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Ironman 70.3 triathletes whoosh through Vinton on June 6



PHOTO BY DEBBIE ADAMS

Triathlon competitor Matt Schafer was the first bicycle rider through the Town of Vinton and then overall winner of the Carilion Clinic Ironman 70.3 Triathlon 2021. Here, he makes the turn at Vinton Baptist after coming down Washington Avenue from the Blue Ridge Parkway.

By Debbie Adams
The bike leg of the 2021 Carilion Clinic IRONMAN 70.3 Virginia's Blue Ridge triathlon came through Vinton on June 6. Matt Schafer of Boston was the

first bike rider to enter the Town of Vinton—at about 9:10 a.m. He went on to be named the overall winner of the Carilion Clinic Ironman 70.3 with a total time of 4:10:38 for the swimming (1.2 miles),

biking (56 miles), and running (13.1-mile half marathon) portions of the race.

Davis Frease, second overall winner, was the second rider through Vinton.

Athletes had registered for the event at Roanoke's River's Edge Park-North on June 4. On Sunday, June 6, at about 6:30 a.m. they began their IRONMAN 70.3-mile journey with the swim at Carvins Cove in Roanoke County.

Once out of the water, athletes took on the 56-mile bike course through the Blue Ridge Mountains, heading east into Botetourt County toward the Town of Buchanan, the starting point for an epic and arduous five-mile climb up Route 43 to the Blue Ridge Parkway entrance.

Athletes rode and descended 21 miles of completely closed roads to the Town of Vinton at Route 24/Washington Avenue. The course in Vinton traveled down Washington Avenue—marked off with cones—allowing riders in the race to use the two center lanes of traffic unen-

See Ironman, page 4



Abby Palmieri (left) did her student teaching for JMU at Bonsack Elementary, working with teacher Kim Riley.

Twins take unusual path to teaching careers

Debbie Adams
dadams@ourvalley.org

Twins Abby and Amber Palmieri are newly hired preschool teachers for Roanoke County Public Schools (RCPS). Abby will be teaching at Cave Spring Elementary in the fall; Amber, at Green Valley Elementary.

The young women began student teaching in early March and finished up 11 weeks later on May 28, the last day of school in Roanoke County. Abby taught second grade at Bonsack Elementary working with Kim Riley, a veteran teacher with 27 years in county schools. Amber did her student teaching in first grade at Mount Pleasant Elementary with Tracy Broughman, who has been a teacher for 24 years.

Also in May, both graduated from JMU with Bachelor's Degrees in "Individualized Studies with a Concentration in Early

See Twins, page 5

Vinton History Museum welcomes two summer interns

Debbie Adams
dadams@ourvalley.org

The Vinton History Museum has welcomed two college students as interns for the summer—Grace Patterson and Ben Tate. In fact, they began volunteering at the museum back in April for the Dogwood Festival Open House.

Patterson has lived in Vinton since the seventh grade. She graduated from William Byrd High School with honors in the Class of 2018. While at WBHS, she was a member of the Cheer Team, president of the FCCLA, and a member of numerous clubs.

She is now a rising senior at Roanoke College, majoring in history, with a mi-

nor in secondary education. Her plan at this point is to become a high school history teacher. She will be doing her student teaching this fall at James Madison Middle School in Roanoke City. She is considering working toward her master's degree, and eventually would like to teach history at William Byrd High School.

Patterson says history has "always clicked" with her. "It was always easy for me; it told a story, but the story could change with new discoveries and research."

She elected to do an internship since the 120 hours earned count as one class, giving her one less class to take while completing her student teaching. She chose interning at the Vinton History Museum because of its proximity to her home and its flexible hours.

After emailing museum Executive Director Judy Cunningham, Patterson concluded that interning with the Vinton History Museum was a perfect match for her. Even though she has lived here since middle school, Patterson says she didn't know a lot about Vinton, and she has enjoyed her time at the museum so far "finding out about

See Interns, page 4



PHOTO BY DEBBIE ADAMS

Roanoke College students Ben Tate and Grace Patterson are completing internships at the Vinton History Museum this summer.



PHOTOS BY DEBBIE ADAMS

Amber Palmieri (right) did her student teaching at Mount Pleasant Elementary with teacher Tracy Broughman to earn her degree from JMU.

Sowers nominated for prestigious Woman's Club award



PHOTO BY DEBBIE ADAMS

Kathryn Sowers of the GFWC Vinton Woman's Club has been nominated for the prestigious Jennie Award. Shown left to right are Lois Creasy, Kathryn Sowers, Camilla Cabaniss, and Maggie Angell. Creasy, Cabaniss, and Angell helped compile the nomination packet on the 54 years Sowers has spent giving to the community through the Woman's Club.

Debbie Adams
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Kathryn Scott Sowers of Vinton is the consummate volunteer. In fact, if you looked at an illustrated dictionary, by all rights you should see a photograph of her next to the word "volunteer" as the embodiment of its meaning.

Sowers has been nominated by the General Federation of Woman's Clubs (GFWC) Woman's Club of Vinton for the prestigious Jennie Award 2020-2022. The award was named for GFWC founder Jane Cunningham Croly, who wrote for newspapers under the pseudonym "Jennie June."

The Jennie Award is

the only national honor bestowed by GFWC that recognizes individual members for a lifetime of personal excellence. Club members are nominated by their local clubs to compete at state, regional, and national levels for the GFWC's highest honor.

Candidates for the Jennie Award are judged on "Commitment to Club, Commitment to Community, and Commitment to Family." None of those will be a challenge for Sowers.

Several members of the Woman's Club of Vinton were tasked with compiling a notebook of Sowers' achievements for the nomination process and why she is worthy of this honor—but were

limited to just 25 pages—an impossible task in their opinion.

A William Byrd High School graduate, Sowers joined the local Woman's Club in 1967 and in the 54 years since has held every office locally, on both Junior and General Levels in the GFWC Blue Ridge District, served as Regional GFWC President and held every office in GFWC-Virginia, including serving as its president from 2006-2008 during its 100th year anniversary. Through the GFWC, she served as hostess of an inaugural reception for President George W. Bush. She has also been active in the Southeastern Region GFWC, and even internationally. One outstanding accomplishment was serving as GFWC-VA State Project Chairman in 2008-2010 when over \$115,000 was raised to purchase a new ambulance for the Virginia Tech Rescue Squad. "She's done it all," the committee declared. She is a charter member of two Woman's

See Sowers, page 10

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First Mingle at the Market scheduled for June 12

The Vinton Area Chamber of Commerce will be hosting its first Mingle at the Market Concert for 2021 on June 12 at the Vinton Farmers' Market. The concert will get underway on the HomeTrust Bank Stage at 7 p.m. with a performance by The Oddfellows Band, based in Roanoke.

The Oddfellows describe themselves as a group of "local guys born in four different decades, covering hit songs from the last 65 years," a news release from the band said. Lead singer/guitar player Tyler Parrish fronts the band "with bright clear vocals while strumming along." The Oddfellows rhythm section consists of "a few old road dogs, Gary Hall and Perry Mabry, who first crossed paths in the mid-'90s and have played many years together in multiple bands. Together they create a solid rhythmic backbone for the band."

"Last, but not least," the release continued,

"this trio needed not only a guitar player, but the right guitar player. Along came Brian Mehalso, the perfect fit. With his tasteful fills and soulful yet funky leads, he really puts the icing on the cake. Brian also covers lead vocals and adds to harmonies, which is a major focus for The Oddfellows performance."

Admission is \$6. This is a family-friendly event with children 12 and under admitted free of charge.

The featured food truck for this first concert is Ken & Jayne's Burgers and Dogs, featuring burgers, dogs, BBQ, and their all-purpose chili.

Craft beer and adult beverages will be available for purchase.

Bring your own seating. No pets are allowed.

Member One is the lead sponsor for the 2021 Summer Concert Series, along with special sponsor Roanoke County. Diamond Level sponsors include Blue Ridge Beverage, the



SUBMITTED PHOTO

The Oddfellows Band will open the 2021 Mingle at the Market Summer Concert Series on June 10.

Vinton War Memorial, and the Town of Vinton.

Gold sponsors include Carilion Clinic, Winters Storage, and Servpro.

Silver level sponsors include Berkshire Health Care, HomeTrust Bank, Lotz Funeral Home, Neely's Accounting, PFG, Coastal Insurance Planning of VA, and The Vinton Mes-

senger. Sherri Winkler of Nite Owl Artz has done the design work for the concert with printing by Vertex Signs.

COVID-19 restrictions have been lifted for the Mingle concerts with one exception—wear a mask if you haven't been vaccinated.

Mingle concerts con-

tinued throughout the summer with two scheduled each month June through September. Many crowd favorite bands will return, namely Five Dollar Shake, Adam Rutledge, Hardrive Crew, On Common Ground, Five Shades of Grey, and Vinyl Nation (on June 26).

Food trucks over the

summer will include Mountain Grille, Finger Wingin' Good, Munsey's Smoke House, Yani's Hot Kitchen, and the Lazy Bull Dog.

The Vinton Farmers' Market is located in downtown Vinton at 204 W. Lee Avenue. Plenty of parking is available in the downtown area.

WBMS announces honor rolls for fourth nine weeks

William Byrd Middle School has announced students who have been named to the A and A/B Honor Rolls for the fourth nine weeks.

Students on the A Honor Roll include:

Grade 6: Alyssa Abdelhadi, Janelle Bibby, Aubrey Blewett, Raegan Bowman, Christopher Boyd, Lane Brunk, Natalie Buck, Hudson Cain, Addison Collins, Jenna Cruz, Chase Daugherty, Colter Dean, Heidi Dixon, Campbell Duff, Hannah Eakin, David Foster, Caiden Harnish, Brihanna Harris, Emmalee Harris, Cole Johnston, Britton Jordan, Landynn Kidman, Reagan Kirby, David Krawczyk, Arianna Krista, Austin Kroner, Vincent Liu, Olivia Long, Helena Longstreth, Olivia Lorek, Emma Milliron, Tyler Minnix, Penley Moore, Elena Mullen, Sarah Nguyen, Carly Norton, Kendall Norton, Sadie Panko, Sebastian Perdomo, Myles Preston, Thomas Purcell, Hope Reynolds, Luke Richardson, Bruce Robinson, Nathaniel Rucker, Willow Seth, Charley Sherburne, Aubrey Sink, Riley Spradlin, Ramsay Stephens, Bailey Tabor, Gavin Thornton, McKayla Tingler, Jakeem Toler, Nicholas Toney, Izabella Trumble, Sydney Tuck, Kara Watkins, Owen Webb, Skye Williams, and Maggie Zimmerman.

Grade 7: Kyndall Agee, Joshua Allen, Ryan Barber, Aiden Barton, Olivia Basham, Kelsey Bell, Ainsley Bolen, Sawyer Bolen, Braeden Booth, Aubrey Booze,

Jacob Bray, Olivia Bustamante, Lily Carrell, Addison Clark, Asher Claybrook, Sydney Coles, Bladimir Cortes-Martinez, Jacob Courtemanche, Bianca DeMelo, Evelyn Dickason, Emma Doolley, Paul Ferrebee, Halie Foster, Katelynn Franks, Samuel Geist, Chloe Gill, Sofia Gonzalez, Ryleigh Grubb, Keegan Harnish, Keegan Harold, Brooke Hershel, Jaden Holmes, Ryan Hurley, Kaylee Jackson, Taylor Jacobsen, Macabe James, Cary Jones, Addison Kincer, Tate Kotz, Shelby Krawczyk, Tatianna Kubik, Jack Law, Carter Leonard, Kenady Leonard, Elizabeth Martinez, Cara May, Collin Mills, Lindsay Murtaugh, Emily Ngo, Jayden Niday, Lilian Perez, Mallory Peroulas, Andrew Reynolds, Meisha Robinson, Gabrielle Romeo, Kyle Saccocci, Mitchell Sigafos, Bryce Simpson, Emma Simpson, James Smith, Jr., Jarrett Smith, Ethan Sutton, Annabelle Teague, Jamez Toler, Zane Vasser, Lucy Whitenack, Noah Williams, Darin Witcher, Lennon Wright, and Morrison Wright.

Grade 8: Christian Alatorre-Gomez, Mario Arias, Ava Ashworth, Abigail Day, Graysen Divers, Abigail Doolley, Camryn Dullaghan, Emily Fisher, Skylar Fitzgerald, Devin Freeman, Kendall Gordon, Aidan Hardy, Nathan Hiemstra, Hannah Janney, Jada Johnson, Kristin Kochendarfer, Raelyn Lancaster, Kendall Lecas, Nathaniel Lynn, Kaylee Makuch, Ryan Markham, Grace Onwi,

Ashley Ortiz-Martinez, Eliza Orey, Ellawyn Pagan, Christian Parker, Madelyn Pittman, Ethan Powell, Meera Raichura, Gino Ruks, Emma Rupe, Landon Sarver, Vanessa Sattah, Nathan Short, Gregory Stiltner, William Thompson, Camden West, and Virginia Yonce.

Students on the A/B Honor Roll include:

Grade 6: Elizabeth Abrams, Grayson Adams, Miracle Alston, Erica Barton, Kyle Bell, Alannah Bonnell, Tanner Bromfield, Madelyn Brown, Riley Carlisle, Andrew Carter, Casey Carter, Emily Clinebell, Cohen Cook, Alexis Davis, Fallon Davis, Carina Dibenedetto, Cooper Dooley, Alexis Felty, Colten Fore, Jaxon Fowler, Clarissa Gill, Nathaniel Hale, Lanaiya Hardy, Jeremiah Harper, Braedyn Henritze, Sophie Hoagland, Austin Hornaday, Shayla Hunt, Christopher Hurd II, Brandon Hurley, Mason Jenkins, Levi Johnson, Lukas Johnson, Owen Johnson, Stella Jones, Evan Klein, Emberlynn Lamonde, Scotlyn Leonard, Jocelyn Lyons, Ailynn Macauley, Joseph Madonna, Reece Magill, Bradley Martin, Layla Matz, Ella McCoy, Ellie McCulloch, Caden McReynolds, Kaden Mitchell, Ayden Morrison, Sydney Nichols, Giovanni Pandolfini, Brody Parrish, Jeremy Paul, Nathan Pickeral, Michael Ramos, Adalynne Reeves, Makayla Ring, Colin Rodgers, Ashlei Rutland, Abigail Saritelli, Jonah Schofield, Nicolas Sipes, Riley Slusher, El-

liott Smith, Kaitlyn Tang, Zane Telsch, Aubrey Tidrow, Lauren Toney, William Turman, Amara Turner, Sammara Weaver, Blake Webb, Colton West, Connor Whitehead, Ashton Williamson, Leighann Wood, Logan Wood, Aiden Wright, and Mija Zavala.

Grade 7: Jeremy Abbott, Ethan Alexander, Ashley Arven, Lillian Ashley, Blake Austin, Ceiliann Baldwin, Ashleigh Barton, Titus Beatty, Allysa Brooks, Keenen Brown, Sophia Brown, Kendra Brunk, Austin Bumgarner, Kaylin Bumgarner, Anna Carter, Quin Carter, Tyler Chambers, Cameron Cobb, Matilyn Cox, Trevor Cox, Conlyn Cunningham, Kalyn Dangerfield, Ashton Dillon, Kendall Dodson, Isabella Dudley, Hunter Eakin, Nevaeh Edwards, Izabella Fleisher, Draven Flinchum, Cody Gardner, Elizabeth Gheen, Braelynn Gibson, Haley Gilmore, Kevin Green, Shakiya Griffin, Benjamin Grimm, Raleigh Hackett, Brooke Hale, Tyler Harris, Alexander Hastings, Kallee Hayes, Craigery Heath, Luke Helton, Gavin Hilliker, Natalie Holland, Isabel Hristov, Owen Humphreys, Lauren Johnson, Connor Jones, Brooke Justus, Hailey Leffell, Carleigh Leonard, Jacob Ligon, Kennedy Lohrmann, Teddi Lorenz, Kayla Lovern, Ryan McIntyre, Dagan Miller, Miley Moses, Charlotte Mullen, Morgan Odum, Adleigh Ross, Keith Schult, Makenzie Scott, Ava Sexton, Christopher Shively, Napiray Sierra-Prin,

Maddox Smith, Tanner Songer, Mallory Summo, Kaeleigh Swan, Evan Tabor, Camden Thepsimong, Jaxen Toms, William VanName, Joshua Vaughan, Riley Waldron, Ashtyn White, Devin Wilkins, Tyrell Witcher, and Aaron Wood.

Grade 8: Alyssa Adams, Cyrus Adams, Natalia Baker, Layla Bannister, Christian Barrette, Dalton Beckner-Pollard, Carson Bivens, Isaiah Board, Carson Bramble, Brooke Brant, Parker Burgess, Nicholas Bustamante, Hunter Butterworth, Evan Copening, Emma Craddock, Madeline Cunningham, Brogan Dent, Gabriel Dixon, Caleb Dogan, Hayden Eads, Adrionna Eanes, Savanna Fisher, Nicholas Franco, Donnie Garman, Bailey Gibson, Emily Glass, William Glover, Landon Haithcock, Payton Hall, Hayden Hamblin-Lish, Riley Helmintoller, Barbara Hernandez, Megan Higgins, Sophie Holcomb, Lillian Johnson, Mallory Johnson, Kyle Kalinke, Aidan Kelly, Sara Lang, Max Livingston, Zoey Mann, Samantha Martin, Emma Matthews, Jenna Matthews, Riley Maydian, Kameron McKee, Alexander Montgomery, Genevieve Paul, Spencer Peters, Marcylla Poindexter, Becca Radford, Maleigh Redmond, Blake Richardson, Sean Rickman, Christopher Robbins, Reid Ruble, Luke Skelton, Zheniya Staples, Stephen Underwood, Chloe Underwood-Agee, and Sarah Wilcox.

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55									57			
58									59			

- CLUES ACROSS**
- Most courageous
 - Insurance giant
 - Small trace left behind
 - In a way, signals
 - The same letter or sound at the beginning
 - The Great Lakes State
 - Engage in a contest
 - Drinks served to celebrate a birth (Spanish)
 - Manpower
 - Undivided
 - Strong, magnetic metal
 - People of Tanzania
 - Sorts
 - Cop car accessory
 - Trade
 - Sullen and ill-tempered
 - Distinctive practices
 - Motor vehicles
 - Electrodes
 - Polish river
 - Human feet
 - Make very hot
 - Toppin and Kenobi are two
 - Blackbird
 - One point west of due south
 - Large beer
 - Third stomachs
 - Rare Korean family name
 - Hectoliter
 - Aquatic invertebrate
 - Where we live
 - Poked holes in
 - Partner to ways
 - Ann
- CLUES DOWN**
- Expressions of approval
 - Replace the interior of
 - Not awake
 - Roman numeral 7
 - Sun up in New York
 - Institute legal proceedings against
 - Bugs homeowners don't want
 - Maltese-Italian composer
 - Very long period of time
 - Touchdown
 - Agents of downfall
 - Complacently or inanely foolish
 - Argentina capital Buenos
 - County in New Mexico
 - An electrically charged atom
 - New Zealand conifer
 - Type of brandy
 - Comments to the audience
 - Tears down
 - Gifts for the poor
 - More painful
 - Good friend
 - Lying in the same plane
 - Line in a polygon
 - Clouds of gas and dust
 - Norse god
 - Health care pro
 - Close tightly
 - One's holdings
 - Became less intense
 - Wilco frontman
 - Woman (French)
 - Expresses delight
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 - Beverage
 - Unit of work or energy
 - Cleaning accessory
 - Dorm worker

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Campbell Memorial honors staff

The congregation of Campbell Memorial Presbyterian Church recognized the ministries of staff members during the 11 a.m. worship service on Sunday, June 6.

Karen Carter has been the pianist at Campbell for the past five years; Daniel Plybon has been the church's Director of Musical Ministries for the past 15 years; and Jeanette Burroughs has served the church for the past 15 years as the Administrative Assistant.

Plaques with their years of service were presented to each at the worship service. Each was also honored at a catered luncheon, the church's first since COVID-19 hit.

"The church appreciates all of their dedicated and faithful ministries to our Lord and to our congregation," said the Rev. Skip Hastings.

Campbell Memorial is located at 1130 Hardy Road in Vinton, next door to W.E. Cundiff Elementary.



SUBMITTED PHOTO

Campbell Memorial Presbyterian honored its staff ministers on June 6. From left are: Karen Carter, who has served the church as pianist for five years; Daniel Plybon, Director of Musical Ministries for 15 years; and Jeanette Burroughs, Administrative Assistant for 15 years.

From the Pulpit

A New Perspective

"Leave it alone!" This is what one of our neighbors shouted as a VDOT worker chased a newborn fawn across a nearby field.

Earlier that day, my son Parker had noticed something different under the slide of our backyard swing-set. Upon further inspection, he discovered a newborn fawn tucked away under the shelter of the slide. It was small, timid, and covered in white spots. It was sleeping soundly with its ears perked attentively, listening for the sound of potential danger. We felt special that its mother had chosen our yard as a safe haven for this precious little life.

This is not the first time we have experienced this since moving to Vinton. The first time it happened, we were worried and frantically searched Google for what we should do or who we should call to care for the life entrusted to our care.

Upon further research, we learned that temporarily leaving behind newborn fawns is a typical practice for does after giving birth. Because a newborn fawn is too weak to escape potential predators, does will

leave them in a hidden spot for a day or two until they have the strength to keep up with her. The doe will check on the fawn at dawn and dusk, bringing them food and ensuring their safety. After a couple of days, the fawn will stand and follow its mother.

When Parker discovered our most recent fawn, we knew just what to do—watch from a distance, admire God's creation, and patiently wait for the fawn's mother to come back. That plan was working well until one of our younger neighbors got a little too close and the fawn jumped up and tried to run away.

Just as we watched it find shelter in a new shady spot two doors down, a nearby VDOT worker spotted it as well. To our surprise, he began walking toward it; as the fawn tried to escape, he began to run after it. In response, one of our neighbors began chasing after him yelling, "Leave it alone!"

Thankfully, the fawn was able to escape safely into nearby woods. We have seen it since then with its mother. As I think back to that afternoon, I am amazed at the many differ-

ent perspectives surrounding that fawn.

After the chase, we learned that the VDOT worker was trying to catch the deer in order to save it. He thought he needed to take it to a nearby rescue because it had gotten separated from its mother.

On the other hand, our neighbor was trying to catch the VDOT worker in order to free the deer. She was worried that if he caught the fawn, its mother would abandon it because of his scent. As this took place, our boys watched in fear and sadness. They were worried the fawn would run so far away that its mother would not know where to find it.

One baby deer, three perspectives. Each wanted to save the deer, but all three had differing perspectives on how that should happen. One wanted to catch the deer; one wanted to free the deer; and another wanted to bring the deer back to where it had been so its mother could find it. Isn't it interesting that we can all look at the same situation and understand it completely differently?

Based on our knowledge, experiences, and background, we can see and interpret the same situation with a perspec-

tive completely contrary to another. That is not a bad thing.

In fact, differing perspectives often help us understand situations and circumstances far better than we ever could have by ourselves. We need the viewpoints of others in order to see from angles that would have otherwise been unavailable to us.

Do we ever consider God's perspective?

As we contemplate situations and circumstances, relationships and conversations, choices, and decisions, do we ever try to see them through the lens of the God we find in scripture?

In the Book of Numbers, while the Israelites were still living in the wilderness, God called Moses to gather 12 spies to scout out the Land of Canaan before Israel's entry. Upon their return, 10 of the spies gave a devastating report. They said: "We came to the land to which you sent us Yet the people who live in the land are strong, and the towns are fortified and very large; and besides, we saw the descendants of Anak there (Numbers 13:27-28)." Descendants of Anak were called the Nephilim and were known for growing as tall as giants.

Despite their grave report, two of the spies (Caleb and Joshua) who saw the same sights as the other 10 gave a very different report. Following the account of the 10, scripture states that Caleb quieted the crowd and gave this perspective: "Let us go up at once and occupy it, for we are well able to overcome it (Numbers 13:30)." Same land, two perspectives. What made the difference? Perspective.

Joshua shared his perspective, declaring: "The land that we went through as spies is an exceedingly good land. If the Lord is pleased with us, he will bring us into this land and give it to us . . . the Lord is with us; do not fear them (Numbers 14:7-9)." Caleb and Joshua saw the Land of Canaan from a God-centered perspective.

As Paul would later write, "If God is for us, who can be against us? (Romans 8:31)" They saw the size of the Nephilim through the lens of a God who had parted an entire sea for them. They viewed the expanse of Canaan's fortified cities through the lens of a God who had freed them from the most powerful kingdom of that time—the Egyptians. Rather than seeing what they could not

do, they focused on what God could do, and had promised he would do. As a result, they were the only two spies of the original 12 who entered the Promised Land.

Regardless of the obstacle you are facing, what lens is driving your perspective? Maybe it is a lens that can only see previous mistakes and disappointments, future worries and potential failures, personal limitations, self-doubt and depreciation. Or maybe, like the people of Israel, the lens driving your perspective can only see how big, strong, and overwhelming the obstacle is itself—the storm is too strong, the waves are too high, the army is too big, the threat is too great, the night is too dark. Like Caleb and Joshua, may we shift our focus from what we cannot do to what God has already done; what he has proven he can do; what he has promised he will do. It may not change our situation, but it will most certainly change our view. Sometimes a different view—a new perspective—is the difference between the Promised Land and the wilderness.

By the Rev. Travis Russell, Vinton Baptist Church

Tai Chi classes available at Vinton Community Center

Free Tai Chi classes are now available again at Vinton's Charles R. Hill Community Center, newly remodeled and located at the Vinton War Memorial complex.

Classes are offered on Thursdays at 9 a.m.

The initial class back after the pandemic restrictions were lifted was basically a beginners' session and had three first-

time participants, as well as a number of returning members.

The class, led by certified instructors, is free, and while it is beneficial to anyone seeking gentle,

flowing exercise, is specifically oriented to arthritis and fall prevention.

The 45-minute session is composed of three parts: the warm-up exercises, practice of the Tai Chi form itself, and a final release of tension.

Loose, comfortable clothing (shorts are certainly acceptable) and closed-toe sneakers are suggested as there is a fair amount of movement.

As one of the instructors said, "Come on, get off your duff, get some

exercise and clear your mind. You will feel better."

Call Chasity Barbour, Vinton's Director of Community Programs, at 540-400-1942, or e-mail her at cbarbour@vintonva.gov for more information.



PHOTO BY DEBBIE ADAMS

Tai Chi classes are once again available at the Vinton Charles R. Hill Community Center at no cost—Thursdays at 9 a.m.

Upcoming free COVID-19 vaccines in Vinton

The Town of Vinton is partnering again with the Virginia Department of Health and the Roanoke City and Alleghany Health Districts to host free COVID-19 vaccine clinics.

Clinics are scheduled for:

- June 30, from 4-6 p.m., at Vinton's Charles R. Hill Community Center, Moderna vaccine
- July 8, 4-6 p.m., Vinton War Memorial, Pfizer vaccine
- July 29, 4-6 p.m., Vinton War Memorial, Pfizer vaccine
- August 4, 4-6 p.m., Vinton's Charles R. Hill Community Center, Moderna vaccine

Preregister for the day and time you would like to attend on the website at <https://www.vdh.virginia.gov/roanoke/covid-vac>

cine/ or by calling 540-613-6597 between the 9 a.m. to 4 p.m. Monday

through Friday.

Walk-ins are welcome while vaccine supplies last.

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Ironman

from page 1

cumbered. They followed Washington Avenue to Maple Street, turned left onto Maple, made a quick right onto Lee Avenue and then left onto Walnut Avenue at the Vinton Farmers' Market, continuing on Walnut until it becomes Wise Avenue in Roanoke.

Despite having swum a mile and biked for dozens of miles, some of those in the race were actually smiling as they coasted down Washington Avenue. A few were even seen pedaling faster coming down the steep grade.

The bicycle ride ended at River's Edge Park, next to Carilion Roanoke Memorial Hospital. In the final leg of the competition, athletes closed out their 70.3-mile journey with a 13.1-mile run along the paved Roanoke River Greenway path along the banks of the Roanoke

River finishing back in River's Edge Park.

The Town of Vinton Police Department, Public Works Department, and First Aid Crew assisted with the event, along with Roanoke County Police, and tons of volunteers, including the FRIENDS of the Blue Ridge who acted as bike pointers in Vinton. Spectators along the route provided encouragement to cyclists.

"Ironman was an amazing event for all of Roanoke and a great event for Vinton to participate in as one of four host localities," said Vinton Town Manager Pete Peters. "This was a great opportunity to showcase the many wonderful assets the entire region has to offer to several thousand new visitors and is another leap forward with the Roanoke Region's efforts to supplant ourselves as an outdoor destination."

"My appreciation goes to the Vinton Police and Public Works Departments for another stellar performance in managing the road closures and providing for the public and participants safety during the event," he added. "I also want to acknowledge and say thanks to the many businesses, churches and residents for their patience and cooperation to accommodate and embrace this event and Vinton's participation."

"This event was not just about a race or competition, as much as it was about placing Virginia's Blue Ridge and all of our neighboring communities (to include Vinton) on the consciousness of not only the 2,500+ participants and their families, but also the would-be participants, the equipment manufacturers and the sponsors who operate within these large-scale, outdoor and health fo-

cused outlets such as Ironman," Peters said. "While not everyone locally may have initially or directly benefited this first time out, as this event continues to grow in popularity and reach, it will result in positive attention and growth for the region and each participating community well into the future in ways we can't even imagine."

The second annual Carilion Clinic Ironman 70.3 Triathlon for next year has already been scheduled for June 5, 2022.

"I personally spoke to dozens of participants during the event that were traveling from all over the United States to Virginia and Roanoke for the first time just because of this event and they couldn't say enough nice things about our area, its beauty and our hospitality," Peters commented. "I'd be willing to bet that those positive thoughts will be shared as they return to

their hometowns all across this country and that position reflection of our community will permeate in all aspects of their personal and business lives.

"Just as an example, contemplate for a moment how many tens of thousands of social media posts have been made from the 2,500+ participants over the last 4-5 days, all with our beautiful communities being featured in the background," Peters said. "I know as I travel and have positive experiences, I tend to go back again sometimes two and three times and end up recruiting others to consider the same."

The 2021 Carilion Clinic IRONMAN 70.3 Virginia's Blue Ridge triathlon offers 200 Age Group qualifying slots and 25 "Woman for Tri" slots to the 2021 IRONMAN 70.3 World Championship in St. George, Utah, in September.



Spectators at the LOVE artworks sign near the Vinton War Memorial cheered on the racers.



David Frease was the second bike rider through Vinton and the second overall winner in the Triathlon.



PHOTOS BY DEBBIE ADAMS
The bicycle portion of the Carilion Clinic Ironman 70.3 Triathlon came down Washington Avenue in Vinton from the Parkway, turned onto Maple, then Lee, past the Farmers' Market, down Walnut, and on into Roanoke.

Interns

from page 1

the town." Her duties at the museum have included giving tours of the museum to visitors, helping with research, and reorganizing old clippings about William Byrd sports from as far back as the 1950s. She has worked with Ben Tate, the other intern, on creating displays for the museum—so far one paying tribute to William Byrd High School graduates in May and another on local June weddings.

her internship hours during regular museum hours. She expects to have completed the required hours by August, in time for the beginning of fall semester at Roanoke College.

Patterson will also be completing a presentation on her internship experience to be presented to her supervising professor Dr. Samantha Rosenthal, Associate Professor of History at Roanoke College. She says her other interests

aside from history include reading most anything—she just started a book about the Bedford Boys of World War II. She enjoys spending time with her family and her dog—a Labrador/Pitt mix. Back in the days when she had more time, she coached gymnastics.

Patterson says she has enjoyed her internship at the Vinton History Museum a great deal so far, especially working with children and catching their "looks of shock and amazement" as she introduces them to old televisions, radios, typewriters, record players and telephones, and explains how they work. She has also enjoyed helping guests in their research.

"It's great here," said Patterson. "There is something new every day and you just roll with the punches. Judy (Cunningham) has been very

helpful and understanding."

Ben Tate is from Boones Mill. He has been a home-schooler and is now a rising senior at Roanoke College, majoring in history. One of his favorite time periods is the first half of the 20th century.

"I always had a passion for history," said Tate. "I love learning about past events and how they have formed society today."

He is as of yet undecided about his future plans once he graduates. He, too, was interested in completing an internship with the history museum and having it count as a class credit. He needed flexible hours, and Patterson suggested doing the internship at the museum.

He talked with Cunningham and thought spending the summer at the museum would fit perfectly with his summer schedule. He had

wanted to get some museum experience during his college years and working at the history museum was the "perfect opportunity."

He has spent most of his time so far doing research and helping with projects at the museum—the graduation and wedding displays namely. He and Patterson are considering a display on military history next. Creating displays is a special interest. Tate says he collects World War II memorabilia and has mannequins at home which could be used in the graduation and wedding displays for the museum. He has some new ideas for how to "spruce up" the museum.

Tate will also be completing 120 hours at the museum, finishing up sometime in August, working the regular museum hours.

In addition to his passion

for history, Tate is an award-winning swimmer for Roanoke College. The team won the ODAC title in the 2020-21 season. He was named Most Valuable Player by his coach and an ODAC Athlete of the Week. He has broken some team records and won several individual ODAC races in his time at Roanoke College. He was named to the 2020-2021 VaSID College Division All-State Men's Swimming Awards First Team in Distance Freestyle, Butterfly, and a host of Medley and Freestyle Relays.

In high school, he swam for the Marlins and Gators. He says one of his hobbies is powerlifting and he is interested in the field of exercise science.

Tate says he has enjoyed his time at the Vinton History Museum.

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The Vinton Messenger

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PHOTO BY DEBBIE ADAMS
Summer interns Ben Tate and Grace Patterson created the June wedding display on the second floor of the Vinton History Museum. Stop by for a tour.



PHOTO COURTESY OF VINTON HISTORY MUSEUM
The June display created by interns Grace Patterson and Ben Tate features weddings. On display are the wedding gowns of sisters Doris and Helen Kasey who were married in a double ceremony on July 19, 1958.

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If festivals are your interest, the Vinton area hosts several festivals throughout the year from the Vinton Dogwood Festival to the Vinton Fall Festival. Each festival offers its own unique atmosphere. When you are away from home it's always nice to feel as if you never left.

The Town of Vinton provides small town character with urban services and amenities located nearby. The small town atmosphere is characterized by a low crime rate; small, locally, and regionally owned businesses; and moderately priced homes. Views of the mountains and Blue Ridge Parkway abound.

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Twins from page 1

Childhood Education.” The following week, they both began work on their Master’s Degrees in Early Childhood Special Education at Radford University, hoping to complete a three-year program in two years.

Abby and Amber grew up in Roanoke County, and attended Mountain View Elementary and Northside Middle, graduating from Northside High School in 2017.

Abby says she “always wanted to be a teacher, with lots of nurses and teachers in my family.”

Amber “always knew I wanted to work with kids; I always wanted to be a teacher.”

Dr. Turner notes that the Palmieris have had an “unusual path to student teaching and becoming teachers,” thanks to policies and programs offered in Roanoke County Schools such as high school Teacher for Tomorrow programs and the Early Childhood Education program at the Burton Center for Arts and Technology (BCAT). The BCAT program allows students to intern in local schools, working hands-on in classrooms to find out if education is the field for them. Students have the opportunity to dual enroll and receive college credits toward an Associate Degree, as well.

Soon after they graduated from high school, the Palmieris found jobs as preschool instructional assistants with RCPS. (They continued as IAs until March 2021 when they resigned, as required,

from their positions to complete their student teaching.)

The twins enrolled at Virginia Western Community College in 2018-2019 already ahead of the game in the Early Childhood Education program, which they completed in a year, “both working and attending school full-time,” due in part to dual enrollment credits. Sharon Sheppard, Supervisor of Special Education and also Preschool Supervisor in RCPS, was one of their instructors at VWCC for courses in “Guiding Behavior of Young Children” and “Introduction to Special Education.”

She was also instrumental in helping them find those positions as IAs with the county schools when she was a Central Office administrator and will become their supervisor when they begin teaching preschool in the fall. Coincidentally, she had worked in special education at WBHS when Dr. Turner was principal. “It’s a small world,” she says.

“Everyone who ever had Abby and Amber in class or worked with them has enjoyed them and viewed them as extremely hard-working and driven,” said Sheppard. “They had initiative and they had a goal and worked towards it. It has been great to see them go through the whole process and from different perspectives, as students and now as teachers.”

During the time Abby and Amber were attending VWCC, Virginia broadened the definition of teacher

preparation programs and instituted new programs and degrees allowing graduates to become teachers after earning four-year degrees in education, rather than the traditional five-year programs leading to Bachelor’s Degrees in the arts and sciences.

“I am pleased to see comprehensive changes that will create new pathways to the classroom and help increase both the supply and the diversity of quality teachers in the Commonwealth,” said Gov. Ralph Northam in June 2019 when state policy boards for elementary, secondary, and post-secondary education approved the programs.

New degree programs were set up at seven public and eight private colleges and universities across Virginia, including JMU.

Subsequently, JMU and VWCC signed a Memorandum of Understanding to “create an accessible professional pathway for individuals to earn teaching credentials,” facilitating the transfer of course credits and smoothing the transition of students earning Associate of Applied Science Degrees in Early Childhood Education into the Bachelor of Individualized Study (BIS) Degree program with a Concentration in Early Childhood Education at JMU.

Abby and Amber were among the first cohort transferring from VWCC to JMU to complete their education with online courses.

“I applaud the General Assembly for taking this ac-

tion,” Turner said. “JMU is very happy with the program as well.”

Sheppard says she is proud of the efforts of Roanoke County schools to contribute to “essentially growing our own teachers” through the high school programs established and with the dual credit opportunities for earning credits at VWCC. “This has benefited our own students at all age levels. We have helped the big ones in order to help the little ones.”

Supervising teachers Riley at Bonsack and Broughman at Mount Pleasant have nothing but praise for their student teachers, especially during this challenging pandemic year.

“Abby has been such an asset to our classroom this semester,” Riley said. “I had many special needs students this school year with IEPs and 504s and she was able to jump right in to help the students in need. She didn’t have to be asked to help. When she saw a need, she immediately helped the students. She began teaching with such maturity and knowledge about Roanoke County Schools and the methods we use to help students in need. She will be phenomenal next year.”

Abby returned those sentiments, “Kim is amazing, and I couldn’t have asked for a better mentor teacher. She is dedicated to the students and giving them the best education possible.”

Broughman says she has enjoyed watching Amber grow. “She knows kids in-

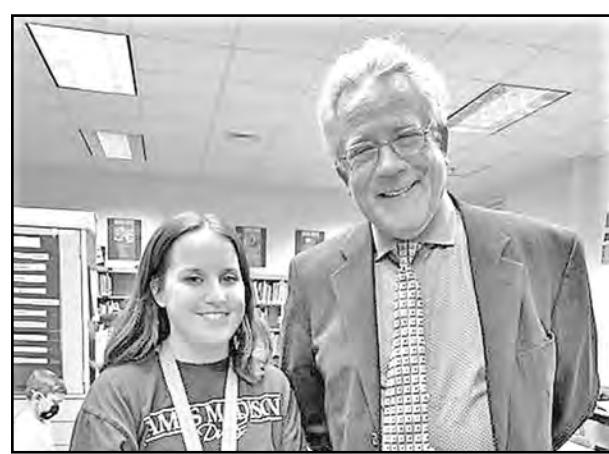


PHOTO BY KIM RILEY
Dr. Richard Turner supervised Abby and Amber Palmieri for the JMU program. He is shown here with Abby.

side and out. She was already ‘there’ when she came in the door.”

A highlight of Amber’s student teaching days that Broughman will always remember is the “squeal of delight” from Amber when one of the baby chicks the class was incubating hatched.

When Abby and Amber begin teaching in the fall, they will enter the system as fifth year employees, with four years of VRS benefits “under their belts,” at age 22, and debt-free thanks to dual enrollment credits, quite a few scholarships, their jobs as IAs, and the RCPS tuition assistance program.

Dr. Turner says this year’s group of student teachers has been “one of the best groups of student teachers I have ever had.” He almost missed the pleasure of working with them when COVID struck this past year. He was unable to do student teacher supervision last fall—not much student teaching was going on in the midst of the pan-

demically. In January, JMU implored him to take on the task. Not yet vaccinated, he agreed to remote supervision. Once he heard he would be supervising the twins and he was fully vaccinated, Turner agreed to participate in person.

Abby and Amber are grateful to Dr. Turner for his feedback and encouragement. They are also grateful to their family for their continual support—the twins are two of nine very accomplished children.

All four teachers—new and veteran—commend Roanoke County Schools for the way handled the COVID restrictions were handled to keep as many children in school as possible this year. They discovered in the course of the year through the many modifications and adaptations to the educational program that were required that often children are more resilient and adaptable to change than adults.

Interns from page 4

ry Museum very much and is amazed at the extent of the collection housed there.

Cunningham is delighted with Patterson and Tate, their enthusiasm, their creativity, and their dependability, and the contributions to the museum they have already made, only a few weeks into their internships.

Guests may view their historic wedding display this month during regular museum hours from 10 a.m.

to 2 p.m. Mondays, Wednesdays, and Fridays and the first Saturday of each month. The museum is located at 210 East Jackson Avenue in downtown Vinton, just across the street from the Vinton Library.

The display features the Kasey sisters, Doris and Helen, who were married in a double wedding ceremony at Vinton Baptist Church on July 19, 1958. They served as each other’s maid of honor and also shared brides-

maids. One was escorted down the aisle by their father, the other by an uncle. Both were given in marriage by their dad. Doris wore a long flowing bouffant skirt of off-white silk bombazine with rose point lace, as did her sister Helen, featuring long sleeves and an illusion (very fine netting) veil. The display includes clippings about the wedding and the 50th anniversaries the couples celebrated in 2008.

The Vinton History Museum just held one of their first in-person events since the pandemic—an ice cream social on June 5. A dulcimer concert is coming up on August 7, and the big yard sale is scheduled for September 11.

More information is available on the Vinton History Museum and Vinton Memories and History Facebook pages.

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EVANGEL CHURCH - 2360 Hardy Road, Vinton, (corner of Hardy Road and Feather Road), 982-3694. Pastor-Tim Wright. Sunday, 10 AM - Worship Service, SuperChurch for Children; Wednesday 6:30-8PM - AWANA Clubs for ages 3-5th grade, Adult Bible Study.

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FIRST CHURCH OF NAZARENE, 728 Highland Ave., SE, Roanoke, Virginia. 342-4003. Sunday Morning Worship 10:30 a.m., Sunday School 9:30 a.m., Wednesday Night Bible Study 7 p.m.

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9:00am; 1st Tuesdays Deacons; Tuesday Evening Bible Study 6:45pm; Wednesday Choir 7:00pm; Thursday Girl Scouts 7:00pm; 2nd Monday Supper with Rev. Skip at Famous Anthony’s 6:30pm; 2nd Tuesday Luncheon with Rev. Skip at Famous Anthony’s; 3rd Saturday Men’s Breakfast 8:00am. Rev. Skip Hastings-Interim Pastor.

UNITED METHODIST

THREE OAKS FELLOWSHIP UNITED METHODIST CHURCH - 1026 Gavel Hill Road, Vinton, Va. 540-512-8070. Pastor: Rev. Dr. Rob Colwell. Sunday School - 9:45 a.m., Worship 11 a.m.

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VINTON WESLEYAN CHURCH - 246 E. Jefferson Ave. Pastor Ricardo Rodriguez, 345-3385; Sunday Worship Service 11:00 AM and 6:00 PM. Sunday School for all ages, 10:00 AM, Wednesday Night Life Ministries - Children - Awana; G-5 Youth Ministry; Adult Bible Study 6:30 PM.

Vinton Worship Directory

He Lives

Read Job 17:1 through 20:29

“I know that my Redeemer lives, and that in the end he will stand upon the earth” (Job 19:25).

Job listened to the second speech by Bildad. He then replied to his friends, asking them how long he would be tormented by their words. He presented a long list of what had happened to him, including being berated by his friends and losing his family and fortune. But after this discourse, he said he still held true to the belief in the Almighty God. Not only did Job believe in God’s existence, but Job believed that he would stand in God’s presence someday.

Regardless of the situations we encounter and the consequences we experience, we should still believe in the sovereignty of God. When we are in the middle of a difficult time and we don’t see an easy way out of our struggle, do we ask where God is instead of trusting Him in faith? When we have questions, we have to cry out to God and, with sheer faith, believe that whatever the outcome He will walk with us and see us through our valley.

Prayer Suggestion: Father, help me remember that You are there, no matter the circumstances.

Quicklook: Job 19:23-27

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Byrd baseball in line for Region 3D home opener

The Region 3D baseball tournament is scheduled to start Saturday and William Byrd will have a first round bye and a likely home game on Monday. Seedings were still being determined as of mid-week.

The top 10 teams in the region make the playoffs with the seven through 10 seeds playing this Saturday. The two winners join the other six Monday for

an eight team field, with the top four playing at home.

Byrd was 8-3 with one game still to be played, and that should get the Terriers in the top four. Abingdon was cruising along with a 12-0 record for the top seed and after that it was close. Byrd could be anywhere from two to four depending on what happens this week.

Last week the Terriers played in two

“walk off” games, winning one and losing the other. The Byrdmen rallied for a 2-1 win over Lord Botetourt in Vinton, then let one slip away, 3-2, at Northside.

Tyler Dean started on the mound against LB and struck out 14 batters while only walking one in a seven inning complete game effort. He allowed just three hits and one unearned run, but the Terriers still trailed 1-0 heading into the bottom of the seventh as Botetourt pitcher Carson Peggins was tossing a shutout.

Hayden Lyle pinch hit to lead off the bottom of the seventh and reached base on a rare error by LB shortstop Connor Fuhrman, one of the best players in the area. Ethan Tinsley then bunted and all hands were safe to put runners on first and second. After Lyle and



Byrd's Seth Hodges raises his arms in victory after drawing a walk to force in the winning run in last week's game with Lord Botetourt.

PHOTO BY BRIAN HOFFMAN



Hayden Lyle gets Byrd's seventh inning rally started by reaching base against LB.

PHOTO BY BRIAN HOFFMAN

Tinsley advanced on a passed ball Joey Johnson was intentionally walked to load the bases. That move backfired when Dean walked to force in the tying run, and Seth Hodges then walked to send Byrd home a 2-1 winner.

On Friday night at Northside Byrd was in the opposite position. Leading 2-1 into the bottom of the seventh, Byrd relief pitcher Luke Taylor walked the first batter and the Terriers failed to execute on a sacrifice bunt attempt, putting runners on first and second. Luke got a strikeout for the first out but both runners moved up on a botched pickoff attempt. An intentional walk loaded the bases, the tying run scored on a walk and the winning run came in

on a passed ball, walking off the win for Northside.

Isaac Fix started on the mound for Byrd and pitched five and a third innings before Taylor relieved. Isaac gave up just two hits and struck out nine but walked six to run up his pitch count, ending his day early.

Byrd was back in action Tuesday with a home game against Staunton River, but a thunderstorm halted action with no score after one inning. Dean started that game, but when it was postponed until Wednesday Byrd coach Neil Zimmerman was coming back with Fix upon resumption. Results were too late for publication and rain was a possibility again.

Softball team sweeps Northside to improve region seeding

The William Byrd softball team should have a home game Monday when the regional seedings are figured up at the end of the week. The Terriers were 8-3 with one game remaining and the top four teams in the region have home games Monday.

Byrd beat Northside twice last week to improve their standing in the region. Last Wednesday the Terriers took a 5-2 win, coming from 2-1 behind in the top of the fifth to take the lead. Logan Pekala, Amber Vaughn, Maddy Tuck, Haleigh Vaughan and Erin Courtemanche all had hits in the game.

Hallie Cox earned the victory in the pitcher's circle. She allowed seven hits and two runs over seven innings, striking out seven and walking none.

On Friday Byrd played Northside and this time they made sure it wasn't close, winning 14-3 in Vinton. Byrd jumped on top early when Brooklyn Peters drove in a run, then scored on a sacrifice fly by Haleigh Vaughan.

The Terriers put it away with a six run fifth inning. The rally was led by singles by Keely Hoal and Pekala and an error on a ball put in play by Peters.

Cox was the winning pitcher again. Hallie surrendered three runs on three hits over five innings, striking out eight.

The Terriers had a home game with Staunton River postponed this week due to a late afternoon thunderstorm. It was scheduled to be made up on Wednesday, and it was the regular season finale for the girls. First place in the Blue Ridge District was at stake as Byrd came in at 6-3 in BRD play and Staunton River was 5-2.



Erin Courtemanche of William Byrd slides into third in last week's win at Northside.

PHOTO BY DANNY CRUFF

Terriers warm up for regional with track meet at Wm. Byrd

The William Byrd track team was in Christiansburg on Wednesday of this week for the Region 3D meet at Christiansburg High School. The Terriers warmed up for the meet with a home meet last Wednesday, June 2, at Patterson Stadium in Vinton.

The Terriers hosted Glenvar and Hidden Valley and had some great performances. On the ladies' side Sela Beatty won the 100m dash with a time of 13.59 and Emma Dalton finished 2nd at 13.86. Dalton won the 200m dash with a time of 28.39 and Sarah Fuchs finished 3rd in 30.14.

In the 800m run Elizabeth Recktenwald finished 3rd with a time of 3:04.32 and in the 1600m run she finished 1st in 6:32.94. Olaedo Anyanwu finished 3rd in the 300m hurdles with a time of 1:02.31.

The 4x100m relay of Chloe Harrilla, Fuchs, Dalton and Beatty took 1st with a time of 52.23. Harrilla was also 2nd in the high jump with a height of 4'6" and Terran Brown finished 3rd (4'2"). Gracie Mick finished 1st in the pole vault with a height of 6'6".

In the discus Mya Rosser won with a throw of 88'3", Jaylen Rosser was 2nd (86'1") and Fuchs took 3rd (76'3"). In

the shot-put Mya Rosser won with a throw of 31'4" while Jaylen Rosser finished 2nd (29'10") and Fuchs was 3rd (25'10").

On the boys' side Isaac Roth finished 2nd in the 100m dash with a time of 12.30 and Roth also won the 400m dash in 53.90. In the 800m run Keaton Band won the race with a time of 2'08.75 and Donald Mullins finished 3rd (2:19.36).

In the mile run Reagan Lilley finished 3rd in 5:36.54. Walker Nance finished 2nd in the 110m hurdles with a time of 17.68 and Dillon Anderson took 3rd in 21.36. In the 300m hurdles Nance finished 3rd with a time of 43.38.

Jackson Meador won the high jump with a height of 5'8" and Jamie Cawley finished 2nd (5'8"). In the long jump Meador finished 2nd with a jump of 18'5" and Jayson Marvin took 3rd with distance of 17'9.5". Cawley won the triple jump with a leap of 36'5" while Nance finished 3rd with a jump of 34'10". Roth won the pole vault, clearing a height of 12'.

In the discus Hayden Janney finished 2nd with a throw of 95'10" and in the shot put Doniven Davis finished 3rd with a throw of 34'2".

Look for regional results in next week's edition.



Byrd's Mya Rosser competes in the shot put in last week's meet in Vinton. Mya won both the shot and discus events.

PHOTO BY JEFF MARVIN



Taly Kwaramba of the Vinton Area Swim Team does the backstroke in Monday's meet at Castle Rock.

PHOTO BY CANDICE HOYOS

Vinton Area Swim team opens RVAA season at Castle Rock

The Vinton Area Swim Team (VAST) opened the season Monday night with a meet at Castle Rock that also included Olympic Park. The teams swam freestyle and backstroke and there were some solid performances.

Austin Nielsen (17) placed 1st gold in 50 back and 50 Free in the men's 17-18 division while Colton Cunningham (8) placed 1st gold in 25 back and 25 Free in the boys' 7-8 division. Taly Kwaramba (12) placed 1st gold in 50 back and 2nd gold in the women's 11-12 division.

Emma Copening (17) placed 1st gold in 50 back and 50 free in the women's 17-18 division. Jocelyn Stark (11) placed 1st gold in the 50 free in the women's 11-12 division, and the VAST coach, Laura Schnieder(21) placed 1st in the 50 free in the 19-24 women's division.

Evan Copening (14) placed 2nd gold in the 50 free and the 50 back in the 13-14 men's division. Russell Fischer (10) placed 2nd gold in the 50 back and 1st gold in the men's 9-10 division and Andy Wang (15) placed 2nd gold in the 50 back and 1st gold in the men 15-16 division.

Next Monday, June 14, the Vinton team will be at Forest Hills to swim against Read Mountain, Limstone Park and the host Forest Hills team. Strokes include the butterfly, backstroke and freestyle.

Boys' lacrosse season ends with loss to Hilltoppers, girls will play in Region tournament next week

The lacrosse season ended for the William Byrd boys last week while the girls are practicing for the upcoming region playoffs.

The boys played host to a strong Class 4 E.C. Glass team last week and dropped a 19-1 decision to the Hilltoppers. Jerze Webb scored Byrd's goal as the Terriers ended their season with a 1-7 record. Byrd opted not to participate in the region playoffs due to a shortage of players with school being over.

The girls didn't play last week, but they're staying in town to practice for next week's regional. The Byrd girls are 5-4 on the season and are waiting for the result of several games to determine who and where they will play in the regional. Action is scheduled to begin next Monday.



The William Byrd girls will take a 5-4 record into next week's region lacrosse tournament.

PHOTO BY BRIAN HOFFMAN



Left, William Byrd's Anna Milliron(#11) pushes the ball up the field at Northside last Friday. Right, Claire Glover does some fancy footwork to control the ball.



PHOTOS BY JIM & REGINA DEVINNEY

Girls will open Region 3D soccer at home Monday

The Region 3D soccer tournament will open in the coming week with 10 teams participating. The seventh through 10th seeds will play on Saturday and the top six won't open until Monday.

Seeding was still to be determined early this week but the Terriers will be in one of the top six spots with a 7-2 overall record with one game to play. The top four teams will have a home game Monday and Byrd could be one of the four.

The Terriers had one regular season game remaining at press time. Byrd was rained out of a home game with Staunton River on Tuesday and that was rescheduled for Wednesday.

Last Friday at Northside the girls were hitting on all cylinders in a 7-0 shutout win over the host Vikings. Riley Firebaugh opened the scoring with an assist from Addisyn St. Clair. Anna Milliron dribbled through several players to score the second goal and Maddy Simmons made it 3-0 at the half off an assist from Maci Glass.

"Once we got the first one in they just kept coming," said Byrd coach Molly Cox.

Hanna Chappell had two goals and two assists in the second half and Simmons and St. Clair scored the other two as Byrd won going away.

Terrier soccer boys hope to make region after best game of the year

When William Byrd played host to Staunton River in soccer Tuesday night it looked like a different team than the first meeting between the two. According to coach Russell Dishman, it

somewhat was as the Terriers beat the Eagles 7-1 after losing to them 5-0 in Moneta a couple weeks ago.

"It was a big turnaround," he said. "When we played there we were very

short-handed on players, but last night(Tuesday) they were back and healthy."

Dishman is hoping the big win is enough to get the Terriers into the Region 3D playoffs. The top 10 teams make the regional and Byrd was still sitting in 11th with a 2-8 record after Tuesday's win. There were still games to be played at press time, and if Byrd can sneak in the Terriers would play the seventh seed on the road Saturday at a time to be determined.

If the Terriers can get in, they could make some noise if they play like they did Tuesday. The weather was miserable but it was "Senior Night" and the boys didn't let their special night get rained on.

"There were several delays before we got outside but we were able to kick off about an hour after we were originally scheduled to do so," said Dishman. "I was proud of the guys to be ready as we had limited time on the field to warm up once



William Byrd keeper Chris Blankenship scoops the ball in front of the cage.

PHOTO BY JIM DEVINNEY

we got outside, but at the kick off they were ready to go."

Four minutes into the match Landon Niday opened the scoring with an assist from Dylan Hughes. Eight minutes later Landon was able to find space on the dribble and score an unassisted goal. Then Braden Crossan was able to intercept a goal kick in the 18th minute and dribble in one on one to give the Terriers their third goal, and a minute later he scored his second goal on an assist from Niday on a sequence that Hughes started in the midfield.

"The guys continued to build and played with a level of confidence that we knew they were capable of all season," said Dishman. "They finally

saw it."

"In the 28th and 29th minutes Niday scored two more on balls played in from Crossan to finish out the scoring in the first half. The Terriers got a goal from Ryan Garland in the second half to close out the scoring with a season high seven goals. Chris Blankenship had six saves in goal and Bricen Lancaster had three.

"This was one of the best and most complete performances the guys put together all year," said Dishman. "We moved the ball well, we used the entire field and the guys were able to work off each other consistently. This was a fantastic performance by the guys to close the regular season."

VYSA State

William Byrd soccer players Ian Sigmond and Landon Niday represented Virginia last weekend in the US Youth Soccer East Region Championships. They were part of the VYSA State teams and Byrd coach Russell Dishman also participated as a VYSA Goalkeeper Coach and as a coach/scout for the East Region as well. The East Region is made up of state soccer associations from Virginia, West VA, Maryland, Eastern PA, Pennsylvania west, eastern New York, Western New York, New Jersey,



Delaware, Massachusetts, New Hampshire, Vermont, Connecticut, Maine and Rhode Island. "They both played great," said Dishman. Above is Niday and below is Dishman (left) and Sigmond.



Sowers

from page 1



Each year the Vinton Woman's Club plants a pinwheel garden at the Municipal Building to raise awareness of child abuse. She is shown with Vinton Mayor Brad Grose.

Clubs she helped found: the GFWC Vinton Junior Woman's Club and the GFWC Toteria Woman's Club.

On the front cover of the nomination notebook, committee members placed Sowers' philosophy of life from poet Leo Rosten: "I think the purpose of life is to be useful, to be responsible, to be honorable, to be compassionate. It is, after all, to matter, to count, to stand for something, to have made some difference that you lived at

all." One of the nomination pages states, "When you think of Kathryn Sowers, the word that comes to mind is dedication. Kathryn's entire life has been dedicated to service to her family, church, jobs, to her Federation, and to her community. She serves with a smile, unending energy, and dedication."

She has been a loving wife to her late husband Everette, their son Todd, and their grandchildren Christiaan, Hannah, and Austin.



PHOTOS BY DEBBIE ADAMS

Kathryn Sowers at a Mingle in the Market concert, sponsored by the Vinton Area Chamber of Commerce where she works as executive assistant.

"Vinton Baptist Church, where she serves as a Deacon, has been a lifelong dedication for Kathryn. She has served as Church Clerk, Secretary of the Sunday School, a member of the Finance Committee, and Chairman of the Church Hostess Committee in addition to other offices. Her service is not just to the Vinton church but to the Roanoke Valley Baptist Association WMO as Director over 76 churches; she is currently treasurer."

She has been a member or on the governing boards of many civic organizations, including serving as the secretary-treasurer of the Vinton/Roanoke County "High Ground" Veterans Memorial at the Vinton War Memorial and secretary of the Vinton Centennial Committee. She is secretary-treasurer of the Arnold R. Burton Scholarship Fund, which awards scholarships to two William Byrd High School students each year.

Sowers has worked

for the Roanoke County School System, Hewlett Packard, Verizon Wireless, and at one time started a business of her own.

"If you want a job done and done right, Kathryn is the employee you want," is another statement in her nomination application. "Her experience in customer relations, supervision of employees, and financial oversight was always done in a positive and respectful manner."

Sowers is currently the Executive Assistant for the Vinton Area Chamber of Commerce. She has handled the ribbon and scissors at virtually every ribbon-cutting ceremony for a Vinton business for years and is a familiar face at Chamber special events.

Her grandchildren, who she calls "the joys of my life," created a special page for their "Gigi" in her nomination notebook, describing the petite Sowers as "small but mighty."

"I have always looked up to her," said grandson Christiaan. He went on to describe her as "unwavering, and an incredible blessing in my life."

Grandson Austin says she is "an amazing woman who commands the respect of everyone in the room. Hands down, she is one of the strongest women I know."

And granddaughter Hannah wrote that "I don't go anywhere in Vinton that someone isn't talking to her or telling me stories about her. I hope someday I will be half the lady she is now."

Her pastor, the Rev. Travis Russell of Vinton Baptist, said that Sowers "consistently demon-

strates a love for people and community and a willingness to use her time, energy, skills, and resources to help improve both of them."

Sowers was recognized at the GFWC Vinton Woman's Club meeting on May 25 and the announcement of her nomination was shared with club members by Camilla Cabaniss and Lois Creasy.

Sowers thanked her friends for the honor, saying that because of her relationships with them, "I have already won."

The notebook was compiled by Cabaniss, Creasy, Maggie Angell, Teresa Craig, and Yolanda Adams. A keepsake copy was presented to Sowers at the meeting.

The GFWC Vinton Woman's Club was organized in 1954 and is a member of the General Federation of Women's Clubs—an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer services.

The club is deeply involved in the life and well-being of the community. Each year the club partners with the Vinton Police Department to plant the Pinwheel Garden at the Municipal Building to make the public aware of child abuse. They present scholarships to WBHS seniors. They hold numerous fundraisers which enable them to contribute to a wide variety of community causes. The club assists the Vinton Area Chamber of Commerce at many of their events. Wherever there is a need, they step up to fill it.



Kathryn Sowers chaired the GFWC State project in 2008-2010 to raise over \$115,000 for the purchase of an ambulance for the Virginia Tech Rescue Squad.



SUBMITTED PHOTOS

Sowers' grandchildren (from left) Austin, Christiaan, and Hannah are the joy of her life.

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