

Type	Time	Date	Quarterly Report News Jan-March 2023
News	6:30/ 7:30/ 8:30 AM	3-Jan-/2023	Former Pope Emeritus Benedict the 16th's body, laid in state at St. Peter's Basilica as over 65,000 filed by to pay tribute to him. He was the first Pope in over 600 years to retire from the position, which he did a decade ago.
News	7:00/ 8:00 AM	3-Jan-23	Buffalo Bills safety Damar Hamlin is in the hospital in critical condition after suffering cardiac arrest when he collapsed mid-game against the Cincinnati Bengals last night. His heartbeat was restored and the game has been postponed until further notice.
News	6:30/ 7:30/ 8:30 AM	3-Jan-23	Norfolk State University's Spartan Legion marching band performed at this year's Rose Bowl parade in Pasadena, California yesterday. This is the first time in the marching band's history that they had the opportunity to perform on a national stage. They not only represented Norfolk, but the whole state of Virginia.
News	7:00/ 8:00 AM	3-Jan-23	If you are a fan of visiting National Parks around the United States, there are 5 free entry days this year. Jan. 16, April 22, Aug. 4, Sept. 23, and Nov. 11. You can also purchase an annual America the Beautiful National Parks and Federal Recreational Lands Pass for \$80 if you want access to all the parks all year round.
News	6:30/ 7:30/ 8:30 AM	3-Jan-23	President Joe Biden and Government Officials will be visiting places across the country to talk about the importance of working together. President Biden and Senate Republican leader Mitch McConnell will make a joint appearance in McConnell's home state of Kentucky tomorrow to highlight the nearly \$1 trillion infrastructure bill.
News	7:00/ 8:00 AM	3-Jan-23	More gates, the creation of a central TSA checkpoint and the development of an airport hotel are all considered top priorities in Norfolk International Airport's capital plan. In his first "State of the Airport" address to the City Council, the executive director of the airport, said projects they initially hoped to complete in the next decade, need to be sped up due to the busiest travel season in history taxing what they already have in place.
News	6:30/ 7:30/ 8:30 AM	3-Jan-23	Some of us just got 5G and many of us don't even have that yet and now a new antenna system is enhancing security for 6G wireless communication. The invention allows control of the direction, frequency, and intensity of its signal beam emission.
News	7:00/ 8:00 AM	3-Jan-23	TV icon Barbara Walters, passed away just as we headed into the new year. She was 93 and a pioneer for women in journalism. She passed away peacefully in her home surrounded by loved ones.
News	6:30/ 7:30/ 8:30 AM	4-Jan-23	Despite three rounds of voting, the House of Representative took a recess without electing the new speaker. Republican Kevin McCarthy was unable to earn the required 218 votes necessary to become the next House speaker. A total of 19 Republicans voted for other options representing a split in the GOP.

News	7:00/ 8:00 AM	4-Jan-23	The NFL has said that the Bills-Bengals game will not resume this week after Damar Hamlin suffered cardiac arrest on the field. Mental health resources have been made available to all NFL players and staff, and \$4.4 million has been donated to Damar's charity, The Chasing M's Foundation. Hamlin is still having a significant amount of cardiac dysfunction, but he appears to be trending upwards.
News	6:30/ 7:30/ 8:30 AM	4-Jan-23	If you live in Roanoke and have a teenager, they might soon be under a city-wide curfew. After a weekend of violence in the Star City the Mayor is trying to think of new ways to protect the community. Mayor Lea spoke to City Council members about this idea at yesterday's meeting, but nothing was voted on.
News	7:00/ 8:00 AM	4-Jan-23	In February, hundreds from across Southwest Virginia will willingly jump into the New River in Radford in support of Special Olympics Virginia. The annual Polar Plunge raises thousands of dollars each year for Special Olympics programs and athletes. This year's theme is "Go for the Cold," with a goal of raising \$72,000 this year.
News	6:30/ 7:30/ 8:30 AM	4-Jan-23	CES, the annual tech industry event is returning to Las Vegas this week. The show opens tomorrow and continues through Sunday. Companies and startups will showcase innovations in virtual reality, robotics, and consumer tech items to the media and others in the tech industry. The goal is to draw 100,000 attendees.
News	7:00/ 8:00 AM	4-Jan-23	For just \$3, you can test your home for an odorless gas which experts say is the second leading cause of lung cancer in the United States. That gas is radon and testing your home is the only way to know if it contains high radon levels. If a test kit is outside your budget, you can find the link to order a \$3 test kit from the Virginia Department of Health. If your tests detects high levels of radon, you can reach out to a certified professional to help.
News	6:30/ 7:30/ 8:30 AM	4-Jan-23	The South Norfolk Jordan Bridge announced an annual toll rate increase that's in effect now. Those in passenger vehicles, mopeds, and motorcycles using prepaid accounts will now pay \$2.99 for each crossing, compared to \$2.75. Pay-by-Plate customers with two-axle passenger vehicles will be charged by mail \$6.95 around 30 days after travel.
News	7:00/ 8:00 AM	4-Jan-23	The Foodbank of Southeastern Virginia and the Eastern Shore has received nearly \$450,000 that it will use to pay for mobile food distribution in the region. The Foodbank notes that they are suffering from significantly high levels of food insecurity in Accomack County and in Northampton County.
News	6:30/ 7:30/ 8:30 AM	5-Jan-23	January is National Blood Donor Month. If you have never donated blood before, it's worth considering. According to the Red Cross, every two seconds someone in the United States needs blood. The most common blood requested by hospitals is type O and the donation process is relatively simple, just find a drive near you at <a href="http://redcrossblood.org">redcrossblood.org</a>

News	7:00/ 8:00 AM	5-Jan-23	A Virginia state senator has proposed a total ban on blue headlights, a move designed to remove a car modification some see as dangerous. Legislation was submitted ahead of the General Assembly's January session. The law would ban all car modifications designed to make headlights appear blue, by covering the headlights with a tinting film or by using blue bulbs.
News	6:30/ 7:30/ 8:30 AM	5-Jan-23	Portsmouth City Manager Tonya Chapman is out with Portsmouth City Council's first meeting of the year. The termination was approved by a 5-2 vote and Councilwoman Lisa Burke was elected as Vice Mayor during the meeting.
News	7:00/ 8:00 AM	5-Jan-23	Local knitters and crocheters have worked throughout the year to create hats, scarves, mittens, and other items for anyone who may be cold and in need of some warmth. Today from 9:30 a.m. – 5:30 p.m., at the Main Branch of the Lynchburg Public Library, on Memorial Avenue, is the "Chase the Chill" event! These items will be made available for free and can be taken without any proof of need. The items will be displayed outside of the Library facing Memorial Avenue.
News	6:30/ 7:30/ 8:30 AM	5-Jan-23	The United States Embassy in Cuba is reopening since unexplained health incidents among diplomatic staff in 2017 eliminated the American presence in Havana. The Embassy confirmed this week it will begin processing immigrant visas, with a priority placed on permits to reunite Cubans with family in the U.S.
News	7:00/ 8:00 AM	5-Jan-23	A proposed \$290 million project to replace the 60-year-old Alligator River Bridge on U.S. 64 between Tyrrell and Dare counties in North Carolina is a step closer after it received a grant from the U.S. Department of Transportation. The proposed replacement would see a new, 3.2-mile two-lane fixed bridge just to the north of the old one that would allow both marine and vehicle traffic to pass unimpeded.
News	6:30/ 7:30/ 8:30 AM	5-Jan-23	Danville Community College is hoping to help students improve their well-being this year. They have partnered with TimelyMD, a virtual health and well-being solution in higher education, to offer students free access to mental health 24/7.
News	7:00/ 8:00 AM	5-Jan-23	Buffalo Bills safety Damar Hamlin is sedated on a ventilator as doctors work toward getting him to breathe on his own. Hamlin suffered cardiac arrest and collapsed on the field on Monday night during a game against the Cincinnati Bengals. The Bills held meetings and a walk-through yesterday ahead of Sunday's game against the New England Patriots.
News	6:30/ 7:30/ 8:30 AM	6-Jan-23	President Joe Biden visited the U.S.-Mexico border, his first trip there since taking office. Recently there have been large increases in the number of migrants at the border even as a U.S. law remains in place that allows authorities to turn away many seeking asylum in the United States. The increased focus from President Biden on the border also comes as the president prepares for a 2024 reelection bid.

News	7:00/ 8:00 AM	6-Jan-23	Mercedes is recalling nearly 324,000 vehicles in the U.S. because the engines can stall while they're being driven. Owners will be notified by letter starting Feb. 21. Mercedes is also planning on building its own worldwide electric vehicle charging network starting in North America in a bid to compete with EV sales leader Tesla.
News	6:30/ 7:30/ 8:30 AM	6-Jan-23	Due to water damage and heating issues, T. C. Miller and R.S. Payne Elementary Schools have been closed this week, with students attending school remotely. While R.S. Payne Elementary is expected to reopen for in-person instruction on Monday, T. C. Miller Elementary will temporarily be moving to West Lynchburg Baptist Church, located on Memorial Avenue, where classes will be held on the 1st and 2nd floors of the building.
News	7:00/ 8:00 AM	6-Jan-23	The North Carolina Department of Transportation is encouraging more children to wear helmets while cycling through its annual Bicycle Helmet Initiative. As part of the initiative, the NCDOT will provide free helmets to organizations across the state to distribute to young cyclists.
News	6:30/ 7:30/ 8:30 AM	6-Jan-23	The consumer electronics show opened yesterday and is not allowing Russian companies to display their products because of the country's invasion of Ukraine. The U.S. is among about 30 countries that have sanctioned Russia over the invasion. CES is open to the media and others in the tech industry, but not the general public.
News	7:00/ 8:00 AM	6-Jan-23	We've been following this story all week and we have some good news! Buffalo Bills safety Damar Hamlin has shown remarkable improvement just days after he went into cardiac arrest and had to be resuscitated on the field. Hamlin, while still in critical condition, is now awake and able to grip the hands of family members at his hospital bedside. He even asked who won the game.
News	6:30/ 7:30/ 8:30 AM	6-Jan-23	Yesterday Governor Glenn Younkin traveled to Salem to speak on his proposed tax relief plan for Virginians. He spoke at Carter Machinery and highlighted lowering the business tax rate from 6% to 5% and setting the individual tax rate at 5.5% which would help save Virginians over \$700 million per year.
News	7:00/ 8:00 AM	6-Jan-23	Two were recovered from Smith Mountain Lake yesterday and were confirmed to be the two boaters missing after a boat capsized Monday. Landon Oakes, and Zachary Travis, both 20, and from Danville have been identified, an investigation into what happened is underway.
News	6:30/ 7:30/ 8:30 AM	9-Jan-23	China is easing border restrictions, with travelers arriving from abroad no longer required to undergo quarantine. However, if you are crossing between Hong Kong and mainland China, you are still required to show a negative COVID-19 test taken within the last 48 hours. This reopening is just in time for their ice festival which is a major tourism draw.

News	7:00/ 8:00 AM	9-Jan-23	Ukraine's president praised the United States for more armored vehicles in its latest multibillion-dollar package of military aid. Both Russia and the Ukraine were supposed to observe a cease-fire over Christmas, but Ukrainian officials said some of Moscow's forces ignored that order. The war is just a month shy of a year and there is no sign of it ending.
News	6:30/ 7:30/ 8:30 AM	9-Jan-23	The Norfolk Public Library, in cooperation with the Virginia Department of Health, will be offering free, at-home COVID-19 test kits at four of its branch locations. Kits are on a first-come, first-served basis and can be picked up during operational hours at the circulation desk.
News	7:00/ 8:00 AM	9-Jan-23	This weekend, Damar Hamlin went public on social media for the first time since his incredible near-death injury in Cincinnati. Doctors described Damar Hamlin's neurological function as "excellent", as the Buffalo Bills safety continues making progress.
News	6:30/ 7:30/ 8:30 AM	9-Jan-23	President Joe Biden made a trip to the US-Mexico border yesterday, his first trip since taking office in 2020. President Biden assessed the enforcement operations just days after announcing new restrictions on asylum seekers amid record numbers of migrants attempting to cross into the U.S.
News	7:00/ 8:00 AM	9-Jan-23	A 6-year-old student is in custody following an attack at Rich-neck Elementary School in Newport News that sent a teacher to the hospital. The elementary school will be closed today and tomorrow, and the teacher has been listed in stable condition.
News	6:30/ 7:30/ 8:30 AM	9-Jan-23	Shopping for a prom dress is an experience many never forget, and The Tim Tebow Foundation's Night to Shine, prom night for adults with disabilities, is a way for those with special needs to have a dance where they feel included. Thanks to Bonsack Baptist Church in Roanoke attendees were able to get their prom outfits for free. The Prom will be in Roanoke on Feb. 10 at Fellowship Community Church.
News	7:00/ 8:00 AM	9-Jan-23	The moment many in Lynchburg are waiting for is finally coming. The HomeGoods location at River Ridge Mall is having its grand opening this month, on Thursday, January 19 from 8 a.m. to 10 p.m.
News	6:30/ 7:30/ 8:30 AM	10-Jan-23	It's time for Sweden to join NATO because it has done what's necessary to secure Turkey's approval for membership. The move requires the unanimous approval of the alliance members. The parliaments of 28 NATO countries have already ratified Sweden and Finland's membership. Turkey and Hungary are the only members that haven't yet given their approval.
News	7:00/ 8:00 AM	10-Jan-23	As the war in Ukraine continues, hundreds of coaches and athletes are left without resources to stay engaged in their sport, job, and ministry. Fellowship of Christian Athletes partnered with Convoy of Hope to send a full shipping container of sports equipment and supplies to Ukraine. The total value of the materials was over \$1 million in an attempt to give those still there a sense of normalcy.

News	6:30/ 7:30/ 8:30 AM	10-Jan-23	One of Downtown Roanoke's most historic buildings has been undergoing a facelift. The old Fire Station No. 1 is just a couple of weeks away from opening to the public. The Fire Station is a historic building, which means turning it into a restaurant, storefront, and hotel wasn't easy. They hope the hotel will be open in the coming weeks.
News	7:00/ 8:00 AM	10-Jan-23	There's a new place in Lynchburg where your pets can get the care they need. Blue Ridge Animal League, opened on Oakley Avenue this week and provides low-cost veterinary services to Lynchburg and surrounding communities. They provide spay and neuter services, routine wellness care, and examinations, along with sick appointments.
News	6:30/ 7:30/ 8:30 AM	10-Jan-23	A portion of the nation's largest fuel pipeline has restarted, days after it was shut down by a diesel fuel leak in Virginia. The spill at the station near Danville returned to normal operations after crews completed repairs. The company did not say what caused the leak. About 2,500 gallons of diesel fuel spilled, but thankfully there was no sign of impacts to water or wildlife.
News	7:00/ 8:00 AM	10-Jan-23	Chesapeake Regional Medical Center has been granted approval by the Virginia State Health Commissioner to offer open-heart surgery at the hospital. The approval comes 5 years after the hospital's initial request.
News	6:30/ 7:30/ 8:30 AM	10-Jan-23	After almost 40 years circling Earth, a retired NASA science satellite landed in the water off the coast of Alaska. The Defense Department confirmed that the satellite that was placed in orbit in 1984 by astronaut Sally Ride reentered the atmosphere, a few hundred miles off the coast of Alaska. NASA has received no reports of injury or damage from falling debris.
News	7:00/ 8:00 AM	10-Jan-23	Number 1 Georgia won the 2023 College Football Playoff National Championship last night in record-setting fashion overpowering No. 3 TCU 65-7. The win featured the Bulldogs scoring the most points in any FBS national title game, and makes Georgia the first back-to-back national champions since Alabama in the 2011-12 season.
News	6:30/ 7:30/ 8:30 AM	11-Jan-23	About 100 Ukrainian troops will head to Oklahoma's Fort Sill soon to begin training on the Patriot missile defense system. Ukraine has long sought the Patriot surface-to-air guided missile defense system because it can target aircraft, cruise missiles and shorter-range ballistic missiles.
News	7:00/ 8:00 AM	11-Jan-23	Stephanie Reed Lynchburg's new mayor is bringing a resolution to City Council to push turning Lynchburg into a second amendment sanctuary. That means Lynchburg would be immune to anti-second amendment legislation. Making Lynchburg a second amendment sanctuary will only express the locality's intent that public funds should not be used to restrict second amendment rights.

News	6:30/ 7:30/ 8:30 AM	11-Jan-23	Amtrak is giving you the chance to explore America by train for less. From now until Jan. 20, you can purchase an Amtrak USA Rail Pass for \$299, which is \$200 less than the regular price. The pass can be purchased on the Amtrack website or the app, and you can choose 10 rides from more than 500 destinations across the country. Customers are required to use the pass within 120 days of purchase.
News	7:00/ 8:00 AM	11-Jan-23	Sheetz announced it will lower its diesel fuel prices by 50 cents until the end of January. The reduction will result in an average savings of \$10 for mid-size trucks, \$12 for full-size trucks, and \$60 for semi-trailers. The price reduction will end on January 31.
News	6:30/ 7:30/ 8:30 AM	11-Jan-23	The White House is moving forward with a proposal that would lower student debt payments for millions of Americans, offering a new route to repay federal loans under far more generous terms. Education Department officials called the new plan a "student loan safety net" that would have lower monthly payments, an easier path to forgiveness, and a promise that unpaid interest will not be added to a borrower's loan balance.
News	7:00/ 8:00 AM	11-Jan-23	A group of advocates in Chesapeake are looking to put a referendum on the November 2023 ballot to protect rural land in the southern part of the city. This comes after City Council voted to buy 1,400 acres of farmland at the North Carolina state line in order to create the Coastal Virginia Commerce Park. The petitioners want a change to the city's comprehensive plan, the will allow for more protections for the environment and rural character of their community.
News	6:30/ 7:30/ 8:30 AM	11-Jan-23	Pasquotank-Camden Emergency Management will conduct a test of the wireless emergency alert at noon today. You must be in Pasquotank or Camden counties in northeastern North Carolina at the time the alert is sent in order to receive the notification.
News	7:00/ 8:00 AM	11-Jan-23	Conference USA has announced its full 2023 football schedule. The schedule includes eight conference games for Liberty University, including five midweek games. The eight-game conference schedule will put the Flames in a position for their first conference title since the 2016 season. Liberty will play its first-ever Conference USA game when the Flames welcome New Mexico State on Sept 9.
News	6:30/ 7:30/ 8:30 AM	12-Jan-23	More than 21,000 flights were scheduled to take off in the U.S. yesterday causing a travel mess after a computer outage led to a grounding order for all departing aircraft. The FAA restored the Notice to Air Missions System that lets pilots know of runway and weather issues that impact flying just after 9am.
News	7:00/ 8:00 AM	12-Jan-23	The Martin Luther King Community Health, Wellness, Medical Clinic Career and Business Resource Fair will be at the Hampton Roads Convention Center on Coliseum Dr. in Hampton tomorrow and Saturday. The fair is designed to be a one-stop shop with a free remote-access medical clinic, health screenings, health insurance enrollment, a dementia/Alzheimer's Study, and other resources.

News	6:30/ 7:30/ 8:30 AM	12-Jan-23	For years, Martinsville and Henry County have been working to reach an agreement to revert the City of Martinsville back to a town, and in April of 2022, they took the reversion to the Virginia Supreme Court, but this week they decided to adopt a resolution to terminate the reversion of Martinsville to a town, meaning it will remain a city.
News	7:00/ 8:00 AM	12-Jan-23	Bills safety Damar Hamlin has been released from a Buffalo hospital, more than a week after he went into cardiac arrest and had to be resuscitated during a game at Cincinnati, after his doctors said they completed a series of tests. Hamlin will now continue his rehabilitation with the Bills.
News	6:30/ 7:30/ 8:30 AM	12-Jan-23	The Pentagon has formally withdrawn its COVID-19 vaccination mandate, dropping the shot requirement across the U.S. military over a year after it was first put in place. Even with the requirement gone, however, the Defense Department will continue to promote and encourage COVID-19 vaccination for all service members.
News	7:00/ 8:00 AM	12-Jan-23	Governor Youngkin says the upcoming General Assembly is going to be busy. This past week he was in Salem discussing his goals for the Commonwealth, which includes reducing the cost of living, by changing the budget. He also wants to reduce the portion of Virginians' income that is paid toward taxes. According to the Governor, the new budget would allow for \$2.6 billion to be invested in education, law enforcement, mental health, and transportation.
News	6:30/ 7:30/ 8:30 AM	12-Jan-23	Newport News Police said that the teacher that was injured in the incident at Richneck elementary school is still in the hospital but is now in stable condition. The incident does not appear to be accidental and happened after the 6-year-old and the teacher had an altercation. The investigation into the incident continues.
News	7:00/ 8:00 AM	12-Jan-23	While James Cameron's 1997 classic "Titanic" is about to again hit the big screen. Fans will get to see it on the big screen again on Valentine's Day weekend for its 25th anniversary. Paramount Pictures will release it in 4K and 3D for a limited time beginning Feb. 10.
News	6:30/ 7:30/ 8:30 AM	13-Jan-23	President Joe Biden acknowledged that a document with classified markings from his time as vice president was found in his personal library at his home in Delaware, along with other documents found in his garage. President Biden said he is cooperating fully with a Justice Department investigation into how classified information and government records were stored.
News	7:00/ 8:00 AM	13-Jan-23	Both E.C. Glass High School and Dearington Elementary School were put on lockout yesterday. The lockouts were due to police activity in the community, unrelated to the schools or students. During a lockout, no one may enter or leave the building, but classes proceed as usual.



News	6:30/ 7:30/ 8:30 AM	13-Jan-23	All eight Lynchburg fire stations received new thermal imaging cameras to help with fighting fires. The cameras are able to scan a large area to find hazards and victims within seconds. They were chosen after a testing and research exercise last month in which several brands and models of cameras were considered.
News	7:00/ 8:00 AM	13-Jan-23	Downtown Lynchburg Restaurant Week is coming! Several downtown restaurants will have special deals and menus throughout the whole week! The nine-day event runs January 20-29.
News	6:30/ 7:30/ 8:30 AM	13-Jan-23	The Virginia Department of Veterans Affairs has proposed a rule that would waive health care copayments for eligible Native American and Alaska Native Veterans. If the rule is finalized eligible Native American and Alaska Native Veterans who have submitted proper documentation would no longer be required to pay copays for health care services.
News	7:00/ 8:00 AM	13-Jan-23	Governor Youngkin's "Operation Bold Blue Line" has made its way to the Martinsville Police Department which is partnering with Virginia State Police. The operation addresses the challenge of making communities safer. A total of over \$500,000 was awarded to the Martinsville Police Department for forensic science equipment, equipment to aid in police response and equipment to increase officer safety.
News	6:30/ 7:30/ 8:30 AM	13-Jan-23	The White Mill groundbreaking ceremony took place yesterday in Danville. The 100 year old historic building will be turned into multi-use space including 150 apartments, a large commercial space, and parking. City leaders expect the project to be complete in the fall of 2024.
News	7:00/ 8:00 AM	13-Jan-23	Kevin Harvick has said that at the end of this season he will retire from NASCAR and turn his attention to his management business, some bucket list racing, and most importantly his family. Harvick has his final season-opening Daytona 500 on Feb. 19th.
News	6:30/ 7:30/ 8:30 AM	16-Jan-23	The Centers for Disease Control and Prevention says the Pfizer-BioNTech vaccine is being investigated as to whether it creates an increased risk of stroke in those 65 and older. According to the CDC, stroke occurs when blood clots or other particles block the blood vessels to the brain.
News	7:00/ 8:00 AM	16-Jan-23	With the push of a button Roanoke City Public Schools and police will know when and where an active threat may be occurring. The district in cooperation with the city's 911 center tested the app as one of 25 new safety measures the district is working to implement. When a staff member pushes the armed intruder button, every single staff member and police officer within a five-mile radius will get a notification about the threat.
News	6:30/ 7:30/ 8:30 AM	16-Jan-23	Southern Virginia Health is excited to officially announce that its Danville Emergency Room has received final approval for more than \$20 million in renovations. These renovations are intended to enhance access for patients and improve emergency care for residents across Southern Virginia and Northern North Carolina.

News	7:00/ 8:00 AM	16-Jan-23	Today is Martin Luther King day and also the only federal holiday designated as a National Day of Service to encourage all Americans to volunteer to improve their communities. The MLK Day of Service has grown every year as more Americans embrace the idea that citizenship involves taking an active role in improving your community.
News	6:30/ 7:30/ 8:30 AM	16-Jan-23	Lawyers for President Joe Biden found more classified documents at his home in Delaware. A total of six pages of classified documents were found during the search. The Justice Department usually waits before bringing criminal charges in cases involving the mishandling of classified information, with a requirement that someone intended to break the law as opposed to just being careless in doing so.
News	7:00/ 8:00 AM	16-Jan-23	A law is being purposed to allow Virginia localities to set curfews during civil unrest when there is a clear and present danger, with violators facing up to a year in jail and or a \$2,500 fine. The bill would allow the top law enforcement officer in the area to order a curfew that doesn't last longer than a full day but can be extended.
News	6:30/ 7:30/ 8:30 AM	16-Jan-23	The Lynchburg Public Works Department said there will be temporary lane closures beginning next Monday, the 23. These temporary lane closures are continuing through Friday, February 3 from 9:00 a.m. through 3:00 p.m. daily. Lane closures will occur on 6th street and Church street as Shentel crews perform drilling work for line installations for internet and TV.
News	7:00/ 8:00 AM	16-Jan-23	The Danville Police Department is excited to announce the 5th annual Youth Police Academy, an exciting summer camp for youth ages 9-17. The academy will be held from Monday, June 12th to Thursday, June 29th, from 8am to 4pm and is free of charge. It's open to the first 30 participants, and applications are available online.
News	6:30/ 7:30/ 8:30 AM	17-Jan-23	First lady Jill Biden has been undergoing treatments for basal cell carcinoma, a highly treatable form of skin cancer. While she was being prepped to remove one lesion, doctors found and removed another one and a third lesion near her left eyelid is being examined.
News	7:00/ 8:00 AM	17-Jan-23	Governor Glenn Youngkin announced a total of \$90 million in development grants for 21 sites across the Commonwealth. This program helps develop sites to enhance the Commonwealth's infrastructure with more competitive project-ready places, for new businesses and accelerate expansions for current businesses.
News	6:30/ 7:30/ 8:30 AM	17-Jan-23	SpaceX's Falcon Heavy rocket took to the skies over the weekend delivering national security payloads to orbit for the US military. The mission, launched from Kennedy Space Center in Florida, marking the fifth successful flight of the rocket.
News	7:00/ 8:00 AM	17-Jan-23	The Virginia Big Tree Program at Virginia Tech records some of the commonwealth's biggest and oldest trees. Recently, students measured the second-oldest tree in Virginia, a white oak in Brunswick County that is more than 500 years old. The oldest tree in

			Virginia currently recorded is in Greenville County, which is estimated to be roughly 600 years old.
News	6:30/ 7:30/ 8:30 AM	17-Jan-23	The war in Ukraine is almost at a year mark now and there is no end in sight. The death toll from a weekend Russian missile strike on an apartment building in a southeastern Ukrainian city has now risen to 40. This marks the deadliest single attack on Ukrainian civilians since before the summer.
News	7:00/ 8:00 AM	17-Jan-23	Richneck Elementary School in Newport News will continue to be closed through Friday. It has not opened since the incident that injured a teacher. Grab-and-go meal services are available at McIntosh Elementary School from noon to 12:30 p.m. Families will receive a lunch and breakfast snack for the next day.
News	6:30/ 7:30/ 8:30 AM	17-Jan-23	For the first time since 2013, Pittsylvania County is planning to increase water and sewer rates. Customers will see increases in the range of 3 to 4%. If you want to weigh in, the board is hosting a public hearing regarding these changes during its January 17 Business Meeting.
News	7:00/ 8:00 AM	17-Jan-23	Due to high levels of COVID-19 in the community, Norfolk Naval Shipyard has been elevated to high risk and masking will be required at the shipyard through Jan. 22. Masking is not required if an employee is alone or separated from other personnel by cubicle walls, or for those who work in bay areas with open air and natural ventilation.
News	6:30/ 7:30/ 8:30 AM	18-Jan-23	For the first time in decades, China has fewer people than it did at the start of last year. Over one million fewer babies were born than the previous year amid a slowing economy and widespread pandemic lockdowns. China has long been the world's most populous nation but is expected to soon be overtaken by India.
News	7:00/ 8:00 AM	18-Jan-23	The United States Department of Veterans Affairs is covering medical expenses for U.S. veterans who are in crisis. The VA defines a crisis as a person who's at risk of self-harm. The VA said this benefit will provide care to about 9 million veterans who are not enrolled in the VA.
News	6:30/ 7:30/ 8:30 AM	18-Jan-23	Lynchburg Daily Bread has received \$108,000 towards adding a new Daily Bread van, purchasing healthy foods and vegetables, and creating a new full-time driver position, from Aetna Better Health of Virginia. This will help them bring meals to 16 locations throughout Central Virginia.
News	7:00/ 8:00 AM	18-Jan-23	The fastest Corvette ever made comes out next year. The E-Ray is a gas electric hybrid, and the first all-wheel-drive version of Chevrolet's sports car with the front wheels running on an electric motor and the traditional 6.2-liter V8 powering the back. It goes from zero to 60 in 2.5 seconds, with rear tires almost wide enough to compete in the Indianapolis 500.

News	6:30/ 7:30/ 8:30 AM	18-Jan-23	The U.S. Green Building Council released its annual ranking of U.S. states leading the way on green building, and Virginia made the top ten at number eight. The rating system was created as a standard of best practices for healthy, high-performing green buildings of which Virginia had 95 certified projects totaling over 16.2 million square feet.
News	7:00/ 8:00 AM	18-Jan-23	Nearly \$3 million in state funds are going towards seven projects that aim to reduce evictions in Virginia. The Virginia Eviction Reduction Pilot program has provided funding to nonprofits to help address the soaring rates of evictions throughout the Commonwealth. Now there's a total of \$2.9 million in grants for seven eviction reduction programs that will cover 48 localities in Virginia.
News	6:30/ 7:30/ 8:30 AM	18-Jan-23	The Franklin County Office of Economic Development has created a new online job board which displays all job openings in Franklin County, making it easier for residents to find their next career opportunity. Job seekers can access the new job board on the Franklin County Economic Development website.
News	7:00/ 8:00 AM	18-Jan-23	If you are a college-bound, high school senior and have demonstrated success in academics, sports, marching band, or volunteering then WSLS is giving you a chance to win a \$2,000 scholarship. The inaugural scholarship will be awarded in April, and students applying need to have their applications submitted no later than March 31st.
News	6:30/ 7:30/ 8:30 AM	19-Jan-23	Ukraine's President told political leaders at the World Economic Forum that Western supplies of weapons must outpace Russia's attacks, urging the world to move faster. He also said there is a time crisis that Russia is exploiting.
News	7:00/ 8:00 AM	19-Jan-23	Virginia Governor Glen Youngkin criticized seven high schools in Fairfax, Va., for failing to tell students of their national merit recognition. Thirteen high schools in Northern Virginia didn't notify students of national merit recognition ahead of a significant college scholarship deadline that comes with that recognition.
News	6:30/ 7:30/ 8:30 AM	19-Jan-23	A new Veterans Administration medical clinic is coming to the former site of a movie theater in Western Branch. Chesapeake City Council unanimously approved the VA's plan for a Community-Based Outpatient Clinic across from the street from Chesapeake Square Mall. The clinic is designed to make healthcare easier for veterans offering common general outpatient services, including health and wellness visits.
News	7:00/ 8:00 AM	19-Jan-23	If you like cakes and live in Lynchburg you're in luck. Nothing Bundt Cakes has officially opened. On Friday the 27th they will have a ribbon cutting and sales that day will benefit Park View Community Mission. Then on Saturday the 28th they will give free "bundtlets" for a year to the first 50 guests. The bakery is located on Forest Road, next to East Coast Wings.

News	6:30/ 7:30/ 8:30 AM	19-Jan-23	Microsoft is cutting 10,000 workers, almost 5% of its workforce, joining other tech companies that have scaled back their pandemic-era expansions. The company said that the layoffs were a response to economic conditions and changing customer priorities. They will also be consolidating their office locations.
News	7:00/ 8:00 AM	19-Jan-23	The annual March for Life Rally in D.C. is taking place tomorrow. Liberty University will again send buses of students to Washington D.C. and for the first time ever, Liberty students will lead the march while holding the March for Life Banner. The school said over 500 students have signed up for the trip.
News	6:30/ 7:30/ 8:30 AM	19-Jan-23	Anyone want a neon Twitter bird? It can be yours for \$35,000. After cutting the company's work force, now CEO Elon Musk is auctioning off memorabilia, fancy office furniture and professional kitchen equipment from its San Francisco offices. When all added up, the money raised from the auction, is unlikely to make a dent in Twitter's financial obligations.
News	7:00/ 8:00 AM	19-Jan-23	Bedford County Public Schools has announced that Thomas Fox, a Technology Education teacher at Jefferson Forest High School, is the recipient of the 2022 Teacher of the Year award. Fox, who is in his 36th year of teaching, has spent 20 of those years teaching in Bedford County.
News	6:30/ 7:30/ 8:30 AM	20-Jan-23	Virginia Governor Glen Youngkin criticized seven high schools in Fairfax, Va., for failing to tell students of their national merit recognition. Thirteen high schools in Northern Virginia didn't notify students of national merit recognition ahead of a sig
News	7:00/ 8:00 AM	1/20/2023	House Republicans have proposed legislation aimed at protecting Mount Rushmore from being altered, renamed, or demolished by activists who say the monument disrespects Native Americans. The Mount Rushmore Protection Act would prohibit the use of federal funds to change, destroy or rename the Mount Rushmore National Memorial.
News	6:30/ 7:30/ 8:30 AM	1/20/2023	A state Senate committee proposed to move Virginia to year-round daylight-saving time. Even if the measure passes both chambers and is signed by Gov. Glenn Youngkin, states cannot implement permanent daylight-saving time unless Congress enacts a law granting them the authority to do so.
News	7:00/ 8:00 AM	1/20/2023	One local pooch made his mark on the national stage. Poppy, a French bulldog from Roanoke, was named a winner of BARK's Next Top Models contest. Poppy was featured on BARK's social media platforms and will be featured in upcoming marketing materials. Poppy and his owners will also receive \$500 and a professional photoshoot with toys and treats from BARK.
News	6:30/ 7:30/ 8:30 AM	1/20/2023	President Joe Biden toured the damages and was briefed on recovery efforts after devastating storms hit California in recent weeks, causing destruction across 41 of the state's 58 counties. The president was accompanied by FEMA the Governor of California and

			other state and local officials. He also met with first responders and delivered remarks on supporting the state's recovery.
News	7:00/ 8:00 AM	1/20/2023	The State Department, in conjunction with the Department of Health and Human Services, announced the implementation of a new program that will allow any non-relative citizens to sponsor refugees for permanent resettlement in the U.S. The new program, dubbed the "Welcome Corps," will allow anyone, regardless of their affiliation to the individual seeking refuge, to sponsor them throughout their process of attempting to obtain lawful residency.
News	6:30/ 7:30/ 8:30 AM	1/20/2023	Dare County officials are looking for a way to help fund a beach nourishment project for Rodanthe, where several homes collapsed into the Atlantic Ocean last year. Officials say erosion has accelerated and a fresh barrier of sand is needed to protect the village from the ocean and maintain access to other areas of Hatteras Island. The project would cover an estimated area of 2.25 miles and could cost around \$30 million.
News	7:00/ 8:00 AM	1/20/2023	The Buffalo Bills, Tennessee Titans, Jacksonville Jaguars, Kansas City Chiefs and New England Patriots will each play international games during the NFL's 2023 regular season. The Chiefs and Patriots will play in Germany, and the Bills, Titans and Jaguars will play in London.
News	6:30/ 7:30/ 8:30 AM	1/23/2023	A 72-year-old man has passed away after a standoff with police. He has been confirmed as the person suspected of carrying out the incident at a dance studio in Monterey Park, California taking the lives of 10 and injuring 10 others as the city's Asian American community was celebrating Lunar New Year.
News	7:00/ 8:00 AM	1/23/2023	Richneck Elementary school in Newport News will have students back in the building this week. Since the incident two weeks ago, involving a teacher and a student a metal detector has been added, and there is now a buzzer entry system. On Wednesday the school will host an orientation for students and their families to begin their transition back into the building.
News	6:30/ 7:30/ 8:30 AM	1/23/2023	Grayson County Schools now has a Career and Technical Education Center that is helping students become productive citizens. So far students in the program have completed setting up posts for a new structure at the GC Recreational Park Softball Fields. Along with teaching technical and building skills the program teaches kids how to give back to their community.
News	7:00/ 8:00 AM	1/23/2023	It's uncertain what the future holds for Simone Biles' gymnastics career, but one thing is clear: she fully intends to be with Team USA at the 2024 Paris Olympics. She isn't sure if she will be competing, but she will definitely be there to support her teammates.

News	6:30/ 7:30/ 8:30 AM	1/23/2023	As the war in Ukraine is approaching it's one year mark the U.S. continues to increase their supply of weapons to Ukraine. Germany is also one of the main donors of weapons to Ukraine despite a warning from Russia's parliament that countries supplying Ukraine with more powerful weapons risk their own destruction.
News	7:00/ 8:00 AM	1/23/2023	Hundreds of soldiers in the Virginia National Guard are being recognized for their sacrifices and service during a nine-month deployment in Africa. 270 soldiers in Lynchburg were joined by Governor Glenn Youngkin who awarded them the Virginia Governor National Service Medal. Given to those in the Virginia Army and Air National Guard called to active federal duty since the terrorist attacks on September 11, 2001.
News	6:30/ 7:30/ 8:30 AM	1/23/2023	Total Action for Progress is continuing its efforts to try and curb the issue of violence through a monthly event every third Saturday, in Roanoke. TAP puts on an event for middle and high school students in the area to participate in giving children something to do so they don't turn to violence. The next TAP event will be a walk around the Gainsboro neighborhood February 18.
News	7:00/ 8:00 AM	1/23/2023	New exhibit space, new animals, and a new way to enter the Virginia Aquarium and Marine Science Center are all part of the plans to expand the attraction at the Oceanfront. The master plan lays out a five-phase approach that would ultimately more than double the main building's size. Future plans also include a new seal tank, shark tank and one for the turtles, much of it being built on the current parking lot.
News	6:30/ 7:30/ 8:30 AM	1/24/2023	Tax filing season is underway and the Internal Revenue Service says it will now accept and process 2022 tax returns. The IRS has hired of thousands of new workers and tens of billions of dollars in new funding should help the processing go faster. The filing deadline this year is April 18th.
News	7:00/ 8:00 AM	1/24/2023	The American Handwriting Analysis Foundation's 2023 "Cursive is Cool" contest is now open to North American students from Kindergarten to Grade 6. Prizes will be awarded for First, Second, and Third Place based on legibility and neatness. One of each prize per grade will be given along with a prize for most Creative content. You have until April 15th to enter.
News	6:30/ 7:30/ 8:30 AM	1/24/2023	The 'Virginia is For Launch Lovers' rocket launch that was scheduled for yesterday will now take place tonight between 6 and 8 p.m. The launch will be visible for much of the Eastern U.S. and even those in central Virginia can see it without having to drive east.
News	7:00/ 8:00 AM	1/24/2023	An award-winning show on The History Channel is coming to Virginia and they are looking for Virginians with unique collections to highlight. American Pickers is coming to Maryland, Virginia, and West Virginia in March and are looking for large, private, junky, rusty collections. If that's you or someone you know, they want to hear about it!

News	6:30/ 7:30/ 8:30 AM	1/24/2023	U.S. health officials want to make COVID-19 vaccinations like the annual flu shot. The Food and Drug Administration has proposed a simplified approach for future vaccination efforts, allowing most adults and children to get a once-a-year shot to protect against the virus. This means Americans would no longer have to keep track of how many shots they've received or how many months it's been since their last booster.
News	7:00/ 8:00 AM	1/24/2023	Whether you're sharing a Netflix password with someone or borrowing theirs, be prepared to start paying for it. Netflix expects to roll out paid account sharing toward the end of the first quarter of 2023, but how the paid password sharing will be enforced, and how much it will cost, haven't yet been released.
News	6:30/ 7:30/ 8:30 AM	1/24/2023	There's a bill being proposed that would make internet safety education mandatory in Virginia public schools. The program would cover safe use of social networking websites, the risks of sending personal information online, copyright laws, avoiding, and reporting suspicious, dangerous, or illegal online activity. It would be up to each school system on how and when to implement the program.
News	7:00/ 8:00 AM	1/24/2023	Roanoke City Schools Superintendent Verletta White is being praised for her impact on students in the Roanoke Valley. She has been named the Region 6 Superintendent of the Year and will join other regional winners who will be considered for the Virginia Superintendent of the Year award, which will be announced in late April 2023.
News	6:30/ 7:30/ 8:30 AM	1/25/2023	You might be seeing wintery weather this morning if you are in Roanoke, the New River Valley, or the Highlands. For today most of us will just see rain with those chances of wintery mix going down throughout the day. You can always check MyJourneyFM.com for closings and delays.
News	7:00/ 8:00 AM	1/25/2023	Documents with classified markings were discovered in former Vice President Mike Pence's Indiana home last week, in the latest in a string of discoveries of confidential information in private residences. Officials are trying to determine whether anyone should be charged with illegal possession of those records.
News	6:30/ 7:30/ 8:30 AM	1/25/2023	Richneck Elementary School students will return to class Monday. The school has been closed since Jan. 6 and will remain closed throughout the week. There will be an orientation for students and parents tonight and faculty will be in place to take over the classrooms of teachers who do not feel comfortable in returning to the building just yet.
News	7:00/ 8:00 AM	1/25/2023	In North Carolina, extra federal food benefits implemented at the start of the pandemic will end in March. As a result of COVID-19, over 900,000 families in North Carolina have been getting at least \$95 extra per month. With the end of the emergency benefits, the average benefit per person per day will decrease from \$8.12 to \$5.45.



News	6:30/ 7:30/ 8:30 AM	1/25/2023	Virginia Governor Glen Youngkin criticized seven high schools in Fairfax, Va., for failing to tell students of their national merit recognition. Thirteen high schools in Northern Virginia didn't notify students of national merit recognition ahead of a sig
News	7:00/ 8:00 AM	1/25/2023	Schools all across the country are struggling to find teachers to fill open positions and in Southwest Virginia alone there are 500 open teaching jobs. To help fill some of those holes, a teacher recruiting job fair is taking place this Saturday from 9 a.m. - 1 p.m. at the Salem Civic Center where twenty different school districts will be represented.
News	6:30/ 7:30/ 8:30 AM	1/25/2023	Meanwhile Lynchburg City Schools continued discussing a competitive salary proposal at last night's school board work session. The proposal would raise the minimum wage for classified employees to \$15 an hour and the starting teacher salary to \$50,000.
News	7:00/ 8:00 AM	1/25/2023	In February, dads and daughters will have the chance to have a night on the dance floor. Lynchburg Parks and Rec is hosting a daddy-daughter dance on February 11 at the Lynchburg Armory from 6 to 8 p.m. Admission costs \$7 and will cover two hours of dancing, light refreshments, access to a photo booth and one-party favor for each female attendee.
News	6:30/ 7:30/ 8:30 AM	1/26/2023	Germany and the United States will send tanks to Ukraine, the first stage of a coordinated effort to provide dozens of the heavy weapons to help Ukraine break battlefield stalemates as Russia's invasion enters its 12th month. The U.S. decision follows Germany agreeing to send 14 tanks from its own stocks.
News	7:00/ 8:00 AM	1/26/2023	E.C. Glass High School was placed on lockdown after police received a phone call that someone was going to harm the principal there yesterday morning. Afternoon dismissal was also delayed due to the threat. The police are investigating.
News	6:30/ 7:30/ 8:30 AM	1/26/2023	Bedford Town Council provided updates to the town's fire and police forces. The grant from the Virginia Fire Services Board will allow the Bedford Fire Department to install towers at their training facility to help with rescue training. Also, the Department of Criminal Justice Services will provide funding up to \$1,000 per Bedford Police Officer that attends training for the crisis intervention team, and they will purchase ballistic shields and update trauma kits.
News	7:00/ 8:00 AM	1/26/2023	A new outdoor sporting goods store is making its way to the Hill City. Sportsman's Warehouse will officially open its doors on Feb. 23. The new store, located on Wards Road will host a Grand Opening Celebration from Thursday, Feb. 23 through Saturday, Feb. 25, starting at 9 a.m. with different perks for customers each day.

News	6:30/ 7:30/ 8:30 AM	1/26/2023	The Virginia teacher injured by a 6-year-old student at Richneck Elementary school in Newport News is recovering at home and will sue the school district. She claims the administration was warned three times that the boy had a weapon. They did search the boys' belongings but no weapon was found. The Newport News School Board voted on a separation agreement and severance package for the teacher and a new interim superintendent.
News	7:00/ 8:00 AM	1/26/2023	Hampton City Council voted unanimously on an ordinance for new cameras, that will catch you if you run the red light eastbound on I-64 from Settlers Landing Road and the Mallory Street bridge near Phoebus to get on the Hampton Roads Bridge Tunnel. The fee is \$50 for running the light.
News	6:30/ 7:30/ 8:30 AM	1/26/2023	The canal alongside the White Mill in Danville is coming back to life thanks to Danville Parks and Recreation. Developers are in the engineering phase, but plan to create a white-water rafting course for the community to enjoy. It will also function as a swift water training center for first responders.
News	7:00/ 8:00 AM	1/26/2023	Valentine's Day we'll be here before you know it, and the Franklin County Humane Society wants to help you give the paw-fect gift. For the first time since 2019, they are bringing back their 'Pooch Smooch' fundraiser. With a \$50 donation, you can spread some puppy love by scheduling a special visit with an adoptable pet for your Valentine.
News	6:30/ 7:30/ 8:30 AM	1/27/2023	The FBI has temporarily dismantled the network of a ransomware group called Hive, saving hospitals and school districts a potential \$130 million in ransom payments. It is not immediately clear how the takedown will affect Hive's long-term operations. So far, no arrests have been made but they are building a map of Hive's administrators to pursue prosecutions.
News	7:00/ 8:00 AM	1/27/2023	The list of most affordable cities to raise a family in is out and Virginia is on it! They used 32 key metrics from homeownership rate, median household income, and cost of living to determine which cities were most affordable and Chesapeake ranked #2.
News	6:30/ 7:30/ 8:30 AM	1/27/2023	It's been weeks since students and staff at T.C. Miller Elementary in Lynchburg have experienced a regular day of school since the building was forced to close in December for repairs. But today things should be back to normal as the school resumes operation in its own building.
News	7:00/ 8:00 AM	1/27/2023	Back by popular demand, Ve/nar/dos Circus, a Broadway-style animal-free circus, is returning to Lynchburg at River Ridge mall, with its all-new "Let's Build a Dream" tour from March 1 through the 12. There will be 16 shows total at 7pm during the week and shows at 1pm, 4pm, and 7pm on weekends. Prices vary.
News	6:30/ 7:30/ 8:30 AM	1/27/2023	Russian forces fired more missiles and self-exploding drones in nearly a dozen provinces of Ukraine early yesterday, causing the first attack-related death of the year. The volley involved a total of 55 missiles, of which 47 were intercepted.

News	7:00/ 8:00 AM	1/27/2023	Another lockdown took place at an area school yesterday. All Buena Vista City Schools were placed on lockdown after a robbery in the area. The school didn't let anyone in or out of the building until law enforcement said it was safe and E.C. Glass who was on lockdown Wednesday has provided counselors for students to help process the threat on their principal.
News	6:30/ 7:30/ 8:30 AM	1/27/2023	The Coast Guard is holding a formal hearing that started yesterday and will continue daily at 8am until possibly February 3rd on last year's fire that destroyed the Spirit of Norfolk. They will discuss all aspects of the fire and response, including pre-accident historical events, regulatory compliance, crewmember duties, mechanical systems, emergency response, and Coast Guard oversight of the vessel.
News	7:00/ 8:00 AM	1/27/2023	Liberty Athletics is mourning the loss of a football great. Jessie Lemonier, a former Flames linebacker, who spent time in the NFL has passed away at age 25. At this time, it is unclear what may have led to his death.
News	6:30/ 7:30/ 8:30 AM	1/30/2023	Drones targeted an Iranian defense factory causing some damage at the plant amid heightened regional and international tensions. The Iranian Defense Ministry offered no information on who it suspected carried out the attack, which came as a refinery fire separately broke out in the country's northwest and a 5.9-magnitude earthquake struck nearby.
News	7:00/ 8:00 AM	1/30/2023	Former Vice President Mike Pence said that he takes full responsibility after classified documents were found at his Indiana home. He also said that he wasn't aware that the documents were in his residence but acknowledged his lack of awareness wasn't an excuse.
News	6:30/ 7:30/ 8:30 AM	1/30/2023	Eight Liberty University students and two group leaders have departed to go to Romania to help serve Ukrainian refugees who have fled their home country due to the Russian invasion. They will be packing food, water, and other supplies to take to cities that have been affected by the war. The students will return on Feb. 4.
News	7:00/ 8:00 AM	1/30/2023	Damar Hamlin released a video over the weekend saying he's thankful for the outpouring of support and vows to pay it back, marking the first time the Buffalo Bills safety has spoken publicly since he went into cardiac arrest and needed to be resuscitated on the field in Cincinnati on Jan. 2. He said what happened to him is a direct example of God using him as a vessel to share love with the entire world.
News	6:30/ 7:30/ 8:30 AM	1/30/2023	The president, vice president and governors of Maryland and Virginia were among elected officials who issued statements after officials in Tennessee released footage of the traffic stop in Memphis that led to the death of Tyre Nichols. The Five police officers involved were fired and charged.

News	7:00/ 8:00 AM	1/30/2023	The National Prayer Breakfast is splitting from the private religious group that had overseen it for decades. The new organizer for this year's breakfast, will be the National Prayer Breakfast Foundation. Members of Congress, the president, vice president and other administration officials and their guests are invited to Thursday's prayer breakfast, which will be held at the visitors' center at the Capitol.
News	6:30/ 7:30/ 8:30 AM	1/30/2023	Botetourt County officials are moving forward with plans to rebuild and revamp the town's iconic courthouse. The new courthouse will have two courtrooms, be ADA-compliant, and have parking and security. Officials say the project is expected to be completed by 2025.
News	7:00/ 8:00 AM	1/30/2023	Female amateurs and professionals will compete together for the first time in a championship for the Commonwealth in the Women's Open of Virginia, according to officials with the Virginia State Golf Association and Middle Atlantic PGA. The three-day, 54-hole stroke-play championship is scheduled for June 19-21 at Midlothian's Independence Golf Club.
News	6:30/ 7:30/ 8:30 AM	1/31/2023	Just a few days after announcing a significant round of layoffs that will impact 18,000 employees, Amazon is now going to end AmazonSmile. The donation program that redirects 0.5% of the cost of all eligible products toward charities. AmazonSmile will remain open until February 20.
News	7:00/ 8:00 AM	1/31/2023	Richneck elementary school in Newport News where the incident between a 6-year-old and his teacher happened reopened yesterday with stepped-up security and a new administrator. Students were greeted by a line of police officers, Mayor Phillip Jones, and other adults who gave them high-fives as they walked into the school.
News	6:30/ 7:30/ 8:30 AM	1/31/2023	Drivers in Lynchburg and the surrounding counties may encounter some traffic changes due to routine maintenance. Depending on the weather the work may be delayed but be on the lookout for crews doing bridge & guardrail work, limb cutting, pothole repairs, mowing, drainage repairs, and roadside cleanup. Check VDOT's website for a schedule and location of the work.
News	7:00/ 8:00 AM	1/31/2023	The Roanoke College Athletic Training Clinic is adding a four-legged friend to its team. Milo, an adorable dog, is coming to Roanoke College as a student-athlete wellness supporter. He will act as a morale booster when student-athletes and staff visit the sports medicine clinic and will keep student-athletes company during rehabilitation and exercises.
News	6:30/ 7:30/ 8:30 AM	1/31/2023	The World Health Organization announced that COVID-19 will remain a global health emergency for the next three months because of the uncertainty with future variants. In the United States, there has been an uptick in coronavirus-related deaths, based on Centers for Disease Control and Prevention data, but overall deaths are down from the previous two winters.

News	7:00/ 8:00 AM	1/31/2023	The Elizabeth River Project marked the latest progress in the building of its Ryan Resilience Laboratory with a ceremony adding the final roof trussell. The complex will serve as a research, education, and outreach center dedicated to the environment. Located on Colley Avenue at 47th Street the building itself will integrate into the environment and teach others about the health of the Elizabeth River. The completion date should be by the middle of this summer.
News	6:30/ 7:30/ 8:30 AM	1/31/2023	Two additional school resource officers are headed to Danville thanks to a grant from the Danville Police Department. One of the new SROs will be sent to George Washington High School but they are still searching for a candidate to fill the full-time position. The other resource officer will alternate between all six Danville elementary schools.
News	7:00/ 8:00 AM	1/31/2023	The Covington community now has a mascot that will represent the newly consolidated Alleghany Highlands Public Schools. A cougar has been unveiled as the mascot, along with new logos and school colors – light blue and navy.
News	6:30/ 7:30/ 8:30 AM	2/1/2023	The Virginia March for Life will be taking place at the Bell Tower in Richmond today at 12pm. This year, Governor Youngkin will be joining pro-life Virginians as they march for life for the first time since the overturn of Roe v. Wade.
News	7:00/ 8:00 AM	2/1/2023	A proposed bill that would require student-athletes to play on sports teams corresponding with their biological gender has moved forward in the Virginia General Assembly. The bill will now go before the full education committee today for another vote.
News	6:30/ 7:30/ 8:30 AM	2/1/2023	Join Gleaning for the World at Liberty University's hockey game this Saturday, February 4th for the annual Teddy Bear Toss! Toss your new and gently used stuffed animals on the ice! These plush toys will be sent to help children in need, throughout the year through Gleaning For The World.
News	7:00/ 8:00 AM	2/1/2023	Three Western Branch siblings have enlisted in the Navy, and the best part? They're triplets. The Navy Recruitment Office in Suffolk did some research and said Air-e-on, On-drea and A-dri-on Sutton are the first black triplets to join the navy together, and their dad even re-enlisted to join them. Air-e-on is now stationed in Norfolk, and his sister On-drea is at Oceana in Virginia Beach, while A-dri-on awaits his assignment.
News	6:30/ 7:30/ 8:30 AM	2/1/2023	Boeing has bid farewell to an icon; the final 747 jumbo jet has been delivered. Since its first flight in 1969, the 747 has served as a cargo plane, a commercial aircraft capable of carrying nearly 500 passengers, a transport for NASA's space shuttles, and the Air Force One presidential aircraft. The final plane is the 1,574th built by Boeing.
News	7:00/ 8:00 AM	2/1/2023	An accused MS-13 gang member has received the maximum sentence for his part in the 2017 death of a Lynchburg teenager. Ventura was sentenced to two life sentences plus ten years to all be served consecutively.

News	6:30/ 7:30/ 8:30 AM	2/1/2023	A bill passed in the West Virginia Senate that would mandate public schools to display the national motto, "In God We Trust," in every school building in the state. The bill calls for a "durable poster" or "framed copy" of the motto to be displayed in a noticeable place including at public colleges and universities, as well as K-12.
News	7:00/ 8:00 AM	2/1/2023	Security remains one of the most time-intensive parts of air travel, but a new system now in use at Raleigh-Durham International Airport may help to speed up the process. RDU has introduced CLEAR biometric security lanes. When you step up to one of these terminals, it can scan your eyes or fingers to verify your identity, eliminating the need to take out your driver's license.
News	6:30/ 7:30/ 8:30 AM	2/2/2023	The Federal Reserve extended its fight against high inflation by raising its key interest rate by a quarter-point, its eighth hike since March of last year. Even though inflation is easing, it remains high enough to require further rate hikes putting short-term rates in a range of 4.5% to 4.75%, its highest level in about 15 years.
News	7:00/ 8:00 AM	2/2/2023	A pharmaceutical engineering and manufacturing company is expanding and has chosen Danville as its continued home. Governor Glenn Youngkin announced that Engineered Bio Pharmaceuticals, a company dedicated to advancing cost-effective, state-of-the-art medicine, will invest \$6.1 million to expand in the City of Danville creating 34 new jobs.
News	6:30/ 7:30/ 8:30 AM	2/2/2023	No one was hurt after a fire broke out near the Volvo Trucks New River Valley Operations in Pulaski County. The plant's internal fire brigade responded, and all employees were evacuated. The cause of the fire remains under investigation.
News	7:00/ 8:00 AM	2/2/2023	Tom Brady, who has won a record seven Super Bowls, has again announced his retirement. Brady the most successful quarterback in NFL history, and one of the greatest athletes in team sports posted the announcement on social media yesterday.
News	6:30/ 7:30/ 8:30 AM	2/2/2023	Former South Carolina Governor Nikki Haley is expected to move closer to launching a presidential bid. Haley, who was ambassador to the U.N. for two years in the Trump administration, will invite supporters to a special event Feb. 15 in South Carolina, which is where she is expected to announce. This will make her former President Donald Trump's first GOP primary opponent for 2024.
News	7:00/ 8:00 AM	2/2/2023	February is American Heart Month, and the Virginia Department of Health is kicking things off with a few free heart health-promoting events and activities. VDH partnered with the Arthritis Foundation to offer Walk with Ease a six-week program that is open to all Virginians and runs through Monday, March 6. There are resources available for free while supplies last.

News	6:30/ 7:30/ 8:30 AM	2/2/2023	Speaking of heart month, Buffalo Bills safety Damar Hamlin has teamed up with the American Heart Association after CPR saved his life when he collapsed on the field after suffering cardiac arrest. The challenge teaches you how to administer hands-on CPR, asks you to donate to the AHA to fund CPR education and training, and then share the challenge with three others using the hashtag 3forHeart.
News	7:00/ 8:00 AM	2/2/2023	The official race of the United States Coast Guard is coming back to Elizabeth City! The 2023 Coast Guard Marathon will take place March 2 – 4. Races are open to both military and non-military participants. The marathon and half marathon courses will run along the Pasquotank River and through the U.S. Coast Guard Base and Air Station with a rare chance to traverse the military airstrip.
News	6:30/ 7:30/ 8:30 AM	2/3/2023	A Florida man and woman have been indicted in U.S. District Court on charges of attacking a pregnancy support center when Roe v. Wade was overturned last year. They are the first two to be indicted on related federal charges. The FBI has also announced a reward of up to \$25,000 for information that leads to arrests in cases across the country. If you remember the Blue Ridge Pregnancy Center, our Lynchburg partners in the world's largest baby shower, was also targeted in those attacks.
News	7:00/ 8:00 AM	2/3/2023	Tax season is in full swing, and there are free tax services being offered. Right now, the Dumas Center in Roanoke has a free tax clinic with Total Action For Progress, an appointment is needed. Also available to help is Liberty University Law which is preparing taxes for free if you make less than \$54,000. Starting tomorrow through March 9 you can meet them in Green Hall at Liberty University on Thursdays and Saturdays and at Liberty University School of Business on Tuesdays.
News	6:30/ 7:30/ 8:30 AM	2/3/2023	Leesville Road Elementary School had an early dismissal yesterday because of a chemical smell in the building. HVAC technicians investigated as students were dismissed early. During their investigation, it was learned a staff member had used an unauthorized over-the-counter spray on a classroom carpet. School officials say the building was ventilated and classes are back to normal today.
News	7:00/ 8:00 AM	2/3/2023	And yesterday, how could we forget good old Chesapeake chuck??? If you are a fan of spring, you will like him better than Punxsutawney Phil because Chesapeake Chuck predicted an early spring during the annual Groundhog Day event at the Virginia Living Museum. Unfortunately, he also picked the Eagles to win the super bowl, so I hope he's only half right.
News	6:30/ 7:30/ 8:30 AM	2/3/2023	Earlier this week we talked about the newest federal hike in interest rates, but what does that mean for you? Well it means that anyone borrowing money to make a large purchase, such as a home, car, or large appliance, will likely take a hit. The new rate will also increase monthly payments and costs for interest on credit card debt.

News	7:00/ 8:00 AM	2/3/2023	An internet competitor for Cox Communications has officially launched in Norfolk. Metronet, a 100% fiber optic internet provider, is now available in several neighborhoods and construction is underway for other parts of the city, from Ocean View down to East Princess Anne Road, between Chesapeake Blvd. and Tidewater Drive. Other areas of the Norfolk, including downtown, are also slated for future fiber optic installation. There's no exact timeline for when new neighborhoods will be launched.
News	6:30/ 7:30/ 8:30 AM	2/3/2023	Law enforcement, employees and area citizens are being praised for their response to a fire at a Poquoson daycare yesterday. Playtime Learning Center on Wythe Creek Road was evacuated, and no injuries have been reported. Photos from the scene show police and others carrying kids away from the burning building. There is no word on what caused the fire.
News	7:00/ 8:00 AM	2/3/2023	Military Circle Mall closed for good after 52 years this week and you now have a chance to take home a piece of the mall. Chesapeake-based Antiquity Estate Sales has been hired to auction off what's been left behind. From the mall's clock to seasonal flag banners in the parking lot, light fixtures, kids' play areas and even the palm trees are all set for sale to the highest bidder. You can bid on the items online.
News	6:30/ 7:30/ 8:30 AM	2/6/2023	The U.S. military shot down a suspected Chinese spy balloon off the Carolina coast after it traversed sensitive military sites across North America. China insisted the flyover was simply a civilian aircraft. The debris landed in 47 feet of water and spread out about seven miles. The recovery operation includes several ships and should be completed within days.
News	7:00/ 8:00 AM	2/6/2023	Tesla has raised prices on its Model Y due to rising demand and changes in U.S. government rules that make more versions of the small SUV eligible for tax credits. The Treasury Department revised vehicle classification definitions to make more EVs including SUVs made by Tesla, Ford, and General Motors eligible the full \$7,500 tax credit that will be available at least into March.
News	6:30/ 7:30/ 8:30 AM	2/6/2023	Some may be surprised by the highway "use fee" you'll have to pay when renewing your car's registration. The Department of Motor Vehicles came up with the highway use fee in 2020 which collects money to help maintain roads and highways. You may now start to see the additional fee when you get your vehicle registered in the Commonwealth.
News	7:00/ 8:00 AM	2/6/2023	The Roanoke Redevelopment and Housing Authority is cooking up something to try and address the ongoing issue of violence in the city. They are planning on hosting quarterly cookouts that are open to anyone, with the goal of connecting those affected by violence with resources available in the city.
News	6:30/ 7:30/	2/6/2023	Dozens of Russian and Ukrainian prisoners of war have returned home following a prisoner swap. 116 Ukrainians were freed along



	8:30 AM		with 63 Russian troops. Despite the exchange of prisoners, the war does not seem to have an end in sight.
News	7:00/8:00 AM	2/6/2023	Officials are warning beachgoers not to touch or move any possible Chinese spy balloon debris that may wash up on Carolina beaches. The location of the shutdown was just a few miles south of the North Carolina border. The debris is part of a federal investigation, and no one should touch or remove it.
News	6:30/7:30/8:30 AM	2/6/2023	Two major insurance companies are dropping some Kia and Hyundai models over concerns about how often the vehicles are stolen. Progressive and State Farm announced that they won't issue new policies for some model years after videos showing how to use a USB to outsmart the keyless ignition. Kia responded by upgrading their technology on newer models and offering some owners software upgrades.
News	7:00/8:00 AM	2/6/2023	Scammers in Pulaski County are entering homes, asking personal questions, and even taking pictures all while claiming to be with the Virginia Department of Health and Human Resources. Police are warning that they are targeting senior citizens and that you should not let anyone into your home that you don't know.
News	6:30/7:30/8:30 AM	2/7/2023	A majority of Democrats now think one term is plenty for President Joe Biden, despite his plan to seek reelection in 2024. President Biden is giving his State of the Union address tonight, where he has a chance to confront doubts about his competence to govern.
News	7:00/8:00 AM	2/7/2023	The European Union has urged Russia to stop the illegal practice of deporting Ukrainian nationals, especially children, and allow those already deported to safely return to Ukraine. Deliberate targeting of civilians or civilian objects is also a war crime for which the EU says Russia will be held accountable.
News	6:30/7:30/8:30 AM	2/7/2023	The FBI has opened registration for their 2023 Teen Academy in Richmond. The FBI Richmond Teen Academy is held at the field office in June and gives high school students in the Commonwealth the chance to get an inside look at the workings of the FBI. Applications are due back by Friday, March 31.
News	7:00/8:00 AM	2/7/2023	The Virginia Department of Forestry is reminding folks that an important burning law for the state is returning soon. The 4 PM Burning Law is in effect from February 15 through April 30 each year and bans open-air burning prior to 4 p.m. if the fire is within 300 feet of the woods or dry grass.
News	6:30/7:30/8:30 AM	2/7/2023	Several special recovery ships have arrived in the area just off the South Carolina coast to perform a search and recovery mission of debris from the Chinese balloon. The USS Carter Hall, guided-missile destroyer USS Oscar Austin, and guided-missile cruiser USS Philippine Sea are all in the area helping in the recovery.

News	7:00/ 8:00 AM	2/7/2023	Dell plans to lay off roughly 5% of its workforce, in the latest example of tech companies cutting costs. That represents more than 6,500 employees. Dell said they have already put restrictions on employee travel and a pause on external hiring but that simply wasn't enough.
News	6:30/ 7:30/ 8:30 AM	2/7/2023	Danville Community College is introducing a new training program to address both regional needs and a nationwide shortage of CDL-licensed truck drivers. The CDL Training Program will officially launch on March 6. The average starting salary for a licensed CDL driver is more than \$63,000.
News	7:00/ 8:00 AM	2/7/2023	Good news for those on the job hunt! Kings Dominion plans to hire more than 2,500 seasonal associates for its spring and summer seasons. The majority of these roles will be filled during a week-long hiring event from Feb. 18-24 from 11 a.m. to 7 p.m. Positions being offered include ride operations, food and beverage, lifeguards, and security. Those interested can apply at the park's Human Resources office the week of the hiring event.
News	6:30/ 7:30/ 8:30 AM	2/8/2023	Rescue teams in Turkey and Syria are racing to save those trapped after a 7.8 magnitude earthquake happened earlier this week. Close to 8,000 have lost their lives in one of the largest earthquakes to hit the area in the past century.
News	7:00/ 8:00 AM	2/8/2023	Some ways that you can help those in Turkey and Syria are through our friends at World Help. World Help in Forest has a donation page set up and every \$35 donation will help provide one displaced person with the essentials they need for about a week. They are hoping to raise \$35,000. You can give at <a href="http://MyJourneyFM.com">MyJourneyFM.com</a> .
News	6:30/ 7:30/ 8:30 AM	2/8/2023	Nearly eight months after the Spirit of Norfolk cruise boat was destroyed by a fire, it's been revealed that its shell could still go on serving. Instead of serving human life however, it would serve marine life. The American Marine Group thinks it would make a great addition to the sea floor and recommends sinking what's left to create an artificial reef. Where it might be sunk is still to be determined.
News	7:00/ 8:00 AM	2/8/2023	Volunteers are at work this week transforming Fellowship Community Church in Salem into a dance floor for the Night to Shine prom on Friday. The prom is a dance started by the Tim Tebow Foundation for those of all abilities to celebrate those with special needs. Everyone at the dance will be crowned a king or queen at the end of the night.
News	6:30/ 7:30/ 8:30 AM	2/8/2023	The death toll from the 7.8-magnitude quake which was followed by another 7.6 and several more is expected to continue to climb in both Turkey and Syria as they search for survivors. Despite being technically at war with Syria, Israel has offered to provide humanitarian aid and even to treat Syrian victims' at hospitals in the State of Israel.

News	7:00/ 8:00 AM	2/8/2023	Members of Virginia Task Force 1 have deployed to help those impacted by the earthquakes in Turkey and Syria. The team consists of 79 members and six dogs. They will also be joined by more than 80 members of the Los Angeles County Fire Department.
News	6:30/ 7:30/ 8:30 AM	2/8/2023	North Carolina transit agencies will receive about \$183 million for public transportation improvements. This is a part of the Infrastructure Investment and Jobs Act, and will allow transit agencies to buy new buses, continue operating services, modernize their fleets and transition to new, clean transportation technologies such as electric vehicles.
News	7:00/ 8:00 AM	2/8/2023	Historically Black College and University students in the Hampton Roads area are eligible to apply to win a McDonald's "Black & Positively Golden Scholarship". This summer, 63 students will be selected to receive a scholarship up to \$15,000. Applications are due by March 27th.
News	6:30/ 7:30/ 8:30 AM	2/9/2023	The earthquake that destroyed thousands of buildings in Turkey and Syria has become one of the deadliest quakes worldwide in more than a decade. So far more than 16,000 lives have been lost. Rescue crews are braving freezing temperatures in hope of reaching survivors. Nearly 300,000 displaced and some areas won't be able to be lived in for years. If you would like to help you can donate through our friends at World Help at MyJourneyFM.com
News	7:00/ 8:00 AM	2/9/2023	Leaders in China want debris returned from the suspected spy balloon that was shot down after it was spotted floating across the U.S. So far, the Pentagon has refused the request. China is still claiming it was not a spy balloon but a civilian airship that was being used for meteorological and research purposes and it was pushed off course due to the wind.
News	6:30/ 7:30/ 8:30 AM	2/9/2023	The Virginia Aquarium Stranding Response Team is working to find out what caused the death of a whale off the coast of Virginia Beach. The aquarium received a report about a dead humpback whale floating in the water near the mouth of the Chesapeake Bay. The plan is to secure the whale by First Landing State Park then bring it to shore where they can perform an examination.
News	7:00/ 8:00 AM	2/9/2023	The American Heart Association is asking the community in Southwest Virginia to come together this weekend for the Roanoke Heart Ball. The Ball is taking place Saturday, at Hotel Roanoke and the theme this year is an "Enchanted Evening."
News	6:30/ 7:30/ 8:30 AM	2/9/2023	The IRS is asking millions of taxpayers in California, Colorado and other states that issued tax rebates last year to hold off on filing their taxes. The agency said it is seeking to clarify whether those tax rebates and special refunds are considered taxable income.
News	7:00/ 8:00 AM	2/9/2023	Governor Youngkin made antisemitism a key focus of his administration. Now House Republicans have passed new legislation to target antisemitism. Legislation will define antisemitism according to internationally accepted standards, adding attacks on ethnicity to

			Virginia's hate crime statutes and ensuring that Virginia does not do business with companies that boycott Israel.
News	6:30/ 7:30/ 8:30 AM	2/9/2023	Second-graders in Hampton City Schools are invited to receive free swim lessons at the new Hampton Aquaplex. The "Learn to Swim" program is designed to promote fitness and safety, with goals including comfortable submersion, front and back floats, all four forms of kicking for 15 feet, and more.
News	7:00/ 8:00 AM	2/9/2023	The Pungo Strawberry Festival in Virginia Beach has been cancelled for the fourth straight year. The executive board said they were unable to secure the land-use agreements and could not develop a traffic plan without sufficient parking. They also said they have tried to find another location to host the festival but were unsuccessful.
News	6:30/ 7:30/ 8:30 AM	2/10/2023	Rescuers are pulling more survivors from beneath collapsed buildings, but hopes are starting to fade as the number of those that lost their lives in the Turkey Syria earthquake reaches 20,000. Another concern is flooding from a cracked dam which is also causing problems with clean water. If you want to help you can give to World Help at <a href="http://MyJourneyFM.com">MyJourneyFM.com</a>
News	7:00/ 8:00 AM	2/10/2023	Specialty dog food is being recalled because it can make them sick. The U.S. Food and Drug Administration said the recall involves select lots of Purina Pro Plan Veterinary Diets EL Elemental prescription dry dog food. The dog food was distributed throughout the United States by prescription only through veterinary clinics
News	6:30/ 7:30/ 8:30 AM	2/10/2023	A water main break occurred at the intersection of Ninth Street and Main Street, in downtown Lynchburg. This area will remain closed for repairs until further notice. Both the inbound and outbound lanes of Main Street remain open, however. Lynchburg Water Resources also said the water service will not be impacted during repairs.
News	7:00/ 8:00 AM	2/10/2023	A Danville fire chief received a fire officer designation after an extensive peer review process. This designation recognizes demonstrated excellence in seven measured components including experience, and community involvement. In receiving this designation, Chief Coffey becomes one of only 1,766 CFOs worldwide.
News	6:30/ 7:30/ 8:30 AM	2/10/2023	China's military is likely behind the huge aerial spy program that has targeted more than 40 countries on five continents with high-altitude surveillance balloons similar to one the U.S. shot down over the Atlantic Ocean coast. A senior State Department official linked China's People's Liberation Army to the balloon saying that China has developed a vast surveillance program capable of collecting sensitive intelligence.

News	7:00/ 8:00 AM	2/10/2023	The Internal Revenue Service is expecting to deliver the results of its study on the possibility of developing their own system for Americans to file their taxes for free in May. Creating such a system could help taxpayers navigate a complicated and frequently frustrating system to file their taxes and incentivize people to file digital returns, which are significantly easier for the IRS to process.
News	6:30/ 7:30/ 8:30 AM	2/10/2023	A simpler, less invasive COVID-19 test that uses saliva to get results within 28 minutes is now available in the Richmond area. CrossOver Healthcare Ministry has announced they are the first Virginia organization to have access to saliva-based testing.
News	7:00/ 8:00 AM	2/10/2023	For the first time in history, ocean liners will sail up the York River and let passengers off in Yorktown. Princess Cruises said two of its ships will call at the historic port city for a grand total of five visits. Each ship is estimated to bring more than 2,000 guests each trip.
News	6:30/ 7:30/ 8:30 AM	2/14/2023	The lives lost in the Syria, Turkey earthquake have now reached over 35,000. Thousands more are now homeless packed into crowded tents or lined up in the streets for hot meals. Thousands of rescue teams, including Turkish coal miners and experts aided by sniffer dogs and thermal cameras, are also still searching for survivors.
News	7:00/ 8:00 AM	2/14/2023	The U.S. has told American citizens to leave Russia immediately and cease travel to the country as Russia's war against neighboring Ukraine continues, citing risks of harassment and wrongful detention for Americans. The warning marks the highest level, Level 4, of alerts issued by the State Department, which ranges from exercising precaution to ceasing all travel. It comes as the Russia-Ukraine war nears its first anniversary on Feb. 24.
News	6:30/ 7:30/ 8:30 AM	2/14/2023	Richmond city leaders celebrated the opening of a new childcare facility. The Sprout School at Second Presbyterian Church on North 5th Street will serve children between the age of two months and five years old and give several Richmond families one more needed option for affordable daycare. Overall, the funds are expected to help more than 200 Richmond families have access to affordable childcare.
News	7:00/ 8:00 AM	2/14/2023	The Kansas City Chiefs beat the Philadelphia Eagles 38-35 in the Super Bowl. The real winner though was Team Fluff in the puppy bowl beating team Ruff 87-83. Team Fluff featured 5 dogs from Virginia.
News	6:30/ 7:30/ 8:30 AM	2/14/2023	President Joe Biden ordered an unidentified object shot down over Lake Huron. The downing came after earlier objects over Alaska and Canada were shot out of the sky because they were flying at altitudes that posed a threat to commercial aircraft. That makes four objects that were shot out of the sky by U.S. fighter jets in eight days.
News	7:00/ 8:00 AM	2/14/2023	The North Carolina State Board of Education is trying to get more in the teaching field and keep them in classrooms. One way they're looking at doing this is through a policy that would change the way

			teachers get paid including starting them at \$45,000 and considering both years of experience and teacher effectiveness to get bonuses.
News	6:30/ 7:30/ 8:30 AM	2/14/2023	The Hague Pharmacy at Children's Hospital of the King's Daughters closed abruptly after its lease was terminated, leaving patients confused and worried about how they'll get needed medications. The Hague was just one of a few pharmacies in the area that does compounding of medications.
News	7:00/ 8:00 AM	2/14/2023	Students at George Washington High School in Danville learned virtually yesterday because of a threat aimed at the school. Students and staff were sent home as a precaution and police searched the school. Who sent the threat is still under investigation, but students are back in class today.
News	6:30/ 7:30/ 8:30 AM	2/15/2023	13 million have been affected by the earthquake that struck Turkey and Syria and emergency shelters have become places of refuge for those who are now homeless. These survivors need food, water, and basic supplies so Gleaning For The World in Concord Virginia is accepting financial donations to aid their partners on the ground in that region. To donate visit <a href="http://GFTW.org">GFTW.org</a>
News	7:00/ 8:00 AM	2/15/2023	Amazon is ready to take its self-driving vehicle unit known as Zoox to a new level. They have successfully tested its robo taxi on a public road using employees as passengers. The robo taxi uses no steering wheel or pedals and it has room for four passengers. Amazon said they have dozens ready to hit the road, but an exact rollout date and location is unknown.
News	6:30/ 7:30/ 8:30 AM	2/15/2023	Breeze Airways will be adding four new destinations from Norfolk International Airport in time for the summer. Their new destinations include nonstop flights to Portland, Maine, Syracuse, N.Y., Akron, Ohio, and Raleigh-Durham, N.C. Breeze is also offering 12 routes from Norfolk on sale from \$39.
News	7:00/ 8:00 AM	2/15/2023	PetSmart is looking for two Chief Toy Testers. The lucky dog and cat chosen will take home \$10,000 in compensation, along with quarterly salon treatments, toy and treat deliveries, and celebrity status as a VIP at PetSmart events. If you are interested, you can apply until Friday the 17th.
News	6:30/ 7:30/ 8:30 AM	2/15/2023	A man attacked students at Michigan State University, this week taking the lives of three and wounding five more, before taking his life. The man was 43-year-old Anthony McRae who was not a student or employee and had no affiliation with the university. The reason behind the attack is under investigation.
News	7:00/ 8:00 AM	2/15/2023	Nikki Haley, the former South Carolina governor, and United Nations ambassador, announced her candidacy for president, becoming the first major challenger to former President Donald Trump for the 2024 Republican nomination. Other Republicans expected to run in 2024 are Florida Gov. Ron DeSantis, former Vice President Mike

			Pence, former Secretary of State Mike Pompeo, and Sen. Tim Scott also from South Carolina.
News	6:30/ 7:30/ 8:30 AM	2/15/2023	Students were still not back in the classroom after a threat received by a staff member at George Washington High School, in Danville. Virginia State Police are investigating, and so far, there appears to be no credible evidence of a threat against GW students. Out of an abundance of caution classes were held virtually Monday, and Tuesday.
News	7:00/ 8:00 AM	2/15/2023	There's another beached whale mystery on the bay side of Virginia Beach. The National Oceanic and Atmospheric Administration said it's the third of its kind in a week. The beached "right" whale is listed as critically endangered, and it is not known yet if there is a common reason for the 3 recent deaths.
News	6:30/ 7:30/ 8:30 AM	16-Feb	China said it will take measures against the U.S. because of the downing of the Chinese spy balloon off the American East Coast. Since the Feb. 4 the United States has sanctioned six Chinese entities it said are linked to Beijing's aerospace programs. While China denies the balloon was a military asset, it has yet to say exactly who the balloon belonged to.
News	7:00/ 8:00 AM	2/16/2023	Electric car giant Tesla will, for the first time, make some of its charging stations available to all U.S. electric vehicles by the end of next year. The plan will make at least 7,500 chargers from Tesla's network available to non-Tesla EVs which will promote EV use, a key component of President Joe Biden's goal to fight climate change.
News	6:30/ 7:30/ 8:30 AM	2/16/2023	A 300-unit apartment complex could soon be coming to Daleville. Developers are calling it "The Wellington," and the planned location is along College Drive and Old Estates Lane. The county planning commission voted to recommend approval of the project's requests to the Board of Supervisors. The next public hearing will take place Tuesday the 28.
News	7:00/ 8:00 AM	2/16/2023	This year's Foot Leveler's Blue Ridge Marathon is April 22 and organizers are already looking for volunteers. They need around 650 so if you are interested you can sign up online.
News	6:30/ 7:30/ 8:30 AM	2/16/2023	At least 6,000 Ukrainian children have been relocated to Russian camps with a focus on "re-education efforts" since the war with Ukraine began last February. The 24th marks a year since Russia's invasion and the Yale University Humanitarian Research Lab, has identified at least 43 facilities that are being used to hold Ukrainian children.
News	7:00/ 8:00 AM	2/16/2023	Virginia leaders are making a push to bring FBI headquarters to Springfield's 58-acre federally owned warehouse complex. A final presentation was made by several leaders including Gov. Glenn Youngkin, and Sens. Mark Warner and Tim Kaine. Currently, the race is between Springfield, Virginia and Landover, Maryland.

News	6:30/ 7:30/ 8:30 AM	2/16/2023	Hyundai and Kia are rolling out software updates after auto thefts related to a TikTok challenge that has led to at least 14 reported crashes and eight fatalities. The software update extends the theft alarm from 30 seconds to one minute and requires the key to be in the ignition to turn the vehicle on. About 3.8 million Hyundais and 4.5 million Kias are eligible for the update.
News	7:00/ 8:00 AM	2/16/2023	The biggest race in NASCAR is just days away, and drivers are already in Florida gearing up. The Daytona 500 will officially open the NASCAR season on Sunday. This year's race, the 65th running of "the Great American Race," is completely sold out.
News	6:30/ 7:30/ 8:30 AM	2/17/2023	The number of lives lost in the Feb. 6 earthquakes that devastated parts of southern Turkey and northern Syria continues to rise to nearly 40,000. Chances of finding more survivors is dwindling, and some foreign search teams that rushed to help have started to head back home. The United Nations has launched an appeal for \$1 billion in funds to help humanitarian agencies in Turkey assist those affected.
News	7:00/ 8:00 AM	2/17/2023	Lynchburg City Schools has opened a new Restorative Suspension Center to help students. The center provides an alternative to traditional suspensions where instead of students serving their out-of-school suspension at home, the middle and high school students will attend RCS. At the center, they will have all-day programming that includes completing class work, and working to improve their behavior.
News	6:30/ 7:30/ 8:30 AM	2/17/2023	A team of Virginia Department of Energy geologists are gathering data to updated geologic maps. They will be in the field at various times between now and September 30 in Amelia, Chesterfield, Dinwiddie, Goochland, Hanover, Louisa, and Smyth and Wythe Counties. Geologic maps are used to identify water and mineral resources and natural conditions that could pose hazards.
News	7:00/ 8:00 AM	2/17/2023	Lynchburg is getting ready to welcome Ven-ar-dos circus for the first time since 2019. They will be in Lynchburg for 8 days of shows at River Ridge Mall. Parking is free and the preshow entertainment begins an hour prior to showtime with the main event lasting 90 minutes. One child, one year old or younger, is admitted free with each paying adult.
News	6:30/ 7:30/ 8:30 AM	2/17/2023	The United States launched an initiative promoting international cooperation on the responsible use of artificial intelligence and autonomous weapons by militaries. Russia's war in Ukraine has accelerated a trend that could soon bring the world's first fully autonomous fighting robots to the battlefield.
News	7:00/ 8:00 AM	2/17/2023	West Virginia officials have reiterated that the state's drinking water remains safe following an Ohio train derailment. Toxic chemicals that leaked from the derailment are being monitored as they move down the Ohio River, but they as of now they are not affecting the drinking water.



News	6:30/ 7:30/ 8:30 AM	2/17/2023	The North Atlantic right whale investigation revealed that trauma was the cause of death of the whale that washed up on shore in Virginia Beach. They determined the whale suffered an injury consistent with a ship strike. The whale was in otherwise normal condition.
News	7:00/ 8:00 AM	2/17/2023	Did you know that there are giant president heads on display in Williamsburg? You can view these presidential busts only a few times a year with a ticket at Hampton Roads Materials on Croaker Road. The next tours are on Saturday, March 25 from 9 a.m. to 8 p.m, and then Easter weekend, followed by a special evening photo shoot two weeks later on April 22.
News	6:30/ 7:30/ 8:30 AM	2/20/2023	The search and rescue effort for survivors of the Turkey Syrian earthquake have winded down and now demolition teams have moved in to clear the rubble. Over 40,000 lost their lives and two of our ministry partners are helping out by collecting funds. If you want to help you can go to <a href="http://worldhelp.net">worldhelp.net</a> or <a href="http://GFTW.org">GFTW.org</a> .
News	7:00/ 8:00 AM	2/20/2023	U.S. Secretary of State Antony Blinken arrived in southern Turkey to tour the earthquake disaster zone. This is Blinken's first trip to NATO ally Turkey since he took office two years ago. He also inspected American aid efforts and spoke to members of the Disaster Assistance Response Team, a quick reaction group of disaster experts.
News	6:30/ 7:30/ 8:30 AM	2/20/2023	Four juveniles are in custody, after weapons were seized in the River Ridge Mall parking lot. LPD said officers and mall security quickly responded and no injuries were reported, charges are pending for those involved.
News	7:00/ 8:00 AM	2/20/2023	Former President Jimmy Carter, who at 98 years old is the longest-lived American president, has entered home hospice care. After a series of short hospital stays, Carter decided to spend his remaining time at home with his family and instead of having additional medical intervention.
News	6:30/ 7:30/ 8:30 AM	2/20/2023	Teams from multiple federal agencies are deploying to Ohio after a fiery train derailment forced thousands of residents to evacuate. Health teams from the Centers for Disease Control and Prevention and the Department of Health and Human Services are expected to get there today. They'll be staffing a medical clinic with Ohio's health department for anyone in the town with symptoms.
News	7:00/ 8:00 AM	2/20/2023	Michigan State University students are expected to return to campus and resume classes today, only a week after three students lost their lives and five others were seriously hurt. Thousands of students have already declared their seats will be empty with more than 20,000 signing their names on a petition that asks the university to hold hybrid or online class options as students continue to recover.

News	6:30/ 7:30/ 8:30 AM	2/20/2023	A class action lawsuit has been filed because of the toxic water at Camp Lejeune in North Carolina. The water was contaminated with toxic chemicals, including fuel, cleaning solvents, and radioactive materials. Those effected suffered birth defects, infertility, and several different types of cancers. They filed a claim with the Navy Judge, and the Department has six months to act on it.
News	7:00/ 8:00 AM	2/20/2023	Calling all artists! Lynchburg Parks and Recreation invites local artists to participate in "Art in the Park" on Saturday, May 13 from 10:00 a.m. through 3:00 p.m. at Riverside Park. Vendors who wish to sell artwork must pay a one-time, non-refundable fee of \$50.00.
News	6:30/ 7:30/ 8:30 AM	2/21/2023	President Joe Biden visited Ukraine yesterday and met with their President in a display of Western solidarity just days before the first anniversary of Russia's invasion. President Biden consulted with Zelenskyy on next steps, honored the country's fallen soldiers and saw U.S. embassy staff that's still in the country. Unfortunately, instead of ending, the war is expected to intensify come spring.
News	7:00/ 8:00 AM	2/21/2023	Speaking of Ukraine, an orchestra from there is slated to perform at Radford University tonight just three days prior to the one-year anniversary of Russia's invasion. The National Philharmonic Orchestra of Ukraine, which dates back to 1902, will have a concert at the Bondurant Auditorium in Preston Hall at 7:30 p.m. You can get tickets online.
News	6:30/ 7:30/ 8:30 AM	2/21/2023	Fire Station One on Church Street in Roanoke is now open. While it still feels like an old firehouse, it's now home to a local furniture maker, a new restaurant called "Stock" that serves Nordic Cuisine, and seven guest rooms. Even though renovations were made to the 115-year-old firehouse, designers worked to keep as much of the history as possible including the old brass fire poles and historic pictures of firefighters are proudly displayed throughout the hotel.
News	7:00/ 8:00 AM	2/21/2023	The Mid-Atlantic Quilt Festival returns to Hampton Roads Thursday through Saturday at the Hampton Roads Convention Center. The festival will provide a display of over 500 quilts, wearables, and textile works of art, competitions, and special exhibits. There are also workshops, a fashion show, and a meet and greet.
News	6:30/ 7:30/ 8:30 AM	2/21/2023	More buildings collapsed in Turkey and Syria after another 6.4 magnitude earthquake struck a province which was devastated by the massive quake two week ago. The quake caused some already damaged buildings to collapse, injuring over 300.
News	7:00/ 8:00 AM	2/21/2023	26 localities across the commonwealth are getting funding to fight homelessness. Virginia Senators Tim Kaine and Mark Warner have announced that over \$54 million in federal funding will go to improve access to affordable housing.
News	6:30/ 7:30/ 8:30 AM	2/21/2023	Johnson Health Center will break ground on its newest location next Tuesday. The new Amherst County Community Health Center will be located next to the existing one on Elon Road in Madison Heights and is expected to be completed in 2024. Services include primary

			care for adults and children, dental, a drive-thru pharmacy, immediate care, and an on-site wellness center.
News	7:00/ 8:00 AM	2/21/2023	Central Virginians who live in the 4th Congressional District will get to cast their vote today for who will succeed the late Congressman Donald McEachin. It has been just under three months since the passing of the 61-year-old from Richmond, who was reelected for his fourth term just weeks before he passed away.
News	6:30/ 7:30/ 8:30 AM	2/22/2023	President Joe Biden said that the war in Ukraine has hardened Western resolve to defend democracy around the globe and pledged that the United States and its allies would have Ukraine's back. Meanwhile Russian President Vladimir Putin announced that Moscow will no longer participate in the last nuclear arms control pact with the United States.
News	7:00/ 8:00 AM	2/22/2023	The governments of 35 nations called on the International Olympic Committee to clarify the definition of "neutrality" as they seek a way to allow Russian athletes back into next year's Paris Olympics. Some countries are suggesting an Olympic boycott if the war continues, while other United Nations human rights experts believe Russians should not face discrimination and think that competitors from those countries who have not supported the war should be able to compete as neutral athletes, with no symbols of their countries allowed.
News	6:30/ 7:30/ 8:30 AM	2/22/2023	All afternoon classes were transferred online at Ferrum College in Franklin County yesterday as a precautionary measure after a potential threat was identified on campus. The college is not sharing what the potential threat was at this time but did say it was not credible.
News	7:00/ 8:00 AM	2/22/2023	After more than a century in operation, credits appeared to roll for the final time last year at Manteo's historic Pioneer Theatre, one of the longest running family-owned movie theaters in the country. Now though, thanks to two families, the Pioneer theater will once again show movies and will now also host many on stage events.
News	6:30/ 7:30/ 8:30 AM	2/22/2023	A fifth-grade student at the same Virginia elementary school where a first grader injured his teacher last month told his classmates in a text message that he would use weapons against the school. Police are currently investigating. Also, BM Williams Primary School in Chesapeake dismissed early yesterday due to a bomb threat.
News	7:00/ 8:00 AM	2/22/2023	Voters in a Richmond-based Virginia congressional district settled a special election yesterday for the open seat previously held by the late Democratic Donald McEachin, who passed away in November shortly after being elected to a fourth term. Democrat Jennifer McClellan has been elected to take his place.

News	6:30/ 7:30/ 8:30 AM	2/22/2023	The Virginia Department of Transportation is reminding the public of a hearing coming up in Bedford County in regard to the project to improve safety at and around the intersection of Route 460 and Route 697. The hearing will be held on Thursday from 5 to 7 p.m. at Montvale Elementary School.
News	7:00/ 8:00 AM	2/22/2023	A Norfolk neighborhood is locking in their love and throwing away the key with a lock fence. Inspired by the famous lock bridge in Paris The Ocean View Love Lock Fence is open year-round for anyone to lock their love on it. It's located on Lion Ave in Norfolk.
News	6:30/ 7:30/ 8:30 AM	2/23/2023	Before leaving Poland, President Joe Biden is holding talks with leaders from a collection of nations on the most eastern parts of the NATO alliance that came together in response to Russian President Vladimir Putin's 2014 annexation of from Ukraine. As the war in Ukraine drags on, many worry Putin could move to take military action against them next.
News	7:00/ 8:00 AM	2/23/2023	Microsoft is ready to take its new Bing chatbot mainstream less than a week after making major fixes to stop the artificially intelligent search engine from going off the rails. The new AI technology is also available on the Bing smartphone app, and the app for its Edge internet browser. This might give Microsoft an advantage over Google.
News	6:30/ 7:30/ 8:30 AM	2/23/2023	Roanoke City leaders are looking for ways to stop violence in the area. Now the council is thinking about proposing a curfew for teens under 16. Council members are hoping to hold a public hearing to hear from the community about the proposal.
News	7:00/ 8:00 AM	2/23/2023	Pet owners now have a much bigger leash when it comes to walking dogs at the Virginia Beach Oceanfront. Virginia Beach City Council voted 8-1 to extend hours that dogs are allowed on the boardwalk and Atlantic Avenue, from 6 a.m. to 7 p.m. For about the last decade, dogs have only been allowed from 6 a.m. to 10 a.m., from Memorial Day through Labor Day.
News	6:30/ 7:30/ 8:30 AM	2/23/2023	The Environmental Protection Agency outlined how it will govern the cleanup of the recent train derailment in Ohio. The EPA said Norfolk Southern will clean up all contamination in soil and water and safely transport it to the appropriate locations. Norfolk Southern is also expected to reimburse the EPA for cleaning services that will be offered to all residents and businesses within a certain radius of the crash site.
News	7:00/ 8:00 AM	2/23/2023	Virginia lawmakers say they're taking steps to lower electric bills. According to the Affordable Energy Act, which passed with unanimous support in the House and Senate state regulators will be able to better protect consumers from being overcharged. Lawmakers described it as one of the most significant consumer protection bills on energy in many years.

News	6:30/ 7:30/ 8:30 AM	2/23/2023	Nearly a year to the day after construction started, LewisGale Hospital Montgomery in Blacksburg finally cut the ribbon on their new surgery department expansion. The hospital added two brand-new operating rooms and a 15-bed post-anesthesia care unit. The hope is to attract more members of the community and more health care professionals as well.
News	7:00/ 8:00 AM	2/23/2023	Roanoke County will be hosting a series of meetings this spring for the community to comment on The 200 Plan, a major update to the county's Comprehensive Plan. The 200 Plan consists of community vision as well as unique goals for 11 community planning areas within the County and the Town of Vinton. All six open house-style meetings are from 4:30 to 6:30 p.m. starting Monday at various locations.
News	6:30/ 7:30/ 8:30 AM	2/24/2023	The U.S. is working at becoming the world leader in advanced computer chips. Factories, automobiles, appliances, electronics, toys, toothbrushes, and weapons systems all depend on these chips. Recently several chip companies announced new U.S. factories, and starting next week, the application process will begin for firms seeking to qualify for \$39 billion in government backing to help fund their expansion.
News	7:00/ 8:00 AM	2/24/2023	Virginia's Severe Weather Awareness Week will be observed March 6-10, just in time for the spring storm season. The week is promoted by the Virginia Department of Emergency Management and the National Weather Service to remind Virginians about threats from severe weather and how to avoid them. Some things you can do to prepare are clean your gutters, trim your trees, and inspect your roof.
News	6:30/ 7:30/ 8:30 AM	2/24/2023	Roanoke City School Board's Naming Committee needs your help! They want to hear your thoughts as they work to name the Administration Building on Campbell Avenue and the new Roanoke Technical Education Center beside William Fleming High School. From now until Tuesday, you can offer feedback by taking a survey online.
News	7:00/ 8:00 AM	2/24/2023	You can plan your entire wedding in just one day the Roanoke Bridal Expo. The expo is taking place this Sunday, from 12 p.m. to 4 p.m. at Hotel Roanoke with over 80 different vendors in attendance. If you would like to attend the expo, you can pre-register online. Brides are admitted for free, and guests are \$10.
News	6:30/ 7:30/ 8:30 AM	2/24/2023	A central Florida television journalist and a little girl lost their lives yesterday. The Spectrum News 13 journalist that lost his life while covering a previous attack has been identified as 24-year-old Dylan Lyons. Jesse Walden, his photographer, was also critically injured.
News	7:00/ 8:00 AM	2/24/2023	The U.S. Postal Service has announced new stamp subjects for 2023 and one of them features artwork from a Virginia artist. William Taylor created a graphic as part of the new "Art of the Skateboard" stamps. His work will be featured alongside three other stamps that will capture the art of skateboarding.

News	6:30/ 7:30/ 8:30 AM	2/24/2023	The Campbell County Public Library System has a new app that gives users convenient access to library services. The TLC Go mobile app is free to download on Apple and Android devices and allows you to link your library card, put things on hold, and see what you've checked out.
News	7:00/ 8:00 AM	2/24/2023	Angels of Assisi is partnering with the American Heart Association for a special event to provide care for you and your pets. Heart to Heart and will offer free blood pressure screenings at the Angels of Assisi's mobile truck during their Saturday walk-in veterinary clinic from 8:30 a.m. to 12 p.m. The goal is that owners can care for their health while their animals get veterinary care.
News	6:30/ 7:30/ 8:30 AM	2/27/2023	The war in Ukraine is now past the year mark and the front line between Ukrainian and Russian forces from the Black Sea in the south to Ukraine's northeastern border with Russia remains static. Ukrainian soldiers are paying a heavy price, but say their sacrifices are wearing down waves of troops and equipment that Moscow is throwing into battle.
News	7:00/ 8:00 AM	2/27/2023	The Tennessee Historical Commission rejected Metro Parks' attempt to remove a confederate sculpture from Nashville's Centennial Park. The monument depicts a confederate soldier sitting on a rock and include the inscription of 540 soldiers.
News	6:30/ 7:30/ 8:30 AM	2/27/2023	The North Carolina Ferry Division will be hosting a career fair tomorrow from 10 a.m. to 3 p.m. at the Hatteras Village Community Center, located at on Highway 12. Applications will be accepted for both temporary and full-time positions. If you are interested just bring your resume.
News	7:00/ 8:00 AM	2/27/2023	The 2023 New River Valley Polar Plunge took place over the weekend. Each year, groups try to raise money that goes towards Special Olympics Virginia and this year they raised over \$72,000 that will stay in the commonwealth.
News	6:30/ 7:30/ 8:30 AM	2/27/2023	President Joe Biden will visit Virginia Beach tomorrow to discuss his goals for affordable health care across the United States. The event is open to media outlets, but a location has yet to be released.
News	7:00/ 8:00 AM	2/27/2023	Governor Glenn Youngkin praised the passage of the energy regulatory reform. The bill should lower the cost of living for all Virginians and the cost of doing business in Virginia. It will also save customers money on their monthly electric bills.
News	6:30/ 7:30/ 8:30 AM	2/27/2023	Bad news, Wintergreen Resort ended their winter season yesterday. After two weekends in a row of overly warm temperatures they decided to end the season early. Good news though, because of the warmer weather strawberry season will start earlier and be more fruitful this year.
News	7:00/ 8:00 AM	2/27/2023	God's Storehouse hosted its 9th annual Empty the Bowls to raise money for those facing hunger. Around 350 attended. The tickets included one bowl of soup and a locally made handcrafted ceramic bowl. They raised around \$10,000 this year.

News	6:30/ 7:30/ 8:30 AM	2/28/2023	Residents of East Palestine, Ohio remain on edge, despite officials' saying it's safe to return home after a Norfolk Southern Railway train derailed about a month ago. A large fire and cloud that covered the area in chemicals following the derailment leading many to stay away. Now teams of Ohio Southern Baptist Disaster Relief personnel have started cleaning homes in the area so residents can feel better about returning.
News	7:00/ 8:00 AM	2/28/2023	President Biden has been criticized for not sending F-16 fighter jets to Ukraine, as tensions simmer about whether China will send weapons to help Russia. The White House's national security adviser said they're providing Ukraine with the military aid needed to retake territory seized by Russia and that China has yet to supply military equipment.
News	6:30/ 7:30/ 8:30 AM	2/28/2023	Nelson County schools were closed yesterday due to a mechanical and electrical issue at Nelson County High School and Middle School. Instead, there was a remote learning day. Today classes are back to being in person and on time.
News	7:00/ 8:00 AM	2/28/2023	Roanoke County is hoping to help its residents with a home project at no cost. The county and other organizations are working together provide a no-cost septic tank pump-out for qualified residents. Households with an annual income at or below 200% of the Federal Poverty Line are eligible to apply. Septic systems should be inspected every 1 to 3 years and pumped every 3 to 5 years, depending on use.
News	6:30/ 7:30/ 8:30 AM	2/28/2023	China has accused the U.S. of bullying and double standards for sanctioning Chinese companies as part of U.S. actions against Russia's allies in the war against Ukraine. The entities were targeted for their role in the war and for providing satellite imagery of Ukraine that helped support Russia's military operations there.
News	7:00/ 8:00 AM	2/28/2023	Governor Glenn Youngkin said that Amen-tum Services, a leading provider of engineering and services to the U.S. government, and commercial companies, will invest \$495,000 to relocate its headquarters from Germantown, Maryland to Fairfax County. Virginia successfully competed with Maryland for the project, which will create 157 new jobs.
News	6:30/ 7:30/ 8:30 AM	2/28/2023	The North Carolina Department of Environmental Quality and the Cape Hatteras National Seashore held a virtual meeting yesterday concerning threatened oceanfront structures. They discussed property acquisition and financial assistance. If you are interested in submitting comments you can send an email and use "Threatened Oceanfront Structures" in the subject line.
News	7:00/ 8:00 AM	2/28/2023	Movieland at Boulevard Square in Richmond will not allow anyone under 17 years old into the movie theater for showings at or after 7:30 p.m. once a new policy goes into effect starting Friday. The policy will be in place regardless of the film's rating.

News	6:30/ 7:30/ 8:30 AM	3/1/2023	The Supreme Court met yesterday to hear two cases challenging President Joe Biden's student loan forgiveness plan. At stake: forgiveness of up to \$20,000 in debt for more than 40 million Americans. The Supreme Court is expected to make a decision by the end of June, and then payments would resume 60 days after that if they don't rule for forgiveness.
News	7:00/ 8:00 AM	3/1/2023	The Virginia National Guard is expanding the Roanoke Regional Readiness Center Complex. The two units will bring approximately 220 additional Soldiers to the area. There's a groundbreaking ceremony planned for tomorrow in Troutville and the construction is expected to take around 2 years to complete.
News	6:30/ 7:30/ 8:30 AM	3/1/2023	Virginia Beach public schools are seeing an increase in disruptive behavior, and threats among their younger students. So tomorrow the school board is hosting a school safety webinar at 5:30pm. The webinar comes a week after three students from Ocean Lakes High School were arrested and accused of making threatening comments about a teacher online.
News	7:00/ 8:00 AM	3/1/2023	Families in Southwest Virginia will have the opportunity to receive free dental care at a Mission of Mercy event. This mini-Mission of Mercy event will be at the Appalachian Highlands Community Dental Center on a first-come, first-served basis and only offer dental extractions. The hours of the clinic are Thursday and Friday from 7 a.m. to 5 p.m. and Saturday from 7 a.m. to 12 p.m.
News	6:30/ 7:30/ 8:30 AM	3/1/2023	Regional officials in southern and western Russia reported a string of drone attacks near the border with Ukraine and deep inside the country. The hacking of Russian television channels and radio stations, and the temporary closure of airspace around St. Petersburg's airport, fed suspicion that Ukraine could be behind the disruption. Ukrainian officials didn't immediately claim responsibility for the attacks.
News	7:00/ 8:00 AM	3/1/2023	President Joe Biden is nominating Julie Su, the current deputy and former California official, as his next labor secretary, replacing former Boston Mayor Marty Walsh. Su, was central to negotiations between labor and freight rail companies late last year, working to avert the rail workers strike.
News	6:30/ 7:30/ 8:30 AM	3/1/2023	Governor Glenn Youngkin said that Magazine Jukebox a company that provides digital magazines, will invest \$1 million to expand in the City of Norfolk. The company's investment will create 20 new jobs.
News	7:00/ 8:00 AM	3/1/2023	Through March 17, Botetourt County Parks & Recreation and Botetourt County Libraries are asking for community feedback with a quality-of-life survey. The goal of this questionnaire is to develop programs and initiatives for the community. The survey is estimated at 5-10 minutes to complete.



News	6:30/ 7:30/ 8:30 AM	3/2/2023	China has dismissed U.S. suggestions that the COVID-19 pandemic may have been triggered by a virus that leaked from a Chinese laboratory. A World Health Organization expert group said that key pieces of data to explain how the pandemic began are still missing. Some scientists are open to the lab-leak theory, but many scientists believe the virus came from animals, and then jumped to people.
News	7:00/ 8:00 AM	3/2/2023	Hyundai is recalling more than 65,000 vehicles for an issue that may cause seat belt pre-tension-ers to explode in a crash, potentially injuring occupants of the car. A seat belt pre-tension-er is a part of the seat belt system that locks the seat belt in place during a crash. Genesis SUVs and sedans, Hyundai's luxury brand, are part of the recall.
News	6:30/ 7:30/ 8:30 AM	3/2/2023	Drivers are asked to avoid Oakley Avenue at Memorial Avenue headed toward Lakeside Drive due to a water main break. At this time, the roads are closed in all directions. Residents living in this area could also experience water pressure or service interruptions during the repairs. Repairs are scheduled to last through early this morning.
News	7:00/ 8:00 AM	3/2/2023	If you or anyone you know is looking for a job, there are three upcoming USPS job fairs. They will be held in Roanoke with the goal of filling full-time and part-time positions. They will be March 8, 22 and 29 from 10 a.m. to 2 p.m. on Thirlane Road NW, in Roanoke.
News	6:30/ 7:30/ 8:30 AM	3/2/2023	The Company Eli Lilly announced a series of price cuts that would lower the price of the most commonly used forms of its insulin 70% and would automatically cap out-of-pocket insulin costs at \$35 for those who have private insurance and use participating pharmacies. They are also expanding the Insulin Value Program, which will make the cost \$35 or less per month for those uninsured.
News	7:00/ 8:00 AM	3/2/2023	Virginia's Superintendent of Public Instruction Jillian Balow has resigned not long before being sworn into office. Balow's resignation is effective March 9. She did not share a reason for her departure but wrote that her family has will continue to live in the commonwealth for the foreseeable future.
News	6:30/ 7:30/ 8:30 AM	3/2/2023	The City of Lynchburg is encouraging the community to participate in statewide tornado drills. Virginia's annual statewide tornado drill will take place Tuesday, March 7, at 9:45 a.m. Every school, business, workplace, and family across the state is strongly encouraged to participate.
News	7:00/ 8:00 AM	3/2/2023	NCDOT officials are set to host a series of public meetings to inform the and allow residents to give feedback regarding the N.C. Clean Transportation Plan. The plan encourages a transition to zero-emission vehicles. The series of open house meetings throughout the state will be today and Monday.
News	6:30/ 7:30/	3/3/2023	Russia has accused Ukraine of crossing into western Russia and attacking villagers now. Ukraine has denied the claim and warned

	8:30 AM		that Moscow is using the allegations to justify stepping up its own attacks in the ongoing war.
News	7:00/8:00 AM	3/3/2023	SpaceX launched four astronauts to the International Space Station yesterday including the first person from the Arab world going up for an extended monthslong stay. Also, on the space craft were two Americans and a Russian astronaut.
News	6:30/7:30/8:30 AM	3/3/2023	March is National Colon Cancer Awareness Month, and today is Dress in Blue Day. Colon cancer is the fourth-leading cause of cancer-related deaths in the United States, and the best way to prevent those deaths is with early detection.
News	7:00/8:00 AM	3/3/2023	The cherry trees in the nation's capital are confused. The iconic blossoms are appearing earlier than expected because of the unusually warm winter. The National Park Service announced that the 3,700 cherry blossom trees would reach peak bloom this year from March 22-25. That's several days earlier than expected.
News	6:30/7:30/8:30 AM	3/3/2023	The U.S. government plans to expand cybersecurity requirements for critical sectors and to be more aggressive in preventing cyberattacks, by using military, law enforcement, and diplomatic tools. The administration also intends to work with Congress on legislation that would impose legal liability on software makers whose products fail to meet basic cybersecurity safeguards.
News	7:00/8:00 AM	3/3/2023	You know the feeling of being stuck in the airport lines, watching the minutes tick by as your departure time gets closer? Well, that stress is something TSA PreCheck wants you to avoid. With PreCheck, you don't have to ditch your shoes, belts, laptop or liquids and so far this year 92% of PreCheck passengers waited less than five minutes to pass security. It's just \$95 dollars to enroll, which covers you for five years.
News	6:30/7:30/8:30 AM	3/3/2023	If you need a job a new online jobs board is launching in the Star City. Get2KnowNoke.com is free for employers and job seekers. Also, Wilderness Mountain Water Company, a water-based beverage manufacturer, is expanding its operation in Bland County creating 55 jobs.
News	7:00/8:00 AM	3/3/2023	For years, the Lynchburg Fire Department has been working to obtain grant funding to help in supplying new air packs. Now over \$800,000 in grant money from FEMA's "Assistance to Firefighters" program will more than help L-F-D in its efforts to secure at least 100 new air packs that they use in situations where breathing becomes difficult.
News	6:30/7:30/8:30 AM	3/6/2023	The head of the U.N.'s nuclear agency said that Iran pledged to restore cameras and other monitoring equipment at its nuclear sites and to allow more inspections at a facility where uranium has been enriched to near weapon-grade. That stockpile of material could quickly be used to produce an atomic bomb if Iran chooses.

News	7:00/ 8:00 AM	3/6/2023	After two weeks in Turkey, the founders of Portsmouth-based Mercy Chefs just returned from the devastated Turkey-Syria border, where last month's massive earthquakes took the lives of more than 50,000. They say the countries have a long road ahead of them and they plan to keep providing hope in the form of a meal through local churches there that are staffing three mobile kitchens.
News	6:30/ 7:30/ 8:30 AM	3/6/2023	South Carolina is honoring the life of UVA victim Lavel Davis Jr. with a highway dedication. Davis was one of the UVA students that lost his life in a tragic incident last year. Part of Highway 78 in Dorchester County South Carolina near the high school he graduated from will be now referred to as the "Lavel Norman Davis, Jr. Memorial Highway". The dedication ceremony is April 29 at 12 p.m.
News	7:00/ 8:00 AM	3/6/2023	City leaders wanted to hear what the youth thinks about their city and the annual Roanoke Youth Summit gave middle and high school students the chance to express their thoughts in a safe environment. Students signed up for different workshops and City leaders joined in to hear from them about how they can address specific issues in the community.
News	6:30/ 7:30/ 8:30 AM	3/6/2023	The COVID-19 pandemic is still far from over, say doctors, and global health leaders. The World Health Organization officially declared COVID-19 a global pandemic on March 11, 2020. When the pandemic will be over is harder to determine, but the next phase would be when COVID-19 no longer spreads out of control or put a strain on the health care system.
News	7:00/ 8:00 AM	3/6/2023	It is Multiple Sclerosis Awareness month, and there is a unique fundraiser for the cause that's about to take place in Norfolk. On March 10th you have the chance to buy three water balloons, or one whip cream pie, to be thrown at the attorneys of Kalfus and Nachman. Employees of the law firm will throw the balloons or pies, on your behalf, and you can even choose which attorney will be the target of your purchase! All proceeds go to the National MS Society.
News	6:30/ 7:30/ 8:30 AM	3/6/2023	Amazon is pausing construction on its second headquarters in Virginia following the biggest round of layoffs in the company's history and its shifting plans around remote work. Phase I, which has capacity for 14,000 employees, is expected to open in June 2023, but construction on Phase II is delayed and there is no timeline for development.
News	7:00/ 8:00 AM	3/6/2023	South Boston Speedway's ownership is currently exploring options to sell the venue. The family is determined to only sell the speedway to someone who vows to keep the rich history and tradition of short track racing alive in Halifax County. During this time operations will remain unchanged.
News	6:30/ 7:30/ 8:30 AM	3/7/2023	Ukrainian military leaders are determined to hold onto territory even as Russian forces continue to encroach on the devastated eastern Ukrainian city that they have sought to capture for six months. Even if Russia captures the city, it doesn't have any major strategic value, and it is unlikely to bring a turning point in the war.

News	7:00/ 8:00 AM	3/7/2023	The reconstruction of Notre Dom Cathedral in Paris is going fast enough to allow its reopening to visitors at the end of 2024, less than six years after a fire destroyed its roof. The cathedral's iconic spire, which collapsed in the blaze, will gradually start reappearing above the monument this year in a powerful signal of its revival.
News	6:30/ 7:30/ 8:30 AM	3/7/2023	The Central Shenandoah Health District is planning on discontinuing the use of its COVID-19 hotline on March 30. Over the past year, the hotline has received nearly 3,000 calls. It was initially implemented to help community members make vaccine and testing appointments, and connect them to resources, related to COVID-19.
News	7:00/ 8:00 AM	3/7/2023	Emergency personnel from Langley, Hampton, and NASA fire departments fought a structure fire inside Langley Air Force Base yesterday. The structure fire was reported in building 777 and thankfully no hazardous materials or injuries were reported. The cause of the fire is under investigation.
News	6:30/ 7:30/ 8:30 AM	3/7/2023	More than 40 million federal student loan borrowers could be eligible for up to \$20,000 in debt forgiveness, but they will likely have to wait several more months before the Supreme Court rules on President Joe Biden's relief program. The Supreme Court heard oral arguments last week in two cases challenging President Biden's loan forgiveness, but justices aren't expected to issue their decision until late June or early July.
News	7:00/ 8:00 AM	3/7/2023	The Transportation Department is rolling out a dashboard to let travelers see at a glance which airlines help families with young children sit together at no extra cost. The announcement comes as the department works to prevent families from being separated on planes and is part of the Biden administration's efforts to eliminate unnecessary fees and to put pressure on airlines to improve service.
News	6:30/ 7:30/ 8:30 AM	3/7/2023	Relocating to Virginia just got easier for several dozen professions after Governor Glenn Youngkin signed a law that simplifies the process of getting those with professional licenses from other states accredited in the Commonwealth. The new law covers about 85 different professional licenses issued in other states that can now be streamlined for easier approval and use in Virginia.
News	7:00/ 8:00 AM	3/7/2023	New Kent County Virginia Economic Department officials announced that Buc-ee's Travel Center intends to open a location off Interstate 64 in New Kent County. The mega-sized gas station, which devoted fans praise for its barbecue and unique gifts, would open sometime in 2027.
News	6:30/ 7:30/ 8:30 AM	3/8/2023	The U.S. Department of Agriculture released a proposed rule with new requirements to better align the "Product of USA" label with understanding of what the label means. The rule allows the label to be used on meat, poultry, and egg products when they are from animals born, raised, and processed in the United States. The increased clarity provided by this proposed change would ensure that consumers understand where their food comes from.

News	7:00/ 8:00 AM	3/8/2023	U.S. health officials are alerting consumers about two more recalls of eyedrops due to contamination risks that could lead to vision problems and serious injury. The Food and Drug Administration posted separate recall notices for certain eyedrops distributed by Pharmedica and Apotex.
News	6:30/ 7:30/ 8:30 AM	3/8/2023	Centra has shared its Modernization Plan with the community, for the Lynchburg campus. The multi-year plan includes the most significant facility improvements and capital investments in its history. The \$500 million investment will create facilities that include the latest innovative technologies, increase patient access, and enhance critical and specialty care in Central Virginia. The expected completion is fall 2027.
News	7:00/ 8:00 AM	3/8/2023	Tune in to NBC's Today Show this morning, to see Naval Station Norfolk Commanding Officer Captain Janet Days live on the show as part of International Women's Day. According to Naval Station Norfolk, a crew from the Today Show has been in Hampton Roads the last few days ahead of the segment in New York City.
News	6:30/ 7:30/ 8:30 AM	3/8/2023	An unlikely policy to ban TikTok appears to have gained the support of both Republicans and Democrats. The popular China-based social media platform has lawmakers worried about the potential for Chinese propaganda and spying. Virginia Senator Mark Warner is introducing a bill that would outline a method of banning foreign technology, structured with TikTok in mind.
News	7:00/ 8:00 AM	3/8/2023	North Korea warned that they are ready to take quick action against the United States and South Korea, a day after the U.S. flew a B-52 bomber over the Korean Peninsula in a series of drills. North Korea has often test-launched missiles in response to U.S.-South Korean military drills because it views them as an invasion rehearsal.
News	6:30/ 7:30/ 8:30 AM	3/8/2023	There may now be other reasons to abandon daylight savings time. As we prepare to turn our clocks ahead one hour this weekend, researchers are discovering that "springing ahead" is connected with serious negative health effects. Some of those effects include increased strokes, heart attacks and sleep deprivation.
News	7:00/ 8:00 AM	3/8/2023	Technology is making dental work a little more affordable. HELP Inc. in Hampton Virginia is now offering a digital dentistry program. The program uses 3D printers to make dentures, crowns or nightguards for those who do not have dental insurance.
News	6:30/ 7:30/ 8:30 AM	3/9/2023	The Chairman of the Federal Reserve said that the central bank's policymakers have yet to decide how large of an interest rate hike to impose at their next meeting in their drive to defeat high inflation. Some economists and Wall Street traders believe that they will raise the rate by a half-point at their March 21-22 meeting.
News	7:00/ 8:00 SM	3/9/2023	The Federal Trade Commission is investigating Elon Musk's mass layoffs at Twitter and trying to obtain his internal communications as part of ongoing oversight into the social media company's privacy and cybersecurity. The FTC has been watching the company since Twitter agreed to a 2011 consent order alleging serious data security

			lapses. But the agency's concerns spiked when Elon Musk took over the company.
News	6:30/ 7:30/ 8:30 AM	3/9/2023	Campbell County Public Schools said that the Campbell County Sheriff's Office will be training at a middle school today. According to the district, the Campbell County Sheriff's Office will use the old Rustburg Middle School facility for training so if you see police presences there that's why.
News	7:00/ 8:00 AM	3/9/2023	About 20 acres have burned in a brush fire at the Signature Golf Course in the West Neck neighborhood of Virginia Beach. Thankfully there have been no injuries and no one has been displaced as a result of the fire. The cause is under investigation and residents are asked to be watchful as high winds could reignite dry grass
News	6:30/ 7:30/ 8:30 AM	3/9/2023	Students were gasping for air and coughing while being led out of school into ambulances in Iran. A wave of suspected poisonings have hit thousands of schoolgirls across Iran and official suggest that the mysterious incidents may be a deliberate effort to prevent girls from seeking an education.
News	7:00/ 8:00 AM	3/9/2023	The number of those that have postponed medical care due to financial burdens is at an all-time high, rising from 26% in 2021 to 38% in 2022. Now the Virginia Breast Cancer Foundation is looking to help by ensuring that patients are able to access the health services they need. The foundation is providing \$190,000 this year to their partners in Abingdon at Ballad Health, in Lynchburg to Centra Health, and the Southside to Carilion Clinic.
News	6:30/ 7:30/ 8:30 AM	3/9/2023	Heads up, parents! Students at Pulaski County Public Schools will have the day off today and tomorrow. This is to allow students, faculty, and staff to go to the state championship basketball game in Richmond.
News	7:00/ 8:00 AM	3/9/2023	The Newport News-Williamsburg Airport announced that they are increasing American Airlines flights to Charlotte starting in April. Previously, American Airlines has offered up to three flights per day to Charlotte and now the airport says the airline will fly direct four times a day.
News	6:30/ 7:30/ 8:30	3/10/2023	Senate Republican leader Mitch McConnell has been hospitalized after a fall. The Kentucky senator, who's 81, has not provide additional detail on his condition or how long he may be absent from the Senate.
News	7:00/ 8:00 AM	3/10/2023	Russia unleashed a tons of missiles on cities across Ukraine targeting energy facilities and hitting some residential buildings. Air raid sirens went off all over Ukraine, for at least five hours. It was the first such missile attack in three weeks.
News	6:30/ 7:30/	3/10/2023	The Roanoke Fire-EMS Department is encouraging fire safety to residents in the Roanoke area. Thanks to a donation by Home Depot

	8:30 AM		the department is handing out free fire extinguishers to city residents to keep their home safe.
News	7:00/ 8:00 AM	3/10/2023	Do you celebrate Pi Day with a piece of pie? Well on March 14, "Pi Day" the Texas Inn will offer slices of pie for \$3.14. 100% of the pie sales will be going to Lynchburg City Schools Education Foundation and the Harrisonburg Education Foundation.
News	6:30/ 7:30/ 8:30 AM	3/10/2023	A train derailment in West Virginia has resulted in an unknown amount of diesel fuel and oil being released into one of North America's oldest rivers that's also part of the National Park Service. West Virginia Emergency Management said downstream public water systems were notified of what happened and that monitoring for "potential public health impacts" is ongoing.
News	7:00/ 8:00 AM	3/10/2023	STS Group AG, a manufacturing automotive company, is headed to Salem and is expected to bring 119 jobs. Its headquarters and manufacturing operation will be housed in the former General Electric building. Gov. Youngkin said \$32 million will be invested into the facility, which is also the first STS Group AG company in the US.
News	6:30/ 7:30/ 8:30 AM	3/10/2023	Registration is open for several summer camps offered by Carilion Clinic. Camp Carilion is for teenagers interested in a future career in healthcare. Camp Too Sweet teaches young people with diabetes how to live a healthy lifestyle and Camp Treehouse is a free day camp for kids and teens who have lost loved ones. If you are interested in more information or registering your child, you can go to Carilion's website.
News	7:00/ 8:00 AM	3/10/2023	Sandusky Middle School students will soon receive new musical instruments. The grant from Mr. Holland's Opus Foundation, a national organization supporting music education in schools is for over \$25,000. An application for support was submitted by Sandusky Middle School and the foundation found their program to be a worthwhile investment.
News	6:30/ 7:30/ 8:30 AM	3/13/2023	A Northern California agricultural community famous for its strawberry crop was forced to evacuate after a levee was breached by flooding from the new atmospheric river. First responders and the California National Guard rescued more than 50 and many residents are still in evacuation shelters.
News	7:00/ 8:00 AM	3/13/2023	If you need a job Caesars in Danville Virginia needs employees. Right now, they are looking to get about 400 to 450 team members including, security, surveillance, IT, finance, and marketing. There is no timetable for when Caesars will open.
News	6:30/ 7:30/ 8:30 AM	3/13/2023	Focus Point Mental Health Services and the Lighthouse Community Center held a ribbon-cutting ceremony for a new residential crisis stabilization unit in Lynchburg on Craddock Street. The goal of the center is to provide a safe alternative to hospitals or incarceration for folks suffering from a mental health crisis.

News	7:00/ 8:00 AM	3/13/2023	Calling all Princesses! The Hampton Roads Princess for a Day red carpet event returns this month. The hope is to empower and remind girls that they are amazing! Young girls 3- to-15 years old can sign up for the outreach program. You can cheer on the Princesses on March 25 at 3 p.m. at the Renaissance Hotel at the Portsmouth waterfront.
News	6:30/ 7:30/ 8:30 AM	3/13/2023	Pope Francis celebrates the 10th anniversary of his election today far outpacing the two or three years he once envisioned for his time as Pope. Francis, who is 86, has backed off from talking about retiring and recently described the job as his for life.
News	7:00/ 8:00 AM	3/13/2023	Governor Glenn Youngkin announced more than \$93 million in Affordable and Special Needs Housing loans for 57 projects across the Commonwealth. The recommended projects will create and preserve nearly 4,000 total units for low-income households.
News	6:30/ 7:30/ 8:30 AM	3/13/2023	Dozens of protestors gathered in Norfolk to call for change in the railroad industry. They were just one of many protests happening across the country after four trains from Norfolk Southern Railway have derailed. Protestors are calling for nationalizing the U.S. railroad system, bringing the nation's railways under public ownership.
News	7:00/ 8:00 AM	3/13/2023	Virginia Gov. Glenn Youngkin announced 76 jobs will be coming to Advanced Integrated Technologies in Norfolk. The upcoming increase in the workforce comes with AIT investing \$500,000 in Norfolk to expand.
News	6:30/ 7:30/ 8:30 AM	3/14/2023	President Joe Biden told Americans the nation's financial systems are safe following the collapse of two banks that prompted fears of a broader issue. U.S. regulators closed the Silicon Valley Bank after it experienced a bank run, where depositors rushed to withdraw their funds all at once.
News	7:00/ 8:00 AM	3/14/2023	Federal officials have outfitted 43 major U.S. airports with technology to warn when incoming planes are aimed at a taxiway instead of a runway. The Federal Aviation Administration said the system's software predicts when a plane is lined up to land on a taxiway and sends an alert to air-traffic controllers.
News	6:30/ 7:30/ 8:30 AM	3/14/2023	Governor Glenn Youngkin has appointed Lynchburg's Commonwealth's Attorney to one of his boards. Bethany Harrison has been appointed to the Virginia Criminal Sentencing Commission. The Commission is charged with developing, implementing, and administering felony sentencing guidelines.
News	7:00/ 8:00 AM	3/14/2023	Cape Hatteras National Seashore warns visitors of debris on the beach and in the water due to a collapsed house. Caution should be taken near East Point Drive in Rodanthe. The Seashore is communicating with the owner of the house to coordinate the removal of the house and all related debris on the beach.
News	6:30/ 7:30/	3/14/2023	Progress is being made following a trail derailment in West Virginia last week. Officials with CSX said that crews have finished clean up,



	8:30 SM		and have replaced all material that came in contact with diesel fuel with clean soil and rock. Both tracks are now reopened.
News	7:00/ 8:00 AM	3/14/2023	The Biden administration said it is approving the huge Willow oil-drilling project on Alaska's North Slope, a major environmental decision by President Joe Biden. The announcement also came a day after the administration said it would limit drilling in some other areas of Alaska and the Arctic Ocean.
News	6:30/ 7:30/ 8:30 AM	3/14/2023	The Amherst County Sheriff's Office said Verizon are offering a ten-thousand-dollar reward to anyone who can provide information leading up to the arrest and conviction of individuals who recently stole fiber optic and copper wire from Verizon. Verizon said if you have information, you should call the Security Control Center.
News	7:00/ 8:00 AM	3/14/2023	Duck Donuts finally announced its grand opening, for its location at River ridge mall in Lynchburg. The grand opening is scheduled for this Saturday, and to celebrate Duck Donuts will be giving the first 25 customers in line both on Saturday and Sunday a free dozen of donuts for a whole year. Also, the first and 100th customer on Saturday will receive a special basket filled with free merch and donuts.
News	6:30/ 7:30/ 8:30 AM	3/15/2023	A Russian fighter jet struck the propeller of a U.S. drone over the Black Sea, causing U.S. forces to bring it down in international waters. The U.S. European Command said that two Russian fighter jets conducted an unsafe and unprofessional intercept of a U.S. drone that was operating within international airspace.
News	7:00/ 8:00 AM	3/15/2023	Millions of Americans are considering their options for filing their tax returns. The IRS' FreeFile program allows taxpayers that qualify to electronically file their taxes for free. If your adjusted gross income is less than \$73,000 for the 2022 tax year, you may be eligible for the free tax filing service.
News	6:30/ 7:30/ 8:30 AM	3/15/2023	Tyson Foods is closing a plant in Virginia as part of an effort to streamline its poultry operations. 692 employees will lose their jobs as a result. The company said it plans to close its processing, broiler, and hatching operations in Glen Allen, Virginia, by May 12.
News	7:00/ 8:00 AM	3/15/2023	Operation Bold Blue Line is Virginia Governor Glen Youngkin's plan for supporting law enforcement and reducing crime in cities across the Commonwealth. From now through the 24th, the community will notice a larger police presence in the City of Danville as The Virginia State Police and Danville Police Department have partnered up for traffic enforcement and prevention of crime in the community.
News	6:30/ 7:30/ 8:30 AM	3/15/2023	President Joe Biden plans to deliver the eulogy at the funeral of former President Jimmy Carter, who remains under hospice care at his home in south Georgia. President Biden had a recent visit to see the 39th president, whom he has known since he was a young Delaware senator supporting Carter's 1976 presidential campaign.

News	7:00/ 8:00 AM	3/15/2023	Facebook's parent company Meta is slashing another 10,000 jobs as they cut costs. The company said it will reduce the size of its recruiting team and make further cuts in its tech groups in late April, and then its business groups in late May.
News	6:30/ 7:30/ 8:30 AM	3/15/2023	This year, a new procedure is being offered at Centra that could bring relief to those who experience tremors caused by Parkinson's and other movement disorders. Deep Brain Stimulation Therapy is a method of surgical intervention that can be used to treat various types of disorders which cause tremors that make it difficult for the individual to complete daily activities.
News	7:00/ 8:00 AM	3/15/2023	Liberty Men's basketball made their first appearance in the NIT tournament last night at home against Villanova. Liberty ended up beating the Wildcats 62-57 to advance to the next round. Liberty will next play at Wisconsin on Sunday.
News	6:30/ 7:30/ 8:30 AM	3/16/2023	Health officials are trying to figure out what is behind a listeria outbreak that has left many sick across the country. While a specific food item has not been identified as the source, the CDC is concerned as several recent illnesses have been reported in 10 states including North Carolina.
News	7:00/ 8:00 AM	3/16/2023	Honda is recalling a half-million vehicles because the front seat belts may not latch properly. Dealers will replace the front seat belt buckle release buttons or the buckle assemblies if needed. Owners will be notified by letter starting April 17.
News	6:30/ 7:30/ 8:30 AM	3/16/2023	Yet another new launch date has been set for Rocket Lab's Electron Rocket. Rocket Lab is now aiming for today, with the weather 90% favorable for the 6 to 8 p.m. launch window. High winds have postponed the launch twice now.
News	7:00/ 8:00 AM	3/16/2023	It's official, ULTA will be coming to River Ridge mall in Lynchburg this summer. ULTA is one of the nation's largest beauty retailers with the closest store in Roanoke. The River Ridge store is expected to open in August or September.
News	6:30/ 7:30/ 8:30 AM	3/16/2023	The federal government announced \$2.5 billion in new grants for the construction of electric vehicle charging stations aiming to increase access in underserved neighborhoods and communities. The plan would be carried out over the next 5 years with the goal to be 50 percent of the promised 500,000 public EV charging stations by the year 2030.
News	7:00/ 8:00 AM	3/16/2023	Governor Youngkin announced that Germany-based Zollner Elektronik AG will invest \$18 million to expand in Virginia, creating 100 jobs. \$14 million will be to expand its manufacturing operations in Danville-Pittsylvania County creating 80 new jobs, and the company will also expand its U.S. headquarters in Loudoun County with a \$4 million investment, creating 20 new jobs.

News	6:30/ 7:30/ 8:30 AM	3/16/2023	Lynchburg City Council has approved a plan to revitalize the Jones Memorial Library on Rivermont Avenue. The library will be renovated into a possible restaurant, hotel lobby, outdoor patio seating areas, a new kitchen facility and three guest suites. A pedestrian bridge would connect the renovated building, to a new guest room building located along Victoria Avenue.
News	7:00/ 8:00 AM	3/16/2023	One of Richmond's largest street festivals will return this Saturday. Shamrock the Block will be returning on Leigh Street making the festival even better for attendees. The festival is a celebration of St. Patrick's day and runs from 12-6pm and is also an opportunity for residents to give back to Product Local, an organization that helps smaller non-profits that don't have a budget for advertising.
News	6:30/ 7:30/ 8:30 AM	3/17/2023	Poland's president said his country plans to give Ukraine around a dozen fighter jets, which would make it the first NATO member to fulfill the Ukrainian government's requests for warplanes. Poland would hand over four of the Soviet-made warplanes within the next few days and supply more later.
News	7:00/ 8:00 AM	3/17/2023	You may want to think twice before topping off your water bottle if you don't clean it regularly. A new study on reusable water bottles revealed they can have 40,000 times more bacteria than the average toilet seat. Experts recommend washing reusable water bottles at least once a day with hot soapy water and sanitizing them at least once a week.
News	6:30/ 7:30/ 8:30 AM	3/17/2023	Lynchburg City Schools have a new system in place to keep students safe. The district added vape detectors in all of the bathrooms at E.C. Glass and Heritage High School. They detect vaping tobacco and set off an alarm sending an alert to administrators. The system also lets students use voice commands to get help in a hurry. If they say, "Help there's an emergency," then it will let administrators know.
News	7:00/ 8:00 AM	3/17/2023	A restaurant in Midlothian was named best locally owned restaurant in Virginia. Southern Living Magazine named 21 Spoons, on Waterford place Best Locally Owned Restaurant as part of their Best of the South issue. Everything at 21 Spoons is made in-house, from the salad dressings to the bread, and the menu changes based on what is available and in season.
News	6:30/ 7:30/ 8:30 AM	3/17/2023	China's President plans to visit Russia from Monday to Wednesday, in a show of support for Russian President Vladimir Putin amid East-West tensions over the war in Ukraine. China has said the sovereignty and territorial integrity of all countries should be respected, while condemning Western sanctions and accusing NATO and the United States of provoking Russia into military action.
News	7:00/ 8:00 AM	3/17/2023	A freight train carrying corn syrup derailed in western Arizona, near the state's border with California and Nevada. The cause of the derailment of approximately eight cars is under investigation. The derailment comes amid heightened attention to rail safety nationwide following a fiery derailment last month in Ohio and a

			string of derailments since then including ones in Michigan, Alabama, and other states.
News	6:30/ 7:30/ 8:30 AM	3/17/2023	2.5 million gallons of wastewater spilled into the canal at Great Bridge Locks in Chesapeake and there is no explanation for how it happened. According to the Hampton Roads Sanitation District a tugboat was moving through the canal when the incident occurred. The Virginia Department of Health has advised residents to postpone plans to fish in the water until water quality results have returned to normal levels.
News	7:00/ 8:00 AM	3/17/2023	On April 1 from 9 a.m. to 12 p.m. Campbell County and Liberty University will again join forces to get rid of trash, and this year, everyone in the community is invited to take part. You are encouraged to form "green teams" and focus on cleaning your neighborhoods and surrounding areas.
News	6:30/ 7:30/ 8:30 AM	3/20/2023	North Korea launched a short-range ballistic missile toward the sea in response to ongoing U.S.-South Korean military drills that it views as an invasion rehearsal. The tests are also part of North Korea's bigger objective to expand its weapons arsenal, win global recognition as a nuclear state and get international sanctions lifted.
News	7:00/ 8:00 AM	3/20/2023	It's Women's History Month and one area where women are making strides is home ownership. In Virginia, single women own about 13% of all homes, while single men only own 9%.
News	6:30/ 7:30/ 8:30 AM	3/20/2023	Heads up Lynchburg drivers! Beginning Wednesday and continuing through Thursday, April 6 from 8:30 a.m. through 3:30 p.m., on weekdays a portion of Main Street will be reduced to one lane. This is to accommodate asphalt testing by Hurt & Proffitt. Drivers should expect minor delays and use caution while traveling through the work zone.
News	7:00/ 8:00 AM	3/20/2023	Dress for Success Central Virginia held its Winter Fill-A-Bag Sale where women had a chance to buy a shopping bag for \$20 and fill it with new and gently-used clothing. Shoppers could also buy new shoes, bags, and other accessories for just \$5. The organization helps local women in need find jobs and set them up for success.
News	6:30/ 7:30/ 8:30 AM	3/20/2023	Donald Trump is claiming that his arrest is imminent and issued a call for his supporters to protest as a New York grand jury investigates hush money payments. Trump declared in a post on his social media platform that he expects to be taken into custody tomorrow.
News	7:00/ 8:00 AM	3/20/2023	Virginia leaders gathered in Williamsburg 250 years ago to work out a resolution that would later be approved by colonies paving the way for unified colonies that would later fight for their independence from England. Now exactly 250 years after the passing of that resolution, modern lawmakers met to discuss plans for a new resolution that will celebrate the American story for a 250th celebration in July 2026.

News	6:30/ 7:30/ 8:30 AM	3/20/2023	The North Carolina Department of Health and Human Services is cautioning families about a baby formula that was recently recalled. Gerber Good Start SoothePro powdered infant formula could potentially contain bacteria, which could lead to illness in infants.
News	7:00/ 8:00 AM	3/20/2023	The city of Lynchburg intends to break ground this spring on improvements to Riverfront Park that would add an amphitheater, playground, and public restroom. The city also has plans to expand parking between now and 2028.
News	6:30/ 7:30/ 8:30 AM	3/21/2023	Amazon plans to eliminate 9,000 more jobs in the next few weeks. The job cuts would mark the second largest round of layoffs in the company's history. Earlier this month, Amazon also said it would pause construction on its headquarters in northern Virginia, though the first phase of that project will open this June and welcome 8,000 employees.
News	7:00/ 8:00 AM	3/21/2023	Your child's lunch or breakfast at school could soon be changing. New guidelines proposed by the Department of Agriculture, which regulates school meals nationwide is pushing to get schools to serve primarily whole grains by the start of the school year in 2024.
News	6:30/ 7:30/ 8:30 AM	3/21/2023	The Virginia Department of Transportation needs your help when it comes to fixing a popular roadway in Nelson County. A new survey is asking residents of Nelson Co. for feedback on Route 151 between Avon Road and Beech Grove Road. A public meeting with VDOT will be held on April 7, from 4 to 6 p.m. at the Rockfish River Community Center.
News	7:00/ 8:00 AM	3/21/2023	The Local Environmental Agriculture Project is giving you a way to eat fresh food, all while supporting farmers from central VA through its Farm Share program. Instead of buying food from one farmer, you get to enjoy food from several. The deadline to buy a Farm Share subscription is April 17 and the program runs from May to October.
News	6:30/ 7:30/ 8:30 AM	3/21/2023	Students were released early from a school in Texas yesterday following an incident. Two students were injured, and police arrested the person suspected of harming them. The incident began on a high school campus in the suburb of Arlington before many students arrived for the first day back to classes after the spring break.
News	7:00/ 8:00 AM	3/21/2023	The State Department announced that the U.S. will send Ukraine \$350 million in weapons and equipment, as battles with Russian forces continue and troops prepare for an expected spring offensive. The latest package of aid includes various types of ammunition, including rockets, fuel tanker trucks, and boats.
News	6:30/ 7:30/ 8:30 AM	3/21/2023	Hampton Roads' major health systems will no longer require masking at their facilities because of a decrease in COVID-19, RSV, and flu locally and nationwide. The health care providers, Bon Secours, Chesapeake Regional Healthcare, Children's Hospital of The King's Daughters, Riverside Health System and Sentara Healthcare, made the announcement in a joint press release.

News	7:00/ 8:00 AM	3/21/2023	A missing boat used by the U.S. Navy for training was recovered in the Outer Banks. According to the Naval Air Warfare Center Aircraft Division, a Towed Target was retrieved from Rodanthe. The unmanned boat is used in live-fire training for sailors aboard Navy ships and aircraft. The U.S. Navy is now working to return the target back to service.
News	6:30/ 7:30/ 8:30 AM	3/22/2023	Earlier this week we talked about the US delivering tanks to Ukraine. Now they've decided to send refurbished older model tanks that can be ready faster. Faster meaning eight to 10 months, instead of newer tanks which could have taken a year or two to build and ship. Let's hope in 8-10 months Ukraine won't need tanks because they'll have won the war.
News	7:00/ 8:00 AM	3/22/2023	Google announced it is allowing more users to interact with Bard, the chatbot they are building. In Bard's next stage, Google is opening a waitlist to use the AI tool that's similar to the technology Microsoft began deploying in its Bing search engine. Until now, Bard had only been available to a small group of trusted testers hand-picked by Google.
News	6:30/ 7:30/ 8:30 AM	3/22/2023	As state police roll out a new fleet of vehicles, every new car will be equipped with both blue and red lights. This is because red lights actually get your attention sooner causing you to change lanes 2-3 seconds earlier when you see stopped vehicles on the side of the road. The hope is to decrease injuries at traffic stops.
News	7:00/ 8:00 AM	3/22/2023	A domestic violence survivor is working to help families in Norfolk. INSPIRE Family Empowerment is set to host a free Family Resource Expo from 9 a.m. to 2 p.m. Saturday at the YMCA on Granby Street. This event will connect the community with parenting workshops, and experts to help raise the next generation.
News	6:30/ 7:30/ 8:30 AM	3/22/2023	President Joe Biden is establishing national monuments in Nevada and Texas. In Nevada he intends to designate a desert mountain that's considered sacred to Native Americans, as a national monument, and in Texas, he plans to create the Castner Range National Monument in El Paso. This will protect the cultural, scientific, and historic objects found within the monument's boundaries, honor U.S. veterans, and tribal nations, and expand access to outdoor recreation on public lands.
News	7:00/ 8:00 AM	3/22/2023	Russia and China showcased their no-limit friendship yesterday cementing the ties between the two countries amid the fighting in Ukraine. The visit to Russia gave a strong political boost to Putin just days after the International Criminal Court issued an arrest warrant for him on charges of abductions of thousands of children from Ukraine. Moscow, which doesn't recognize the court's jurisdiction, dismissed the move as legally invalid.

News	6:30/ 7:30/ 8:30 AM	3/22/2023	Meanwhile former US President Donald Trump could be indicted today with an arrest following shortly after. If Mr. Trump is indicted, prosecutors would arrange his surrender in Manhattan. Mr. Trump, who lives at his Mar-a-Lago resort in Florida, would travel to the city and turn himself in at the district attorney's office where he would then be charged.
News	7:00/ 8:00 AM	3/22/2023	Ferrum College students are working to make sure kids at Franklin County Public Schools have hygiene items. They are having a personal care item drive from now until Monday, April 3 at several different collection sites. The items will be presented to Franklin County Schools at the Public Schools Board Meeting on April 10 at 6 p.m.
News	6:30/ 7:30/ 8:30 AM	3/23/2023	The United States said it is imposing a new round of sanctions on Iranian firms and those accused of getting equipment used for Iranian drones. The FBI has designated four firms and three people in Iran and Turkey for allegedly buying equipment used for Iran's drone and weapons program.
News	7:00/ 8:00 AM	3/23/2023	U.S. auto safety regulators are investigating complaints from Honda Civic drivers that their steering can stick, increasing the risk of a crash. The National Highway Traffic Safety Administration's investigation covers Civics from the 2022 and 2023. The agency will determine how many vehicles are affected and how fix the problem is before issuing a recall.
News	6:30/ 7:30/ 8:30 AM	3/23/2023	Two Newport News inmates tunneled through their jail cell wall and escaped only to be found hours later at an IHOP restaurant in Hampton. Jail staff discovered they crawled through a tunnel in their cell and made it over the security wall. The Newport News sheriff's office is formulating ways to fix the weakness in the jail as a result of this escape.
News	7:00/ 8:00 AM	3/23/2023	The College of William and Mary has a Random Acts of Kindness Club that seeks to help students combat daily stressors by providing them with good-natured deeds to brighten their day. One of their most common acts is setting up a table on campus to talk with students and leaving decorated coffee sleeves at the coffee shop with positive messages on them for anyone who orders a drink.
News	6:30/ 7:30/ 8:30 AM	3/23/2023	The Manhattan grand jury investigating former President Donald Trump over hush money payments during his 2016 presidential campaign did not meet yesterday even though Wednesdays are one of the days each week when the panel ordinarily convenes. The grand jurors were told to be on standby today to possibly vote on whether or not to charge Trump.
News	7:00/ 8:00 AM	3/23/2023	Virginia Beach's proposed fiscal year 2024 budget includes significant investments in public safety, the city's workforce, and other initiatives, but residents could see a notable impact on their wallets if current tax rates stay the same. City Council heard a presentation of the proposed budget this week, the first step in a

			process that goes through May 9, when council is set to officially vote.
News	6:30/ 7:30/ 8:30 AM	3/23/2023	The Ringling Bros. and Barnum & Bailey circus is back, but without animals. This family event features highwire tricks, soaring trapeze artists and bicycles leaping on trampolines. There will be a 2023 tour kicking off this fall with stops in Louisiana, Ohio, Wisconsin, Pennsylvania, Ohio, Illinois, Missouri, Maryland, Michigan, Indiana, and Oklahoma. Then it restarts in 2024 in Florida.
News	7:00/ 8:00 AM	3/23/2023	Keep your eye out. Junior team members from Virginia's Blue Ridge TWENTY24 have returned to Camp Bethel in Fincastle. This is a team of female pro-cyclists aged 9 -17 who are attending spring training camp. The team is working with the Virginia Department of Transportation to remind drivers to keep an eye out and be patient. VDOT has digital message boards making sure drivers are aware of the extra cyclists on the road.
News	6:30/ 7:30/ 8:30 AM	3/24/2023	The CEO of TikTok faced a U.S. congressional committee where he made his own case for why the video-sharing app shouldn't be banned. The company currently has 150 million American users but is under increasing pressure from U.S. officials. He said that TikTok prioritizes the safety of its young users and denied allegations that the app is a national security risk.
News	7:00/ 8:00 AM	3/24/2023	Researchers have developed a blood test for anxiety, giving doctors a new tool that can be used for more effective treatment. This is the latest in a series of discoveries using blood tests to help diagnose mental health conditions. The biomarkers are physical manifestations of mental health struggles and can be used to guide treatment and track progress.
News	6:30/ 7:30/ 8:30 AM	3/24/2023	Whether it's soaring high over the pines on a zipline or throwing axes with friends, you'll soon be able to get your thrills at a new adventure park in Chesapeake. Osprey Aerial Adventures just got approval from Chesapeake City Council to move forward. It'll be in the southern part of the city, on the east side of Battlefield Boulevard S. between Saint Brides Road and Toll Plaza Road.
News	7:00/ 8:00 AM	3/24/2023	Liberty University will host the 46th Governor of Florida Ron DeSantis as keynote speaker on Friday, April 14, where he will address the student body for the first time. The event will begin at 10:30 a.m. in the Vines Center.
News	6:30/ 7:30/ 8:30 AM	3/24/2023	President Trump has created a false narrative about his arrest through his own social media group Truth Social. In the post he said he expected to be arrested on Tuesday, but as of now still no charges have been announced and the grand jury weighing the case is not expected to meet again until next week.



News	7:00/ 8:00 AM	3/24/2023	A bill to expand Medicaid in North Carolina is now just awaiting Governor Roy Cooper's signature. The bill will provide coverage to about 600,000 and bring in billions in revenue to the state. It will also help local NC hospitals seek reimbursement helping healthcare access in rural areas.
News	6:30/ 7:30/ 8:30 AM	3/24/2023	Hyundai and Kia are telling the owners of more than 500,000 SUVs and minivans to park them outdoors because the tow hitch can catch fire while they are parked or being driven. Affected Hyundai vehicles include the 2019 to 2023 Santa Fe, and the Santa Cruz's. The only Kia affected is the Carnival minivan from 2022 and 2023. All have the tow hitch harnesses that can catch fire.
News	7:00/ 8:00 AM	3/24/2023	The Hokie community wanted to have a special sendoff for the Virginia Tech women's basketball team as they make their way to Seattle for the NCAA Women's basketball tournament. This is the first time the Hokie women's basketball team has made it to the Sweet Sixteen since 1999 and they will be taking on the Tennessee Volunteers at 6:30 p.m. tomorrow.
News	6:30/ 7:30/ 8:30 AM	3/28/2023	Protests in France have escalated with officers firing more than 4,000 grenades at protesters who were voicing their concerns over their President's pension reforms. More than a million have taken to the streets in recent weeks after they increased the retirement age from 62 to 64.
News	7:00/ 8:00 AM	3/28/2023	The Virginia Tech women are dancing their way into the final four after beating the Ohio State buckeyes last night 84-74. This is the first time they have ever been to the final 4. The Hokies will face LSU on Friday in Dallas.
News	6:30/ 7:30/ 8:30 AM	3/28/2023	As Virginia schools continue to recover from devastating learning losses due to the pandemic, Lynchburg City Schools is participating in the statewide program Engage, that has the potential to reverse some of the negative effects that virtual learning had on students. The new program provides free academic coaches for students across the state to help with organization and study tips, and technical support.
News	7:00/ 8:00 AM	3/28/2023	The mayor of a town in Giles County has been charged for violations of the Clean Water Act. James Spencer has been charged with three counts of directing town employees to pump sewage and other pollutants from a pump station into the East River. Officials allege that Spencer did this on three separate occasions.
News	6:30/ 7:30/ 8:30 AM	3/28/2023	Authorities say they believe the 28-year-old female attacker that took the lives of three children and three adults at a private Christian school in Nashville was a former student. Her motive in the attack has not been determined.
News	7:00/ 8:00 AM	3/28/2023	An early morning fire damaged a commercial building complex in Ohio housing a former airplane factory founded by the Wright Brothers. It took crews 12 hours to put out the fire. Wilbur and Orville Wright conducted history's first successful manned plane flight near Kitty Hawk, North Carolina, in 1903. The cause of the fire

			remains under investigation and a damage estimate is being conducted.
News	6:30/ 7:30/ 8:30 AM	3/28/2023	Construction is underway in the Big Island and Wheats Valley communities of Bedford County. Verizon, is extending broadband service to homes that are considered to be in Bedford County's coverage gap areas. In total, the project cost about \$2.4 million.
News	7:00/ 8:00 AM	3/28/2023	Sen. Mark Warner was in Norfolk yesterday to deliver a check for \$1.6 million in federal funding to help address the social inequity and economic disparities created by the I-264 freeway in the 1950s. Those affected were cut off from Norfolk's core downtown area along with job opportunities, educational hubs, transportation resources, and cultural institutions. The money will be used to fix the interchange.
News	6:30/ 7:30/ 8:30 AM	3/29/2023	Migrants fearing deportation set mattresses ablaze at an immigration detention center in northern Mexico, taking the lives of at least 40, in one of the deadliest events ever at a Mexican immigration lockup. At the time of the blaze, 68 men from Central and South America were being held at the facility.
News	7:00/ 8:00 AM	3/29/2023	Our friends at Gleaning for the World are asking for your help in supporting those impacted by the tornadoes in Mississippi. They will be collecting donations at the Sam's Club on Wards Road in Lynchburg, from 10am - 6pm today. They need things like paper towels, water, food, and diapers. You can also donate financially online and GFTW.org.
News	6:30/ 7:30/ 8:30 AM	3/29/2023	Portsmouth-based organization Mercy Chefs will also be serving meals to residents affected by the tornado that hit Mississippi. The disaster relief organization serves chef-prepared meals in natural disasters says they will serve meals and water daily as long as needed.
News	7:00/ 8:00 AM	3/29/2023	This year's NAS Oceana Air Show in Norfolk will take place on September 16 and 17 and the theme is "50 Years of Women in Naval Aviation." The show is open to the public, and admission and parking are free. The Blue Angels, the Navy's Flight Demonstration Team known worldwide for their precision flying, loud jets, and iconic blue and yellow paint schemes, are expected to return to the show.
News	6:30/ 7:30/ 8:30 AM	3/29/2023	Governor Glenn Youngkin has ordered that all Virginia flags be flown at half-staff until Friday to pay respects to the lives lost in the incident at a Nashville school. The incident left six without their lives, three of which were just nine years old.
News	7:00/ 8:00 AM	3/29/2023	A federal judge has ruled that former Vice President Mike Pence will have to testify before a grand jury after he was subpoenaed by the special counsel. Pence's team is deciding whether he will appeal under the "speech or debate" clause, which is intended to protect members of Congress from questioning.

News	6:30/ 7:30/ 8:30 AM	3/29/2023	The Virginia Department of Health and Chesapeake Health Department announced the Intercoastal Waterway is reopened after being closed to recreational activities earlier this month due to a sewage spill. The water sampling results by the Hampton Road Sanitation District confirm that the area is now safe for recreational activities.
News	7:00/ 8:00 AM	3/29/2023	Virginia police chiefs will be allowed to impose curfews during civil unrest starting in July. Governor Glenn Youngkin has signed a bill that will let local law enforcement chiefs set curfews for up to 24 hours if there is an imminent threat or disturbance which constitutes a clear and present danger.
News	6:30/ 7:30/ 8:30 AM	3/30/2023	It has now been revealed that a former middle school teammate of The Covenant School attacker received a message from her right before stating self-harm and that she'd be on the news. The former classmate reported the message to local law enforcement where she was directed to call a non-emergency number, but by then it was too late.
News	7:00/ 8:00 AM	3/30/2023	Apple is getting a buy now, pay later option this spring. If you shop online, you'll see the option to break the cost into smaller installments. Apple's version is integrated with Apple Pay and facilitated by MasterCard, requiring the consumer use a debit card and a bank account. They are also not charging late fees but missed payments will result in the consumer losing access to these loans.
News	6:30/ 7:30/ 8:30 AM	3/30/2023	The Bedford County Sheriff's Office is investigating a threat made at Staunton River Middle School. The principal contacted the School Office Resource Officer about the concerning letter immediately. The SRO along with the Sheriff's Deputies went to the home of the student in question. Officials said there is no threat at this time.
News	7:00/ 8:00 AM	3/30/2023	All Jersey Mike's Subs locations nationwide participated in a Day of Giving yesterday by donating 100% of all sales to a charity serving the area where the store is located. The company estimates \$20 million was donated. You can see exactly where on their website.
News	6:30/ 7:30/ 8:30 AM	3/30/2023	A new lithium battery storage facility in the Deep Creek area of Chesapeake, the first of its kind for the city, promises to help Virginia transition from fossil fuels to renewable energy sources over the next decade. The project is expected to begin in 2024, with the facility going online in 2026. Once live it can store enough energy from wind and solar to provide power to about 10,000 homes in the area.
News	7:00/ 8:00 AM	3/30/2023	Students at George Mason University are petitioning to oppose Governor Glenn Youngkin from speaking at their commencement ceremony on Thursday, May 18. So far nearly 7,000 have signed the petition.

News	6:30/ 7:30/ 8:30 AM	3/30/2023	For the next two to three months part of Commerce Street between 5th Street and 9th Street in Downtown Lynchburg will be closed to through traffic. This is to accommodate the repaving of the street. Access to local businesses and most parking lots will be maintained; however, through traffic will not be allowed, and on-street parking will not be available.
News	7:00/ 8:00 AM	3/30/2023	Democratic Delegate Lamont Bagby handily won a special election to fill the open Richmond-based Virginia Senate seat previously held by Jennifer McClellan. Bagby's victory means the party divide of the General Assembly's upper chamber will remain the same.
News	6:30/ 7:30/ 8:30 AM	3/31/2023	Nine lost their lives in a crash involving two Army Black Hawk helicopters conducting a nighttime training exercise in Kentucky. The two helicopters are part of the 101st Airborne Division and they crashed near a residential area after colliding with each other.
News	7:00/ 8:00 AM	3/31/2023	In order to help with the mental health of US Sailors on Navy ships the Navy is considering sending more chaplains on deployments. The prevention strategy is to send chaplains so they can connect with sailors, believers, and non-believers alike, in complete confidentiality to help sailors not take their own lives.
News	6:30/ 7:30/ 8:30 AM	3/31/2023	Boeing's first launch of astronauts has been delayed again, this time until July. NASA announced the latest postponement saying more time is needed to test the capsule's parachute system before blasting off with two test pilots. Additional software testing is also underway. Liftoff is currently targeted for no earlier than July 21 from the Cape Canaveral Space Force Station.
News	7:00/ 8:00 AM	3/31/2023	Get those hummingbird feeders ready! Hummingbirds are making their migration to the states. According to Hummingbird Central, red, and yellow feeders work best at attracting them and the mixture is best if made at home with a four to one ratio of water to regular granular white sugar. Boil the sugar water mixture, then add to your hummingbird feeder after it cools and change it every 5 days.
News	6:30/ 7:30/ 8:30 AM	3/31/2023	Former President Donald Trump was indicted by a grand jury in New York yesterday, but that does not mean his 2024 presidential campaign is over. Even if convicted all you have to do to be able to run for president is be a natural-born citizen, at least 35 years old, and a resident of the US for at least 14 years. Trump is expected to appear in court Tuesday for his formal reading of a criminal charges.
News	7:00/ 8:00 AM	3/31/2023	A train hauling ethanol and corn syrup derailed and caught fire in Minnesota forcing nearby residents to evacuate. About 14 cars were carrying hazardous materials, including ethanol. So far there are no deaths or injuries reported. Federal regulators and members of Congress have proposed reforms they want railroads to make to prevent future derailments.

News	6:30/ 7:30/ 8:30 AM	3/31/2023	With firefighters at least three times more likely to develop cancer than the rest of the general population, the Chesapeake Fire Department hopes a new screening tool can catch it at its earliest stages. Chesapeake firefighters and rescue personnel underwent screening for more than 50 types of cancer this week at the Public Safety Center. The test can detect cancer through a blood draw and determine where in the body the cancer cells are coming from.
News	7:00/ 8:00 AM	3/31/2023	The Bodie Lighthouse will be opening for climbing on Wednesday, April 26. Built in 1871 the lighthouse has over 200 steps from the ground to the top, which is equivalent to climbing a 10-story building. Tickets are required to climb.