recognized for manning a machine gun on the USS West Virginia and returning fire against Japanese planes during the Dec. 7, 1941 attack on Pearl Harbor.</p>
News	6:30/7:30/8:30	20-Jan-20	<p>The Planters NUTmobile is making its rounds in central Virginia. There are three mobile nuts that travel the country over 40 weeks a year here's where you can catch it. The Bedford Walmart on Saturday 11 a.m. - 1 p.m., the Lynchburg Walmart on Wards Road on Saturday from 2 p.m. - 4 p.m., Lynchburg Walmart on Old Forest Road on Sunday, 11 a.m. - 1 p.m., and Madison Heights Walmart on Sunday.</p>
News	7:00/8:00	20-Jan-20	<p>The impeachment trial for President Donald Trump is set to begin tomorrow with opening arguments. Senate Majority Leader Mitch McConnell has yet to say if the senate will hear any new evidence. The trial itself will be lived streamed.</p>
News	6:30/7:30/8:30	20-Jan-20	<p>Roanoke City and Roanoke County officials are teaming up for the first time ahead of the 2020 U.S. Census. They want to make sure they reach the entire Roanoke Valley population. They said it's critical for you to fill out the census survey because it impacts how federal funding is distributed.</p>

News	7:00/8:00	20-Jan-20	More than 400 Radford University students, faculty and staff will take part in the 7th annual Martin Luther King Jr. Day of Service. They will give their time at several organizations, including the Radford Early Learning Center and Feeding America Southwest Virginia. On campus, the campus community will make blankets for Project Linus and pack busy kits for those in senior care.
News	6:30/7:30/8:30	20-Jan-20	On the Outer Banks, two friends were out in the water surfing in Rodanthe when one was bitten by what is believed to be a shark. He needed to get 21 stitches in his foot but is expected to make a full recovery.
News	7:00/8:00	21-Jan-20	More than 20 Thousand rallied peacefully at the Virginia Capitol yesterday, protesting plans by the state's Democratic leadership to pass gun-control legislation. The size of the rally raised fears that the state could see a repeat of the violence in Charlottesville. But the rally concluded around noon with no reports of arrests or injuries.
News	6:30/7:30/8:30	1/21/2020	Baby Trend is recalling Tango Mini Strollers due to a fall hazard. Both of the stroller's hinge joints can release and collapse under pressure, posing a fall hazard to the child. The strollers were sold at Amazon.com, and Target from October through November 2019 for between \$100 and \$120. If you have one, you should immediately stop using it and contact Baby Trend for a replacement or full refund.
News	7:00/8:00	1/21/2020	Inside the Senior Center in York County, seniors are using technology to do things they've never been able to do before. Virtual reality is changing the way they see the world. Deputy Director of Information Technology Timothy Wyatt said being able to travel through virtual reality can help bring back memories for some seniors and also create new ones. The technology is free for seniors 55 and older and is just one of many programs the senior center has.
News	6:30/7:30/8:30	1/21/2020	The effort to build a new library and heritage center on Virginia's Eastern Shore recently got a \$500,000 grant from the National Endowment of Humanities. The new regional library will include space for archives, special collections unique to the area, a meeting room, a reading room, a gallery, and a hands-on technology learning lab. Ground was broken on the new facility in October and construction is expected to be completed in November of this year.

News	7:00/8:00	1/21/2020	When President Donald Trump's impeachment trial is called to order in the Senate, he won't be watching from inside the chamber or on television. He'll be thousands of miles away at the Davos economic forum in the Swiss Alps. His two-day visit to Switzerland will test his ability to balance being impeached with a desire to project leadership on the world stage. Administration officials say President Trump remains focused on serving the public.
News	6:30/7:30/8:30	1/21/2020	The remains of a paratrooper who lost his life a week ago in Afghanistan have been returned to his family in the U.S. The family greeted his flag-draped casket at Pope Army Airfield at Fort Bragg. The 29-year-old from Newport News, Virginia, was killed by an explosive device in Afghanistan.
News	7:00/8:00	1/21/2020	A new scam has come to the attention of the Rockbridge County Sheriff's Office. The Sheriff's Office said someone tells you they will pave your driveway, money is exchanged, and only part of the driveway is completed. According to the sheriff's office, the resident can't find or contact the paver. If this happens to you call the Franklin County Sheriff's Office
News	6:30/7:30/8:30	1/21/2020	A local food bank in Hampton held its annual food drive in honor of Martin Luther King Jr. For many yesterday was a holiday, but for others it was a day to give back to the community. This year's food drive was the 4th for the Virginia Peninsula Foodbank in Hampton. Over 100 volunteers showed up to feed more than 25,000 families.
News	7:00/8:00	1/22/2020	President Donald Trump's impeachment trial is underway at the Capitol. Democrats are objecting strongly to the rules proposed by the Republican leader for compressed arguments and a speedy trial. The rare impeachment trial, unfolding in an election year, is testing whether President Trump's actions toward Ukraine warrant removal at the same time that voters are forming their own verdict.
News	6:30/7:30/8:30	1/22/2020	A Richmond lawmaker and activists are trying to push legislation through that could ban handheld cellphone use while driving statewide. The ban is similar to the one that just passed in the City of Richmond. According to the bill, you can still use Bluetooth and similar devices, but you can't hold your phone while driving.

News	7:00/8:00	1/22/2020	Governor Northam and other officials announced that a company specializing in organic wellness teas will be investing nearly \$30 million in Franklin County's Summit View Business Park. Traditional Medicinals is set to build an east coast manufacturing and processing center that will create 56 new jobs.
News	6:30/7:30/8:30	1/22/2020	Hanging out on the rooftop in the middle of winter doesn't sound like a fun-filled evening, however, the Hilton at the Virginia Beach Oceanfront has not only made such an experience possible, but also cozy. Four heated igloos have been added to the rooftop big enough for 7. For \$75, you and your friends can reserve the igloo for 90 minutes.
News	7:00/8:00	1/22/2020	Boeing said that it doesn't expect federal regulators to approve its changes to the grounded 737 Max until this summer. That timetable will create more headaches for airlines by pushing the Max's return further into the peak summer travel season. Even after federal officials approve changes Boeing is making to the plane, airlines will need more time to train pilots.
News	6:30/7:30/8:30	1/22/2020	Toyota is recalling about 3 million cars in the U.S. because the air bags may not inflate in a crash. The recall covers certain 2011-2019 Corollas, the 2011 to 2013 Matrix, the 2012 through 2018 Avalon and the 2013 to 2018 Avalon Hybrid. Toyota says the air bag control computer may not be properly protected against electrical interference.
News	7:00/8:00	1/22/2020	Governor Ralph Northam announced that a \$12 million investment would be coming to Pulaski County. The Patton Logistics Group is making the multi-million-dollar investment to establish a new logistics and warehousing operation in the New River Valley Commerce Park. The investment will also create 33 new jobs and serve as a hub for freight services to reach clients in the eastern U.S.
News	6:30/7:30/8:30	1/22/2020	If you are looking for something fun to do this Saturday night, The Friends of the Lynchburg Public Library is holding a mini-golf tournament INSIDE the library on Memorial Avenue. Teams of four adults will play the 18-hole course inside the stacks. Each team entry is \$250 and as an added bonus, the library will also be open Sunday, from 9-3 for families who would like to play for a \$1 per child; \$3 per adult to support the library programs.

News	7:00/8:00	1/23/2020	Three Americans lost their lives yesterday when a C-130 water tanker crashed while battling wildfires in Australia. Right now, there are more than 1,700 volunteers and personnel in the field, and five fires described at an emergency warning level.
News	6:30/7:30/8:30	1/23/2020	Students across the US, ranging from kindergarten to high school, submitted more than 28,000 potential names for NASA's Mars 2020 rover. Now there are just nine names left and you have the chance vote in an online poll, which is open now through January 27. The winning name and the student who created it will be announced on March 15 and the student will get the chance to watch the rover launch from Cape Canaveral in July.
News	7:00/8:00	1/23/2020	Forty Bed Bath & Beyond stores are on the chopping block. Some of the 40 stores – which are located in 19 states and Washington, D.C. – have already closed. The Bed Bath and Beyond store closing in Virginia is located in Stafford.
News	6:30/7:30/8:30	1/23/2020	Sailors from the USS Abraham Lincoln Strike Group are returning home after 294 days. This was the longest carrier deployment since the Cold War. 6,000 Sailors left from their home port in Virginia in April and saw their deployment extended twice due to tensions with Afghanistan.
News	7:00/8:00	1/23/2020	The U.S. Senate began hearing opening arguments yesterday for President Donald Trump's impeachment trial with proceedings now on a fast track. Senators rejected all attempts to bring in new witnesses and are likely to do so again next week, shutting out any chance of new testimony.
News	6:30/7:30/8:30	1/23/2020	After more than 20,000 gun rights supporters staged a demonstration outside the Capitol, a passionate debate in the Virginia General Assembly ended with a gun control proposal advancing. Changes passed supporting a bill that would institute a red flag law, which would let law enforcement officers take guns from those believed to be a danger to themselves or others.
News	7:00/8:00	1/23/2020	Another law that The Virginia Senate has passed is a bill that would limit how many balloons you can release. One senator's bill reduces the number of balloons you can release per hour to one. Any person who violates the bill could be fined \$5 per balloon released above the allowable limits. Her hope is that it will benefit the environment.

News	6:30/7:30/8:30	1/23/2020	The search is on to help more cold-stunned sea turtles after dozens were found on Hatteras Island. Cape Hatteras National Seashore says about 95 sea turtles were found and taken to the STAR Center at the North Carolina Aquarium on Roanoke Island for rehabilitation. Most are expected to be released by the end of the week. The aquarium will gradually warm the turtles up and make sure they pass a swim test before releasing them back into the wild.
News	7:00/8:00	1/24/2020	Over the past eight months, the United States has poured more than 20,000 additional troops into the Middle East to counter the escalating threat from Iran that peaked with the recent missile attack on American forces in Iraq. Despite President Donald Trump's pledge to bring troops home, the top U.S. commander in the Middle East said the most recent forces to enter the region could be there for quite a while.
News	6:30/7:30/8:30	1/24/2020	Virginians for Employee Free Choice announced a coalition that's working to preserve Right-to-Work Law. This is a coalition of businesses focused on preserving Virginia's long-standing Right-to-Work law. Which allows employees to go to work and do their job without being forced to join a union and it also doesn't prohibit unions from organizing in Virginia.
News	7:00/8:00	1/24/2020	Granby High School in Norfolk was placed on a brief cautionary lockdown yesterday. The lockdown started after police got a report of a weapon and only lasted 30 minutes. Officers detained the student in question and conducted a search, during which no weapon was located. No charges have been filed.
News	6:30/7:30/8:30	1/24/2020	If you haven't already bought your tickets for Team USA's softball appearance in Salem, you're unfortunately out of luck all 5,000 tickets for the 7 p.m. game have been sold. Team USA will be playing at Kiwanis Park on June 25, 2020, less than a month before the 2020 Tokyo Olympics.
News	7:00/8:00	1/24/2020	President Trump will address the 47th annual March for Life in person today. President Trump will be the first president in history to attend. The march for life takes place at the capitol in DC every year to support life, and this year's theme is to choose love.

News	6:30/7:30/8:30	1/24/2020	Personal finance is the new course that your North Carolina high school student will have to take. The course is a graduation requirement for all students graduating from a North Carolina Public High School. Last week the board decided this will take place in the upcoming school year.
News	7:00/8:00	1/24/2020	An iconic building in Bedford caught fire. The old Bedford Middle School which fortunately was vacant at the time, erupted in flames. After the initial investigation it does seem like the fire was intentionally set, according to Bedford Police Chief Todd Foreman.
News	6:30/7:30/8:30	1/24/2020	This is your last weekend to enjoy restaurant week in downtown Roanoke. There are lunch specials and dinner specials at multiple restaurants. It runs through Sunday.
News	7:00/8:00	1/27/2020	The Virginia Department of Health has said that health officials statewide are monitoring developments surrounding the outbreak of the new pneumonia-like virus from China, with multiple cases in Virginia being monitored for symptoms. The virus can cause fever, coughing, wheezing and pneumonia. It is a member of the coronavirus family that's a close cousin to the deadly SARS and MERS viruses that have caused outbreaks in the past.
News	6:30/7:30/8:30	1/27/2020	The Virginia Senate has unanimously passed a bill requiring public schools to include free feminine hygiene products in their bathrooms. The bill applies to schools that educate fifth-to-12th graders. According to the Virginia Department of Education, this encompasses 132 school districts and almost over 600,000 female students.
News	7:00/8:00	1/27/2020	Butterflies and hummingbirds are expected to be seen at Norfolk Botanical Garden. But have you ever seen them made of LEGO bricks? From now until June 7, visitors can see elaborate LEGO sculptures at the garden's newest exhibit, Nature Connects: Art with Lego Bricks. The garden is open from 9 a.m. to 5 p.m. daily through March 31, before changing over to a 9 a.m. to 7 p.m. schedule.
News	6:30/7:30/8:30	1/27/2020	Tragic news shook everyone yesterday as, former NBA superstar Kobe Bryant passed away in a helicopter crash in California. Nine were on board including Kobe's 13-year-old daughter Gianna. Bryant was on his way to a youth basketball game with his daughter when the helicopter crashed,

News	7:00/8:00	1/27/2020	President Donald Trump's lawyers began their case in his defense over the weekend. The defense phase of the trial follows three days of arguments against the president from House impeachment managers. Some repetition is expected today given the bigger audience on weekdays. The defense team could even wrap up tonight, as the president's attorneys are looking at about 10 hours' worth of arguments total.
News	6:30/7:30/8:30	1/27/2020	A 22-year-old soldier from North Carolina has passed away in a rollover accident in Syria. Antonio Moore, lost his life while conducting route-clearing operations. Moore was assigned to 363rd Engineer Battalion, in Knightdale, North Carolina.
News	7:00/8:00	1/27/2020	Governor Ralph Northam announced close to \$12 million in funding to increase access to affordable housing to reduce homelessness and provide permanent supportive housing options for Virginians with intellectual and developmental disabilities. The funding will support 13 projects funded through the Virginia Housing Trust Fund, which assists local and regional efforts to implement affordable housing solutions.
News	6:30/7:30/8:30	1/27/2020	More than 100 students and faculty members of Liberty University attended the March for Life event in Washington. The fight for life is one of the most important fights in the country, according to the university and President Donald Trump was the first president to ever attend the National March for Life.
News	7:00/8:00	1/28/2020	A nighttime rocket attack on the U.S. Embassy in Baghdad injured one personnel member and caused some material damage. Violence between Iraqi security forces and anti-government protesters also continued overnight. Unrest is also ongoing in the capital, where security forces fired tear gas to disperse crowds.
News	6:30/7:30/8:30	1/28/2020	Hundreds of educators flooded Richmond for the annual "Fund Our Future" rally yesterday at the State Capitol, hosted by the Virginia Education Association. Teachers spent the morning lobbying delegates and senators for better pay, more funding, and better benefits. Virginia teachers earn nearly \$8,500 less each year than the national average for teachers across the country.

News	7:00/8:00	1/28/2020	Students in Bath County will miss school for two days, today and tomorrow, because student and staff sickness has caused staffing challenges. Officials will use the two days to clean and disinfect the building and buses. Also, they are reminding parents to teach their kids good cough and hand hygiene.
News	6:30/7:30/8:30	1/28/2020	Liberty University is bringing someone from Washington, D.C. to address this year's graduating class. Liberty University President Jerry Falwell announced that Secretary of State Mike Pompeo will address the Class of 2020 at the university's main Commencement ceremony on May 9. Pompeo previously served as Director of the CIA and was sworn in as Secretary of State in April of 2018.
News	7:00/8:00	1/28/2020	President Trump's legal team resumed its defense yesterday amid growing calls to hear new testimony. The core of House Democrats' case is the allegation that President Trump withheld military aid and a White House meeting to pressure Ukraine to investigate Joe Biden and his son. President Trump's attorneys are expected to argue that the president was justified in seeking the investigation because of a history of corruption involving their company.
News	6:30/7:30/8:30	1/28/2020	Governor Ralph Northam and legislative leaders announced their support for an upcoming package that will plan to improve the current safety of transportation across Virginia. The new measures are looking to establish programs to reduce congestion in traffic while utilizing state taxes to their fullest potential in both transit and rail service.
News	7:00/8:00	1/28/2020	Monday, Feb. 10 is the deadline for you to register to vote in the Lynchburg City Democratic Presidential Primary, which is March 3. Residents can register or update information online or visit the Registrar's Office at Kemper Street Station which is open Monday to Friday from 9 a.m. to 5 p.m.
News	6:30/7:30/8:30	1/28/2020	The Elizabeth City community honored a very special World War II hero last night. Cecil Taylor is a 99-year-old Pearl Harbor survivor and one of the last known survivors from the Hampton Roads area. Originally from Norfolk, Taylor was part of the newly established 27th Infantry Regiment and was stationed with the U.S. Army in Hawaii. Military officials flew in all the way from Hawaii to thank Taylor for his service.

News	7:00/8:00	1/29/2020	Liberty University President Jerry Falwell Jr. and West Virginia Governor Jim Justice held a press conference yesterday about other localities in Virginia leaving to join West Virginia. President Falwell said that We need a state government that will protect our God-given rights to life, liberty, and the pursuit of happiness and he believes West Virginia will do that.
News	6:30/7:30/8:30	1/29/2020	President Donald Trump's legal team wrapped up their arguments yesterday in the president's impeachment trial. Members of the Senate are mulling whether or not they should call witnesses to testify in the trial. At least four Republicans would need to join Democrats in order for witnesses to be called. Now Senators will be able to spend up to 16 hours over two days asking questions of each side. A vote on whether to hear witnesses in the trial is expected on Friday.
News	7:00/8:00	1/29/2020	Virginia's farmer of the year has been handed the keys to his grand prize. Mike McDowell, out of Halifax County, was named the 2019 Virginia Farmer of the Year, and he was selected over nine other winners from different states. Boone Tractor in Danville handed him the keys to a new tractor which he said he will use at his farm for one year. After the end of the year, he will have the option to buy the tractor or return it. Along with the tractor, her got a \$15,000 cash prize and a smoker grill.
News	6:30/7:30/8:30	1/29/2020	The Town of Kill Devil Hills on North Carolina's Outer Banks is taking a new approach to keep its beaches clean with newly installed clean-up baskets. All you have to do is pick up a basket, collect litter, properly dispose of it in the trashcan, and return the basket to its holder. Officials hope beachgoers will grab one before they head down to the sand.The Town of Kill Devil Hills on North Carolina's Outer Banks is taking a new approach to keep its beaches clean with newly installed clean-up baskets. All you have to do is pick up a basket, collect litter, properly dispose of it in the trashcan, and return the basket to its holder. Officials hope beachgoers will grab one before they head down to the sand.

News	7:00/8:00	1/29/2020	Palestine's President said no to yesterday's Mideast peace plan announced by President Donald Trump. The new plan proposed by President Trump would create a Palestinian state in parts of the West Bank but would allow Israel to annex nearly all of its settlements in the occupied territory. The plan would allow the Palestinians to establish a capital on the outskirts of east Jerusalem but would leave most of the city under Israeli control.
News	6:30/7:30/8:30	1/29/2020	President Donald Trump is eager to show off a big policy win during his impeachment trial by signing into law a major rewrite of the rules of trade with Canada and Mexico. He will sign the bill today. Canada and Mexico already represent the top two export markets for U.S. goods. But the pact, along with the signing of a "phase one" agreement with China, dials down trade tensions that contributed to slowing economic growth globally.
News	7:00/8:00	1/29/2020	Crews worked quickly yesterday to fix a watermain break in Roanoke. Officials say the line break was in the 1200 block of Williamson Road and detours were put in place. According to the Western Virginia Water Authority, customers in the area did experience a service interruption or reduced water pressure, all should be back to normal now.
News	6:30/7:30/8:30	1/29/2020	The Williamsburg Police Department has some new furry faces hanging around. It's all part of their canine for a day program, through a partnership with the shelter and the police department. The goal is to get a shelter dog exposed out in the community, so they have a better chance at finding a forever home.
News	7:00/8:00	1/30/2020	A scary sight in Los Angeles as a 25-story West Los Angeles apartment tower caught fire, forcing firefighters to get stranded people from the rooftop and a ledge. The building had no sprinklers even though the same building burned seven years ago, authorities said. Eleven people were treated, mostly for smoke inhalation.
News	6:30/7:30/8:30	1/30/2020	Chesapeake Chuck, the groundhog is going to make his annual forecast on Groundhog Day Sunday, Feb. 1 from 1 to 2 p.m. The Virginia Living Museum will host the ceremony at the museum's outdoor amphitheater. Since the ceremony is on Super Bowl Sunday, Chesapeake Church will also predict the winner of the 2020 Super Bowl.

News	7:00/8:00	1/30/2020	Another school system is closing for several days due to a number of sick students and staff. Covington City Public Schools will be closed on today and tomorrow, due to widespread sickness. Custodial staff will use the two days to deep clean and disinfect the school buildings, similar to what custodial staff recently did in Bath County schools. Schools will reopen with a normal schedule on Monday.
News	6:30/7:30/8:30	1/30/2020	Sheetz is trying to build a new location on Timberlake Road in Lynchburg. According to online records, a site plan has been approved for a Sheetz gas station and convenience store across from Kroger on Timberlake. This Sheetz is set to have a 24/7 drive thru. Construction is estimated to take 16 weeks whenever it has full approval from the Lynchburg Planning Commission. There have also been rumors of a Chick-fil-A in the area, but there are no plans for it according to documents with the Lynchburg Planning Commission.
News	7:00/8:00	1/30/2020	In a striking shift from President Donald Trump’s claim of “perfect” dealings with Ukraine, his defense asserted at his Senate trial that a trade of U.S. military aid for political favors — even if proven — could not be grounds for his impeachment. Democrats have pressed hard to force the Senate to call more witnesses, but Republicans appear intently focused on bringing the impeachment trial to a vote of acquittal, possibly in a matter of days.
News	6:30/7:30/8:30	1/30/2020	It should come to no surprise to anyone living in Southwest Virginia that the economic impact of Carilion Clinic is massive. In 2018, Carilion Clinic generated more than \$3.2 billion and nearly 24,000 jobs for Virginia’s economy. The study finds that for every ten Carilion jobs, another eight jobs are created in Virginia.
News	7:00/8:00	1/30/2020	Encouraging words came from the developer who owns Bedford Middle School which caught fire earlier this week. He knows how much the school means to the Bedford community and he says he is not giving up his plans to renovate the old school into apartments. It’ll take about 90 days to get things cleaned up inside.

News	6:30/7:30/8:30	1/30/2020	Botetourt County is getting ready to celebrate a major milestone in the region's history. February 1 begins the year-long party for the county's 250th anniversary. The county's charter began February 1, 1770, and many of the places in town date back just as far. The goal is to not only honor the history but help shape the future of the county. The first event is Saturday at Lord Botetourt High School from 3 p.m. to 5 p.m.
News	7:00/8:00	1/31/2020	Health officials have reported the first U.S. case of person-to-person spread of the new virus from China. The individual is married to a Chicago woman who got sick from the virus after she returned from a trip to China. The new case is the sixth reported in the United States. She and her husband are hospitalized.
News	6:30/7:30/8:30	1/31/2020	Four manufacturers have recalled close to 200 thousand inclined infant sleepers because of the risk of suffocation. The recalled sleepers are made by Delta, Evenflo, Graco and Summer Infant. The voluntary recalls were posted on the U.S. Consumer Product Safety Commission's website.
News	7:00/8:00	1/31/2020	Alleghany County joins several other school systems that will be closed today due to sickness, including Covington and Bath County. School officials say they've been monitoring the rise in sickness-related absences closely and will use the extra time to deep clean and disinfect the buildings, similar to what custodial staffs have done in other schools. The normal school schedule will resume on Monday.
News	6:30/7:30/8:30	1/31/2020	A new BBQ restaurant is setting up shop on Timberlake Road. County Smoke is taking over what used to be Uncle Joe's Donuts, next to the Tiny Town Golf course. They offer everything from barbecue and brisket, to pulled pork, chicken, sandwiches, wings, or deviled eggs. It's not clear when they are going to open on Timberlake Road or what their hours of operation will be.
News	7:00/8:00	1/31/2020	Well you might be just as confused as us as to where we're at in the impeachment trial. So, here's what we know about today. They'll start with up to four hours of debate then vote on whether to call witnesses. Once the witness question is done with, any senator can introduce a motion or resolution, which could be a motion to go straight to the final vote. They could acquit by tonight, but that would require 51 Senators

to agree to do that and an agreement from Democrats to not introduce endless motions or amendments.

News	6:30/7:30/8:30	1/31/2020	An American truck manufacturer is set to make a million-dollar investment in Roanoke County and create up to 250 jobs. Mack Trucks will be opening its "Roanoke Valley Operations," where it will build its new line of medium-duty trucks. The company will start taking pre-orders for the new trucks today.
News	7:00/8:00	1/31/2020	If you live in Virginia Beach you might have noticed some of your mail missing. It turns out, that your mail has been sitting in a storage unit because a postal carrier was overwhelmed. Authorities found almost 5,000 pieces of mail in bundles, mostly advertisements, but the missing mail did also included letters from the DMV, insurance companies and the IRS. The mail carrier is expected to be sentenced on Feb. 20.
News	6:30/7:30/8:30	1/31/2020	Governor Ralph Northam announced an inaugural Black History Month Historical Marker Contest. The purpose of the competition is to encourage students, teachers and families to learn about African Americans who have made important contributions to Virginia's history and submit ideas for new signs along Virginia's roadways. The Contest runs throughout February and suggested historical markers must be submitted by March 6.
News	7:00/8:00	2/4/2020	Tomorrow the senate will vote on whether or not to impeach President Donald Trump. In the midst of these last few days of the Senate trial President Trump will deliver his State of the Union address tonight. Then the vote to convict or acquit President Trump is scheduled for 4 p.m. tomorrow.
News	7:00/8:00	2/4/2020	The annual White House Easter Egg Roll is set for April 13. Tickets are free and are available through an online lottery which will open Feb. 18 at 10 a.m. and close Feb. 24 at 10 a.m. Winners will be notified by email by March 4. This is for children ages 13 and younger.

News	7:00/8:00	2/4/2020	Five nonprofit arts organizations in Virginia were recently honored as 2020 Dominion Energy ArtStars for inspiring all ages in creative endeavors. According to Dominion Energy, each nonprofit received a \$10,000 grant that will support their winning arts or cultural education program.
News	7:00/8:00	2/4/2020	Well the Kansas City Chiefs have won the Super bowl and that's good news for shelter animals. The Kansas City Chiefs' Derrick Nnadi, a Virginia Beach native, is helping homeless dogs find new homes. The defensive tackle is paying the adoption fees for all the dogs currently available at KC Pet Project.
News	6:30/7:30/8:30	2/4/2020	As the U.S. steps up its response to the coronavirus outbreak, the Department of Homeland Security is warning airline passengers that their flights may be rerouted. Under the new rules, U.S. citizens who have traveled in China within the last 14 days will be re-routed to one of eight designated airports, where they will undergo enhanced health screening procedures.
News	7:00/8:00	2/4/2020	A massive memorial created by the public outside the Staples Center after the passing of former Lakers superstar Kobe Bryant has been dismantled. Some of the items will go to Bryant's widow and other family members. Flowers will be composted and spread around plants near Staples Center and fans are being urged to donate to a Bryant foundation rather than bring more gifts and flowers.
News	6:30/7:30/8:30	2/4/2020	Do you or does someone you know need a new roof? Cenvar Roofing's annual 'No Roof Left Behind campaign' is back to give someone in need a new roof or roof repair. Foster Fuels and Wooldridge Heating and Air are also joining in to provide more than just a new roof if needed. They are taking nominations from now through February 21 and then you will get the chance to vote on four finalists until the winner is announced on March 17.
News	7:00/8:00	2/4/2020	It's time to rule the lunch table once more. General Mills is bringing back a 90s favorite Dunkaroos. The wildly popular lunch snack is coming back to grocery store aisles in the U.S. this summer. Dunkaroos was first introduced to the market in 1992, with their Sydney the Kangaroo mascot.

News	7:00/8:00	2/5/2020	Today is expected to be the final day of the impeachment trial of President Donald Trump. The outcome caps nearly five months of impeachment proceedings launched by House Speaker Nancy Pelosi and ending in Mitch McConnell's Senate. No president has ever been removed by the Senate, and President Trump is expected to be acquitted by early this afternoon.
News	6:30/7:30/8:30	2/5/2020	Those living with diabetes may soon be able to pay less for needed insulin if a Virginia bill become a law. House Bill 66, which would limit the insurance copay for insulin at \$30 for a 30-day supply, has already passed in the Virginia House of Delegates.
News	7:00/8:00	2/5/2020	It's been only six years since Night to Shine was launched, but in that short time the annual event for those with special needs, ages 14+, has grown incredibly. Night to shine was created by Tim Tebow and is a Prom night for those with special needs. Lynchburg's is Friday from 6-9pm at River Ridge Mall near the Macy's entrance.
News	6:30/7:30/8:30	2/5/2020	A Norfolk neighborhood is collecting items to preserve history for a time capsule. They're collecting non-perishable items and have already gotten things like toys, drawings, letters, poems, maps and keys. Collection for the time capsules will end on Saturday. You can drop items off at the Park Place Library from 2:30 to 7 p.m. today through Thursday, and from 2:30 to 5 p.m on Friday.
News	7:00/8:00	2/5/2020	President Donald Trump delivered the state of the union address last night declaring America "stronger than ever before". He is the first president to run for reelection after being impeached by the house.
News	6:30/7:30/8:30	2/5/2020	Democratic presidential candidate Mike Bloomberg's campaign just announced an event in Norfolk this Friday. This will be Bloomberg's fourth visit to Virginia since announcing his candidacy. The event will be held Friday morning at Nauticus in Norfolk doors open 9:45am. This visit comes a couple days ahead of another stop in Virginia, on Sunday he will be in Arlington.

News	7:00/8:00	2/5/2020	Roanoke's Grandin Theatre is celebrating Black History month with a tribute to those making their mark in film. The series kicked off last night with the start of the 3rd annual African American Film Festival. They'll show three more movies this month, February 11, 18th, and 25th. Each movie starts at 7:15 p.m. and admission is free on a first-come, first-serve basis.
News	6:30/7:30/8:30	2/5/2020	Portsmouth's Atlantic Union Bank Pavilion prepares to reopen this spring, nearly two years after a major structural flaw caused the venue's canopy to be removed. More than \$2 million in repairs were supposed to be completed in June of 2019, but city officials said more issues were found and all of the 2019 acts were forced to move to other venues.
News	7:00/8:00	2/6/2020	It's finally over. The Democratic-controlled House of Representatives voted to impeach the president in mid-December of last year. The two articles of impeachment, submitted by the House of Representatives for consideration by the Senate, charged the president with abuse of power and obstruction of Congress. The senators began voting just after 4 pm yesterday and with a majority vote President Trump was found not guilty on both counts.
News	6:30/7:30/8:30	2/6/2020	3 intercontinental ballistic missiles were launched from California on a test flight to a target in the Pacific Ocean. The Air Force said test launches are not a reaction to world events because the launch calendars are developed three to five years in advance and planning for individual launches takes six months to a year.
News	7:00/8:00	2/6/2020	Norfolk Southern had a mix-up yesterday. Campbell County dispatchers confirmed news about a train derailment in the area of Pleasant Hill Road in Rustburg. Lynchburg VDOT tweeted a portion of Pleasant Hill Road in Campbell County was blocked. Officials also called a helicopter to try to find the location. Then Campbell County dispatch said Norfolk Southern reported the wrong state. The derailment was actually in West Virginia, not Virginia.
News	6:30/7:30/8:30	2/6/2020	Staff from the Danville Family YMCA and God's Storehouse worked together to help load food and other supplies gathered by YMCA members. The Danville Family YMCA partnered with God's Storehouse in mid-December as a part of their holiday membership incentive. The drive gathered

almost 2,000 pounds of food and supplies for God's Storehouse.

News	7:00/8:00	2/6/2020	President Donald Trump will remain in office. Yesterday the Senate voted not guilty on articles of impeachment present by the House back in mid-December. The tally for conviction fell below the 67-vote threshold necessary for removal. Both sides agreed that the final judgment on President Trump will be decided by voters when they cast ballots in just nine months.
News	6:30/7:30/8:30	2/6/2020	As concerns about China's virus outbreak spread, universities are scrambling to assess the risks, and some are canceling study-abroad opportunities. From Europe to Australia and the United States, universities that host Chinese students have reconsidered academic-related travel to and from China. In the U.S., the cancellations add to the tension between two governments.
News	7:00/8:00	2/6/2020	The Lynchburg forecast is calling for several inches of rain over the next few days which is causing Lynchburg Water Resources to monitor the conditions at College Lake Dam on lakeside drive in Lynchburg closely. The purpose of the College Lake Dam Removal Project is to remove the 85-year-old high-hazard dam and to restore the lakebed.
News	6:30/7:30/8:30	2/6/2020	Let's all drop what we're doing for just a few minutes and take some time for a good deed: One that will make a child smile. Several hospitals across the country are helping you send valentines to their patients as Feb. 14 draws nearer. The process is free, and it's all online.
News	7:00/8:00	2/7/2020	California firefighters are back from Australia. The fires have claimed the lives of at least 33 and destroyed more than 3,000 homes since September. More than 200 firefighters from federal agencies have been sent to Australia to fight bushfires there for the first time since 2010. Firefighters from Australia have previously deployed to Northern California to help US firefighters with wildfires.

News	6:30/7:30/8:30	2/7/2020	For the first time, the U.S. government's highway safety agency has approved a company's request to deploy a self-driving vehicle that doesn't meet federal safety standards for human-driven cars. Silicon Valley robotics company Nuro is going to run a low-speed autonomous delivery vehicle, in certain areas to deliver groceries right to your door. Nuro vehicles can be monitored and controlled remotely by a human operator, if needed.
News	7:00/8:00	2/7/2020	Several schools in our area are dealing with threats this morning. According to Roanoke County Public Schools, there will be an increased police presence at Northside High School today due to an alleged threat from a student. Also, all Covington City Schools, Alleghany County Public Schools, and offices will be closed on Friday due to a threat. Covington High School administration received notice from one of their students of a possible threat from a student in Greenbrier County, West Virginia. The outcome of this investigation will determine if schools will be open on Monday, Feb. 10.
News	6:30/7:30/8:30	2/7/2020	For anyone who is looking to take a trip to the zoo, the Virginia Zoo has announced they will be offering free admissions on Fridays for the month of February. Free Fridays in February are only valid on regular Zoo admission tickets. The zoo has also launched an augmented reality tour in collaboration with ECPI University and Life Preserve, which is available for a limited time only. The Zoo is open daily from 10 a.m. to 5 p.m.
News	7:00/8:00	2/7/2020	State health officials are closely monitoring the outbreak of a new coronavirus that was first detected in China. All five suspected cases of the new virus in Virginia have tested negative. China has reported that deaths have risen to over 500 and the number of confirmed cases is over 28,000. There were initially three suspected cases of the new virus in central Virginia and two suspected cases in northern Virginia, but all have tested negative.
News	6:30/7:30/8:30	2/7/2020	As parts of Virginia see heavy rain and widespread flooding, Governor Ralph Northam has declared a state of emergency. The severe weather has shut down roads and caused widespread flooding, especially in parts of southwest Virginia. More than 500 residents have been displaced by flooding and needed rescue from their homes, according to

emergency officials. Many schools are also closed today so check MyJourneyFM.com before heading out this morning.

News	7:00/8:00	2/7/2020	Election Day will replace Lee-Jackson Day as a state holiday in Virginia. The Virginia House of Delegates followed the senate and passed the bill which would remove Lee-Jackson Day as a state holiday. Now that the bill has passed in both chambers, it's expected to make its way to Governor Ralph Northam's desk for him to sign.
News	6:30/7:30/8:30	2/7/2020	Suffolk Economic Development will be hosting a job fair from 10 a.m. to 2 p.m. on March 19, at the Hilton Garden Inn in Suffolk. The job fair is open to everyone in the community who may be looking for new opportunities, seeking a career change, or wanting to learn about industries that may be a better fit for them. More than two dozen companies will be there, and guests are encouraged to bring a resume and dress professionally. Many employers are hiring immediately for open positions.
News	7:00/8:00	2/10/2020	China's virus death toll has risen to over 800, passing the number of fatalities in the SARS epidemic. Luckily fewer new cases were reported which might mean its spread may be slowing as other nations stepped up efforts to block the disease. More than 360 cases have been confirmed outside mainland China.
News	6:30/7:30/8:30	2/10/2020	The deadline to apply for VDOT's toll relief program is around the corner and officials are urging motorists to sign up. The Toll Relief Program helps ease the financial burden of tolls on Norfolk and Portsmouth residents that travel on the Elizabeth River Tunnels. The deadline to apply for the program is Saturday, February 15.
News	7:00/8:00	2/10/2020	Amherst County Public School leaders sent a letter to parents telling them they are aware of the several cyber bullying accounts linked to Monelison Middle School. School officials are asking parents to be more aware of what their kids are doing online, and administration is planning a community meeting for tomorrow at 6 p.m.

News	6:30/7:30/8:30	2/10/2020	Floyd County native Blake Hairston is taking his basketball talents to Chicago for the NBA's All-Star Weekend. Hairston is one of twelve Special Olympics athletes worldwide selected for the NBA Cares Special Olympics Unified Sports Game. Special Olympics Virginia announced Hairston's honor during its basketball tournament at Virginia Tech on Sunday, which Hairston participated in.
News	7:00/8:00	2/10/2020	Two U.S. soldiers lost their lives and six were wounded in an insider attack in eastern Afghanistan. Someone dressed in an Afghan army uniform opened fire. There have been numerous attacks by Afghani national army soldiers on their allied partners during the 18 years of America's war in Afghanistan. Six U.S. service members have lost their lives there already this year.
News	6:30/7:30/8:30	2/10/2020	Firefighters across the commonwealth may soon have the cancer coverage they have long asked for. Both chambers of the Virginia General Assembly passed bills that would amend the Virginia Worker's Compensation Act to add several cancers to the list of presumed work-related illnesses. Both pieces of legislation were approved unanimously. At least one of the bills must be passed by the opposite chamber before heading to the governor's desk.
News	7:00/8:00	2/10/2020	The intense rain that fell in Virginia this week caused the Dan River in Danville to overflow. The flooding extended all the way down to Highway 501's intersection with Highway 58 and 360. As a result, Virginia State Police closed the crossing and detoured drivers around the area.
News	6:30/7:30/8:30	2/10/2020	Police determined there was no threat to Covington City Public Schools or Alleghany County Public Schools, after a threat made on social media forced the schools to close last week as a precaution. School officials said a Covington High School student reported a possible threat made on social media from a student in Greenbrier County in West Virginia. Schools are back open today.
News	7:00/8:00	2/11/2020	Melania Trump has asked spouses of the nation's governors to address cyberassaults in their states. Online safety is one of three components of the first lady's "Be Best" youth initiative. Mrs. Trump has said her goal is to help children and the next generation feel safe online.

News	6:30/7:30/8:30	2/11/2020	Amherst county officials are fed up with the litter piling up along roadways. The sheriff's office inmate workforce has picked up trash and the Virginia Department of Transportation also helped clean the roadways, but it's not enough. Now officials are declaring a 'war on trash' with the goal to catch the litter bug. If you are caught littering, it's a misdemeanor punishable by confinement in jail for up to a year and a fine of \$250 or \$2,500 dollars.
News	7:00/8:00	2/11/2020	The Virginia House of Delegates has passed legislation that could bring an arena to Hampton Roads. The bill would create the Hampton Roads Regional Arena Authority and calls for the construction of an arena in either Norfolk, Chesapeake or Virginia Beach, with a minimum of 15,000 seats.
News	6:30/7:30/8:30	2/11/2020	Students got an up-close look at the high-tech equipment inside Volvo's massive Dublin plant. Dozens of these future engineers from the Pulaski, Montgomery and Radford city school systems got to see the robotics inside the cab assembly plant. Last month, Volvo laid off 700 employees at the facility and right now, nearly 3,000 employees work at the plant. Amid the layoffs, Volvo is still pushing forward with planned expansion which calls for adding 800 jobs in the next six years.
News	7:00/8:00	2/11/2020	Norfolk Naval Shipyard officials gave an all clear after an alarm went off yesterday that warned personnel of a reported active attacker. Shipyard officials gave the all clear 12 minutes after posting the original message. All facilities at Norfolk Naval Shipyard were on lock down while officials investigated. Shipyard officials are trying to figure out what triggered the alarm but haven't released additional information.
News	6:30/7:30/8:30	2/11/2020	A Virginia school district is set to install cameras on all of its buses this week to catch drivers who illegally pass the vehicles while they're stopped to let students on and off. Violators will be fined \$250 or face a reckless driving misdemeanor. All schools in Chesapeake will install cameras on their almost 600 buses by March 5.
News	7:00/8:00	2/11/2020	According to VDOT Lynchburg, US 501/58 intersection is open, and the detour removed. Several roads remained closed in South Boston yesterday, and a flood warning

remains in effect until around noon today. Crews will be watching the roads closely as the water starts to recede.

News	6:30/7:30/8:30	2/11/2020	The Washington Redskins are looking to hire assistant coach Jennifer King, who would become the NFL's first ever full-time black female assistant coach. King, a native of North Carolina served as an offensive assistant with Dartmouth College in 2019 and would join new head coach Ron Rivera's staff as an offensive assistant.
News	7:00/8:00	2/12/2020	President Donald Trump is proposing a \$900 million increase in education spending to teach skills and trades. The change would follow the spirit of the federal Every Student Succeeds Act by handing power back to the states. President Trump is also seeking an increase of \$100 million in funding for the Individuals with Disabilities Education Act.
News	6:30/7:30/8:30	2/12/2020	If you have Sprint, soon you will have T-Mobile. A federal judge has approved T-Mobile's billion dollar takeover of Sprint. After the deal closes, the number of major U.S. wireless companies would shrink from four to three. T-Mobile says the deal would benefit consumers as it becomes a fiercer competitor to the larger Verizon and AT&T.
News	7:00/8:00	2/12/2020	The Virginia Senate has passed a bill that would give local governments control over war memorials, allowing for the relocation of Confederate monuments. The issue of Confederate monuments has been heavily debated over the past few years in several cities in Hampton Roads, Central, and even Northern Virginia.
News	6:30/7:30/8:30	2/12/2020	A college coach, his wife and daughter who all passed away in a helicopter crash alongside Kobe Bryant were honored at an emotional memorial service where friends and family shared tears and stories. Orange Coast College baseball coach John Altobelli and his wife, Keri were on board the helicopter with their 14-year-old daughter, Alyssa who was a basketball teammate of the NBA legend's daughter Gianna. All 9 on board lost their lives, more memorials are to follow.
News	7:00/8:00	2/12/2020	A northern Virginia couple is on a cruise ship in Japan with hundreds of others that have been quarantined due to the coronavirus. The Diamond Princess Cruise Ship had a passenger test positive and now the wife of the Virginia

couple is being treated. At least 135 other passengers have also tested positive, including 24 Americans.

News	6:30/7:30/8:30	2/12/2020	<p>The Virginia House of Delegates passed a version of an assault weapons ban.</p> <p>This Bill prohibits any person from importing, selling, transferring, manufacturing, purchasing, possessing, or transporting an assault firearm. It also includes restricting certain magazine sizes.</p>
News	7:00/8:00	2/12/2020	<p>Lighting in the Airport Road tunnel in Roanoke will be upgraded. Through March 30th, the southbound lanes will be closed as work takes place. The northbound lanes will accommodate two-way traffic. To get around the work, you can use Interstate 581, Thirlane Road or Williamson Road.</p>
News	6:30/7:30/8:30	2/12/2020	<p>Virginia's 4 p.m. burn ban will go into effect Saturday. The burn ban means you cannot burn anything until after 4 p.m. if you're within 300 feet of woodland or brush. The law also bans Virginians from adding fuel or rekindling a fire after midnight. The Department of Forestry gives a maximum fine of \$500 to violators. The burn ban will last through April 20.</p>
News	7:00/8:00	2/13/2020	<p>A Syrian lost their life, and another was wounded when government supporters attacked American troops and tried to block their way as their convoy drove through an army checkpoint in northeastern Syria. The U.S. military said its force came under fire, and that troops responded in self-defense, an investigation of the incident was underway. This is one of the worst attacks on US Troops since being there.</p>
News	6:30/7:30/8:30	2/13/2020	<p>Ford is recalling over 200,000 SUVs and cars worldwide because a suspension part can fracture and increase the risk of a crash. The recall covers the Ford Flex, Taurus police car, Taurus SHO and Lincoln MKT from the 2013 through 2018. Owners will be notified starting March 2 and dealers will make repairs for free.</p>
News	7:00/8:00	2/13/2020	<p>They help your kids out every day, and yesterday one Crossing Guard got Statewide recognition. Norfolk crossing guard Wilma Modlin at Oceanair Elementary School was selected as one of Virginia's most outstanding crossing guards for the second year running. Ms. Modlin was among 70 nominees this year and one of only six recipients.</p>

News	6:30/7:30/8:30	2/13/2020	Lynchburg's SouthEastern Sign Company wants to share the love for Valentine's Day on their billboards. If you want to be featured you need to submit a photo of you and your significant other under their Facebook page or by email. They will be posting the photos as they get them, and the photos will be displayed in one of three locations, Lynchburg Hwy (Rt. 460), Enterprise Dr., and Lakeside Dr.
News	7:00/8:00	2/13/2020	U.S. Senator Mark R. Warner and Tim Kaine joined their Senate colleagues to work to expand benefits to Vietnam veterans suffering from health conditions associated with their exposure to Agent Orange. According to their letter to President Trump, as a result of their service during the Vietnam War, hundreds of thousands of veterans suffer from diseases linked to Agent Orange and other chemical exposure.
News	6:30/7:30/8:30	2/13/2020	Today is the Virginia March for Life at the State Capitol in Richmond. Marchers will rally at the state capitol to call for an end to pro-abortion in the state. The March will start with a rally at the Capitol at 11:45 followed by a march at 12:45 pm.
News	7:00/8:00	2/13/2020	School officials and the Lynchburg Police Department are investigating a 'potentially threatening' video posted to social media, in regard to Heritage High School. Students reportedly made school staff aware of the video, and officials say the Lynchburg Police Department was immediately notified. At this time, the source of the threat is known, and detectives are continuing to review all associated information. Currently there is no active threat.
News	6:30/7:30/8:30	2/13/2020	If you're getting married, then this event is for you! Lynchburg's premier Bridal Show is happening this Sunday from 1-5pm at Liberty University. Attend this show with knowledgeable wedding vendors to help you plan the perfect wedding all in the same place! Admission is \$10 per person and is cash only.
News	7:00/8:00	2/14/2020	China has reported more deaths and a spike in new coronavirus cases. The change in categorization has appeared to push forward the process to a doctors' on-the-spot diagnosis rather than waiting for the results of laboratory tests. Many countries have implemented travel restrictions on recent visitors to China, which has more than 99% of the world's reported infections.

News	6:30/7:30/8:30	2/14/2020	A Forest business is helping fight the Coronavirus in China. World Help, a Christian international humanitarian organization, is sending money for masks and a week's worth of food to those in high risk areas. If you want to help you can donate online on their website.
News	7:00/8:00	2/14/2020	Hampton City Schools Superintendent Dr. Jeffery Smith was recognized nationally for his work supporting Hampton students. Smith is one of four finalists for the 2020 National Superintendent of the Year award in San Diego, California.
News	6:30/7:30/8:30	2/14/2020	Today Gleaning For The World's large box truck is in front of Sam's Club on Wards Road in Lynchburg. This time they are there simply to share love with the local community. Gleaning's staff will be giving away cookies and chocolates to shoppers and passersby at their regular collection site in front of the Sam's Club store from 10am until 6pm.
News	7:00/8:00	2/14/2020	All bushfires in New South Wales, Australia are contained for the first time since this fire season began in September of last year. New South Wales was particularly ravaged by the fires, with more than 13 million acres burned and nearly 2,500 homes destroyed. At least 25 lost their lives across Australia. As for the economic damage, insurance claims have reached almost \$500 million.
News	6:30/7:30/8:30	2/14/2020	More than a thousand prolife supporters gathered on Capitol Square yesterday for the March for Life rally despite the rainy weather. This is the second year in a row pro-life advocates have rallied in downtown Richmond. Participants said this year was so important because bills and laws that have helped stopped abortions are already being removed by the democratic congress.
News	7:00/8:00	2/14/2020	The N.C. Department of Transportation announced this week they will begin placing additional sand and sandbags along portions of N.C. 12 on Ocracoke Island. The project is designed to protect four segments of the roadway damaged by Hurricane Dorian and other storms in November. Officials say this will involve placing thousands sandbags along 4,200 feet of the roadway at the north end of the island. Contractors hope to have the project completed in three months if weather permits.

News	6:30/7:30/8:30	2/14/2020	The ironman triathlon is set for June 7th. The group has announced the course details for the over 70 mile route including a bike course that will go along 56 miles of the Blue Ridge Parkway from Roanoke County into Botetourt County. The swimming portion will be at Carvins Cove before transitioning to a run at River's Edge Park and the Roanoke River Greenway. The economic impact of the event is expected to be nearly \$10 million.
News	7:00/8:00	2/17/2020	Tokyo Olympic organizers and the International Olympic Committee said there is no "Plan B" for the 2020 Games, which open in just over five months. There is fear because of the outbreak of the corona virus in neighboring China which has infected almost 64,000 globally with almost 1,400 deaths in China.
News	6:30/7:30/8:30	2/17/2020	Northrop Grumman launched its capsule from the Virginia seashore. The cargo ship rocketed toward the International Space Station on Saturday. The nearly 4-ton shipment should arrive on Tuesday with things like the usual experiments and gear, and things like cheeses, fresh fruit and vegetables, chocolate and three kinds of gummy candy expressly requested by the three station astronauts: Skittles, Hot Tamales, and Mike and Ike's.
News	7:00/8:00	2/17/2020	A Lynchburg restaurant is making its opening in a second location today at River Ridge Mall in Lynchburg. Iron and Ale Bistro is opening across from SeaQuest and will offer staples from the original Iron and Ale menu, including salads, sandwiches as well as some new items. The restaurant is part of River Ridge's ongoing two-year redevelopment to bring new retailers.
News	6:30/7:30/8:30	2/17/2020	President Donald Trump was hanging out with NASCAR fans at the Daytona 500 yesterday. Trump was the second sitting president to attend the Daytona 500, after George W. Bush in 2004. This year, President Trump served as the grand marshal and gave the command for drivers to start their engines.
News	7:00/8:00	2/17/2020	United Airlines and American Airlines have said that they are removing the grounded Boeing 737 Max from their schedules longer than previously planned. United has taken the plane out of its schedule until at least Sept. 4 cancelling 80 flights a day over the summer. American followed saying it won't use the plane until Aug. 18 cancelling about 140 flights a day, and

Southwest said it was also pulling the plane from its schedule through Aug. 10.

News	6:30/7:30/8:30	2/17/2020	The Golden LEAF Board of Directors approved almost 3 million to support hurricane recovery efforts and job creation projects for several North Carolina counties. The Foundation also has a special initiative available to help connect dislocated workers to jobs to address urgent workforce needs. Applications the initiative are due March 6, 2020.
News	7:00/8:00	2/17/2020	The Lynchburg Police Department responded to a call for shots fired at Belk at the River Ridge Mall over the weekend. According to police, it was determined there were no shots fired and the sound was doors closing. There were no reported injuries.
News	6:30/7:30/8:30	2/17/2020	The Roanoke Heart Ball took place over the weekend. Directors of the American Heart Association said about \$2,500 was expected to be collected by the end of the ball. All proceeds will benefit The American Heart Association's work in the region.
News	7:00/8:00	2/18/2020	China's biannual auto show is being postponed in response to the continuing spread of the corona virus. The organizers of the event, that was originally scheduled for April 21-30 in Beijing, said they would move it to a yet to be determined date. That makes it the latest major event in China and other nations to be canceled or postponed out of virus fears.
News	6:30/7:30/8:30	2/18/2020	Virginia Governor Ralph Northam's push to ban the sale of assault weapons failed yesterday. Senators voted to shelve the bill for the year and asked the state crime commission to study the issue. In light of the new laws more than 100 counties, cities and towns have declared themselves Second Amendment sanctuaries, vowing to oppose any new unconstitutional restrictions on guns.

News	7:00/8:00	2/18/2020	Thanks to a music video a Roanoke family is in New York hoping to win a trip to Japan. They will be competing tomorrow morning at 8:30am on the Today Show against 5 other finalist for a trip to Tokyo Japan to visit Universal Studio Japan's, "Super Nintendo World". Victoria Downie said this all started when her mom brought home a Nintendo Wii game console. The Cave Spring High School student is in the Mass Communications program at the Burton Center and learned how to create the music video thanks to her classes.
News	6:30/7:30/8:30	2/18/2020	Soon, there could be more options when it comes to internet providers. The Roanoke Valley Broadband Authority announced that they have built their own high-speed fiber network. Residents of Botetourt County, Roanoke County, City of Roanoke and City of Salem are asked to complete a survey that will be used to determine priority areas for the network.
News	7:00/8:00	2/18/2020	Daylight Saving Time is about a month away, meaning your clocks will spring forward and lawmakers across the country are now fighting to make them stay there. Research shows the springtime start of daylight-saving time may be harmful, linking it with more car accidents, heart attacks and other health problems. In Virginia, a bill to make daylight saving permanent failed in 2018 and hasn't been brought back up since then.
News	6:30/7:30/8:30	2/18/2020	BWX Technologies announced that the U.S. Naval Nuclear Propulsion Program has awarded BWXT Nuclear Operations Group with new contracts totaling approximately \$1 billion for the manufacturing of naval nuclear reactor components. This work will be performed at BWXT locations in Lynchburg and two other locations.
News	7:00/8:00	2/18/2020	Governor Ralph Northam announced more than \$1.3 million in state grants to implement and improve computer science programs in Virginia schools. The Virginia Beach Public Schools system will receive almost \$150,000 to create college-level computer science courses, extra-curricular activities, and much more. Old Dominion University will get \$125,000 in order to expand its current computer science department, as well as to establish regional partnerships.

News	6:30/7:30/8:30	2/18/2020	The Beach Bags program in Virginia Beach has been filling bags with food for students. This program provides meals to students who would otherwise go hungry during weekends or school breaks. The bags go to different schools each week and during the last school year, 22,000 beach bags were distributed. If you want to get involved lots of volunteers are needed every week, and food and monetary donations are always needed to keep the program going.
News	7:00/8:00	2/19/2020	Hundreds of passengers are leaving the Diamond Princess cruise ship after a two-week quarantine that failed to stop the spread of the corona virus. The Japanese government was questioned over its decision to keep passengers aboard the ship, which some experts have called a perfect virus incubator. Many governments say they won't let in passengers from the ship until they have another quarantine period.
News	6:30/7:30/8:30	2/19/2020	SpaceX aims to launch up to four tourists into a super high orbit, possibly by the end of next year. The private company is working with Space Adventures for the flight and ticket prices are expected to be in the millions. For this trip, paying customers will skip the space station and instead orbit two to three times higher, or roughly 500 miles to 750 miles above Earth.
News	7:00/8:00	2/19/2020	Norfolk Southern has announced the closure of its Roanoke Distribution Center and the transfer of Roanoke Locomotive Shop work and positions to Altoona, Pennsylvania. It is anticipated that affected employees at the Roanoke Distribution Center will continue working through April 18, and personnel at the Roanoke Locomotive Shop through May 18. The company will work with the affected employees to provide relocation benefits to those who choose to relocate.
News	6:30/7:30/8:30	2/19/2020	A scary finish Monday night in the Daytona 500 left driver Ryan Newman recovering in a hospital with serious but non-life-threatening injuries. Newman is now awake and speaking with his family and doctors. The family expressed its gratitude for the 'concern and heartfelt messages' from fans and even those outside the NASCAR racing community.

News	7:00/8:00	2/19/2020	Prime Minister of Israel Benjamin Netanyahu will begin his corruption trial on March 17, two weeks after Israel holds its third national election in less than a year. Netanyahu, the first sitting Israeli prime minister to be charged with a crime, has denied any wrongdoing in the three corruption cases against him, bribery, breach of trust and fraud. He could face up to 13 years in prison if convicted.
News	6:30/7:30/8:30	2/19/2020	Following another series of buyouts in recent weeks, the staff at the Virginian-Pilot in Norfolk faced another uncertainty, where would they go after the sale of their longtime office in downtown Norfolk? Yesterday the staff learned what many saw as the worst case scenario: they are moving to Newport News to the office of the Daily Press, a former rival that combined with the Pilot in 2018. It's unclear when exactly the move will take place.
News	7:00/8:00	2/19/2020	Spring is right around the corner and you might be ready to hit the trail at Percival's Island but you might have to wait. The bridge to the trail has been closed all winter long for maintenance work and Lynchburg Public Works recently found rotted railroad ties underneath the bridge deck. Their focus is to replace the ties which will push the opening date of the bridge back by about 20 days to the end of March.
News	6:30/7:30/8:30	2/19/2020	African American history in local railroads is getting the spotlight in honor of Black History Month. The Roanoke nonprofit "Total Action for Progress" held its annual Black History Month celebration yesterday. Prominent African Americans associated with the Norfolk and Southern Railroad were featured and children from the local Head Start program also performed a railroad-themed skit.
News	7:00/8:00	2/20/2020	Vice President Mike Pence made three stops in Hampton Roads yesterday. Pence started the morning with a tour in Hampton at the NASA Langley Research Center, then spoke to a crowd gathered there. During the afternoon, he toured Hampton University's Proton Therapy Institute. Then he traveled to Virginia Beach to meet with Navy special warfare operators.

News	6:30/7:30/8:30	2/20/2020	Similar to Vexit, the talk of Virginia's voting to be part of West Virginia, now some frustrated Oregon residents are petitioning to leave the state by moving the border with Idaho westward. The movement secured initial approval from two counties and aims to get enough signatures to put the proposal on ballots in November. If the group succeeds, voters in southeast Oregon may see a question on whether their county should become part of Idaho by redrawing the border.
News	7:00/8:00	2/20/2020	Bellen Woodard, an African American student, is trying to make the perfect picture, but there is always one problem. The fourth-grader from Leesburg, Virginia, says that every time her classmates asked for the "skin colored" crayon they were talking about peach. So she launched Bellen's More than Peach Project creating art kits with multicultural crayons, giving them to students at area schools.
News	6:30/7:30/8:30	2/20/2020	While the spine of a demolished office tower stands tall over Dallas, Texas an online petition has now been created to save the architectural blunder and make it a historical landmark. The 11-story tower was supposed to be demolished, but the building did not entirely collapse. Now the timetable for the final demolition is unknown. In the meantime, residents and tourist are taking creative pictures with it and a shirt has even been made to commemorate the monument.
News	7:00/8:00	2/20/2020	A winter storm watch has been issued for most of Virginia as VDOT is preparing for wintery weather tonight into tomorrow. They have crews prepping roads with brine that increases the freezing temperature, which helps prevent ice from forming. Snow accumulations are suspected to be small in central Virginia with most of it being towards the coast, and the Carolinas.
News	6:30/7:30/8:30	2/20/2020	Contigo re-announced the recall of over 5 million kids water bottles. The U.S Consumer Product Safety Commission says consumers should stop using the water bottles immediately. For more information about the recall and details on how you can get a replacement water bottle, please visit the U.S Consumer Product Safety Commission website.
News	7:00/8:00	2/20/2020	Authorities say they have a suspect in custody in connection with the fire at the old Bedford Middle School building. Daniel Flint of Bedford is facing one burglary charge and one arson charge. Officials say Flint is a former student at

Bedford Middle School and is being held at the Blue Ridge Regional Jail.

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| News | 6:30/7:30/8:30 | 2/20/2020 | NASCAR driver Ryan Newman has been released from the hospital after a horrific crash during the final lap of the Daytona 500. He appears to have just minor injuries and is now up and walking around and playing with his daughters. |
| News | 7:00/8:00 | 2/21/2020 | Well you might have seen snow yesterday, and even if you didn't the roads are still impacted this morning. The main concern is how cold it got overnight. Wet spots on the roads might be slick this morning as temperatures are in the 20s. A list of closings and delays are up on our website. My Journey FM .com. |
| News | 6:30/7:30/8:30 | 2/21/2020 | A manufacturer has recalled the accessory that comes with 51,000 bassinets.
Kolcraft has recalled the inclined sleeper accessory included with its Cuddle 'n Care 2-in-1 Bassinet. The inclined sleeper is the only part that is being recalled. If you have one, you are entitled to a \$20 refund or a \$35 voucher used on the Kolcraft website. |
| News | 7:00/8:00 | 2/21/2020 | An officer with the Bedford Police Department attempted to stop at 2001 Chevy Suburban being driven by a wanted man out of Amherst County. The Suburban drove east along Route 460 at speeds about 10-15 miles per hour above the posted speed limit. Eventually, he lost control of his vehicle and ended up in the center of 460, just east of the Wards Road exit where he was taken into custody. |
| News | 6:30/7:30/8:30 | 2/21/2020 | For the second time, Hampton Roads Transit is taking a serious look at extending mass transit from the current "Tide" light rail route to Naval Station Norfolk. An environmental review process is a quarter of the way complete on the east side of Norfolk. The goal is the same: increase transportation options by connecting the region's existing light rail system to the naval base. Civilians and sailors alike have long complained about congestion and commute times. |

News	7:00/8:00	2/21/2020	Farmlands in the Virginia Beach and Chesapeake areas will soon see money from the Virginia Farmland Preservation Fund. Virginia Governor Ralph Northam announced the grants totaling \$350,000, intended to help six localities protect their farm and forest land. The program empowers farmland owners by providing incentives to those who want to protect their working lands.
News	6:30/7:30/8:30	2/21/2020	It's that time of year again: Hundreds will be jumping in the frigid water this Saturday at Dudley's Landing/Bisset Park in Radford to benefit Special Olympics Virginia. The New River Polar Plunge is about \$12,500 shy of its \$55,000 goal. Anyone can donate, whether they are taking the plunge or not. This event is one of five Polar Plunge Festivals in Virginia. There's a similar event in Prince William County on Saturday and a 'Solar Plunge' in Richmond on June 13. The plunge season kicked off in Fairfax and the biggest plunge took place Feb. 7-8 in Virginia Beach.
News	7:00/8:00	2/21/2020	Campbell County Sheriff Whit Clark and members of his command staff traveled to Richmond. While they were at the Capitol, they met with Senators and Delegates about deputy pay and benefits as well as Second Amendment rights. One of the proposed bills calls for a three percent raise which Sheriff Clark said he would be happy with.
News	6:30/7:30/8:30	2/21/2020	The City of Lynchburg is finalizing a contract to move the bridge that goes over College Lake Dam. At the same time, crews will construct a roundabout at the intersection of Lakeside Drive and Old Forest Road by the University of Lynchburg. They will start the design phase this year with preliminary work starting next week and construction starting in the fall with an estimated completion date of fall 2022.
News	7:00/8:00	2/24/2020	10 soldiers from Burkina Faso are among a select group of African soldiers being trained to battle West Africa's fast-growing extremist threat. They are carrying out drills as part of the U.S. military-led annual counterterrorism exercise in West Africa. The U.S. Africa Command is organizing the two weeks of training, and French leaders have appealed to Washington to keep U.S. troops in place in the area.

News	6:30/7:30/8:30	2/24/2020	If you've been procrastinating doing your taxes, you're likely not alone. It can be a daunting task. But listen, if you're thinking you might be getting a refund, that's pretty good incentive to get it taken care of. Once you've finally got your taxes filed, most taxpayers can get their refund in as little as 10 to 15 days.
News	7:00/8:00	2/24/2020	Bedford County Sheriff Mike Miller and several others traveled to Richmond last week to ask lawmakers for a 3% pay increase for their deputies. Unfortunately, the 3% increase did not pass in the senate. Republican senator Bill Stanley is claiming that democrats are punishing deputies over the Second Amendment sanctuaries and that's the reason they voted no to a pay hike.
News	6:30/7:30/8:30	2/24/2020	A sculptor and visual artist, as well as some officials involved with Fort Monroe, will travel through Hampton Roads for a listening tour that aims to get public input on the design for the African Landing Memorial. The memorial will be located at Fort Monroe on Fenwick Road near the state marker recognizing the first Africans in Virginia. The tour will visit parts of Washington D.C., Northern Virginia, Richmond, Williamsburg and Hampton.
News	7:00/8:00	2/24/2020	A Newport News man is in jail after prosecutors said he made threats against Governor Ralph Northam. Police said his family called the FBI National Threat Operation to say that he made several verbal threats about plans to attack Governor Northam and burn down his home in Richmond. He has been arrested and charged with one felony count of threatening to bomb or burn.
News	6:30/7:30/8:30	2/24/2020	Four were sent to the hospital following an incident involving a Virginia Aquarium whale-watching boat. Four were transported to Virginia Beach General Hospital with non-life-threatening injuries from a wave that hit the boat during a tour through the Rudee Inlet. The Virginia Aquarium and Marine Science Center say the captain of the ship immediately navigated to the Virginia Beach Fishing Center where emergency personnel were able to assist all that were injured.

News	7:00/8:00	2/24/2020	Nearly two months after a U.S. Army rapid-response force was activated amid tensions with Iran, instantly deploying 3,000 soldiers to the Middle East, some are returning home. Nearly 800 paratroopers from the 82nd Airborne Division's Immediate Response Force returned to Fort Bragg, North Carolina over the weekend.
News	6:30/7:30/8:30	2/24/2020	A bill that could have a big impact on a popular local attraction is working its way through the General Assembly. This week, the House Agriculture, Conservation and Natural Resources Committee passed a bill designating elephants' 'dangerous' captive animals. If the bill becomes law, you would no longer be allowed to ride the elephant at Natural Bridge Zoo in Rockbridge County.
News	7:00/8:00	2/25/2020	President Donald Trump is kicked off his second day in India with an elaborate outdoor welcome ceremony. The president's armored car was welcomed with cannon fire and a parade. President Trump and the Indian Prime Minister are expected to talk trade and other issues today. The day will also include meetings with business leaders and embassy official, a press conference and a state dinner.
News	6:30/7:30/8:30	2/25/2020	Military veterans are serving our community in a unique way by mentoring to young boys. There is a new military group, called Mighty Warriors that includes active duty and veterans from all branches, and it was founded in Hampton Roads. Every Saturday in February, young men from 8 to 13 meet to get to know each other through different activities and homework assignments.
News	7:00/8:00	2/25/2020	Thousands of mourners gathered in Staples Center yesterday to say farewell to Kobe and Gianna Bryant. The basketball superstar and his 13-year-old daughter were honored in a public memorial at the arena where Bryant played for the Los Angeles Lakers.
News	6:30/7:30/8:30	2/25/2020	Katherine Johnson, a mathematician who calculated rocket trajectories and earth orbits for NASA's early space missions and was later portrayed in the 2016 hit film "Hidden Figures," about pioneering black female aerospace workers, has passed away at 101. Johnson and other black women initially worked in a racially segregated computing unit in Hampton, Virginia, that wasn't officially dissolved until 1958.

News	7:00/8:00	2/25/2020	Democratic presidential candidate Bernie Sanders will be making three stops across Virginia this week. On Thursday at 3:30 p.m. he will be on Broad Street in Richmond. Then Saturday afternoon he'll be at The National Conference Center, in Leesburg and at 8 p.m. he'll be at Virginia Wesleyan University Convocation Hall in Virginia Beach.
News	6:30/7:30/8:30	2/25/2020	Georgia State Patrol confirmed that a family of five from Portsmouth Virginia passed away in a head-on crash on Interstate 95 over the weekend. Authorities say a total of six including three children, lost their lives. The wreck was between a Lexus and an SUV and the driver of the Lexus has been identified as an elderly gentleman. He was the only person in the Lexus, which had Florida tags.
News	7:00/8:00	2/25/2020	The "Leaning Tower of Dallas," a building that survived implosion, endured hundreds of blows from a wrecking ball yesterday. Dozens gathered northeast of the Texas city's downtown to watch as a crane was used to batter the building. The tower is leaning in the direction it is supposed to fall, and there aren't any safety concerns, but now the process is expected to take up to four days.
News	6:30/7:30/8:30	2/25/2020	Angels of Assisi will be taking part in the PetSmart National Adoption Weekend Friday through Sunday. The Angels of Assisi's event will be at the Valley View PetSmart where there will be other local animal welfare groups. "National Adoption Weekends are held four times a year at PetSmart store locations and provide the perfect opportunity for you to come visit and adopt your newest family member. It's not just dogs there will also be, cats, rabbits, and guinea pigs.
News	7:00/8:00	2/26/2020	Senators of both political parties are questioning whether the White House's request for \$2.5 billion is enough to prepare the nation for a possible coronavirus outbreak here in the United States. If the virus keeps spreading, it could be a huge threat to a lot of American citizens. South Korean virus cases jumped again, and the U.S. military has now confirmed its first case among American soldiers based in the Asian country.
News	6:30/7:30/8:30	2/26/2020	Ford is recalling more than a quarter-million pickups to fix defects that could increase the risk of crashing or a fire. They are recalling 166 and 196 F-150 pickups due to a headlight defect. The other recall involves the 319 2020 F-Series Super

Duty and 2021 Ford E-Series vehicles that may not have enough axle lubricant.

News	7:00/8:00	2/26/2020	The Supreme Court has started a case affecting pipelines across the East Coast. An environmental group is challenging the permit for the Atlantic Coast Pipeline to cross the Appalachian Trail. It argues that the Forest Service was not the correct issuing body for the permit meaning the ACP should not have got permission to cross the Appalachian trail in the first place. If reversed, it could force a re-route for not only the ACP but the Mountain Valley Pipeline through the areas around Roanoke as well.
News	6:30/7:30/8:30	2/26/2020	Tornadoes can strike quickly and without warning, so it's important to be prepared. The Virginia Department of Emergency Management and the National Weather Service have scheduled the Virginia statewide tornado drill for Tuesday, March 17 at 9:45 a.m. Tornadoes have occurred in every month of the year, but are most common from April through September so it's important to have a plan, know your location and surroundings and have a way to receive Watches and Warnings from the National Weather Service.
News	7:00/8:00	2/26/2020	An Arkansas man was arrested on charges he tried to blow up a car outside the Pentagon this week. Matthew Richardson was in federal court in Virginia yesterday afternoon following his arrest. A Pentagon police officer saw him standing next to a car and striking a lighter to a piece of fabric attached to the vehicle's gas tank. When officers tried to detain him, he ran across the parking lot and into the Arlington National Cemetery where he was later found by the Pentagon Force Protection Agency.
News	6:30/7:30/8:30	2/26/2020	Well Kenny and I were talking about this the other day, when do you self-checkout, and now thanks to Amazon you might end up never checking out at all. Amazon just opened its first cashier-less supermarket in Seattle where shoppers can grab groceries and walk out without checking out or even opening their wallets. Shoppers scan a smartphone app to enter the store. Cameras and sensors track what's taken off shelves. Then items are charged to an Amazon account after leaving.

News	7:00/8:00	2/26/2020	Virginia Beach Parks & Recreation is holding a job fair to recruit for part-time spring jobs and summer jobs. The city is hiring for several different departments. The job fair is tomorrow from 4 to 7 p.m. at the Bow Creek Recreation Center on Club House Road. If you can't make it to the job fair, you can apply to positions online.
News	6:30/7:30/8:30	2/26/2020	After years of discussion and debate, two streets in downtown Lynchburg will become two-way streets. Church and Main streets are both currently one-way streets and the change was one of the recommendations in Lynchburg's Downtown 2040 Master Plan. Council members say they're aware the change is not supported by all at this time, however, there are several benefits of the change.
News	7:00/8:00	2/27/2020	President Donald Trump discussed the coronavirus threat at a White House news conference last night seeking to minimize fears of the virus spreading widely across the U.S.. Representatives from the Centers for Disease Control and Prevention, and others joined him to stress that right now the virus is very well under control in our country.
News	6:30/7:30/8:30	2/27/2020	Meanwhile the Virginia Department of Health says two Virginians are being tested for the coronavirus. One of them with a pending test result is in Southwest Virginia, while the other is in Northern Virginia. So far, there has not been a confirmed case of the virus in Virginia. Six have actually tested negative.
News	7:00/8:00	2/27/2020	Roanoke-Blacksburg Regional Airport leaders said some of their goals are to be a place where businesses like Amazon would choose to build, to expand opportunities for industrial commerce, and to improve passenger service for years to come. Now the airport is seeking public input round of the plan with high hopes of community involvement. One of the major targets is runway expansion and new destinations. You can submit your input online at the airport's project website.
News	6:30/7:30/8:30	2/27/2020	Hyde County Schools will receive almost 5 million to help rebuild after Hurricane Dorian. The funding will go toward the cleaning, restoration, and elevation of school buildings. Currently the only rooms in use at the Ocracoke School campus are the second floor of the elementary classrooms and the carpentry shop. Other classroom areas of the school have no floors or walls as a result of flooding from the storm.

The Hyde County Schools Department is working to have a 10-classroom unit placed on the campus by April.

News	7:00/8:00	2/27/2020	President Donald Trump declared that the U.S. is very ready for whatever the coronavirus threat brings, and he put Vice President Mike Pence in charge of overseeing the nation's response. The Vice President will be working with the government's top health authorities, and Trump's earlier-appointed coronavirus task force, to oversee the response. Good news there is low risk of spread from products or packaging that are shipped from China. The virus is generally thought to be spread by respiratory droplets.
News	6:30/7:30/8:30	2/27/2020	A gas leak at Naval Station Norfolk led to the evacuation of several buildings. A spokesperson for the Navy base confirmed that the leak occurred near Gate 3. Four buildings were evacuated because wind blew the gas in their direction. Virginia Natural Gas said the line was hit by a contractor doing work on a project unrelated to the natural gas company. The line has since been repaired.
News	7:00/8:00	2/27/2020	HumanKind announced the decision to stop serving children at Little Wings Early Learning Center on Linden Avenue in Lynchburg as of July 31. They say this is due to not having the sustainable funds to continue programming. They welcome questions and honor their teachers and staff who have helped serve 300 children over the course of the past 12 years.
News	6:30/7:30/8:30	2/27/2020	Our veterans bravely serve our county, but when they come back home life isn't always easy. The Lighthouse Community Center in Lynchburg is stepping up to serve those who served for us by providing housing. The first home on Craddock Street houses six veterans and the plan is for four veterans to live in the new house. Volunteers are in the process of renovating the home, which will be apartment-style living, and all veterans will have their own rooms. If you're interested in volunteering visit the Lighthouse's website.

News	7:00/8:00	2/28/2020	Although it might seem a little drastic, Japan is announcing the closure of schools nationwide to help control the spread of the coronavirus. All elementary, middle and high schools will remain closed until spring holidays begin in late March. Japan follows China in closing all schools nationwide.
News	6:30/7:30/8:30	2/28/2020	It might not be something that you are aware of, but it does exist, Hair Discrimination. Virginia is about to become the fourth state in the nation to ban hair discrimination. The Crown Act awaits Governor Ralph Northam's signature after passing in both the Virginia Senate and House. Advocates for the measure said the Crown Act is a breakthrough bill that will make way to ensure acceptance of all hair styles. The bill would expand the terms of racial discrimination to include hair texture and type.
News	7:00/8:00	2/28/2020	Roanoke County is taking steps to try and reduce panhandling. The Board of Supervisors voted to put up signs discouraging panhandling in the medians of several high-traffic intersections. Roanoke County's signs will read, "Say no to panhandling, there's a better way to give," and they will be installed within six weeks. They hope the signs encourage drivers to donate to charity instead.
News	6:30/7:30/8:30	2/28/2020	A bill authorizing a special Virginia license plate with "VB Strong" unanimously passed in the Virginia General Assembly. The bill was introduced to honor the victims and families of the May 31 incident in Virginia Beach. If you want the plates you must apply and pay \$10 to the DMV by November before the plates become available.
News	7:00/8:00	2/28/2020	Democratic presidential candidate Joe Biden will be in Norfolk on Sunday ahead of Virginia's Super Tuesday voting. Doors will open at 5:45 p.m., but the campaign still hasn't announced a location. Virginia is one of the 14 states, including California and Texas, that votes in the March 3 Super Tuesday primaries.
News	6:30/7:30/8:30	2/28/2020	Although there is not a great risk of the Coronavirus being spread through clothes or shipments of goods from China, the spread of the disease is causing delays for businesses in Lynchburg. Celebration Bridal in Downtown Lynchburg said customers need to make sure they're ordering wedding dresses far enough in advance. Dress shipments that would normally take six months are taking eight or longer, because

many Chinese workers have yet to return to work out of safety precautions.

News	7:00/8:00	2/28/2020	The City of Roanoke is shifting into high gear and moving full speed ahead with plans to relocate its downtown Transit Transfer Center. Valley Metro General Manager said the city's outgrown the old station as both the size of the buses and the number of riders have increased. They want the new station to be safer for pedestrians and drivers and include an updated layout and features, like security cameras and technology. The old station will be renovated into apartments and retail space.
News	6:30/7:30/8:30	2/28/2020	The Norfolk zoo's first ever Malayan tapir baby is named "Luther," after being born on Martin Luther King Jr. Day. He's the first baby for both his parents, 9-year-old Haddie and 5-year-old Roscoe. Tapirs are endangered and only about 2,500 are left in the wild due to large scale deforestation and hunting.
News	7:00/8:00	3/2/2020	President Donald Trump has said there is no reason to panic as the coronavirus has claimed two victims inside the U.S., both in Washington State. The White House has announced new restrictions on international travel to prevent its spread. President Trump said he is considering additional restrictions, including closing the U.S. border with Mexico.
News	6:30/7:30/8:30	3/2/2020	Virginia Senator Tim Kaine has endorsed former Vice President Joe Biden for president. His announcement comes just before Super Tuesday, which is tomorrow. Virginia is among the few states the vote on Super Tuesday that are considered possibly competitive in the fall presidential election.
News	7:00/8:00	3/2/2020	In time of an emergency a few seconds can save a life. Which is why the Virginia Department of criminal justice services is now offering civilian response and casualty care training. Trained law enforcement officers take you through scenarios of emergencies and teach you how to handle them before first responders arrive on the scene. These classes are free and open to the public.

News	6:30/7:30/8:30	3/2/2020	The General Assembly passed a bill that will allow K-12 students excused absences for mental health issues and create uniformity for how Virginia school districts address emotional and mental health needs within its schools. The bill would give the Virginia Department of Education until Dec. 31 to establish guidelines for public school districts.
News	7:00/8:00	3/2/2020	Federal health officials are trying to get coronavirus testing up and running in every state, as the Trump administration signaled it might invoke a 70-year-old defense law to guarantee the availability of protective gear should the virus spread. The Centers for Disease Control and Prevention said two more Americans tested positive for the virus out of the group of quarantined passengers from the Diamond Princess cruise ship, and two have passed away in Washington State.
News	6:30/7:30/8:30	3/2/2020	Campbell County joins the growing list of localities holding militia muster calls. At least 300 showed up to the call to protect their Second Amendment rights. The muster call was held on Leesville Road in Lynchburg. Anyone ages 16 to 55 can join an unorganized militia, according to Virginia's code.
	7:00/8:00	3/2/2020	A Virginia State Trooper, a tow truck driver and occupants of a truck were all injured after a car crashed into a working accident in Christiansburg. The trooper has since been released from the hospital and the tow truck driver has non-life-threatening injuries but will remain in the hospital. Virginia State Police want drivers to be aware of the move over law which requires drivers to move over when you see an emergency vehicle of any kind.
News	6:30/7:30/8:30	3/2/2020	Many parents can relate to the struggle of finding a quality babysitter, whether it's for a last-minute date night or for a child with special needs. Two Lynchburg moms wanted to change that, so they launched lynchburgsitters.com, allowing you access to stress-free childcare with one click. For \$9.99 a month, you can have access to sitters that will have full background checks, are CPR certified, and can cater to your children's specific needs.
News	7:00/8:00	3/3/2020	Washington state health officials announce 4 new virus deaths, bringing total to 6 in the state and the US. At the same time, the virus has now popped up New York. The global death toll pushed past 3,000, and the number of those infected has topped 89,000, with fast-expanding outbreaks in South Korea, Italy and Iran.

News	6:30/7:30/8:30	3/3/2020	Today is Super Tuesday which is when voters head to the polls to decide how Virginia's 99 pledged delegates will vote at the Democratic National Convention in July. Those delegates can be awarded to any of the 14 candidates who will be on the ballot in Virginia. In order for a candidate to receive delegates, he or she must receive at least 15% of the popular vote in the primary.
News	7:00/8:00	3/3/2020	Dominion Energy announced its Environmental Education and Stewardship Grants program. The program will provide up to \$1.5 million for environmental grants through the Dominion Energy Charitable Foundation. This program is designed to support nonprofit organizations and schools working to improve the environment and provide educational experiences in communities served by Dominion Energy.
News	6:30/7:30/8:30	3/3/2020	BC13 is partnering with Cenvar Roofing again for the annual 'No Roof Left Behind campaign' to give someone in need a new roof or roof repair. Foster Fuels and Wooldridge Heating and Air are also joining in to provide more than just a new roof if needed. This is the eighth year the company has worked to give back to a deserving Lynchburg family. Cenvar has narrowed down the finalists to four -- which you can vote on until March 17.
News	7:00/8:00	3/3/2020	Defense Secretary Mark Esper says he has given the top U.S. commander in Afghanistan the go-ahead to begin the initial withdrawal of U.S. troops. Withdrawal is required to start within 10 days of the signing of the peace deal with the Taliban. The U.S. expects violence will taper off leading to a start by March 10 of peace negotiations among Afghan groups.
News	6:30/7:30/8:30	3/3/2020	Appalachian Power has filed a rate increase request that it said would boost the average residential customer's monthly bill nearly 11 percent. The company said in a news release that a residential customer could see a boost of over \$13.00. Company officials said the West Virginia Public Service Commission still has to approve the increase request. Appalachian Power has 1 million customers in Virginia, West Virginia and Tennessee.

News	7:00/8:00	3/3/2020	The city of Charlottesville, Virginia, will not honor the birthday of Thomas Jefferson this spring for the first time since World War II. The city will instead celebrate the holiday known as Liberation and Freedom Day. It will commemorate when Union troops arrived in the city in March 1865 and freed those that were enslaved.
News	6:30/7:30/8:30	3/3/2020	Lynchburg's first-ever community band got together for their first rehearsal. The Lynchburg Pops had about 50 musicians show up ready to play. Anyone in the community who used to or still does play an instrument can join. To kick off this exciting beginning, the Pops rehearsed the Star-Spangled Banner, which will be the opening song at every concert they perform. They will play their first concert on May 18th.
News	7:00/8:00	3/4/2020	Tornadoes ripped across Tennessee destroying more than 140 buildings. At least 25 have lost their lives. The severe weather also damaged gas lines, water mains and cellphone towers, making the rescue and recovery efforts much more difficult. President Donald Trump announced plans to visit the disaster area on Friday.
News	6:30/7:30/8:30	3/4/2020	In an effort to draw new recruits, the Lynchburg Police Department announced it has raised the starting salary for police officers by nearly \$2,000. Police officials hope the higher salary will allow the short staffed department to more aggressively compete with other agencies. Excluding the Virginia State Police, the increased salary now means the Lynchburg Police Department is the highest starting pay for an entry-level police officer or sheriff's deputy in Lynchburg and surrounding counties.
News	7:00/8:00	3/4/2020	Repairs to the Buckroe Fishing Pier at Buckroe Beach will begin soon. Work is expected to be completed by early August. The pier was damaged in November when a barge broke free and crashed into it during a storm. No one was hurt during the incident. The City of Hampton says the pier sees 36,000 visitors each year, bringing in more than \$330,000 in revenue.
News	6:30/7:30/8:30	3/4/2020	Roanoke Duck Donuts is celebrating their second anniversary with buy one, get one free donuts and giveaways. You can stop by the shop on Saturday, March 7 where you can get a buy, one get one cinnamon sugar, powdered sugar or bare

donut and enjoy family-friendly activities. They are open on Saturday, from 6:30 a.m. - 10 p.m. on Electric Road.

News	7:00/8:00	3/4/2020	The coronavirus now has nine confirmed deaths reported in Washington State and at least 27 total cases confirmed statewide. Potentially exposed staff are being monitored and screened daily. Meanwhile the case reported in New York appears to be false, but a person from Wake County, North Carolina has tested positive for the coronavirus after visiting Washington State.
News	6:30/7:30/8:30	3/4/2020	The first of a handful of forums across Virginia took place in Norfolk this week with the goal of discussing diversity and inclusion throughout the commonwealth. The effort is called the “strategic plan for diversity and inclusive excellence.” Governor Ralph Northam, community leaders, and residents came together to gather suggestions on how Virginians would like to see diversity and inclusiveness be introduced in government, education, healthcare, and business.
News	7:00/8:00	3/4/2020	Connecting others with fresh and healthy food is the mission of Meals on Wheels of Greater Lynchburg. Meals on Wheels Executive Director Kris Shabestar said the demand for volunteers is higher than ever as they've seen more than a 30 percent increase in services over the past year and in the last ten days alone, they've received eleven new food recipients. Adding routes means the organization needs additional volunteers. Anyone interested in volunteering with Meals on Wheels of Greater Lynchburg can visit its website or give the organization a call.
News	6:30/7:30/8:30	3/4/2020	The Mill Mountain Zoo is excited to announce the construction of a new American Black Bear exhibit in Roanoke. R.L. Price Construction will be renovating the former cougar habitat into the black bear exhibit with a new observation deck, wading pond, and landscaping for the bears. The zoo said they anticipate the construction to begin early this spring and to be completed later this year.

News	7:00/8:00	3/5/2020	The number of lives lost in the U.S. from coronavirus is now at 11. With California having the nation's first reported fatality outside Washington state. Some individual schools and businesses have closed and are trying to plan for online classes in the event of prolonged shutdowns. Washington state has declared an emergency, which gives leaders broad powers to suspend activities. But so far, no direct orders have been issued.
News	6:30/7:30/8:30	3/5/2020	Kroger is placing limits on the number of certain products that customers buy due to high demand because of the virus. To support all customers, they are limiting the number of sanitizing products and cold and flu related products to 5 per order. Amazon is warning same-day grocery customers that delivery may be limited, while Target and Walmart are scrambling to replenish shelves with basics like canned goods, toilet paper and other household essentials, but have yet to announce rationing.
News	7:00/8:00	3/5/2020	A valuable piece of art was almost lost, until someone found it at a thrift store on the Outer Banks. Art lover Wendy Hawkins' discovered the Salvador Dali original. The piece of art is a wood engraving by Salvador Dali and comes from a series called The Divine Comedy. It still has his signature. You may be wondering how much something like this is worth. The artwork sold for \$1,200 to a couple from Portsmouth that plans to take it home later this week.
News	6:30/7:30/8:30	3/5/2020	The Franklin County Humane Society had a fun dress-up photoshoot with their shelter dogs, decking them out from head to paw in green glitz and glam shamrock themed tutu's, feather boa's, hats, glasses and the works. Their photos have gotten a lot of love on social media and hopefully will lead to some of the dogs getting adopted.
News	7:00/8:00	3/5/2020	Residents in Nashville are still recovering after the tornado that took the lives of at least 22. 50,000 households and businesses were left without power. This natural disaster is the deadliest tornado occurrence in the United States since 23 lost their lives in Alabama on March 3, 2019. Gleaning for the World is out a Sam's club on wards road again today from 10am-6pm if you would like to help gather supplies for the victims.

News	6:30/7:30/8:30	3/5/2020	70% of the Yoshino cherry trees in the nation's capital have reached the second stage of their growth. Given that and long-range forecasts, the National Mall expects the cherry blossoms to peak between March 27 and March 30. The 2020 National Cherry Blossom Festival will kick off on March 20th and run until April 12th.
News	7:00/8:00	3/5/2020	Whole Foods is voluntarily recalling select Green Chile Chicken Tamales from stores across 24 states because they contain milk. If you have an allergy or severe sensitivity to milk you run the risk of a serious or life-threatening allergic reaction if you consume these products. More information on the recall can be found on the FDA website.
News	6:30/7:30/8:30	3/5/2020	Students who attend an elementary school in Lynchburg have a new place to learn and play. Bedford Hills Elementary School cut the ribbon in front of their brand-new gymnasium. This project has been in the works for a few years and will allow students to have a space to learn, play, and be creative.
News	7:00/8:00	3/6/2020	The Senate passed an \$8.3 billion measure to help tackle the coronavirus outbreak in hopes of reassuring everyone and accelerating the government's response to the virus, whose spread is causing worry. The legislation would provide federal public health agencies money for vaccines, tests and potential treatments, including \$300 million to deliver such drugs to those who need it.
News	6:30/7:30/8:30	3/6/2020	Virginia Tech is issuing a warning as the threat of coronavirus continues to grow. The university's spring break begins this weekend and many students will be traveling, so the university has said that if your travels take you through a CDC Warning Level 3 or other areas identified by the university, you must not return to campus until you can demonstrate that you show no symptoms associated with the virus. CDC Warning Level 3 travel notice areas include China, South Korea, Italy and Iran.
News	7:00/8:00	3/6/2020	Ikea is recalling Kullen 3-drawer chests due to tip-over and entrapment hazards. The recalled chest is unstable if it is not anchored to a wall, posing a hazard that may result in death or serious injuries to children. The Consumer Product Safety Commission is urging you to anchor them to a wall or return them for a refund.

News	6:30/7:30/8:30	3/6/2020	A commissioning ceremony is happening this weekend in downtown Norfolk for the future USS Hershel "Woody" Williams. It'll happen tomorrow at 10 a.m. at the Half Moone Cruise Terminal next to Nauticus. Williams will be on hand to set the first watch, with his daughters.
News	7:00/8:00	3/6/2020	In the aftermath of the massive tornadoes in Tennessee emergency officials say they believe the systems in place to warn residents worked properly, but they noted that they have no way of knowing how many received a heads-up before the storm. Experts say the best tool is to invest in a weather radio issued by the National Oceanic and Atmospheric Administration because it acts like an in-house siren that's not reliant on a cellphone carrier. So far, officials have identified 395 residential structures and 184 commercial structures that took major damage or were completely destroyed.
News	6:30/7:30/8:30	3/6/2020	While Virginia has yet to see a confirmed case of coronavirus, some school districts are creating plans for a potential outbreak. In Roanoke County, schools could close for at least 14 days if a coronavirus case develops. They are working on plans to provide resources to support continued educational opportunities for students while they are at home. To help prevent the spread of viruses you should avoid contact with anyone who is sick, wash your hands, cover coughs/sneezes and avoid touching nose, eyes or mouth with unwashed hands.
News	7:00/8:00	3/6/2020	A fire that broke out at the John C. Holland Enterprises Landfill in Suffolk was caused by spontaneous combustion, according to fire officials. A six-story high pile of trash, about 100 yards by 100 yards, burned. Two engines, two tankers and a brush truck responded to the scene, and an excavator was also on hand to help firefighters move material to allow water streams to penetrate the debris.
News	6:30/7:30/8:30	3/6/2020	Tomorrow is a major milestone for one New River Valley school district's students. For the first time, Giles County has a competitive robotics team. This first year has turned out to be a fruitful one for the Narrows Middle school team as they have qualified for the state tournament and are currently ranked 8th.

News	7:00/8:00	3/9/2020	A cruise ship that was hit by the coronavirus is headed to the port of Oakland, California. The ship is carrying more than 3,500 from 54 countries. After medical screening, California residents who don't require medical care will go to a federally operated isolation facility within California for testing. U.S. guests from other states will be transported by the federal government to facilities in other states, and the crew will be quarantined and treated aboard the ship.
News	6:30/7:30/8:30	3/9/2020	Virginia health officials announced a second confirmed case of the coronavirus in Virginia. Both that have the virus are in northern Virginia with the latest case in the city of Fairfax. They traveled on the same Nile River cruise as other positive coronavirus patients. The Pentagon announced that a U.S. Marine assigned to Fort Belvoir in Fairfax County also tested positive.
News	7:00/8:00	3/9/2020	Yesterday was "International Women's Day," which is celebrated in countries all around the world each year on March 8. This year's theme was "Each for Equal." The message is simple, we can all chose to challenge stereotypes, fight bias, broaden perceptions and celebrate women's achievements. International Women's Day has been celebrated for more than a century with the first International Women's gathering taking place in 1911.
News	6:30/7:30/8:30	3/9/2020	Liberty University Men's Basketball won the ASUN championship yesterday at their last game ever in the Vines Center. They beat Lipscomb 73-57 and will now advance to the NCAA tournament. This weekend we will find out who and where they will play.
News	7:00/8:00	3/9/2020	New York State Governor Andrew Cuomo declared a state of emergency during a press conference as more positive cases of coronavirus are turning up in New York State. By declaring a state of emergency, they can get cleaning supplies, testing supplies and other essential items quicker. The state of emergency is in effect until September 7, 2020.
News	6:30/7:30/8:30	3/9/2020	According to the Virginia Department of Conservation and Recreation, only 3% of Virginians have flood insurance, despite flooding being the most common and costly natural disaster. Governor Ralph Northam is calling on Commonwealth residents to figure out if they live in a flood zone and look into flood insurance during the second annual

Virginia Flood Awareness Week, which runs through Saturday.

News	7:00/8:00	3/9/2020	Greater Lynchburg Habitat for Humanity began construction on a new house for a family in need. A single mother of four and has been living on a low income for over a decade and her kids range in age from two to 15. She is very excited and thankful that she will soon have a better place for her and her children to live. The head contractor said the walls will be up by next week and it will really start to look like a home.
News	6:30/7:30/8:30	3/9/2020	The body of a humpback whale washed ashore in Nags Head. The whale washed up around milepost 13, across from Surfside Plaza. Volunteers responded and headed to the beach to gather basic information about the whale.
News	7:00/8:00	3/10/2020	The corona virus is causing some places to consider online schooling for their students. Instead of canceling classes all together some schools might try virtual days where students are expected to work from home, check for assignments through an online portal and occasionally chat with teachers.
News	6:30/7:30/8:30	3/10/2020	Students in Pulaski County are getting a three-day weekend because of the coronavirus. While at this time, there are zero cases of the disease in Southwest Virginia, Pulaski County Public Schools announced that all schools will be closed on Friday to train teachers how to teach remotely in the event that a long-term school closure becomes necessary. While teachers are being taught, the school district says work will continue to thoroughly clean and disinfect all learning spaces at each school.
News	7:00/8:00	3/10/2020	River Ridge Mall in Lynchburg is taking action after a fight broke out that led to the arrests of two juveniles in the food court. River Ridge has decided to implement a youth supervision program that will actively promote the comfortable and family focus experience you expect. Full details about the program will be released this week.

News	6:30/7:30/8:30	3/10/2020	Shelves that were once full of hand sanitizers and cleaning supplies are now empty. Consumers in Roanoke are wiping out pharmacies and grocery stores to protect themselves from the new coronavirus. If you can't find sanitizers in stores, you can make it yourself. You only need two ingredients: aloe vera and isopropyl (or rubbing) alcohol. Use two parts alcohol to one part aloe vera. You can also add some essential oils so the it doesn't dry out your skin. But remember, the CDC says alcohol-based sanitizers need to contain at least 60% alcohol concentration or else they won't kill germs.
News	7:00/8:00	3/10/2020	American troops have begun leaving Afghanistan for the initial troop withdrawal required in the U.S.-Taliban peace agreement. The U.S. is moving ahead with plans to cut the number of forces in the country from about 13,000 to 8,600 over the next four and a half months ending the 18-year war. The long-term plan is for the U.S. to remove all troops within 14 months if security conditions are met.
News	6:30/7:30/8:30	3/10/2020	The General Assembly passed a bill that will allow Virginia schools to create a program to distribute excess food to students eligible for the School Breakfast Program or National School Lunch Program administered by the U.S. Department of Agriculture. Students who are enrolled in the program are given a meal to take home with them.
News	7:00/8:00	3/10/2020	From now through Friday, March 20, between 7:30 a.m. to 4 p.m., weekdays only, crews from Lynchburg Water Resources will conduct water main valve maintenance on several streets. There should be no significant impacts to traffic, but customers are asked that if they experience discolored water during this time they should run the cold water for three to five minutes to let the water clear up.
News	6:30/7:30/8:30	3/10/2020	Norfolk Botanical Garden is showing off something other than flowers — LEGO bricks. It's all part of an exhibit called Nature Connects: Art with Lego Bricks. Among others, you can see peacocks, birds, bees and even a spider made of LEGOs. There are 13 displays in total. These designs took around half a million bricks and countless hours to assemble. The display is available to see until early June from 9 a.m. to 5 p.m. daily through March 31, before changing over to a 9 a.m. to 7 p.m. schedule.

News	7:00/8:00	3/16/2020	Well it's on everyone's minds, coronavirus and social distancing and what it all means. President Trump declared yesterday a National Day of Prayer for protection and strength. They are saying that you should postpone all non-essential doctor's appointments at this time to prevent you from being exposed to those who might be sick as well as to free-up physicians' time to care for the ill.
News	6:30/7:30/8:30	3/16/2020	As a result of the growing concerns over the coronavirus, Governor Ralph Northam ordered all K-12 schools in Virginia to close for at least two weeks. The order begins today and runs through Friday, March 27, at a minimum. The Virginia Department of Education is working with school divisions and the Department of Social Services to help provide meals for students who need free or reduced lunches while in class. The Department Of Education will work with superintendents to provide specific information.
News	7:00/8:00	3/16/2020	Coronavirus has caused its first death in the Commonwealth. The Virginia Department of Health announced a 70-year-old man has died as a result of respiratory failure from COVID-19. the man acquired the virus through an unknown source. He was from the Hampton Roads area. Right now, there is about 41 "presumptively positive" cases of the coronavirus in Virginia.
News	6:30/7:30/8:30	3/16/2020	A barrage of rockets hit a base housing U.S. and other coalition troops north of Baghdad. The U.S.-led coalition said at least 25 rockets struck Camp Taji. Five were wounded in the attack including three coalition members and two Iraqi soldiers, u.S. defense official said the wounded coalition troops are American.
News	7:00/8:00	3/16/2020	President Donald Trump has tested negative for the coronavirus. The White House released the test results after President Trump told reporters hours earlier that he had taken the coronavirus test, following days of resisting being screened despite the fact that he had been in recent contact with three who have tested positive for the virus. The virus has now infected more than 2,200 in the U.S. and caused at least 50 deaths.

News	6:30/7:30/8:30	3/16/2020	Inmates at all 122 federal correctional facilities across the country will no longer be allowed visits from family, friends or attorneys for the next 30 days, in response to the threat of the coronavirus. The plan to temporarily suspend visitation, curtail staff travel and pause inmate transfers is part of the bureau's action plan for concerns over the spread of the coronavirus. The best thing you can do is stay home and avoid events with large crowds.
News	7:00/8:00	3/16/2020	Walmart is the latest market chain to slash the operating hours of its stores in an effort to keep shelves stocked. Beginning yesterday, all Walmart stores will operate from 6 a.m. to 11 p.m. until further notice. This way associates are able to stock the products that customers are looking for and to perform cleaning and sanitizing. Kroger has also announced it was adjusting their in-store hours to 7am to 10pm because of the coronavirus.
News	6:30/7:30/8:30	3/16/2020	Spring officially begins on Thursday and during this new season, we often experience increased severe weather in southwest Virginia. The statewide tornado drill that was originally scheduled for Tuesday at 9:45 a.m. has been postponed. It will be rescheduled at a later date.
News	7:00/8:00	3/17/2020	In the latest warning from the White House, Americans are being asked to not gather in groups larger than 10. Older Americans are urged to stay home, and everyone should avoid crowds and even eating out at restaurants. Among the new recommendations: Schooling should be at home and travel and social visits should be avoided. If anyone in a household tests positive for the virus, everyone who lives there should stay home.
News	6:30/7:30/8:30	3/17/2020	Liberty University has now decided to move all classes online after the Governor's ban on events or gatherings with more than 100. President Falwell said there is no way the school can continue as usual and they will follow the governor's orders.
News	7:00/8:00	3/17/2020	The American Red Cross needs your help. Due to coronavirus, blood drives are getting canceled making it harder for American Red Cross to get blood. Trauma, cancer, sickle cell and many other patients benefit from blood donations. In Virginia, 47 blood drives have been canceled which is causing a shortage. To donate, you can make an

appointment with your closest American Red Cross Blood Donation Center.

News	6:30/7:30/8:30	3/17/2020	Among many group events that have been canceled, The Blue Ridge Marathon has been added to that list due to coronavirus concerns. While no refunds will be issued they suggest that you donate your entry to know that you're helping the race continue in the future, you can also Run Virtually at your convenience you have until April 13 to switch to the "virtual race" and May 4 to complete your run.
News	7:00/8:00	3/17/2020	U.S. researchers gave the first shot to a patient to try and see if a cure has been found for the coronavirus. This was a test of an experimental coronavirus vaccine leading off a worldwide hunt for protection even as the virus spreads. Some of the study's carefully chosen healthy volunteers, ages from 18 to 55, will get higher dosages than others to test how strong the inoculations should be.
News	6:30/7:30/8:30	3/17/2020	A surge of new orders is putting Amazon.com operations under significant pressure. The company told members who are used to two-day shipping to expect that delivery window to grow. Amazon is struggling to keep items like toilet paper and cleaning solutions in stock. It now says to expect delivery times to at least double.
News	7:00/8:00	3/17/2020	Cenvar Roofing has given a deserving family in our community a brand-new roof. Charles Rucker has become a caregiver for his wife of 47 years. On top of that, the couple faces a leaky roof on a daily basis. Rucker says his wife is currently staying at a rehabilitation center and is unable to have guests due to coronavirus precautions. Rucker says the surprise was the boost he's been needing.
News	6:30/7:30/8:30	3/17/2020	Starting today Las Tapatias Mexican Kitchen on Melrose Avenue in Roanoke is doing what it can to ease the fears of some regarding the coronavirus. They are giving anyone at least 60 years old a free roll of toilet paper, no questions asked.

News	7:00/8:00	3/18/2020	New York City residents should be prepared for the possibility of a shelter-in-place order within days says Mayor Bill de Blasio. Governor Andrew Cuomo said he had no interest in imposing local quarantines but stopped short of ruling it out. Cuomo said that more restrictions on business would come first and that a quarantine would have to be at least statewide because citywide quarantines would only encourage others to stay with friends or relatives outside the zone, making transmission problems worse.
News	6:30/7:30/8:30	3/18/2020	The Virginia Department of Elections is encouraging citizens to vote absentee in the local elections scheduled for May 5, 2020. The department says you may choose reason 2A - my disability or illness for absentee voting, due to COVID-19. If you want to do this, you should do so as soon as possible so you can get your ballots back to the registrar by election day.
News	7:00/8:00	3/18/2020	Fort Bragg welcomed home the 3rd Brigade Combat Team and the 82nd Airborne Division yesterday after a nine-month deployment to Afghanistan. More than 3,000 paratroopers were deployed to more than 30 locations across Afghanistan to support multiple missions.
News	6:30/7:30/8:30	3/18/2020	President Donald Trump wants the government to send checks to Americans in the next two weeks in an effort to curb the economic cost of the coronavirus. The White House is asking Congress to approve a massive emergency rescue package to help businesses as well as taxpayers cope with the economic crisis that is paired with the pandemic.
News	7:00/8:00	3/18/2020	In compliance with CDC guidance, and in consultation with college presidents, VCCS Chancellor has cancelled May commencement ceremonies across Virginia's 23 community colleges, including Central Virginia Community College and Danville Community College. The CDC advised gatherings of 10 or more over the next eight weeks be avoided, which falls in the commencement ceremony season.
News	6:30/7:30/8:30	3/18/2020	Tourists can no longer visit a large chunk of North Carolina's Outer Banks because of coronavirus concerns. The Dare County Control Group announced that it is restricting all visitor access to the county, which makes up a large portion of the Outer Banks. Entry guidelines are broken down for permanent residents, non-resident property owners and non-resident employees of Dare County.

News	7:00/8:00	3/18/2020	Tom Brady, the centerpiece of the New England Patriots' over the past two decades, is poised to leave the only NFL team he's had. The 42-year-old six-time Super Bowl winner posted yesterday on social media that his football journey will take place elsewhere. Brady would be the oldest starting quarterback in the league at 43 at the beginning of next season. He will most likely continue his career with the Buccaneers.
News	6:30/7:30/8:30	3/19/2020	President Trump signed the Defense Production Act as the government bolsters resources for an expected surge in cases of the virus. The Department Housing and Urban Development is also providing immediate relief to renters and homeowners by suspending all foreclosures and evictions until the end of April. Temporarily there is a ban non-essential travel across the U.S.-Mexico border and the border with Canada. The good news is Wuhan China, where this all started is reporting no new cases of the virus.
News	7:00/8:00	3/19/2020	A 1,000-bed Navy hospital ship will deploy to New York City to relieve pressure on hospitals treating those with COVID-19. The ship will accept non-coronavirus patients. The New York City-area hospitals are clearing out beds, setting up new spaces to triage patients and urging those with mild symptoms to consult health professionals by phone or video chat instead of flooding emergency rooms.
News	6:30/7:30/8:30	3/19/2020	Food banks are acting as the first line of defense in keeping families fed as the outbreak of coronavirus closes schools and disrupts community operations throughout the country. School and business closures present a financial and food crisis for many families, so food banks are working with community leaders to meet the needs of residents, including thousands of children who rely on their schools to help feed them.
News	7:00/8:00	3/19/2020	In Virginia, black bears are most active from the first of April to the first of November, during all times of the day. While they may be interesting to view from a distance, Central Virginians have encountered real problems with black bears when they are in search of food. Last week, the Bedford Central Library brought in Dan Lovelace, a wildlife biologist to share information about the behaviors and biology of black bears as well as tips on what to do if you encounter one.

News	6:30/7:30/8:30	3/19/2020	The Treasury Department said it wants to start issuing direct payments to Americans by early next month as the centerpiece of a \$1 trillion plan to stabilize the economy. The treasury proposed two \$250 billion cash infusions to individuals with the first set of checks issued April 6th and a second wave in mid-May. The amounts would depend on income and family size.
News	7:00/8:00	3/19/2020	The trucking industry could be key to keeping the economy afloat during this time. Truckers are working hard to keep goods flowing as supplies continue to run low. The Department of Transportation loosened restrictions on how long drivers can be on the road each day so supplies can be hauled quickly, but there are limited food options for them, since most shelves at grocery stores and gas stations are empty and some rest stops are closed.
News	6:30/7:30/8:30	3/19/2020	As of now there are confirmed 70 plus cases of Coronavirus in the commonwealth. Employees at J Crew in Lynchburg were alerted to a preliminary positive case of coronavirus and were told to not come into work. Additional testing is being conducted.
News	7:00/8:00	3/19/2020	Walmart is taking action amid the coronavirus outbreak by offering the first hour before opening to senior shoppers starting Tuesday, March 24 and going through April 28. They will have limits for customers in certain categories including paper products, milk, eggs, cleaning supplies, hand sanitizer, water, diapers, wipes, formula and baby food. Walmart stores will adjust operating hours to 7 a.m. to 8:30 p.m.
News	7:00/8:00	3/20/2020	Across a country where lines are long, some shelves are empty and patience thin, authorities are receiving a surge of reports about those who are trying to cash in on the coronavirus crisis with outrageous prices, phony cures and other scams. A survey of state attorney generals or consumer protection agencies across the country found the number exceeded 5,000, with hundreds more coming in every day.
News	6:30/7:30/8:30	3/20/2020	The Olympic flame has completed its difficult journey from Greece to Japan. This signified a small, symbolic victory for Olympic organizers, who maintain the Tokyo Olympics will open on July 24 amid lots of doubts. The torch relay in Greece, following the symbolic lighting on March 12, was stopped

during the second day and did not resume because of large crowds. Japanese organizers have asked crowds to be “restrained” and could stop or delay the relay if they are not.

News	7:00/8:00	3/20/2020	What led J. Crew to informing its employees that someone had tested positive for the coronavirus was lots of miscommunication, according to the Lynchburg Health Department. Health department officials said that the person who was experiencing flu-like symptoms was not tested for COVID-19, but rather was tested for something else. That wasn't communicated to the individual, who believed he or she had tested positive for the coronavirus.
News	6:30/7:30/8:30	3/20/2020	Complete your census online in three easy steps. Log on to the census website click 'start questionnaire' and answer the questions. You will be asked to verify your address and if you own or rent your home. Then, you'll enter the names, age and race of the those living in your home then hit submit! If you don't respond by April 1, you will receive a paper survey you can fill out and mail in. You can also complete your survey by phone.
News	7:00/8:00	3/20/2020	Widespread coronavirus testing is not a reality, although states are introducing “drive-thru” stations to swab you in your cars. In the meantime, if you are feeling sick you should listen to the CDC to protect yourself and others. If you think you have coronavirus symptoms (fever, cough and shortness of breath) call your doctor for advice. Many have flooded hospitals already at capacity sometimes with mild or no symptoms which puts a strain on medical resources.
News	6:30/7:30/8:30	3/20/2020	The Virginia Department of Health is now reporting 101 confirmed cases of coronavirus in the commonwealth. 19 have been hospitalized due to the respiratory illness and 2 men in their 70s from James City County, have died. A Gloucester County child under the age of 10 has tested positive for the coronavirus and is now at home recovering, and the first case in Southwest Va has been reported in Botetourt in a woman in her 80s.

News	7:00/8:00	3/20/2020	If you are looking for a silver lining officials are predicting that this will not be a year of historic floods in the U.S.. This year this annual spring flooding season will not be as severe or prolonged as in 2019. Major to moderate flooding is projected in 23 states with the most likely areas to be parts of North Dakota, South Dakota and Minnesota.
News	6:30/7:30/8:30	3/20/2020	One family in central Virginia is doing their part to spread a little bit of positivity. They set out a sign that read "Look for the Helpers," which is a nod to Mister Rogers. They have also put up two new signs, which gives recognition to Lynchburg City Schools and they are asking drivers to honk as they head down Memorial Avenue. The families hope is to simply encourage those who drive by.
News	7:00/8:00	3/23/2020	Top-level negotiations between Congress and the White House pushed toward resolution on a \$1 trillion-plus economic rescue package, as President Donald Trump is trying to steady the nation. The biggest issue is how best to keep paychecks flowing for millions of workers abruptly sidelined by the virus. The Senate's goal is to have the bill passed today. President Trump has also announced a 90 day delay in filing or paying taxes.
News	6:30/7:30/8:30	3/23/2020	As of now Federal and state law enforcement agencies have formed the Virginia Coronavirus Fraud Task Force to investigate scams during this time. So far North Carolina Governor Roy Cooper is not issuing a shelter in place order. Doctors are also now allowed to issue prescriptions to patients without having an in-person consultation in an effort to limit the spread of the virus. Virginia will also cancel their Standards of Learning tests this spring as schools are currently closed through March 27.
News	7:00/8:00	3/23/2020	Juveniles in Loudoun County reportedly filmed themselves coughing on grocery store produce and then posted the videos to social media. The grocery store has since removed the tainted items and has reportedly taken appropriate health safety measures to protect the public. Authorities are reporting a disturbing trend involving these types of activities being uploaded onto social media.

News	6:30/7:30/8:30	3/23/2020	As signature cherry blossom trees go through peak bloom in the nation's capital, officials in the DC area are resorting to mass street closures to keep large crowds away in the face of the coronavirus. The Metropolitan Police Department closed down a dozen different streets, bridges and traffic circles trying to limit the traditional crowds who pack the area. The trees will be in peak for the next 10 days.
News	7:00/8:00	3/23/2020	Vice President Mike Pence and his wife tested negative for the coronavirus. This comes after the White House says a member of Pence's staff tested positive. Kentucky Senator Rand Paul says he is the is the first member of the Senate to test positive for COVID-19.
News	6:30/7:30/8:30	3/23/2020	There are now 221 presumptively positive cases of the coronavirus in Virginia, and North Carolina is reporting over 250. Testing in both states is ongoing with some using drive thru options. If you are experiencing symptoms call your doctor before going anywhere.
News	7:00/8:00	3/23/2020	Starting today, the Greater Lynchburg Transit Company will not be charging bus fare until further notice. In order to reduce contact and practice social distancing, passengers are asked to enter and exit through the rear doors of the bus and sit behind the accessibility-reserved seating area.
News	6:30/7:30/8:30	3/23/2020	A company is launching a nationwide recruiting strategy in an attempt to hire thousands for its work-at-home program. Alorica is a California-based customer service company is targeting those who have recently lost their jobs with a chance to earn an income from home. The company promises flexible schedules and competitive benefits like paid training, medical and dental insurance, paid time off, sick time, 401(k) and employee discounts.
News	7:00/8:00	3/24/2020	Governor Ralph Northam announced that all K-12 schools in Virginia will be closed for at least the remainder of the academic year and starting at midnight tonight restaurants can remain open for carryout, curbside and delivery service only. All recreation and entertainment facilities must close. Non-essential retail can remain open if they can allow 10 or fewer inside and things like grocery stores and health services will remain open but need to adhere to social distancing and sanitation procedures. The executive order is in effect for at least 30 days.

News	6:30/7:30/8:30	3/24/2020	Top congressional and White House officials are still negotiating the details of the coronavirus rescue package saying they expect to reach a deal today. Treasury Secretary and Senate Democratic leader said they had spoken by phone with President Donald Trump during the long night of negotiations. While the two sides have resolved many issues in the package, some remain.
News	7:00/8:00	3/24/2020	Virginia Governor Ralph Northam has announced that all public schools will be closed for the rest of the school year because of the coronavirus. This announcement impacts 450,000 students that rely on free and reduced meals at school. No Kid Hungry Virginia wants to encourage families to text FOOD or COMIDA to 877-877 to find free food distribution sites organized by local school districts and other community organizations.
News	6:30/7:30/8:30	3/24/2020	The Lynchburg Police Department shared a cute video of a mama duck and her nest of eggs that were found close to a business on enterprise drive. Animal control officers were called and were able to safely move mama duck and her five eggs to a safer location that is more suitable for the family. Officers said they'll be checking back on her soon to see if her ducklings have hatched.
News	7:00/8:00	3/24/2020	The hunt for masks, ventilators and other medical supplies has consumed the U.S. and Europe, as more than 1.5 billion have been urged or ordered to stay home to try to stop the spread of the coronavirus. At the start of what could prove a pivotal week in the U.S. and Europe, the head of the World Health Organization called on countries to take strong, coordinated action to stem the accelerating outbreak.
News	6:30/7:30/8:30	3/24/2020	Public health districts across Virginia have activated public health call centers to answer questions and provide information about COVID-19. This includes symptoms, ways to minimize the risk of exposure for yourself and your loved ones, local and statewide conditions, testing resources, and what to do if you think you may be ill. You may call any of the centers, but it may be most helpful to contact the center nearest you.

News	7:00/8:00	3/24/2020	President Donald Trump announced that the federal government will push back the approaching deadline for REAL ID compliance due to the coronavirus outbreak. The Real ID Act mandates that all U.S. residents obtain an updated identification card in order to travel on commercial aircraft and access federal facilities. The rule, which was slated to go into full effect on Oct. 1 has been extended, but a new date has not been given.
News	6:30/7:30/8:30	3/24/2020	A peaceful little farm planted right in the middle of a southeast Roanoke neighborhood is getting a lot of attention. Southeast and Northwest Roanoke are food deserts which means there's not a grocery store or access to healthy food in the neighborhood. So Morningside Urban Farm was born and since opening in 2019, they've held block parties, health classes, and folks have even walked away with fresh produce for free. Because of their work, they won the American Red Cross Community Impact Hero award.
News	7:00/8:00	3/25/2020	With lives and the economy hanging in the balance, President Donald Trump said he is hoping the county will be reopened by Easter. As many public health officials call for stricter, not looser restrictions on public interactions, President Trump said he was already looking toward easing the advisories that have sidelined workers, shuttered schools and led to a widespread economic slowdown.
News	6:30/7:30/8:30	3/25/2020	The Virginia Department of Education wants to make sure that high school seniors will still graduate, despite K-12 schools being closed for the remainder of the academic year. Superintendent of Public Instruction said he is using his authority under Governor Ralph Northam's Executive Order to ensure that high school seniors who were on track to earn a diploma are able to graduate.
News	7:00/8:00	3/25/2020	The American Electric Power Foundation announced it is donating almost \$300,000 to agencies providing COVID-19 relief efforts across Virginia, West Virginia and Tennessee. Last week, Appalachian Power announced it is temporarily suspending disconnects due to non-payment and urged customers with difficulty making payment or with questions to contact Appalachian Power.

News	6:30/7:30/8:30	3/25/2020	Drivers on I-64 yesterday were in for quite a surprise as a large cow got stuck in traffic. Crews got all the vehicles to stop moving in both directions and then chased the animal as he hightailed it down the interstate in Chesapeake, near Greenbrier Parkway. A pick-up truck was hauling a trailer with livestock when a cow got loose from the trailer and jumped out! State Police reported that the cow was taken into custody and reunited with its owner.
News	7:00/8:00	3/25/2020	Virginia Governor Ralph Northam announced that starting today, he'll only be giving an update on Mondays, Wednesdays and Fridays at 2 p.m., unless there's a major update to report. Right now, there are 300 cases across Virginia and certain non-essential business were required to close last night. Testing criteria for the coronavirus has been altered to give additional priority to medical professionals who have treated coronavirus patients and to those in long term care facilities.
News	6:30/7:30/8:30	3/25/2020	The White House and Senate leaders announced an agreement on emergency legislation to give aid to businesses, workers and the health care system. The unprecedented economic rescue package would give direct payments to most Americans, expand unemployment benefits and provide a 3 billion dollar program for small businesses to keep making payroll while workers are forced to stay home. The rescue package would give a one-time payment of \$1,200 per adult and \$500 per child directly to the public.
News	7:00/8:00	3/25/2020	There are several ways that you can help during this time. You can volunteer with the local office on aging to deliver meals to seniors. The LOA serves 28 communities in southwest VA and they deliver more than 550 hot meals every single day. They're also delivering emergency food boxes and paper products, but they're having trouble meeting the demand. Also, the Red Cross is in desperate need of blood. You can set up an appointment with your local donation center.
News	6:30/7:30/8:30	3/25/2020	You can now rent out eight acres of land for just your family. ONE Forest School in Huddleston is outside and offers a mud pit, sandbox and other obstacles. Families can reserve time window of 2-6 hours in the forest at Deerhead Nature Preserve starting at \$25. They're wiping everything off after families leave to make it safe for the next group and all

families will have to sign a waiver that no one in their family is experiencing any symptoms.

News	7:00/8:00	3/26/2020	Hotels might be the next answer to ease hospital demands for those forced into quarantine. A downtown Chicago hotel has made plans to reserve at least 1,000 hotel rooms through partnerships with five other hotels in the first of a new strategy aimed at relieving the pressure on hospitals that are the only option for the seriously sick.
News	6:30/7:30/8:30	3/26/2020	Ford is recalling close to 300,000 cars to fix doors that could open unexpectedly or may not close. The recall covers the 2014 through 2016 Ford Fusion and Lincoln MKZ, and the 2014 and 2015 Ford Fiesta. Dealers will replace the side door latches and will notified you starting May 4.
News	7:00/8:00	3/26/2020	The University of Virginia is now offering their COVID-19 tests to hospitals across Virginia. Their current testing platform enables more than 100 tests per day. Prior to this in-house test, results would take 5-9 days to return now turnaround time is less than 24 hours. The goal over the next two weeks is that the turnaround time will diminish to 2 hours for UVA inpatients and 12 hours for outside hospitals.
News	6:30/7:30/8:30	3/26/2020	Governor Ralph Northam has been stressing the need for more protective equipment to help medical staff in the front lines dealing with patients who have the coronavirus. Volunteers with Gleaning for the World are sewing dozens of masks for local hospitals and are asking you to pitch in too. Gleaning for the World has the pattern available, and they ask that the masks are 100% cotton.
News	7:00/8:00	3/26/2020	Since the coronavirus began store shelves have been emptied of basics like toilet paper, hand sanitizer and soap. Which means others are leveraging those shortages by overcharging for necessities. On both the state and federal level, price gouging during disasters and emergencies is illegal. President Donald Trump's executive order focuses on targeting offenders, you can report inflated prices for everyday necessities, including cleaning supplies, food, water, ice and gasoline by calling Virginia's Consumer Protection Hotline.

News	6:30/7:30/8:30	3/26/2020	There are now almost 400 presumptively positive cases of the coronavirus in Virginia. The Virginia Dept. of Health reports that over 5,000 have been tested. So far around 10 have passed away from the disease, much of which have been older. Now the Charlottesville's Mayor is asking Governor Ralph Northam to issue a stay-at-home order for Virginia. Charlottesville Police and Charlottesville Fire Department are also calling on Northam to revise his Executive Order to help reduce the spread of the coronavirus.
News	7:00/8:00	3/26/2020	Losing a loved one is a tragic time for any family but adding restrictions due to the coronavirus can make it even more tough. Creative Video Imagery owner Mike Jameson is now offering online services in an effort to comply with social distancing orders. After a family member passed away his relatives came to him with a request, a live stream through the website to allow friends and family to participate in the service. Now he's helping other grieving families mourn their loss from home.
News	6:30/7:30/8:30	3/26/2020	We've been telling you about it and playing Christmas songs here on The Journey, well one Christiansburg's man is really spreading cheer. Sleepy Hollow Road in Christiansburg is decorated in patriotic themed Christmas lights. Every year they put on a big holiday lights display set to music, and after they saw an article on social media about others putting their lights back up during the coronavirus outbreak, they decided to join in!
News	7:00/8:00	3/27/2020	Right now the military has a hold on permanent change-of-station moves and non-essential travel both abroad and in the United States for the next two to three months. The Pentagon has also issued a stop-movement order that will affect all personnel and Defense Department civilians. Approximately 90,000 service members slated to deploy or redeploy over the next 60 days will likely be impacted by this stop movement order.
News	6:30/7:30/8:30	3/27/2020	Special Olympics Virginia has cancelled their upcoming events due to the coronavirus. Officials say that all community-based practices, competitions and other activities through the end of May have been canceled, in addition to the Summer Games scheduled for June 12-13.

News	7:00/8:00	3/27/2020	Krispy Kreme is giving all health care workers a free dozen glazed doughnuts every Monday from March 30 through May 11 to show their gratitude for all they are doing during the coronavirus outbreak. This initiative kicks off on National Doctor's Day and concludes after National Nurses Week. To claim the dozen doughnuts, healthcare workers will simply go through the drive-thru and show an employee badge. Crocs is also offering free shoes for nurses as well.
News	6:30/7:30/8:30	3/27/2020	Running out of books to read and things to do while at home? Well now there's curbside pickup for such activities! Givens Little Dickens in Lynchburg on Lakeside Dr. is going curbside so you can get what you need to stay occupied at home. Books, puzzles, and games can all come out to your car. The family business says they're grateful they have a community that can adapt to these kinds of changes.
News	7:00/8:00	3/27/2020	The U.S. government has promised to send checks to Americans to help them financially stay afloat as the economy continues to shut down in the wake of coronavirus. Individuals that make \$75,000 or less a year, are eligible for a \$1,200 stimulus check. If you and your spouse make \$150,000 or less, you are eligible for a \$2,400 relief check. Married couples with children are also eligible for \$500 per child. The government will use the direct deposit information or the address from your 2019 tax return to send your money.
News	6:30/7:30/8:30	3/27/2020	The United States Postal Service has issued a statement detailing the steps they are taking to keep workers safe amid COVID-19. USPS has a dedicated COVID-19 Command Response team focusing on maintaining continuity in providing service. Customer signature procedures have also been modified in order to maintain a safe distance between employees and the public.
News	7:00/8:00	3/27/2020	The YMCA of Virginia's Blue Ridge will begin offering emergency childcare on March 30 for families of essential personnel. Camp Hope will provide care for children ages 5-12 from 7:30 a.m. to 5:30 p.m. It will cost \$30 per day, but you can apply for financial assistance. The program will be available in Roanoke, Salem, Botetourt, and Rockbridge. It is first-come, first-serve at each location and caretakers will have a maximum child-to-staff ratio of nine-to-one.

News	6:30/7:30/8:30	3/27/2020	The Indianapolis 500 scheduled for May 24 has been postponed until August because of the coronavirus. This is the first time the race won't run on Memorial Day weekend since 1946. The race will instead be held Aug. 23.
News	7:00/8:00	3/30/2020	President Donald Trump backed away from calling for a quarantine for coronavirus hotspots in New York, New Jersey and Connecticut, instead directing that a strong Travel Advisory be issued to stop the spread of the outbreak. Vice President Mike Pence tweeted that the CDC was urging residents of those three states to refrain from non-essential travel for the next 14 days. President Trump did also extend the social distancing guidelines until April 30th.
News	6:30/7:30/8:30	3/30/2020	The FDA now has a coronavirus test that can provide results in less than 15 minutes. Health officials authorized the test for emergency use. They expect to deliver 50,000 tests per day beginning this week. The technology is the same that powers some rapid flu tests, looking for genes that are present in the virus. Right now, it can take several days to get results from most coronavirus lab tests.
News	7:00/8:00	3/30/2020	The USNS Comfort hospital ship is expected to arrive in New York today. More than 1,200 Navy Reserve sailors and volunteers are on board, including medical personnel. Once the ship arrives in New York, the Comfort will help relieve hospitals in the city during the pandemic.
News	6:30/7:30/8:30	3/30/2020	After fitness centers across the state have been ordered to close, many golf courses remain open. With restrictions on gyms and a heightened awareness about social distancing, golf courses are keeping players at a safe distance - while still offering physical activity.
News	7:00/8:00	3/30/2020	Delta Airlines announced that the company will provide free airfare to any medical volunteer traveling to help significantly impacted areas with coronavirus relief efforts. Eligible medical volunteers can book free, round-trip flights to Georgia, Louisiana, and Michigan. The offer is valid for those traveling to work with the state and local government offices to work in hospitals and alongside medical personnel.
News	6:30/7:30/8:30	3/30/2020	The central VA department of health says it's important to focus not on the number and location of cases, but toward preventive measures that reduce the risk of being exposed to or spreading the virus. The numbers in Va do continue to

increase, so practicing social distancing and good hygiene is still the best way to stop the spread of the disease.

News	7:00/8:00	3/30/2020	If you are looking for something to do with the kids today, you can ask a vet! Vinton Veterinary Hospital is helping educate school children, by hosting "Ask the Vet" on Facebook. Children will be able to ask questions starting at noon on the Vinton Veterinary Hospital Facebook page.
News	6:30/7:30/8:30	3/30/2020	The Rotary Club of Forest put up flags to salute the health care workers in the region. The club has put up a field of honor in the past honoring veterans, first responders, and others at Automated Conveyor Systems on Graves Mill Road in Lynchburg. The 50 flags are spaced six feet apart, as club members practiced social distancing while putting them up. You will be able to see them for the next two weeks.
News	7:00/8:00	3/31/2020	Governor Ralph Northam announced a stay-at-home order for Virginians that takes effect immediately. The order requires you to stay home except for traveling to or from work, seeking medical attention, obtaining goods and services, including food, or engaging in outdoor activity. The order will stay in place until June 10 and all gatherings of more than ten are prohibited.
News	6:30/7:30/8:30	3/31/2020	Roanoke City Public Schools are following Governor Ralph Northam's stay-at-home order. Schools will no longer be using buses to deliver meals to students, but instead starting today, the school district will provide grab-and-go service from 11 a.m. to 1 p.m. at four different schools, Fallon Park and Round Hill Elementary, and Patrick Henry and William Fleming High School. They will meet this afternoon to determine how food service will operate moving forward.
News	7:00/8:00	3/31/2020	There are more local efforts underway to help small businesses. The organization Virginia Career Works, Blue Ridge is going to give out grant funding with the goal to save local jobs. It will select a limited number of small businesses, which have to have fewer than 250 employees and are in Roanoke, Botetourt, Franklin, Craig, or Alleghany county, or the cities of Covington, Roanoke or Salem. Virginia Career Works is taking applications on its website today through Friday at 5 p.m.

News	6:30/7:30/8:30	3/31/2020	In an effort to slow the spread of the coronavirus, North Carolina Governor Roy Cooper has also issued a statewide “stay at home” order, which lasts until April 29. You should only leave your house is for activities considered essential, like medical issues, getting supplies, and visiting family as long as it’s under 10.
News	7:00/8:00	3/31/2020	The Tokyo Olympics will open next year in the same time slot scheduled for this year's games. The opening ceremony will take place on July 23, 2021. A spring Olympics was considered but holding the games later gives more space to complete the many qualifying events that have been postponed by the virus.
News	6:30/7:30/8:30	3/31/2020	The Better Business Bureau is warning that scammers are trying to exploit the coronavirus crisis. First, it was fake masks, then fake government grants, and now it’s a fake COVID-19 test. You get a text message that looks like it comes from the US federal government and tells you that you must take a mandatory online COVID-19 test don’t click! Also, a Virginia Beach resident was called by someone claiming to be a Sentara representative and offered to test them at home. The resident denied the caller’s request and contacted Sentara about the scam and Sentara contacted police.
News	7:00/8:00	3/31/2020	Due to the Governors stay at home order Norfolk officials announced that they have furloughed 550 part-time city workers. Macy’s said says it too will stop paying tens of thousands of employees as they transition to an “absolute minimum workforce” needed to maintain basic operations.
News	6:30/7:30/8:30	3/31/2020	The NCAA will permit Division 1 spring-sport athletes, such as baseball, softball and lacrosse players, who had their seasons shortened by the coronavirus pandemic an additional year of eligibility. They will not however guarantee financial aid if they return to play next year. Winter sports, such as basketball and hockey, were not included in the decision because many athletes in those sports had completed all or most of their regular seasons.