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Vinton Library kicks off summer with Mill Mt. Theatre, Kids Square



PHOTO BY DEBBIE ADAMS
Performers from Mill Mountain Theatre presented "Mad Libs Live" to a full house at the Vinton Library.

Debbie Adams
dadams@ourvalley.com

The Vinton Public Library has kicked off its summer reading program with a host of fun activities, including programs in collaboration with Mill Mountain Theatre and the Kids Square Children's Museum. On June 22, Mill Mountain Theatre presented the interactive musical comedy "Mad-Libs Live" for a standing-room-only crowd at the Vinton Library.

Mad-Libs is a popular word replacement game that teaches kids about nouns, verbs, adverbs, and adjectives to reinforce reading comprehension and vocabulary, but funnier than it sounds. The game involves stories with some of the words removed and replaced with blank spaces. The audience, who hasn't seen the story, is asked to fill in the blanks with nouns, verbs, adverbs, and adjectives.

See **Library**, page 8



PHOTO BY DEBBIE ADAMS

Frank Stone, who served as principal of three elementary schools in Vinton between 1959 and 1988, was honored with a luncheon on his 90th birthday. Vinton Mayor Brad Grose presented him with a Proclamation from the Town of Vinton recognizing his devotion to the community.

Beloved educator Frank Stone celebrates 90th birthday

Debbie Adams
dadams@ourvalley.com

Vinton's beloved educator Frank Stone celebrated his 90th birthday last week with a luncheon at Montano's

attended by friends, former colleagues, and family (his wife, Janine, daughter Jennifer Hofman, and a great-grandson). Many who attended were part of the "Hardy Road Gang"

who worked together at Hardy Road Elementary school (now W.E. Cundiff) while he was principal there.

Vinton Mayor

See **90th**, page 5

Author, singer-songwriter Carol Joy helps children explore 'The World Inside Your Head'

Debbie Adams
dadams@ourvalley.com

Carolina Smales— artistically known as Carol Joy— shared her dynamic talents, her bubbly personality, and an upbeat message with students in the Boys and Girls Clubs of Southwest Virginia at Vinton Baptist Church on June 27. Her purpose was to teach them about the "inner world of the brain and how to care for it."

Joy is a native of Venezuela but came to the United States in 2003. She was originally trained and worked as a chemical engineer but in 2020 decided to combine her knowledge of science with what brings her the most happiness in life— music, art, and writing for children. This resulted in the creation of her brain science program, "Joi (Joy of Interaction) Neuron," in

partnership with pediatrician Dr. Natalia Jaimes. (Colleagues have been known to refer to Joy as "brain researcher extraordinaire.")

Joy presented one of the high-energy programs they have developed, "The World Inside Your Head," at Vinton Baptist, teaching students about "their inner world, their bright brain, and how to calm down on the 'stormy' days," all at their level of understanding. She did this through songs, stories, dance, and games.

One of her main themes for the children and their parents was to "choose joy" in the everyday surprises, good and bad, that life brings. She told them that something as simple as thinking of their favorite food could help lift a bad mood. (Her favorite is her mother's soup.)

See **Author**, page 3



PHOTO BY DEBBIE ADAMS

Author, singer-songwriter, and chemical engineer Carol Joy shares her program, "The World Inside Your Head" with children in the Vinton Baptist Boys and Girls Club of Southwest Virginia.

Record-breaking crowd attends Mingle at the Market; volunteers make it possible



Mended Fences, a local band from Rocky Mount, and lead vocalist Delontay Clements put on a great show at Mingle.

Debbie Adams
dadams@ourvalley.com

A record-breaking crowd showed up for

the second Mingle at the Market concert at the Vinton Farmers' Market on June 24. For most of the evening, there was a

line (fast-moving) down to Pollard Street waiting to enter.

The Mingle concert series is sponsored by the



PHOTOS BY DEBBIE ADAMS

Coaches and members of the William Byrd High School varsity football team assist in setting up beforehand at each Mingle concert.

Vinton Area Chamber of Commerce twice monthly from June through September.

Mended Fences was the


band of the night and a big hit with the crowd – estimated at 1,000 – who were up dancing from the first song. During the

course of the evening, the band played virtually every song you ever loved if it involved country, rock, pop, R&B, dance, or Top 40 hits.

The weather again was perfect for a night outside under the lights at the market. There were continual lines for the two food vendors, Food on the Go and Elote Alebrije Mexican Street Corn, and cold beverages from Blue Ridge Beverage.

Jon Booker is the

See **Mingle**, page 3




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Thrasher Memorial hosting Patriotic Concert on July 2

Thrasher Memorial United Methodist Church is hosting a Patriotic Concert free to the public on Sunday, July 2, at 6 p.m. in the main sanctuary. The concert will feature the Thrasher Choir, orchestra, handbells, and special guests. A love offering will be taken.

Thrasher Memorial is located at 707 East Washington Avenue in Vinton.

Vinton aims to top last year's spectacular Fourth of July fireworks extravaganza



COURTESY TOWN OF VINTON

The Town of Vinton has presented spectacular fireworks shows in the past two years – the envy of the valley. This year, Community Programs Director Chasity Barbour says the plan is to make the 2023 show even bigger and better.

The Independence Day Celebration will get underway on the front lawn of the Vinton War Memorial at 7 p.m. on Tuesday with a welcome from Mayor Brad Grose and other dignitaries. Highly acclaimed local vocalists Stuart and Nefateria Hash will be singing the national anthem.

There is no charge for admission. The public is invited to spread out blankets and chairs on the front

lawn to enjoy the event, which runs through the fireworks display around 9:30 p.m. featuring an 18-19 minute show, again by Gucci.

D.J. Flex will be providing the music all evening. Entertainment will include a Foam Zone for kids. Vinton Councilman Keith Liles will be zooming up and down Washington Avenue on his Deb's Frozen Lemonade cooler/scooter.

Food trucks on site will be Deb's Frozen Lemonade, Salty's Lobster & Company, Tucos Tacos, DG Ice, and Tinker Mountain Kettle Korn.

So, bring a chair or blanket and make yourself at home in Vinton. (No pop-up tents are allowed due to obstructing the view of fireworks for others.)

PEOPLE, PLACES AND THINGS



Miss Maddie celebrates 98th birthday.

By Angie Cheuning

I have never used the words "SOLD OUT" for an event only because we always have plenty of room, but this Mingle at the Market I can say both food trucks sold out and we sold out of all the beverages we had.

If you know Tiny, you know he always has that trailer packed— well, he left with nothing! Mingle at the Market on the HomeTrust Bank Stage was a huge hit. Mended Fences brought it and left it all on the stage!

Blue Ridge Beverage kept our thirst quenched— Tiny always knows what to bring—and if you left hungry, shame on you. Food on the Go and Elote Alebrije Mexican Street Corn had some awesome food.

Thank you to our volunteers Page (Stovall) and Brian Lovern, Dale Barker, Shannon and Kenny Kendell, Haylee Wheeler, Jason Boothe, Drake and Hannah Lewis, Steve and Tara Jones, Karen Smith, Tracy Powers, Skylor Shultz, Elizabeth Hutchens, Orlena Richardson, Judy Banik, Patty Fezell, Antonia and Christian Magallon, and the WBHS football team and coaches – you guys all rocked it. Everything went smooth as butter. Thank you!

And, of course, thank you to everyone who came out to support our event; seven more to go.



David Lee and Dalh Brown celebrate their 43rd anniversary.

Hope to see you on July 8 with the Eric Wayne Band and opening and Mark Osbourne (as seen on American Idol). Come hungry. Munsey's Smoke Shack and Empanada Nirvana will be on hand to feed that hunger.

June has been a big month for cousins of ours. The Brown family has hit some milestones. Happy 43rd Anniversary to David Lee and Dalh Brown and Happy Birthday to Miss Maddie. Dalh's mom turned 98 years young Sunday, June 18. What a celebration!

Miss Maddie, you are smart, kind and sooo funny. Her birthday theme came from her nickname and passion.

She was a twin, and her mother tied a pink ribbon on her pinky and a blue ribbon on her twin's pinky. Miss Maddie's nickname is Pinky and for years and it's been pink in her world. She loves and watches birds, so, of course, birds were added into the centerpiece.

Hollyn joined in by putting pink in her hair. Love it! Trivia: She is one of 18 children and the last still living. She has lived such a blessed and long life and is careful to "Give God All the Glory," "For the Lord is good, His unfailing Love continues forever, and His faithfulness continues to Each generation." (Psalm 100:5)

In honor of 4th of July

OUR NEWSPAPER offices will be closed on Tuesday, July 4th, 2023 And will reopen on Wed., July 5th @ 8:30 a.m.

All ads for July 5th and July 6th papers need to be in our office by Friday, June 30 at 12:00 Noon.

Submit your community news and photos to vintonmessenger@ourvalley.org.



PHOTOS COURTESY OF ANGIE CHEUNING

Volunteers serving up the cold beverages at the June 24 Mingle at the Market.

Mingle from page 1



Elote Alebrije Mexican Street Corn was one of the food vendors at the June 24 Mingle at the Market concert.

owner of the always in demand Food on the Go with its vast menu of Americana favorites – burgers, nachos, fish, wings, pulled pork, hot dogs, chicken livers, and more. This food truck has a physical location on Williamson Road.

Julia Rigney owns the street corn business and shared how the dressed-up corn on the cob is prepared. Grill some ears of corn, insert a stick, brush on Duke's mayonnaise, sprinkle it with Cotija or Parmesan cheese, and drizzle with tahini sauce (sweet, spicy, or even jerk). To the delight of the children at the family-friendly event, she also sells cotton candy.

Volunteers begin setting up for Mingle concerts mid-afternoon. The list of volunteers varies each week, but one constant is the William Byrd High School varsity

football team. Coaches and players carry tables and tents, put up fences – whatever needs to be done to make the event run smoothly and successfully.

Vinton Chamber of Commerce Executive Director Angie Chewning, President Jason Boothe, Vice President Page Stovall, and Executive Assistant Kathryn Sowers facilitate the event beforehand and on the day of.

Boothe gets credit for recruiting the football team as volunteers. He got to know head coach Brad Lutz as he assists with the football team at games on Friday nights. He discovered the coach and team wanted to be involved in community service activities and suggested using their muscles to help out with the Mingles. In his years at Byrd, Lutz has always

emphasized not just improving athletic skills, but developing life skills and giving back to the community.

Many other Chamber board officers, members, and businesses volunteer their time as well, in addition to family members like Chewning's son Drake, his wife Hannah, and her parents, Steve and Tara Jones, who man the beverage tents.

There are IDs to check, entrance and beverage tickets to sell, and wristbands to issue. Vinton Police officers are always on hand to ensure security.

VIP sponsors for this year's Mingle at the Market concerts include Mountain View Real Estate, Alcova Mortgage, and Jason Boothe Realtor. Other sponsors include

See Mingle, page 4



PHOTOS BY DEBBIE ADAMS

Mended Fences kept the crowd dancing at the June 24 Mingle.

Four on the 4th Race benefits Boys and Girls Clubs, including program at Vinton Baptist

The annual American National Bank & Trust's Four on the 4th Race presented by Fleet Feet will return to the Town of Vinton on Tuesday. The fundraiser benefits the Boys & Girls Clubs of SWVA, which has a location at Vinton Baptist Church.

The four-mile race course features a downhill start from the Vinton War Memorial at 8 a.m., less than 150 feet of elevation gain, and a run through downtown Vinton, including the Vinton Farmer's Market, the newly developed Vinyard Station, and the Boys & Girls Club at Vinton Baptist Church, and along Walnut Avenue, before returning to finish line at the War Memorial.

There is also a Free Kids Fun Run beginning at the War Memorial at 9 a.m.

Boys & Girls Clubs of SWVA serve students ages 6-18 in 11 locations throughout the region in all-day summer camps at little to no cost to families. It has locations in Montgomery County, Franklin County, Roanoke County, Salem City, and Roanoke City. The race event raises more than \$30,000 annually to support summer programs including field trips, academic support and mentoring, and summer meals for youth who need it most.

The Vinton War Memorial is located at 814 E. Washington Avenue in Vinton.

Register for the race at <https://runsignup.com/Race/VA/Vinton/Fouronthe4th>.

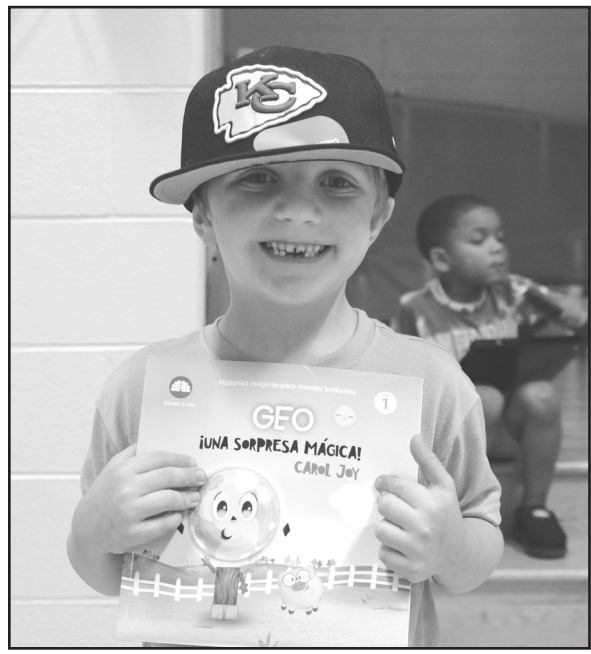
Submitted by Town of Vinton, Fleet Feet

Author from page 1

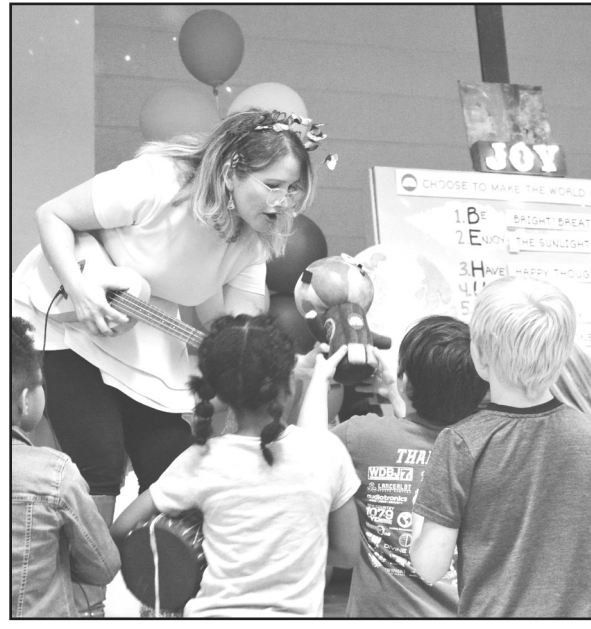
Her advice to all is to choose to live in the present—“yesterday is past; the future is tomorrow; take control and live today. Find your joy in the little things you love the most. Do what you love and show that love to others.”

Joy shared a story about something that transpired as a child that inspired her to “look inside my head.” At age 5, she was at the top of a sliding board. Bullies began to jeer at her, urging her to jump off, saying she “had a chicken inside her head” when she refused. She ran home and asked her mother (a biology teacher) if there was really a chicken in her head. Her mother's response was “of course there is a chicken inside your head. Your brain keeps everything inside your head, especially what you love,” and Joy had always loved baby chicks. Her point was that “the things we love the most, we keep in our minds all the time. There is a world inside our heads, created by our brains.”

She brought along some models of the brain, noting that “while the brain only weighs three pounds, it is our best friend. It's not scary and its cells talk to one another chemically and electrically.” She threw in a plug for drinking lots of water to keep their brains healthy and hydrated. Joy next segued



Cam, one of the children who attended the “World Inside Your Head” program at Vinton Baptist, won a copy of Joy's book “Geo: A Magical Surprise” in a raffle. He chose the Spanish version.



PHOTOS BY DEBBIE ADAMS

Carol Joy introduces her book character “Geo” to the children.

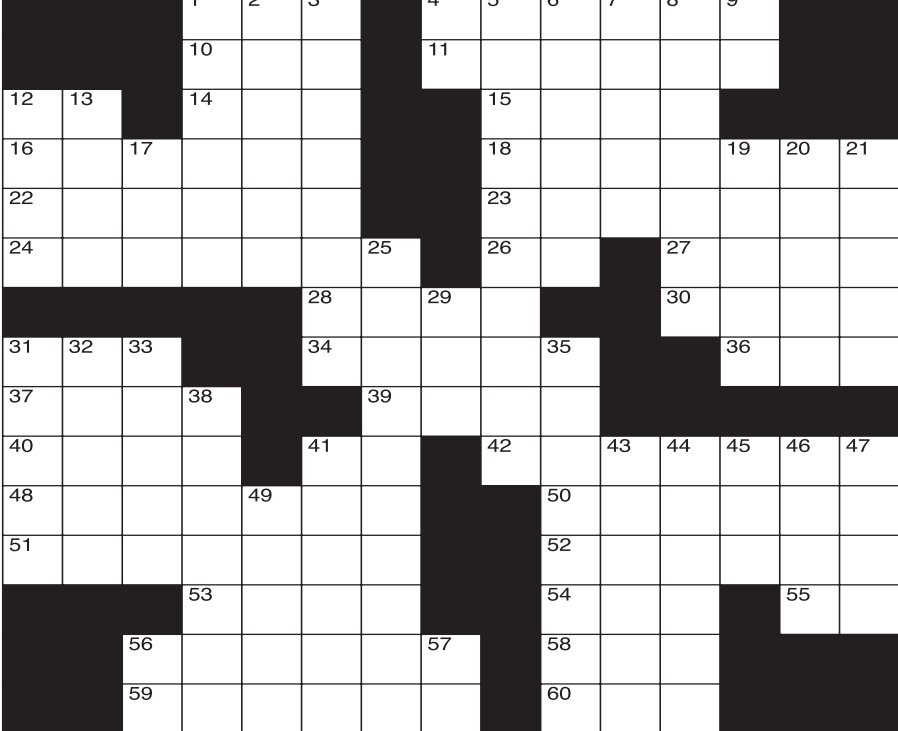
into a discussion of the changes to your brain and heart if you are worried, nervous, or afraid (they go into emergency mode), with

the brain asking for more blood to help resolve the problem.

Next, she called her

See Author, page 8

CROSSWORD PUZZLE



- | | | | |
|------------------------------|-----------------------------------|----------------------------------|---------------------------------------|
| CLUES ACROSS | 36. Very fast airplane | CLUES DOWN | 25. What drives you |
| 1. Basics | 37. Czech river | 1. St. Francis of ___ | 29. N. Vietnamese ethnic group |
| 4. In a new way | 39. Private school in New York | 2. Supported | 31. Gold coin used in British India |
| 10. ___ Paulo, city | 40. Israeli dance | 3. United in working | 32. Have deep affection for |
| 11. Jailhouse | 41. Electron volt | 4. It cools your home | 33. Ponds |
| 12. Expresses surprise | 42. Adjusting | 5. Predicting | 35. Breaks between words |
| 14. Trigraph | 48. Duct by the bladder | 6. Irritated | 38. Hairstyle |
| 15. A small stream | 50. Small burger | 7. Popular talk show host | 41. Print errors |
| 16. Dissimilar | 51. Begin again | 8. Fabric edge | 43. Family of iron alloys |
| 18. Promote | 52. Unstuck | 9. A resource for employees | 44. Sideline in bed |
| 22. Gives a boost | 53. Jai ___, sport | 12. Broadway's Jackman | 45. Many couples say it |
| 23. Lawmaker | 54. Get free of | 13. Small water buffalo | 46. Brazilian hoopster |
| 24. Orthodox Jews | 55. For instance | 17. City of Angels: ___ Angeles | 47. Allman Brothers late frontman |
| 26. Actor Harris | 56. Hotel chain | 19. Asteroids | 49. German city |
| 27. Wild cherry | 58. Extracts from various sources | 20. Tailless amphibians | 56. One hundred grams (abbr.) |
| 28. Participate in democracy | 59. Indefinite period of time | 21. German expressionist painter | 57. One billionth of a second (abbr.) |
| 30. Opposite of begins | | | |
| 31. A Brit's mother | | | |
| 34. Set of moral principles | | | |



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90th from page 1

Brad Grose presented Stone with a Proclamation from the Town of Vinton recognizing him for his devotion to the community, especially his children.

Stone has touched the lives of most everyone who grew up in Vinton, serving as principal of Roland E. Cook for one year (1959-1960), East Vinton (now Herman L. Horn) until 1972, and Hardy Road (now W.E. Cundiff) Elementary Schools from 1972 when it first opened through his retirement in 1988.

He began his teaching career in 1956 at Fort Lewis Elementary in Salem. He had graduated from Lynchburg College, planning a career in teaching high school history. However, he visited an elementary school and decided that was his true calling.

He met his wife at Lynchburg College when they noticed each other across the library and were introduced by a mutual friend, who described Stone as "a sterling fellow." They married in 1956 and raised four children, Ron, Keith, Jennifer, and Leslie, and will celebrate their 67th anniversary in August.

His first assignment as principal (an unrequested, not-applied-for assignment) was at Bent Mountain Elementary, where he served as a teaching principal – doing the duties of both. (Stone never applied for a position as principal; he was noticed for his skills, chosen, and assigned by those in charge with confidence in his abilities.)

The school had about 50 students and three teachers in grades 1-7. His wife also taught there. In the summers, they ran a novelty shop as a money-making venture – teachers were not paid in the summer months back then.

At Hardy Road Elementary (W.E. Cundiff) Stone supervised a staff of over 50 teachers and employees, serving 900 students, sometimes with 42 or 43 students in a classroom.

Hardy Road Elementary was built in the early '70s due to rapid growth in population in the Vinton area. When Hardy Road/Cundiff reached a population of over 900, Bonsack Elementary was constructed.

Stone trained two future Roanoke County school superintendents – Deanna Gordon (his assistant principal) and Lorraine Lange (one of his teachers) while he was at Hardy Road. When Gordon moved up, Lange became his assistant principal. He also trained Deedie Kagey, who became principal at Bonsack Elementary.

After his retirement, he taught for three years at Roanoke College.

Stone and his wife continued as business owners throughout their lives. For years they operated a booth at Olde Mill Primitives in Stewartsville, and currently own and operate Cornerstone Antiques in downtown Vinton.

He served at one time as president

of the Vinton Chamber of Commerce while he was principal at Hardy Road Elementary.

Stone is often referred to by those who have been fortunate enough to know and work with him as "the kindest man" they have ever met. At one wedding anniversary party, his children noted that he was the "same fine man at home that he was at school – a dedicated father and husband."

His son Ron said on that occasion that his father was the same kind of father as he was a principal – fair, intelligent, with a great sense of humor, who is never flustered, "just a good, good person." Daughter Jenny Hofman says he was "also the best father ever."

His teachers say he never "got ruffled," even with class sizes of over 40 students. Back in the days of corporal punishment, he never owned a paddle. Children looked forward to being sent to the office to see him and show off their work.

Ethel Vogt, (who coordinated the 90th birthday celebration) was secretary at Hardy Road Elementary from its opening, just 19 and fresh out of high school when she began working with Stone.

"Mr. Stone mentored all of us," said Vogt. "He taught us to be kind to others, to be empathetic, to put others first. He was very well-respected, and humble, and knew how to take care of people. At our first faculty meeting he said that this would be a one staff school – there would be no differences between administrators, teachers, custodians, office staff, aides – we were all working together for the students. And each student was just as important as the next to him. He was more than a principal or teacher; he was a substitute parent. He was one of a kind."

Stone claims it was "because I was surrounded by great people who made me look good."

Kathryn Sowers, executive assistant for the Vinton Area Chamber of Commerce, began working for Stone straight out of college.

"He was the best boss I ever had," Sowers says. "He always made you feel you were worthy, that you knew what you were doing, and you wanted to do the best you could. He was fair, never raised his voice and seemed to know what was going on all around him. I'm sure that headed off a lot of what could have been issues."

"He was also the president of the Chamber of Commerce when I worked there, way back when, and when I went back to work for Roanoke County after my son was born, he was my boss for a while again. I judge every boss I have had against him. I wish him a very, very Happy Birthday and many more."

Stone summed up his 90 years with, "There was never a day I didn't enjoy. It's been a great life."



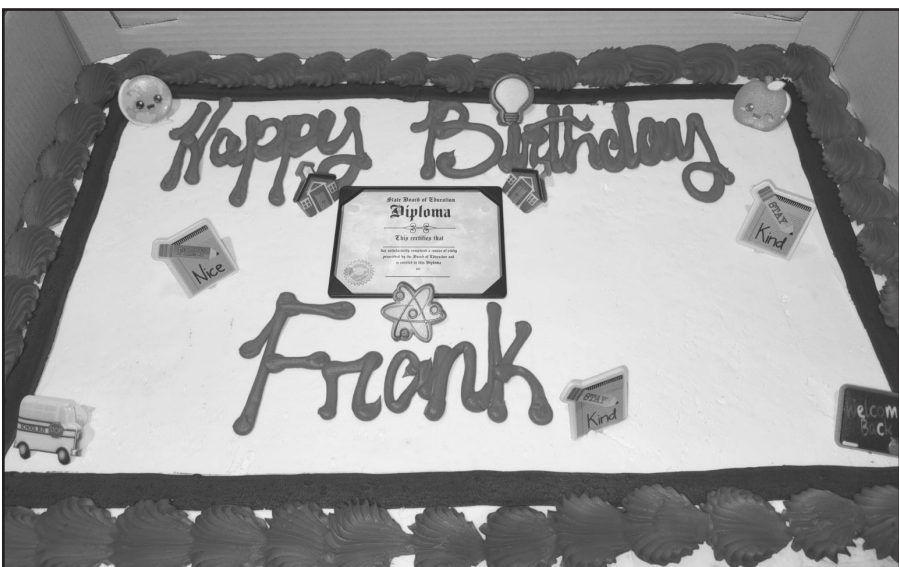
The Stone family and friend Ethel Vogt are pictured at the birthday celebration, from left: Frank and Janine Stone, Ethel Vogt, the Stones' great-grandson, and their daughter, Jenny Hofman.



Friends, family, and former colleagues gathered to celebrate Frank Stone's 90th birthday.



PHOTOS BY DEBBIE ADAMS
Frank Stone served as principal at Roland E. Cook, East Vinton (now Herman L. Horn), and Hardy Road (now W.E. Cundiff) Elementary Schools in Vinton during the course of his career.



Happy 90th Birthday, Mr. Stone!

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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UNIONHOME MORTGAGE

Mt. Pleasant Library hosts STEAM Powered Summer events in July

The newly renovated Mt. Pleasant Library continues its STEAM Powered Summer with many fun events for all ages in July.

Adults can stop by for “Book Chat” on fourth Thursdays at 2 p.m. (July 27) to discuss what you are reading or what is on your “To Be Read” list.

Curious about drones? Ever wanted to fly one? Join us on Thursday, July 13 at 2 p.m. to learn about drones and then fly one through an obstacle course. Register online.

Get an introduction to computing and experimentation with Raspberry Pi—one of the cheapest and smallest computers on the market—on July 26 at 2 p.m.

Get up close and personal with our #1 pollinator, the honeybee! Join Vasilica McCrady from Heritage Apiary and her hard-working observation colony and learn how bees communicate by joining in on the waggle dance, spot the queen bee, and try some of their sweet honey on Monday, July 17, at 3 p.m.

Bottle Rocket Chemistry: Build a launchpad and use common household materials to send a rocket into the sky. Learn science along the way on Tuesday, July 11 at 4:30 p.m.

Mystery on the Railway: Come along on the RoCo Express as we use STEM skills to uncover the mystery of the missing snacks! Pretend to be a train passenger as you make your own spy kit, play fun games, engage in various STEM activities, and enjoy the snacks—if you can find them. Ideal for grades K-5, Register online. Tuesday, July 18 at 3 p.m.

Watercolor: Birds on a Wire—paint a watercolor and add bird cutouts for a fun picture on Tuesday, July 25 at 2 p.m.

Jammie Time story time for preschoolers meets at 6 p.m. on Thursdays. (July 6, July 13, July 20)

Learn all about lasers, from the fun to the functional. Experiment with angles and measurements as you try to make a laser beam go through a mirror maze, explore careers that use lasers daily, and try your skills with some rounds of laser tag. Ideal for ages 13-18 on Friday, July 28 from 5 -7 p.m.

Teen Art Club meets on the third Thursday (July 20) of each month at 4:30 p.m. Create unique art to take home.

Teen Book Club meets on the first Thursday (July 6) at 4:30 p.m. Enjoy snacks, do a fun activity, and talk about what you’re reading and get recommendations from others. Register online.

Register online for specified events at <https://www.roanokecountyva.gov/1970/Library>.

Mt. Pleasant Library is located at 2918 Jae Valley Road (phone number 540-777-8760). New hours of operation are:

- Monday 10 a.m. to 6 p.m.
- Tuesday 2 p.m. to 8 p.m.
- Wednesday 2 p.m. to 6 p.m.
- Thursday 2 p.m. to 8 p.m.
- Friday 1 to 5 p.m.
- Saturday 10 a.m. to 2 p.m.
- Sunday--Closed

Submitted by Allyson Frick, Community Engagement Librarian for Roanoke County Public Library.

Author from page 3



PHOTO BY DEBBIE ADAMS

Local writer Shawn Nowlin joins Carol Joy on stage as her “identical twin,” at least as far as brains go.

friend, local writer Shawn Nowlin to the stage, describing him as her identical twin, although she is a petite woman and he is tall (6’7”) and muscular, with a moustache; however, “when it comes to our brains, we are the same.” She asked Nowlin to share some of his fears and worries.

She then asked the children to share some of the times they had felt those emotions. They were eager to talk about being afraid of animals, a brother’s seizure, meeting new people, their safety, and more.

Joy moved on to how teach some life skills on how to help the brain generate happy feelings. She introduced the audience to Geo, the main character in her first book, “Geo, a Magical Surprise,” a magical baby (part human/part tree) who carries a whole world on his head.

Next up was talk of reasons to be thankful and a playful, catchy song, “I’m not dead; I’m alive,” as a main reason to rejoice. She explained that when you are down, “think of something that makes you happy,” do a favorite activity, pray, or “say kind words to your brain.”

She called the children to the front of the stage to play a “happy and sad face” game, which ended up with a list of suggestions for dealing with negative feelings: get outside and enjoy the sunlight, breathe deeply, have happy thoughts, use a happy tone in speaking to others, give hugs to others and yourself, move your body (not just your thumbs on a remote or video game), act with kindness, and never forget to smile.

Her parting advice was to “be human and bring sunshine to

the world and choose to make the world bright.”

According to her website, <https://caroljoycreative.com/> “the JOI Neuron approach to wellness, especially mental health wellness, developed by Joy and Jaimes consists of incorporating health education into creative writing and music to engage children and adults in enjoyable learning experiences about their brain, while encouraging positive emotions, imagination, and the development of many other strengths for life.

“There is evidence that art-based programs are effective in reducing adverse physiological and psychological outcomes. Creative expression is a healing process used in both clinical and informal practice to promote wellness. Music is the most accessible and most researched medium of art and healing. Music calms neural activity in the brain, which may lead to reductions in anxiety and restore emotional balance.”

Joy collaborated with the Partnership for Community Wellness, VCOM (Edward Via College of Osteopathic Medicine), and the Boys and Girls Clubs of Southwest Virginia for the program at Vinton Baptist and at several libraries throughout the valley. Vinton Baptist is home to one of the Boys and Girls Club programs. Volunteers from the church provided dinner for attendees at the June 27 program.

Joy will be returning to Vinton Baptist to present the program again on July 13— a free family event for “ages 5 to 150.”

Her book, “Geo: a Magical Surprise,” is available on Amazon.

Library from page 1



Vinton Library/Kids Square STEM activity: building an electric circuit.

For the Vinton Library performance, children were asked to write down parts of speech on cards and drop them into fish bowls for use during the actual performance, making each performance different and unique to the particular audience – and usually hilarious. The words were randomly drawn by the actors and inserted into songs in the script during the show. Children who contributed the chosen words got to identify themselves, adding to the fun.

As for the plot, “The story begins at the finals of Teen Superstars, the live TV show that will determine the most popular singing group at Blankville Central High. A group of four teenagers, Virtuosa, Gogo, Geyser, and Merrily, is competing against other teens from the high school for the title of Teen Superstars. Virtuosa wants to be recognized as a great singer and get a contract with ‘Cool Library Records’; Gogo wants to win back his girlfriend; Geyser wants to make friends; and Merrily is trying to come out of her shy shell.

“The four seem to have nothing in common, in fact they haven’t even come up with a name for their group and, unfortunately, realize just before airtime that their songs are missing words. In the spirit of the ‘World’s Greatest Word Game,’ the gang fills in the blanks with words contributed by the audience.”

“Mad Libs Live” was presented by arrangement with Concord Theatricals who will be performing in libraries and other children’s centers around the Roanoke and New River Valleys through mid-July.

The cast was made up of collegiate performers from all over the country who are staying in Roanoke for just over a month.

According to Mill Mountain Theatre, “Mad Libs Live” “is part of the theatre’s initiative to connect theatre to literacy.”

As an added bonus to the performance, free books were available to audience members.

Sponsors and grantors



Future scientists explore wind power with the Kids Square wind tunnel.



Kids Square visited the Vinton Library with interactive STEM activities including diffusion with Skittles.

include Dunkenberger-Waskey Group at Morgan Stanley, American National Bank & Trust Company, Boxley Materials, Carilion Clinic, Cary Street Partners, Cox Communications, Davis H. Elliot Company, Member One Federal Credit Union, Nancy Ruth Patterson, Punch Boutique, TheRoanokeStar.com, Center in the Square, National Endowment for the Arts and Virginia Commission for the Arts.

On June 23, the Kids Square Children’s Museum presented an interactive program

with various STEM-related activities at the Vinton Library. Kids Square is a museum in Center in the Square in downtown Roanoke that encourages hands-on learning.

Veronika Geier from Kids Square introduced the children to the STEM activities they would be participating in, using the story of the “Three Little Pigs.”

Enthusiastic children rotated among different stations to explore electrical circuits, wind power, construction, diffusion, and more – like a mini-summer science camp.



Children learn about wind science by building towers.

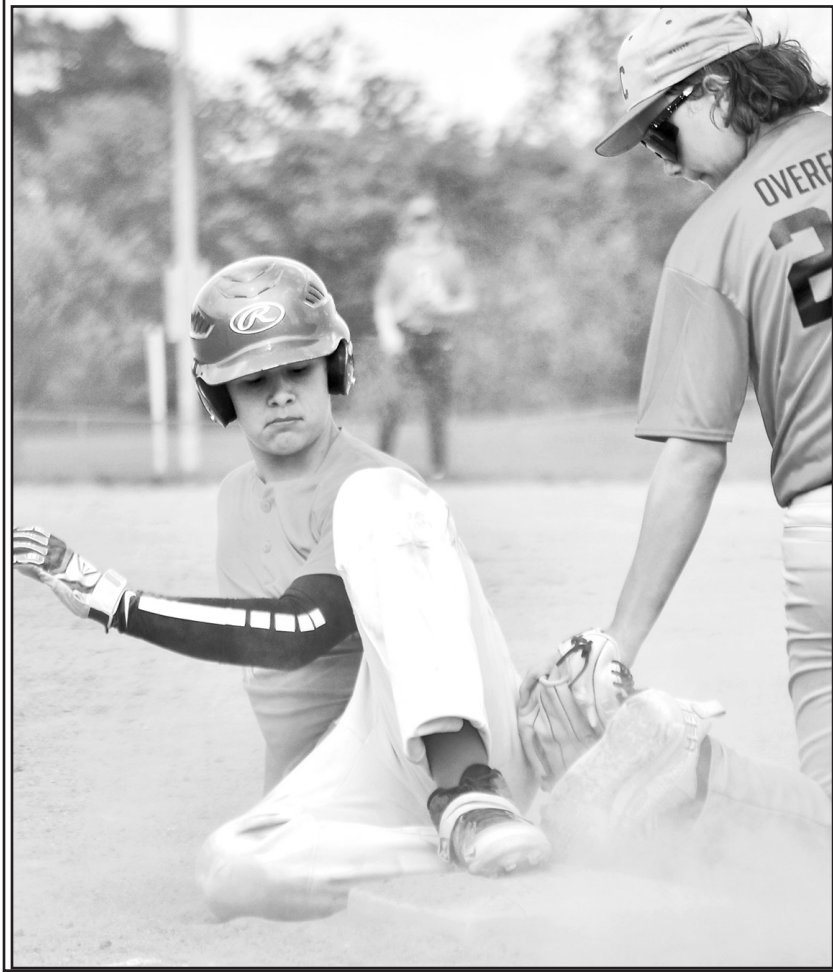
PHOTOS BY DEBBIE ADAMS



RAYSA/RAYBA

Action from the RAYSA and RAYBA youth softball and baseball tournaments in the past week. Above, the Vinton U13 RAYSA team is, left to right; Laylah Austin, Khloe Humprey, Kingsley Conner, Octavia Mann, Charlie Tyree, Madelynn Huffman, Allison Bowling, Serenity Jones, Braelyn Webster, Emmalee Harris and Ellie Conner. Top left, Emma Janney pitches for the Vinton 10U RAYSA team. Below left, Jackson McCoy of the Vinton 15U team slides into third. Bottom, Ty Cobb of the 12U team stretches for a wide throw at third and, right, Jace Weddle pitches for the 10U Vinton All-Stars.

ACTION PHOTOS BY BRIAN HOFFMAN & SUZANNE WITCHER



VINTON HISTORY: MILITARY BARBIES



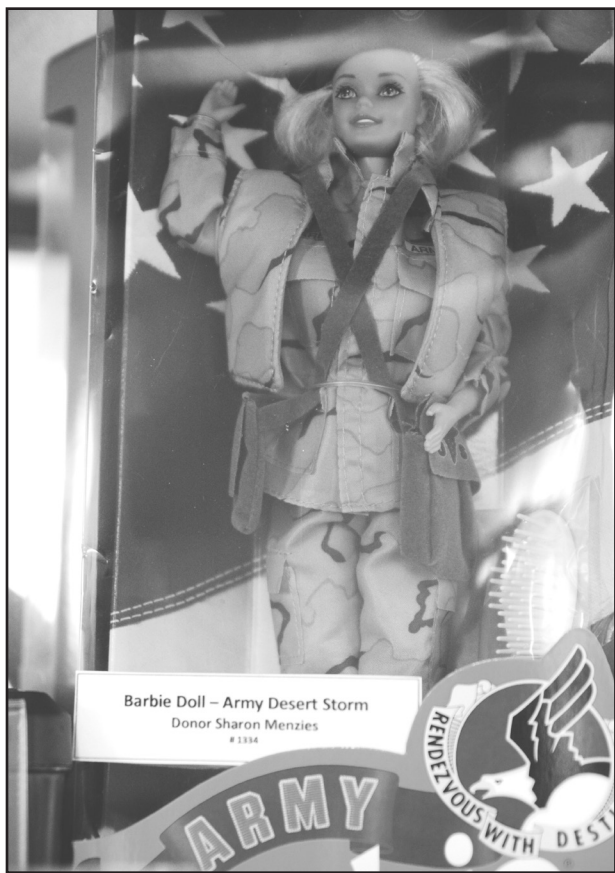
This set of Military Barbies was donated to the Vinton History Museum by Sharon Menzies.

In March 1959 in New York City, a doll named “Barbie” launched onto the American toy market. The leggy, 11-inch plastic figure— full name Barbara Millicent Roberts— was the first mass-produced toy doll in the U.S. with adult features.

The woman behind Barbie was Ruth Handler, who co-founded Mattel, Inc. with her husband in 1945.

After seeing her young daughter ignore her baby dolls to play make-believe with paper dolls of adult women, Handler realized there was an important niche in the market for a toy that allowed little girls to imagine the future.

Variations and improvements to the family of dolls continued with many Barbie series. Sales of Barbie-related merchandise had topped \$1 billion annually by 1993. Since 1959, over one billion dolls in the Barbie family have been sold around the world and Barbie is now a bona fide global icon.



PHOTOS BY JUDY CUNNINGHAM

Most of the Military Barbie series dolls (Air Force, Army, Army Desert Storm, Aviator, Marine Corps and Navy) are on display at the Vinton History Museum, donated by Sharon Menzies.

Visit the Vinton History Museum – open

Monday, Wednesday, Friday, and every first Saturday, 10 a.m.-2 p.m. and see the Military Barbies and thousands of other artifacts.

By Judy Cunningham, Vinton History Museum Executive Director

Vinton History Museum announces holiday schedule

The Vinton History Museum will not be open for a “First Saturday” event on July 1. It will also be closed on Monday, July 3, to give staff an extended holiday weekend.

The normal schedule will resume on Wednesday, July 5. Regular hours are Monday, Wednesday, Friday, and the first Saturday from 10 a.m. to 2 p.m.

The Vinton Historical Society has announced the slate of officers for 2023-2025:

- President: Randy Layman
- Vice-President: Denny Dickens
- Secretary: Julie Tucei
- Treasurer: Debbie Pitts
- Program Chairman: Mary Beth Layman
- Director Emeritus: Mattie Forbes

Directors (members-at-large): Jan Dickens, Dale Ellis, Ann Hewitt, Judy Kelley, JoAnn Newman, Darlene Richardson, and Doug Sowers.

The Vinton Historical Society and History Museum will hold its annual benefit yard sale on Saturday, August 26, from 8 a.m.-1 p.m. All proceeds benefit the operation and maintenance of the Vinton History Museum, helping to “Preserve the Past for the Future.”

Sellable items and volunteers are needed. They do not accept clothing and large furniture.

Contact the museum at 540-342-8634 or email at info@VintonHistoryMuseum.org for more information.

Annual individual (\$20), lifetime (\$200), and annual corporate memberships (\$150) are available to help support the work of the museum. Members receive newsletters and enjoy special programs and social events.

Visit online for more details. The society and museum maintain two Facebook pages – “Vinton History Museum” and “Vinton Memories & History.”

Submitted by Vinton Historical Society

Books from page 4

locally grown produce. Don’t forget to register for Saturday as well on Saturday, July 22 from 11:30 a.m.-12:30 p.m.

Teens! Register for After Hours: Laser Tag on Friday, July 21 from 5-7 p.m. Come to the library after closing to learn all about lasers, from the fun to the functional. Experiment with angles and measurements as you try to make a laser beam go through a mirror maze, explore careers that use lasers every day, and try your skills with some rounds of laser tag. Signed permission slips are required.

Register for Anime Club on Monday, July 17 from 6-7 p.m. Middle School Book Club will be on Monday, July 3 from 2-3 p.m. and High School Book Club will meet Monday, July 17 from 5-6 p.m. Switch Gaming will be on Monday, July 24 from 5:30-7:30 p.m.

Register to bring the kids out

on Saturday, July 8 from 2-4 p.m. for “Mystery on the Railway” and come aboard the Roanoke County Express as we use STEM skills to uncover the mystery of the missing snacks. Pretend to be a train passenger as you make your own spy kit, play fun games, engage in various STEM experiments, and yes, enjoy the snacks... if you can find them! On Monday, July 10 from 3-4 p.m. join us for Color Coding with Ozobots. You will learn the basics of this screen-free coding and create fun tracks and mazes for Ozobots to navigate. Both programs are ideal for grades K-5.

Lego Play will be Wednesday, July 26 from 4-5 p.m. Our next story time session runs from June 20 through July 19. We will have Jammie Time on Tuesdays at 6 p.m. (ages 3-5), and Family Storytime on Wednesdays at 11:30 a.m. (ages 0-5).

SPORTS

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

Vaughan, Brammer are All-State

The Virginia High School League announced the Class 3 All-State softball team this week and William Byrd High School was well-represented. Recently graduated senior Haleigh Vaughan was named to the second team and 2014 Byrd graduate Kassie Brammer was named state Coach of the Year after leading Northside to the state championship.

Vaughan was named to the All-State second team at shortstop. She was previously selected first team All-Region 3D and Blue Ridge District Player of the Year. Haleigh will play for Roanoke College next year.

William Byrd grad Brammer was named Coach of the Year in just her second season at the Northside helm. Kassie guided the Vikings to a 19-10 record and the program's second-ever state title with a 3-1 win over York in the championship game. Her Vikings bounced back from a Region D finals loss to Cave Spring to win their state quarterfinal, 11-0, against Rustburg followed by a 1-0 semifinal win over the defending Class 3 champion New Kent girls.

Brammer, a former Terrier and James Madison University standout outfielder, has a 31-21 career record after two seasons.

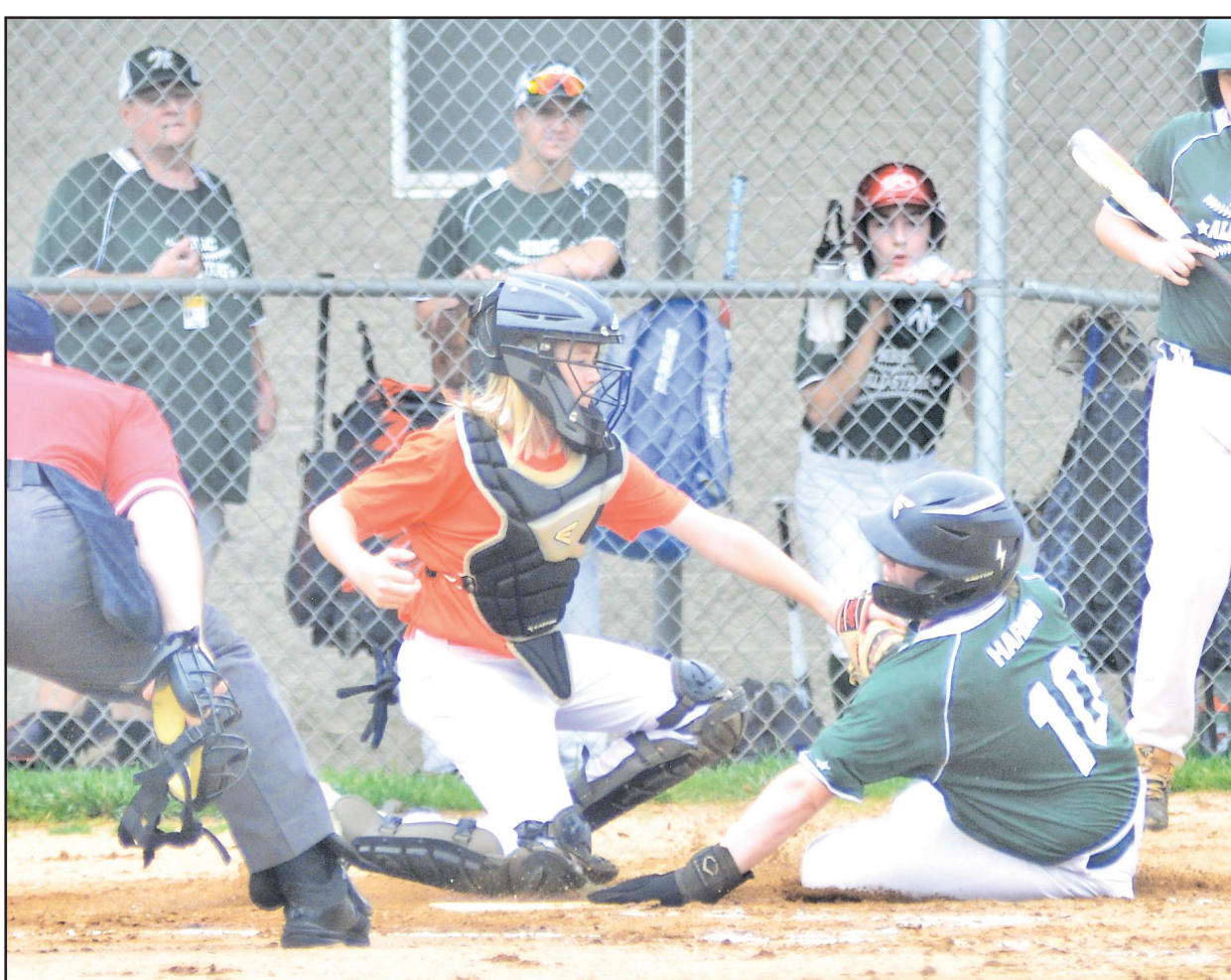
Cave Spring's Tristyn Tofano was named state Player of the Year in Class 3. The Emory & Henry signee batted .585 with 13 home runs, 35 RBI, an OPB of .647, a slugging percentage of 1.146, and an OPS of 1.803. Her 13 home runs this season equals the third most in VHSL single-season history, and her 29-career homers tie her for the 10th most in VHSL history.



William Byrd's Haleigh Vaughan, left wearing the "home run chain," has been named to the Class 3 All-State softball team. Byrd graduate Kassie Brammer, right, is the state Coach of the Year.



PHOTOS BY BRIAN HOFFMAN & JMU



Vinton 15U catcher Noah Spradlin makes the tag at the plate to retire a Glenvar runner in RAYBA baseball action at Green Hill Park. More photos on page 9.

PHOTO BY SUZANNE WITCHER

RAYSA softball is rained on, baseball finishes this week

The Roanoke Area Youth Softball Association (RAYSA) tournaments finished up after a frustrating week of weather last Saturday, the same day as the baseball RAYBA tournaments began. Action in the baseball tournaments continue through this week.

In softball, after Monday games were played in a drizzle the heavy stuff moved in. Games in what was planned to be a double-elimination tournament were rained out for four straight days and a new schedule of single-elimination Saturday games had to suffice.

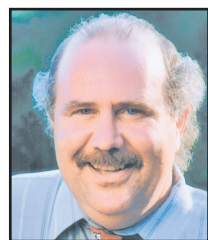
When the mud cleared the South County teams swept all three divisions. In 10U the SCSL Blue

team defeated the SCSL Red in the final. In 13U South County defeated Vinton and in the 17U division it was SCSL over Franklin County.

The new Roanoke Area Youth Baseball Association tournaments began for four age groups last Saturday, with Green Hill Park in West Roanoke County hosting youth games. The Vinton 10U team was knocked out of the tournament with losses to North Roanoke and Salem. The 12U team opened with a loss to North Roanoke but stayed alive with a win over Salem Sunday.

There were also tournaments for 8U and 15U. Look for results in all divisions in next week's sports section.

Brian Hoffman



You can bet on it

I'm on a list to receive e-mails from a guy named Josh Barton, who puts out odds and results of polls on all kinds of sports. I don't know how I got on the list but I get a couple or more e-mails from Barton at www.BetOnline.ag every single day and they're usually interesting to look at.

A day after the NBA draft I got an e-mail from Barton with odds on who will make the NBA All-Rookie team and who will be Rookie of the Year. If you make a wild guess that Victor Wembanyama is at the top of both lists consider yourself a wiener. I've just now learned how to pronounce his name and I better learn how to spell it soon. I still don't know how to spell Antetokounmpo without looking it up, and I'm resigned to the fact that may forever be the case.

Also on that e-mail are odds for who will win the NBA championship next season, and "Wemby's" new team, the San Antonio Spurs, have moved into 20th place among the 30 NBA teams, tied with Brooklyn and Portland and ahead of the Bulls, Jazz and Pacers. How times have changed, as back in October a lot of folks were picking Brooklyn to go to the finals and San Antonio as one of the worst teams in the league. In fact, the Nets were third favorites behind only the Warriors and Celtics to win the championship back in October. The Nuggets, who actually did win, were 11th at +1,800. If you had bet \$100 that the Nuggets would go all the way back in October you won \$1,800 a couple weeks ago.

The current worst team, at 30th overall with the least odds to win the NBA championship, is the Charlotte Hornets. The Hornets are +30,000, so if you bet \$100 on the Hornets to win the NBA championship today and they do so next June, you'll win \$30,000. It's your money but I wouldn't endorse that bet.

I was actually hoping the Hornets would draw the top pick in the draft. That would be really cool to have "Vic" on a team within easy driving distance of the Roanoke Valley. I wonder if Michael Jordan would still be selling the team if that were the case? And certainly they wouldn't be dead last on the championship list.

Looking back on Josh Barton's last e-mail before the draft, he had "WamBam-Yana" odds at minus 50,000 to be the number one pick. In other words, you had to risk losing \$50,000 to win a \$100 bet that he would go first. That was probably a better bet than picking the Hornets to win it all, to be honest. It's like betting that the sun will come up. If it doesn't come

up, you just deal with it and hope you didn't make the bet with a guy named Soprano.

Barton also sends me results of polls and surveys and I received an interesting one last week, ranking the current 10 most hated teams in baseball. BetOnline.ag recently did a social media survey and collected more than 100,000 "negative sentiment" tweets, hashtags and direct keyword phrases for every MLB club over 60 days. For example, "I hate the Yankees," "Yankees suck," "screw the Yankees," "Yankees are garbage," "Yankees are overrated," "Yankees are awful" and "Yankees are horrible" all came up in the sampling. It then tallied up all of those tweets, hashtags and direct keyword phrases to discover which team is the most disliked in all of baseball.

That honor belonged to the Houston Astros since the cheating scandal that was discovered in 2019, when they were banging on a trash can to tip off pitches. However, as of this week the Astros have now slipped to third in the survey behind the Dodgers, with 9,016 negative responses, and Yankees, with 8,712. Houston is third at 7,658.

That's perfectly understandable, because the Yankees and Dodgers are usually good, and on top of that they're more likely to sign free agent players leaving YOUR favorite team. They don't always win the World Series, but they're rarely a "bad" team and have won more championships than most over the years. Remember, people often develop likes and dislikes as children and never let go, ie myself and the Dallas Cowboys. Doesn't matter what they've done lately, when I was a kid they kicked the Eagles' butts every year and I still remember.

So, rest assured the Yankees and Dodgers aren't bad people, it's just that fans of the Ind. . . . "Guardians" and Padres watched them beat their favorite teams like the proverbial drum. And by the way, Rest in Peace that Cleveland guy who beat the drum for years and died back in March. He was one of my favorites.

Completing the top 10 of Most Hated Teams, in order, are the Mets at four, followed by the Braves, Phillies, Red Sox, Padres and Royals. You'll notice they've all been pretty successful of late except for the Royals. What's the deal on that? How can you hate the Kansas City Royals, they rarely beat anyone. Maybe, just maybe, all the 3,642 negative responses came from the Kansas City area.

And the Cubs are 13th!! Who could hate the Cubs???

Who is the "least" hated team in the Major Leagues? Well, according to the survey, that honor belongs to the Arizona Diamondbacks. Next is the Orioles and the rest of the "Least" hated teams, in order through 10th, are the Marlins, Rockies, Blue Jays, Angels, Brewers, A's, Tigers and Rays in 10th, although that could change if they keep winning.

I can remember back in the late '60s and early '70s, when the Orioles were good, there were a lot of folks who didn't like them. Thought Wild Bill Hagy was an idiot. Wouldn't yell "O!!" during the national anthem. Considered Jim Palmer to be a stuck-up ass. Had Reggie Jackson for awhile.

Maybe, if they're lucky, those days will return and folks will hate 'em again. As of my writing this column they're 18 games over .500, and four and a half ahead of the Yankees, so they should be moving up that most hated chart any time now.

But I wouldn't bet on it.

NEW COACHES AT BYRD

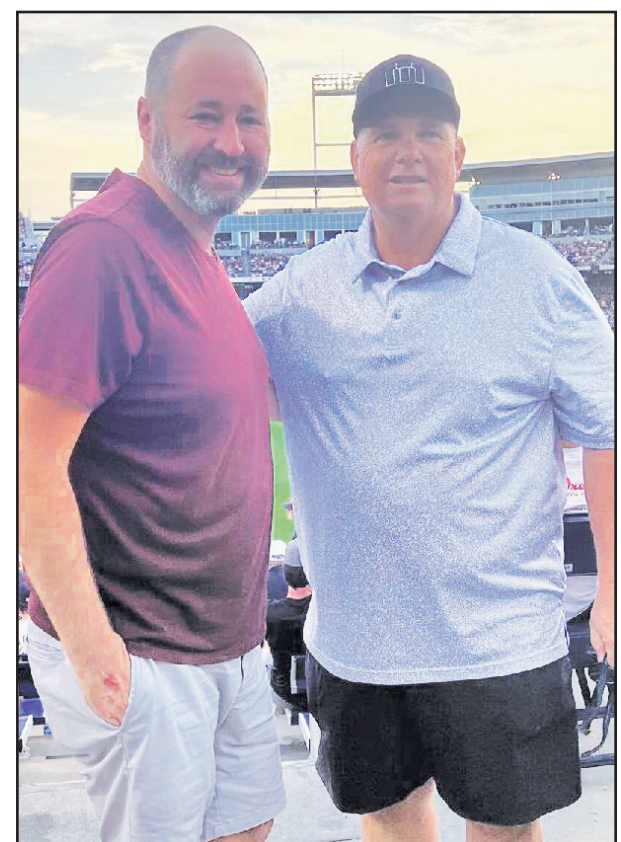
William Byrd High School named new coaches in two fall sports this week. Hunter Thompson will be taking over as head golf coach and two coaches will handle cross country, Kinley Moore and Kayland Bond.

'97 CHAMPS REUNITED

Rodney Spradlin, who coached the 1997 William Byrd baseball team to the state championship, recently met up with Chris Manning, who pitched the Terriers to that coveted title. They both attended the NCAA Division I baseball World Series in Omaha, Nebraska.

It was a little longer drive for Spradlin, who lives here. Manning now makes his home in Des Moines, Iowa, which isn't all that far from Omaha. Chris has his own professional photography business, specializing in weddings and senior portraits.

I can only imagine the stories that were relived between the two Byrd graduates.



Chris Manning (left) and Rodney Spradlin hooked up at the College World Series.

SUBMITTED PHOTO