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Thursday, January 27, 2022 • Dogwood Capital of Virginia • Covering Vinton, Bonsack & Stewartsville

(USPS-660-020)

OurValley.org • \$1.00

Community welcomes BoomTown CrossFit to Vinton

Debbie Adams

dadams@ourvalley.org

BoomTown CrossFit celebrated its grand opening in Vinton with a ribbon-cutting ceremony on January 20 with town officials and the Vinton Area Chamber of Commerce. The ceremony was followed by an open house, a free community workout session, free food, and door prizes on January 22. About 40 individuals turned out on that very cold morning to participate.

BoomTown CrossFit is a

gym and physical fitness center, promoting functional fitness and lifelong health. It offers workout programs for all ability and skill levels, focusing on both physical and mental well-

Owners are Tamara and Greg Bell, Joel and Brittany Linkenhoker, and Michael and Hannah Venable. They actually met one another through CrossFit programs. They have day jobs ranging from civil engineering to financial analysis to occupational therapy but wanted to take on the challenge of intro-

ducing BoomTown to give back to the community. The business has been open since December

They have spent several months renovating a former electrical storage warehouse at 703 Tinker Avenue (near Cargill, formerly Southern States) into the spacious and wellequipped gym.

At the ribbon-cutting ceremony, co-owner Mike Venable explained the "BoomTown" name. The fitness center is "all about community." It is located in the backyard, so to speak, of Vinton, right next to the railroad tracks. The group wanted to pay homage to Vinton and its past as a booming railroad town. Products and goods came through the town by rail and led to its initial growth. Today, Vinton is once again booming economically, with many new businesses and residents in an "invigorating, exciting time" for the town.

Co-owner Tamara Bell said the group chose Vinton for their business because "it was a good opportunity. There are not a lot of gyms or fitness fa-

cilities in the Vinton area or the Smith Mountain Lake market area.'

Venable said the location literally "fell into our laps. We are happy to be part of the current business boom. It fits us, and this place fits us."

Vinton Mayor Brad Grose, who participated in the ribboncutting ceremony, agreed that BoomTown CrossFit "fits Vinton and what's going on in the town right now. We are definitely booming.'

See **BoomTown**, page 2



a ribbon-cutting ceremony with the Vinton Area Chamber of Commerce and town officials. Shown left to right are Chamber Executive Director Angie Chewning, owners Joel and Brittany Linkenhoker and Hannah Venable, Vinton Mayor Brad Grose, owners Mike Venable, Tamara Bell, and Greg Bell, and Chamber President Jason Boothe.



PHOTOS BY DEBBIE ADAMS

\$74.33

\$86.47

\$91.66

\$92.16

\$100.64

\$104.00

\$108.10

\$118.24

\$129.96

Members of Vinton Town Council and staff and the Vinton Area Chamber of Commerce joined the owners of BoomTown CrossFit for a ribbon-cutting ceremony on January 20.

Public asks: Will our water rates increase with WVW

Debbie Adams dadams@ourvalley.org

At their December meeting, Vinton Town Council members joined with the Western Virginia Water Authority (WVWA) to announce transfer of the town's ownership and operation of the Vinton Wa-Wastewater ter and System to the WVWA. The transition process is expected to take about six months, with the Authority expected to take over the town's systems

and development.

One of the early steps in the process was to invite the community to an open house meeting at the Vinton War Memorial on the evening of January 25. Representatives from the WVWA and the town were available at stations throughout the ballroom to answer specific questions from the community on topics of water qual-

in July 2022. Many de- ity, customer service and tails and decisions assobilling, finance, engiciated with the transfer neering, field operations, remain under discussion and human resources (employment opportu-

The No. 1 concern of those who attended seemed to be: "Will our utility rates go up?" According to the WVWA, a comparison of the local region utility rates (monthly combined water/wastewater based on 5,000 gallons usage) indicates that Town of Vin-

See **Public Works**, page 5

Comparison of Local Region Total Combined Monthly Rates Combined Rate Rocky Mount, Town of (inside) Vinton, Town of WVWA (Roanoke) Current \$66.50 Bristol Virginia Utilities Authority WVWA (Franklin County) Current \$67.50 WVWA (Botetourt) Current Blacksburg, Town of (inside)

2021

2021

2021/2016

2019

2021/2018

2021

2021

2021

PHOTO COURTESY OF THE TOWN OF VINTON

The transfer of ownership and operations of the water/wastewater utility system from the Town of Vinton to the Western Virginia Water Authority was the topic of discussion at an open house at the Vinton War Memorial on January 25. The main question from customers was "Will my bill go up?"

W.E. Cundiff celebrates PBIS Incentive Day with ice cream



Hudson Akers with the Team Cundiff Terrier Ticket Collection Container.



Lynchburg, City of

Salem, City of

Draper Aden Average

Albemarle County Service Authority

Rocky Mount, Town of (outside)

Christiansburg, Town of

Lexington, City of (inside)

Blacksburg, Town of (outside)

Augusta County Service Authority

Bedford Regional Water Authority

PHOTO FROM RCPS

Heaven Scott celebrating Team Cundiff PBIS Incentive Day with ice

"Bank of Botetourt is a neighborhood bank and not a corporate entity."

cream.

FDIC EQUAL HOUSING LENDER

Bank of Botetourt

- David Belcher, **Belcher Electric**



On Friday, January 14, W.E. Cundiff Elementary School in Vinton celebrated a PBIS Incentive Day to reward the students for filling up the school Terrier Ticket Collection Con-

tainer. PBIS stands for Positive Behavioral Interventions and Supports, and is an approach used throughout Roanoke County Public Schools to promote school safety and good behavior.

At W.E. Cundiff, students recite the "Team Cundiff Pledge" each morning, reminding all students to be safe, respectful, responsible, and ready to learn. Throughout each school day, students are rewarded for showing the tenets of the pledge by receiving Terrier Tickets. Once students fill up their classroom container, it is dumped into the grade level container, and once the grade level container is full, the grade level

See **PBIS**, page 4

Board of Supervisors recognizes Jason Peters

The Roanoke County of Supervisors passed a resolution of appreciation recognizing Jason Peters for his service as chairman of the Board of Supervisors in 2021 at the meeting on January 25. Peters represents the Vinton Magisterial District.

He was recognized in particular for his contribution to the economic growth in Roanoke County throughout his term and his emphasis on sound financial strategies and practices and promotion of regional projects and initiatives to benefit all residents of the Roanoke Valley.

In recognizing Peters, the board also recognized the many accomplishments of the county during 2021 including:

• The revitalization of Tanglewood and the 419 area with new-to-market restaurant options and seven new commercial businesses

• The opening of the redeveloped Vinyard Station in the former Vinton Motors building and the

ing out all different types

of businesses, both big

and small, which it takes

to create a community."

While many new res-

taurants and apartments

have opened in Vinton,

as well as new industries,

will help balance out the

Protect the

ones you love,

CrossFit

BoomTown

openings of its first two tenants- Joe Goodpies Brick Oven Eatery and RND Coffee

 Recognition by the Virginia Association of Counties and the International Economic Development Council with achievement awards for the Town of Vinton Central Business District Redevelopment Projects

• The Gish Mill redevelopment project and public private partnership with the Town of Vinton

• Expansions in Roanoke County's healthcare sector including the Richfield Living Town Center, Friendship Health and Rehab Transitional Care Unit, LewisGale ER, Vistar Eve Center and the 150,000-square-foot Carilion Children's Tanglewood Center

• A new \$12 million hotel redevelopment and public private partnership project with the Town of Vinton

• Cardinal Glass Industries' 24,000-square-foot expansion in the Vinton **Business Center**

• Development of the two-story, 16,000-squarefoot Fallowater Square office building near Tangle-

 Celebrated the largest population growth rate in the Roanoke Region of 4.9%, demonstrating that quality of place matters

 The resolution also extended thanks to Peters for "his collaborative and steady leadership of the Board of Supervisors as Chairman in 2021 and for his belief in democracy and championing of citizen participation in local government."

Peters thanked the board for the resolution and accepted it crediting other board members and county staff for a joint effort in the many accomplishments of the past

said.

thanked him for leading personally. well in a difficult year.



Jason Peters (right), Vinton's representative on the Roanoke County Board of Supervisors, was recognized by the board for his service to the community as chairman of the board in 2021. The board passed a resolution of appreciation, which was presented to Peters by the 2022 Chairman Paul Mahoney.

keeping focused on "mak-"I am proud of what ing Roanoke County a we're all doing," Peters better place to live and work" through the trials Catawba board mem- and tribulations of 2021 Martha Hooker both on the board and

Peters had previously Chairman Paul Mahoney served as chairman in commended Peters for 2015 and 2016; he served

as vice chairman in 2014 and 2018 and will serve again as vice chair in 2022. His first term on the board began in January 2014. He was re-elected in November 2021 for a term which expires in December 2025.

A graduate of William

Byrd High School, Peters is vice president and branch manager for First Citizens Bank in Vinton. He has served for numerous years on the Vinton First Aid Crew, and is currently president and assistant to the treasurer of the

BoomTown

from page 1

Roanoke County Ecocommunity and meet the needs of the community nomic Development Specialist Marshall Stanley more comprehensively. Vinton Area Chamber noted that the Vinton community is "pump-

of Commerce President Jason Boothe welcomed BoomTown to Vinton and thanked the owners for choosing the town for their location. Venable and co-owner

Joel Linkenhoker spoke to the crowd at the grand opening about their goals for their business and the Vinton community. Linkenhoker

mented that Vinton was an obvious choice for location— "Vinton is a tight-knit community and CrossFit is a tightknit community."

He emphasized that "anybody can do Cross-Fit. We have worked with ages 15 to 62 so far. Everyday, BoomTown CrossFit offers something different. It will be the best hour of your day."

BoomTown is for athletes and for those who are currently more couch potato than athlete. "We can help you get healthier. If you have a bad knee or a bad back, our goal is to help you get better. Just give us a chance."

CrossFit intertwines fitness, community, and nutrition in an "atmo-sphere of friendly faces." The program involves everything from weightlifting to running to rowing to biking to rope climbing, to cardio, to squatting, to gymnastics. He also says it's a program that will translate into the rest of your day and life- with activities that will help you "carry in the groceries, carry your kid on your shoulders, pick up something from the floor.' BoomTown programs

are built around life's

busy days with the goal com- of 60 minutes "in and out and on with your day." Venable says that challenges faced in CrossFit can also translate into improving your approach to difficult situations in life in general. The methods we use at

> BoomTown CrossFit are what makes us so unique," the owners say. "We find out what's important to you and set you on a path for success. This allows us to help you achieve your goals in record timing. We have everything you need- knowledge, experience, and equipment."

All the activities are "scalable" and can be modified to meet individual ability levels and goals. There is a coach to Venable explains that help you. You will get a workout that meets your own level of ability.

As for opening a fitness

center during the pandemic, Tamara Bell says with strict attention to cleaning and ventilation that was not a real issue. In fact, COVID has made the need for developing good physical and mental health even more impera-

The renovated space includes a children's room with large windows, toys, and a television so parents can keep an eye on their children and their children can see them while they are working out.

Currently, BoomTown CrossFit classes are available Monday-Friday at 5:15, 6:15, and 8:15 a.m.; at 4:30, 5:30, and 6:30 p.m. (no 6:30 on Friday), plus open gym at 7:30 a.m. on Saturday with another CrossFit class at 9 a.m. Classes generally number about 20.

The six owners, plus

Sam Mixter, serve as instructors and coaches. In addition to group workouts, BoomTown offers one-on-one and small group personal training and nutrition coachingboth with Mixter, who has her ISSA Nutritionist certification.

The nutrition coaching is available to both members and non-members. The program includes a personalized plan with individual macros, weekly check-ins, meal ideas, and

BoomTown CrossFit features unlimited memberships and punch-card options, along with dis-

For more information and class options, visit their website at https:// www.boomtowncrossfit. com/ or their Facebook page. You may also call 540-397-1258.



PHOTO COURTESY OF BOOMTOWN CROSSFIT

The new BoomTown CrossFit gym and fitness center is located on Tinker Avenue in Vinton in what was an electrical storage warehouse. The owners spent several months completely renovating the building.



PHOTO BY DEBBIE ADAMS

BoomTown CrossFit welcomed the community to an open house on January 22 with a free workout session.



CROSSWORD PUZZLE 18 21 36 42 48 52 53 63 65 student, learns healing 3. This (Spanish) 32. Database management 39. Military official (abbr.) 4. Essay system 36. Similar

CLUES ACROSS 1. Brew NY ballplayer 7. Rigid external covering 42. Gasteyer and De Armas

in some animals 12. Promotional materials 15. More high-pitched 16. Widely cultivated cereal 18. Dormitory employee 19. Bad act

20. One's mother 21. Scored perfectly 24. Space station

rivals

34. Nothing

35. Spiritual leader of a

Jewish congregation

27. Exchange for money 30. Edible seaweed 31. Iranian city 33. Lakers' crosstown

41. Matchstick games are two 44. Distant planet

47. A type of residue 48. Punk art icon Jimmy De_ 49. Millihenry 50. Canadian media firm 52. Type of withdrawal

56. Dish of minced meat or 61. Noted previously

63. Happily 64. "Partridge" actress Susan 65. Not present CLUES DOWN

. In a way, brought to an end

2. Scandalized actress

Loughlin

5. Continuing indefinitely 6. Tool for lifting food Partner to Adam 9. Spanish be 10. Smaller quantity

23. Mason

24. Disfigure

25. Asian nation

26. Rage (Span.)

29. Opera solo

28. Khoikhoin peoples

Drv white wine drink indefinitely large series

43. Satisfied 44. Baseball official 11. Last or greatest in an 45. Large, flightless bird of 12. (Scottish) island 13. Church officer 14. Large wrestler 17 Polite address for women 55. Russian weight mea-22. Famed Susan Lucci character " Kane

_ Line

S. America 46. Money given in support 51. Flower cluster surement 56. Explosive 57. An individual unit

amount not specified

38. Move up and down

playfully 40. Alfalfa

54. Beginning military rank 58. Midskirt 59. Weapon featuring balls

60. Used of a number or 62. Unit of measurement

www.vintonmessenger.com

Here at the Vinton Library, we are kicking off February with Soup for Seniors hosted by the LOA. Please bring your canned and non-perishable goods to our food drive from February 1 to February 8.

www.ourvalley.org

All month long, adults will have the opportunity to have a Blind Date with a Book. Check out a mysterious, covered book and perhaps fall in love with a new author or genre.

You can also stop by to participate in our Valentines for Veterans program; fill out a blank card for a veteran you know or bring it back by the 10th and we will deliver it to a local veteran.

February 2 is National Hedgehog Day. We will be hosting a tutorial for adults on Zoom at 6 p.m. on how to make a Bookpage Hedgehog Craft out of one of your old books. Register online and stop by the library beforehand, starting January 24, to pick up a kit with googly eyes, a pompom nose and template for the feet before the program.

Saturday the 5th is Library Lover's Day. Come by to get treats and a special bookmark made on our Glowforge (while supplies last). You can also enter our drawing to win a surprise. Also, bring a blanket to join us on the patio at noon to watch the fun animated movie The Pagemaster. It's time for another

Backyard Bird Great Count! Pick up your kit between February 7 and 21, while supplies last, and learn more about all the birds in your neighborhood. We are excited to be

hosting an Itsy Bitsy Art Show this month as well. Adults can stop by between January 29 and February 5 to pick up a kit, while supplies last. Kits contain a 4-inch canvas, acrylic paint, and a brush. Bring your artwork back by the 19th to be displayed in our Itsy Bitsy Art Show from February 21 through March 5.

This month's pick for the Vinton Book Club is Vinegar Girl by Anne Tyler and will be discussed Thursday the 3rd at 3 p.m. The As the Page Turns book club will be discussing Anxious People by Fredrik Backman on Wednesday the 9th at 2 p.m. Both events will take place virtually on Zoom.

For teens this month we have a take-home activity kit for our "Weekly Drop-Ins." Each week is a new surprise, so stop by to see what craft or activity we have waiting. You can also get a Grab and Go Kit on February 14 and 28 while supplies last.

On the 24th at 6 p.m. we will be presenting "How to Find Stories and Scandals Using Genealogy" on Zoom. Register online for this introductory genealogy course to find the secrets of your family

On February 2nd bring the kids and stop by the children's area for a fun Groundhog take-home Day Punxsutawney Phil puppet craft. We will also continue virtual Jammie Time at 6 p.m. on Tuesdays and virtual Family Storytime on Tuesdays and Thursdays at 10 a.m. through February 10.

Register for the Junior Makers kit to explore a new STEM concept.

On February 5, be sure to drop by the children's area for Super Saturday. Pirates and Princesses dressed up as a pirate or princess receive fun take home crafts and activities. Also, swing by to pick up February's Wonder Pack and create a Messy Heart Painting.

Take and Create classes for February include:

February Kid's Take and Create crafts:

Week of February 1: Winter Windsock

Week of February 7: Football Craft Week of February 14:

Bird Feeder Craft

Week of February 21: Binocular Eye Spy Craft

Teen Take and Create: Dry Erase Monthly Calendar

Adult Take and Create: Birdhouses Check out these other

virtual programs offered by RCPL:

Lunar New Year: February 1 at 4 p.m.

Teen Book Club: February 1 at 5 p.m.

Couch Trivia- World Geography: February 1 at

Roanoke County Genealogy Club: February 2 at 10 a.m.

February 8 at 2 p.m. Anime Club: February

iPhone: The Next Steps:

8 at 6 p.m.

Design a 3D Printed Cookie Cutter: February 9

Learning Language with the Library: February 10 at 7 p.m.

Wise up with BBB: Romance Scams: February 14 at 11 a.m.

Genealogy Evening Club: February 15 at 6

Internet Safety 101: February 17 at 2 p.m.

Consumer Reports: Find the Best Products:

February 22 at 2 p.m. Tools for Success: Resume and Career Hunting Resources: February 22 at

Crossword Creation Crash Course: February 24 at 2 p.m.

Please remember to register for programs online at www.rocolibrary.org.

> By Molly Meador, Library Assistant, Vinton Branch Library

Time to register for Terrier girls lacrosse

It is time to register for Terrier girls lacrosse. No experience is necessary and loaner equipment is available. The deadline to register is February 4.

Steps to Register:

1. Players must be registered with US LAX. This registration provides the with insurance player should it be needed. Cost is \$30. This will need to be done prior to the first practice your child attends. Once enrolled, keep your membership number handy. https://www.usalacrosse.com/membership

2. Register with the following link: https://forms. office.com/r/qp1nVWM-

A parent meeting will be held in early February with detailed season information. If you need more information, contact head coach Kelsey Harris at kjharris@rcps.us.

Lacrosse officers this season are Grant Beecher, president; Gloria Harris, vice president; Sharece Kincer, treasurer; and Jerry Franks, parent liaison.

PEOPLE, PLACES AND THINGS:

Our town has lost so many special people this past week, including Pete Kelly and Doris Maxey. Both families are in our thoughts and prayers.

The Kelly family has always been a huge part of my family and some very special people. Pete will be missed by so many. As the family has said, "See you soon.

Angie Chewning

Filling in for Bootie

Doris Maxey, Dottie to many family and friends, was a 1958 graduate of William Byrd High School and devoted planner and celebrant of class reunions. In 2004, she retired from Oakey's Funeral Service after many years of service So glad Logan Johnson is do-

ing so much better after his bout with COVID. I know Mitzi, Mark, Landon and Luke are glad to have him back home.

ECIPES OF THE WEEK: *Easy Brunch*

Here are some easy brunch recipes for cold, wintry mornings.

"Don't Throw Away Those Bananas" **Bread**

2 and 1/2 cups flour

1 cup sugar

3 and 1/2 tsp. baking powder

1 tsp. salt

3 Tbsp. oil

3/4 cup milk 1 egg

1 cup mashed overripe bananas (usually about 2 medium bananas)

1 cup nuts (optional)

Preheat oven to 350°. Grease 9 x 5 loaf pan. Combine all ingredients in large mixer bowl. Beat at medium speed for 30 seconds. Pour in greased pan. Bake for 50-60 minutes (depending on your oven) until toothpick comes out clean. Even better a day old.

Danish in a Dish

2 pkg. crescent roll dough

One 8 oz. pkg cream cheese, softened

1 tsp. vanilla

1 and 1/2 cups sugar, divided

1/2 cup melted butter

1 tsp. cinnamon

1 cup chopped pecans

Preheat oven to 375°. Line greased 9" x 13" baking dish with one package of crescent dough. Beat together softened cream cheese, egg, vanilla, and 1 cup sugar until smooth. Spread over dough in pan. Top with other package of crescent dough. Mix melted butter, remaining cup sugar, pecans, and cinnamon together. Pour over dough. Bake about 30 minutes.

• POTLIGHT ON TOWN OF VINTON STAFF

Thank you and happy January birthday to Fayula Gordon, Associate Planner in the Vinton Planning and Department. She has been employed by the Town of Vinton since September 13, 2021.

Gordon is originally from the island of Jamaica, which she says is "a completely different weather experience from Vinton." Most of her family is still located in Jamaica, except for an aunt and uncle living in the United

She graduated from the University of the West Indies and then Park University, with a Bachelor of Science in Geography and a minor in Urban Planning.

Gordon says she loves nature. "Last autumn I had my first real experience with the trees changing colors," Gordon says. "I felt like a kid in a candy store. I acted like one, too."

As for hobbies, she has various interests and is "always open to

new experiences.' "The members of the Town of Vinton Planning and Zoning Department are some of the unsung heroes of our town staff," said Vinton Mayor Brad Grose. "The Planning

Department is the first point of contact for many important daily functions such as zoning questions and permits. In addition, the department performs many crucial functions such as grant application and administration, future land use planning, code enforcement and various other

"The Planning Department staff consists of very special individuals with diverse talents, training, and education," Ğrose said. "Perhaps some of their most outstanding qualities include their flexibility and their dedication to doing a professional job for our citizens and customers. The Town of Vinton is truly blessed to have such a devoted staff in our Planning Department.'

The Town of Vinton and the Vinton Messenger are partnering to put the spotlight on Town of Vinton employees—during the month of their birthdays. The Town is proud to have these individuals on staff and want to make the community aware of who is "behind the scenes" making the town look great and operate so success-

PHOTO COURTESY OF THE TOWN OF VINTON

Associate Planner Fayula Gordon

Be sure to "Like" the Vinton Messenger on Facebook.

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- Right of Way & Land Clearing
- Stream & Pond Services
- Light Excavating/Grading
- Pipe & Culvert Cleaning
- Rock & Stump Removal Crane Services
- Bucket Truck Services © Underground Utilities
- Storm Water Management Site Prep
 Small Job Specialty







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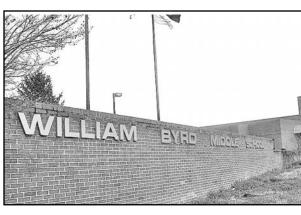
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14 additional newspapers in WV & VA



Over 40 editors, reporters & writers

WBMS releases honor rolls for second nine weeks



William Byrd Middle School has announced the A and A/B Honor Rolls for the second nine weeks of 2021-2022 school year.

A HONOR ROLL

Sixth grade: Addison Alexander, Kayden Althoff, Caleigh Aremia, Tayler Austin, Isabella Barrette, Jackson Booze, Greyson Bradford, Norah Buck, Stephen Byars, Gabriel Campbell, Mason Campbell, Ryan Carroll, Hayden Chappell, Isabella Clark, Milton Clark, Jazmine Clifton, Jahniya Coles, Claire Cooper, Bradley Counts, Riley Cummings, Isabella Davis, Nathan Doan, Keeli Emery, Payton Farmer, Reagan Fike, Alanna Fitzgerald, Adrian Garcia, Peyton Gates, Kyleigh Ginger, Carson Gordon, Ainslee Hall, Michal Hamlar, Kenleigh Hetherington, Camryn Hicks, Landon Hollins, Benjamin Hoyos, Cooper Kageals, Naleigh Lewis, Ava Lorton, Olivia Marcus, Katelyn Mills, Kenley Minnix, Josephine Mullen, Mallorie Mullins, Allen Nunez, Emma Olivit, Jacob Perez, Anna Perkoski, Jack Petersen, Jenna Petersen, Kendall Ranson, Aiden Rhodes, Na-

thaniel Roberts, Elliana Ruble, Haleigh Sauceda, Enna Schofield, Breann Sigmon, Teagan Simmons, Gwen Summo, Kara Sutton, Hadyn Terrell, Emma Thierry, Hope Thomas, Juan Torres' Carreon, Mia Vest, Kolee Walter, Hailey Webster, Jacey Weddle, Aaden Whitaker, Emma Whitcomb, Levi Whitcomb, Ryan Witcher, Cayden Wright, Hendrix Wright, Caley Wrye, and Gianna Zivelonghi

Seventh grade: Alyssa Abdelhadi, Lauren Baringer, Erica Barton, Kyle Bell, Ava Betterton, Janelle Bibby, Aubrey Blewett, Raegan Bowman, Madelyn Brown, Lane Brunk, Natalie Buck, Hudson Cain, Casey Carter, Emily Clinebell, Addison Collins, Jenna Cruz, Chase Daugherty, Fallon Davis, Colter Dean, Heidi Dixon, Hannah Eakin, Colton Edwards, David Foster, Clarissa Gill, Jeremiah Harper, Emmalee Harris, Sophie Hoagland, Lukas Johnson, Owen Johnson, Cole Johnston, Alexander Jones, Evelyn Jones, Britton Jordan, Arianna Krista, Vincent Liu, Olivia Long, Helena Longstreth, Olivia Lorek, Joseph Madonna, Layla

Matz, Emma Milliron, Tyler Minnix, Penley Moore, Elena Mullen, Sarah Nguyen, Sydney Nichols, Carly Norton, Kendall Norton, Brody Parrish, Sebastian Perdomo, Eric Pierce, Myles Preston, Thomas Purcell, Jamya Rosborough, Willow Seth, Charley Sherburne, Aubrey Sink, Riley Slusher, Riley Spradlin, Ramsay Stephens, Zachary Stiltner, Bailey Tabor, McKayla Tingler, İzabella Trumble, Sydney Tuck, Kara Watkins, Owen Webb, Heidi Wienke, and Maggie Zimmerman Eighth grade: Ethan Al-

exander, Olivia Basham, Ainslsey Bolen, Braeden Booth, Aubrey Booze, Tyson Brady, Kaylin Bumgarner, Olivia Bustamante, Addison Clark, Asher Claybrook, Aiden Cottrell, Matilyn Cox, Ashton Dillon, Samuel Geist, Elizabeth Gheen, Ryleigh Grubb, Ryan Hurley, Tay-Macabe lor Jacobsen, James, Cary Jones, Brooke Justus, Tate Kotz, Tatianna Kubik, Carter Leonard, Kenady Leonard, Jayden Niday, Lilian Perez, Mallory Peroulas, Bethany Pittenger, Meisha Robinson, Gabrielle Romeo, Kyle Saccocci, Christopher Shively, James Smith, Jr., Jarrett Smith, Ethan Sutton, Lucy Whitenack, Darin Witcher, Lennon Wright, and Peyton Wright.

A/B HONOR ROLL

Sixth grade: Garin Adkins, Kaleb Agee, Bryce Angle, Franklin Apple, Jacob Artrip, Asia Bannister, Kayleigh Barber, Madelyn Barrette, Logan Beverage, Logan Blevins, Allison Bowling, Paxton Caleb Brown, Bryant, Shawn Bunce, Morgan Burroughs, Olivia Bush, Wyatt Childress, Elliana Conner, Bella Craddock, Kayden Creel, Braylon Dent, Meranda Dilcher, Morgan Dillard, Marshall Dooley, Anthony Dudley, Dustin Dudley, Lily Duffy, Timothy Duncan, Noah Dunithan, Justin Dunn, Caeden Eanes, Angelyce Enriquez, Logan Ferguson, Ethan Francisco, Madison Garman, Blair Godlesky, Kur Gon, Thalia Green, Riley Gregory, Hadyn Grubb, Charley Harmon, Josiah Harper, Aubrey Harris, Samuel Hartless, Harmony Hedberg, Mason Hershel, Jude Hinkle, Olivia Holcomb, William Lasecki, Leona Logan, Reese Mahanes, Gray Matthews, Jacob McCoy, Luka Mihelcic, Irene Miller, Adalie Mills, Jack Mills, Mia Mohamed, Leah Montgomery, Kennedy Moseley, Ethan Neville, Riley Niday, Daniel Ochoa, Brooklynn Padgett, Caridad Palmero, Emily Pearce, Cooper Peery, Amy Rickman, Karley Robinson, Lexi Rock, Maksymilian Rosenberg, Vivian Schmidt, Luke Scott, Joshua Serreno, Richard Smith, Zoe Sowers, Paul St. Clair, Alyssa Steahly, Brooklyn Strother, Jaiden Swanson, Cameron Thomas, Jake Thomason, Cassidy Thompson, Isaiah Thompson, Jamari Toler, Jesse Underwood, Brae-İvn Webster, Bryson Wendell, Keenan West, Carson Wheeler, Noah Wheeler, Haleigh White, Bindi Whitenack, Jaden Wood, Sabrina Wray, and Skylar

Seventh grade: Grayson Adams, Adok Adok, Chaelyn Bandy, Morgan Belcher, Bonnell, Tanner Alanah Bromfield, Sage Brown, Sophia Buendia, Ashlyn Cain, Madalynn Cale, Bridget Carlisle, Riley Carlisle, Andrew Carter, Brianna Carter, Isabella Chandler, Cohen Cook, Alexis Davis, Alyssa Dennis, Carina Dibenedetto, Emmalee Dodson, Brooklyn Dooley, Sidney Draper, Campbell Duff, Alexis Felty, Jaxon Fowler, Savannah Hardman, Lanaiya Hardy, Caiden Harnish, Anivah Harper, Braedyn Henritze, Dorian Hollis, Shayla Hunt, Christopher Hurd II, Lilly Jarels, Levi Johnson, Stella Jones, Joel Kinney, Reagan Kirby, Ariel Kirkham, Evan Klein, David Krawczyk, Austin, Kroner, Isabella Lane, Scotlyn Leonard, Elena Lopez, Reece Magill, Angel Marchese III, Bradley Martin, Mia Martin, Ella McCoy, Jackson McCoy, Caden McReynolds, Kaden Mitchell, Giovanni Pandolfini, Jeremy Paul, Maggie Peters, Michael Ramos, Grace Reynolds, Hope Reynolds, Luke Richardson, Makayla Ring, Liam Robertson, Bruce Robinson, Hayleigh Sallee, Abigail Saritelli, Jonah Schofield, Colten Sheppard, Elliott Smith, Noah Spradlin, Tarren Staten, Aiden St. Clair, Kaitlyn Tang, Zane Taylor, Zane Telsch, Aubrey Tidrow, Michael Tidrow, Jakeem Toler, Lauren Toney, Nicholas Toney, William Turman, Colton

Wood, Isabella Worley, and Aiden Wright

Eighth grade: Jeremy Abbott, Kyndall Agee, Joshua Allen, Ashley Arven, Lillian Ashley, Blake Austin, Ceiliann Baldwin, Aiden Barton, Kelsey Bell, Sawyer Bolen, Ella Brady, Sophia Brown, Caleb Brunk, Lily Carrell, Xavier Clingenpeel, Sydney Coles, Bladimir Cortes' Martinez, Jacob Courtemanche, Evelyn Dickason, Emma Dooley, Beckham Draper, Isabella Dudley, Nevaeh Edwards, Jaelyn English, Paul Ferrebee, Draven Flinchum, Katelynn Franks, Cody Gardner, Chloe Gill, Sofia Gonzalez, Kevin Green, Jr., Keegan Harnish, Keegan Harold, Philip Haroulakis, Osheanna Hartless, Luke Helton, Brooke Hershel. Jaden Holmes, Lauren Johnson, Connor Jones, Kasey Kendall, Shelby Krawczyk, Iziah Logan, Jr., Kennedy Lohrmann, Elizabeth Martinez, Collin Mills, Lindsay Murtaugh, Emily Ngo, Lizeth Nolasco, Morgan Odum, Carlee Partleton, Sienna Perdue, Leila Pichardo, Makiya Price, Thomas Robbins, Ashlyn Rogers, Anna Sanderson, Keith Schult, Jr., Makenzie Scott, Brayden Serfass, Napiray Sierra'Prin, Mitchell Sigafoes, Kairi Simms, Bryce Simpson, Taylor Spangler, Kylind Spence, Christian Stanley, Kole Stephenson, Mallory Summo, Kaeleigh Swan, Evan Tabor, Annabelle Teague, Zane Vasser, Dixie Venable, Aliyah Ware, Micah Wheeler, Emma Williams, Noah Williams, Aaron Wood,

PBIS

can dump the Terrier Tickets into the School Collection Container.

Team Cundiff met their first semester goal of fill-

ing up the school collection container, and every student and staff member received ice cream on Friday, January 14, as well as had the opportuni-

ty to watch a movie starring the WEC staff and 5th Grade Terrier Team reminding them of the school-wide expecta-

Teachers showed the students what NOT to do, and the 5th Grade Terrier Team showed students what TO

West, Arianna White, Con-

nor Whitehead, Logan

Williams, Skye Williams,

Makaylah Witt, Leighann

The ice cream was donated by the new Vinton Branch of Bank of Botetourt, which was much appreciated by WEC students and staff.

and Angie Zaragoza'pena



(540) 473-2741 1633 W. Main St. Salem, VA 24153

USPS 660-020

Submissions: dadams@ourvalley.org To subscribe: (540) 473-2741

ourvalley.org

Michael Showell, Publisher	
Lynn Hurst, General Manager	lhurst@ourvalley.org
Matt de Simone, Editor	fincastle.editor@ourvalley.org
Debbie Adams, Staff Writer	dadams@ourvalley.org
Brian Hoffman, Sports Editor	bhoffman@ourvalley.org
Betty Jo Barger, Copy Editor	fincastle@ourvalley.org
James "Tucker" Frye, Advertising	tfrye@ourvalley.org

The Vinton Messenger encourages letters from our readers on topics of general interest to the community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached to be considered for publication. All letters will be verified by telephone before publication. The Messenger reserves the right to deny publication of any letter and edit letters for length content and style.

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From left, Sophie Jones, Aidan Worley, and Hayden Biggs celebrate PBIS Incentive Day at W.E. Cundiff on January

Celebrating The Town of VINTON!

The Town of Vinton, a community nestled in the Blue Ridge Mountains, welcomes you to our community. Vinton, a town rich with history, has over the years found itself to be one of a few communities that continue to relish the past by offering an environment of a comfortable lifestyle with the feeling of being a part of a large community family. The town, with its proximity to the Blue Ridge Parkway and Smith Mountain Lake, provides many opportunities for those who wish to stop and shop at our local farmers market or one of our unique specialty

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.

Vinton represents the ideal type of community, small enough to provide a feeling of belonging, yet progressive enough to provide the facilities, services, and conveniences that are necessary to make a community feel like home to its citizens.



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ton customers currently pay on average \$66.35 per month. WVWA combined monthly rates are \$66.50. The town and the Authority "anticipate most bills to be roughly the same moving forward without major increases."

Customers will notice one distinct difference in their utility bills– they will arrive monthly, rather than bimonthly. After July 1, 2022, the Authority, rather than the town, will bill customers each month for water used the pre-

vious month. The Authority employs a Winter Averaging" system which calculates residential

sewer flow based on water consumption during the winter months (January, February, March) when customers historically use the least amount of water- they are not watering lawns and gardens, filling pools, washing cars. Customers are billed for their actual water usage, but the maximum sewer volume charge is based on the calculated winter average. (An adjustment is made if you use less than your calculated winter average during any month.) The average is recalculated annually and is assumed to be 5,000 gallons as a default during the first year of service.

Customers will still have many options for how to pay their utility bills- by mail, phone, online, by automatic bank drafting, or even text, 24 hours per day. They will be required to set up a new account with the Authority for bank drafts or update online billing information.

While Town of Vinton staff will no longer be receiving utility bill payments in the drive-through at the Municipal Building beginning in July, the town anticipates having a drop box available in town for dropping off pay-

After July 1, billing ques-

tions will need to be addressed to the Water Authority customer service staff rather than the town treasurer's office or Public Works.

Another frequently asked question at the open house was whether the quality of the water would change. The Town of Vinton water system is based on groundwater wells. The Water Authority will distribute water from the Carvins Cove Reservoir, water from a combination of the current wells and Carvins Cove, or even exclusively from the existing wells for a time.

The Authority's water system cannot support 100% system coverage with Carvins Cove water until system improvements are made in several phases. The Authority says it is likely they will need to make some pumping improvements to service town customers at higher elevations. These are some of the details still under discussion and development.

A map on display at the open house indicated that in the first phase of operations, the downtown area of Vinton will, for the most part, receive 100% of its treated water from Carvins Cove. Another section of the town, at a higher elevation, will most likely receive a blend of 50% well water and 50% Carvins Cove water for a time. The third phase will continue to receive well water until improvements are made. The Authority believes they can move fairly rapidly on these improvements.

Another question on water quality concerned the hardness of the water from calcium and magnesium content. With groundwater wells, the water flows naturally over rocks and through the soil picking up minerals. The more calcium and magnesium present, the harder the watervisible through mineral buildup and residue on pipes, faucets, sinks, and refrigerator water dispensers. The current hardness measured in Town of Vinton water from groundwater wells is about 130 parts per million. Carvins Cove water generally is softer with a measurement of 26-42 ppm. (This is not a safety issue.)

Citizens were also curious about the transfer from town to Water Authority systems. That transition should not be disruptive, or even noticeable, to customers. There will be no interruption in service.

The town is already fully integrated with the authority when it comes to wastewater service, having been a partner in the Regional WPC Plant for many years, so almost no work will be needed except normal ongoing maintenance.

Potential extensions homes not currently on the town's water system were also a topic of interest— whether homes or businesses could look forward to Water Authority services in the future.

Town staff in Planning and Zoning will continue to assist with building and development projects in the town. If new or expanded connections to water and sewer are required, town staff will facilitate connection with the appropriate Water Authority staff.

A final question of the evening was, "Why is this being done; how does it benefit the citizens of Vinton?"

The response from the town and the Water Authority is that "working together regionally provides better rate stability, drought protection, infrastructure planning, and maintenance for all customers. The Authority's footprint across multiple jurisdictions supports economic development in the entire valley through high quality and quantity of water, sewage treatment capacity, and competitive rate structures.

"Customers in the Town of Vinton will receive a high level of service and an investment in water supply, treatment, and delivery that is more readily available on the larger scale the Authority can "For existing customers in

the Authority's service area, the addition of approximately 5,200 Town of Vinton water customers provides a larger base in which to spread the Authority's operational and capital expenses." The Authority currently serves about 64,000 customers. Increasing the customer base won't result in lower rates, but more likely in a slower increase in rates. Transferring water

wastewater services the town to the WVWA has been a topic of discussion for many, many years. The town has been "looking for ways to provide the highest level of service and stability for the utility system moving into the future." This council and staff have concluded that to be proactive, the "best way to do that is through a regional approach with a broader customer base and additional resources."

With this transfer of service, "the town will be able to focus more of its time and funding on community development projects" rather than improvements to the water system. In fact, the town's system has been deteriorating at almost a faster rate than it can be replaced without substantially increasing rates.

A GIS map of the town available at the open house indicates that there are water lines in the Town of Vinton that were installed in 1939exorbitantly expensive to replace and repair.

Vinton Public Works employees won't be stretched so thin with their multiple responsibilities when line repairs and replacements are left to the Authority's Field Operations crews on a 24-hour

With the transfer of ownership and operation from the town to the Authority, the Authority will pay the town \$3 million over three years; the town will also retain the balance of the Utility Fund (approximately \$2.5 million) that will be used for other capital improvement projects within the town such as traffic signal replacement, construction/repair of sidewalks and storm water improvements. The town will no longer bear the expense for wastewater treatment.

The Authority will assume 100% of the town's debt associated with the Utility System (approximately \$9 million). Vinton will provide the Authority with \$5.7 million of ARPA funds for water/wastewater-related capital improvement within the Vinton/East Roanoke County Utility Service Area.

The Authority believes the agreement is fair to both the town and the WVWA. Nearly every expansion or acquisition for the Authority has involved some debt assumption. The Authority will be increasing revenues and benefit from additional customers.

The Town of Vinton will complete current utility system improvement projects by June 30, 2022: SCÁDA system updates of \$400,000; 3rd Street sewer lift station rebuild of \$2,000,000; the system-wide radio read meter replacement of \$1,600,000; and the 1st Street Water Line Replacement, \$400,000.

No jobs will be lost due to the transition from Town to Water Authority utility systems, although some current town staff who work on the utility system and with utility billing may become Water Authority employees moving



The Town of Vinton and the Western Virginia Water Authority hosted an open house on January 25 at the War Memorial to answer questions about the upcoming transfer of utility services from the Town of Vinton to the Authority in July 2022. Stations were set up on a variety of topics with town and WVWA representatives on hand to answer questions.

Changes to Expect / Customer **Action Required**

- Monthly billing for all Vinton customers
- Stop existing automatic bank drafting and set it up with the Authority's Payment Processor
- Update Online Bill pay account information once you receive the Authority's account information
- No residential irrigation sewer deduct billing, but you will have a winte average calculated to apply to other months for sewer billing. First year default will be 5,000 gallons or actual water flow whichever is the lesser
- Rate increases, if any, in January each year (not July)

PHOTO COURTESY OF THE TOWN OF VINTON

Representatives were on hand at the open house to detail changes Town of Vinton utility customers can expect with the transfer of utility systems to the WVWA.

Vinton History Museum announces 2022 calendar of events

The Vinton History Museum has announced its calendar of events for 2022. The Museum is generally open for visitors on Mondays, Wednesdays, Fridays, and the first Saturday of each month

from 10 a.m. to 2 p.m. Special events in 2022 include:

- February 5, First Saturday
- March 5, First Saturday April 2, First Saturday
- April 30, Open House, Vinton Dogwood Festival, 10 a.m. - 2 p.m. May 7, First Saturday
- May 30, Museum Closed for Me-
- morial Day June 4, First Saturday
- July 4, Museum Closed for Inde-
- pendence Day
 - August 6, First Saturday

- September 5, Museum Closed for Labor Day
- October 8, Vinton Fall Festival-Holiday Shoppe at Museum • October 27, Halloween Trick-or
- Treat, 3 p.m.
- November 5, First Saturday

• December 3, Holiday Open House The Vinton History Museum is located at 210 East Jackson Avenue in downtown Vinton just across Maple Street from the Vinton Branch Library.

and Twitter.

Call 540-342-8634, visit their website at www.vintonhistorymuseum.org or visit their two Facebook pages "Vinton History Museum" and "Vinton Memories & History" for more information. They may also be found on Instagram

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Shepherd named to Dean's List at Palmer College of Chiropractic Brian Shepherd of Florida campus in Port chiropractic profession,

Vinton has been named to the 2021 fall quarter Dean's List at Palmer College of Chiropractic's

College Palmer

Chiropractic, the first and largest college in the

has campuses in Davenport, Iowa; San Jose, Calif.; and Port Orange,

LOA Soup for Seniors collections begin this month

The League for Older Americans (LOA) will be celebrating its 50th anniversary in 2022. The LOA is dedicated to the goal of keeping seniors living independently for as long as possible. Data indicates that 95% of seniors desire to remain in their own homes for as long as pos-

The LOA organization is perhaps best known throughout the region for the Soup for Seniors campaign each February to give seniors hot meals on cold days.

Local schools, churches, and organizations are urged to begin collecting canned soup and other non-perishable food items through January. Those items might include crackers, Ramen noodles, canned meats (tuna, chicken, Vienna sausages), canned vegetables and fruits, peanut butter and jelly, oatmeal, Cream of Wheat, cereal, cereal bars, Carnation Instant Breakfast, and

Then, in February, the items can be dropped off at designated location sites from February 1-8, where they will be transported to the main site at the Church of St. Peter and St. Paul on Peters Creek Road in

On February 7 and 8 from 9 a.m. to 5 p.m., volunteers at St. Peter and St. Paul will sort and pack the items for distribution.

Drop-off sites from February 1-8

• All First Bank locations (formerly The Bank of Fincastle)

• Vistar Eye Centers on Franklin Road, at Summerfield Court, and in Salem

The Salem Library

• The Vinton Library

In addition, Black Dog Salvage will be collecting items at 902 13th Street SW from February 5-6. When you stop by with a donation of at least \$10, you will receive a coupon for 10% off any eligible purchase at Black Dog.

For those unable to drop off items in person, monetary donations may be made online at www. loaa.org/soup-for-seniors or call 540-345-0451. These donations will help the LOA to "Fill the Plate" for the homebound elderly.

Most people think of LOA as "Meals on Wheels"; however, LOA currently provides more than 32 community-based services.

Information from the LOA says that it costs nearly \$7 per meal to provide Meals on Wheels to its clients. In 2020, the LOA served 127,543 meals to 2,237 persons. The pandemic has only increased the need by making seniors more isolated.

It costs nearly \$6 per one-way trip to provide transportation to the doctor and other vital appointments for seniors. In 2020, LOA made 31,306 one-way trips to transport 401 people. There is a waiting list for this vital service.

It costs just over \$2 per person to provide emergency services such as the provision of canes and walkers, Fan Care, and LOA's Emergency Food Pantry. In 2020, LOA helped 2,526 seniors obtain emergency services. In addition, more than 2,854 bags of food were delivered during Soup for Seniors. LOA also delivered a total of 3,129 Emergency Food Boxes to this vulnerable

LOA's Personal Care and Homemaker Services currently serve nearly 100 clients each year, with a waiting list of nearly twice that number. Personal Care provides certified nurse aides and home care aides who provide assistance with activities of daily living such as bathing, dressing, eating and toileting. Homemaker Services provides routine housekeeping and home management tasks like sweeping, mopping, and dusting.

A total of 436 persons were able to find resources in their community to help them stay in their own homes after spending time in the hospital through LOA's Care Tran-

In 2021, LOA's insurance counselors assisted 2,804 seniors with their Medicare Part D Plans and Medicare enrollment issues.

The LOA is currently part of a pilot study through a partnership with Virginia Assistive Technology System (VATS) and Virginia No Wrong Door to study the benefits of providing Robotic Pets for the elderly. Pets Desi, the dog, and Lucy, the cat, have visited the LOA's Diner's Clubs and even on Meals on Wheels routes. The robotic pets have activation sensors that cause them to bark and meow/purr as well as move. Studies have shown that they are comforting to seniors, especially those with cognitive disabilities. LOA says that "so far, they have been incredibly positive for our

The Local Office on Aging is a non-profit, 501(c)3 organization, serving persons 60 and older and their families in the Fifth Planning District of Virginia, including: Alleghany, Botetourt, Craig, and Roanoke Counties, Covington, Roa-

noke City, and Salem. The Older Americans Act was passed in 1965; LOA receives the bulk of its funds through this legislation, which declared that older Americans are entitled to:

- adequate income in retirement
- the best possible physical and mental health
 - suitable housing
 - opportunity for employment retirement in health, honor and
- pursuit of meaningful civic,
- cultural and recreational activity
 - efficient community services
 - low-cost transportation
- · freedom, independence and the free exercise of individual initia-

Amendments to the Act in 1973 introduced the concept of a network of aging agencies. The Act called for each governor to designate a "state unit on aging" to receive and administer Older Americans Act funds. The Virginia Department for Aging and Rehabilitative Services (DARS) designates "area agencies on aging" to receive these funds. LOA is one of 25 in the Commonwealth to be so designated.



Testing Update

Dr. Cynthia Morrow MD, MPH

Every New Year brings hope. Even though the first weeks of January have brought the highest number of cases we have seen locally at any point in the pandemic, we continue to have hope as we look to the future. We remain hopeful that one of the consequences of the Omicron surge will be that we finally have a meaningful sustained decrease in COVID-19 activity. We remain hopeful that we will finally have a vaccine for children under the age of 5. With all that we have learned over the past two years, we remain

hopeful that 2022 will be a much better year with respect to the pandemic.

But hope is not enough. The high levels of transmission in our communities have placed access to testing in the spotlight. Pharmacies and healthcare providers had been tasked with providing the bulk of testing opportunities over the previous year. And as demand for testing quickly outstripped their supply at year-end, local health departments stepped up.

Testing helps prevent the spread of COVID-19 and should be used alongside our best tools to stop this pandemic- getting vaccinated, getting boosted, wearing a mask in indoor public settings, and staying home when we are ill.

Although there are a number of test options available, today we'll focus on two of the most common types:

• Rapid at-home tests: Also known as self-tests, these tests are usually sold as kits with specific instructions for the user to follow to get results within minutes. Most tests are rapid antigen tests which do not have the same rate of accuracy as PCR tests, though they are relatively easy to use and can be used when a lab test is not available.

Where can rapid tests be found? Rapid tests are sold over the counter at most pharmacies (and now covered by most insurance),

and are also available while supplies last at some local libraries. In addition, every household is now eligible to order up to four free tests through the White House's new online portal at covidtests.gov.

• Viral PCR tests: Considered the gold standard in terms of accuracy, PCR tests look for viral particles in the body, even in people who don't have symptoms. Typically, PCR tests are analyzed in a laboratory and it can take 24-48 hours for people to receive their

Where can PCR tests be found? Locally, PCR tests can be found at healthcare facilities, pharmacies, as well as at our health department community testing events.

Because of increased demand and long wait times at the community events, we have transitioned to appointment-based scheduling. While the Roanoke City and Alleghany Health Districts (RCAHD) were able to ramp up events to expand testing capacity to over 1,000 people per week, we found that we still had to turn people away who had waited hours when our supplies ran out.

We are thankful that we now have a community testing center near the former Sears at Valley View Mall. We will be able to offer free PCR testing Monday-Thursday, a.m.-5 p.m. Appointments are available online the day before, or call 877-ASK-VDH3. Results are typical-

Dimedia

ly back within 24-48 hours.

In addition, we are committed to offering testing convenient to our more rural residents: this week we will hold events Wednesday at Dabney Lancaster College and Thursday at Fincastle Baptist. These events are also by appointment. Community testing events for the upcoming week will be announced on our website and social media. Visit https://www.vdh.virginia.gov/roanoke/ or call 877-ASK-VDH to make an appointment.

We are thankful for the amazing partnerships that we have strengthened over the past two years. Together, we have weathered the past two years. And we know, no matter what 2022 brings, our community will persevere.

ANGLICAN

ST. THOMAS ANGLICAN CHURCH - located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit www.sttofc.org for midweek masses and events. (In Roanoke, go E on Hershberger, L on Hubert to 4910).

BAPTIST (SOUTHERN) MINERAL SPRINGS BAPTIST CHURCH & CHRISTIAN SCHOOL - 1030 Bible Lane, Vinton, Va. 24179. Church Phone 890-4465. Rev. Jason Gault. Sunday Services: Traditional Service, 8:45 AM, Sunday School, 10:00 AM, Contemporary Service, 11:00 AM, Evening Worship 6:00

PM, Wednesday Services: AWANA 6:30 PM,

Bible Study 7:00 PM **BAPTIST (COOPERATIVE)**

VINTON BAPTIST CHURCH - 219 Washington Ave., Vinton, Virginia. 343-7685. Rev. Travis Russell. Sunday Services: Contemporary Service 8:45 a.m., Sunday School 9:50 a.m., Traditional Service 11:00 a.m., Wednesday Services: Family Dinner: 5:30 p.m., Bible Study 6:15 p.m., Children's Ministries 6:15 p.m., Youth Ministry 6:30 p.m. www.vintonbaptistchurch.org.

CHRISTIAN CHURCH BELMONT CHRISTIAN CHURCH (DIS-CIPLES OF CHRIST), 1101 Jamison Ave. SE, Roanoke, VA 24013, 540-343-7502, Worship Services every Sunday at 11:00AM, Pastor Terry Brace. We look forward to seeing you this Sunday!

CHURCH OF CHRIST

CHURCH OF CHRIST VINTON - 2107 Feather Road, Vinton. Terry Hodge, Minister, 540-890-1170. Sunday Bible Study 9:45 a.m., Sunday Morning Service 10:45 a.m., Wednesday Bible Study 10 a.m.

ECKANKAR

Eckankar, the Path of Spiritual Freedom, is located at 1420 3rd St. SW, Roanoke, VA 24016. However, due to COVID-19, the Light & Sound Services and other ECK programs are currently available online through Zoom. Visit www.eckva.org for program listings, www.meetup.com/ Roanoke-Spiritual-Experiences-Group, or call 540-353-5365 and leave a message. We will return your call. Also visit www.eckankar.org for more information about how the teachings of School 10:00am, Worship 11:00am, sttimothy1201@veri-Eckankar lead you to spiritual freedom.

FOURSQUARE

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.

LUTHERAN

ST. TIMOTHY EVANGELICAL LUTHER-AN CHURCH, "The Church Under The Cross", 1201 Hardy Rd, Vinton VA 24179, Pastor, Rev. Dr. James B. Davis (540) 342- 1715, Sunday Class 9:00am; 1st Tuesdays Deacons; Wednesday Choir

DEAR DIARY

How do you handle the pain of loss or tragedy? Our natural tendency is to hold on to past pain and keep track of hurtful events. "Fifteen years ago today, my wife asked for a divorce." "Four years ago this week, our son drowned." "It's been twenty years, but I vividly remember the day dad died of cancer."

Read Ezekiel 40:1 through 42:20

Remembering tragedy is not wrong, but God wants us to see our pain in light of what He can do to bring healing to our lives.

In the twenty-fifth year of our exile, at the beginning of the year, on the tenth of the month, in the fourteenth year after the fall of the city—on that very day the hand of the Lord was on me and he took me there. (Ezekiel 40:1).

Ezekiel and the exiles of Israel would always remember the painful years, but God was at work even during this dark season of their history. In our own lives, we can expect "that very day the hand of the Lord" will become evident in our circumstances.

Thought for Today: Are you measuring the days since your last heartache, or looking to the day of God's provision?

Quicklook: Ezekiel 40:1-4

email tfrye@ourvalley.org

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your church services

listed here in the Vinton

Messenger contact

Tucker Frye at

540-473-2741 or

zon.net.

NAZARENE 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.

PRESBYTERIAN

CAMPBELL MEMORIAL PRESBYTERIAN CHURCH, 1130 Hardy Rd, Vinton, VA, 540-343-1842; cmpc2verizon.net Sunday school 9:45am, Worship 11:00am; Communion 1st Su.ndays; 2nd Sunday Session; Monday Noon Bible Study; Tuesdays & Thursdays Stretch 7:00pm; Monday Girl Scouts 7:00pm; 3rd Saturday Men's

Breakfast 8:00am. Rev. Jonathan Moelker, pastor UNITED METHODIST

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Legals - Botetourt County

ABC NOTICE

B&B Thapa Corporation, trading as Hill Top Market, 472 1st St, Buchanan, Botetourt County, Virginia 24066-5187

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

Legals - City of Salem

NOTICE OF PUBLIC HEARING

On Monday, the 14th day of February, 2022, the Council City of Virginia, will hold a public hearing on the proposed of issuance general public obligation improvement bonds of the in an estimated maximum principal amount \$2,350,000 for the purposes of financing the City's share of the costs to existing renovate the anaerobic digestion facilities at the Western Virginia Water Authority Regional Wastewater Treatment Plant, together with related expenses, and paying the associated financing and issuance costs. bonds will be secured by a pledge of the full faith and credit and taxing power of the City.

The public hearing, which may be continued or adjourned, conducted during regular meeting of the City Council which is scheduled to start at 6:30 p.m. at Community Room, Salem Civic Center, 1001 Roanoke Boulevard, Salem, Virginia 24153. Interested persons may appear at such time and place and present their

Rosemarie Jordan Director of Finance City of Salem, Virginia

Notice of Public Sale Notice is hereby given that Storage King USA 201 Berkley Rd.NE. Roanoke VA 24012 will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (Virginia Statute 55). The sell will take place at the website Storage Treasures.com on 02/15/2022 at 9:00 am. The sale will be conducted on Storage Treasures.com, under the guidance of Christopher Rosa (2907004316) on the behalf of the facility's management. Units will be available for viewing prior to the sale on Storage Treasures.com. Contents will be sold for cash only to the highest bidder. A 15% buyer's premium will be charged as well as a \$100 cleaning deposit per unit. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as "general household items" unless otherwise noted. 159-Katelyn Bowman-Household goods: 023-Jeffery Terry Household goods: 225-Marcus Harrison -Household good: 295-Travis Davidson-Household goods:

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Legals -Montgomery County

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BLACKSBURG, VA 24060. In execution of a certain Deed of Trust dated March 11, 2005, in the original principal amount of \$177,800.00 recorded in the Clerk's Office, Circuit Court for Montgomery County, Virginia as Instrument No. undersigned Substitute Trustee will offer for sale at public auction in the front of the Circuit Court building for

2005002842. The Montgomery County, 55 East Main Street. Christiansburg, Virginia on February 24, 2022, at 1:00 PM, the property described in said Deed of Trust, located at the above address, and more particularly described as follows: BEGINNING AT A POINT. A ROD SET ON THE NORTH SIDE OF MT. ZION ROAD (VA. RTE. 655), CORNER TO PROPERTY OF RALPH L. AND THERESA P. RUPERT; THENCE LEAVING MT. ZION ROAD AND WITH THE RUPERT LINE, N. 00° 24` 13`` E. 284.49 FEET TO A POINT, AN EXISTING ROD FOUND AND CORNER TO THE PROPERTY OF GLEN E. AND DENISE G. PRICE; THENCE LEAVING RUPERT AND WITH THE PRICE LINE, S. 88° 21` 17" E. 76.84 FEET TO A ROD FOUND AT AN ANGLE POINT; THENCE CONTINUING WITH PRICE, S. 01° 31` 00" E. 191.00 FEET TO A ROD SET AT AN ANGLE POINT; THENCE STILL CONTINUING WITH PRICE, S. 64° 26` 19" E. 33.48 FEET TO A POINT, A ROD SET CORNER TO

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the sale and the Purchaser may be given the option to execute the contract of sale electronically. This is a communication from a debt permit. information obtained will be used for that purpose. The sale is subject to seller confirmation. Substitute Trustee: Equity Trustees, LLC, 8100 Three Chopt Road, Suite 240, Richmond, E-mail: gov Executive Blvd, Suite 101, 301-961-6555, website:

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Legals -**Montgomery County**

Proposed Tower Replacement

New River Valley Emergency Communications Regional Authority is proposing to replace the telecommunications tower and equipment at 2080 Oilwell Road, Blacksburg, Virginia. Please submit comments regarding potential effects on historic properties to: Mr. Lucas Powell, F&R, 3015 Dumbarton Road, Richmond, VA 23228. Telephone: 804-264-2701

Public Notice Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft permit from the Department of Environmental Quality that will allow the release of treated wastewater into a water body in Montgomery County, Virginia.

PUBLIC COMMENT PERIOD: January 19, 2022 to February 18, 2022

PERMIT NAME: Virginia Pollutant Discharge Elimination Permit wastewater issued by DEQ. under the authority of the State Water Control Board

APPLICANT NAME ADDRESS AND PERMIT NUMBER: NRV Regional Water Authority, 3515 Peppers Ferry Road, Radford, VA 24141;

FACILITY NAME AND LOCATION: NRV Regional Water Authority WTP: 3515 Peppers Ferry Road, Radford, VA 24141

PROJECT DESCRIPTION: NRV Regional Water Authority has applied for reissuance of a permit for the public NRV Regional Water Authority WTP. The applicant proposes to release treated industrial wastewater at a rate of 0.125 million gallons per day (MGD) into a water body. The facility proposes to release the treated industrial wastewater into an unnamed tributary of Stroubles Creek in Montgomery County in the New River watershed. A watershed is the land area drained by a river and its incoming streams. The permit will limit the following pollutants to amounts that protect water quality: physical and chemical parameters, solids, chlorine, and toxicity

HOW TO COMMENT AND/OR REQUEST A PUBLIC HEARING: DEQ accepts comments and requests for public hearing by hand-delivery, by e-mail, fax or postal mail. All comments and requests must be in writing and be received by DEQ during the comment period. Submittals must include the names, mailing addresses and telephone numbers of the commenter/requester and of all persons represented by the commenter/requester. A request for public hearing must also include: 1) the reason why a public hearing is requested 2) a brief, informal statement regarding the nature and extent of the interest of the requester or of those represented by the requester, including how and to what extent such interest would be directly and adversely affected by the permit 3) specific references, where possible, to terms and conditions of the permit with suggested revisions. A public hearing may be held, including another comment period, if public response is significant, based on individual requests for a public hearing, and there are substantial, disputed issues relevant to the

CONTACT FOR PUBLIC COMMENTS, DOCUMENT REQUESTS AND ADDITIONAL INFORMATION: Kevin A. Harlow, DEQ Blue Ridge Regional Office, 901 Russell Dr, Salem, VA 24153; Phone: (540) 562-6700; Kevin.Harlow@deq.virginia. Fax: (804) 698-7148. The

public may review the draft permit and application at the DEQ office named above by appointment or may request copies of the documents from the contact person listed above

Legals -**Montgomery County**

ORDER OF **PUBLICATION**

COMMONWEALTH OF VIRGINIA VA CODE §§ 1-211 1; 8.01-316, -317, 20-104 Case No. CL21001989 Montgomery County Circuit Court 55 East Main Street, Suite 1, Christiansburg, VA 24073 Estate Of Ernestine B. Frith Commonwealth of Virginia Mark B. Frith

Commonwealth of Virginia The object of this suit is to: Sale of Ernestine Burton Frith's Real Property It is ORDERED that Dennis L. Frith appear at the above-named court and protect his/her interests on or before March 14, 2022.

January 13. 2022 Judge K. Mike Fleenor, Jr.

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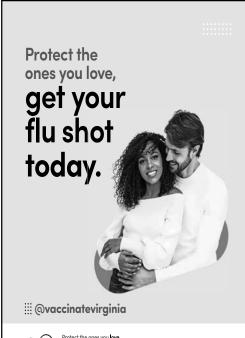
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Brown v. Board of Education **SCHOLARSHIP** COMMITTEE ACCEPTING APPLICATIONS THROUGH MARCH 25, 2022

The Brown v. Board of Education Scholarship Program was established by the Virginia General Assembly in 2004 to provide educational opportunities for persons who were denied an education in Virginia between 1954 and 1964 due to the closing of the public schools during Massive Resistance. The program is now open to eligible applicants for the 2022-2023 school year. For applications and information on eligibility, visit:

BROWNSCHOLARSHIP.VIRGINIA.GOV

or contact Lily Jones, Division of Legislative Services, at (804) 698-1888.



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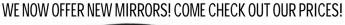
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Big Orange 10th in Big Blue

After finishing 10th in the Big Blue Invitational in Christiansburg last week the Big Orange wrestlers from William Byrd are in the Big Red this weekend. Byrd will compete in the Big Red individual tournament at Riverheads High School on Saturday.

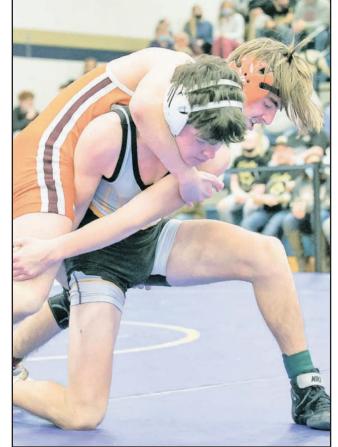
The Big Red, in Staunton, is the last tournament for the Terriers before the post-season. Byrd was scheduled to host Northside and Franklin County on Wednesday in a tri-match in Vinton.

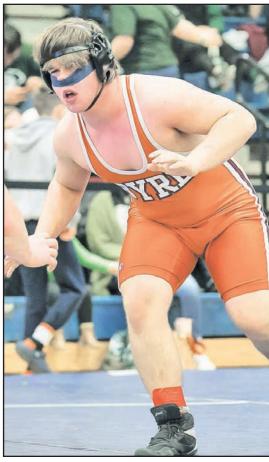
Last weekend the Orange were among 18 teams competing in Christiansburg, down from 22 after four dropped due to last week's snowstorm. That also trimmed the Big Blue from a two day tournament to a one day deal, all on Saturday. Staunton River High was the winner, unseating the host team that tied Washington High of West Virginia for second place as Byrd took 10th.

The Terriers' top finish was a second place by Xavier Preston at 160 pounds. Xavier was injured while winning his semifinal match and was not able to wrestle in the final.

Aiden Lucas and Hunter Richards both took thirds for Byrd, Lucas at 195 and Richards at heavyweight. Dominic Pascoe was fourth at 120, Bricen Lancaster and Logan Stroop both took sixth place medals and Alex Reamey was eighth.

'Coming off of a snow week is tough and I thought a majority or our guys handled that well," said coach Thomas Kessler. "We were only allowed to practice the day before the tournament due to the snow and ice."





Left, William Byrd's Dominic Pascoe has a hold on his opponent in the 120 pound class of the Big Blue tournament last week. Right, Aiden Lucas stalks his man at 195. PHOTOS BY KYMN DAVIDSON-HAMLEY





Left, Ben Waid of William Byrd Middle School has a bear hug on his opponent in a 175 pound match in the "Norsemen" tournament at Northside High School last Saturday. Above, Darin Witcher is on top and in control in a 91 pound match.

PHOTOS BY SUZANNE WITCHER

WBMS matmen 2nd in tourney at Northside

William Byrd Middle School finished second among 10 teams in the annual "Norsemen" wrestling tourna-ment at Northside High School last Saturday. Ben Franklin High from Franklin County was the team winner.

Byrd wrestlers took first place in five weight classes, including Colton Sotherden at 70 lb, Lane Brunk at 77 lb, Darin Witcher at 91 lb, Ben Waid at 175 lb and Evan Tabor at 210 lb. Myles Preston was second at 112, Sawyer Bolen took third at 152 and Kylind Spence was fourth at 160.

The team is coached by Kevin Witcher, Avery Brunk, and Jake Thompson

Wm. Byrd swimmers sweep two; **Blue Ridge District** meet in Franklin Co. next week

The swimming post-season is almost upon us with the Blue Ridge District meet scheduled for Tuesday, February 1, at the Franklin County YMCA. Last week the William Byrd team dipped into the Franklin County waters with a tri-meet against Lord Botetourt and the host Eagles and Byrd defeated both in combined scores.

The Byrd boys swept both, defeating LB, 121-39, and Franklin County, 123-47. The women lost to both but on the strength of the Byrd men the Terriers downed both in combined scores, 174-145 over LB and 191 to 125 over Franklin.

"I was proud of the swimmers for getting in there and giving it their best go after being out of the water for a week due to weather," said coach Krista Martin. "We had some good swims."

First place finishes included the following:

Aiden Brinkley won the 200 free and the 100 back;

Austin Nielsen won the 200 IM;

Colin Murtaugh won the 200 fly and the 500 free;

Nathan Miller won the 100 free;

Boys 200 Medley Relay won with Aiden Brinkley, Nielsen, Murtaugh and Dawson Brinkley; Boys 200 free relay won with Evan Copening, Griffin Horacek, Elliott Gaines and Miller;

Boys 400 free relay won with Dawson Brinkley, Aiden Brinkley, Nielsen, and Murtaugh;

Girls 400 free relay won with Amber Vaughn, Madeline Miller, Macie Hall and Emma Copening.

The Terriers will be back in the water this Friday at the Gator Center to take on Cave Spring and Hidden Valley.

Cycling team moves to the Roanoke Valley to train

Virginia's Blue Ridge and the Virginia Tourism Corporation announced that Team TWENTY24, a diverse team of female professional and junior cyclists, will officially relocate their base of operations from Idaho to Virginia's Blue Ridge. The team's name will now be Virginia's Blue Ridge TWENTY24 (VBR TWENTY24).

For more than 17 years, America's premier women's cycling team has been responsible for developing and managing many of the most successful American female cyclists, establishing a consistent pipeline for talented road, gravel, and Zwift eSports athletes. The team has earned 14 Olympic and Paralympic medals, 17 world championships, and countless national

The 2022 roster consists of six professional athletes racing road and gravel, five Zwift eSports athletes, and 27 junior athletes (ages 9-17 yrs). The team is led by Tokyo Olympic gold and bronze medalist Jennifer Valente (USA), a 10-year member of the team. Valente will be joined by 2-time Olympian and current Pan American Time Trial Champion Marlies Mejias (CUB) who will establish Roanoke, VA as her home base while competing in the United States.

Rukhsar Habibzai, former Afghan national team captain and Nobel Peace Prize nominee, now calls Virginia her home and will compete in the United States with her eyes set on the Paris Olympic Games. The full VBR TWENTY24 roster and schedule of events will be announced in the coming weeks.

The multi-discipline team includes 2021 number one ranked Zwift eSports female rider Kristen Kulchinsky (USA) and 3-time Olympic gold medalist Kristin Armstrong (USA), who continues to bring her high-performance guidance and coaching expertise to the team through a newly launched partner platform, KX3 Lifestyle and Coaching. The KX3 coaching philosophy centers around helping athletes at any level take a holistic approach to their goals and to pursuing

their own personal gold.

On Saturday at the Hotel Roanoke leaders of Visit region's destination marketing organization, including the cities of Roanoke and Salem as well at the counties of Roanoke, Botetourt and Franklin, is excited to embrace the diversity of female athletes, inspire youth in the community and welcome the economic development opportunities presented as Team TWENTY24's title sponsor for the next three years.

'On behalf of the Visit VBR Board, we are invested in Virginia's Blue Ridge TWENTY24 underscoring the diversity, equity and inclusion these athletes represent and the inspiration they will share with our community," said Landon Howard, Presidetn of Visit Virginia's Blue Ridge. "In addition to increasing the visibility of the VBR brand nationally and internationally, this will prompt many new stories about VBR as an outdoor destination playground.'

With the support of platinum level sponsor Virginia Tourism Cop., the Partnership with the team became

Virginia's Blue Ridge has been gaining momentum as a preferred cycling destination since earning a Silver-Level Ride Center designation from the International Mountain Bicycling Association (IMBA) in 2018 and hosting the inaugural Carilion Clinic IRONMAN 70.3 Virginia's Blue Ridge triathlon in 202, including a highly competitive 56-mile bike route along one of the most scenic byways in the country, the Blue Ridge Parkway. Mountain biking and cycling are huge parts of the culture in Virginia's Blue Ridge. Go to BikeVBR.com to learn more about cycling in the region and for additional information on this initiative go to VBRTWENTY24.com.



TWENTY24 cycling coach Nicola Cranmer(left), former Olympian Shelley Olds(second from left) and the girls on Visit Virginia's Blue Ridge (Visit VBR), the the TWENTY24 team listen to speakers at Saturday's press conference at the Hotel Roanoke. Photo by BRIAN HOFFMAN

Israel Hairston(#12) looks to put a move on a Staunton River defender. PHOTO BY REGINA DEVINNEY

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The William Byrd boys basketball team was back on the court Tuesday after a week and a half hiatus due to snow and the Terriers picked up a big win. Byrd beat

neighboring Staunton River, 62-51, in a Blue Ridge District game in Vinton.

'Staunton River came out in a 2-3 zone look which we kind of expected them to do based on what we had been seeing and how certain teams have played us this year," said Byrd coach Brad Greenway. "They really lifted their zone to take away shooters and basically dared us to play inside, which we struggled with for a while but were able to get it going enough to get a 'W' against a hot shooting team."

Byrd led 27-19 at the half and outscored River in every quarter, although the Eagles managed to cut the lead to just two points in the fourth quarter before the Terriers finished strong.

"Staunton River made the game closer than we'd have liked," said Greenway. "They hit five threes in the fourth quarter alone. Just everything they put up went in. Our guys stayed the course and we did a good job hitting free throws down the stretch to finish them

Trevor Ruble finished with 22 points to lead Byrd while Ross Divers





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Terriers beat Staunton River in hoops ty but at the end of the

had 11. Three Terriers had six each, Isaiah Board, Grayson Webb and Jaiden Childress. "It wasn't always pret-

day that doesn't matter," said Greenway. "After 11 days off without playing a game we were able to come out and get a W We will take it all day."

Now 6-10, Byrd is back home Friday to host Franklin County.



Isaiah Board is fouled as he drives the lane Tuesday night.

PHOTO BY REGINA DEVINNEY

Byrd girls host talented Carroll Co. team in basketball game tonight

The William Byrd girls will have their hands full tonight when they host Carroll County in basketball as they take on one of the top teams in the area for the second time in three days.

Carroll came into the week with a 13-1 record, sitting atop the tough Three Rivers District. On Tuesday the Byrd girls took on the Blue Ridge District leader, falling to 14-0 Staunton River by a 68-45 count in Vinton. The Terriers dropped to 7-9 with Tuesday's loss.

Emilie McCaskill led the Terriers with 14 points against the Eagles. Alexis Helton had nine and Sarah Fuchs had seven for the Byrd girls.

The loss followed a heartbreaking defeat in the "Play for Preemies" event at Western Albemarle High on Saturday. Terriers played William Monroe High of Stanardsville and lost 46-44 on a 30 foot shot at the buzzer.

"We played the best game of the year against a very good William Monroe team," said Byrd coach Randy Bush. "We competed from tip to finish and just came up short on the last play. Very proud of the their heart, determination and patience.'

Byrd led 23-13 at the half before the Dragons made a second half run. The Terriers appeared to have the game in hand, leading by two points with 2.8 seconds remaining and possession of the ball. However, the inbounds pass was stolen and a final heave at the buzzer found twine, disappointing the girls from Vinton.

Sophia Chrisley led the Terriers with 18 points and McCaskill had 14. Six other girls had two points each.

Byrd had home games postponed with Lord Botetourt and Franklin County last week, rescheduled for February 5th against Franklin and February 8th against LB. After tonight's game with Carroll the girls will play at Franklin County on Friday night.



Above, Byrd's Alexis Helton uses her left arm to clear some space in Tuesday's home game, and below Mya Rosser is closely guarded by a Staunton River defender.

