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# The Vinton Messenger



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## Herman L. Horn hosts STEM/Math night



Herman L. Horn STEM Night—Soda Straw Rocket building



Herman L. Horn STEM Night—Spaghetti/Marshmallow Tower building

**Debbie Adams**  
[dadams@ourvalley.com](mailto:dadams@ourvalley.com)

Herman L. Horn Elementary School hosted a Title I STEM/Math Night at the school on March 9. Students and their families were invited to come for a pasta dinner followed by an evening of hands-on STEM activities designed to strengthen Science, Technology, Engineering, and Math education.

Students could register for two half-hour activities which included a Lego Challenge (with thousands of Legos available), Code



Herman L. Horn STEM Night—Code and Go Mouse Robots



Pastor Bryan Crouch is the new lead pastor at Lynn Haven Baptist Church in Vinton.

## Lynn Haven Baptist calls a new pastor

**Debbie Adams**  
[dadams@mainstreetnewspapers.com](mailto:dadams@mainstreetnewspapers.com)

Lynn Haven Baptist Church in Vinton has called Bryan Crouch to serve as their new lead pastor. He and his wife, Lori, will be moving to Vinton from Forest, Va. Bob Hetherington has served as interim pastor at Lynn Haven for about two years as the search for a new pastor was underway.

Crouch has been involved in full-time ministry for 20 years, serving churches in Florida, South Carolina, Richmond, and locally in Boones Mill, in the roles of children's pastor, youth pastor, family pastor, and lead pastor.

He is originally from Indiana, and says when he graduated from high school, the ministry was not in

## Friends of the Blue Ridge fund bike rack at the Vinton Library



Thanks to Friends of the Blue Ridge, RIDE Solutions, and Cox Conserves Heroes, the Town of Vinton has a new bike rack at the Vinton Library. Shown left to right at the unveiling were Assistant Planning and Zoning Director Nathan McClung, Vinton Police Sgt. Brandon Alterio (with a police bike), Planning and Zoning Director Anita McMillan, Director of Ride Solutions Andrea Garland, Vinton Mayor Brad Grose, Friends of the Blue Ridge Executive Director Julie Whalen and Barbara Duerck, also from Friends of the Blue Ridge. Economic Development Specialist Marshall Stanley was present but is not pictured.

**Debbie Adams**  
[dadams@mainstreetnewspapers.com](mailto:dadams@mainstreetnewspapers.com)

Thanks to the Friends of the Blue Ridge, the Roanoke Valley-Alleghany Regional Commission RIDE Solutions, and Cox Conserves Heroes, the Town of Vinton has a new bike rack at the Vinton Library. The four-bike rack is located at the corner of East Cleveland and South Pollard, just across the street from the Metro bus stop, and convenient not just to the library but to the Municipal Building and downtown businesses.

Present for the unveiling of the new bike rack on March 8 were Vinton Mayor Brad Grose, Director of RIDE Solutions Andrea Garland, Executive Director of Friends of the Blue Ridge Julie Whalen, Vinton Planning and Zoning Director Anita McMillan, Vinton Assistant Planning and Zoning Director Nathan McClung, Vinton Economic Development Specialist Marshall Stanley, Vinton Police Sgt. Brandon Alterio, and Barbara Duerck from Friends of the Blue Ridge.

According to Whalen, "Barbara Duerck won the Cox Conserves Heroes award several years ago and designated Friends



Wounded Warrior Seyward McKinney (center) of Salem was the guest speaker at the Roanoke Valley Chapter DAR meeting on March 11. She is pictured her mother, Ricki McKinney, (right) and RVCDAR Regent Cindy Higgins.

## The Roanoke Valley DAR Chapter hosts Wounded Warrior Seyward McKinney

**Debbie Adams**  
[dadams@ourvalley.com](mailto:dadams@ourvalley.com)

The Roanoke Valley Chapter of the Daughters of the American Revolution (DAR), which meets at St. Timothy's Lutheran Church in Vinton, hosted Wounded Warrior Seyward McKinney at their meeting on March 11. McKinney and her mother Ricki McKinney, who

accompanied her to the presentation, are members of the Fort Lewis DAR Chapter which meets in Salem.


McKinney, who served in the United States Army, was introduced by Chapter Regent Cindy Higgins and then shared her experiences that led to her Wounded Warrior status.

McKinney is a graduate of Glenvar High School with the Class of 2002. She recalls visiting the World Trade Center

Twin Towers in New York City on a field trip with a theatre class in eighth grade. She returned there as a senior in high school after the Twin Towers had fallen and remembers dust and ashes in the street. That experience motivated her to enlist in the Army.

She joined the service on January 22, 2003, just months after graduating from high school, and reported to Fort Jackson, S.C., for basic training. She completed her training as an operating room technician at Fort Jackson, and then her OR Specialist training at Fort Lewis in Washington state.

McKinney volunteered to serve in Iraq and spent her eight months there as a surgical technician at Ibn Sina Hospital in Baghdad, working with both American and Iraqi patients. She celebrated her 21st birthday in Iraq and



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See DAR page 5



# Gauntlet entrepreneur aims to expand long-term business

**Debbie Adams**  
*dadams@ourvalley.com*

Manuel Muñoz is a Roanoke barber with a booming business at Lamplighter Mall on Williamson Road in Roanoke—Arte Y Estilo Peluqueria Joan. The salon is usually packed with a diverse group of customers, some of whom come from a distance and don't mind waiting for his services. Many were his customers when their parents brought them to him as toddlers; now they tower above him in height but continue as his clients. Why would he be interested in the Gauntlet Business Program and Competition one may ask?

It's because the Gauntlet—Virginia's largest program of its kind—is not just for

new entrepreneurs. Many participants sign up for the classes to expand their existing enterprises, to learn specific business skills, to network with others, or to take their business in a different direction.

Muñoz is a fourth-generation barber. His father was in the business for 45 years and Munoz's goal is to surpass his father's record—"to make him very proud." He's now on year 44. His three children and even his grandchildren have learned or are learning their skills from him.

While he knows all about hair styling, cuts, and coloring, and has trained many, many others, Muñoz wants to improve his administrative efficiency, strengthen his business and broaden its base so that it doesn't peak,

possibly do some rebranding, and teach those management skills to others, along with barbering/hairstyling skills. His goal is to ensure the fiscal sustainability of his business into the future.

Muñoz came to Roanoke from Eden, North Carolina, where he owned another barbershop. He was convinced by some of his clients that Roanoke was the place to be. He has now been here for 13 years in a shop with six booths in a busy strip mall in the Williamson Road business area.

He says he feels "honored and proud that there is a high demand for his services and that many others have learned their skills from him and 'branched' off." He wants to "encourage and help youth explore different career paths."

Aside from barbering, Muñoz serves as a liaison between the other businesses

at Lamplighter Mall (a diverse mix) and the owner of the strip mall, Sam Rasoul.

He is part of an informal group combining the Gauntlet and the Latinas Network. The group was established by businesswoman Kat Pascal (a Gauntlet alumni, owner of Farmburguesa, and founder of the Latinas Network) and welcomed by Annette Patterson, founder and CEO of The Advancement Foundation (TAF), which established the Gauntlet. (In fact, Pascal remembers taking her sons to Muñoz for their first haircuts.)

Pascal co-founded the Latinas Network in November 2020 to create a support system for local Latina businesswomen and entrepreneurs—to empower them in professional development, business development, and representation.

This year Pascal and the Latina entrepreneurs

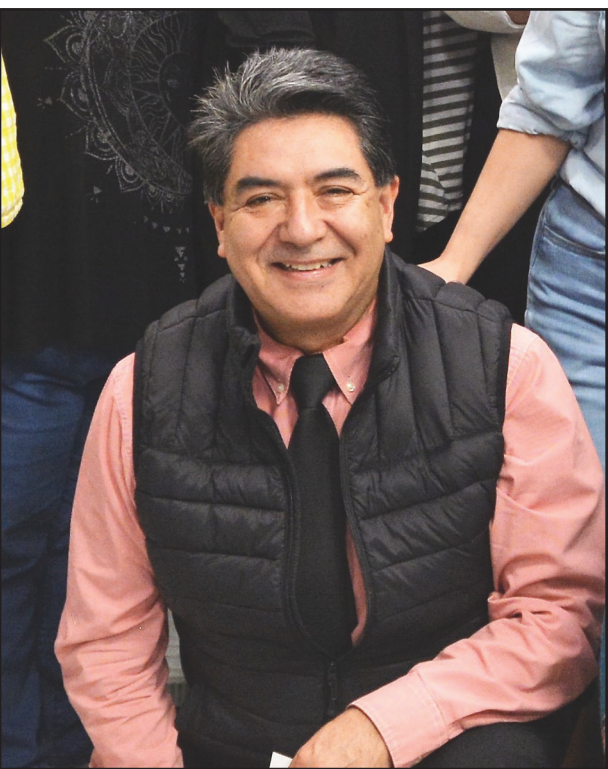


PHOTO BY DEBBIE ADAMS

**Entrepreneur and 2023 Gauntlet member Manuel Muñoz**

in the Gauntlet are meeting at The Greater Williamson Road Area Business Association (GWRABA) offices to view the online classes together and apply the concepts to their individual existing or potential businesses. They work on writing business plans, planning budgets, doing market analyses, becoming familiar with digital tools, understanding legalities,

See Gauntlet page 9

## Heroes volunteer here: Vinton salutes its First Aid Crew – Sierra Flowers

**Debbie Adams**  
*dadams@ourvalley.com*

The Town of Vinton and The Vinton Messenger are saluting members of the Vinton First Aid Crew (VFAC). This week's featured volunteer is trainee Sierra Flowers, who is considering becoming an EMT. Flowers has been volunteering with the crew for less than a year. She became an official member in October 2022.

Flowers says she was motivated to join the crew by her fiancé, Brett Lovell, who has been in the EMS industry for 17+ years.



PHOTO BY DEBBIE ADAMS

**Vinton First Aid Crew member Sierra Flowers**

"He is the one who got me interested when he would talk about his experiences and then when I saw him in action, it made me proud," Flowers said. "I wanted to be able to talk to him about it and understand. Then I met all of the people who volunteer at the VFAC and they came to inspire me as well—Brandon, Lori, Nikki, Hailey, Kristen, Aaron, and Logan—to name a few."

Her day job is as an accounting assistant at Hasheminejad CPA in Roanoke. She also worked in many roles at Bed, Bath, and Beyond.

Flowers has a two-year-old son, Kodiak, and three dogs (Herod, Pascal, and Roskoe). Her parents are Lisa and Kenneth Flowers; she has three siblings—Lauren, Chris, and Matt.

As for her spare time, "When I am not working, I enjoy getting out and enjoying the weather with my son. When it's nice outside we go to the playground. I enjoy just playing with him and watching him explore and

learn new things, and also playing outside with the dogs."

Flowers says she colors when she is stressed. She enjoys listening to music, sightseeing in new places with her "little family," scrolling through Marketplace on Facebook to see if there are any good deals, and shopping—"when and if I ever have the money." She has been told she is obsessed with the online games "Kings Match," Super Mario Brothers Racing, and Mario Games. She also watches all of the Chicago television series—Chicago Med, Chicago Fire, and Chicago PD.

She recommends volunteering for the First Aid Crew because, "It helps get you out of your comfort zone; it's an opportunity to learn new skills; it gives you the chance to acquire new friendships and face challenges together; it helps you be prepared to jump in and help someone in an emergency at a moment's notice; it helps you get involved with your community; and it may

open new doors."

"We are truly blessed to have the Vinton First Aid Crew in our town," says Vinton Mayor Brad Grose. "The crew has a long history of service to the residents of Vinton and the surrounding area. Many of our citizens have amazing stories about the wonderful service provided to them by the devoted members of the crew."

"A common trait among individual members of the crew is their desire to serve their fellowman," Grose said. "The Vinton First Aid Crew offers an opportunity to serve, and it also provides valuable medical training that can truly be lifesaving. There is a strong sense of camaraderie and family in the crew that is rarely duplicated in organizations of its size."

"The citizens of Vinton can rest assured that they will always receive professional and caring service from the dedicated members of our Vinton First Aid Crew."

Thank you for your service, Sierra Flowers!



PHOTO COURTESY OF ARTE Y ESTILO PELUQUERIA JOAN

**The salon at Lamplighter Mall on Williamson Road.**



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This year's Dogwood Festival Committee is led by President Jeff Teass, Vice President Callie Webb, Secretary Lauren Tilley, Treasurer Connie Houff, Publicity Chair Mary Beth Layman, Retail Vendor/Non-profit Vendor Chair Heather Beamer, Kids Zone/Teens Zone Chair Mary Beth Layman, Food Vendors Chair Chasity Barbour, Crafter Vendors Chair Callie Webb, Floats Chair Heather Beamer, Bands/Festival Entertainment Chair Ioev Nicely, Parade

The Dogwood Festival kicks off with a concert by country/rock band Rare Form on Friday, April 28 at the Vinton Farmer's Market.

10 a.m. William Byrd  
High School Jazz Band

Check the Vinton Dogwood Festival website at <https://vintondogwoodfest.com/> and Facebook page at <https://www.facebook.com/vintondogwoodfestival/>



**The Vinton Dogwood Festival, which had its beginnings in 1956, will be held on April 28 and 29, 2023.**

All types of festival vendors are welcome

including handmade crafts for the craft show; retail, direct sale, non-profits for the business showcase; and professional and non-profit food vendors.

from page 1

Both the Crouches took jobs with Runk & Pratt Senior Living Communities

Lynn Haven Baptist is located at 1501 East Washington Avenue. The church is part of the Southern Baptist Convention and a member of the Roanoke Valley Baptist Association but operates independently. Lynn Haven was established in 1960. Construction on the building began in 1962 and members have

Lynn Haven is already heavily involved in missions—both local and beyond—and plans to branch out even more to enhance the programs they already have in place. For several years they have served as a collection station for Operation Shoebox; they have an enthusiastic Blanket Ministry to comfort those going through

Lynn Haven introduced Pastor Crouch to the church and community on the website this week, saying “Pastor Bryan focuses on preaching the Word of God in a simple and easy to understand manner focusing on life application each and every Sunday. He enjoys meeting new people and encouraging others to be the best ambassadors for Christ that they can possibly be.”

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## The Presenting

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42. Oil group
43. Father
44. Aggressive men
45. Pairs well with green
46. Travelers need it
47. Digital audiotape
48. Midway between northeast and east
49. Chemistry descriptor
52. S. China seaport
55. Sound unit
56. Heavy cavalry sword
60. Thick piece of something
61. Spa town in Austria
63. Boyfriend
64. Norse personification of old age
65. Type of box
66. Tie together
67. Fiber from the coconut
68. Chicago mayor
69. Old English letters

CLUES DOWN

33. City in Georgia  
34. Irregular  
36. College sports conference  
37. Angry  
38. Partner to cheese  
40. S. American mammal  
41. Self-immolation by fire rituals  
43. Split pulses  
44. Disfigure  
46. Cow noise  
47. Erase  
49. Chadic language  
50. Reward for doing well  
51. Paid TV  
52. Millisecond  
53. Other  
54. Colombian city  
57. Necklace part  
58. Every one of two or more people  
59. Regrets  
61. They come after "A"  
62. \_\_\_\_\_

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# FROM THE PULPIT

Living Out ‘The Fruit of the Spirit’– Love

**Pastor Bryan Crouch**  
*Lynn Haven Baptist Church*

We have been studying Galatians 5:22-25 at Lynn Haven Baptist Church recently. We find “The Fruit of the Spirit” in this section of Scripture. The writer of Galatians explains that the singular “fruit” contains nine different characteristics that ought to be evident in every true believer’s daily life. The “fruit” includes LOVE, JOY, PEACE, PATIENCE, KINDNESS, G O O D N E S S , G E N T L E N E S S , FAITHFULNESS and SELF-CONTROL. In 1 Corinthians 13 we find a literal definition of LOVE. Love is listed first as it is arguably the most important or the base cornerstone of all the rest. As stated in the 1

Corinthians passage, we can do all the great things we are called to do, BUT if you do not have love, it is all like clanging cymbals (picture a toddler on the kitchen floor banging all your pots and pans with a metal spoon). All the rest of the “fruit” are built on the characteristic of LOVE in our life. Towards the end of the 1 Corinthians passage scripture tells us that “Faith, Hope and Love remain, but the greatest of these is love.” We would all do a good thing by focusing on showing more love to others. Decide right now to show more love within your circle of influence this week. But, maybe even more importantly, show more love to even your enemies (Matthew 5:44) so that you may show them Christ that lives in you.

# Letters to the Editor - Thanks to Good Samaritan

Editor,

My friends and I are not from your area and want to thank a person who was a very big help to us when we had a problem there. My friends travel the U.S. as gospel singers, and their bus was involved in an accident just outside of Vinton on February 10, 2023. There was damage to the bus that would have prevented them from continuing to their next destinations hundreds of miles away. A wonderful man saw the need and returned with the necessary tools and supplies to do a temporary repair and get them underway in not much more than an hour. In talking to police and because of the business of the situation we didn’t ever find his name or where he was from. I saw him working and assumed that he’d been called by my friend, the owner of the bus, and we would receive a bill for the work. That didn’t happen because the man left without us knowing it, so we weren’t even able to thank him. Maybe he’ll see this or in some way he’ll find how much his help was appreciated. The bus traveled with us following in our car for the rest of the day and arrived at the venue just before midnight. Without his help it wouldn’t have happened. Thank you, sir!

*Vic Clayson  
Cashmere, Wash.*

# Blue Ridge Parkway completion date extended

National Park Service officials announced the project completion date for a Roanoke slope repair project underway at milepost 127.9 on the Blue Ridge Parkway (near Mason’s Knob) has been extended into summer 2023. The unanticipated extension is due to work taking longer than expected to replace a failed culvert in the fill slope. The full closure from milepost 121.4 (near Chestnut Ridge Trail) to milepost 136 and signed detour around the project, from US 220 (milepost 121.4) to Adney Gap at US 221 (milepost 136), will remain in place until the work is completed.

Behind the gates, the Parkway is closed to all uses including motorists, cyclists, and pedestrians. The public’s cooperation with these closures helps support the safety of staff, visitors, and the contractor. A spring 2020 storm resulted in a full road failure roughly 150 feet in length at Milepost 127.9. Geotechnical and roadway experts designed and planned a series of repairs for this emergency project, including installation of soil anchors and reconstruction of the fill slope, to stabilize the area and restore safe access.

*Submitted by  
Roanoke County*

The Vinton  
Messenger

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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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Read 2 Timothy 1:1 through 4:22

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth (2 Timothy 2:15).

The Greek word orthotomeo, translated here as “correctly handles,” is rendered “rightly dividing” in other versions.

It carries the idea of cutting straight like a surgeon and getting to the heart of the matter. Paul’s letters to Timothy emphasize sound doctrine, which must be taught in the churches so believers will be established in the truth. Is false teaching being advocated? Stand firm on God’s truth. Do unbelievers mock our Christian life? Stand firm on God’s truth.

We are all to be students of God’s Word—diligently studying it, faithfully putting it into practice in our daily lives, and effectively sharing it. We should never be ashamed to be identified with Christ, nor do we want to be embarrassed by our lack of preparation for witnessing.

We need to be ready with knowledge of the truth and guided by God’s Spirit in sharing it with others.

Thought for Today: Train in the truth and trust its teaching.

Quicklook: 2 Timothy 2:7–15

**WORSHIP DIRECTORY**

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We are all to be students of God’s Word—diligently studying it, faithfully putting it into practice in our daily lives, and effectively sharing it. We should never be ashamed to be identified with Christ, nor do we want to be embarrassed by our lack of preparation for witnessing.

We need to be ready with knowledge of the truth and guided by God’s Spirit in sharing it with others.

Thought for Today: Train in the truth and trust its teaching.

Quicklook: 2 Timothy 2:7–15

**WORSHIP DIRECTORY**

**If you would like to see your church services listed here in the Vinton Messenger contact Tucker Frye at 540-473-2741 or email tfrye@ourvalley.org**

VA 24016. A spiritual event is held on the 2nd Sunday of each month at 10:30 a.m. Since contracting COVID-19 may still be possible, please take the health steps that are best for you. It is appreciated that by attending you are taking responsibility for your own health. Visit www.eck-va.org, www.meetup.com/Roanoke-Spiritual-Experiences \* Group\* or call 540-353-5365 for other Eckankar programs and for more information about how the teachings of Eckankar can lead you to spiritual freedom.

**FOURSQUARE**  
**EVANGEL CHURCH** - 2330 Hardy Road, Vinton (corner of Hardy Road and Feather Road), 540-982-3694, www.evangel4sq.com, Pastor Tim Wright. Worship Service Sunday, 10AM. Bible Study Wednesday 11AM-12PM.

**LUTHERAN**  
**ST. TIMOTHY EVANGELICAL LUTHERAN CHURCH**, “The Church Under The Cross”, 1201 Hardy Rd, Vinton VA 24179, Pastor, Rev. Dr. James B. Davis (540) 342- 1715, Sunday School 10:00am, Worship 11:00am, sttimothy1201@verizon.net.

**NAZARENE**  
**FIRST CHURCH OF NAZARENE**, 728 Highland Ave., SE, Roanoke, Virginia. 342-4003. Sunday Morning Wor-

ship 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; cmpe2verizon.net Sunday school 9:45am, Worship 11:00am; Communion 1st Su.ndays; 2nd Sunday Session; Monday Noon Bible Study; Tuesdays & Thursdays Stretch Class 9:00am; 1st Tuesdays Deacons; Wednesday Choir 7:00pm; Monday Girl Scouts 7:00pm; 3rd Saturday Men’s Breakfast 8:00am. Rev. Jonathan Moelker, pastor

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

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



# William Byrd DECA students compete at State



Seven students from William Byrd High School and their advisors traveled to Virginia Beach for the annual DECA State Competition during the weekend of March 3-5. Shown left to right are DECA Advisor Jill Morris, students Blake Glover, Sheradyn O'Neill, Carsyn Kotz, Sydney Haddox, Reagan Lilley, Tate Kotz, Dawson Brinkley, and DECA Advisor Jordan Persinger.

Seven William Byrd High School Marketing students recently competed in the DECA State Competition in Virginia Beach at the Convention Center. There were over 4,000 students competing in 27 different categories such as Hospitality and Tourism, Sports & Entertainment Marketing, Restaurant Services, Business Service Marketing, and Social Media Marketing, just to name a few.

“These seven students had to complete a strenuous written test and brainstorm solutions to a workplace scenario,” explained DECA Advisor

and Marketing instructor Jill Morris. “All of the students did very well in order to qualify to compete at the state level.”

WBHS students Sheradyn O’Neill and Blake Glover made the stage at state by placing as semi-finalists in the Travel and Tourism category.

The students were accompanied to the competition by DECA Advisors Jill Morris and Jordan Persinger.

According to the Virginia DECA Foundation, “Virginia DECA works hard to serve as a springboard for opportunity and growth for its 13,000+ members

throughout the state. The largest state association in the country for the last eight years, Virginia DECA helps marketing students prepare for careers in marketing, management, hospitality, and finance.

“The Virginia DECA program of work is designed to create learning experiences that stretch beyond the traditional classroom experience. DECA works to help students develop both personally and professionally by encouraging activities and employment experiences that help develop character, leadership, and a sense of obligation to their

communities.”

The first Virginia Distributive Education Club was organized in March 1938, at Roanoke’s Jefferson Senior High School with 44 members. During the next five years, clubs were organized in another 12 schools. In September 1942, the 13 local clubs formed a state organization, the “Distributors’ Clubs of Virginia,” and began planning for the first state convention to be held in Richmond in the spring of 1944.

*Submitted by Jill Morris, William Byrd High School DECA Advisor, and The Vinton Messenger*

# Friends

from page 1



as the recipient. As an avid bike supporter, Barbara suggested purchasing bike racks for the community using the remaining funds of that award.”

“In reaching out to a couple of local contacts on the best way to do that, Friends was connected with RIDE Solutions,” Whalen commented. “From there, Friends and RIDE Solutions worked with Twist & Turns to design a custom rack that is functional and beautiful,” Whalen said. “Andrea Garland’s expertise was vital in getting that done.

“We ordered six racks with one of them being placed in Vinton. We intend to continue and grow the bike rack project with more in the greater Roanoke area as well as other Blue Ridge communities where our other seven volunteer chapters operate.”

Cox Conserves Heroes recognizes volunteers who are creating, preserving, or enhancing outdoor spaces. Since 2008, more than 200 volunteers across the nation have been honored for helping make a significant impact on sustainability and environmental protection in their communities. More than \$1.4 million has been donated to environmental non-profits on behalf of the Cox Conserves Heroes program.

RIDE Solutions provides alternative transportation options – ridesharing, biking, public transit, walking, and guaranteed ride home services – to residents living within the greater New River and Roanoke Valleys. They partner with citizens and businesses to connect them with commuting options – beyond the single-occupancy vehicle – to access work and school.

Vinton was the first locality to receive a bike rack funded by the project, indicating, Whalen says, “the vibrancy of the community.”

# DAR

from page 1



PHOTO BY DEBBIE ADAMS

The local DAR Chapter welcomed new member Nancy Hoffman on March 11. Pictured left to right are Registrar Janice Taylor, Chaplain Diane Goode, Hoffman, and Regent Cindy Higgins.

was baptized in the Jordan River. While she was there a rocket just missed her while she was dropping off her clothes at a laundry near the emergency room.

In addition to working on American service members, McKinney worked with a more infamous patient, Saddam Hussein, in Baghdad’s Green Zone in 2004. He injured himself while working out in his jail cell and pulled some muscles, resulting in a hernia repair.

McKinney was not wounded in Iraq. Her injuries occurred soon after she returned stateside. In 2009 serving at Fort Sam Houston in Texas, she began getting severe headaches. A CAT scan found an arteriovenous malformation (AVM)— a twisted mass of blood vessels connecting her arteries and veins, which were disrupting blood flow.

Her treatments took place at Walter Reed Army Medical Center and included numerous surgeries, three related procedures, and two radiation treatments. She thought she was out of the woods, but nine days later she suffered a stroke, which caused partial paralysis on the right side of her body and loss of her right-side peripheral vision.

McKinney has worked diligently to overcome her injuries. In high school, she was involved in sports, running cross country and was instrumental in formation of the first girls soccer team at her school and has continued to be active in athletics as part of her therapy.

In the intervening years since her injuries, she has competed in the 2010 Warrior Games, winning a gold medal in cycling and a bronze medal in shot-put.

She took up horseback riding at Fort Myers during her therapy at Walter Reed riding horses whose day job was pulling the caissons during military funerals at Arlington National Cemetery.

Once she returned to the Roanoke area, she has continued with the Healing Strides horseback riding program in Boones Mill, a non-profit that offers

equestrian therapy for veterans and others.

At the DAR meeting, McKinney also shared some details about a memorable trip she took last fall with the Honor Flight to visit Washington, D.C., Honor Flight is a national program dedicated to providing all veterans who apply a free trip to the nation’s capital to visit memorials honoring their service and sacrifice. Local DAR Chapters have been very supportive of the organization.

The regional Honor Flight programs start and end at the D-Day Memorial in Bedford. DAR Chapters along the way provide meals and sometimes lodging for Honor Flight guests. McKinney was touched by those she met and the places she visited on the trip, especially her visit to the Vietnam Wall. She was honored for her service in Iraq at the Military Women’s Museum.

During the March 11 meeting, a new DAR member was installed– Nancy Hoffman. Membership is available to women who can establish lineage to a Patriot of the American Revolution. Hoffman’s Patriot is Sam Bailey. (The chapter is eager to help with research into family trees to trace that lineage.)

Sharon Menzies updated members on the community recycling program in which the local chapter partnered with the Town of Vinton, PFG, Food Lion, Kroger and the Trex Corporation to collect recyclables in exchange for park benches from Trex. Three benches have been received with a fourth ready to order. The benches will be placed on the greenways in Vinton, and decorated with plaques acknowledging the partners in the project.

Higgins shared details of the “Operation Deploy a Dress” project which asks DAR members to donate new and gently used ball gowns and accessories to deploy to military service members and their dependents across the United States.

# RECIPES OF THE WEEK

March 12 is National Milky Way Day. The Milky Way candy bar was created in 1923 by Frank Mars. It came in two flavors– chocolate and vanilla– and was the first mass produced chocolate bar with a filling. It got its name from a malted milkshake popular at the time, not from the Milky Way Galaxy. Outside of North America, the Milky Way has no caramel topping.

Here’s a great cake recipe for Milky Way Cake from my aunt Melvina Anderson.

**Milky Way Cake**  
Ingredients for Cake:  
13 fun-size Milky Way bars  
2 sticks margarine or butter  
2 cups sugar  
4 eggs  
2 and 1/2 cups flour  
1/2 tsp. salt  
1/2 tsp. baking soda  
1 and 1/4 cups buttermilk  
1 tsp. vanilla  
1 cup chopped pecans (optional)

Chop candy bars; combine with 1 stick margarine in top of double boiler. Heat over hot water until melted, then set aside. Cream sugar with remaining stick of margarine; add eggs and beat until light and fluffy. Combine flour and salt; stir baking soda into buttermilk. Add dry ingredients alternately with buttermilk, beating smooth after each addition. Stir in nuts, vanilla, and melted candy bar mixture. Pour into lightly greased 9 x 13 pan or jelly roll pan. Bake at 350° for 30-35 minutes. Let cool until just warm.

**Icing Ingredients:**  
6 fun-size Milky Way bars  
1 stick margarine  
1 Tbsp. milk  
1 tsp. vanilla  
1 and 1/2 cups powdered sugar

Combine margarine, candy bars, and vanilla in top of double boiler over hot water; heat until completely melted. Add powdered sugar and mix well. Pour over warm cake.

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# American National Bank’s ‘Four on the 4th’ fundraiser race returns to Vinton



PHOTO BY DEBBIE ADAMS

The “Four on the 4th” race was first held in Vinton in 2022 and returns this year, benefitting the Boys and Girls Clubs of Southwest Virginia.

American National Bank’s annual “Four on the 4th” race which raises funds for the Boys and Girls Clubs of Southwest Virginia will be returning to Vinton on July 4, 2023. The race is presented by Fleet Feet.

“Four on the 4th” is one of the main fundraisers for Boys and Girls Clubs of SWVA each year; they rely on the financial support from this race to provide high-yield, low-cost summer camps and after-school programs for youth who “need us the most” in Roanoke City, Roanoke County, Salem City, Franklin County, and Montgomery County. One of their programs is located at Vinton Baptist Church.

“Four on the 4th” has become a 4th of July tradition among friends and family in the Roanoke Valley to kick off the holiday’s festivities.

“Vinton was such an excellent host in 2022 that we are continuing the race in Vinton, starting and finishing at the Vinton War Memorial,” said organizers of the race.

There are both four-mile in-person and virtual races and a half-mile Kids Fun Run. Parents are allowed to join their children.

The four-miler begins at 8 a.m. The Kids Fun Run begins at 9 a.m.

Registration is now open at <https://runsignup.com/Race/VA/Vinton/Fouronthe4th>.

All kids will receive a race bib along with a Kids Fun Run finishers medal when they cross the finish line. While the Kids Fun Run is free, you can register your kids for the “Fourth on the 4th Kids Fun Run” with T-Shirt for \$10 and they’ll receive a kids race shirt at Packet Pick-up.

Dogs and other pets are not permitted to participate in either race. Strollers are allowed.

Organizers are also looking for volunteers to assist with the event. Visit <https://runsignup.com/Race/Volunteer/VA/Roanoke/Fouronthe4th> for details.

*Submitted by Town of Vinton*

## VINTON HISTORY: BURROWS ADDING MACHINE



PHOTO BY JUDY CUNNINGHAM

The Burroughs Adding Machine was donated to the Vinton History Museum by the family of Albert Harris.

The Burroughs Adding Machine was invented by William Burroughs in the late 1800s as a solution to a common issue he faced of having to tirelessly count numbers at his bank job.

Burroughs was pursuing a job as a bank clerk per his father’s wishes. His childhood was spent with his father, a mechanic, and he grew to love inventing. Between William’s distaste for banking and his love for inventing, he decided to create an adding machine to solve the problem he and his colleagues faced at work.

In 1921 Burroughs purchased patent rights to the machine. The first Burroughs Adding Machine cost \$475 in 1890.

Pictured is the Burroughs Adding Machine and a photo of Albert C. Harris who used the machine in his Vinton banking career. It was donated to the Vinton History Museum by the family of Mr. Harris.

To see the adding machine and thousands of other artifacts, visit the museum located at 210 East Jackson Avenue in downtown Vinton – open Monday, Wednesday, Friday and every first Saturday, from 10 a.m. to 2 p.m.

*Submitted by Judy Cunningham, Vinton History Museum Executive Director*

## UPCOMING EVENTS

### Charles Hill Community Center:

Tai-Chi, Mar. 16 at 9 a.m.; Senior Card Games, Mar. 16 at 10:15 a.m.; line dancing Mar. 21 at 10 a.m., 11:30 a.m., and 6 p.m., Monday Music Jam on Mar. 20 from 2:30 to 5 p.m.

Roanoke County Public Schools: School Board meeting on Mar. 16 at 6 p.m. at the Central Administration Building on Cove Road. Schools closed for Spring Break Mar. 27-31. Schools closed for Easter holiday on both April 7 and 10 (calendar change).

### Rosie’s Gaming Emporium:

Chairmen of the Board perform at 8 p.m. on Mar.17; Jerome Claytor and Touch of Class on Mar. 18 at 8 p.m. Both are free shows for those 21 and older.

### Town of Vinton:

1st Hot Rod and Classic Car Show of the season coming up on Mar. 18 at the Vinton Farmers’ Market.

Sign up for the CodeRED alert system and the new All Things Vinton e-Newsletter on the Town of Vinton website at [www.vintonva.gov](http://www.vintonva.gov).

### Twin Creeks Brewing Company and Brewpub:

Goat snuggling is coming up again on Mar. 19 and 26. Check their Facebook page for tickets.

Vinton Area Chamber of Commerce: Annual Senior Expo scheduled for Mar. 21 at the Vinton War Memorial beginning at 10 a.m.

### Vinton Public Library:

St. Patrick’s Day Craft for adults and teens on Mar. 16 from 5:30 to 7 p.m. (Celtic knot and 4-Leaf Clover Keychains with the Glowforge); Mar. 19-25 is National Poison Prevention Week, pick up materials to learn about the dangers of poisoning, how to prevent them, and what to do in the event of a poison emergency; Vinton Writer’s Group meets Mar. 23 from 5:30 to 7:30 p.m.; Open Bridge on Mar. 21 from 2-4 p.m.; Roanoke Valley Dulcimer’s meets on Mar. 18 from 10:15 a.m. to 12:30 p.m.; Teen Escape Room on Mar. 18 from 1 to 4 p.m.; Teen Book Club on Mar. 20 from 5 to 6 p.m.; St. Patrick’s Day crafts and activities for kids all day long on Mar. 17 or while supplies last; Jammie Time (ages 3-5) on Mar. 21 at 6 p.m.; and Family Storytime (ages 0-5) on Mar. 22 at 11:30.

### Vinton Town Council:

Next meeting on Mar. 21 in Council Chambers at 6 p.m.

Please submit Upcoming Community News announcements to [dadams@mainstreetnewspapers.com](mailto:dadams@mainstreetnewspapers.com) or call 540-473-2741.

Put The Classifieds  
To Work!  
Call 389-9355

# 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.

## ADVERTISE!

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# Marketplace



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Positions Wanted

**Quality Inn**  
Hiring Full/Part Time Housekeeping and Front Desk. Apply in Person. Ph-540-639-3000

**DD Kerns Construction Co., Inc.**

is currently accepting applications for skilled carpenters, carpentry foreman, experienced dry wall workers, experienced industrial concrete workers, block-layers, welders/fabricators, fabrication foreman, and a diesel/heavy equipment mechanic.

All work is local and benefits include: health, vision, dental, life insurance, short-term/long-term disability insurance, paid vacation and retirement IRA. Pay is based on experience. Candidates must have a valid drivers license and be able to pass a drug screening. We are accepting applications Monday-Thursday 8:00am to 5:00pm at 505 S. Lexington Ave. Covington, VA 24426. 540-962-4994

Auctions

**STORAGE AUCTION**  
**Salem Storage**  
736 Roanoke Street Salem, Va. 24153  
March 30, 2023 at 11:30 AM  
Salem Storage will conduct a public sale of merchandise to collect liens from the following delinquent building. Owner: Christie Key Unit 73. Cash Only. We reserve the right to refuse bids.

Lost & Found

**ISO: Looking for family or friends of Edward Shanklin,** formerly from Radford, VA. His mother's name was Ruth, sisters name Barbara, previously married to Deuncan family. I am in possession of documents and photos that belong with his family. Contact Steve: after 5pm. Cell 540-246-2963 Home 540-298-8054 Collect calls will be accepted.

Legals - City of Salem

**NOTICE OF SUBSTITUTE TRUSTEE SALE**

321 South Market Street, Salem, VA 24153. By virtue of the power and authority contained in a Deed of Trust dated May 18, 2015 and recorded at Instrument Number 150001592 in the Clerk's Office for the City of Salem Virginia Circuit Court, Virginia, securing a loan which was originally \$57,400.00. The appointed SUBSTITUTE TRUSTEE, Commonwealth Trustees, LLC will offer for sale at public auction at the front steps for the Circuit Court for the City of Salem located at 2 E Calhoun Street, Salem, VA 24153-7933. April 11, 2023 at 10:00 AM improved real property, with an abbreviated legal description of the following described property, to wit: ALL THAT CERTAIN LOT OR PARCEL OF LAND LYING AND BEING IN THE CITY OF SALEM, VIRGINIA, AND BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS: BEGINNING AT A POINT, WHICH POINT IS ON THE WESTERLY SIDE OF SOUTH MARKET STREET, SAID POINT BEING 137.5 FEET FROM THE POINT OF INTERSECTION OF SECOND STREET AND SOUTH MARKET STREET; THENCE S. 78 DEGREES 00'00" W. 84.00 FEET TO A POINT; THENCE N. 12 DEGREES 00'00" W. 37.50 FEET TO A POINT; thence N. 78 DEGREES 00'00" E. 84.00 FEET TO A POINT; THENCE S. 12 DEGREES 00'00" E. 37.50 FEET TO THE PLACE OF BEGINNING, AND CONTAINING 0.723 ACRE AS IS MORE SPECIFICALLY SHOWN ON THAT CERTAIN PLAT OF SURVEY PREPARED FOR ANTOINE B. STALLINGS BY ROBERT S. LANG, LAND SURVEYOR AND BALZER AND ASSOCIATES, SAID PLAT BEING DATED APRIL 2, 1990. And as more fully described in the

Legals - City of Salem

aforsaid Deed of Trust. TERMS OF SALE: The property will be sold "AS IS," WITHOUT REPRESENTATION OR WARRANTY OF ANY KIND AND SUBJECT TO conditions, restrictions, reservations, easements, rights of way, and all other matters of record taking priority over the Deed of Trust to be announced at the time of sale. A deposit of \$20,000 or 10% of the sale price, whichever is lower, will be required at the time of sale, in the form of certified check, cashier's check or money order by the purchaser. The balance of the purchase price, with interest at the rate contained in the Deed of Trust Note from the date of sale to the date said funds are received in the office of the SUBSTITUTE TRUSTEE, will be due within fifteen (15) days of sale. In the event of default by the successful bidder, the entire deposit shall be forfeited and applied to the costs and expenses of sale and Substitute Trustees fee. All other public charges or assessments, including water/sewer charges, whether incurred prior to or after the sale, and all other costs incident to settlement to be paid by the purchaser. In the event taxes, any other public charges have been advanced, a credit will be due to the seller, to be adjusted from the date of sale at the time of settlement. Purchaser agrees to pay the seller's attorneys at settlement, a fee of \$470.00 for review of the settlement documents. Additional terms will be announced at the time of sale and the successful bidder will be required to execute and deliver to the Substitute Trustees a memorandum or contract of the sale at the conclusion of bidding. FOR INFORMATION CONTACT Rosenberg & Associates, LLC (Attorney for the Secured Party) 4340 East West Highway, Suite 600 Bethesda, MD 20814 301-907-8000 www.rosenberg-assoc.com

**NOTICE OF PUBLIC HEARING**

Notice is hereby given to all interested persons that the Board of Zoning Appeals of the City of Salem, Virginia will hold a public hearing, in accordance with the provisions of Sections 15.2-2204 and 15.2-2309 of the 1950 Code of Virginia, as amended, on March 23, 2023, at 4:00 p.m. in the Council Chambers of City Hall, 114 North Broad Street, in the City of Salem, Virginia, to consider the following applications.

Request of the City of Salem, property owner, and Roanoke County, project administrator, for a variance from Section 106-226.7 of the Code of the City of Salem, to allow construction of the greenway trail, extending from the existing trail on Salem City owned property (Tax Map # 178-4-1) near Kingsmill Drive to the Roanoke County owned property (Parcel ID # 056.01-01-17.00-0000) near Riverside Nursery. Section 106—226.7(A) states that no new construction shall be permitted, except where the effect of such development on flood heights is fully offset.

Request of the City of Salem, property owner, for a variance from Section 106-226.7 of the Code of the City of Salem, to allow the bridge widening of Apperson Drive Bridge along with incidental greenway trail work on and near the 1600 block East Riverside Drive (Tax Map # 259-2-1). Section 106—226.7(A) states that no new construction shall be permitted, except where the effect of such development on flood heights is fully offset.

At this hearing, all parties in interest will be given an opportunity to be heard, present evidence, and show cause why such requests should or should not be granted. For additional information, contact the Office of the Zoning Administrator, 21 South Bruffey Street, Salem, Virginia (Phone 3753032).

THE BOARD OF ZONING APPEALS OF THE CITY

Legals - City of Salem

OF SALEM

BY: Mary Ellen H. Wines, CZA, CFM

Zoning Administrator

Notice

is hereby given to all interested persons that the Council of the City of Salem, at its regular meeting on Monday, March 27, 2023, at 6:30 p.m., in the Council Chambers of City Hall, 114 N. Broad Street, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA: 1. Consider the request of Michael O. Garst and Alan L. Garst, property owners, for rezoning the property located at 907 Florida Street (Tax Map # 185-5-9) from HBD Highway Business District to RSF Residential Single Family. 2. Consider the request of Daniel N Suggs Excavating & Grading, Inc., property owner, and AM Transportation of Roanoke, LLC, contract purchaser, for the issuance of a Special Exception Permit to allow a truck parking facility on the property located at 2730 West Main Street, (Tax Map # 174-5-1).

Copies of the proposed plans, ordinances or amendments may be examined in the Office of Community Development, 21 South Bruffey Street, Salem, Virginia. At said hearing, parties in interest and citizens shall have an opportunity to be heard relative to the said requests.

THE COUNCIL OF THE CITY OF SALEM, VIRGINIA  
BY: H. Robert Light  
Clerk of Council

Legals - Montgomery County

**TRUSTEE SALE OF 1801 4th Street, Radford, VA 24141**

In execution of the Deed of Trust dated March 20, 2006, in the original principal amount of \$124,019.00, recorded as Inst. 0600326, modified to the amount of \$108,447.79 as Inst. 1600936, in the Clerk's Office of the Circuit Court for the City of Radford, Virginia, default having occurred in the payment of the indebtedness thereby secured and at the request of the holder of the note, the undersigned, as Substitute Trustees, any of whom may act, will sell at public auction at the front entrance of the Circuit Court for the City of Radford on March 29, 2023, at 11:30 a.m., the property located at the above address and described as Lot 8, Section 13, Plan D, as shown in Deed Book 42, page 7, County of Roadford. TERMS: CASH. PROPERTY SOLD AS IS WITH SPECIAL WARRANTY OF TITLE. A deposit of \$9,000.00 or 10% of the successful bid amount (whichever is lower) will be required immediately of the successful bidder, in cashier's check or certified funds only payable to or signed over to "DOLANREID PLLC, TRUSTEE", balance due within 15 days from date of sale. No personal checks accepted. Sale is subject to post sale confirmation and audit of the status of the loan including, but not limited to, determination of whether the borrower filed for and obtained bankruptcy protection, entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, or if trustee is unable to complete the sale, or if it is set aside or not fully completed for any reason except purchaser's default, the sale shall be null and void, and the purchaser's sole remedy, in law or equity, shall be the return of the deposit without interest. Upon purchaser's default, the deposit shall be forfeited and the property resold at the risk and costs of the defaulting purchaser. Sale is subject to all prior liens, easements, restrictions, covenants, reservations and conditions, if any, of

Legals - Montgomery County

record, as well as inchoate liens and any other matters which would be disclosed by an accurate survey or inspection of the premises. Real estate taxes will be adjusted to the date of sale. All costs of conveyance, deed, examination of title, recording charges, grantor's tax and possession will be at the expense of the purchaser. All risks of casualty immediately pass to the successful bidder. Time is of the essence. Winning bidder must sign a memorandum of sale immediately upon completion of sale. Additional terms may be announced at the time of sale. Trustee's affidavit and a copy of the notice of sale available at the foreclosure sale. The opening bid is not announced until the sale. Current sale status available at [dolanreid.com/foreclosuresales](http://dolanreid.com/foreclosuresales). THIS IS A COMMUNICATION FROM A DEBT COLLECTOR. ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE. For Information Contact: DolanReid PLLC and G. Benny Moore, Substitute Trustee(s) 12610 Patrick Henry Dr., Ste. C, Newport News, VA 23602; (757) 320-0255

Legals - Town of Vinton

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# Chamber Lunch and Learn features Nicole Cooper Media



PHOTO BY DEBBIE ADAMS

There was a large crowd for the March 8 Lunch and Learn. Visit the Chamber Facebook page for information on signing up for sessions.

**Debbie Adams**  
dadams@ourvalley.com

The Vinton Area Chamber of Commerce welcomed Nicole Cooper, founder of

Nicole Cooper Media (formerly Modern Buzz Media), for their March Lunch and Learn session at the Charles R. Hill Community Center. Her presentation focused on

marketing trends.

According to Chamber Executive Director Angie Chewning, the purpose of the Lunch and Learn series is

See Chamber page 9

# Vinton Public Works report for January; AEP replacing lights on Washington Ave

The Vinton Public Works Director's Report has been released for January 2023. A total of 44 work orders were completed during the month.

In January, 276.8 tons of Municipal Waste were collected; 30.25 tons of Residential Waste were disposed of; and 2.49 tons of Curbside Recycling were collected. Seven new recycling bins were delivered. The streetsweeper cleaned 192 miles of roadway, collecting 10.91 tons of debris.

On Jan. 8, two Public Works employees worked for five man-hours and used approximately two tons of de-icer salt to treat the roads.

As for Fleet Maintenance, during January, 13 police vehicles were serviced, along with 10 Public Works Light and Medium Duty Vehicles, and nine Public Works heavy duty vehicles. State Inspections were completed on three vehicles.

Public Works employees completed 14 work orders involving removal of dead animals and eight jobs involving sign installation and signal repair. They addressed 26 work orders for utility markings, 11 for hydro-excavation of water meter boxes for Bitter Creek, and three building maintenance orders.

Public Works has announced that AEP will be replacing all existing street lamps with LED lights from Gus Nicks Boulevard all the way through the town limits on Washington Avenue. Because the old cobra lamps are more than 20 years old, there is no charge to the town for the upgrades. The work was scheduled to be completed from March 13-17 requiring partial lane closures. A work order has been requested to do a similar replacement for Virginia Avenue and will match what is now along Hardy Road.

Advanced Traffic Solutions has concluded signal synchronization at all eleven intersections within the town.

Row and alley brush and tree trimming has been completed town-wide, a month-long process.

Public Works staff is working on cost estimates for two sinkholes that have developed at Thrasher Memorial UMC and behind D.R. Music on North Pollard.

The Cleveland Avenue Water Main and Lateral Replacement project being completed by the Western Virginia Water Authority remains on schedule.

Submitted by Town of Vinton

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from page 1



and Go Mouse Robots, OSMOS educational computer games, a Math Fact Fluency Choice Board, a Storybook Challenge, designing and building a Spaghetti/Marshmallow Tower, designing a Maze of straws, and creating a Soda Straw Rocket.

# Chamber



Go Mouse Robots introduced students to coding by programming a mouse to navigate a maze. The Storybook Challenge involved creating a parachute to help rescue Jack from the giant in “Jack and the Beanstalk.”

Families accompanied their children and assisted with the projects, facilitated by faculty members.

Elementary schools throughout Roanoke County have been hosting STEM nights in recent weeks.



PHOTOS BY DEBBIE ADAMS

## Gauntlet from page 2

from page 2

finding resources, establishing relationships with mentors, determining locations for their businesses, and more.

Financial advisor Ivana Savany (a Gauntlet graduate) has an office in the co-working space and is usually on-hand to contribute to the discussions.

The Gauntlet is a rigorous and demanding program which can have great rewards—not just the cash and in-kind prizes distributed at the end of the program each spring—but in the life-long connections that are made with other entrepreneurs. But it is also challenging and time-consuming for those with already-busy schedules, and the Latinas Network has become a great support system for those enrolled in the classes.

Muñoz says the Gauntlet opens many doors. He has been able to network extensively with other entrepreneurs who are learning from one another.

He also says that working through the Gauntlet program with the Latinas Network group “let’s our creative brains go. I am excited for the future.”

He says the secret to his success and that of any business is “feeling passionate about what you do.” He loves his career and comments that “a ‘job’ is something you don’t like

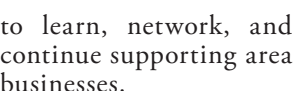


**A sample of the work at Arte Y Estilo Peluqueria Joan.**

to do." He doesn't have a job; he has a passion for what he does in life, so it's not work."

However, another key to that success is hard work. Early on in his career in Roanoke, Muñoz would open the shop at 2 a.m. to accommodate the work schedules of a group of workers from Rocky Mount who were his clients.

Visit the salon's Facebook page at <https://www.facebook.com/joanspeluqueria/> for more information, appointments, or hours, or call 540-915-6486.



Cooper defines the purpose of Nicole Cooper Media as “demystifying, empowering, and teaching ways to make marketing meaningful.”

Cooper was an educator at Roanoke's Community School for eight years, teaching children in grades K-8 "how to navigate, use, and create digital media." She earned a Bachelor's degree in Communication and Social Media from Hollins University and served as a marketing advisor for the Roanoke Regional Small Business Development Center.

She opened her remarks at the Chamber meeting on March 18 by acknowledging that social media can sometimes be overwhelming and small businesses frequently don't have the budget to hire a marketing firm or social media manager. However, a little research will reveal popular marketing strategies currently in use and get you pointed in the right direction on how to use social media to drive your business.

Humor is trending in advertising now. Cooper displayed a National Park Service Instagram PSA which has become wildly popular, but simply says "READ:



PHOTO BY DEBBIE ADAMS

**Nicole Cooper of Nicole Cooper Media was the guest speaker at the Vinton Area Chamber of Commerce Lunch and Learn on March 8. Pictured left to right are Vinton Community Programs Director Chasity Barbour, Chamber Executive Director Angie Chewning, Chamber Board member Kat Pascal, speaker Nicole Cooper, and Chamber President Jason Boothe.**

Please don't run from bears or push your slower friends down in attempts of saving yourself (even if you think the friendship has run its course).” This tweet led to the development of a host of other hilarious and memorable NPS social media posts.

Another trend focuses on “Reopening” after the pandemic—how to keep the automation that was useful during the pandemic (online ordering, curbside pickup) and balance it with off-line service so customers still feel they are the priority.

Cooper's presentation was the "learn" part of the event. The "lunch" (burgers and waffle fries) was delivered by Farmburguesa

restaurant. Kat  
Pascal, co-owner of  
Farmburguesa and  
Chewing facilitate the  
Lunch and Learn series.

March 8 just happened to be International Woman's Day. Pascal took the opportunity to point out that the Chamber of Commerce is led by two employees—Angie Chewning and Executive Assistant Kathryn Sowers—both women. The two Farmburguesa restaurants are owned by two women and guess speaker Nicole Cooper owns her own business.

The next Lunch and Learn is scheduled for May 10 with a guest speaker from Tea2Sea, LLC, a private investigation company covering central and southwest Virginia.

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## Opening day weathered out but spring sports ready to go

Spring sports for Virginia High School League teams officially began Monday but spring failed to arrive. Six William Byrd opening day games and matches scheduled for Tuesday were postponed when the last week of winter blew through the Roanoke Valley.

William Byrd's baseball game with Liberty was moved to Wednesday of this week and the softball game at Liberty was rescheduled for April 19. Tennis matches with Hidden Valley were moved to Wednesday and both the boys and girls soccer games with Bassett were postponed with a makeup date yet to be announced.

The lacrosse teams were scheduled to open at home, as scheduled, on Wednesday of this week and the softball team had a home game with Christiansburg. Today, Thursday, the tennis teams will play Bassett with the boys at home and the girls at Bassett.

There is a full schedule of events for Friday, but at press time there was consideration of moving some to Thursday with more inclement weather predicted. That includes baseball at Cave Spring, softball at home with Cave Spring, two tennis matches with the Knights and soccer against Hidden Valley, with the boys at home and the girls at Hidden Valley.

Once the weather clears up, the Terriers are ready to go. Baseball is always big in Vinton and coach Jason Taylor is rebuilding again. Taylor took over a team last spring with major losses from the year prior and guided Byrd to a 16-6 record, earning him Blue Ridge District Coach of the Year honors.

This year, Taylor will try to replace five key players from last year, including the top two pitchers and the middle of the infield combo. Blake Glover is the top returnee on the mound with lefties Cooper Minnix and Brogan Dent slated to start along with Keller Spraker. Taylor pitched 10 different players over two scrimmages so there's lots of arms to choose from.

"We have a lot of arms, what we don't have is game experience," said Taylor.

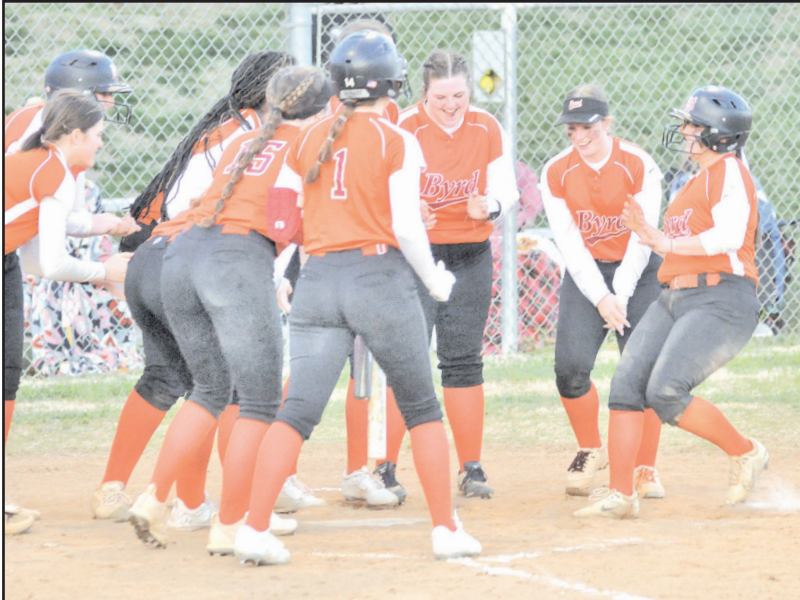
Taylor has a stud catcher in James Purcell, who was first team all-state behind the plate last year. Israel Hairston and Evan Mullen return in the outfield and Ian Burnette moves from rightfield to second base. Peyton Leftwich will start at first, and he saw some time last year. Cam McKee and Hayden Eads will vie for time at shortstop and Spraker will be at third.

On the softball diamond Byrd will be led by Brooklyn Peters, Haleigh Vaughan and Sydney Blewett. They have some pop, as Blewett blasted



Above, Byrd will have "thunder and lightning" near the top of the lineup in baseball with James Purcell(left) and Israel Hairston. Below, Haley Vaughan is greeted at the plate after blasting a home run in a scrimmage with Auburn last week, and below right she dons the "home run chain."

PHOTOS BY BRIAN HOFFMAN



three home runs in one scrimmage a couple weeks ago and Vaughan had a long homer against Auburn last week.

In the circle will be Addison Clark and catching her will be Ryleigh Grubb.

"Both of these kids are freshmen but very good,"

said coach Greg Barton.

Olivia Lyle, Makayla Bell and Mandolyn Draper all return in the infield. Newcomers to varsity include Carson Wood, Sara Lang, Abby Fitzgerald, Mallory Peroulas and Kendall Agee.

"We are young in very key spots but are learning fast," said Barton. "I know it will take a few games to start to come together but we are off to a good start."

The boys' soccer team is in its third year under coach Russell Dishman.

"It has been an interesting start to the year so far," he said. "I feel that we came in with a plan and some aspects have worked and other parts have had to be adjusted. That is not unusual, just an extra challenge to start."

Dishman has been pleased with what he's seen in two scrimmages.

"We were able to try several things and move guys around to see who worked in places and combinations," he said. "I feel the guys have used the opportunities to learn and improve. The last two years we have had to make a lot of adjustments through the season, this year we have tried to implement a more consistent style for the team and the guys have been working hard to settle into it. We were young last year so hopefully the experiences from last year should hopefully be a help."

The girls' have looked strong in the pre-season, winning both their scrimmages with Brookville and Patrick Henry. Coach Molly Cox returns an experienced group.

"We have 11 seniors this year so we have a lot of experience and these girls have set goals that they are determined to accomplish before they graduate," said Cox. "The schedule will be tough, as always, playing teams like Lord Botetourt and Hidden Valley."

Will Satterfield begins his second year as coach of the boys' lacrosse team, and the Terriers look much improved already in the preseason. With a strong group of freshmen and sophomores the Terriers should continue to improve as they gain varsity experience.

"I'm really excited about this season and William Byrd lacrosse in general," said Satterfield. "We continue to grow in numbers, and although we are young we have a lot of guys who have played the sport for a couple of years now. I think we have a good, young core that are going to get vital minutes this year that can help us continue to build our program the right way."

Dan Eberhardt returns as girls' lacrosse coach and he has some strong returnees. Bethany Beecher is back on attack along with midfielders Olivia Hurd and Annika Hylton and defender Emma Miller. Byrd will have to replace Haley Firebaugh in the goal, who kept the Terriers in the game the past several years.

In tennis the Terriers are mostly freshmen and juniors. The two Byrd teams combined have just one senior and one sophomore. The girls have six juniors and six freshmen and the boys have 11 juniors and six freshmen, so both should continue to improve with experience.

"We are a young team this year," said girls' coach Kayla Mitchell-McCroskey. "Lots of big shoes to fill from last year, but we are hopeful we will improve as the season goes on."

The track team just finished the indoor season and will open with a home meet at Robert A. Patterson Stadium in Vinton next Wednesday, March 22.



Above left, MaKenna Jacobsen returns to the Byrd girls' tennis team. Above right, Dom Dulak has the ball and is ahead of the pack in Byrd's lacrosse scrimmage with Franklin County. Right, Maddy Simmons (#10) is one of 11 seniors who are looking to have a big year for the Byrd girls' soccer team.

PHOTOS BY BRIAN HOFFMAN



## Karnes is ODAC Pitcher of the Week

Roanoke College softball pitcher Jada Karnes helped the Maroons open the season in Florida last week and her performance earned her ODAC Pitcher of the Week honors.

Karnes, a senior from William Byrd High School in Roanoke County, pitched two complete games over the Spring Break trip. In the first game of the season, against Concordia-Chicago, she gave up only one run, walked just one and struck out 11. She came on in relief in the second game

that day for one inning of work and struck out two more batters in an 8-3 win over Simmons College.

Two days later Karnes pitched another complete game in a 2-0 shutout over Wentworth, striking out six in a 2-0 shutout win. The next day she started and pitched eight innings against Marietta, allowing just one unearned run while striking out five. Jada left the game after eight innings with the score tied at 1-1 and Marietta ended up winning 2-1 in nine innings.



JADA KARNES