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The Vinton Messenger

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PHOTOS BY DEBBIE ADAMS
The William Byrd NNDCC Armed Drill Team performed the 16 Count Manual of Arms sequence during the Establishment Ceremony.

Navy National Defense Cadet Corps officially established at William Byrd High School

Debbie Adams
dadams@mainstreetnewspapers.com

A unit of the Navy National Defense Cadet Corps (NNDCC) was officially established at William Byrd High School on Feb. 23, 2023. The Establishment Ceremony was conducted by the students in the WBHS Cadet Corps and attended by many dignitaries, with a great deal of pride on display.

The Navy established the NNDCC in 2008 and offers the program to qualifying secondary educational institutions. The program provides schools who do not qualify for a Navy Junior Reserve Officers Training Corps (NJROTC) unit (due to enrollment numbers) an opportunity to provide a similar program designed to expand students' opportunities to gain the values of citizenship, service to the United States, personal responsibility, and a sense of accomplishment.

To host an NNDCC unit, the school must be approved by the Secretary of the Navy and enter into an agreement with the Naval Service Training Command. The Establishment Ceremony at WBHS signifies the partnership between the Navy, Roanoke County Public Schools, the WBHS Cadet Corps, and the Roanoke County community.

The Establishment Ceremony at Byrd modeled the commissioning ceremony of a U.S. Navy ship, full of iconic traditions, with remarks by dignitaries and the reading and presentation of the unit charter and

guidon. Guests, who included parents of the cadets, William Byrd students, veterans, military personnel, and others, were welcomed by Master of Ceremonies 1st Lt. Cadet ENS Cole Binner. He then introduced the official party individually with a Navy tradition, the Boatswain's Call using a pipe and bell.

Members of the official party included William Byrd Naval Science Instructor Senior Chief David Perrin USN (Ret.), NJROTC Area 5 Manager LCDR James Landis USN (Ret.), William Byrd Principal Tammy Newcomb, Career and Technical Education Director for Roanoke County Schools Jason Suhr, Roanoke County School Superintendent Dr. Ken Nicely, and School Board Chairman Brent Hudson.

Once the official party was greeted and seated, the Corps Color Guard paraded the Colors, the national anthem was sung by Taylor Davis, and Cadet Chaplain ENS Noah Nicely delivered the invocation, followed by remarks from Principal Newcomb.

"William Byrd High School has a long-standing tradition for, and appreciation of, those serving in our armed forces, and I am honored to have so many here today representing our military," Newcomb said. "Thank you for your service and for being here. William Byrd High School is honored to be the home of this new cadet corps. Programs like this are

See NNDCC page 3

It's goat snuggling season, who knew?

Debbie Adams
dadams@ourvalley.org

The calendar is full of special occasions throughout the year, usually one-day events—like Christmas, Easter, Halloween, Thanksgiving, your birthday.

Who knew there is an entire "goat snuggling season" determined by "kidding season" each year in late winter and early spring when baby goats are born?

On a recent Sunday afternoon, Christy Epperson, from the It's All Goode goat farm in Goode, Va., brought her baby goats (one to two weeks old) to Twin Creeks Brewing Company in Vinton for a "goat snuggling" session. (The farm is described online as a "small natural goat farm.") Patrons purchased tickets in advance which allowed them to sit on the ground inside an enclosure on blankets or even yoga mats, enjoy a beer (the adults), and cuddle and feed the baby goats.

That session was sold out in advance. Two more opportunities have been advertised by Twin Creeks—one at the Taproom in Vinton on March 19, the other at the Twin Creeks Brewpub at Explore Park on March 25. (Check the Facebook page to see if there are tickets left.)

Even you miss out on tickets this time, it's fun to just stand outside the goat pen and watch the boisterous goats and the adults and children



PHOTOS BY DEBBIE ADAMS
Twin Creeks Brewing Company in downtown Vinton was the site for goat snuggling on Feb. 26. Christy Epperson brought the goats from It's All Goode farm.

playing with them. Epperson, a third-generation farmer, says in 2014 she found an ad on Craigslist for a goat herd—six goats for \$800. She knew nothing about goats, but after nine years of her goats jumping fences, eating gardens (hers and the neighbors') and the "usual goat mayhem," she has a small budding business centered around goats and goat's milk. She doesn't sell the milk for human consumption; her products include goat's milk fudge, hand cream, lotions, and soaps, sold at events and through the ItsAllGoodeGoats Etsy online shop—all to rave reviews.

Salon 121 celebrates opening second location with ribbon cutting

Debbie Adams
dadams@mainstreetnewspapers.com

Salon 121 on Jefferson Feb. 22. Owner Angie Burton was surrounded by family, friends, customers, supporters, and Town of Vinton staff for the momentous event.



The Salon 121 hairstylists from both locations.

Vinton Mayor Brad Grose, Chamber President Jason Boothe and Executive Director Angie Chewning were on hand to congratulate Burton on her continuing success and expansion.

This is the second location for Burton—but also the place where Salon 121 first started out back in 2008.

Burton has 27 years of experience as a hairstylist; she started working in a salon when she was just 16 years old. After many years of hard work, she opened Salon 121 and Spa on Jefferson Avenue in downtown Vinton. The business flourished and Burton looked for



PHOTOS BY DEBBIE ADAMS
Salon 121 on Jefferson celebrated its grand opening with a ribbon-cutting with the Vinton Area Chamber of Commerce on Feb. 22.


a bigger space, which she found on Niagara Road in the old Vinyard homeplace and opened

there in 2014. But she kept the property on Jefferson and decided in 2022

to re-open that first location.

She not only owns both salons but works as a stylist while managing both locations, ordering and stocking retail, managing eight other stylists, keeping up the properties, keeping things running smoothly, and managing their website and Facebook page.

She gives much credit for her success to



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Member FDIC

See Salon 121 page 9

Mount Pleasant Fire Dept. holds annual Awards and Officer Installation Banquet



New Line Officers installed by the Mount Pleasant Fire Dept. include (left to right): Chief Eric Stump, Captain Lori Campbell, 1st Lt. Pete DiGregorio and 2nd Lt. Robert Hurd. Assistant Chief Patrick Aylor is not pictured.



New Business Officers for the Mount Pleasant Fire Dept. include (clockwise from left): President/Chief Emeritus Kent Henson, Vice President Adam Dean, and Secretary Ruth Puckett.



Outgoing Auxiliary President Zola Rorrer (on left) was recognized for 50 years of service. Alice Sheets (on right) will be serving as the new Auxiliary President.



David Riddle (on left) received his 20-year pin; Dean Rorrer (on right) received his 50-year pin for service to the community with the Mount Pleasant Fire Dept.

PHOTOS COURTESY OF CHIEF ERIC STUMP

The Mount Pleasant Fire Department held the annual Awards and Officer Installation Banquet on Feb. 11 at the Mount Pleasant Lions Club building.

"This is a great group of folks who have pledged to save lives and homes in our community," said Lion Pat Musselwhite. "As I listened to the presentation of service pins, it was obvious that for many, this endeavor is a life-long commitment to the community."

"There were some five-year pins for younger members but there were also 10-, 15-, 20-, 40- and 50-year pins. The 50-year pin was presented to Dean Rorrer. Kent Henson received his 40-year pin and David Riddle his 20-year pin."

"I observed an impressive level of brotherhood/sisterhood among the members," Musselwhite commented. "Our community is in good hands. If you are looking for a way to contribute to the community as a firefighter, contact Mount Pleasant Fire and Rescue. Another thing is to be sure to contribute to the annual fundraising effort whether it be a donation or supporting their annual spaghetti supper. That helps them as well as all of us in the community."

"It was my privilege to provide the sound system and background

music for the event and observe these dedicated men and women."

Roanoke County Communications Officer Craig Sheets stated in his remarks during the program, "These dedicated folks are prepared to give it their all when it comes to protecting Mount Pleasant and the surrounding community."

Line Officers installed for the upcoming year include:

- Chief Eric Stump
- Assistant Chief Patrick Aylor
- Captain Lori Campbell
- 1st Lieutenant Pete DiGregorio
- 2nd Lieutenant Robert Hurd

Business Officers include:

- President/Chief Emeritus- Kent Henson
- Vice President- Adam Dean
- Secretary- Ruth Puckett

Zola Rorrer, outgoing Auxiliary President, was recognized for her 50 years of service. Alice Sheets will be the new Auxiliary President.

Submitted by Mount Pleasant Lion Patrick Musselwhite and Chief Eric Stump

NOTICE OF PUBLIC HEARING FOR PROPOSED REAL PROPERTY TAX INCREASE

The Town of Vinton proposes to increase property tax levies.

1. **Assessment Increase:** Total assessed value of real property, excluding additional assessments due to new construction or improvements to property, exceeds last year's total assessed value of real property by 11.77 percent.
2. **Lowered Rate Necessary to Offset Increased Assessment:** The tax rate which would levy the same amount of real estate tax as last year, when multiplied by the new total assessed value of real estate with the exclusions mentioned above, would be \$0.0626 per \$100 of assessed value. This rate will be known as the "lowered tax rate."
3. **Effective Rate Increase:** The Town of Vinton proposes to adopt a tax rate of \$0.07 per \$100 of assessed value. The difference between the lowered tax rate and the proposed rate would be \$.0074 per \$100, or 11.77 percent. This difference will be known as the "effective tax rate increase." Individual property taxes may, however, increase at a percentage greater than or less than the above percentage.
4. **Proposed Total Budget Increase:** Based on the proposed real property tax rate and changes in other revenues, the total budget of the Town of Vinton will exceed last year's by 15.67 percent.

A public hearing on the increase will be held on Tuesday, April 4, 2023 at 6:00 p.m. or as soon thereafter as the matter may be heard, in the Council Chambers of the Vinton Municipal Building, located at 311 South Pollard Street, Vinton, Virginia.

Additional information concerning the meeting and the public hearing will be made available on the Town's website at least three days before the meeting date. Persons requiring special assistance to attend and participate at this public hearing should contact the Town Manager's office at (540) 983-0607.

Antonia Arias-Magallon
Administrative Manager

LEGAL NOTICE TOWN OF VINTON, VIRGINIA NOTICE OF PUBLIC HEARING

Please be advised that the Vinton Town Council will hold a public hearing at its meeting on Tuesday, April 4, 2023, at 6:00 p.m. or as soon thereafter as the matter may be heard, in the Council Chambers of the Vinton Municipal Building, located at 311 South Pollard Street, Vinton, Virginia, on the following, to-wit:

TO SET A PERSONAL PROPERTY TAX RATE OF NOT MORE THAN \$1.00 PER \$100 ASSESSED VALUATION IN THE TOWN OF VINTON.

TO SET A MACHINERY AND TOOLS TAX RATE OF NOT MORE THAN \$1.00 PER \$100 ASSESSED VALUATION IN THE TOWN OF VINTON.

Persons requiring special assistance to attend and participate at this public hearing should contact the Town Manager's office at (540) 983-0607.

Antonia Arias-Magallon
Administrative Manager

NNDCC from page 1



COURTESY OF ROPS

Cadet LCDR Katelin Patrick, Company Commander, passes the company guidon to Unit Guidon Bearer Cadet Hector Garcia-Nunez during the NNDCC Establishment Ceremony.

part of our school's history and part of our culture. These cadets we have here today are student leaders and I'd like to congratulate each of them for accepting the challenge to join this new cadet corps."

Newcomb introduced Jason Suhr, Director of the CTE, who "was instrumental in helping this new Navy National Defense Cadet Corps become a reality."

Suhr said that establishment of the new NNDCC program at Byrd had been in the works for about two years and thanked the school board and Dr. Nicely for "encouraging and supporting the installation of the program." He went on to thank LCDR Landis for his support and Newcomb and her staff for working with the Navy to "accommodate the program at WBHS." He also thanked "fearless instructor retired Chief Perrin for his tireless efforts to ramp up the Navy program over the past year."

Suhr noted that the program is available to students in all five county high schools, with bus transportation provided by the county.

"I look forward to observing the leadership development our students will learn and utilize as they progress through the Navy program," Suhr said.

Cadet Binner continued with the Establishment Ceremony, saying, "In Navy tradition, the act of placing a ship in commission marks her entry into active Naval service. At the moment when the commissioning pennant is broken at the mast head, a ship becomes a Navy command in her own right and takes her place alongside other active ships of the fleet. The ship is staffed and is prepared for sea. Today, we will emulate that Navy tradition by establishing our unit and having our cadets and unit take its place alongside of other NNDCC and NJROTC units throughout the country."

At that point, the company was called to "Fall-in" for the reading of the establishment letter by LCDR Landis.

Landis noted that there are 60 NNDCC units in Area 5 which includes Virginia, Delaware, Maryland, and the District of Columbia. He reflected on the legacy earlier unit, established in the 60's and 70's, have left on students and communities—and the impact the new unit will have on the lives of cadets, future cadets and their own community. Landis noted that NNDCC units are established with the purpose of encouraging the core values of honor, courage, and commitment and that those will be



The William Byrd High School Navy National Defense Cadet Corps (NNDCC) was officially established on Feb. 23, 2023. Here, the cadets, led by their Color Guard, "Pass in Review" at the conclusion of the ceremony.

incorporated into Senior Chief Perrin's instruction as a significant part of the program.

The commander described the NNDCC as a citizenship development program based on a military model with a major goal of completing community service projects which make a positive impact on the local community.

Landis read the formal establishment letter and presented the scroll and unit guidon (company identification flag) to Cadet LCDR Katelin Patrick, Company Commander. She, in turn, presented the guidon to Unit Guidon Bearer Cadet Hector Garcia-Nunez.

The Armed Drill Team then performed the 16 Manual of Arms, a sequence used in the U.S. military, commanded by Cadet Jamie Rowlett.

School Board Chairman Brent Hudson spoke next, expressing his hope that the NNDCC program is a forerunner to establishing a full NJROTC program in Roanoke County Schools as enrollment grows. He noted that many military leaders started out in programs such as the NNDCC.

In his remarks, Dr. Nicely said, "It's a new day for Roanoke County Schools," and emphasized the importance of programs like the NNDCC in helping Roanoke County students become Opportunity Ready with deeper engaging purposeful learning in whatever field they choose to enter.

The program will use the school system's C-Change Framework to teach students skills of collaboration, communication, creativity, critical thinking, and citizenship. Students will learn leadership skills invaluable in being successful in the military, the business world, or in community leadership, along with discipline and responsibility.

The superintendent noted that several years ago, William Byrd led the way in starting a JROTC program at the school. He thanked school board members, Suhr, Newcomb and her staff, and the Navy for their partnership in establishing the new program.

Nicely congratulated Chief Perrin on the inaugural group of student cadets and expressed his pride in them.

The Establishment Ceremony concluded with a "Pass and Review," a formal, time-honored ceremony dating back to Civil War times. It honors the cadets' hard work and dedication and renders honor to LCDR Landis and the other VIP's in attendance.

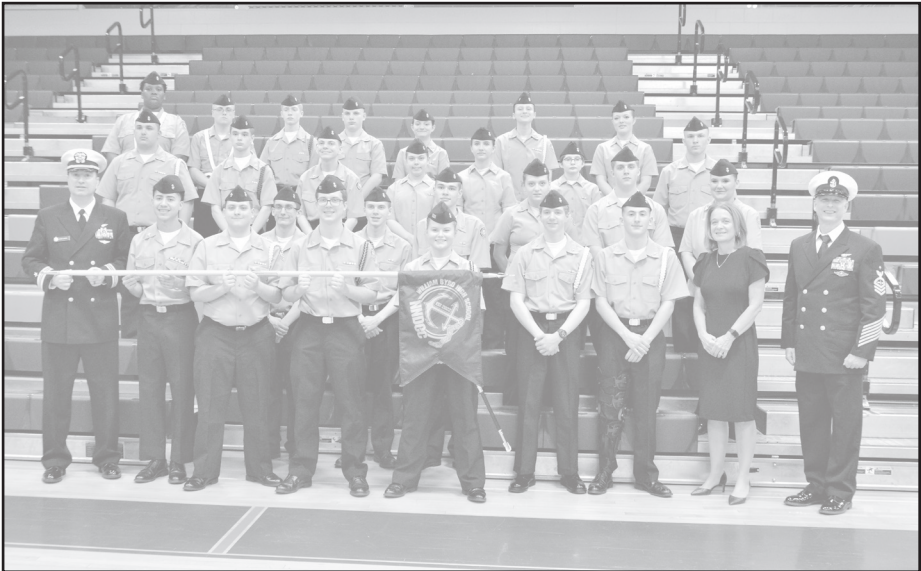
Student cadets participating in the Establishment Ceremony included: Cadet LCDR Katelin Patrick, Company Commander; Cadet Lt. William Sloan, Company Executive Officer; and Cadet SCPO Zackery Charles, Company Senior Chief Petty Officer; along with First Platoon Cadets Cadet ENS Noah Nicely, Cadet ENS Vernon Ragnone, Cadet ENS Cole Binner, Cadet ENS Lenorah Garcia, Cadet PO3 Jamie Rowlett, Cadet SA Faith Carter, Cadet SA Hector Garcia-Nunez, Cadet SA Jamey Umberger, Cadet SA Devin Clark, Cadet SA Alexis Cook. Cadet SA Izabella Fleischer, Cadet SA Nancy McFalls, Cadet SA Holley Morehead, Cadet SA Andrew Murphy, and Cadet SA Elyse Rider; and Second Platoon Cadets Cadet ENS Mason Perdue, Cadet PO3 Mason Truslow, Cadet SA Dameon Gee, Cadet SA Shannon Armstrong, Cadet SA Trevor Robinson, Cadet SA Charles West, Cadet SA Terry Nolan, and Cadet SA Jordan Davila.

Cadets Robinson, West, Armstrong, and Perdue made up the Color Guard.

The Armed Drill Team included Cadets Rowlett (Drill Commander), Nolan, Ragnone, Garcia-Nunez, Umberger, Fleischer, Garcia, Clark, Agee, and Davila.

Other distinguished guests for the ceremony included Vinton Mayor Brad Grose, School Board members Tim Greenway, Cheryl Facciani, David Linden, and Mike Wray, Vinton VFW Commander Earl Baskett, Southeast Virginia AMVETS Commander Jeffery Fowler, and SMSGT. Paul Richardson.

William Byrd student Justin Patrick served as videographer for the event.



PHOTOS BY DEBBIE ADAMS

The William Byrd High School Navy National Defense Cadet Corps was officially established on Feb. 23. The cadets are shown with NJROTC Area 5 Manager LCDR James Landis USN (Ret.) (on left), who presented their Establishment Letter, WBHS Principal Tammy Newcomb (front row, second from right), and their Naval Science Instructor Senior Chief David Perrin, USN, (Ret.) (on right).

Explore Park's Mayflower Hills Disc Golf Course ranked No. 40 course in the world



COURTESY OF ROANOKE COUNTY PARKS, RECREATION, AND TOURISM

The Mayflower Hills Disc Golf Course in Roanoke County has been ranked the No. 40 Disc Golf Course in the world.

Mayflower Hills Disc Golf Course at Explore Park was recently ranked 40th on the list of the World's Best Disc Golf Courses 2023 by UDisc. This is up 40 spots from the No. 80 ranking by UDisc in 2022, where it was also named fourth best disc golf course in Virginia.

The course is open to the public year-round with 105 possible course alignments, beginner to expert tee boxes, and two baskets on all 18 holes.

A \$3 per player fee is requested to cover course upkeep and maintenance.

Mayflower Hills Disc

Golf Course is located at 3319 Rutrough Road near Explore Park in Roanoke County.

More information including course maps can be found at www.ExplorePark.org/DiscGolf.

Submitted by Roanoke County Parks, Recreation, and Tourism

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- CLUES ACROSS**
1. Bay Area Transit Auth. (abbr.)
 5. Pull apart by force
 9. Ancient Egyptian King
 12. Missing soldiers
 13. Capital of Japan
 14. Diamond month (abbr.)
 15. Spheres
 16. Surpassing good
 17. British thermal unit
 18. Philippine island & seaport
 19. Legally argued
 20. Belonging to singer Fitzgerald
 22. Bowler hats
 24. Has a strong odor
 25. Doyens
 26. London Gallery
 27. Rural delivery
 28. Rods
 31. Stonehenge plain
 33. Withdraw from membership
 34. Execute or perform
 35. Central or Yellowstone
 36. Municipality in Norway
 39. Bay of NW Rep. of Ireland
 40. Skin designs
 42. Son of Jephunneh
 43. Baseball's Ruth
 44. Clare Booth __, Am. writer
 46. Black tropical American cuckoo
 47. Filled with fear or apprehension
 49. 6th Jewish month
 50. Wide metal vessel used in cooking
 51. Make by pouring into a cast
 52. Colombian city
 53. Heat unit
 54. Carpenter, red and army
 55. Adam and Eve's garden
- CLUES DOWN**
1. Big man on campus
 2. Made public by radio or television
 3. Labelled
 4. Inform positively
 5. Drinks habitually
 6. Supplemented with difficulty
 7. SW Scottish river & port
 8. American poet 1874-1963
 9. Pads
 10. Ingestion or intake
 11. Tie up a bird before cooking
 13. Bulrushes of the genus Scirpus
 16. Turned rod on a spinning wheel
 21. Having or covered with leaves
 23. The 44th U.S. President
 28. Potato state and SE
 29. Tuberculosis (abbr.)
 30. Inspected accounting procedures
 31. A twilled woolen fabric
 32. Potato state
 33. The work of a sailor
 35. Involving 2 dimensions
 36. Fanatical or overzealous
 37. Consolation
 38. Wild sheep of northern Africa
 39. Erect leafless flower-bearing stalk
 40. Afrikaans
 41. Weighing device
 43. Very dry champagne
 45. Emerald Isle
 48. A resident of Benin

RECIPES OF THE WEEK

Celebrating National Date Day

Debbie Adams

dadams@ourvalley.org

A little research will show that virtually every food has a day named in its honor. That's true in February for dates—whether they be Medjool (in the supermarket produce section) or the Deglet Noor (in the raisin section).

Many people like dates just as they are as snacks, but there is also date bread (or date nut bread) and a variety of cookies and bars.

The fruit (from the Greek word daktulos, which means fingers) grows on date palm trees in small clusters. They are harvested by simply shaking the tree.

Dates are high in nutrients like polyphenols

(antioxidant compounds that can protect the body from inflammation). In fact, dates contain more polyphenols than most other fruits and vegetables. They provide vitamin B-6 and iron. They are high in fiber and potassium.

Here's a favorite **Date Bar** recipe:

Ingredients:
 1 cup sugar
 2 eggs
 1/2 cup butter or shortening (softened)
 1 tsp. vanilla
 1 cup flour
 1/2 tsp. baking powder
 1/2 tsp. salt
 1 and 1/2 cups chopped dates
 1/2 to 1 cup chopped nuts (optional), pecans or walnuts
 Powdered sugar
 Preheat oven to

375 degrees. Cream together the sugar, eggs, and butter. Add the remaining ingredients. Bake in greased 7 x 11 pan for 30 minutes or until toothpick comes out clean. Cut into bars. Roll in powdered sugar.

Classic Moist Date Nut Bread

Ingredients:
 1 cup boiling water
 8 oz. chopped dates
 2 Tbsp. unsalted butter
 3/4 cup white sugar
 1/4 cup brown sugar
 1 large egg
 2 and 1/4 cups all-purpose flour
 1 Tbsp. baking powder
 1/2 tsp. salt
 1/2 cup chopped walnuts or pecans
 Pre-heat oven to 350 degrees. Grease a 9 X 5 loaf pan. In a medium



Classic Moist Date Nut Bread

PHOTO BY DEBBIE ADAMS

bowl, pour boiling water over chopped dates. Add the butter and set aside.

In large bowl, beat the sugars and egg with a mixer until light.

Combine flour, baking powder, and salt in a mixing bowl. Add the flour mixture alternately with the date mixture to the sugar mixture.

Stir in the chopped nuts. Don't overmix. Pour into loaf pan. Bake 45-55 minutes or until toothpick comes out clean.

The Vinton Messenger

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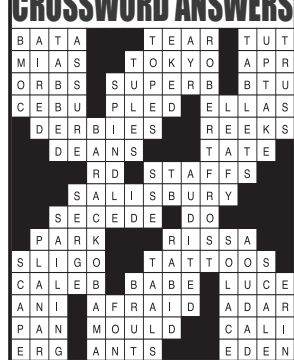
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FROM THE PULPIT

Be of the Same Mind

Pastor Jae Song
 Red Valley United Methodist Church

"Be of the same mind. Be like-minded. Have the same love. Be one in spirit and of one mind." (Philippians 2) This scripture gives us a lesson about unity, harmony, or teamwork. We all may agree that we ought to desire and pursue these values together. At the same time, however, we all may agree that we hardly find them in our world today. We are living in a divisive world. We rarely see our political leaders agree on something. We seldom see our news media and their perspectives in full accord.

I remember how much my county school board meetings became tense and edgy when they made a decision about a pandemic school schedule: four days a week, two days a week, fully online, partially online, AB schedule, or ABC schedule— so many different opinions.

However, maybe that's natural. We all see things from our own circumstances. A mom said, "Two days a week is the best way in this pandemic," maybe because she had a child with a health condition, but she couldn't go fully online because

she lived in an internet-dead zone.

On the other hand, a mom said, "I want a four or even five days in-person schedule," not because she didn't care for safety but because she needed to work full-time to make a living as a single mom and she couldn't find decent childcare at an affordable price.

Since we are all in different life circumstances, we see things from different viewpoints. All of our perspectives may be right according to our own experiences. However, our perspectives are limited like a children's story of making blindfolded people touch an elephant that they have never seen before.

Somebody who touches its nose without knowing where he's touching says, "This animal is exactly like a snake." The other one who touches its ear without knowing where she's touching says, "No! This animal is like a stingray."

How much are we award of the limitedness in our own perspectives? How much do we try to understand others' life circumstances that we don't know?

BAPTIST (SOUTHERN)
MINERAL SPRINGS BAPTIST CHURCH & CHRISTIAN SCHOOL - 1030 Bible Lane, Vinton, Va. 24179. Church Phone 890-4465. Rev. Jason Gault. Sunday Services: Traditional Service, 8:45 AM, Sunday School, 10:00 AM, Contemporary Service, 11:00 AM, Evening Worship 6:00 PM, Wednesday Services: AWANA 6:30 PM, Bible Study 7:00 PM

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

CHURCH OF CHRIST
DALE RIDGE CHURCH OF CHRIST - 7165 Cloverdale Rd., Roanoke, 24019; beside the Botetourt Athletic Club. Leave message 992-4385. Sunday Bible Study, 9:30 a.m., Worship, 10:30 a.m., Wednesday Bible Study, 6 p.m. Please come visit us in person or get to know about us first by visiting our web page: daleridgechurchofchrist.net. Updated each week with a new sermon by Mike Mazzalongo, four minutes of video showing our nearly six acres of land and our beautiful, functional inside facilities, articles, events, news from Christian sources around the world and here locally plus much, much more. See how many ways Dale Ridge is "Reaching Out There" to the Roanoke Valley with the "Good News of Jesus. By clicking on "visit us virtually" real time access to our Worship services is available via your computer, a tablet or smartphone: Just follow the instructions. We believe in the inspired Word of God which is as relevant today as it was when it was written. We believe the Holy Spirit is a gift to every Christian upon their response to the Gospel as demonstrated by the 3000 obedient souls in (Acts 2:38). We believe Jesus is the only author of our salvation. (Acts 4:12) Have you been looking for a church family that is progressive, outside the box thinkers, led by the Holy Spirit into all truth. (John 16:13). You will know we are His disciples by our love for one another. (John 13:35) Real time contact thru our website via email.

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

ECKANKAR
ECKANKAR, THE PATH OF SPIRITUAL FREEDOM, is a simple teaching that focuses on the Light and Sound of God to help people find more love in their life. The Roanoke Eckankar Center is located at 1420 3rd St. SW, Roanoke, VA 24016. A spiritual event is held on the

WINTON

WORSHIP DIRECTORY

WHAT WE NEED
 Read Judges 17:1 through 21:25

Cities are racked by chaos. Innocents are cruelly victimized. People of all stripes—leaders and followers alike—lie and steal, thinking nothing of it. Rage, destruction, and brutality are the stuff of daily headlines. When did things get so bad?

This world is no stranger to dark times, including the period of the Israelite judges. Today's reading is full of horrific violence and inhumanity. After the miracles that brought the Israelites into the Promised Land, how did everything fall apart? Was it because they had no ruler to keep them in line? After all, it was repeatedly emphasized that "Israel had no king." But there's more to it than that.

In those days Israel had no king; everyone did as he saw fit (Judges 21:25).

Our world is what it is because fit. God's every action demonstrates that He desires peace, compassion, and community—things sorely missing from this world. Until we have the mind of Christ, politics will never offer hope. Our world doesn't need a king. It needs God.

Prayer Suggestion: Father, remake my will from the inside out, so that I will desire what You desire.

Quicklook: Judges 21:15–25

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

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

LUTHERAN
ST. TIMOTHY EVANGELICAL 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.

UPCOMING EVENTS

Charles Hill Community Center:
Tai-Chi, March 2 at 9 a.m.; Senior Card Games, March 2 at 10:15 a.m.; line dancing March 7 at 10 a.m., 11:30 a.m., and 6 p.m.

Rosie's Gaming Emporium:
Oddfellows perform at 8 p.m. on March 3; Breaking the Chain Tribute to Stevie Nicks on March 4 at 8 p.m. Both are free shows for those 21 and older.

Twin Creeks Brewing Company:
Music Bingo with DJ Daryl on Sunday, March 5.

Vinton History Museum:
Open Sat., March 4 from 10 a.m. to 2 p.m.

Vinton Public Library:
Puzzle Race on March 4 from 2-4:30; Introduction to Mountain Dulcimers, March 2 from 6:30 to 7:30 p.m., learn the basics; Vinton Book Club will discuss "Woman of Troublesome Creek" on March 2 at 3 p.m.; As the Page Turns Book Club will discuss "The Paper Palace" on March 8 at 2 p.m.; Saturday, March 4 from 11:30 to 12:30; Meet the Author Valerie Archual and her rescue cat Roger, March 4, 11 a.m. to 1 p.m.; Anime Club, March 6 from 6-7 p.m.; Crafternoon on March 8 from 4 to 5 p.m.; Jammie Time (ages 3-5) on March 7 at 6 p.m.; and Family Storytime (ages 0-5) on March 8 at 11:30.

Vinton Town Council:
Meeting cancelled for March 7

Please submit Upcoming Community News announcements to dadams@mainstreetnewspapers.com.

Alpha Delta Kappa awards classroom grants teachers

Lambda Chapter of Alpha Delta Kappa annually awards classroom grants to teachers in Roanoke County and Salem City schools. The 2022-2023 grants have been awarded to the following four educators:
Becky Ashby, the librarian of West Salem Elementary, received a grant to purchase books and graphic novels that depict diverse characters so that students can enjoy books that allow them to see themselves reflected in the pages, sparking a love for reading.
Adrian Luton, who works in a kindergarten/

first grade multi-age classroom, received a grant to purchase books to build a classroom library of beginning level readers for sight word recognition and repetition ensuring student access to books at all levels.
Lauren Peters, a fifth grade teacher at Fort Lewis Elementary School, received a grant to purchase books for a "Book Tasting" party with a coffee house theme. The students will select and keep the book of their choice. Over the rest of the year, the students will be participating in book clubs with their peers.

Amy Bolen, a Spanish teacher at Cave Spring High School, received a grant to build a classroom library of multiple editions of leveled Spanish readers to allow her students to form book clubs to foster communication skills.
Alpha Delta Kappa is an international sorority for women educators whose purposes include excellence in education, altruism, and world understanding.

Submitted by Deborah Sprenger, Lambda Chapter of Alpha Delta Kappa

Gauntlet Business Program and Competition # 9 now underway



Jahnae Valentine (on right), a fifth grader from Henry County, has entered the 2023 Gauntlet Business Program and Competition with plans for a lemonade business. She is with her cousin Zenobia Lewis.

Debbie Adams
dadams@mainstreetnewspapers.com

The ninth annual Gauntlet Business Program and Competition—the largest in Virginia—is now underway. Classes began on Feb. 7.
The Gauntlet 2023 is sponsored by The Advancement Foundation. It offers a proven formula to assist entrepreneurs in the development of their business idea, an opportunity to collaborate with entrepreneurs across the state and region, individual pairing with a mentor, and connection to a myriad of other resources designed to support new and expanding businesses.
The program started with just 12 entrepreneurs the first year. Last year there were 153.
The Gauntlet program supports business development for new or existing entrepreneurs with 10 weeks of online business classes, connections to mentors and resources, and access to capital with \$300,000 in cash and in-kind prizes awarded each year.
The Gauntlet had its beginnings in Vinton with classes held at the War Memorial until COVID struck and forced classes to go virtual. In addition to the pandemic, the rapid expansion of the program beyond the Roanoke area (now in 50 communities) has also made it more feasible for beginning entrepreneurs who live outside the valley to participate with online classes.
Although classes are online, The Advancement Foundation periodically holds networking sessions, the first this year at the Vinton War Memorial on Feb. 23.

Annette Patterson, CEO and President of The Advancement Foundation and founder of the Gauntlet, noted that the networking sessions give participants—entrepreneurs, alumni, and mentors the chance to meet in person.
Gauntlet participants were invited to mingle with the other entrepreneurs at tables in the ballroom before the session began.
Patterson introduced several alumni and mentors who were present and then this year's Gauntlet/TAF staff including:
• Annette Patterson - President
• Kathy Deacon - Vice President of Business & Resource Development
• Missy Paxton - Director of Operations
• Steve Redden - Director of Manufacturing & Value-Added Product Development (for The Advancement Foundation's Virginia Innovation Accelerator in Buena Vista)
• Cinnamon Dooley - Finance Specialist
• Nickie Hawkins - Business Outreach and Education Coordinator (for The Advancement Foundation's Virginia Innovation Accelerator in Buena Vista)
• Laurie Wyatt - VIDA Resource Coordinator

One of the goals of the Gauntlet each year is for entrepreneurs to feel comfortable giving a "pitch" for their products or services.
Several brave souls volunteered on opening night: Bill and Cindy Price from Sirens and Salutes, Derly Bejarano from Derly Jewels, and Veronica from DeMody Nails.
Cindy Price explained that Sirens and Salutes is a non-profit with the mission of honoring and memorializing



Griselle Arcacha and Deryck Brown have started SMG Cleaning Services, LLC, and enrolled in the 2023 Gauntlet program.

veterans in a variety of ways. Bill is a veteran, retired firefighter, and volunteer. Cindy is a registered nurse. They have completed such projects as placing a Fallen Heroes Tree at the Hotel Roanoke Fashions for Evergreens annual event, a 9/11 Memorial Walk in Buchanan, and placed 500 wreaths on the graves of veterans.
Derly Bejarano designs, makes, and sells custom-made jewelry, using leathers and natural stones. She hopes to expand her online business.
Veronica Buendia is a cosmetologist specializing in natural nail manicures, gel manicures, and acrylic nails. Her eventual goal is to develop a working space for beauty professionals.
Another entrepreneur has come up with the idea for "Red Light, Green Light, Go" to revive the idea of the Blue Light Specials so popular at K-Marts of the past to help businesses struggling to make sales.

Jahnae Valentine came to the session from Henry County. She is a fifth grader planning a lemonade food truck, with hopes to expand to food sales eventually.
Griselle Arcacha and Deryck Brown came to network in hopes of building their SMG Cleaning Services, LLC, business. He says she likes to clean all day, every day, so he suggested she go into the residential cleaning business.
Jenny Wilen started out Love and Butter as a side business, selling sweets and savories. She signed up for the Gauntlet to see if the business is something she wants to pursue.
Three Gauntlet alumni—Schult's Dogs, Bite Me Confections (gourmet marshmallows), and Metta Meals—set up shop during the networking session with snacks for sale.
The Gauntlet continues into May with an awards program scheduled as a grand finale in late May.



Deryl Bejarano (on left) hopes to expand her custom-made jewelry business through the Gauntlet. She is shown with Kathy Deacon, Vice President of Business & Resource Development for The Advancement Foundation.

PHOTOS BY DEBBIE ADAMS

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e-Newsletter

Town of Vinton launches e-Newsletter

The Town of Vinton is launching its new "All Things Vinton" e-Newsletter in March and encourages everyone to sign up.

The e-Newsletter will be delivered to your email inbox on a monthly basis and will include updates on businesses, events, construction projects, and much more happening in Vinton.

You can register for free on the Town

of Vinton and In Vinton Facebook pages by clicking the e-Newsletter post in the "Featured" section or you can register by visiting vintonva.gov and clicking on the e-Newsletter blurb in the Vinton News section of the homepage.

Submitted by Marshall Stanley, Economic Development Specialist for the Town of Vinton

Temporary SNAP Emergency Allotments ending in March

Supplemental Nutrition Assistance Program (SNAP) Emergency Allotments were a temporary change to SNAP benefits that began in March 2020 due to the COVID-19 public health emergency. In March 2023, all SNAP households' benefits will return to normal amounts, without the additional allotment benefits.

SNAP Emergency Allotments are ending due to the Consolidated Appropriations Act 2023 law recently passed by Congress, which ends the Virginia Department of Social Services' authorization to issue benefits through this temporary federal program that was originally put in place in March 2020 in response to the COVID-19 public health emergency.

The last of these additional benefits automatically loaded to SNAP Electronic Benefits Transfer (EBT) cards on Thursday, February 16. SNAP households can expect to receive a letter by mail regarding the final February Emergency Allotment issuance.

Households will return to receiving their regular SNAP benefit amount on the 1st, 4th, or 7th day of the month as normal, beginning this month.

For more information, contact the temporary information line at 1-855-635-4370, Monday through Friday, from 7 a.m.-6 p.m.

For more information, visit <https://www.dss.virginia.gov/benefit/snap.cgi> or https://www.dss.virginia.gov/benefit/emergency_allotments.cgi.

Submitted by Roanoke County

Roanoke County and RVARC offering free class and septic system pump-outs

Roanoke County and the Roanoke Valley Alleghany Regional Commission (RVARC) have partnered using grant funds from the Virginia Environmental Endowment to provide a no-cost septic tank pump-out program for qualified Roanoke County residents.

Households with an annual income at or below 200% of the Federal Poverty Line are eligible to apply for this program.

Residents are encouraged to attend an

educational workshop, where they can apply for the free pump-out during the event. The next workshop is scheduled for March 2 at the Glenvar Library from 4:30 p.m.-6:30 p.m.

This grant-funded program aims to reduce the environmental impact and property damage caused by failed septic systems. Septic systems that have not been maintained are a possible source of nutrient and bacteria pollution that may lead to stream impairments throughout

Roanoke County. Septic systems that fall into disrepair can back up into homes or overflow into yards, creating costly issues for homeowners. Keeping septic systems maintained, benefits households, the local community, and the environment. Septic systems should be inspected every 1 to 3 years and pumped every 3 to 5 years, depending on use.

Submitted by Roanoke County

PEOPLE, PLACES AND THINGS



radfordhoops
Dedmon Center



COURTESY OF ANGIE CHEWNING

The Johnson family loves family and sports. Two of the brothers, Luke and Landon, competed at Radford University (not pictured—brother Logan) on Sunday.

By Angie and Bootie
Chewing

If you know the Johnson family, you know the love they have for family and their love of sports. Last weekend they combined the two.

On Saturday, Radford University,

where son Luke is studying Business Administration, held Senior Day. Luke will graduate in May. His goal is to be a college basketball coach. He has worked with the Radford men's basketball team for the past two years; before that he was coaching at North Cross for the middle school team.

Sunday was a fun

rivalry, brother vs. brother, as Radford and JMU Club basketball teams competed against each other. Luke's brother Landon attends JMU, majoring in Kinesiology and plays with the JMU Basketball Club.

Luke and Landon (and brother Logan) are the sons of very proud parents Mark and Mitzi Johnson.



Brothers Luke (on left) and Landon Johnson face off at the Dedmon Center last weekend.

See more online at

www.vintonmessenger.com

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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EMILY TAYLOR and STEVEN SUNDERLAND, MANAGERS.

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

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Legals - City of Radford

Order of Publication Commonwealth of Virginia
VA Code §§ 8.01-316, -317 Case No. CL23-6883 City of Radford Circuit Court Commonwealth of Virginia, in re Robert A. Jones, Jr. v. Victor Carter, et al. The object of this suit is to: Quiet the title to 530 W. Rock Road, Radford, VA 24141. It is ORDERED that heirs of Charles Jones, deceased appear at the above-named court and protect his/her interests on or before MARCH 15, 2023. JANUARY 27, 2023 REBECCA PRICE Deputy Clerk

Legals - City of Salem

Notice is hereby given to all interested persons that the City of Salem
Planning Commission, at its regular meeting on March 15, 2023, at 7:00 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 PLANNING COMMISSION OF THE CITY OF SALEM, VIRGINIA
BY: James E. Taliaferro, II Executive Secretary

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Heroes Volunteer Here, Vinton salutes its First Aid Crew – Jimmy Poindexter

Debbie Adams

dadams@mainstreetnewspapers.com

The Town of Vinton always emphasizes enhancing the quality of life for its citizens. One of those enhancements is the services of the Vinton First Aid Crew (VFAC) who have been protecting the greater Vinton community since 1939. The Vinton Messenger and the Town of Vinton are recognizing and saluting volunteers with the VFAC in a series of articles. This week's featured volunteer is Jimmy Poindexter.

"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 fellow man," 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."

Jimmy Poindexter is an EMT with the VFAC. He is new to the Vinton Crew, having been a member for less than a year, but not a newcomer to being a first responder. He is a Life Member with the Mount Pleasant First Aid Crew and retired from the Salem Fire & EMS Department in October 2021 as Battalion Chief with over 30 years of service to the community.

He joined the Mount Pleasant First Aid Crew when he was just 16 years old. He was hired by the Salem Fire Department in 1995 and was one of the first EMS supervisors before he was promoted to Battalion Chief.

He joined the VFAC in September 2022 to spend time running with his son, Trace Poindexter, who recently became a member.

Jimmy Poindexter is a third generation first responder and the first paramedic in his family. His grandfather, Hope Poindexter, was hired by the Roanoke City Fire Department in 1936 and retired as a Captain in 1974. Hope's first captain rode the horse-drawn apparatus that was retired in 1918.

Jimmy Poindexter's father, Jim, was hired by the Roanoke City Fire Department in 1972 and retired in 1999 as Lieutenant; his uncle M. H. Poindexter retired in 1991, also as a Lieutenant. Their brother Bill Poindexter also worked for Roanoke City for several years before going to the postal service and then retiring. All three brothers and Jimmy's grandfather worked in Roanoke City.



PHOTO BY DEBBIE ADAMS

Jimmy Poindexter, Vinton First Aid Crew Volunteer

Jimmy and his wife Cindy have been married for 29 years. They have two daughters, Tristan and Remi, and two sons, Trace and Brady.

In his spare time, Poindexter enjoys overlanding with his land rovers, camping, and hunting and fishing with his sons.

He says that others should give consideration to volunteering with the First Aid Crew "to give to the community. One does not have to answer calls to volunteer. The Auxiliary members are the behind the scenes members that allow the running members to answer calls. A volunteer organization has all sorts of needs."

For more information on the Vinton First Aid Crew visit the Facebook page at <https://www.facebook.com/vintonems/>.

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Salon 121 from page 1



Shannon Powers (on left) and Coco Kinney are the two hairstylists at the new Salon 121 on Jefferson Avenue in Vinton.

hairstylists Pam Mitchell and Lorraine Woodford who helped her achieve her dreams and has made it her goal to pay it forward and assist those she works with become successful as well. She also credits her husband, David, with being her biggest supporter in all her ventures throughout the years.

Burton is not just well-known in Vinton. She has been recognized throughout the valley, receiving the Gold Award for Best Woman's Hair Stylist and the Silver Award for Best Spa by the Roanoker Magazine.

Currently, Burton has eight hairstylists working with her— Misti Furrow, Allison Creasy, Logan Wheeler, Ashley Hutchins, Anya Hunter, and

Stephanie Leonard at the Salon 121 Niagara Road location and Shannon Powers and Coco Kinney at Salon 121 on Jefferson.

Powers and Kinney offer all things hair, plus waxings.

Hours of operation at Salon 121 on Jefferson are Tuesdays from 9:30 a.m. to 8 p.m.; Wednesdays and Thursdays from 10:30 a.m. to 5 p.m.; Fridays from 10 a.m. to 6 p.m.; and Saturdays from 9 a.m. to 3 p.m. The shop is closed on Sundays and Mondays.

For more information check out the website at <http://salon121andspa.com/>, call Shannon or Coco at 540-566-3361, or visit their Facebook page.

- Owner



PHOTOS BY DEBBIE ADAMS

David and Angie Burton are congratulated by Vinton Mayor Brad Grose on expanding the Salon 121 business to two locations.



PHOTO COURTESY OF PIXABAY

Breast Cancer Foundation teams up with Twin Creeks for Beer and BBQ fundraiser

Debbie Adams
dadams@ourvalley.org

The Virginia Breast Cancer Foundation (VBCF) is teaming up with Twin Creeks Brewing in Vinton for a fundraiser this weekend to fight breast cancer. Their goal is to raise \$5,000 on March 4 between the hours of 1 p.m. and closing.

One hundred percent of the proceeds (ticket sales and donations) from the fundraiser will go to the VBCF. The organization empowers Virginians impacted by breast cancer through access, advocacy, community action, and education. The money raised for VBCF in SWVA will pay for breast health services like diagnostic mammograms, MRIs, ultrasounds and biopsies for uninsured and

underinsured women in Southwest Virginia. VBCF has made a commitment of \$190,000 in 2023 to the SWVA Screening and Diagnostic Service Fund to pay for breast health services.

According to the VBCF, the non-profit organization was founded in 1991 by five Virginia women — P h o e b e Antrim, Judi Ellis, Patti Goodall, Mary Jo Kahn, and Sherry Kohlenberg— who met in a support group at MCV—all angry about the “lack of progress in breast cancer treatment and inspired by a growing network of grassroots advocates across the country.”

Patti Goodall, a 38-year-old mother of two preschoolers, was admitted to the hospital for complications from her first chemo session. While she was

in the hospital, Goodall happened on a news segment about Elenore Pred who had been diagnosed with breast cancer in 1981, with a recurrence in 1988, and who was angry about all those years with little to no progress in treating the disease. She planned a protest rally in San Francisco. Goodall pitched the idea of a rally to the support group she had recently joined at MCV. They wholeheartedly agreed to participate. The Richmond Times-Dispatch picked up the story and raised awareness of the issue.

That rally led the five to form the VBCF.

Kahn was diagnosed with breast cancer in 1989, along with her sister. Their mother had died of the disease at age 47. Kahn recalled

VINTON HISTORY: LAWN MOWER

While Punxsutawney Phil predicted six more weeks of winter, our warm weather spell has the area second guessing his forecast. The “no mow May” movement (not mowing your lawn in May to help bees and other pollinators) has been gaining traction in recent years, but locals may find themselves wondering if lawn mowers will need to be pulled out early this year.

Englishman Edwin Beard Budding is known as the inventor of the lawn mower. Before 1830, yards were maintained using a handled blade called a scythe. Budding's mower was primarily used to maintain low lawns on sports grounds and in heavily manicured gardens, until lawns gained popularity.

As more Americans in the 19th century adopted the lawn, lawn grasses were imported from Europe and Asia, and the need for lawn mowers grew exponentially. This particular mower in the picture is manually operated. The user would stand behind and push it, causing the cylinder to rotate and the sharpened blades to slice through grass.

The lawn mower pictured was donated by Alfred Tuck and is

one of two on display at the Vinton History Museum. Come visit the museum on Mondays, Wednesdays, Fridays,

and every first Saturday from 10 a.m. to 2 p.m.

Submitted by Alyssa Moorman, Vinton History Museum intern

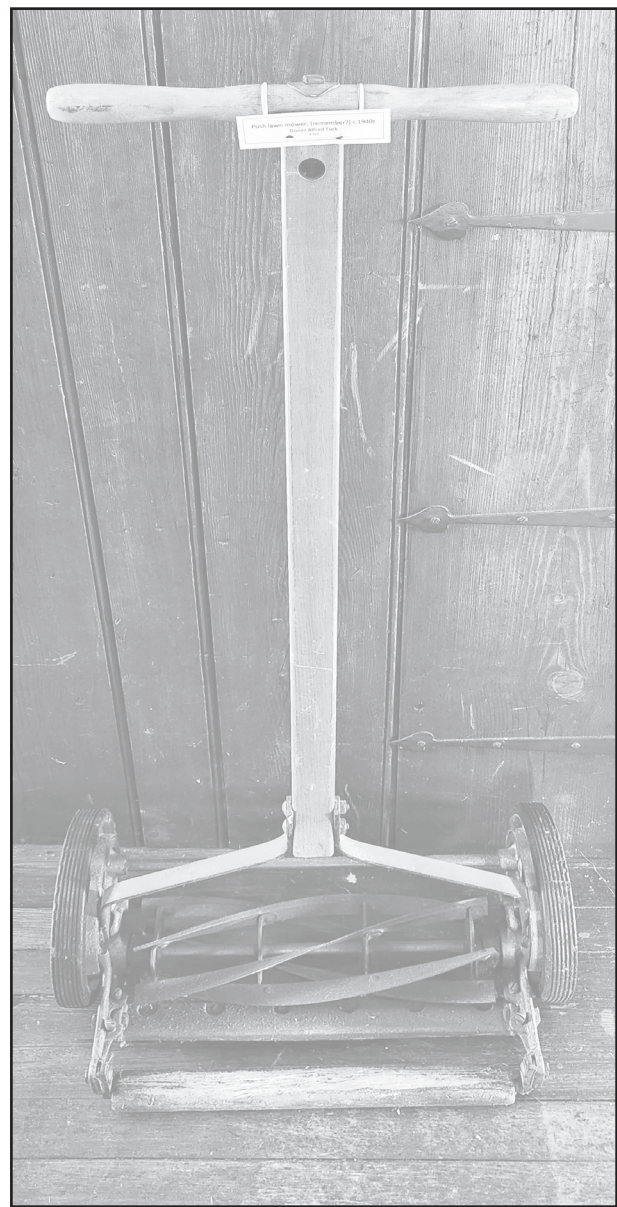


PHOTO COURTESY OF VINTON HISTORY MUSEUM

This lawn mower was donated to the Vinton History Museum by Alfred Tuck.

that when her mother was diagnosed the words “breast” and “cancer” were rarely said aloud. From the time of her mother's diagnosis to hers, the incidence of breast cancer had increased from 1 in 20 to 1 in 9 women. Still there was “little press coverage, no public outcry; no outlay of research money; it was a silent epidemic.”

The VBCF says a perfect storm of angry women was building across the United States; rallies were popping up everywhere. Kahn noted, “Separately but simultaneously, strong, intelligent, article women from all over America were saying ‘enough is enough.’”

The activists headed to the National Cancer Institute where they were “stonewalled,” and told

they should be grateful for the \$30 million already provided for research. More and more grassroots groups joined together with the goal of securing increased funding for breast cancer research.

Kahn became the first president of the VBCF. The group was determined to spread their agenda to other states. As part of their plan, they, along with others across the country, wrote hundreds of thousands of letters to Congress and President George Bush. There were press conferences on the steps of the Capitol. Congress finally agreed to provide \$300 million in additional research funding. The fight against breast cancer continued with the next president, Bill Clinton, whose mother had the disease,

and continues today with millions of voices demanding a cure.

The VBCF goal is “to establish the end of breast cancer as a state and national priority, to advocate for the collective needs of people affected by breast cancer, and to educate all Virginians on the facts about breast cancer.”

The fundraiser at Twin Creeks on March 4 involves food (Pok-e-Joe's BBQ), pink beer and balloons, and a variety of entertainment from live music to creating photo memories. You need advance tickets for the BBQ, available at <https://www.eventbrite.com/e/beer-bbq-boobs-tickets-518242416017>. Tickets for the entertainment may be purchased at the door.



PHOTO COURTESY OF UNSPLASH

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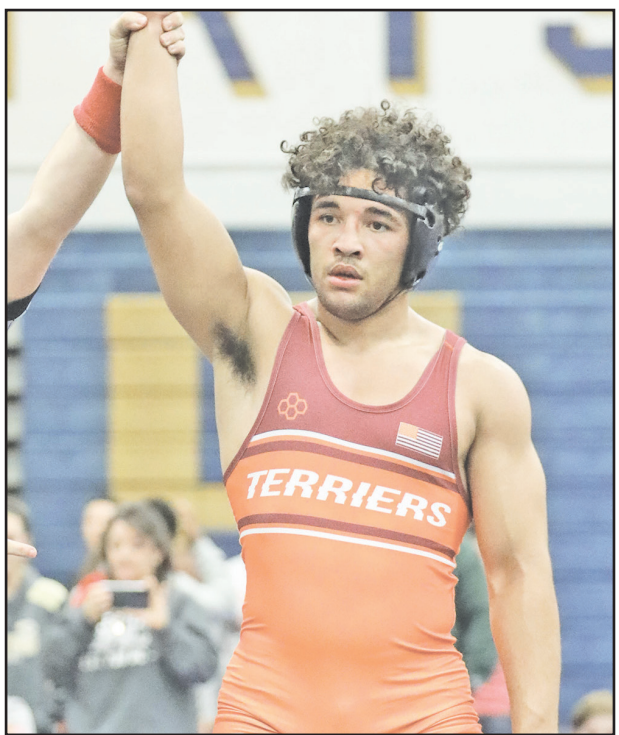
Send story ideas & announcements to bhoffman@ourvalley.org, or PO Box 1125, Salem, Va, 24153 • ourvalley.org



Terriers receive post-season honors

William Byrd High School athletes received post-season honors for the recently completed winter sports seasons. Above, left to right, Jaiden Childress, Israel Hairston and Isaiah Board were all named second team All-Blue Ridge District in boys' basketball. Childress and Board were also deemed Honorable Mention on the All-Region 3D team. Below left, Sophia Chrisley was a first team selection for the girls' All-Blue Ridge District team and a second team selection for the All-Region 3D team. Alexis Helton, middle below, was a second team selection on the All-BRD team. Below right, Xavier Preston of Byrd was named the Region 3D "Wrestler of the Year" by the region coaches. Xavier was the state Class 3 champion at 175 pounds.

PHOTOS BY SUZANNE WITCHER, BRIAN HOFFMAN & BARRY COX



High School spring sports seasons are less than two weeks away

The official start of spring regular season games, matches and meets for Virginia High School League teams is March 13 and William Byrd athletes are practicing and scrimmaging for the upcoming season. March came in like a lamb on Wednesday and most all Byrd sports will be in action in the coming week.

Today, March 2nd, both soccer teams will scrimmage. The girls are home against Brookville with the jayvees at 5:30 pm and the varsity at 7 pm and the boys are at Brookville at the same times. The girls' lacrosse team has a 6 pm scrimmage at Franklin County High.

On Friday the tennis teams scrimmage Floyd County, with the boys at home and the girls at Floyd. The boys' lax team is also at home to host Franklin County at 6 pm.

On Saturday the Byrd baseball team will play host to Amherst County at Walthall Park. The jayvees will play at noon and the varsity is scheduled to go at 2 pm.

No one scrimmages Monday, but Tuesday of next week will be a busy day with most of the Terriers scrimmaging Patrick Henry teams. The girls' and boys' tennis teams are both at PH. The Patriots are here for girls' soccer, with the jayvees at 5:30 pm

and the varsity at 7 pm. The boys' soccer teams will be at PH at the same times. The softball and baseball teams will be at home to scrimmage Bassett, both at 5:30 pm. The jayvee baseball and softball teams will also host Bassett next Wednesday, also at 5:30 pm.

The final preseason scrimmages will be Friday, March 10, as the lacrosse teams take on Christiansburg. The girls will play at 5:30 pm with the boys to follow at 7:15 pm.

Action starts for real on March 14 with tennis, soccer, softball and baseball teams all scheduled to officially open their seasons, and the lacrosse seasons open a day later.



Byrd's Sydney Blewett took second in the state indoor shot put.

MESSENGER FILE PHOTO

Byrd girls are 17th, boys 19th at state track meet

The William Byrd girls were 17th and the boys were 19th in the Virginia High School League Class 3 state indoor track meet this week. Heritage High of Lynchburg swept the girls' and boys' titles in the meet held Monday and Tuesday at Liberty University in Lynchburg.

The pole vault competition was held on Friday and Wyatt Bailey of Byrd finished second, earning all-state honors. The rest of the meet was held on Monday and Tuesday and Bailey was a part of the 4x200 relay as Byrd placed sixth with a school record time of 1:33.36, earning all-state honors. Dylan Hughes, Brady Reachy and DeShawn Austin also ran on that relay team.

Bailey also took seventh in the 500m with a personal best time of 1:08.00. Austin, coming off a performance as the Field Event Athlete of the Year in the region, took 11th in the triple jump with a leap of 40'05.5" and 14th in the long jump at 19'04.25". Hughes ran a



The William Byrd 4x200 relay team of, left to right, Wyatt Bailey, DeShawn Austin, Dylan Hughes and Brady Reachy set a new school record at the state meet.

COURTESY OF BYRD TRACK TEAM

personal best of 6.7 in the 55m and Donald Mullins had a personal best in the 1000m at 2:41.68.

Sydney Blewett led the girls' scoring as she took second place in the state shot put with a distance of 38'06.25", giving her all-state

honors. Grace Onwi was also all-state when she placed sixth in the 500m with a time of 1:21.08.

In the distance events Olivia Hurd took 12th in the 500m at 1:23.78 and 16th in the 1000m with a time of 3:24.78.

Local youth hockey team plays on historic Olympic ice



The Junior Dawgs 10U ice hockey team, stationed out of the LancerLot in Vinton, traveled to Lake Placid, New York to participate in the "Miracle on Ice International Hockey Tournament." The event was held at Herb Brooks Arena on the same ice that the USA Olympic team beat the USSR team in the 1980 Olympic games. The Junior Dawgs won three of their first four games, playing teams from Rhode Island and New York, to make the final against the SLP Lakers from Lake Placid. The Dawgs were edged in an exciting final, 7-6. Players on the team included, front row left to right; Eli Ray-Jones, Wyatt Russell, Brooks Ferguson, Brayden Nicholson, Jack Picard, Reilly Madden, Kier Kanode and Jack Yearsley. Back row, left to right; Logan Bowman, Finley Kanode, Lincoln Parrish, Breckan Connelly, Jack Madden, Carrol Schilling, Grayson Amos, Adam McNamara and Brayden Hawse. Coaches are, back left to right; Rob Parrish, Trevor Bowman, Paul Madden, Ryan Schilling and Scott Kanode.

SUBMITTED PHOTO