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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-being.

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 6.

They have spent several months renovating a former electrical storage warehouse at 703 Tinker Avenue (near Cargill, formerly Southern States) into the spacious and well-equipped 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 ribbon-cutting 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



BoomTown CrossFit celebrated its grand opening in Vinton on January 20 with 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
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 WVWA?

Debbie Adams
dadams@ourvalley.org

At their December 7 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 Water and Wastewater 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

in July 2022. Many details and decisions associated with the transfer remain under discussion 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-

ity, customer service and billing, finance, engineering, field operations, and human resources (employment opportunities).

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-

Locality	Date	Combined Rate
Rocky Mount, Town of (inside)	2019	\$49.68
Loudoun Water	2021	\$64.29
Vinton, Town of	2022	\$66.35
WVWA (Roanoke) Current	2022	\$66.50
Bristol Virginia Utilities Authority	2021	\$66.65
WVWA (Franklin County) Current	2022	\$67.50
WVWA (Botetourt) Current	2022	\$70.50
Blacksburg, Town of (inside)	2021	\$74.25
Lynchburg, City of	2021	\$74.33
Draper Aden Average	2021	\$86.47
Albemarle County Service Authority	2021	\$91.66
Salem, City of	2021/2016	\$92.16
Rocky Mount, Town of (outside)	2019	\$99.36
Augusta County Service Authority	2021	\$100.64
Christiansburg, Town of	2021/2018	\$104.00
Bedford Regional Water Authority	2021	\$108.10
Lexington, City of (inside)	2021	\$118.24
Blacksburg, Town of (outside)	2021	\$129.96

Source: The 33rd Annual Virginia Water and Wastewater Rate Report 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.



PHOTO FROM RCPS
Heaven Scott celebrating Team Cundiff PBIS Incentive Day with ice cream.

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 Container.

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

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- David Belcher, Belcher Electric

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Board of Supervisors recognizes Jason Peters

The Roanoke County Board 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

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 Eye 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-square-foot Fallowater Square office building near Tanglewood

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 year.

"I am proud of what we're all doing," Peters said.

Catawba board member Martha Hooker thanked him for leading well in a difficult year. Chairman Paul Mahoney commended Peters for



PHOTO COURTESY OF ROANOKE COUNTY

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 "making Roanoke County a better place to live and work" through the trials and tribulations of 2021 both on the board and personally.

Peters had previously served as chairman in 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 crew.

BoomTown from page 1

Roanoke County Economic Development Specialist Marshall Stanley noted that the Vinton community is "pumping out all different types of businesses, both big and small, which it takes to create a community." While many new restaurants and apartments have opened in Vinton, as well as new industries, BoomTown CrossFit will help balance out the

community and meet the needs of the community more comprehensively.

Vinton Area Chamber 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 commented that Vinton was an obvious choice for location— "Vinton is a tight-knit community and CrossFit is a tight-knit community."

He emphasized that "anybody can do CrossFit. 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."

Venable explains that CrossFit intertwines fitness, community, and nutrition in an "atmosphere 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 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 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 imperative.

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 coaching— both 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 more.

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

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.

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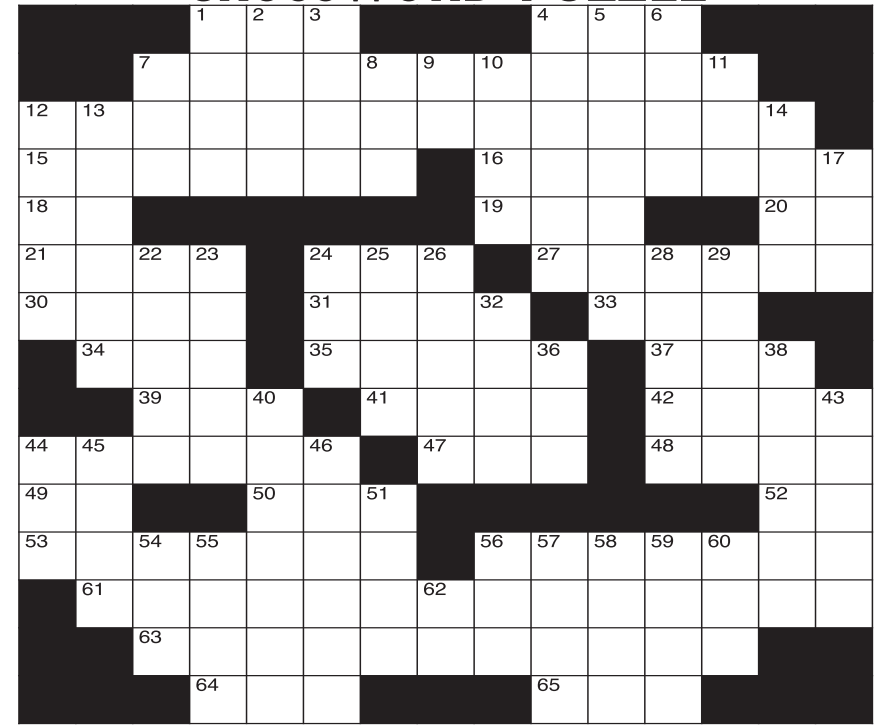


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CROSSWORD PUZZLE



- | | | | |
|---|--|--|--|
| <p>CLUES ACROSS</p> <p>1. Brew</p> <p>4. NY ballplayer</p> <p>7. Rigid external covering in some animals</p> <p>12. Promotional materials</p> <p>15. More high-pitched</p> <p>16. Widely cultivated cereal</p> <p>18. Dormitory employee</p> <p>19. Bad act</p> <p>20. One's mother</p> <p>21. Scored perfectly</p> <p>24. Space station</p> <p>27. Exchange for money</p> <p>30. Edible seaweed</p> <p>31. Iranian city</p> <p>33. Lakers' crosstown rivals</p> <p>34. Nothing</p> <p>35. Spiritual leader of a Jewish congregation</p> | <p>37. ___ student, learns healing</p> <p>39. Military official (abbr.)</p> <p>41. Matchstick games</p> <p>42. Gasteyer and De Armas are two</p> <p>44. Distant planet</p> <p>47. A type of residue</p> <p>48. Punk art icon Jimmy De_</p> <p>49. Millinery</p> <p>50. Canadian media firm</p> <p>52. Type of withdrawal</p> <p>53. Spicy</p> <p>56. Dish of minced meat or fish</p> <p>61. Noted previously</p> <p>63. Happily</p> <p>64. "Partridge" actress Susan</p> <p>65. Not present</p> <p>CLUES DOWN</p> <p>1. In a way, brought to an end</p> <p>2. Scandalized actress</p> <p>Loughlin</p> | <p>3. This (Spanish)</p> <p>4. Essay</p> <p>5. Continuing indefinitely</p> <p>6. Tool for lifting food</p> <p>7. Partner to Adam</p> <p>8. Dry white wine drink</p> <p>9. Spanish be</p> <p>10. Smaller quantity</p> <p>11. Last or greatest in an indefinitely large series</p> <p>12. (Scottish) island</p> <p>13. Church officer</p> <p>14. Large wrestler</p> <p>17. Polite address for women</p> <p>22. Famed Susan Lucci character "___ Kane"</p> <p>23. Mason ___ Line</p> <p>24. Disfigure</p> <p>25. Asian nation</p> <p>26. Rage (Span.)</p> <p>28. Khoikhoi peoples</p> <p>29. Opera solo</p> | <p>32. Database management system</p> <p>36. Similar</p> <p>38. Move up and down playfully</p> <p>40. Alfalfa</p> <p>43. Satisfied</p> <p>44. Baseball official</p> <p>45. Large, flightless bird of S. America</p> <p>46. Money given in support</p> <p>51. Flower cluster</p> <p>54. Beginning military rank</p> <p>55. Russian weight measurement</p> <p>56. Explosive</p> <p>57. An individual unit</p> <p>58. Midskirt</p> <p>59. Weapon featuring balls</p> <p>60. Used of a number or amount not specified</p> <p>62. Unit of measurement</p> |
|---|--|--|--|



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.

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 Book-page 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 Great Backyard Bird 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 history.

On February 2nd bring the kids and stop by the children's area for a fun take-home Groundhog 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 7 p.m.

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

iPhone: The Next Steps: February 8 at 2 p.m.

Anime Club: February 8 at 6 p.m.

Design a 3D Printed Cookie Cutter: February 9 at 2 p.m.

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

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

Evening Genealogy Club: February 15 at 6 p.m.

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 6 p.m.

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

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 grad-

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

RECIPES 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 egg
- 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.

SPOTLIGHT ON TOWN OF VINTON STAFF

Thank you and happy January birthday to Fayula Gordon, Associate Planner in the Vinton Planning and Zoning 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 States.

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 duties.

"The Planning Department staff consists of very special individuals with diverse talents, training, and education," Grose 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 successfully.



PHOTO COURTESY OF THE TOWN OF VINTON
Associate Planner Fayula Gordon

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 player with insurance 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.usala->

crosse.com/membership
2. Register with the following link: <https://forms.office.com/r/qp1nVWM-RJK>.

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.

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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, Malorie Mullins, Allen Nunez, Emma Olivit, Jacob Perez, Anna Perkoski, Jack Petersen, Jenna Petersen, Kendall Ranson, Aiden Rhodes, Na-

thaniel Roberts, Elliana Ruble, Haleigh Saucedo, 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, Mylles Preston, Thomas Purcell, Janya Rosborough, Willow Seth, Charley Sherburne, Aubrey Sink, Riley Slusher, Riley Spradlin, Ramsay Stephens, Zachary Stiltner, Bailey Tabor, McKayla Tingler, Izabella Trumble, Sydney Tuck, Kara Watkins, Owen Webb, Heidi Wienke, and Maggie Zimmerman

Eighth grade: Ethan Alexander, Olivia Basham, Ainsley 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, Taylor Jacobsen, Macabe James, Cary Jones, Brooke Justus, Tate Kotz, Tatianna Kubik, Carter Leonard, Kenady Leonard, Jayden Niday, Lilian Perez, Malory Peroulas, Bethany Pitenger, Meisha Robinson, Gabrielle Romeo, Kyle Sacocci, 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 Brown, Caleb Bryant, Shawn Bunce, Morgan Burroughs, Olivia Bush, Wyatt Childress, Elliana Conner, Bella Craddock, Kayden Creel, Braylon Dent, Miranda 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, Rilely 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, Braelyn Webster, Bryson Wendell, Keenan West, Carson Wheeler, Noah Wheeler, Haleigh White, Bindi Whitenack, Jaden Wood, Sabrina Wray, and Skylar Young

Seventh grade: Grayson Adams, Adok Adok, Chae-lynn Bandy, Morgan Belcher, Alanah Bonnell, Tanner 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, Aniyah 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 West, Arianna White, Connor Whitehead, Logan Williams, Skye Williams, Makaylah Witt, Leighann

Wood, Isabella Worley, and Aiden Wright

Eighth grade: Jeremy Abbott, Kyndall Agee, Joshua Allen, Ashley Arven, Lilian 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 Ferree, 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, Colleen 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 Sigafos, Kairi Simms, Bryce Simpson, Taylor Spangler, Kyland 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, and Angie Zaragoza'pena

PBIS

from page 1

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 expectations.

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

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

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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 14.

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 shops.

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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Public Works from page 1

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 bi-monthly. After July 1, 2022, the Authority, rather than the town, will bill customers each month for water used the previous 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 payments.

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 water— visible through mineral build-

up 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 to 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 offer.

“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 and wastewater services from 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 1939— exorbitantly 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 basis.

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: SCADA 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 forward.



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 winter 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.
- Billing for commercial fire protection services
- Rate increases, if any, in January each year (not July)
- Early leak notification

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 Memorial Day
- June 4, First Saturday
- July 4, Museum Closed for Independence 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.

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 and Twitter.

Shepherd named to Dean’s List at Palmer College of Chiropractic

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

Florida campus in Port Orange. Palmer College of Chiropractic, the first and largest college in the

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



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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.

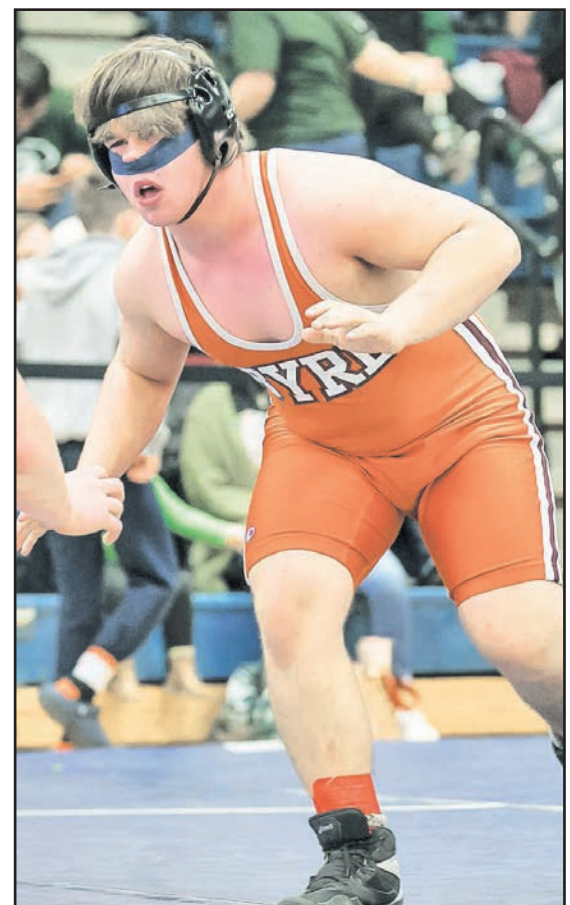
The Big Red, in Staunton, is the last tournament for the Terriers before the post-season. Byrd was scheduled to host Northside and Franklin County on Wednesday in a tri-match in Vinton.

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 of 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 tournament 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

On Saturday at the Hotel Roanoke leaders of Visit 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 championships.

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 Meijas (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.

Visit Virginia's Blue Ridge (Visit VBR), the

region's destination marketing organization, including the cities of Roanoke and Salem as well as 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, President 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 a reality.

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 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

Terriers beat Staunton River in hoops

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 off.”

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

had 11. Three Terriers had six each, Isaiah Board, Grayson Webb and Jaiden Childress.

“It wasn’t always pret-

ty but at the end of the 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.

CROSSWORD ANSWERS

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Justina Johnson, President
Reading is Fundamental of Northern Virginia
Celebrating 50 years in 2022

Together WE WIN

\$52,000 IN 52 WEEKS

In 2021, our “Together We Win” campaign donated \$52,000 to 52 worthy charities. We enjoyed the effect it had on the communities so much we are doing it again. Every week in 2022 we will donate \$1,000 to a local nonprofit that is providing valuable services in the areas we are located. Helping those communities around us is at the core of our operational philosophy. We truly believe that high tides raise all ships and we are determined to continue to add value to the communities in which we operate.

Through the charitable program, Rosie’s Gives Back, Colonial Downs Group has made **monetary and in-kind donations of more than \$1,423,030**, and has logged over 2,500 service hours in Virginia communities.



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. PHOTOS BY JIM DEVINNEY

