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Mount Pleasant Neighborhood Watch program connects the community: neighbors looking after neighbors

According to the National Neighborhood Watch program, (a division of the National Sheriff's Association), a neighborhood watch is a group of people living in the same area who want to empower citizens to make their neighborhood safer by working together, and in conjunction with local law enforcement, to reduce crime and improve their quality of life.

The Mount Pleasant Neighborhood Watch in Roanoke County is one of the most active groups of its kind in the area. The organization has put its focus on "neighborhood" and "community" and local needs. They are using their meetings to make their voices heard, to sometimes vent, and to bring in government officials and others who can answer questions and respond to concerns and needs. One attendee said the Neighborhood Watch program "gives us a platform when we feel we have no one listening to us."

"They are a great group of people, very intent on taking care of each other," said Tammy Shepherd who represents the Vinton Magisterial District, which includes Mount Pleasant, on the Roanoke County Board of Supervisors. "I have grown to love that community."



Chad Clark, who grew up in Mount Pleasant, does not want to take credit for leadership of the organization, but he has certainly been instrumental as one of its main facilitators over the past year. He maintains their highly informative Facebook page, sends out notices for the monthly meetings, stays in touch with the Roanoke County police liaisons for Neighborhood Watch, and brings in speakers on topics of interest, outside of crime and law enforcement.

The Roanoke County Police Dept. sums up the purpose of Neighborhood Watch groups as simply

building a relationship between citizens, the Roanoke County Police Dept., and the Roanoke County Sheriff's Office. The Mount Pleasant group meets on the second Thursday of each month at 7 p.m. at the Mount Pleasant Fire Dept. for about an hour.

During the programs, crime statistics and incidents are shared for their area by Roanoke County Police Officer C.M. Forehand, Crime Prevention Coordinator. Citizens learn about problems prevalent in Roanoke

See **Neighbors**, page 9



HCK Hot Chicken held their grand opening in Vinton on July 20 with a ribbon-cutting ceremony. Franchisee Mohammad Al Khalili cuts the ribbon; Chef Gilmore wears the apron.

HCK Hot Chicken chooses Vinton for newest location

Debbie Adams
dadams@ourvalley.org

HCK Hot Chicken, a growing fast-casual restaurant brand known for its fiery Nashville-style cuisine and distinctive original sauces, has opened its first location in the Roanoke area at 2499 East Washington Avenue in Vinton. Founder and CEO Mike Sarago, franchisee Mohammad Al Khalili, and co-founder and Chef Freddy Gilmore celebrated the grand opening with a ribbon-cutting on July 20. A huge crowd turned out to welcome them.

The three say they chose Vinton because of its "community spirit and family-friendly atmosphere." The restaurant is also in a good location, near William Byrd High School, the greenway, and on the way to or from Smith Mountain Lake and the Blue Ridge Parkway.

The restaurant is located inside a long-standing convenience store,



PHOTOS BY DEBBIE ADAMS
HCK Hot Chicken CEO and founder Mike Sarago (left) with local franchisee Mohammad Al Khalili

"Vinton Tobacco & Grocery," which has undergone extensive renovations by Khalili in the past six months and now occupies 1,500 square feet. There is plenty of parking, a drive-thru lane for ordering, and a gas station in that one location.

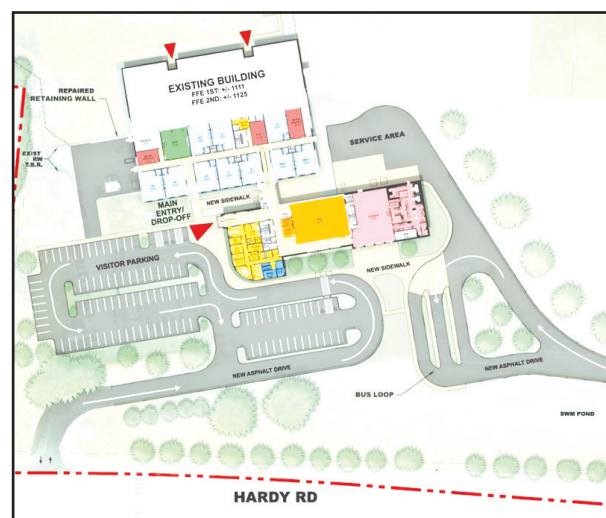
See **Chicken**, page 6

Roanoke County Schools name new administrators; approve construction/renovation projects, including W.E. Cundiff

Debbie Adams
dadams@ourvalley.org

Roanoke County Public Schools Director of Human Resources Jim Bradshaw introduced new administrators for the 2024-2025 school year at the Roanoke County School Board meeting on July 18. Several are assigned to Vinton-area schools; others have Vinton connections. Those in new leadership positions include:

See **Schools**, page 6



GRAPHIC COURTESY OF RCPS
Site plans for renovations to W.E. Cundiff

Bob and Jeanette Patterson Memorial Service scheduled for August 3



PHOTO COURTESY OF ROB PATTERSON
Jeanette and Bob Patterson

Bob Patterson passed away on April 23, 2020. His wife Jeanette passed away on December 17, 2023. Their family will be holding a memorial service for them on August 3 at Mountain View Cemetery at 10 a.m. The service will include time for friends and family to share memories. The public is invited to attend.

Bob and Jeanette McIntyre married on August 13, 1961, and moved to Vinton when Bob was appointed as principal at William Byrd High School. Jeanette served as an office administrator at William Byrd Middle School. They were beloved members of the community for decades. Patterson Stadium at WBHS

See **Patterson Memorial**, page 3

Vinton Farmers' Market welcomes new farm to table meat vendor, Adrain Michael Farms

Debbie Adams
dadams@ourvalley.org

Customers at the Vinton Farmers' Market may have noticed a new "farm to table" meat vendor—Adrain Michael Farms—at the market on July 20. Margaret Helmintoller drove from Covington in a refrigerated truck carrying a variety of meats to sell, including

ham steaks, pork ribs, mild, medium, and hot pork sausage, breakfast links and bratwurst links. It was her first day as a vendor. She hopes to visit the Vinton market once a week.

The refrigerated truck was originally a delivery truck for the LOA Meals on Wheels program. It also has a warmer so Helmintoller can transport samples of meat for,

See **Market**, page 5



PHOTO BY DEBBIE ADAMS
Margaret Helmintoller and Adrain Michael Farms



PHOTO COURTESY OF ADRAIN MICHAEL FARMS
The Batten family farmers

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Mount Pleasant Volunteer Fire Dept. holding Car Show

MOUNT PLEASANT VOLUNTEER FIRE DEPARTMENT

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JULY 27TH 2024
10 A.M. to 1 P.M.

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GRAPHIC COURTESY OF MPFD

The Mount Pleasant Volunteer Fire Dept. will hold a Car Show on Saturday, July 27, from 10 a.m. to 1 p.m. at the fire department located at 3216 Mount Pleasant Boulevard.


The registration fee is \$20. All proceeds go toward restoration of the 1932 Seagrave Fire Truck— the first fire engine ever bought by Roanoke County.

There will be free food cooked by the Roanoke County Sheriff's Dept. and the Roanoke County Police Dept. Chris's Custard will also be on-site.

The Car Show will include raffles and awards, Texas Roadhouse prizes, and giveaways.

To register, or for additional information, email Mpfdmembership@gmail.com or visit the Facebook page at <https://www.facebook.com/mtpleasantvfd/>.

Submitted by Mount Pleasant Volunteer Fire Dept.



Donate School Supplies & Support Students in the Roanoke Valley

Aug. 2 - 3-7 p.m.
Aug. 3 - 10 a.m.-6 p.m.
Aug. 4 - Noon-6 p.m.

Walmart Store Locations:
Bonsack, Clearbrook, Salem & Valley View

Roanoke City Public Schools, Walmart

GRAPHIC COURTESY RCPS

Time to 'Load the Bus'

School starts this year on August 15 in Roanoke County, on August 20 in Roanoke City, on August 8 in Craig County, and on August 19 in the City of Salem. That means it's almost time for the annual "Load the Bus" campaign during the Virginia state sales tax holiday the first weekend in August. These local public school systems are asking for your help in donating school supplies for students in need.

The "Load the Bus" project represents a partnership between the local schools and Walmart. Donations may be dropped off at Valley View, Bonsack, Clearbrook, and Salem Walmarts.

The school supply list includes backpacks, one inch three-ring binders, crayons, glue sticks, colored pencils, washable markers, spiral-bound one

subject notebooks, composition notebooks, folders, black or blue pens, pencils, notebook paper, filler paper, scissors for younger students, highlighters, hand sanitizers, and tissues.

All supplies will be sent to Roanoke City, Roanoke County, Salem City and Craig County Public Schools.

The "Load the Bus" drive runs from Friday through Sunday, Aug. 2-4 at Bonsack, Clearbrook, Salem, and Valley View Walmart stores:

Friday (8/2): 3 p.m.-7 p.m.
Saturday (8/3): 10 a.m.-6 p.m.
Sunday (8/4): 12 p.m.-6 p.m.

Submitted by Roanoke County Public Schools

Vinton History Museum hosting 'Christmas in August'

The Vinton History Museum is hosting a free "Christmas in August" event on Saturday, August 3, from 10 a.m. to 2 p.m. Enjoy a preview of the large animated vintage Santa that will be part of the display for the Vinton History Museum's "Fashions for Evergreens Tree" at the Hotel Roanoke.

Visitors will receive a free Christmas ornament featuring a Vinton historic landmark.

Free refreshments

will include individual snowball cakes, cookies and beverages. Holiday Pop-up Shop gift items will be for sale, also.

Visitors are encouraged to visit the entire museum and enjoy the exhibits and resources.

The Vinton History Museum is open for tours and research every Monday, Wednesday, Friday and the first Saturday of each month from 10 a.m. to 2 p.m., at 210 E. Jackson Ave. in downtown Vinton.

For more information

email info@vintonhistorymuseum.org or call (540)342-8634.

In addition, visit the Vinton History Museum Facebook Page and the Vinton Memories and History Facebook Page for frequent updates and interesting history information.

Submitted by Mary Beth Layman, Vinton History Museum Program Chairman

Solacoustix takes the stage for fourth Mingle at the Market concert on July 27

The fourth Mingle at the Market Concert of the 2024 season is scheduled for this Saturday, July 27, at the Vinton Farmers' Market. Justin Prillaman and Lyndsay Bella will be the opening act for the phenomenal Solacoustix. This week's food vendors will be Mountain Grille and Chris's Custard. As usual, there is a beverage garden sponsored by Blue Ridge Beverage.

The Mingle concert gets underway at 7 p.m. (gates open at 6:30). Admission is \$7. This is a

family event— children under age 12 are admitted free of charge. The summer concert series is hosted by the Vinton Chamber of Commerce.

ID is required. No outside food or beverages are allowed. Bring your own seating. No pets are allowed. There is a "clear bag" policy at the Mingle concerts this year, which means all bags are prohibited except for those that measure 5.5" x 8.5" x 1", clear bags up to 12" x 6" x 12", one-gallon plastic freezer bags, or medically necessary bags and diaper

bags. This year the Boothe Bell Real Estate Team is sponsoring a Kids Zone with a variety of activities with games for children and adults at every Mingle.

Sponsors for this year's Mingle at the Market concerts include Mountain View Real Estate, Rosie's Gaming Emporium, Pok-E-Joe's BBQ, Jamie McCadden with Edward Jones, McCarthy

See **Mingle**, page 5

Saturday, July 27th
7-10PM
Vinton Farmers' Market



\$7 admission kids under 12 FREE



Mountain Grille Food Truck & Chris' Coffee & Custard



Gates open at 6:30

PHOTO COURTESY OF VINTON CHAMBER OF COMMERCE

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OBITUARY

Boothe, William Edward

May 30, 1934 – July 16, 2024

Jesus welcomed William Edward Booth, 90, of Vinton, into the glorious Kingdom of Heaven on Tuesday, July 16, 2024. He passed away at his home of almost 60 years in Vinton.

Billy was born on May 30, 1934, in Webster, Pa., to James Robert Booth Sr. and his precious mother, Edna Leisure Booth, both who preceded him in death. He was also preceded in death by his brothers, James R. Booth Jr. and Robert "Bobby" Booth, and his beloved sister, Sarah B. Overstreet.

His family settled in Vinton where he attended William Byrd and graduated in 1953. After graduation, he enlisted in the United States Navy and served for four years and left the Navy as a Chief Petty Officer. A few years later he enlisted in the Army Reserves and spent a total of 28 years serving his country and finally retired in the early 1990s as an ES Master Sergeant.

In February of 1961, he met and fell in love with Dorothy D. Grant and within five months they were married. Billy worked for ITT for 10 years then left to begin his lifelong career with the United States Postal Service where he spent the next 30+

years delivering mail.

Billy and Dot were married for almost 55 years and adopted two daughters, Tracy Clark and Donna Booth, both of Vinton. He also leaves behind four grandchildren, Cameron Clark of Charlotte, N.C., Michael Pruett and his wife, Kalley, Conner Pruett and his partner, Brandon Fowlkes, and Jacob Scruggs and his girlfriend, Kelsey Campbell; two precious great-grandchildren, Thomas and Elinor Pruett; and countless family and dear friends, too many to name. He will be missed by his First Church of the Nazarene family, neighbors, and everyone he touched. The family would like to give special thanks to Valerie Oakes and the hospice nurses who cared for him over the past year.

A Celebration of Life Service was held at 2 p.m. on Sunday, July 21, 2024, at Oakey's Vinton Chapel. Pastor Cameron Dunlop officiated. Burial was in Blue Ridge Memorial Gardens. Visitation was held from 5 until 8 p.m. on Saturday, July 20, , and one hour prior to the service on Sunday. Condolences may be expressed to the family by visiting www.Oakeys.com. Arrangements were by Oakey's Vinton Chapel, 982-2221.



Beyond Books

By Vinton Library Assistant Molly Meador

It's hot out there; have you come to the library this summer to cool off with one of our chill programs yet?

Summer reading is coming to a close soon! Be sure to complete your logs by Saturday, August 10, to be entered to win one of our prizes. We'll be celebrating the end of Summer Reading with Kona Ice on Tuesday, August 6 from 2-3:30 p.m. Swing by and grab yourself one of these sweet treats to battle the summer heat. Available while supplies last.

Saturday, August 31, is "Play Music on the Porch Day." We may not have a traditional porch, but we plan to celebrate anyway. Come by the front of the library, weather permitting, from 10:30-11:30 a.m. to listen to sweet dulcimer music. If you play an instrument, bring it with you and play along! Stick around or come back by after lunch on the same day for Yard Games from 2-4 p.m. We'll have a variety of fun games for all ages.

It's time for another Puzzle Race on Saturday, August 24 from 2-4:30 p.m.! If you love jigsaw puzzles and speed, this one's for you. If you think you can solve a puzzle faster than anyone else, bring friends and family along to compete. Register your team online today, limited to 4 to a team.

The next Database Detective presentation will be on our Universal Class database on Thursday, August 15 from 2:30-3:30 p.m.

Ever wanted to learn landscaping? Hone your history skills or a new craft? Find out how to use this versatile database to learn something new!

Don't forget to come to the Vinton Community Connection every Friday from 10:30 a.m.-12 p.m. to meet some of your neighbors while participating in a fun mini program. See what we've got planned for you in August:

- August 2- Celebrate National Coloring Day
- August 9- Have some more Art Fun
- August 16- Learn about our Universal Class database
- August 23- Listen to the Star City Dulcimer Quartet
- August 30- Make some awesome Sun Prints

This month's Creations and Temptations will be on Saturday, August 17 from 3-4 p.m. Register online to make your very own hanging air plant terrarium, perfect to decorate your own home or give to a friend as a gift.

This month the Vinton Book Club will read and discuss "Lessons in Chemistry" by Bonnie Garmus on Thursday, August 1 at 3 p.m. The As the Page Turns Book Club will be discussing "A Quiet Life" by Joella Ethan on Wednesday, August 14 at 2 p.m.

Be sure to check out our awesome ongoing programs:

- Open Bridge meets every Tuesday from 1-4 p.m.
- Saturday Morning Cartoons are every Saturday morning from 10:30 a.m.-12 p.m., weather permitting

The Roanoke Valley Dulcimers meet Saturday, August 17 from 10:15 a.m.-12:30 p.m.

The Blue Ridge Dulcimer Ensemble will play Monday, August 26 from 6-7 p.m.

Teens, ever wondered what it's like to answer a 911 call? Register online to learn about the Adventures of a 911 Dispatcher on Tuesday, August 27 from 4-5 p.m. and play a game of Jeopardy to test your knowledge with staff from Roanoke County's Emergency Communication Center. We will also have Teen Tech: VR Gaming on Thursday, August 8 from 2-3 p.m.

Register online for this month's The Wild Robot Book Club on Tuesday, August 13 from 5-6 p.m.; we'll be talking about "The Wild Robot Protects" by Peter Brown with activities and a collaborative craft! Don't forget about our awesome ongoing children and teen programs:

- D&D for teens (and adults!) is on Monday, August 5 from 5:30-7:30 p.m.
- Saturday is Saturday, August 10 from 11:30-12:30; register online for your 15-minute slot to read to a cat!
- Anime Club for teens is on Monday, August 12 from 6-7 p.m.
- Teen Book Chat for middle and high schoolers is on Monday, August 19 from 5-6 p.m.

As always, be sure to register for and check out all the programs RCPL has to offer across the county by visiting www.rocolibrary.org.

Chittum Family Reunion scheduled for July 28

This year's Chittum Family Reunion is scheduled for Sunday, July 28, from 11 a.m. to 4 p.m. at the Charles R. Hill Community Center in Vinton. The reunion is always held on the last Sunday in July. The community center is located on the grounds of the Vinton

War Memorial at 820 East Washington Avenue. Dress is casual for the potluck-style meal. For more information, email Treasurer Chelsea Roark at Chelsea@floydwarddance.com.

Submitted by Chelsea Roark

Bingo benefits Vinton Breakfast Lions Club

Bingo lovers, mark your calendar for Saturday, August 17, from 11 a.m. to 2 p.m. when an afternoon of Bingo will benefit the Vinton Breakfast Lions Club, who complete a host of community service projects throughout the year in and around Vinton.

The doors will open at 10:30 a.m. at Star City Rehab and Nursing, located at 1047 Mecca Street, NE, in Roanoke, just behind the former Jersey's Lily's on Route 460.

Tickets will be sold in advance for \$25 (\$30 at the door). That price includes a buffet lunch, 20 rounds of Bingo, a door prize ticket, and a cover-all (black out) round for a grand prize valued at over \$121 (Slim Wallet & Wrist Strap, Cold Brew Pitcher, and coffee pouches). Lunch includes

assorted sandwiches, fruit salad, chips, cookies, and beverages (at no charge).

Additional Bingo cards, Bingo daubers, cover-all cards, and door prize tickets will be available for purchase the day of the event. There will also be a 50/50 drawing.

All Bingo prizes will be Pampered Chef and Thirty-One Products.

Contact Chris McCarty (540-761-5840), Gary Myers (540-309-6155), or Diane Taylor (540-520-7967) to pre-order and purchase tickets. Bingo games are for ages 14 and over. Tickets will sell out fast, so pre-order or purchase tickets by August 10 to reserve a spot.

Submitted by Vinton Breakfast Lions Club



Saturday August 17, 2024
Star City Rehab and Nursing, 1047 Mecca St. NE, Roanoke VA 24012

Benefits Vinton Breakfast Lion's Club

Doors open at 10:30 AM
Bingo starts promptly - 11:00 AM - 2:00 PM
Bingo games for ages 14 and older

Tickets are \$25 in advance and \$30 at the door
Food buffet includes assorted sandwiches, fruit salad, chips, cookies and beverages (at no charge)
20 rounds of Bingo, a door prize ticket, and a cover-all round for a grand prize valued at over \$121! (Slim Wallet & wristlet Strap, Cold Brew Pitcher and coffee pouches)
Door Prize Drawing
50/50 Drawing
Bingo Daubers for sale

Come out for an afternoon of fun and bingo! Prizes are Pampered Chef and Thirty-One Products. Additional Bingo cards, cover-all cards, and door prize tickets will be available for purchase the day of the bingo.
Thank you in advance!

PHOTO COURTESY OF VBLC

Patterson Memorial

from page 1

was renamed after Mr. Patterson.

Bob was born in Rocky Mount, N.C., in September 1936. As a child, he worked setting up bowling pins and on tobacco farms, "putting in" tobacco. He attended Arlington Street Baptist Church with his mother faithfully and was a loving and faithful servant of Jesus Christ every day of his life.

The youngest of four children, Bob developed a love of sports at an early age. He spent a great deal of time at the Rocky Mount YMCA, playing sports and watching old cowboy movies on Saturday mornings. He was fast, could hit a baseball and could shoot a basketball. However, it almost all came to an end when he developed a serious case of rheumatic fever in the ninth grade. He was hospitalized for three months; he felt that the illness impacted his speed. Nevertheless, Bob lettered in football, basketball, and track.

While Bob was quarterback and halfback, Rocky Mount High never lost more than three games in a season. He was scouted by the Cleveland Indians and played for a semi-pro team for a while.

Bob received an athletic scholarship to East Carolina College, playing football and running track. He set a record in the 880 that remains to this day for East Carolina College. He was recruited while at East Carolina to teach science and to coach football and track at Andrew Lewis High School in Salem, beginning in 1958.

Bob held several positions at Andrew Lewis in the 1960s, including chairman of the Science Department and athletic director. He then became principal at William Byrd where he remained for 34 years until 1999—the longest tenure for a Virginia high school principal at the time.

He was only 29 years old when he was named principal at William Byrd—one of the youngest principals in the state. When he retired, he was Virginia's longest serving high school principal.

He cared deeply about students, teachers, and staff, attending athletic and other events throughout his tenure and getting to know most students by name. When Bob retired as principal, students and faculty both shared that it was as if they were losing a member of the family. He was described as energetic, friendly, supportive, approachable, and an avid practical joker. He often wore a "Golden Attitude" pin and always tried to model this attitude for others and to live by the Golden Rule.

In addition to serving as principal of WBHS, Bob was also involved in the Lions Club, the Virginia High School League (Hall of Fame Class of 2000), the Vinton Planning Commission (for over 21 years), the Vinton Highway Safety Commission (for over 46 years), the Vinton First Aid Crew Board of Directors, the Dogwood Festival, and many other community organizations.

He was Father of the Year for Education in

the Roanoke Valley in 1985. He was a regular blood and platelet donor, donating over 35 gallons, during the course of his life. After retirement, Bob volunteered at Berkshire Healthcare Center from 2006-2019. He was also a member of the "Caroloa Chorus," a singing seniors chorus, performing at nursing homes in the Roanoke Valley area.

Bob was a man of strong Christian faith, coming to Vinton Baptist Church in 1965 from Salem Baptist. He taught Sunday School for about 35 years and became a Life Deacon in 2010. He also preached at the Roanoke Rescue Mission on designated nights as part of the church's outreach program.

"Bob was one of the finest human beings I have ever met in my life," said Coach Norm Lineburg. "He never cursed, never said a bad word about anyone. He was a loyal friend. Bob was so intelligent, and also such a tremendous athlete. He could coach any sport. He was always so positive. The kids loved him. On sports trips he would make sure all the kids were taken care of, especially those who didn't have as much. He also loved to play jokes and kid around—he was such a fun guy—tremendous with kids and adults."

"He was not an 'I' person; he was a 'we' person," said Lineburg. "He was always helping someone. He was as close to a perfect person as I have ever been around."

Jeanette Patterson was born on July 5, 1937, also in Rocky Mount, N.C.

After graduating from East Carolina College and establishing herself with the Social Security Administration in Lynchburg, she married with other duties, allowing her to establish lifelong relationships with many students she followed through high school and into adulthood.

She had many, many

activities, eventually taking a position in the William Byrd Middle School office, taking attendance and assisting with other duties, allowing her to establish lifelong relationships with many students she followed through high school and into adulthood.

She had many, many

friends and colleagues throughout her life. She spent many days helping with the Roanoke Valley SPCA, the Vinton Baptist Sunday School and Vacation Bible School, but her focus was always on her family.

In December 2019, the Pattersons moved to Maryland to be near their family.

CROSSWORD

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CLUES ACROSS

1. Droop
4. Rested in a chair
7. Thai (var.)
10. Draw out wool
12. Coatis genus
14. Taxis
15. Beige
16. Supplementing with difficulty
17. Capital of Norway
18. A personal written history
21. Cologne
22. Australian flightless bird
23. Lowest freeman; early Eng.
25. 18th C. mathematician Leonhard
28. Cabinet Dept. for homes
29. Languages of Sulu islands
33. More scarce
35. Before
36. Swiss river
37. Actress & director Lupino

CLUES DOWN

1. Point midway between S and SE
2. Genus of birds
3. Personal spiritual leader
4. Japanese rice beverage
5. Eared owl genus
6. Wood oil finish
7. Hyphen
8. Competently
9. Equal, prefix
11. Broad-winged soaring hawk
12. A collection of star systems
13. Be in accord
14. Links subject & predicate (linguistics)
19. Paddles
20. Asian river between China and Russia
23. Physicists Marie or Pierre
24. Excessive fluid accumulation

CLUES DOWN

26. _____ Dunlap, pageant titleholder
27. Made again
28. Norse goddess of death
30. A waterproof raincoat
31. Express pleasure
32. _____ Lanka
34. Radioactivity unit
39. Clay blocks for building
40. Linear unit
42. Conductor tools
43. Whale ship captain
46. Queen who tested Solomon
48. Good Gosh!
51. A gangster's girlfriend
52. Unstressed-stressed
53. Draw through holes
54. Old Italian monetary units
55. Musician Clapton
56. Ceremonial staff of authority
57. Fabrics of camels or goats
58. A very large body of water
61. Basics



The reception for all the international delegates was held in the GFWC International President Deb Strahanoski's suite.



PHOTOS COURTESY OF KATHRYN SOWERS
Kathryn Sowers (chair of the International Liaison Committee) carries the Canadian flag at the GFWC Woman's Club International Convention.

GFWC Woman's Club members attend International Convention

Kathryn Sowers (GFWC Vinton Woman's Club), Camilla Cabaniss (GFWC Vinton Woman's Club, GFWC Roanoke County Woman's Club and Blue Ridge District president), and Marlene Wine (Roanoke County Woman's Club) attended the 2024 International GFWC Clubs Convention in Chicago, Ill., from June 28-July 1.

The General Federation of Women's Clubs is the nation's oldest nonpartisan, nondenominational women's volunteer service organization which unites local women's clubs in a collective effort to strengthen communities and enhance the

lives of others through volunteer service. GFWC is an international organization in all 50 states, the District of Columbia and 13 countries worldwide.

GFWC members are community leaders who advocate for domestic and sexual violence awareness and prevention programs, and programs and services to support children. Each April the Vinton GFWC Woman's Club partners with the Vinton Police Department to plant a pinwheel garden at the Municipal Building to raise awareness of child abuse.

Woman's Club volunteers work

locally to impact their communities by supporting the arts, preserving natural resources, advancing education, promoting healthy lifestyles, and encouraging civic engagement.

During this year's convention, Kathryn Sowers, GFWC International Liaison chairman, and her committee served as hostesses to delegates from six countries. These ladies brought with them decades of volunteer service to their countrymen. This included recognition of each international delegation at the opening ceremonies, certificates of recognition of their programs and projects, a special

reception in their honor, and the Community Impact Program award for the Cre-Ser Women's Club in San Paulo, Brazil. This club took their club house and renovated it into a school to help people get back on their feet.

During the 2022-24 administration, four new international clubs were chartered in the countries of Austria, Belize, and Uganda. It has been an exciting time to add four new clubs to the 20 existing international organizations who are a vital part of GFWC.

Submitted by Kathryn Sowers

Gospel Plowboys to perform at Blue Ridge Baptist on August 4

The Gospel Plowboys will be performing at Blue Ridge Baptist Church on Sunday, August 4, at 5 p.m.

The Gospel Plowboys is a bluegrass gospel group dedicated to "spreading the good news of Jesus Christ and His saving grace." The group was founded by David Murph after two years of diligent prayer seeking God's guidance. He had a passion for the mandolin and three- and four- part harmonies, but more

than that, he had a passion for seeing people come to know Jesus as their Lord and Savior— "Plowing the ground, planting the seed...that Christ died for you."

The group is known for dressing in denim bib overalls, white shirts, and red ties. According to the band, their attire is in tribute to the 1930s when bluegrass music was becoming popular and, during a time when the nation was facing

terrible problems— much as it is now. "We must get back to loving God and putting him first!"

The event is free to the public. A voluntary love offering will be taken.

For more information email brbcvinton@gmail.com. Blue Ridge Baptist Church is located at 2410 Hardy Road in Vinton.

Submitted by Maxine Meade, Blue Ridge Baptist



PHOTO COURTESY OF GOSPEL PLOWBOYS

The Gospel Plowboys to perform in Vinton, Aug. 4.

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

BAPTIST (COOPERATIVE)
VINTON BAPTIST CHURCH - 219 Washington Avenue, Vinton. Rev. Dr. Travis Russell, 343-7685. Sunday Services (year-round): Sunday School 9:15 AM, Morning Worship 10:30 AM; Wednesday Services (during the school year): Worship, Bible Study, Children's Choirs & Youth Ministry 6:15 PM.

CHURCH OF CHRIST
DALERIDGE CHURCH OF CHRIST
- Will you "come back to the Bible", learn more and follow Him? If you live locally in this beautiful Roanoke Valley ad Botetourt County area there is a Church, you will know it's the ONE when you see the name on the end of the building that reads Church of Christ. 7165 Cloverdale Rd., NW, Roanoke, VA 24019. We offer a free 3 lesson, open Bible course entitled "Back to the Bible." (Only available in home or at our Church location). Sign up now on our website, daleridgechurchofchrist.com or email your request to comeback2thebible@gmail.com. May God bless you in your choices. Choose Jesus.

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

FOURSQUARE
EVANGEL CHURCH - 2330 Hardy Road, Vinton (corner of Hardy Road and Feather Road), 540-982-3694, www.evangel4sq.com, Pastor Tim Wright. Worship

VINTON

WORSHIP DIRECTORY

DEALING WISELY

1 Samuel 18:1 through 20:42
"In everything he did he had great success, because the Lord was with him" (1 Samuel 18:14).

If ever there were ample reason to justify retaliation, David certainly qualified. Repeatedly wronged by King Saul, David always responded with respect and love. Even when he had the opportunity to kill the treacherous king, David restrained himself. Because of his willing submission to Saul's God-given authority, David was crowned king over Israel. There are times when we too are wronged by those in authority over us. At such times, we often feel justified in rebelling, thinking that we are simply standing up for ourselves. But rebellion will only reduce us to the spiritual maturity (or immaturity) level of the authority who is hurting us. Instead of rebelling, we should seek to discuss any problems with our abusive authority (Romans 12:18). If our authority continues in the abuse, then we, like David, must do all we can to protect ourselves by leaving the abusive situation. Leaving, however, does not imply license to judge our abusive authority. Only God has the right to judge and to vindicate.

Thought for Today: Abusive people are wounded people, and wounded people often hurt others.

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

Service Sunday, 10AM. Bible Study Wednesday 11AM-12PM.

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

NAZARENE
FIRST CHURCH OF NAZARENE, 728 Highland Ave., SE, Roanoke, Virginia. 342-4003. Sunday Morning Worship 10:30 a.m., Sunday School 9:30 a.m., Wednesday Night Bible Study 7 p.m.

PRESBYTERIAN
CAMPBELL MEMORIAL PRESBYTERIAN CHURCH, 1130 Hardy Rd, Vinton, VA, 540-343-1842; cmcpc2verizon.net Sunday school 9:45am, Worship 11:00am; Communion 1st Sundays; 2nd

Sunday Session; Monday Noon Bible Study; Tuesdays & Thursdays Stretch Class 9:00am; 1st Tuesdays Deacons; Wednesday Choir 7:00pm; Monday Girl Scouts 7:00pm; 3rd Saturday Men's Breakfast 8:00am. Rev. Jonathan Moelker, pastor

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

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



Remembering Vinton

Remembering Vinton 50 years ago in July, 1974

with the Vinton Historical Society

Government officials in the Town of Vinton spent most of July 1974 focused on a proposal to make the town into a “third city” in the region.

Annexation had been a hot topic in the valley for years with one government or another determined to annex a neighbor and increase their tax base and area for potential industrial growth.

The current plan offered up by two local governments was for Roanoke County to be taken over by (disappear into) Roanoke City and Salem. Roanoke City wanted to annex all of Roanoke County; however, Salem wanted the western half.

Under the proposed “third city” plan, Vinton would take a significant portion of East Roanoke County and become a city. The acquisition of land extending to Botetourt and Bedford County lines would increase the population of Vinton from 8,000 to over 16,000.

On July 3, 1974, Gus Nicks was sworn in for another year as mayor of Vinton at the Vinton Town Council meeting. Henry Brabham, Elmer Cox, and Dick Horn took the oath of office to serve on Town Council and took on the annexation problem.

Nicks and most other Vinton officials were said to favor preserving the county and remaining a town within the county, making the “third city” move only if the “demise” of the county became probable. Town Manager Ron Miller supported the “third city” idea. Town Council proposed a citizens’ referendum throughout the valley to gauge public sentiment. Roanoke County supported the referendum plan.

Eventually, Roanoke City and Salem “slammed the door” on the referendum proposal and rejected the plan to “poll the populace,” leaving the decision on annexation up to the courts.

On July 31, 1974, the Town of Vinton presented a formal petition to the Roanoke County Circuit Court to annex an area of Roanoke County doubling Vinton’s population and increasing its land area seven times.

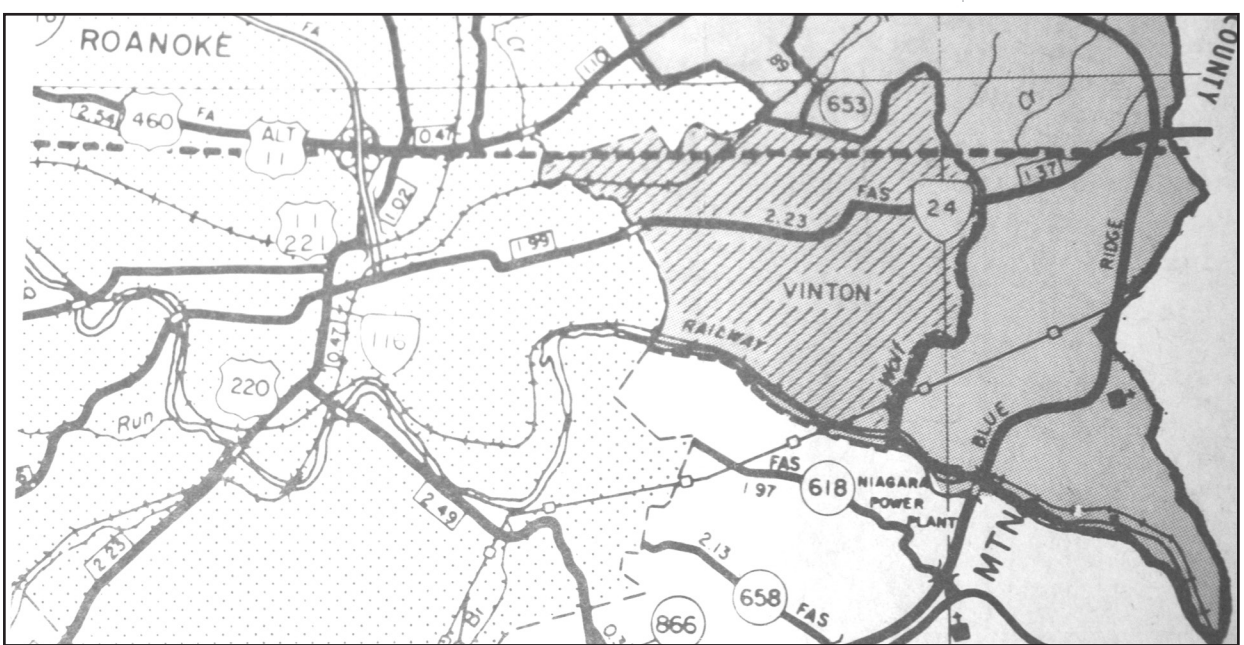
The proposed ordinance explained the town’s reasoning, “Separate interests, loyalty, community pride, and residential amenities distinguish the inhabitants of Vinton from their neighbors in Roanoke.”

In other news from Vinton in 1974, Roanoke County approved a valley-wide cable television system which included Vinton. The Virginia Department of Health issued a permit for operation of a regional landfill in the Mayflower Hills section of the county.

As for crime, Vinton police chased thieves for 10 blocks with the robbers dumping stolen TV sets and stereo units out of the getaway car and then jumping from their Volkswagen mini-bus and abandoning it on Washington Avenue. The goods had been stolen from Holdren’s on East Lee Avenue around 4 a.m. with the thieves using a bumper jack to break the display window.

Also in July, the Vinton First Aid Crew rushed to Carvin’s Cove to search for a young scuba diver who drowned in about 35 feet of water.

Local student artist Walt Hodges won the design competition sponsored by the Vinton Chamber of Commerce for welcome signs to be placed at the



The proposed boundaries of Vinton under the “third city” proposal in July 1974. The existing Vinton was shown with diagonal lines. The Vinton Messenger was taken to task for publishing the map.



VINTON MESSENGER ARCHIVES

William Byrd senior Walt Hodges won an award (presented by Frank Stone) for designing the five entrance signs to Vinton. Hodges continued his art career and is now a renowned local artist in the Roanoke area.

five entrances to Vinton. The contest was open to students from William Byrd High School and Middle School. Forty students entered. The theme of the designs was “Progress–Beauty–Education–Industry” and included Dogwood blossoms.

The Vinton Messenger said Hodges was active in the Tootin’ Terrier Band and was drum major in 1974 as a senior. He also participated in forensics, and the one-act play festival presented by the William Byrd

Thespians and was recognized as the Outstanding Senior Boy in Art and Drama at the 1974 Senior Awards banquet.

Rainfall was 60% below average in the summer of July 1974. Smith Mountain Lake was down about two feet.

Republican Congressman Caldwell Butler voted to impeach President Richard Nixon that month, saying “Watergate is our shame.”

Mingle

from page 2

Tire Service, Pollard 107 South, HomeTrust Bank, MemberOne, RVTV3, the Vinton McDonald’s, Bank of Botetourt, ALCOVA Mortgage, Blue Ridge Beverage, the Town

of Vinton, Roanoke County, Coastal Insurance Planning, Neely’s Accounting, Magnets USA, Oakey’s, Fox 910 Radio, the Boothe Bell Real Estate Team, ServPro, Vertex Signs,

and The Vinton Messenger.

Check the Facebook pages of downtown restaurants (Pok-E-Joe’s, Pollard 107 South, and Twin Creeks Brewing Company) for special menus

and events before and after the Mingle concerts.

The remainder of the Mingle at the Market concerts are scheduled for August 10 (Eric Wayne Band & Karlee

Rea), August 24 (Five Shades of Gray), September 14 (Gasoline Alley and Filthy Souls), and September 28 (Fuzzy Logic).

– Vinton Messenger staff report

Market

from page 1

products she has prepared and brought along for customers to taste test.

On future Saturdays, she will add beef steaks and roasts, meat loaf mix, Salisbury steaks, burgers, filets, beef bratwurst, brisket, cube steak, strip steaks, flank steaks, rib-eyes and stew meat. Goat meat is another one of their featured products, along with lamb-chops, leg roasts, shanks, shoulder roast,

and sirloin chops.

“Farm to table” refers to the Adrain Michael Farms based in Covington and surrounding areas (Rockbridge County, Alleghany County, and Sweet Springs in West Virginia), owned and operated by the Batten family.

They raise grass-fed animals, namely cattle, sheep, goats, pigs, and chickens. Eventually, Helmintoller will be bringing

chicken and turkey eggs to sell on the market. The meats are processed at a USDA-inspected facility.

Justin and Jonathan Batten are fourth generation farmers, involved with farming all their lives, as were the generations before them. When they graduated from high school, they each were given a cow to start things off.

They sell meat in Covington from

their retail store on Alleghany Avenue.

Helmintoller says the Town of Vinton and Vinton Farmers’ Market Director Caroline Loveland greeted them with open arms as new vendors.

For more information on their products and schedule, visit the Adrain Michael Farms Facebook page at <https://www.facebook.com/profile.php?id=61561584879130>.

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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Schools from page 1

- William Byrd High School Principal Travis Anderson (formerly Assistant Principal at Byrd)
- Cave Spring Elementary Principal Arrin Alaniz
- Clearbrook Principal Laura Bell (a WBHS graduate)
- Green Valley Principal Sheree Anderson
- Northside High School Assistant Principal Elizabeth Mauck (a WBHS graduate)
- WBHS Assistant Principal Hannah Prater (formerly Testing Coordinator at Byrd)
- WBHS Assistant Principal Kevin Richardson (formerly Dean of Students at Hidden Valley Middle, long-time coach in Vinton area)
- Cave Spring Middle School Assistant Principal Stacey Galle
- Hidden Valley Middle School Assistant Principal Ronald Coleman
- Cave Spring Elementary Assistant Principal Robyn Goodman
- Clearbrook and Back Creek Assistant Principal Martha Burton
- Glenvar Elementary Assistant Principal Christine Stanley (former Bonsack Elementary teacher)
- Green Valley Assistant Principal Holly Deaner
- Mt. View Assistant Principal Tabitha Meyer
- Penn Forest Assistant Principal Julie Noell
- Supervisor of Social Studies Phillip Martin (formerly Assistant Principal at WBHS)
- Supervisor of Special Education Elizabeth Whitehead (formerly WBHS Special Education Coordinator)
- Dean of Students HVHS Maggie Coffey
- Dean of Students NHS Jeffrey Swanson
- Dean of ASTEP Michelle Lionberger

Nancy Hans from the Partnership for Community Wellness and Karen Garlow, Supervisor of School Counseling Services and Student Records for RCPS, presented the results of the 2024 Youth Risk Behavior Survey to the School Board. The survey has been administered biennially in RCPS in grades 6-12 since 2002. The data they

highlighted came from the February 2024 survey.

The survey measures personal safety, violence-related behaviors (family, gang), substance use, depression/suicide ideation, sexual behavior (high school), body image, exercise, bullying behaviors, technology use, family and community factors, and vaping. Students were also asked about their perceptions of peer and parent disapproval and their own perception of possible harm to themselves from drug, tobacco, and alcohol use.

Overall results indicate that high school and middle school students report:

- decreases in alcohol, tobacco, marijuana, dabbing, and prescription drug use
- decreases in bullying behaviors among high schoolers, but remaining about the same for middle school
- decreases in depression, anxiety, suicidal ideation, and intentional self-injurious behaviors
- decreases in concerning online/cell phone behaviors among high schoolers, while middle school students report decreases in screen time

Among middle school students, just 21% said they had ever used alcohol; in high school, 18%. Four percent of high school students had driven while drinking.

Four percent of middle schoolers had tried marijuana; 18 % of high school students. Six percent had driven while under the influence.

School Board member Tim Greenway expressed concern about retailers located near middle and high schools who sell tobacco and other substances. School Superintendent Dr. Ken Nicely explained that a new law allows localities to pass ordinances restricting such sales.

As for the Internet and social media, 90% of middle school students received cell phones before they were 14 years of age; 88% of high schoolers.

Forty-three percent of middle school students said they watched screens three or more hours a day; 58% in high school.

Middle schoolers reported that 75% of their parents had clear rules on the use of social media and electronic devices; 67% of high schoolers.

Hans commented that “Childhood is

too short to spend on a cell phone.”

As for mental health concerns, 31% of middle schoolers and 39% of high schoolers reported feeling sad/hopeless almost every day for two weeks. Thirty-three percent of middle school students and 44% of high school students reported feeling anxious almost every day for two weeks or more, impacting daily life and activity.

Seventeen percent of middle schoolers and 23% of high schoolers seriously considered suicide in the past 12 months. Thirty-five percent of middle school students and 33% of high school students reported self-injurious behaviors.

The good news is that 77% of middle school and 87% of high school students are aware of resources if they have thoughts of self-injury or suicide. Seventy percent of middle schoolers and 63% of high schools acknowledged that school personnel let them know when they do something well. Eighty-four percent of middle schoolers and 82% of high schoolers have one or more adult, other than parents, who encourage/listen to them. Ninety-three percent of middle and high school students think there are many chances to get involved in school activities outside of class.

Fifty-two percent of middle schoolers and 37% of high schoolers volunteer in their community. Ninety-four percent in middle school and 91% in high school have at least one parent who knows where they are and who they are with when they aren't at home.

Hans and Garlow discussed various community resources available to students and their families to deal with issues measured in the survey.

The School Board took action to approve a Comprehensive Agreement between the School Board and Branch Builds, Inc., for construction of the new Career and Technical Education (CTE) Center in Roanoke County along with renovations to W.E. Cundiff Elementary in Vinton and Glen Cove Elementary to mitigate open classrooms. The Roanoke County Board of Supervisors approved the agreement at their meeting on July 23.

Representatives from RRMM Architects and Branch Builds, Inc.,



GRAPHIC COURTESY OF RCPS

Architectural rendering for W.E. Cundiff after renovations

described the projects in some detail. The CTE Center will occupy approximately 120,000 square feet on recently purchased property off Peters Creek Road. Construction costs of the CTE project will total \$75,882,744.

The renovations and expansions to Glen Cove Elementary School will include extensive renovations to the interior of the building (approximately 60,500 square feet of renovations serving a core capacity of 580 students) and approximately 6,000 square feet of new additions, transforming the open-classroom floor plan concept into enclosed classrooms. The cost of the Glen Cove project will be \$26,985,330.

Construction services for renovations and expansions to W.E. Cundiff Elementary School include extensive renovations to the interior of the building (approximately 60,500 square feet of renovations serving a core capacity of 620 students), and approximately 15,900 square feet of new additions. The renovations will also be transforming the open-classroom floor plan concept into enclosed classrooms. The cost of the WEC project is \$29,946,814.

The total cost for the three schools will be \$132,814,888.

RCPS Director of Facilities and Operations Todd Kageals commented that the comprehensive plan approved encompasses the “right design, right size, and right price.”

School Board member David Linden thanked the Board of Supervisors for ultimately shifting funds to take on 78.5% of the debt for these three schools. Tim Greenway noted that the construction of the new CTE center will affect a generation of Roanoke County students and will become a major economic driver in the region. As a realtor, he said that the first question he gets concerning a property is “What are the schools like?”

Chicken from page 1

Essa Alsmawi is the manager; Dave Baer, the operations director. The store currently has 11 employees.

Grand openings usually involve food, and this one was no exception. The first 24 people in line received a free sandwich; everyone else had the opportunity to enjoy a chicken sandwich for just \$5 all day. There was a prize wheel at the counter for customers to spin and win free food on their next visit, and even the chance to sign up to win free sandwiches for a year.

HCK Hot Chicken offers dine-in, drive-thru, and delivery through GrubHub, Uber Eats, and DoorDash. Hours are Monday through Saturday

from 7 a.m. to 10 p.m. and Sunday from 10 a.m. to 9 p.m.

Mike Sarago and his son Anthony, along with Chef Gilmore, founded the first HCK Hot Chicken restaurant in 2020 in Woodbridge, Va., during the pandemic. Their idea was to bring Nashville-style food to the East Coast. Starting a franchise was not on their radar at the time. However, Sarago says HCK Hot Chicken has been “full speed ahead” since its inception. So, in 2022, they decided to launch a nationwide franchising program.

Now there are HCK Hot Chicken restaurants in Virginia in Woodbridge, Stafford, Spotsylvania, Herndon, and Vinton.

Additional establishments are located in Sarasota, Fla., Fort Worth, Texas, Buffalo, N.Y., Greenville, S.C., Waldorf, Md., and West Caldwell, N.J. Their dream is to expand into every state, and locally into Roanoke and Salem.

Their menu features Nashville-style chicken sandwiches (which Gilmore describes as “succulent”), classic and boneless chicken wings (“big wings, not “parakeet wings,” he says), chicken tenders, chicken and Belgian waffles, loaded fries, loaded mac and cheese, coleslaw, fried pickles, fried donut drops, and more.

You can choose your spice/heat level— country style (no heat), Base



PHOTO BY DEBBIE ADAMS

Vinton's HCK Hot Chicken operations director Dave Baer (left) with manager Essa Alsmawi

(cayenne), After Burner (habanero), Angry Hot (Trinidad Scorpion), or Medic (Carolina Reaper—the hottest pepper). Sauces can be served on the side for the less adventurous. You can buy a bottle of your favorite sauce to take home. There are more sauce choices for the wings.

All of their dishes are gluten and allergen free. There is no MSG to be found and no peanut oil. The chicken is farm-raised, fed only vegetables and grains, with no use of growth-boosting chemicals. Gilmore calls it “clean fried food.”

Their recipes were

developed by Chef Gilmore who honed his culinary skills while serving for 14 years in the U.S. Navy, achieving the rank of Chief Petty Officer, cooking for admirals and four-star generals. He also served as the special events catering chef in the White House.

Franchisee Mohammad Al Khalili has lived in the Roanoke Valley for many years with his wife and their three daughters. With an extensive background in economics and two diplomas from Harvard, he has been a corporate investment banker here for some 16 years, as well as in Qatar, Jordan, and

the United Arab Emirates.

Sarago says he knew immediately when he met Khalili that “he was the kind of person I wanted to partner with” for the next HCK franchise. Khalili says that HCK Hot Chicken served “the best chicken I have ever tasted,” ending his search for a restaurant to occupy space in the convenience store.

HCK Hot Chicken is known for its involvement in the community and the owners and franchisee plan to continue that tradition with the Vinton location— especially in the local schools. The mission of the HCK franchise is “Unity through Food,” harnessing the power of food to bring people together. Their belief is that “food unites us and can lift people up.”

For more information on HCK Hot Chicken in Vinton, visit the Facebook page at <https://www.facebook.com/hckhotchickenvinton/> or call 540-566-4859.

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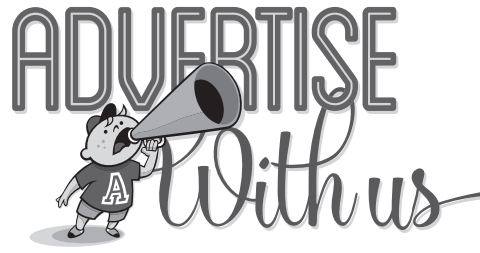
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From the Pulpit By Pastor Bryan Crouch, Lynn Haven Baptist Church

A Study of Ephesians – The Armor of God, Part 2

Our focus at Lynn Haven Baptist Church for 2024 is on Discipleship. Discipleship is the process of becoming more like Christ tomorrow than you were today.

Ephesians 6:18-20 is a passage from the Bible that emphasizes the importance of prayer in our spiritual lives. It encourages us to pray at all times and in all situations, with perseverance and on

behalf of all believers.

This passage comes right after the description of the Armor of God in Ephesians 6:10-17. The Armor of God is a metaphorical representation of spiritual protections that God provides us to face the challenges of life. It includes pieces like truth, righteousness, faith, and salvation, all of which help us stand firm against

spiritual attacks.

In Ephesians 6:18-20, prayer is depicted as a vital component of the Armor of God. Just as soldiers equip themselves with armor for protection, we must also equip ourselves with prayer for spiritual defense. Prayer connects us to God's strength and guidance, empowering us to withstand the trials and temptations of life.

Furthermore, this passage highlights the importance of praying for others, not just ourselves. By interceding for fellow believers and asking God to strengthen them in their faith, we build a supportive community that uplifts and encourages one another. Not only do we need the Armor of God to fight Satan's attacks, but we also need each other's prayers.

Neighbors from page 1

County and they are asked by law enforcement what they are seeing in their neighborhoods to prioritize as areas of concern.

The meetings give citizens the opportunity to meet their neighbors and get to know the different agencies within Roanoke County to see how all the pieces fit together.

Theirs is a free program; there are no dues. You do not have to be a Roanoke County resident to attend. The Mount Pleasant Neighborhood Watch group, in particular, is not only active, but growing quickly. Most who attend have been part of the community for years, some for their whole lives, but there are newcomers as well.

To open the June 13 meeting (which had an attendance of about 40), Officer Forehand first covered three recent crimes involving an assault, a drug overdose which resulted in a fatality, and the theft of a moped. The group discussed not only the crimes, but, in some instances, ways they could have been prevented (for instance, anti-theft devices).

"We need the public to be vigilant," Forehand said.

Clarksaid that his involvement with the Neighborhood Watch program began last year when he and his neighbor were the victims of crimes, in "broad daylight." He attended the Neighborhood Watch meeting

and found five people there and decided, "this has to change."

"If you see suspicious or or criminal activity, call the police," Clark commented. "Doing nothing hurts our community. I've learned a lot over the last year (and am still learning) from talking with Officer Benton, and now Officer Forehand, about how RCPD is a Data Driven Department— in a nutshell, due to staffing, if they aren't getting calls, then that area is not getting patrols as frequently, so we have to do our part and look after one another and when we see something we need to report it ASAP."

He believes that crime prevention is more successful when "the whole community works together and gets connected once again" as in the past.

Following Officer Forehand, the watch group turned the floor over to Roanoke County staff members who were there to explain the East Roanoke River Greenway construction project between Highland Road and Explore Park, which resulted in temporary road closures and narrowing a stretch of roadway. Residents in the area had received mailings from the county concerning the greenway project. Message boards had been placed along the streets to make citizens aware of the changes along with

information on social media, local media, and Roanoke County websites, but the watch group still had questions and wanted clarifications— and from someone in person.

The next meeting on July 11 again started out with a briefing from Officer Forehand, who shared crime data for the previous month, including the pursuit of a vehicle by police from neighboring Franklin County into Roanoke County; an auto theft and larceny from a vehicle; and a moped crash with a witness to the accident charged with identity theft for presenting a false ID.

The 22 attendees also brought up topics such as an individual purposely placing glass on the roadway over and over again, another vehicle repeatedly speeding on a dangerously curvy road, and habitual criminals.

The Neighborhood Watch Facebook page generally makes the community aware of traffic issues, missing pets, trees in the road, power outages, Internet outages, detours, drag racing on the streets, crashes, black bears in the area, a lost tailgate, and even an individual wandering on a roadway who seemed to have dementia. All are examples of neighbors looking after neighbors and not feeling isolated.

At the July meeting, after the crime statistics were presented,

the topic of community involvement and interest involved an opportunity for the Neighborhood Watch group to help needy children in the Mount Pleasant area get proper nutrition.

Jenny Basham from Mount Pleasant United Methodist Church had been invited to speak to the group about reinstating a food distribution program for children who attended Mount Pleasant Elementary—a weekend backpack program which had been discontinued during COVID. One suggestion was to use the monthly Neighborhood Watch meeting as a drop-off point for people attending the meetings to donate food for children.

The Backpack Program at Mount Pleasant Elementary had been a community tradition for many years. Basham described how the program worked in the past and said the community wants to restart it. MPE Principal Jill Lane is able to provide a room at the school for storing the donated food. The Mount Pleasant Lions have offered to assist, along with Mount Pleasant Baptist, Rockingham Court, and others.

There was a discussion of logistics— where to purchase large quantities of food; how many volunteers are needed; how the food needs to be

packaged for the trip home without embarrassing children; how to respect confidentiality; even whether a family might own a can opener; how to publicize specific foods needed (perhaps on the Neighborhood Watch Facebook page); and how many children could be served (20-40 in past years).

"I feel this a great opportunity to help people; it's 2024, but it still takes a village to raise a child," Clark said. "This is a unique opportunity to use the watch group as a platform."

"I was originally invited to the Mount Pleasant Neighborhood Watch group when I was appointed to the Roanoke County Board of Supervisors," Tammy Shepherd said. "I immediately felt that Mount Pleasant was more of a family than a community. After the initial meeting that I attended, I was drawn back each month; they are so appreciative for everything you do for them. I plan to continue to go to their meetings each month and can hopefully be a member of their family."

"I would love to see this platform continue to grow throughout the county. It is so much more than a Neighborhood Watch. I am presently working to set up a group for the Vinton and Bonsack area that is similar in style. We can learn a lot from the Mount Pleasant model."

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Youth Camp

William Byrd High School football coach Brad Lutz, along with his staff and Terrier players, held a Youth Football Camp at Patterson Stadium this week. Above, Coach Lutz talks to a large group of future Terriers, and below kids go through drills to learn the fundamentals of the game with the season fast approaching. The three-day camp was free and no registration was required. The Byrd varsity will open practice a week from today.



Meeting with VHSL officials is open to the public

Virginia High School League staff will conduct two-day area meetings throughout the state beginning July 22 and continuing until August 28 to review all aspects of the League's athletic and non-athletic programs before the school year begins. One of the sites chosen for the meetings is Glenvar High School in west Roanoke County.

The VHSL is extending an exclusive invitation to the public to attend the Day 1 meeting in their area, allowing attendees to ask questions, provide input, or share any concerns they might want to share with the VHSL staff. Executive Director Billy Haun, Assistant Director for Compliance Ty Gafford, and

other VHSL Assistant Directors will lead the meetings. The public is invited to interact one-on-one with VHSL staff.

The 2nd-day area meetings are for principals, athletic directors, coaches, sponsors, guidance counselors, and others interested in and responsible for interpreting VHSL rules and regulations. In addition, invitations will include school boards, administrative staff, and the news media.

Topics for review will include School, eligibility, VHSL Handbook legislation, sportsmanship, drug use among athletes (fentanyl), and discussion on other issues of interest.

The closest meeting to the Roanoke Valley will be held at Glenvar High School on July 31 and August 1. The public is invited to the July 31 session, which will begin at 6:30 pm in the Glenvar High auditorium. The second day is the strategic planning meeting and it will begin at 9:30 am in the library.

Other VHSL meetings will be held at Heritage High in Lynchburg, Abingdon High School, Sherando High School, South County High in Lorton, Grassfield High in Chesapeake, Heritage High in Newport News, Hermitage High in Henrico County, Massaponax High in Fredricksburg and Monticello High in Charlottesville.