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PHOTO BY DEBBIE ADAMS

A fire in downtown Vinton on July 2, 2022, devastated the downtown area.

Town manager updates community on progress following July's downtown fire

Debbie Adams
dadams@mainstreetnewspapers.com

The following is a news release from Vinton Town Manager Pete Peters.

On July 2, 2022, the Town of Vinton experienced a tragic fire in the heart of our downtown that dramatically affected a number of small business owners and operators and has forever changed the lives of those directly impacted. Thanks to the heroic efforts of the fire department, the fire was quickly contained from spreading to adjacent structures and throughout the greater downtown.

While the initial event resulted in the immediate demolition of 101 East Lee Ave and the home of D.R. Music, several additional businesses and buildings along Lee Ave and South Pollard Street were also indirectly impaired as a result of unfortunate although unavoidable subsequent smoke and water damage.

In the months since the fire, the impacted property owners have been working diligently to rebuild their businesses, relocate their tenants and work through the tall order of assessing the remnants of the fire-damaged buildings. Working through the assistance of the owners' insurance agents, a number of structural engineers and general contractors have studied the integrity of the damaged properties, and it has been determined that four additional buildings are a total loss and must be torn down.

It has also been determined that due to the close proximity of the downtown structures and in some cases the existence of shared walls, further attention was provided to review and account for how the demolition could potentially affect an additional two adjacent properties on both Lee and Pollard. In total, as many as seven structures will have sustained total loss or significant damage.

See Fire page 2

Vinton's first Cruise-In of the season brings out car enthusiasts



PHOTO BY DEBBIE ADAMS

Vinton's first Cruise-In of the 2023 season was held at the Vinton Farmers' Market on March 18. One of the cars on display and under discussion was this 1956 Chevrolet Bel Air.

Debbie Adams
dadams@ourvalley.com

The first Vinton Cruise-In of the season drew a large crowd to the Vinton Farmers' Market on March 18, despite a

chilly wind. Car cruise-ins had been a tradition and a weekend fixture in Vinton in various locations prior to the pandemic, including the parking lots at Valley Hall and at Vinton

Motors. The events resumed last year with great success on the Farmers' Market, renamed "Vinyard's Cruise-In" in memory of

See Cruise-In page 3

Chamber hosts huge crowd for Senior Expo 2023

Debbie Adams
dadams@ourvalley.com

The annual Vinton Area Chamber of Commerce Senior Expo 2023 was bigger and better than ever this year. The parking lot was full by 10 a.m. on March 21 when the event was scheduled to begin at the Vinton War Memorial.

Organizers Angie Chewning, who serves as the Executive Director of the Chamber, and Kathryn Sowers,



PHOTO BY DEBBIE ADAMS

The Beat Goes On line dancers entertained the huge crowd at this year's Vinton Senior Expo.

See Chamber page 6

Pok-E-Joe's Vinton gives community a taste of what's soon to come



PHOTO COURTESY OF LAURIE MULLINS

(l to r) Vinton Finance Director Andrew Keen, Pok-E-Joe's owner Cory Welch, Town Council members Laurie Mullins and Sabrina McCarty, Assistant Town Manager Cody Sexton, and Vice Mayor Mike Stovall enjoyed the food and fellowship at Pok-E-Joe's.

Debbie Adams
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You may have seen a packed parking lot at the new Pok-E-Joe's Vinton restaurant on

several occasions recently, but that's due to "soft openings" by invitation or reservation that owner Cory Welch is hosting to give the staff and kitchen equipment a test run

before officially opening the doors to the public officially on April 4.

"We are doing live training over these next two weeks," Welch says. "You all are 'guinea pigs'



PHOTOS BY DEBBIE ADAMS

Lisa Liles and husband Vinton Town Councilman Keith Liles were first in line for the Pok-E-Joe's soft opening on March 16.

so to speak." The "soft opening" menu on March 16 included lots of BBQ—fabulous brisket, pulled pork and chicken—mac and cheese, collard greens,

ranch style pinto beans, brisket baked beans, and lots of wings in a variety of sauces.

The regular menu is extensive and includes all of the above, plus a variety

of burgers (the Smash Burger, the Hilltopper which includes brisket along with ground beef, the Fiesta Burger which includes refried beans, the Flames Burger with jalapenos, the Smokehouse Burger, and Texas Style Craft Burger), and sandwiches (Reubens, pulled pork and chicken, sliced or chopped brisket, clubs—served on Martin buns and with a side).


They serve salads (house, chef, southwest, and chicken tenders), ribs, wraps, and flatbreads

See Pok-E-Joe's page 3

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Heroes volunteer here: Vinton salutes its First Aid Crew – Aaron Albertson

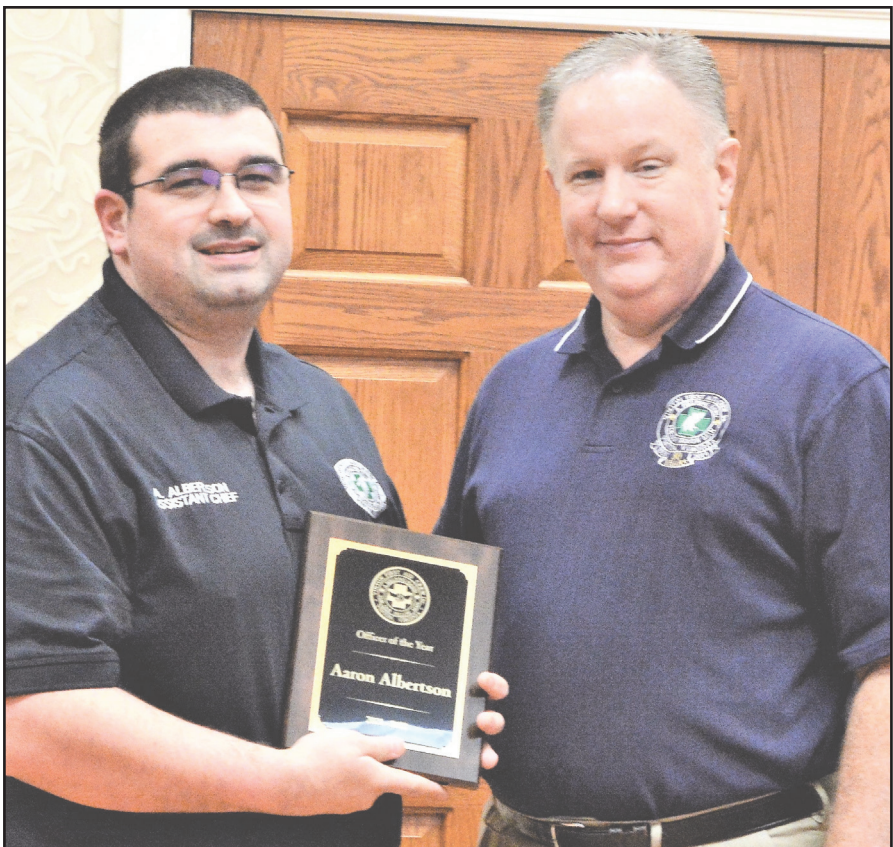


PHOTO BY DEBBIE ADAMS

Vinton First Aid Crew Assistant Chief of Operations Aaron Albertson

The Town of Vinton and The Vinton Messenger are saluting members of the Vinton First Aid Crew (VFAC).

“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.”

This week’s featured volunteer is VFAC Assistant Chief of Operations Aaron Albertson, an Advanced EMT. He was named “Officer of the Year” for 2021-2022 by the entire membership of the crew.

Albertson joined the Vinton First Aid Crew in March 2006. This is his 17th year with the organization.

He was born in Florida and moved here with his parents from Syracuse, N.Y., in 1995, but the Roanoke/Vinton area has been his hometown for 28 years.

“I was introduced to the Vinton First Aid Crew by a peer in high school in my junior year at WBHS (Class 2006) and joined as a junior crew member,” Albertson explained. “I honestly didn’t think much of it when she first told me about the organization and what they do; however, she was very reassuring on what a great organization it is, and how much she really enjoyed it.

“My first run night I was a nervous wreck and wasn’t sure getting into the medical field was anything I was ever prepared for. Back then there were two members who reassured me to come on down and made me feel very welcomed and friendly. I did end up going down to the station that night, and was introduced to a new system and way of helping out my fellow man.

“I found it to be very addicting and never wanted to miss a call. I haven’t been able to leave since! All in all, I would say it’s knowing that I can help someone in their greatest time of need, or the problem solving and adrenalin rush that keeps me coming back to answer the call at the Vinton First Aid Crew.

“During the week, I am an Associate Manager of Computer Networking for PowerSchool,” Albertson said. “I manage a small team of network engineers throughout the US and a few in India. During the weekends I work at the Roanoke Regional Airport as a Gate Agent for United, where I assist passengers with booking/rebooking flights, checking bags, boarding and deplaning planes.

Albertson and his “very loving

and supportive wife,” Crystal, have a 19-month-old daughter, Grace. Albertson is the son of Lura-Lee and Richard Albertson. His mother has served on the VFAC Board, along with two of his brothers, Joshua Albertson and Stephen Wood. He also has another brother, Adam Albertson.

Albertson describes himself as an “avid PC gamer and aviation enthusiast, very much into simulation games and enjoy downtime playing board games with friends and family.”

As many others have emphasized as a reason for joining the Vinton First Aid Crew, “the VFAC family atmosphere is really bar none, and is hard to compare to other organizations I’ve been a part of. VFAC really is a second family to me, and many others.

“Joining our organization is a great way to learn and meet new people from all walks of life. Being a part of VFAC also has prepared me for more of life’s challenges, while also giving me experience in the medical field, and allowing me to grow my skills as an individual, while also giving me the opportunity to give back to my local community and the community I grew up in.

“We have some of the most talented individuals, and great training opportunities to offer all members and crew members. While on shift you can enjoy the benefits of free wi-fi and technology to use while on our downtime to work on homework and other items.

“Formalized training is typically supported and sponsored by either the crew or the state to help new members through the training process,” Albertson added. “The life-long friendships and comradery is one of the key focal points of being a part of this great organization. If anyone is interested in getting into the medical field, or just helping out their local community this is a great way to do so, and still be able to enjoy their home/family life.”

“A common trait among individual members of the crew is their desire to serve their fellowman,” Mayor 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, Aaron Albertson!

Fire from page 1

cant damages because of the fire.

While the structural analysis, demolition planning, and insurance work have been ongoing since day one after the fire, the planning efforts have been complicated and tedious given the location, presence of shared walls, complex utility connections, and numerous owners. While eight months may seem like an eternity from the casual observer, I can attest that from my perspective the owners, engineers, contractors and other professionals involved behind the scenes have been working feverishly to move forward with a resolution and positive outcome as quickly as possible.

Throughout the last eight-plus months, the Town has been providing assistance to the owners where possible with resources for relocation, design services for a future rebuild, and debris disposal services. In December, the decision was also made to close an additional lane on East Lee Ave to protect pedestrians and motorists from possible falling debris from the damaged structures. It is the Town’s goal to

fully reopen Lee Avenue once the demolition efforts are complete and we can ensure that there is no additional public safety concern within the immediate area.

While I cannot provide an exact date for when the building demolition will be complete and the road will be reopened, I can ensure everyone that significant progress has been made with the private property owners and their contractors over the last two months. I believe that the expectation for demolition can be expected in a measure of a few additional weeks, rather than months.

In the meantime, on behalf of the Town Council and the affected property owners, I want to thank Vinton’s residents, adjacent downtown business owners, and visitors for your continued prayers and patience through the remaining stages of this endeavor. My staff and I will continue to update this message as additional timelines or information becomes available.

Submitted by Town of Vinton

PEOPLE, PLACES AND THINGS

By Angie Chewning

As I said a few weeks ago, who cannot be happy in the most Magical Place on Earth? Several Vinton ladies recently celebrated big birthdays there and on a cruise! All the ladies are members of the WBHS Class of 1991— Grace Escario McPherson, Karen Sboray Langley,

Denise Kelley Smith, Krista Tobety Kirby, and Laurie Mullins (Vinton Town Council member). Celebrating decades of friendship and 50th birthdays, they sailed on the Royal Caribbean Independence of the Sea to Nassau and Coco Cay.

Robyn McDaniel and Natalie Mullins joined them at Disney over Natalie’s Spring Break from Virginia Tech. Natalie and Mom Laurie did a “behind the seeds”

greenhouse tour at Epcot and took a picture of the oldest plant at Disney—a 25-year-old black pepper shaped like Mickey. What a way to celebrate a birthday! I’m sad I didn’t get to go! LOL.

Thank you to Corey Welch, his family, and staff for an amazing sneak peek at Pok-e-Joe’s Restaurant. The grand opening will be April 4. Do yourself a favor, I mean favor, and “Get there!”



Laurie and daughter Natalie Mullins with the Mickey Plant at Epcot.



Members of the William Byrd Class of 1991 Grace Escario McPherson, Karen Sboray Langley, Denise Kelley Smith, Laurie Mullins, and Krista Kirby celebrated with a cruise and a trip to Disney World.



Robyn McDaniel, Natalie Mullins, and Laurie Mullins visit Disney.



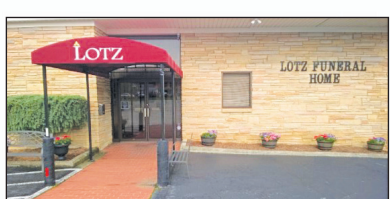
PHOTOS COURTESY OF LAURIE MULLINS
The William Byrd alumni took a cruise to Nassau and Coco Cay on the Royal Caribbean Independence of the Sea.

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Cruise-In from page 1



This classic Chevrolet Impala drew admirers.



1934 Ford on display at Vinton's first Cruise-In of 2023.

Vinton's Billy Vinyard who had a love for cars and the town. For decades, he was the owner of Vinton Motors Company at the corner of Washington Avenue and Pollard Street where Vinyard Station now stands.

What's the difference between a car show and a cruise-in? The difference basically is that car shows are more formal and generally involve fees and judging.

Cruise-Ins are more "come and go" for both spectators and car-owners. Most, including the Vinton Cruise-In, are free to attend. They are a great place to learn about particular cars, as owners seem to

love sharing details about their cars, along with how difficult, easy, or expensive they were to restore.

Both have the same purpose of letting people show off their classic cars, muscle cars, brand-new cars, souped-up cars, and unique cars for fellow car enthusiasts and for those who appreciate and enjoy looking at beautiful machines. There is usually some nostalgia involved as people recall cars from their youth or in their families. You are welcome to bring a chair, sit a spell, socialize, and reminisce.

Both types of events are weather-dependent, especially if precipitation is predicted.

RECIPES OF THE WEEK

Best Potato Salad

Thanks to Patti Vonploennies for sharing a family favorite recipe for Easter dinner.

Best Potato Salad
5 lb. bag of potatoes, washed, peeled, and cubed. Cook until done; drain and add to a large mixing bowl. Add the following chopped additions; set aside to make cooked dressing.

- 1/2 cup chopped sweet onions
- 3 hard-boiled eggs, chopped
- 1/2 cup chopped celery
- 1/2 cup chopped sweet pickles

- 1/4 cup apple cider vinegar
- 1/2 cup sugar
- 2 Tbsp. yellow mustard
- 3 eggs, beaten
- 1/2 cup vegetable oil
- 1 tsp. salt
- 1/2 tsp. pepper

Cook the 7 ingredients over medium heat, stirring constantly to prevent lumps. When it starts to thicken, reduce to low heat, still stirring. When it becomes the consistency of custard, remove from heat. Let cool slightly and add 1/4 cup sour cream and 2 tsp. creamy horseradish. Mix thoroughly. Pour over potatoes and mix gently. Refrigerate.

Cooked dressing:
Put the following 7 ingredients in saucepan:



PHOTOS BY DEBBIE ADAMS

Organizers of the Vinton Cruise-In, Franklin Ridpath (on left) and Will Thomas (on right) talked with Vinton Mayor Brad Grose. Vinton Community Programs Director Chasity Barbour (not pictured) heads up the event.

This year, the name of the Vinton event has reverted to "Vinton Cruise-In" with gatherings scheduled every third Saturday from March through September.

The Vinton Cruise-Ins are organized by Vinton Community Programs Director Chasity Barbour, along with Will Thomas and Franklin Ridpath.

Other Cruise-In dates for 2023 are April 15, May 20, June 17, July 15, Aug. 19, and Sept. 16.

The Farmers' Market is located at 204 West Lee Avenue in downtown Vinton. For more information contact Vinton Community Programs Director Chasity Barbour at cbarbour@vintonva.gov.

Why a new Career and Technical Education Center is vitally important to Roanoke County and the region

Debbie Adams
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The Roanoke County Board of Supervisors and the Roanoke County School Board are currently at odds about how to proceed with construction of a new Career and Technical Education Center to replace the Burton Center for Arts and Technology built in 1962.

In 2021, at the Roanoke County Board of Supervisors' request, the Mangum Economics firm of Glen Allen, Va., prepared a report for Roanoke County on the "Burton Center for Arts and Technology (BCAT) Economic Contribution to Roanoke County, Virginia." BCAT is the county's Career and Technical Education Center, now housed on an antiquated campus in Salem.

Mangum Economics provides economic analysis at local, state, and national levels working with clients in both the private and public sectors and has expertise in assessing the economic consequences of proposed regulations and government policies, economic impact assessment, workforce issues and economic development.

In the "Executive Summary" section of the report Mangum Economics stated that:

- 1) The Burton Center's enrollment and program offerings have grown substantially, but its physical plant has not kept pace, and it is facing significant capacity constraints.
- The Burton Center, then known as the Roanoke County Education Center, began in 1962 with an initial enrollment of 75 students. Initial program offerings included Auto Mechanics, Cosmetology, Drafting, and Electronics.
- Enrollment has since grown to over 900 students and the Burton Center's program offerings have grown to include programs in Auto Service Technology, Building Trades, Computer Information Technology, Cosmetology, Criminal Justice, Culinary Arts, Early Childhood Education, Emergency Medical Technician (EMT), Game Design, Masonry, Mechatronics, Motorsports, Nursing, and Welding.
- No new major structures have been added to the campus since 1979 – that's 42 years ago.
- Currently, almost all programs offered at the Burton Center have a larger number of applicants than can be accommodated, with the largest unmet demands in Cosmetology, Criminal

Justice, and Culinary Arts.

- 2) The primary way in which the Burton Center supports the economy of Roanoke County and the Roanoke MSA (Metropolitan Statistical Area) is by providing career and technical education that creates job-ready individuals who are well prepared to contribute to that economy.
- As opposed to general secondary education classes, career and technical education prepares students specifically for employment, either in particular trades or within a given field.
- Career and technical education has recently been the subject of much greater focus both at the federal and state level. The main reason is that many of the fastest growing occupations in the U.S. are "middle-skill" occupations – jobs that require education and training beyond high school, but below that of a four-year college degree.
- Nearly one-quarter of all new jobs in the Roanoke MSA between 2018 and 2028 will be middle-skill jobs that are highly dependent on career and technical education.
- Career and technical education programs offered by the Burton Center feed occupations that are of particular significance to the Transportation and Warehousing, Construction, Health Care and Social Assistance, Accommodation and Food Service, and Manufacturing sectors in the Roanoke MSA.
- Of those industry sectors, Transportation and Warehousing, Health Care and Social Assistance, and Manufacturing rank among the largest economic drivers in Roanoke County and the Roanoke MSA in terms of employment footprint, the degree to which the region specializes in those sectors, and wages.

(Even giving consideration to the pandemic, BCAT enrolled 932 students in the 2021-22 school year. However, the number of students that BCAT was unable to serve due to capacity restraints is crucial and life changing for individual students.)

According to the Mangum Economics report, in 2021-22 these were the unmet demands for BCAT programs:

- Auto Service Technology—41 applied, 24 accepted, 17 not accepted due to capacity constraints
- Building Trades—44 applied, 22 accepted, 22 not accepted

Computer Technology—30 applied, 22 accepted, 8 not accepted

- Computer Networking—11 applied, 9 accepted, 2 not accepted
- Cosmetology—89 applied, 16 accepted, 73 not accepted
- Criminal Justice—68 applied, 18 accepted, 50 not accepted
- Culinary Arts—64 applied, 22 accepted, 42 not accepted
- Early Childhood Education—49 applied, 16 accepted, 33 not accepted
- Emergency Medical Technician—48 applied, 30 accepted, 18 not accepted
- Game Design—33 applied, 19

accepted, 14 not accepted

- Introduction to Nursing Careers—56 applied, 27 accepted, 29 not accepted
- Masonry—33 applied, 22 accepted, 11 not accepted
- Mechatronics—20 applied, 16 accepted, 4 not accepted
- Motorsports—20 applied, 5 accepted, 15 not accepted
- Welding—31 applied, 17 accepted, 14 not accepted

In total 638 students applied for BCAT programs; 289 were accepted; 349 were denied a spot due to capacity constraints.

(To be continued)

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Vinton Town Council recognizes Town Manager Pete Peters

At the March 21 meeting, council members recognized Town Manager Pete Peters for receiving the “Credentialed Manager” designation from the ICMA (International City/County Management Association). The ICMA is the world’s leading association of professional city and county managers and other employees who serve local government. This recognition attests to the highest level of preparation, skills, and ethics.

To become “credentialed” one must have significant experience in senior management in local government, have earned a college degree, have demonstrated commitment to high standards of integrity, and be dedicated to lifelong learning and professional development. Peters is one

of 66 local government officials in Virginia to have earned this honor and one of 1,454 internationally. Town Attorney Jeremy Carroll briefed council members on FOIA (Freedom of Information Act) requirements as related to public records and public meetings as is required of all local elected officials, executive directors, and members of industrial development authority and economic development authority every two years.

Council adopted resolutions allowing the finance director and treasurer to remove outstanding water and sewer delinquent bills over five years old from active records to a permanent delinquent file. All efforts have been made to collect the bills in the amount of \$8,602.61, submitting them to debt set-off

program for collection.

Council also approved a resolution allowing personal property taxes (\$5,874.51) and vehicle license fees (\$13,235.54) over five years old to be removed from the active records.

Finance Director Andrew Keen reported that all Town of Vinton accounts have been moved to interest-bearing accounts with local banks, earning approximately \$24,000 each month for the town. A maturing \$2 million CD is being moved to a money market account with a high interest rate (4.47%), rather than another CD which would lock the money up for a set period of time.

Public Works Director Bo Herndon reported that all traffic signal light timers and pre-emps (for

emergency vehicles) in that project have been installed. It is now possible to drive from PFG to Bypass Road in three minutes.

The Garthright Bridge project has been completed. The WVWA project on Cleveland Avenue should be wrapped up by the end of April with 940 of 1,700 feet of water line already installed, along with seven service connections.

Glo Fiber installation will be completed by mid-summer. Interested citizens can call Glo Fiber and request service.

Herndon noted that AEP completed replacement of street lights with LEDs (at no charge because they were older than 20 years) all along Washington Avenue in just two days on March 13 and 14.

There was also



PHOTO BY DEBBIE ADAMS

Vinton Town Manager Pete Peters (front right) was recognized by council members for receiving the “Credentialed Manager” designation from the ICMA—the Gold Standard of professionalism in local government. Vinton Mayor Brad Grose presented Peters with the certificate. Pictured in back, left to right, are Vice Mayor Mike Stovall, with Council members Laurie Mullins, Sabrina McCarty, and Keith Liles.

discussion of an upcoming closure of parts of South Pollard Street from March 25 to March 29 for utility connections for the new 207 South Pollard Restaurant, requiring a

deep trench (12-15 feet) to be dug. This closure along with the closure of part of Lee Avenue eastbound will cause some inconvenience for commuters. Alternate routes will be posted.

Chamber

from page 1



Kathryn Sowers (on left) and Angie Chewning of the Vinton Area Chamber of Commerce organize the Senior Expo each year.

Executive Assistant and Financial Coordinator, say that the Senior Expo is consistently one of their most well-attended events each year—“so popular and so successful,” Sowers noted. The Expo takes months to plan; in fact, Sowers said they will begin working almost immediately on the 2024 event.

The Senior Expo is free and open to the public. Vendors sign up to highlight what their businesses offer on a wide variety of topics focused on seniors, their families, and their caregivers.

This year over 70 vendors registered to participate to share information on retirement, assisted living, nursing care, health care, home care, hospice, health products, aging in place, medical equipment, banking, insurance, reverse mortgages, hearing and eye care, health screenings, and much more.

This year’s vendors included: A Touch of Comfort, ADL (Advance for Daily Living), Adult Care Center of Roanoke Valley, Aetna, Aetna Better Health of Virginia, AFC Urgent Care, Agape Home Healthcare LLC, Alcova, Amerilife of Virginia, Anthem HealthKeepers, Bath Planet of SW Virginia, Better Business Bureau, CaptionCall by Sorenson, Carilion Clinic Home Care & Hospice, Cave Spring Place, Commonwealth Home Health Care, CORA PT, Coastal Insurance Planning, Croft Insurance Services, Ellis Senior Care, First Bank, Free Foundation, Freedom First, Friendship



The Tai Chi group that meets at the Charles R. Hill Community Center on Thursday mornings gave a demonstration at the 2023 Senior Expo.

Retirement Community, Futurity First Insurance Group—Don Lilly, Gee’s Gems, Gentle Shepherd Hospice, Good Samaritan Advanced Illness Care, Green Home Solutions, Grn Drmz, Guided Healthcare Solutions, Happy Health Happy Life, Healthy Home Solutions, Helpful Solutions Home Care, Henritze Dental Group, HomeTrust Bank, Imaging on the Move, InHome Services, InnovAge PACE, Kissito Healthcare, Leaf Guard, Local Office on Aging, Lotz Funeral Home, MemberOne, Moms in Motion/At Home Your Way, Mountain City Realty & Auction, Mountain View Cemetery, New Horizons Healthcare, New York Life—Tyler Booth, Our Lady of the Valley, Palliative Care Partnership of Roanoke Valley, Pheasant Ridge Nursing and Rehab, Promedica, Richfield Health Center, Senior Medicare Fraud Patrol, Senior News, ServPro of Roanoke, Solid Rock Enterprises, Inc., Spring Oak Senior Living, State Corp. Com Bureau of Insurance, The Caregiving Network, The Glebe Retirement Community, United Health, VFW Post 1264, Vinton Breakfast Lions Club (selling their famous brooms), Vinton Library, Virginia Navigator, We Insure Retirement, LLC, We Make Medicare Easy, and Wills on Wheels, PLCC.

The vendors traditionally bring not just pamphlets and displays, but “goodie” items for seniors and other guests to collect in the tote bags the Chamber



PHOTOS BY DEBBIE ADAMS

Daniel Gunn of AFC (American Family Care) gets a massage from Leigh Williams of In Home Services.

distributes. This year guests could fill their bags with bottles of hand sanitizer, drink Koozies, stress balls, key chains, refrigerator magnets, pens, note pads, Post-its, Chapstick, nail files, tissues, handwipes, bag clips, cups, magnifying glasses, hand fans, shoe horns, band aids, sewing kits, first aid kits, nail clippers, toothbrushes, eye masks, jar openers, foldable frisbees, paddle fans, and candy, candy, candy.

There was entertainment at this year’s Senior Expo—with a performance by “The Beat Goes On” line dancers, led by instructor Lori Spickard, and a Tai Chi demonstration. Both these groups meet at the Charles R. Hill Community Center for free classes each week.

There was even a food truck—if the candy wasn’t enough—the “On the Go Food Truck.”

The Presenting Sponsor for Senior Expo 2023 was “Happy Health Happy Life.” Other sponsors this year include: Fox Radio 910, Bank of Botetourt, PFG, Vinton-Franklin McDonald’s, the Vinton War Memorial, TL Electric, Magnets USA, Winter’s Storage, Senior News magazine, HomeTrust Bank, the Town of Vinton, The Vinton Messenger, Roanoke County, the Vinton Area Chamber of Commerce, Mountain View Real Estate, LLC—Jason Boothe Realtor, MemberOne, RVTV, Vertex Signs, Servpro, Mountain View Real Estate, LLC, Coastal Insurance Planning, Alcova Mortgage, and the Melva P. Jones Community Foundation.

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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Left, William Byrd's Samantha Martin is ready to uncork a shot in last week's lacrosse game with Hidden Valley. Right, keeper Sydney Price guards the cage as Makayla Price (#3) defends the crease.

PHOTOS BY JIM & REGINA DEVINNEY

Byrd lacrosse teams have doubleheader in Salem tonight

The William Byrd lacrosse teams will take a cross town trip west today to take on Salem in a girls-boys doubleheader at Spartan Field. The girls' game will take the whistle at 5:30 pm with the boys to follow at approximately 7:15 pm.

Both teams are 1-1 after two games. The girls opened with a 21-10 loss to Hidden Valley last Wednesday on Highfill Field in Vinton. Sophomore Annika Hylton had five goals for Byrd and senior Olivia Hurd had three. Sydney Coles and Barb Hernandez combined for seven saves in goal.

On Monday at home the girls won an exciting 9-8 decision over Jefferson Forest in double overtime. Hylton had four goals and Samantha Martin had

three, including the game winner. Freshman Ava Sexton scored her first career goal, and goalie Barb Hernandez had nine saves for the night.

"Of our 20 player roster we have 14 freshmen and sophomores so we are light on varsity level experience," said coach Dan Eberhardt. "I expect better results as the season develops and the team gains field experience."

The boys opened with a 7-6 win over Hidden Valley last week, coming from 4-0 behind to pick up the win. CJ Roberts led Byrd with two goals and the Terriers got one each from Jonathan Farmer, Beau Brady, Dom Dulak, Ben Waid and Justyn Rozenboom. Julian Pantoja had 13 saves in the crease.

"We are a young team, maybe the youngest in the valley, and we started slowly," said Byrd coach Will Satterfield. "We showed great composure in clawing back into the game. We have a lot to work to do but the boys are working hard every day to improve. I'm very proud of our effort and team first play."

On Monday in Forest the boys dropped a 9-4 decision to host Jefferson Forest. Waid, Rozenboom, Brady and Dawson Brinkley had goals.

"We showed our youth Monday night against a good JF team," said Satterfield. "Our guys battled and had chances, we just didn't finish those chances. Proud of how our guys fought and how we continue to develop."



Left, Dawson Brinkley of the William Byrd lacrosse team pushes the ball down the field and, right, Beau Brady looks for an opening in the Terriers' win over Hidden Valley at Patterson Stadium last week.

PHOTOS BY JIM & REGINA DEVINNEY

Soccer girls shut out Magna Vista, tie Hidden Valley

The William Byrd girls picked up their first soccer win on Tuesday when they shut out Magna Vista, 4-0, at Robert A. Patterson Stadium. The girls are now 1-0-1 on the young season with a trip to Cave

Spring tonight. Tuesday's first half was evenly matched as both teams settled into the game. With 18 minutes left in the half the Terriers got the first goal of the game

from Addisyn St. Clair, assisted by Maddy Simmons. Goal keeper Sophia Chrisley made a huge save at the end of the first half to keep the girls ahead 1-0 at intermission.

Byrd came out strong in the second half, scoring two quick goals less than ten minutes in. The first came off corner kick when Maci Glass connected with Logan Andrews and the second was a goal from Simmons, beating a defender on the dribble. With 22 minutes remaining Glass found Claire Glover, who beat the keeper with a shot inside the 18 yard box for the 4-0 final score.

Last Friday the Terriers opened the season with a 1-1 tie at Hidden Valley. The Titans struck first but Byrd leveled the score on a goal by Simmons, assisted by Andrews. Chrisley made eight saves in the cage.

After tonight's game at Cave Spring the girls will be off for spring break.

Boys split first two soccer matches

The William Byrd boys' soccer team split their first two matches to open the season, defeating Hidden Valley but falling to Magna Vista.

Byrd was weathered out of the scheduled season opener with Bassett last week, so the Terriers had to wait until Friday to take on Hidden Valley at home. It was worth the wait as Byrd took a 3-1 win over the Titans. Dylan Hughes had two goals for Byrd and Ben Guertin had the other.

"I felt we played very well against them and what we had really worked on through the scrimmages and training really showed," said coach Russell Dishman. "We had a little trouble connecting passes early but it got better as they played."

On Tuesday at Magna Vista the Terriers dropped a 2-0 decision to the host Warriors at the Smith River Complex.

"We had several chances as the

match went on but could not convert," said Dishman. "Smith River is a big field and the guys handled the added width well. They were a good team and I expect them to be in the top part of the region. I hope we can get another chance at them in the post season."

Byrd is back home tonight to host Cave Spring at 7 at Patterson Stadium in Vinton.

Terrier athletes compete in national track meets

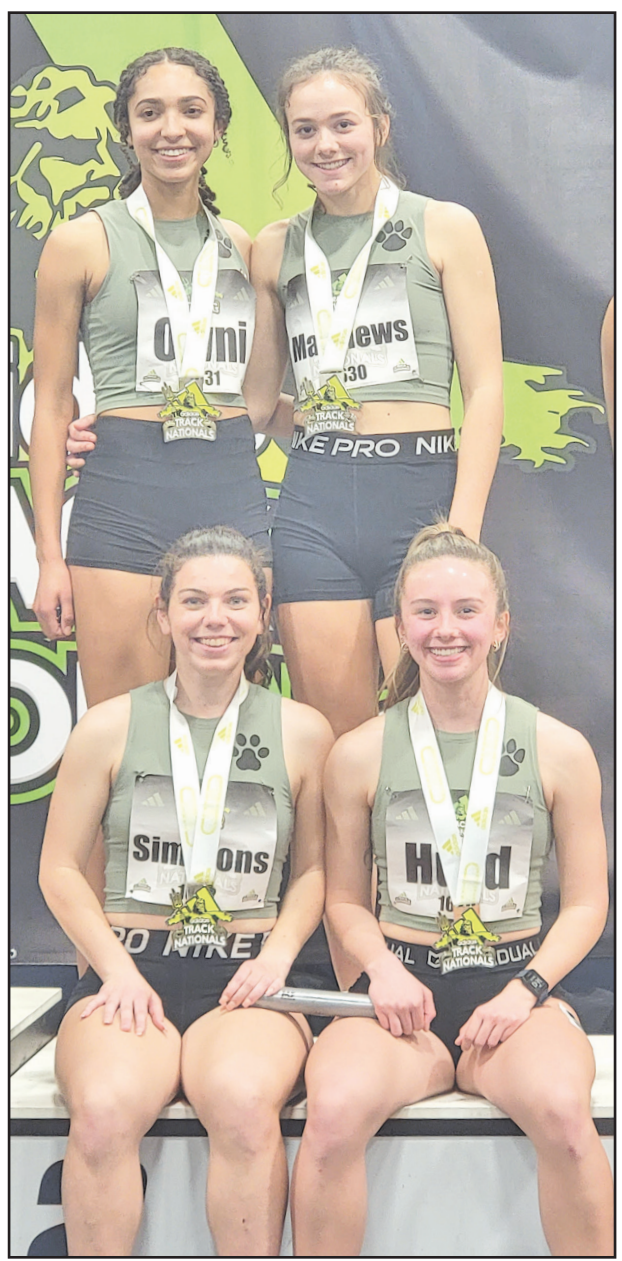
On Friday, March 10th, a few members of the William Byrd indoor track and field team traveled to New York City for the Nike Indoor Nationals meet at "The Armory."

The 4x200m emerging elite relay team of Dylan Hughes, Wyatt Bailey, Brady Reachy and DeShawn Austin finished 17th with a time of 1:35.19. The sprint medley emerging elite relay of Reachy, Hughes, Bailey and Donald Mullins finished 15th with a time of 3:45.24.

Last weekend several Terriers completed at the Adidas Indoor Nationals in Virginia Beach, VA at

the Virginia Beach Sports Center. The sprint medley national elite relay of Maddy Simmons, Emma Matthews, Grace Onwi and Olivia Hurd finished second in the competition with a time of 4:27.52. Walter Barrows finished 38th overall in the 60m dash and DeShawn Austin finished 26th in the 60m hurdles, 33rd in the long jump and 35th in the triple jump.

The outdoor track season was scheduled to start this week with Byrd hosting a meet at Patterson Stadium on Wednesday with Northside, Glenvar and Roanoke Catholic.

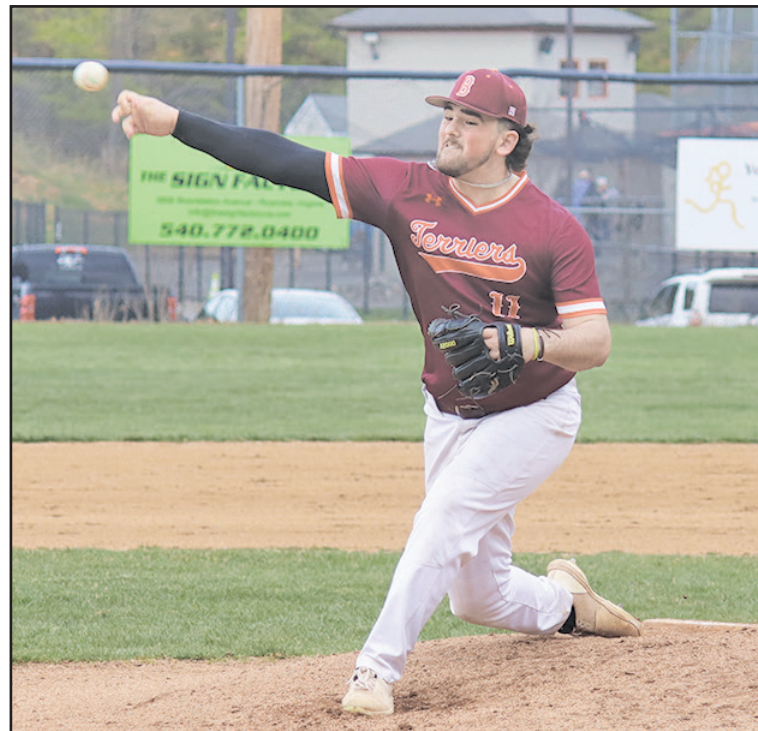
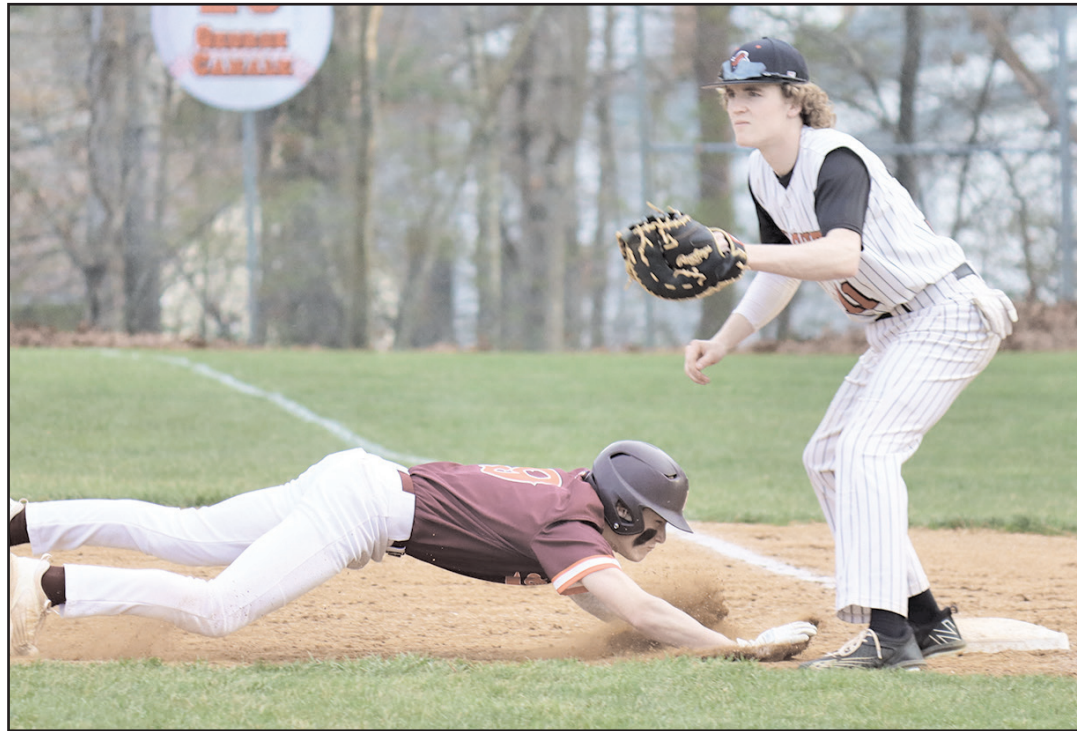


Left photo are Byrd track team members who competed in New York. Left to right are DeShawn Austin, Donald Mullins, Dylan Hughes, Brady Reachy and Wyatt Bailey. In the right photo are Terrier girls who ran in Virginia Beach. Maddy Simmons(left) and Olivia Hurd are seated and Grace Onwi and Emma Matthews are standing behind.

COURTESY OF WILLIAM BYRD TRACK TEAM

SPORTS

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Above left, Byrd's Brogan Dent dives back to first in last week's game at Cave Spring, and right Blake Glover pitches for the Terriers. Below, Ian Burnett kicks up some dust as he swipes a bag for one of his five steals in Tuesday's win over Liberty.

PHOTOS BY SYDNEY HADDOX & SUZANNE WITCHER

William Byrd baseball team will host CS tonight at 7 pm

The William Byrd baseball team be home tonight for a 7 pm game against Cave Spring at Walthall Park. The game will follow a 5 pm middle school game between the same two programs.

Byrd is 2-1 after a 16-6 win over Liberty at Terrier Field on Tuesday. Blake Glover pitched four strong innings to pick up the win after Byrd fell behind 6-2. Glover shut the door on the Minutemen with five strikeouts and no runs for the remainder of the game after relieving starter Jacob Dickerson.

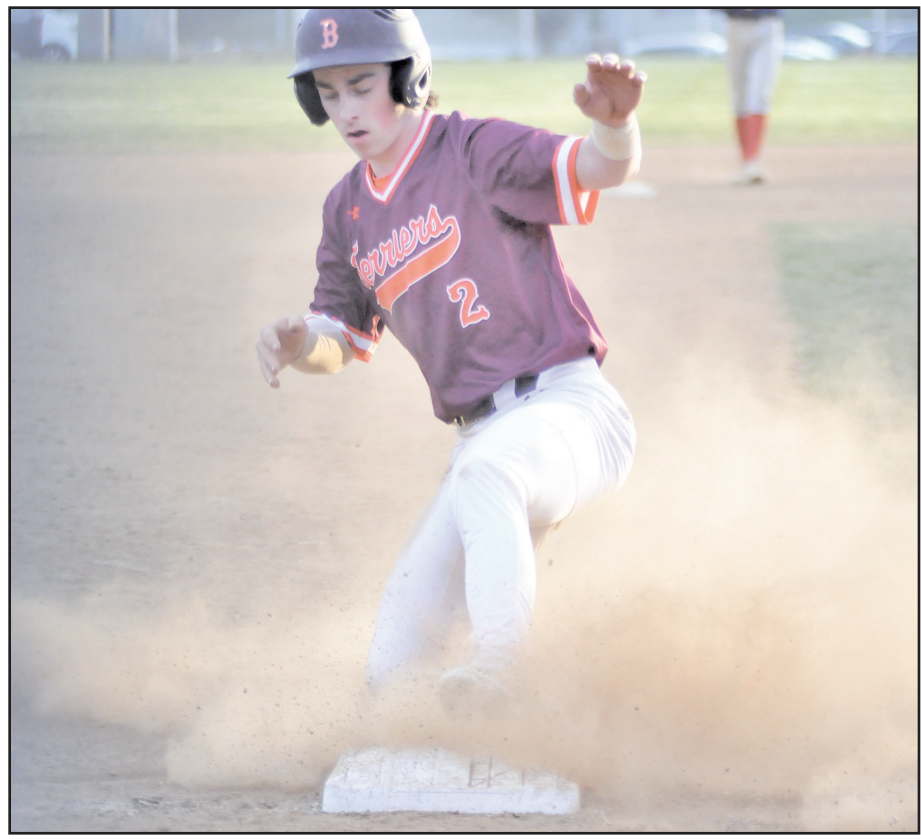
Ian Burnett had two hits and stole five bases for Byrd on Tuesday. Kam McKee had a double and walked three times.

With the win Byrd swept the season series from Liberty. The Terriers opened the season last week in Bedford and took a 9-6 win as Brogan Dent picked up the victory on the mound. The sophomore lefty pitched four strong innings, allowing no runs and fanning seven. Burnett had a home run and Evan Mullen uncorked a bases loaded double to chase three Terriers home.

A day later at Cave Spring the Byrdmen dropped a 3-0 decision to the Knights. Cave Spring's Trey Ludy got the shutout, outdueling Glover. Blake gave up just two hits but walked two and had two costly hit batters.

"We didn't win but that was probably the best game we've played so far," said Byrd coach Jason Taylor.

After tonight's game the Terriers will be off until March 31 when they travel to Tennessee to play over spring break.



Vaughan's big fly walks off Byrd softball team against Liberty



Left, Byrd's Addison Clark pitched the season opener against Christiansburg. Right, Sydney Blewett rounds second and heads for third for one of her three hits in the game.

PHOTOS BY JIM & REGINA DEVINNEY

The William Byrd softball team defeated Liberty High School on Tuesday on a walk-off home run by Haleigh Vaughan. The big fly gave the Terriers at 6-5 win in Vinton.

Liberty struck first in this game but Byrd put a three-spot on the board in the fourth. Makayla Bell had a single and Addison Clark's home run was the big blow in the inning as the two teams battled to a 5-5 tie after six innings.

Byrd had nine total hits, with Vaughan and Sydney Blewett each collecting multiple hits. Vaughan was three-for-four, including the dinger that sent the crowd home in the bottom of the seventh.

Clark also pitched and picked up the win, allowing nine hits over seven innings and fanning eight.

With the win the Terriers are now 1-1. Byrd opened the season with a 13-6 loss to Christiansburg in Vinton last week. The game was tied at 4-4 through five innings but the Blue Demons pulled away in the late going.

Byrd outhit the visitors, nine to eight, with Blewett collecting three hits, including a triple. Vaughan and Clark also had multiple hit games for the Terriers.

Clark took the loss on the mound, pitching five and a third innings before she was relieved by Sara Lang.

The Terriers are back in action today with a game at Cave Spring, their last before spring break.

Tennis teams play CS today

The William Byrd tennis teams will be looking for love tonight when both the boys and girls play Cave Spring. The boys will be home and the girls are at Cave Spring.



Ashley Begasse hits a backhand for Byrd.

PHOTO BY JIM DEVINNEY

The boys opened with three losses, falling to Hidden Valley, 6-3, Bassett, 5-4, and Cave Spring, 8-1. The Terriers were at Bassett for rematch Wednesday but results were too late for publication.

Dillon Colgan won his singles match against both Hidden Valley and Bassett. Ryan Carista won on a tie-breaker at number one singles against Bassett and Keith Schult won his singles match against the Titans.

The girls opened with a 5-4 win over Hidden Valley. Makenna Jacobsen won 8-0 at number one singles and teamed with Ashley Begasse for an 8-0 win at first doubles. Begasse won 8-1 at second doubles Miley Moses had the clinching win with

an 8-0 win at six. Moses and Brooke Justus, both freshman, won a tight 9-7 match at third doubles.

Two losses followed, as Byrd fell to Bassett 8-0, then dropped an 8-1 decision to Cave Spring.

"Tough losses," said coach Kayla Mitchell-McCroskey. "We were closely matched with Cave, but it came down to effort. Cave Spring wanted to win more than we did. It was a tough lesson for the girls to understand. As coaches, we can only tell them what they should be doing on the court, they are the ones who must do it."

The Terriers had two more matches before spring break, Wednesday at home with Bassett and today at Cave Spring.



Middle School opens for varsity game today

William Byrd Middle School catcher Chase Daugherty puts the tag on a Glenvar runner in last week's game at Green Hill Park. The Highlanders won this game, 12-5, but the Byrd middlemen will try to pick up a win today when they host Cave Spring Middle at Terrier Field at 5 pm. It's the first game of a doubleheader with the Byrd varsity baseball team, who also play Cave Spring.

PHOTO BY SUZANNE WITCHER