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Community turns out in a big way to raise funds for Pink Warrior Walk and cancer awareness

Debbie Adams

dadams@ourvalley.org

A crowd of over 200 individuals (and numerous dogs) turned out on a beautiful September 7 day for Vinton's first Pink Warrior Walk, benefiting the Virginia Breast Cancer Foundation.

Mandy Adkins, Vinton's director of Cultural Placemaking and Events, welcomed the crowd (mostly dressed in pink), thanking them for helping to raise awareness for a great cause. She introduced Vinton Town Council members Sabrina McCarty and Laurie Mullins who worked on the planning committee coordinating the walk. McCarty noted that breast cancer is the most commonly diagnosed type of cancer in women.

Mullins thanked volunteers and town staff for working tirelessly for months to organize the Pink Warrior Walk and expressed her hope that the walk would become an annual event.

Kirsta Millar, director of Policy for the Virginia Breast Cancer Foundation, explained to the crowd what the foundation does and noted, "Every step we take counts in the fight against breast cancer."

The VBCF empowers Virginians impacted by breast cancer through access, advocacy, education, and community action. It provides:

- Individualized resource coordination
- Free breast health educational materials
- Packets for the newly diagnosed, caregivers, and survivors
- Advocacy for better health policies and research funding
- Screening and diagnostic services for the uninsured and underinsured

Millar said that in 2022 the VBCF established a screening and diagnostic fund for those diagnosed with cancer in Southwest Virginia, which experiences a cancer rate twice that of the rest of Virginia. The fund, which has grown to \$490,000, has served 583 women thus far.

Millar was also waiting at the finish line to present medals to all those who finished the race.

Jeff Ramsey from the Moose Lodge talked about the



An enthusiastic community turned out for the first Pink Warrior Walk benefiting the Virginia Breast Cancer Foundation.



PHOTOSBYDEBBIEADAMS

Family and friends of Melissa Perdue, who passed away in February, walked in her memory.

See **Warrior Walk**, page 6

Navy Cadets At William Byrd observe Patriot Day



Cadets in the Navy Jr. ROTC program at William Byrd High School observed Patriot Day, commemorating the devastating terror attacks that took nearly 3,000 lives on 9/11. This year marks the 23rd anniversary of the attacks on the World Trade Center and the Pentagon, and the hijacking of a flight which crashed in Pennsylvania. The cadets remembered those lost, and the brave first responders who put their lives on the line, in a ceremony raising the American flag and the flag of the Commonwealth of Virginia and then lowering them to half staff in front of the high school. The American flag used in the ceremony was a gift to the program's Interim Instructor SMSgt. Paul Richardson, USAF (Ret.), from his daughter. It was flown over the World Trade Center. The cadets also planted hundreds of American flags beneath the flagpoles.



PHOTOSBYDEBBIEADAMS



PHOTO COURTESY OF RCCTC

Members of the Roanoke County School Board, the Roanoke County Board of Supervisors, and staff, along with state dignitaries and officials, students, and parents broke ground on the new RCCTC on September 9.

County breaks ground for new Roanoke County Career and Technology Center

Nearly 100 people gathered on a hilltop just off Peters Creek Road in Roanoke County on September 9 to break ground for the new Roanoke County Career and Technology Center (RCCTC). The project has been years in the planning, involving

the Roanoke County Board of Supervisors, the School Board, citizens' groups, and the business community. The facility will replace the current Burton Center for Arts and Technology (BCAT), located in Salem.

The group was invited back by School Superintendent Dr. Ken Nicely for the ribbon-cutting ceremony planned for late fall 2026 to early winter 2027. The new

See **RCCTC**, page 6

Natalie Mullins celebrates an epic summer

For Natalie Mullins, college graduation wasn't the biggest life event that happened recently. A 2021 graduate of William Byrd High School, she waited impatiently for three years for the trip of a lifetime. After her dream Greek graduation trip was postponed after high school graduation due to the lingering effects of the Covid-19 pandemic, she was finally able to embark on the adventure after finishing up her bachelor's

degree at Virginia Tech this spring in only three years.

Mullins, her mother, Laurie Mullins, and boyfriend, Chris Blankenship flew out of Roanoke on June 7. After a brief layover in Toronto, Ontario, the trio landed the morning of June 8 in Barcelona, Spain. They explored La Rambla – the city's three-quarter-mile pedestrian corridor stretching from the



PHOTO COURTESY OF NATALIE MULLINS

Christopher Blankenship proposes to Natalie Mullins outside the Basilica de la Sagrada Família in Barcelona.

See **Mullins**, page 5



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MINGLE AT THE MARKET
Saturday, September 14th
7-10pm

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Mingle at the Market features two great rock bands on September 14

This week's Mingle at the Market concert (sponsored by the Vinton Area Chamber of Commerce) on September 14 features two great bands – Gasoline Alley and Filthy Souls. Gasoline Alley is a five-piece, Roanoke-based rock band that has been together since 1999. The band specializes in playing note-for-note covers of classic tunes by AC/DC, Led Zeppelin, Ted Nugent, Ozzy Osborne, and others.

Filthy Souls, including Mark Stegall, Jim Lewis, Adam Rutledge, Jason Weeks, and Brett Fulghum, plays Southern rock.

Food on the Go is the featured food truck this week, along with Get Glazed Donuts.

There's lots to do at Mingle besides listening to music. First Citizens Bank is sponsoring Par Golf this week. The Boothe Bell Real Estate Team is sponsoring a Kids Zone with a variety of activities with over-sized games for children and adults. Down Home Creamery / Firehouse Skate are distributing Glow Sticks.

As usual, there is a beverage garden sponsored by Blue Ridge Beverage.

The concert gets underway at 7 p.m. (Gates on Walnut Avenue open at 6:30.) Admission is \$7.

This is a family- friendly event –

children under age 12 are admitted free of charge. 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.

Sponsors for this year's Mingle at the Market concerts include Mountain View Real Estate, Rosie's Gaming Emporium, Jamie McCadden with Edward Jones, HomeTrust Bank, MemberOne, Goosehead Insurance, 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.

Only one more Mingle concert is left this year, featuring the Big Daddy Ray Band, along with Andy Nicely and Friends on September 28.

- Vinton Messenger staff report

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First day for early voting in November election is September 20

Virginia gives you not one, but 45 days to cast your ballot in the November 6 Presidential Election. The first day of early, in-person voting is Friday, Sept. 20 in Roanoke County.

Beginning on that date, you may vote at the Roanoke County Elections Office located at 900 Chestnut Street in Vinton and the Brambleton Center Satellite Office at 3738 Brambleton Avenue in Roanoke.

Both locations are open Mondays through Fridays from 8 a.m. to 4 p.m., through Friday, November 1, and on Saturday, October 26, from 8 a.m. to 4

See Voting, page 4

YOUR VOTE HAS POWER
in
ROANOKE COUNTY VA

PHOTOCOURTESYOFROANOKECOUNTYELECTIONS

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Practice meditation in motion, improve health – register for Tai Chi/Qigong seminar

Debbie Adams

dadams@ourvalley.org

Master Rod Ferguson from Australia will be teaching a Tai Chi/Qigong seminar in Vinton on September 21 at the Charles R. Hill Community Center. Tai Chi and Qigong are ancient Chinese practices which involve deep breathing, stretching, and slow, gentle movements, often described as “meditation in motion.” Qigong extends even beyond Tai Chi to focus specifically on improving health and internal healing. Ferguson is the National Chief Instructor for the Australian Academy of Tai Chi and Qigong and has taught classes and held seminars around the world since 1976.

Tai Chi has become quite popular in Vinton with large classes at the community center on Monday afternoons (taught by Steve Garay) and Thursday mornings (taught by Mike Ferguson, Judy Gruber, Chris Saeyer and, soon, Nicole Sheppard).

Ferguson and Garay met years ago at a seminar in Kentucky and have become fast friends. Ferguson will be in the United States to appear at the National Qigong Association Conference in Georgia this month and volunteered to travel farther north and conduct the seminar in Vinton.

According to Garay, in Ferguson’s seminar, “He will guide you through a workshop where you can immediately apply the skills you learn. Using selected exercises and techniques from the Academy’s popular Qigong sets and the traditional Tai Chi form, you will be led through centuries-old stress release and relaxation techniques, known for their heart-calming and rejuvenating effects. The workshop will emphasize the essential principles to help you discover your perfect

practice, making each aspect easy to follow and allowing you to immediately incorporate these skills into your own practice, providing you with immediate stress relief and relaxation.”

Ferguson notes that Tai Chi originated in China as a martial art, but that “the form we do is a mild exercise, not meant to be martial arts, but meant to be exercise with a slow circular movement system for the whole body – repetitive and nuanced.” In China, 10 million people practice some type of Tai Chi daily, making it one of the most popular forms of exercise in the world.

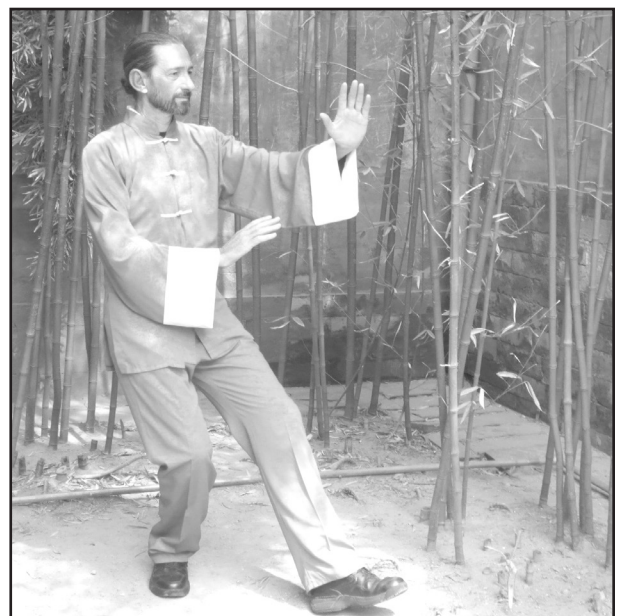
This will be a two-part seminar – the morning session (from 10 a.m. to noon) will focus on a simple “Opening the Golden Lotus Qigong,” a foundation for practicing other Qigong and Tai Chi forms. It is easily followed, making it accessible to participants of all levels. You can rest assured that you will be able to follow along and benefit from this session, regardless of your experience level.

The afternoon session (from 1 to 3 p.m.) will focus on the “Warrior Monk Lohan Qigong.” It will build on the morning session, emphasizing the three important principles of focus (mindfulness), connection, and activation. This dynamic energy meditation releases deep stress and trauma from the tendons while strengthening the muscles and bones.

Garay says in Qigong the student learns how to help the body move to promote healing. The movements open the body so energy flows as it’s supposed to which helps prevent illness. He also emphasizes that the seminar is just “a lot of fun.”

The cost is \$20 for one seminar and \$40 for both. Payment is due on the day of the seminar.

Wear comfortable clothing and comfortable shoes (not



PHOTOCOURTESYOFMASTERRODFERGUSON

Tai Chi/Qigong Master Rod Ferguson will be teaching a seminar in Vinton on Sept. 21.

flip-flops)

You can preview these sets and Master Rod’s teaching style on the Facebook page www.facebook.com/TaiChiMasterRod/videos.

Contact Steve Garay for more information or to register at 540-797-1256 or email: steve_garay@yahoo.com.

The Charles R. Hill Community Center is located at the Vinton War Memorial complex on Washington Avenue.

PEOPLE, PLACES AND THINGS



Uncle Buddy Bell conquers the Bayou Adventure at Disney World.

By Angie Chewning

Many thanks to everyone involved in the Pink Warrior Breast Cancer walk last weekend– Town of Vinton, sponsors, participants, and vendors. What a great day IN Vinton! You can still donate by going online to VintonsPinkWarriorWalk.com. or <https://www.vbcf.org/>. It’s not about walking, it’s all about how much money is raised. So, if you couldn’t make it– you

can still donate.

Uncle Dr. George (Buddy) Bell conquered the new Bayou Adventure (old Disney Splash Mountain) log flume ride with a 50-ft. drop at 93 years old. Joining him on the ride were Naomi Roberts, Deaton Bell, Deborah and Carter Alvord, Catherine Alvord and friend Derek.

Kyle and Valerie (Bell) Hendricks visited Valerie’s college friend Wendy and her husband Dr. Eric Cole



Old friends get together in Texas.

PHOTOS COURTESY OF ANGIE CHEWNING

in League City, Texas. Ginger Johnstone, another college friend, joined them on the trip. While there, they took a side trip to Galveston Beach where they stayed at the beautiful San Luis Resort. Like the saying goes, “Make new friends, but keep the old. One is silver the other is Gold.” Friends are like gold– I cherish them all.

Remember – Mingle at the Market this Saturday. See you there!

VINTON HISTORY: Fireplace Mantels

Fireplace mantels can be divided into traditional and modern purposes. The original intent was to catch smoke escaping into the living space ensuring it only went out through the chimney and prevented flying embers from entering the room.

A mantel offers protection to the wall around the fireplace. Mantels can help to enhance a fireplace by being a focal point for a room and an excellent place to display favorites.

Mantels are built with different designs and materials that make the room look elegant. The Vinton History Museum at 210 East Jackson Avenue in Vinton is a large two-story house built in 1906. It has seven fireplaces with mantels. None of the fireplaces are used by the museum for safety reasons. But the volunteers love to decorate the mantels for different occasions.

Stop by the museum and admire them and thousands of other artifacts– open Monday, Wednesday, Friday and every first Saturday from 10 a.m. to 2 p.m. – Preserving the Past for the Future. The Vinton History Museum is located at 210 East Jackson Avenue in downtown Vinton.



PHOTO COURTESY OF JUDY CUNNINGHAM

The Vinton History Museum, formerly the Upson House, was built in 1906 and features seven mantels.

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Submitted by Vinton History Museum Executive Director Judy Cunningham

Presentation Sunday on American Railroad Watches

The public is invited to join Chapter 32 of the National Association of Watch & Clock Collectors (NAWCC) at 2 p.m. on Sunday, Sept. 15, for a presentation on American Railroad Watches.

It will be held at the Blue Ridge Volunteer Fire Department and Rescue Squad, Inc., 1354 Blue Ridge Springs Road in Blue Ridge.

Two local watch enthusiasts,

Tommy Hall and Bill Breslin, will do a presentation on American Railroad Watches covering the standardization of railroad watches with examples of these that were developed because of this standardization. There will be a question-and-answer period following.

- Chapter 32, NAWCC

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CLUES ACROSS

- Undergarments for women
- Periods of time
- Dramatist Henrik
- Any thick messy substance
- Examination
- Japanese city
- Daze with a blow
- With fireplace residue
- Synthetic acrylic fabric fiber
- Pittsburgh University
- Scorched
- Potato state (abbr.)
- Anger
- Suitable for use as food
- To wipe out, obliterate
- Used of unskilled work, esp. domestic
- Loose earth, soil
- Petrol container
- Great (60’s slang)
- Conditions of balance
- Foes
- Sec. of Energy Steven
- 6th day (abbr.)
- Without qualification or exception
- Sarah’s title
- Leisurely stroll
- Austr. Army History Unit
- Bowfin genus
- S.A. mountain chain
- ____ Scott Case 1857
- Mound
- Springfield, IL candy founder
- Frambesia
- Reduced price event

CLUES DOWN

- Pear variety
- The Sator-____ Square
- Light purplish-blue
- Plants of the genus Cassia
- Shelf unit for ornaments
- Live in
- Arthur ____, Wimbledon champion
- A thwarting and distressing obstruction
- Cut off from others
- Tree trunk outgrowth
- Tower used for storing silage
- Br. public boys school
- ____ Ling mountain range
- ____ Clapton, musician
- Mild yellow Dutch cheese
- Peruvian province
- Diagonal cut of cloth
- A narrow path or road
- Fraternal Order of ____
- The boundary of a surface
- Granular old snow
- Burial clothes
- Irreducible material
- Oldest man-made rayon fiber
- Affirmative! (slang)
- Burial cloths
- Surface layer of grass & roots
- Not shaky
- Kidney-shaped nut
- Nursemaids in India
- Alkali bee genus
- Warble
- A citizen of Denmark
- Approves food
- Golf ball supports
- Pearl Harbor actress Rue
- Coarse curly-leaved greens
- Cancer detecting smear

Tavern Stage Summer Music Series wraps up at Explore Park

This Friday, Sept. 13, marks the final event of the season for the Tavern Stage Summer Music Series at Explore Park. The featured band this weekend is Empty Bottles.

The Twin Creeks Brewpub lawn will be open from 5:30 to 10 p.m., with live music from

6 p.m. to 8:30 p.m.

Admission is free and visitors are encouraged to bring a lawn chair or blanket to enjoy the sounds of summer. Food and beverage options will be available on-site at Twin Creeks Brewpub. Special thanks to sponsor, Friends of the Blue Ridge, for

providing event support.

Visit www.RoanokeCountyParks.com/TavernStage or call 540-387-6078, Ext. 0 for event details.

- Vinton Messenger staff report



PHOTO COURTESY OF ROANOKE COUNTY PARKS AND REC

Voting

from page 2

p.m. and Saturday, November 2, from 9 a.m. to 5 p.m. (November 2 is the last day of early voting.)

The Elections Offices will be closed on October 14 in observance of the state and federal holiday.

The following offices and races will appear on some, or all, of the county's ballots:

- U.S. President and Vice President
- U.S. Senate
- U.S. House of Representatives (6th and 9th Congressional Districts)
- Vinton Magisterial District (Precincts 401-406): Member, Board of Supervisors
- Town of Vinton (Precincts 403 and 404): Mayor and Town Council (2 seats)

(Sample ballots will be available in mid-September.)

Manned Voted Absentee Ballot Drop Bags will be available during the same dates, times, and locations listed above for in-person, early voting. In addition, a Manned Voted Ballot Drop Bag will be available at the Vinton Office on Monday, November 4, from 8 a.m. to 4 p.m. and at all Roanoke County voting precincts on Election Day from 6 a.m. to 7 p.m.

If you have already requested an absentee ballot by mail, bring your unused mail-in absentee ballot with you when you appear to vote in person. Otherwise, you may have to vote a provisional ballot.

To confirm whether you already have a mail-in absentee ballot request on file with the Elections Office, visit the Virginia Voter Information Portal at <http://vote.elections.virginia.gov> and click on the "Check registration status" link. To request an absentee ballot by

mail, go to the same site and click on the "Apply to Vote Absentee by Mail" link.

If you want to vote in person and have not done so by 5 p.m. on November 2, you will only be able to cast your vote in person by appearing at your assigned voting precinct's designated polling place on Election Day.

Your election day polling location is listed on your voter registration card; you may also click on the "Find your polling place" link on the Virginia Voter Information Portal, or visit the VoterView website at <https://voterview.roanokecountyva.gov>.

Vinton Magisterial Districts include:

- 401 Bonsack, voting at Bonsack Elementary School
- 402 North Lindenwood voting at William Byrd High School
- 403 North Vinton, voting at Herman L. Horn Elementary School
- 404 South Vinton, voting at W.E. Cundiff Elementary
- 405 South Lindenwood voting at William Byrd Middle School
- 406 Mount Pleasant, voting at Mount Pleasant Elementary School

The final day to register to vote and be eligible to vote a regular ballot by mail or on machine in this election is Tuesday, October 15. You may appear at either the main Elections office in Vinton or at the satellite office in the Brambleton Center and complete and submit your Virginia Voter Registration Application in person. There is a five-day absentee voting wait-period once you register to vote.

If you have a DMV customer number, you can check and/or update your registration online at <https://vote.elections.virginia.gov/VoterInformation>; all requests must be submitted before midnight.

If you do not have a DMV customer

number or would rather contact the Elections Office directly, you may fill out one of the attached voter registration forms and submit it by fax at (540) 772-2115, or email the office at elections@roanokecountyva.gov; your completed request must be received before midnight.

Voter registration applications submitted by mail must be postmarked on or before October 15.

Again, there is a five-day absentee voting wait-period once you register to vote.

Voters who have failed to register or update their voter registration record prior to this date and time will only be permitted to mark a provisional ballot. The Roanoke County Electoral Board will meet to determine whether each provisional voter's ballot can be counted during the Canvass of Results starting at noon on November 12.

The deadline to request an absentee ballot or replacement by mail for the November 5 election is Friday, Oct. 25. All requests for absentee ballots must be sent by mail (to P.O. Box 20884, Roanoke, 24018), fax (to 540-772-2115), or delivered in person (to either the Roanoke County Elections Dept. at 900 Chestnut Street in Vinton or the Brambleton Center Elections Satellite at 3738 Brambleton Avenue in Roanoke) so that they are received no later than 5 p.m. Online requests must be submitted via Virginia's Voter Information Portal or via email at (elections@roanokecountyva.gov) and received no later than 11:59 p.m.

If you miss the October 25 deadline to request an absentee ballot by mail, you may still vote early, in person at either the main office at 900 Chestnut Street in Vinton or

the satellite office at the Brambleton Center, 3738 Brambleton Avenue in Roanoke, at the following dates/times:

- Saturday, October 26 from 8 a.m. to 4 p.m.
- Monday, October 28 through Friday, November 1 from 8 a.m. to 4 p.m.
- Saturday, November 2 from 9 a.m. to 5 p.m.

If you miss the October 25 deadline to request a replacement absentee ballot by mail, you may bring your damaged mail-in absentee balloting materials to either Elections Office during any of the aforementioned dates and times and exchange it for an early in-person absentee ballot.

After Saturday, Nov. 2, your last opportunity to cast a ballot in the Presidential Election will be at your designated Election Day polling place in Roanoke County on Election Day, November 5. All 33 of Roanoke County's Election Day polling places will be open from 6 a.m. to 7 p.m.

Voters who missed the October 15 deadline to register to vote in Roanoke County or to update/change their voter registration record will have the opportunity to participate in the Presidential Election by completing a Same Day Registration Application and marking a Provisional Ballot beginning on October 16. The Roanoke County Electoral Board will determine whether any and all provisional ballots cast in this election are eligible to be counted during its provisional ballot hearing, scheduled for noon on Friday, Nov. 8, during the official canvass of results.

- Vinton Messenger staff report

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
DALE RIDGE CHURCH OF CHRIST - Will you "come back to the Bible", learn more and follow Him? If you live locally in this beautiful Roanoke Valley or 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 where our Church meets: Sign up now on our website, daleridgechurchofchrist.net or email us at comeback2thebible@gmail.com and request to be scheduled for lesson #1 of 3 entitled "who has the Authority In Religion today". You will be contacted promptly. All studies are conducted by 2 individuals, never alone. May God Bless you in choosing this "open book Bible study.

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

VINTON

WORSHIP DIRECTORY

Living Water

Read Ezekiel 47:1 through 48:35

Many old Western movies show parched travelers, desperate for water. Their boots shuffle in the dust, their legs give way. Finally, they see water in the distance. One cowboy runs up, cupping his hands into the watering hole, but his companion stops him short. Soon, we realize why. The camera pans the watering hole. There are no living things—not one sign of life. A skeleton or two reinforce the scene. Stagnant water brings death.

By contrast, where water is flowing, life thrives. This water can quench, refresh, and sustain the thirst of a weary traveler.

"Swarms of living creatures will live wherever the river flows. There will be large numbers of fish, because this water flows there and makes the salt water fresh; so where the river flows everything will live" (Ezekiel 47:9).

Feeling fatigued? Parched? Are our souls thirsty for a drink? Or maybe you're fine. Whatever the case, we can kneel, cup our hands in prayer, and soak up the satisfying, living water God provides.

Challenge for Today: Immerse yourself in God's living water today.

Quicklook: Ezekiel 47:1-12

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

com, Pastor Tim Wright. Worship Service Sunday, 10AM. Bible Study Wednesday 11AM-12PM.

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

NAZARENE
FIRST CHURCH OF NAZARENE, 728 Highland Ave., SE, Roanoke, Virginia. 342-4003. Sunday Morning 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; cmcp2verizon.net Sunday school 9:45am, Worship 11:00am; Communion 1st Su.ndays; 2nd Sun-

day 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.



From the Pulpit

By Pastor Bryan Crouch, Lynn Haven Baptist Church

Practical Faith – James 1:9-11

We are studying the Book of James at Lynn Haven Baptist Church. In James 1:9-11 we read about our true value. Life is full of ups and downs. Some people have a lot of money and nice things, while others have very little. But no matter how much or how little we have, we all face challenges.

When we have a lot, it's easy to feel proud. We might think that our wealth makes us important. But we must remember that riches don't last forever. Just like flowers fade away in the sun, our money and possessions can disappear. We need to stay humble and remember that our true worth comes from God, not from

what we own.

For those who have less, it's easy to feel down. But God values us all equally, no matter how much we have. He lifts up the humble and gives them dignity. We can take pride in our relationship with God, knowing that He loves and cares for us deeply.

Whether we are rich or poor, our focus should be on our relationship with God. He is the one who gives

us true value and purpose. Let's be humble and thankful for what we have, trusting in God's care for us. Remember, our time on earth is short, and what really matters is our faith and trust in God.

*Trying to be more like Christ tomorrow than I was today,
Pastor Bryan Crouch – Lynn Haven Baptist Church*

Mullins

from page 1



Laurie and Natalie in Santorini overlooking the caldera views.



At the Acropolis in Athens

PHOTOS COURTESY OF NATALIE MULLINS

central square, Plaça de Catalunya, to the Christopher Columbus Monument facing the sea. Jet lag caught up with the group, so they called it an early night to rest up for their only full day in Spain.

In Natalie's mind, Barcelona was a brief stop before boarding the main event: a seven-night Eastern Mediterranean cruise ending in Athens, Greece. The next day, however, would make this city one of her favorites visited throughout the 14-day excursion.

With limited time in the city, travel agent and excessive planner Natalie scheduled the must-see attraction – Basílica de la Sagrada Família. This Gothic-style cathedral has been under construction for nearly 150 years, beginning in 1882 under the supervision and design of architect Antoni Gaudí. While still not completed, the basilica is open to visitors with a pre-purchased, timed entry ticket. On June 9, Laurie, Natalie and Christopher prepared for their 10:15 entry time and arrived at Placa de Gaudí, a scenic park neighboring the church, nearly an hour ahead of their ticketed time.

The early morning was definitely worth it in Natalie's opinion; as soon as the trio arrived at the landscaped overlook, Natalie and Christopher were approached by a photographer looking to expand her portfolio by taking couples' portraits.

After only a few photos, Christopher dropped to one knee and proposed to Natalie with a three-carat emerald-cut diamond set in platinum and gold. Unbeknownst to Natalie, Chris had been in cahoots with Natalie's parents, Tommy and Laurie, to pull off this "epic" proposal.

That random photographer wasn't random at all, but was hired by Chris to capture the perfect moment with the beautiful Sagrada Família as a backdrop. After an enthusiastic "Yes!" the couple had an engagement photoshoot in the park prior to their entry time to the cathedral.

The intricate detail and purposeful characteristics of Sagrada Família could be studied for hours. The tour

begins outside the Nativity Façade, the northeast-facing exterior of the church. The sculptures tell the story of Jesus Christ's birth and life. Entering beneath the nativity scene, visitors are swallowed by the large church. Columns supporting the intricate exterior are designed to resemble trees and branches. Gaudí intended for churchgoers to feel one with nature. Exiting through the Passion Façade, visitors are met with a large contrast to the Nativity Façade. This side of the basilica is simple and dedicated to the suffering of Jesus during his crucifixion.

After a traditional paella lunch, Natalie, Chris, and Laurie further explored the city, enjoying Gaudí's other architectural masterpieces on the Block of Discord and the city's Gothic Quarter. A hidden gem in this section of the city is the excavated Roman ruins beneath the bustling city streets at the Museum of Barcelona. Ending the Spanish segment of their trip with tapas for dinner, the group prepared to embark on the main portion bright and early the next morning.

On June 10, the trio boarded Royal Caribbean's Voyager of the Seas for a seven-night journey visiting four ports of call, the first of which was Valletta, Malta.

Malta is a small island nation in the Mediterranean with an important, but often overlooked, history. It was a part of the Kingdom of Sicily in the 16th century before the Great Siege in 1565 where the Ottoman Empire tried, and failed, to capture the island.

The French occupied the nation briefly in the 18th century before Malta became a colony of the British Empire for quite some time before becoming independent in 1964. The Saluting Battery in the Upper Barrakka Gardens commemorates the country's long history with the firing of a cannon every day at noon and 4 p.m. To enjoy this spectacle travelers must take the Barrakka Lift, a 20-story elevator, from the cruise port to the gardens.

After watching the noon cannon firing, the three explored another main attraction of the island, St. John's

Co-Cathedral. This cathedral is home to the largest and only signed piece of art by Caravaggio: The Beheading of Saint John the Baptist.

Following a day at sea, the ship anchored in the Aegean Sea and tendered passengers to Santorini, Greece, one of the Cycladic Islands, known for its Instagram-worthy whitewashed houses, blue domes, and caldera views.

The northern town on the small island of Oia is where Natalie found the famous photo-ops, and the main town Fira, littered with shops and restaurants. The arid island only receives up to 10 days of rain per year. The famous Santorini wine is made from grapes that have adapted to this climate by growing under leaves that provide shade from the harsh sun, and surviving solely on the humidity.

The most interesting parts of this island are the three options available for getting up the mountain to the city center of Fira: riding a donkey, walking the 600-step path, or taking a cable car. Needless to say, this trio opted for the cable car, the least treacherous of the options.

The next port of call was Kusadasi, Turkey. Just a 30-minute drive from this port city are the ruins of the ancient city of Ephesus. The three trekked through the marble-clad ancient streets to see this UNESCO World Heritage Site that contains the Library of Celsus, Temple of Hadrian and the well-preserved terrace houses that allow visitors to see luxury dwellings dating from the first century B.C. This excursion also visited the House of the Virgin Mary, a pilgrimage site for Catholics.

The last port was Mykonos, Greece, another Cycladic Island. The trio strolled through the winding lanes of Chora, Mykonos' capital and old port city. Known for the picturesque windmills, Little Venice town, and vibrant bougainvillea, this island has much to offer.

The next morning the group disembarked in Athens, Greece for the final four days of their journey. Athens was blazing hot, so the trio spent their time sightseeing in the early morning

before taking an air-conditioned break from the heat of the afternoon.

With so much history and so little time, Natalie prioritized the group's sites: they toured the Acropolis, home to the Parthenon; the Acropolis Museum; the ancient Roman Agora, where the well-preserved Temple of Hephaestus still stands tall; Mars Hill, where the Apostle Paul preached; and the National Archaeological Museum. They also opted to purchase double-decker bus tickets to breeze past other important sites like the Temple of Zeus, Arch of Hadrian, Panathenaic Stadium, and various Athenian neighborhoods.

One of the group's days in Athens was spent on a Catamaran excursion in the Mediterranean Sea where they enjoyed multiple swimming stops and lunch aboard the vessel. This ended up being an unanimous decision as the trio's favorite day. On the ride to the Catamaran port, their tour guide pointed out the old Athenian airport, abandoned over 10 years ago, and now being developed into Europe's largest "smart city." This project will house Greece's first and tallest skyscraper and is set to open as early as 2026, but will not be fully completed until 2037.

The trio says that this trip was well worth the wait, and they were very blessed with flight schedules and an overall ease of travel.

Natalie has put any future trip planning on hold in order to meticulously plan their 2026 wedding.

Mullins graduated in May "summa cum laude" from Virginia Tech with a major in Communications, Multi-Media Journalism, with a minor in Events and Experience Management. On Sept. 9, she began working as a sales and marketing assistant for Keltron. Her fiancé, Chris, finished classes in August at Radford University Carilion with a 4.0 GPA and will officially graduate in December with a major in Biomedical Sciences, with minors in Chemistry and Psychology. He will be studying to become a Physician's Assistant. Laurie Mullins serves on Vinton Town Council.

Submitted by Natalie Mullins

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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RECIPE OF THE WEEK

Easy Cheesy Ranch Chicken

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- Ingredients:
 2 lbs. chicken tenderloins
 1 can cream of chicken soup
 1 and 1/2 cups sour cream
 1 oz. Ranch dressing seasoning packet
 1/2 cup cheddar cheese
 40 Ritz crackers, crushed

Preheat oven to 350 degrees. Spray 9x13 pan with nonstick cooking spray. In a bowl, stir together chicken soup, sour cream, Ranch seasoning, and cheese. Place chicken tenderloins in bottom of pan. Spread the creamy mixture over it. Top with crushed crackers (or panko crumbs or cornflakes). Bake 25-30 minutes until chicken is thoroughly cooked. Enjoy on its own, or with rice.

AARP Fraud Alert: Victim Support Group Promotion

Have you been affected by a scam? Know that you are not alone. AARP Fraud Watch Network offers free emotional support sessions for people affected by fraud. Trained peer facilitators conduct hour-long small group online sessions. You can join by computer, tablet, or smartphone. Discussions are confidential. You are welcome to attend one session or several – it's your choice. Experiencing a scam can be devastating, but it doesn't have to define you. Sign up for a session at aarp.org/fraudsupport and take an important step toward emotional recovery. Be a fraud fighter! If you can spot a scam, you can stop a scam. AARP Fraud Watch Network is a free resource for all. Learn how to proactively spot scams or get guidance if you've been targeted. Visit aarp.org/fraudwatchnetwork or call the dedicated helpline to speak to a fraud specialist at 877-908-3360.

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- AARP

RCTCC

from page 1



Roanoke County School Board members celebrated years of hard work that led to the groundbreaking for the new RCCTC. Pictured left to right are Tim Greenway (Vinton's representative on the board), Cheryl Facciani, Chair Brent Hudson, David Linden, Shelley Clemons, and School Superintendent Dr. Ken Nicely.

facility will occupy 123,000 square feet of state-of-the-art instructional space (34,000 square feet larger than BCAT). The total construction budget is an estimated \$75.9 million with another \$4.13 million already spent to purchase the 28-acre site where the center is being constructed.

Nicely commented that he had "never been more proud of the community" in taking on the project which will be a "game changer" for the Roanoke Valley and is the result of a host of individuals moving the project "From Vision to Reality."

He introduced numerous state and local dignitaries and officials, all members of the Board of Supervisors and School Board, members of the Career and Technical Education (CTE) Advisory Committee who refined the parameters of the project, along with county and school staff, and current BCAT students and parents, who came to celebrate the occasion.

Dr. Lisa Coons, Virginia Superintendent of Public Instruction, was on hand for the groundbreaking. "I'm really honored and excited that Roanoke County has taken this step to make sure the very best cutting-edge opportunities are available for all five high schools [in Roanoke County]."

"It's a great opportunity, and there are so many innovative spaces that we can be in now, and so many innovative opportunities that our children are going to have the opportunity to explore, experience and hone-in on really what they really want to do," Dr. Coons added.

"It's a wonderful day to be a Roanoke County student," said Brent Hudson,

chairman of the Roanoke County School Board. "For generation after generation, this building is going to serve so many kids. It's going to create jobs for kids right here in Roanoke County."

"This is an exciting day for Roanoke County," said Roanoke County Board of Supervisors Chairman Phil North. "I'm proud that we were able to secure funding for our school system, ensuring the educational needs of our students."

Mike Altizer, co-chair of the Career and Technical Education (CTE) Advisory Committee for the RCCTC project, commented that the new facility is just a starting point and will boost community outreach and economic development. The center will help local businesses find their workers for tomorrow. He touted the existing Student Apprenticeship program which partners students with local businesses and industries so that students leave school with not just job skills, but actual jobs. He hopes the new center will lead to expansion of that program.

"Today, we break ground on more than just a building," said BCAT Principal Christian Kish. "We break ground on a future filled with opportunities for learners."

He commended the many individuals who have worked to bring this project to the groundbreaking stage – supervisors and school boards, past and present, staff, and teachers who helped design the specifics of the programs and the facility.

"Let's all continue to work together with passion and dedication to ensure that the Roanoke County Career and Technology Center is the standard for



PHOTOS BY DEBBIE ADAMS

The new RCCTC is to be located in a scenic spot off Peters Creek Road. The groundbreaking ceremony was held under a tent at the summit of the property.

educational excellence, progress, and innovation for generations to come."

Dr. Nicely shared the history of BCAT from its founding in 1962 to today. He noted that the shape of the proposed facility began taking shape in 2019 when the School Board agreed to put the CTE center at the top of the CIP priority list and began to look for outside funding sources.

The scenic site surrounded by mountains was purchased through a grant from the state. Lengthy negotiations between the Board of Supervisors and the School Board in the end resulted in not just funding for the new RCCTC, but extensive renovations to two open classroom elementary schools, W.E. Cundiff and Glen Cove Elementary.

"Roanoke County Public Schools is recognized in Virginia as a leader in Career and Technical Education," Nicely said. "In this next chapter that has now officially begun, we are working with regional partners to take CTE programs and training opportunities to the next level by providing a modern facility in which students not only learn knowledge and skills and earn industry-recognized credentials, but also acquire 'opportunity ready' skills such as communication, collaboration, creativity, citizenship, and critical thinking that employers demand in today's workforce."

-Roanoke County Schools media release and Vinton Messenger staff report

Warrior Walk

from page 1



PHOTOS BY DEBBIE ADAMS

Members of the Vinton Moose Lodge 1121 walked in honor of survivor Angie Johnson, including Angie Chewning, Kathleen Johnson, Carolyn Mills, Angie Johnson, Helen Curtis, Sharon Llewellyn, Kim Barker, Jeff Ramsey, Angie Johnson's husband Kyle, Kimberley Hunter, and Heather Balsley.

Moose organization and the members' dedication to the community. He described national and local charities they contribute to and needs that they meet. When the club heard about the Pink Warrior Walk, they "jumped on the opportunity" to participate, especially since one of their own members had been diagnosed in 2023. He concluded his remarks with, "Tonight, I walk for Angie Johnson."

The walk (a choice of either 1.5 or 3 miles) kicked off late in the afternoon from, and returned to, the Vinton Farmers' Market with a route along Walnut Avenue and the Glade Creek Greenway. Members of the Vinton

Police Department on bikes escorted the walkers on their journey.

The 200+ walkers included cancer survivors and groups walking in honor or memory of friends or family members. Melissa Perdue passed away from breast cancer in February 2024. Eighteen members of her family plus several friends walked in her memory. The group had gotten to know one another as Rail Yard Dawg hockey fans.

Members of the Moose Lodge 1121, title sponsor for the event, walked in honor of member Angie Johnson, a breast cancer survivor who walked the route with them.

Other sponsors included the Town of Vinton, the Vinton Area Chamber of Commerce, The Conner Group, Grand Storage of Vinton, Kroger, and Twin Creeks Brewing Company.

Twin Creeks hosted an after-walk event with live music on their CreekBank Pavilion stage from the OddFellows Band. The brewing company also created a special pink beer

for the day as a fundraiser. There were events for the kids – a bouncy house, face painting, and games – and several vendors, food trucks and more.

This community-focused event aimed not only to raise funds for breast cancer support services, but also to unite the community in a shared commitment to health and wellness. All proceeds from the event will go to the Virginia Breast Cancer Foundation.

"We were thrilled with the results of the first annual Pink Warrior Walk presented by the Vinton Moose Lodge," said Adkins. "It was a wonderful evening raising awareness and honoring those who have been impacted by breast cancer. The Town of Vinton appreciated all of the support from the event sponsors, volunteers, and staff that worked hard to make the event a success. Thank you to all our community members who participated. We are already looking forward to next year."

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VB Girls meet Titans tonight

The William Byrd girls will try to knock Hidden Valley from the ranks of the unbeaten when the Terriers travel to south county tonight. The 2023 Class 3 state champion Titans have started the season at 9-0.

Byrd hosted Hidden Valley on September 3rd and lost in four sets, but the Terriers are hoping to turn that around tonight. They were able to do that to Cave Spring last week, as Byrd avenged a season opening loss at Cave Spring with a four set win over the Knights in Vinton.

“Big win to revenge the loss at the beginning of the season,” said coach Allison Thornton.

Byrd won the first set against Cave Spring, 25-16. They fell behind 7-1 to start the second set but battled

back, only to lose it 27-25. Then the Terriers turned it on with a 25-14 win in the third set and a 25-7 win in the fourth to close it out.

“The ladies turned up the energy and picked up the third and fourth set,” said Thornton.

Graysen Divers and Heidi Dixon had nine kills each to lead the Byrd girls while Divers also had four blocks and Heidi had five aces. Ava Ashworth had 17 digs and three aces.

The girls are now 2-4 on the season but they’ve played a tough schedule with matches against unbeaten Hidden Valley and Salem, 6-2 Magna Vista and 4-1 Glenvar. The Terriers are the only team to beat Glenvar thus far, and next Monday they’ll have a rematch with the Highlanders in Vinton.



PHOTO BY SUZANNE WITCHEP

Reid Ruble studies his shot at Blue Hills Monday.

Terriers 3rd in “County Cup”

The William Byrd golfers had back-to-back events this week, including a tournament on their home course. Byrd played in the Roanoke County Cup at Blue Hills on Monday, then played in a Blue Ridge District match at Mariner’s Landing on Tuesday.

The “County Cup” tournament included the five schools in Roanoke County, and was played on Byrd’s home course. Hidden Valley took home the cup with a score of 313, edging south county rival Cave Spring by two strokes. Byrd was third at 322 followed by Glenvar at 329 and Northside at 337.

Harris Camp of Hidden Valley was the medalist with a score of 69. David Foster had Byrd’s low score with a 76, good for third on the day. Asher Claybrook was next for the Terriers at 81, Hayden Eads shot 82 and Tyler Chambers and Reid Ruble tied for the fourth scoring round at 83.

On Tuesday at Mariner’s Landing the BRD played a nine hole match and Lord Botetourt had the low score of 146 as Staunton River played host. The district has now played five rounds and LB has won every time.

Franklin County was second at 168 while Byrd and Northside tied for third at 170. Staunton River brought up the rear with a 184.

After five rounds and 72 holes Lord Botetourt has a healthy lead with a team total of 1,207. Franklin County is 85 strokes back at 1,292 and Byrd remains third at 1,316, 40 strokes ahead of Northside.

Individually, Foster led Byrd with a 39. Chambers had 41, Ruble had 43 and Eads and Bradley Counts both shot 47. Alisa Davidova of Lord Botetourt was medalist with a 33 and she leads the season individual standings. Byrd’s Chambers is sixth.

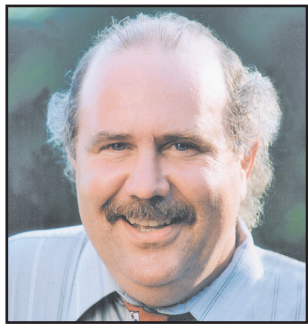
The Terriers will wrap up the BRD “mini-tour” next Tuesday when Lord Botetourt is host at the Botetourt Golf & Swim Club.



PHOTOS BY BRIAN HOFFMAN

Left, William Byrd’s Madelyn Pittman goes up for a block, and right Isabella Dudley loads up for a spike.

Brian Hoffman



82 Years Later!!

I never thought the largest crowd I’d see for a football game at Salem Stadium would be a jayvee game!

The new Roanoke College football team took the field for the first time Sunday and it was a huge success. A large crowd watched the Maroon club team beat the Hampden-Sydney jayvees, 34-27, on an absolutely beautiful day.

I was looking forward to the game, the first since the school abandoned football during World War II. I’d seen a couple practices but I had no idea what to expect on Sunday. The players had no spring practice, as almost all of them were still in high school in the spring, and preseason practice didn’t begin until August 15.

As far as the crowd, I was hoping to see the home side half full. There was no admission charge, but the game was on the first Sunday of NFL football and, after all, the Maroons were playing the Hampden-Sydney jayvees.

Boy was I surprised. I arrived at Salem Stadium about 45 minutes before the game so I could take some photos of the tailgaters. What a scene!! The parking lot was packed, and not just because the Red Sox had a 1 pm game across the way. Cars were parked on the grass on both sides of Texas Street and the parking lots for the businesses where the Lutheran Home property used to be were filling up fast.

I took a quick stroll through the parking lot and it was absolutely a college football atmosphere, with lots of food and drink and people passing the football and playing cornhole, most all clad in the maroon of Roanoke College. My first thoughts were that this was pretty cool.

By the time the game began the home side of Salem Stadium was full and I knew there were lots more fans still in the parking lot. Soon both sides were full and the hill with the big “S” behind the end zone was filling up as well.

“I have been in front of many crowds but none better than what I experienced yesterday,” said Salem head coach Bryan Stinespring, who was an assistant for Frank Beamer teams at Virginia Tech. “The support we received from our students, parents and this awesome community was absolutely amazing. I will never forget bringing our team out of the locker room and seeing the crowd in the stadium. I literally stopped in my tracks and said ‘Wow!’”

Me too. Never in my 40 years of covering games at Salem Stadium have I seen such a crowd. I

was at the Salem-Graham game when both teams were undefeated and the ’91 championship game on a beautiful afternoon when the Spartans played Spotsylvania. I remember the Stagg Bowl when Bridgewater was in the game and any number of Willis White vs Joel Hicks coached games when the Salem-Pulaski rivalry was the big thing in the valley. Glenvar won a state championship at Salem Stadium.

“We had a huge crowd but I think that crowd Sunday was bigger,” said Glenvar coach Kevin Clifford, who was one of the RC estimated 9,000 or so at the Maroons’ game. “I’m really happy for the players and community.”

Old Dominion Athletic Conference commissioner Brad Bankston was at the game to check out the newest member of the conference football wars. The Maroons will be a varsity team in 2025 and play a complete ODAC schedule.

“I figured they would have a good crowd to welcome them back to the gridiron but I had no idea they would play that game in front of one of largest crowds in Salem Stadium history,” said Bankston. “I had reflections of the 2001 Stagg Bowl when Bridgewater played Mount Union for the NCAA Division III Championship. Kudos to the Roanoke athletics staff who worked to make the first game such a success. We look forward to their inaugural ODAC game in 2025.”

The new band was playing and the new sideline cheerleaders were cheering as the team took the field. Then the game began and the Maroons had the ball first. On their first play since World War II they had a penalty for having 12 men on the field. Then they moved back five more yards on another penalty and I’m thinking, ‘the last thing we need is a clown show with this many people here to watch.’

But that didn’t happen. The Maroons settled down and the fans were treated to a very entertaining football game. Neither team led by more than a touchdown and Roanoke rallied to pull out an exciting win. The Maroons had to hold Hampden-Sydney on the Tigers’ final drive and sealed it with an interception on fourth down and less than a minute to play.

The Maroons now have two weeks to sharpen



PHOTOS BY BRIAN HOFFMAN



Above, William Byrd graduate Brayden Andrews dives over the goal line for a first half touchdown in Roanoke College’s return to football last Sunday afternoon. Left, Terrier product Lane Shoemaker zeros in on the ballcarrier in RC’s 34-7 win at Salem Stadium.

their swords for the next game, which will be against the Shenandoah Jayvees in Winchester on September 22nd. Then it’s another two weeks before an away game against the Bridgewater Jayvees. The next home game is against Fork Union Military Academy on October 20 at Salem Stadium and the Maroons finish up their five game schedule at home against the George Mason University club team on November 3rd.

After last Sunday, I expect many of those in attendance will be coming back and wishing it was sooner rather than later. It was a beautiful day and a great atmosphere. I understand Stinespring had quite a few recruits at the game, and what a great show for them to see!

“I want to thank the Salem community and surrounding areas for coming out to support the Roanoke College football team,” said RC athletic director Curtis Campbell. “The turnout was amazing, the game was entertaining and I thought our young men performed extremely well given they’ve only practiced a few weeks. Hat’s off to Bryan and the coaching staff for a job well done!”

SPORTS

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



Left, Aidan Kelly(#17), Thomas Purcell(#44) and Maurice Burnette combine to bring down a Hidden Valley runner. Right, Ethan Haston returns an interception.

Terriers, finally, have a home game Friday night

The William Byrd football team will finally get to play a home game this Friday. The Terriers have their home opener with Christiansburg after playing two scrimmages and their first two games on the road, including wins over Liberty and Hidden Valley.

"The first four weeks of scrimmages and games have been on the road, and I have been very pleased how our players handled that," said Byrd coach Brad Lutz. "Our entire football fam-

ily is very excited about coming back home to play our first home game of the season. Our fans and community are a huge part of the football experience and we will need their support on Friday night."

The Terriers were 7-0 at home last year, including two playoff wins, as they finished the season 12-2. One of those losses was to Christiansburg, 14-10 in Christiansburg the third week of the season. Byrd ripped off

10 straight wins after that loss and Christiansburg went on to finish 8-4 and reach the Region 3D semifinals, ending their season with a seven point loss at Magna Vista.

Demon coach Alex Wilkins stepped down after the season and was replaced by Matt Herron. Christiansburg opened this season with a 27-24 win at Floyd, then lost their home opener to Abingdon last week, 31-28.

"Christiansburg has a very talented roster with a lot of size and athleticism," said Lutz. "Offensively, they are capable of generating a lot of explosive plays. Defensively, they tackle well and have a lot of team speed. They have played two very tough opponents this season, and their starters have played eight very competitive quarters of football."

Meanwhile, the Terriers have yet to be tested. They opened with a 51-6 win over Liberty in Bedford against a team that is in midst of a 29 game losing streak. Last week at Bogle Stadium they shut out Hidden Valley, 65-0. In two games thus far the Titans have been outscored 155-0, including a 90-0 loss to William Fleming to open the season.

The Terriers left nothing to chance in south county last week, jumping to a big lead in the first quarter. Jamez Toler had the first two scores on 61 and five yard runs and Jerrett Shepherd then scored on a two yard run.

Byrd made it 35-0 at the half as Toler scored again on a 10 yard run and Ethan Haston caught a 30 yard TD pass from Cannin Lutz. Connor Whitehead converted all five extra

points and the lead was enough to keep the clock running continuously in the second half.

Coach Lutz cleared the bench in the second half and everyone who suited up got in the game. Jamez Toler, Jalen Toler and Purcell all scored second half touchdowns and Izayah Brown finished off the scoring with a 33 yard interception return.

Cannin Lutz only had to pass seven times in this game, completing four for 73 yards and two scores. Jamez Toler had nine carries for 130 yards and four TDs and brother Jalen had six carries for 31 yards and a score. Purcell and Haston each had a TD catch.

On defense, Jonathan Rosser had 10 tackles with three for losses and a sack. Maurice Burnette had five tackles for losses and two sacks while Brown had the "pick six" and a fumble recovery. Haston and Tate Kotz also had interceptions.

"Our staff was pleased with the progress we showed against Hidden Valley," said Lutz. "Offensively, we had limited total offensive plays but we were able to work on details of the offense. Defensively, we forced three turnovers and tackled really well. All our players were able to get game reps, so that was another benefit from Friday's game. With that said, our starters have not played a full game yet so that is a concern going into this week's game."

The jayvees also shut out Hidden Valley, 54-0, and the middle school made it a sweep with a 48-6 win over Smith Mountain Lake Christian Academy on Monday.



PHOTOS BY SUZANNE WITCHER

Byrd quarterback Cannin Lutz takes off running as Nick Bustamante(#50) blocks.

Byrd opens XC season with two big meets

The William Byrd cross country team opened their 2024 season with two big meets last week. The Terriers competed in the Bengal Clash at the River in Martinsville and the Knights Crossing at Green Hill Park in Roanoke County.

The Bengal Clash was held at the Smith River Sports Complex. Originally scheduled for August 29, it was postponed due to weather until last Tuesday, September 3rd. The Byrd girls finished 12th among 16 teams and the boys were 20th out of 25. Team champions were the Christiansburg girls and the Hidden Valley boys.

Individually, Heidi Wienke led the girls with a 23rd place finish among 140 runners while Lucy Whitenack was 33rd. For the boys, Colton Sotherden had the top finish with a 76th place among 180 runners.

Byrd's middle school boys' team took fourth overall at Martinsville. Carston DiBendetto was

second, Grant Bartley was fifth and Maxwell Reeves finished eighth.

Last Saturday at Green Hill Park the Knights Crossing drew over 3,000 runners from five states, racing in a variety of divisions from early morning until late afternoon. The Byrd varsity ran in the Red division for Virginia public schools and out of state schools. There were 476 runners in the boys' Red race and 331 girls.

Sotherden had the best time for the Byrd boys at 19:10.08 in the 5,000 meter run.

"Colton had a breakthrough race," said Byrd coach Kayland Bond. "This was his first time breaking 20 minutes. He stuck to our race plan and stayed competitive during the race."

Drew Bartley finished in 21:31.85, just ahead of Riley Slusher at 21:31.94.

Whitenack had the best time for the Byrd girls, finishing in 22:17.33. Elena Mullen ran 24:19.27

and Grace Woodcock had a time of 24:23.06.

Team winners in the Red Division were the Blacksburg boys, among 57 schools, and the Cardinal Gibbons girls. Blacksburg's girls were second in a race that had 38 teams.

William Byrd took 15th place in the Middle School race. Bartley finished 28th individually and Reeves was 30th.

"Grant and Max did a great job of staying engaged during the race and putting themselves in a good place at the start of the race," said Bond. "They were exactly where they needed to be through mile one."

The Terriers had 13 personal records at Green Hill. They're scheduled to run at Hidden Valley this Saturday.

"I'm looking forward to watching the season progress," said Bond. "We're already seeing individual improvements."



PHOTOS BY JON FLEMING

Left, William Byrd's Lucy Whitenack(middle in photo) runs through the first half-mile of the Knights Crossing Red race. Right, Grant Bartley placed 28th in the boys middle school 4k.