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Civic center to host Salem Holiday Market this Saturday

Shawn Nowlin

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As people shop for gifts this holiday season, many local vendors and businesses hope that they are kept in mind. The civic center will host the Salem Holiday Market on December 12 from 9 a.m. to 4 p.m. The event, now in its second year, provides a platform for local small vendors and businesses to engage with the Roanoke Valley. Roanoke County resident Jamal Seales who attended the event last year said he was blown away at the variety of options he had to choose from. “I’ve been to a lot of vendor shows over the years. What made this one unique was the diversity. I was able to get a birthday gift for my mom and daughter, a Christmas present for my wife and sister and a few things for myself,” Seales said.



PHOTO BY SHAWN NOWLIN

From 9 a.m. to 4 p.m., crafters, artists and direct sales vendors will be on hand offering a variety of items. Many of last year’s vendors will be present. Attendees are encouraged to bring a non-perishable food item for the Salem/Roanoke County Food Pantry.

“I have encouraged all of my friends to stop by this year and support as many vendors as they can.” Attendees are encouraged to bring a non-perishable food item for the Salem/Roanoke County Food Pantry on Saturday. Approximately 4,650 pounds of food was collected last year. For additional information about the pantry, contact 540-389-6938. To adhere to the recommended social distancing guidelines, only 250 people will be admitted at a time and attendees will be asked to wear a face covering and maintain six feet of space between each other. Event organizer Bonnie Ferguson said events like this are important, especially this year during the holidays. “We wanted to organize a show that was profitable for

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Longtime Roanoke County Fire Chief retires after decades of service

Shawn Nowlin

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After a career spanning nearly 30 years, Roanoke County Fire & Rescue Chief Stephen G. Simon has decided to retire, effective March 1, 2021. In the coming weeks, an interim chief will be named. “I have been blessed to serve the community as a member of the Roanoke County Fire & Rescue Department and privileged to have had the opportunity to lead the organization,” said Simon. “I am grateful to the men and women of the Department who provide the exceptional service our citizens have come to expect.” Colleagues hail Simon’s even-keeled demeanor, sincere commitment and impressive work ethic to his department. Longtime friend Daniel O’Donnell, a County Administrator, wholeheartedly agrees. “Steve has had a long and distinguished career in public service,” O’Donnell said. “He is to be commended for his dedication to the profession and to serving the citizens of Roanoke County. We will miss his leadership and guidance but wish him well in the next phase of life.” As a kid growing up, Simon’s

parents told him that if he ever had a problem, he should go to the fire station. And that is exactly what Simon did regularly. To me, a firefighter has always been someone to look up to, he said before adding, I would often daydream in high school about being a firefighter and helping people. In 1986, Simon began his career as a fire department volunteer in Prince William County. In 1994, he was hired as a Roanoke County Paramedic and Firefighter. Over the years, he was promoted through the ranks from Fire Lieutenant to EMS Captain, Battalion Chief and Deputy Chief. For the last five years, he has served as Roanoke County’s Fire & Rescue Chief. Simon has served as adjunct faculty for Jefferson College of Health Sciences, Hampton University and Radford University. He’s also served on multiple regional, state and federal committees for the betterment of Fire-EMS services in Roanoke County. Simon is also on the board of the Western Virginia EMS Council, representing Roanoke County for the last 17 years. With so many missed opportunities over the years due to the demand of his job, Simon is looking forward to making as many memo-

ries as possible with his wife and two teenage children, Grace and Kobey. “They allowed me to go to work every day. Without their support, there is no way I would have the career I do now. Unfortunately, I couldn’t attend every game or recital that I wanted. Their selfless attitudes did not go unnoticed over these years,” he said. “I am looking forward to giving them my undivided attention without any interruptions from work.”



SUBMITTED PHOTO

Roanoke County Fire & Rescue Chief Stephen Simon will officially retire in March.



SUBMITTED PHOTO

Justin Ginnings has known his fiancé Ashleigh since the two were students at Andrew Lewis Middle School. She, said Ginnings, encourages me to reach my full potential every day.

Salem native on path to reaching his dream

Shawn Nowlin

shawn.nowlin@ourvalley.org

One of Salem’s brightest stars is well on his way to accomplishing his dream of becoming a chiropractor. Sherman College of Chiropractic student Justin Ginnings wants to promote living a healthy lifestyle within the community by one day establishing a successful practice that Salem trusts and respects. Born in Tennessee, Ginnings moved to Salem with his family when he was ten. After attending Andrew Lewis Middle School, Ginnings transitioned to Salem High before graduating from Roanoke College. Always an extrovert, Ginnings, like most teenagers, enjoyed hanging with friends, playing sports and watching movies growing up. In middle school, he joined the track and field team and continued running competitively all the way through his year senior of college. As a junior, Ginnings started looking into graduate school programs. Originally, he wanted to pursue a degree as a physician’s assistant. After shadowing many Doctors of Chiropractic throughout Roanoke Valley, he fell in love with the profession as a patient and future caregiver. “My parents are one of the only reasons I’ve had the opportunity to attend Roanoke College and Sherman College of Chiropractic.

They have been a huge help financially and emotionally and I cannot thank them enough for all that they’ve done for me,” Ginnings said. “I want to continue making them proud.” One of the best decisions Ginnings says he ever made was asking his best friend to marry him. Ginnings and his fiancé Ashleigh have known each other since middle school. “I met Ashleigh through Andrew Lewis’s track and field program. As soon as we met, we quickly became best friends and have officially been together for eight years,” he said. “We are planning to get married the summer I graduate from grad school.” It goes without saying that there has never been a year like 2020. Like most people, Ginnings has come to appreciate all that he has more than ever. “Due to COVID-19, I was forced to slow down from a busy schedule and think about what mattered most to me. Even though I was continuing my education online, I was able to spend extra time with loved ones that I would not have gotten to see otherwise,” he said. “It has reminded me that I should never take the time I get to spend with friends and family for granted.” I am excited about the next chapter of my life, said Ginnings before added, I want to be an inspiration for the next generation.

In conversation with Steve Yost, Salem’s Southern Gentleman

This time of year, the fictitious George Bailey, played by Jimmy Stewart in the holiday classic “It’s a Wonderful Life,” usually has exclusive rights to the claim of being the richest man in town. But this December, Steve Yost is giving him a run for his money. After 39 years of distinguished service to the citizens of Salem, as the City Attorney for both local government and the school division, Yost is retiring at the end of the year.

“I am the luckiest guy in the world because I have dealt with first-rate folks who were in it for all the right reasons,” said Yost. “They loved their community and they not only wanted to do well, but also do better. So, for me, the real highlight of my career is the people.” Those people include all four superintendents in the school division’s history and no less than five city managers. “I go back to Bill Paxton, who was city manager when I was appointed in 1981 and my relationship with every city manager and superintendent since then has been outstanding,” said Yost. “They have been capable and delightful to work with from my point of view.” “Steve is the most trustworthy and honest gentleman that I ever worked with,” said Forest Jones, Salem City Manager from 2000-2008. “He was dedicated, hard-working and he played an important role in the smooth operations of the city. Plus, he had the ability to keep me out of trouble all those years.” Jones has the unique distinction of working with Yost on both the school and city sides. Each man played important roles when Salem decided to break away from Roanoke County and form its own

school division in 1983. “When the school board made the decision to go its own way, there was a large segment in Salem that did not think this could be accomplished,” said Yost. “Not only did we pull it off, but we became a recognized leader in the state.” “Through numerous difficult and challenging times, dating back to the origin of our independent Salem City School Division, Mr. Yost’s combination of legal expertise, keen intellect and even temperament has often been the unseen steady hand helping facilitate positive outcomes,” said Alan Seibert, Salem Superintendent of Schools. “Everybody wants to be associated with a successful entity and successful folks, and that has been the beauty of the school system,” said Yost. “The little part I played in that is very rewarding and I take tremendous pride in that.” Yost also takes great pride in the fact that a Roanoke boy was able to make such a successful go of it in Salem. After earning his law degree from the University of Richmond in 1975 and being admitted to the Virginia State Bar that same year, he soon found himself working for his

See Yost, page 7

Market

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Author M.R. Hooley is expected to be present on Saturday. PHOTOS BY SHAWN NOWLIN



Entrepreneurs like Trevor Hoare are hopeful area residents will be supportive during the holidays.



This year's turnout is expected to be significantly smaller, largely because of COVID-19, compared to last year.



To keep everyone safe, only a certain number of people will be allowed to shop at one time.

everyone. The vendors and organizers. My husband and I have been attending vendor shows for nearly two decades.

With the devastating impact of COVID-19, we need support from the community more than ever," she said. "For many of

the 70 plus vendors, this will be their first show in months." Salem native Kimberly Cruz has had December 12 circled

on her calendar for a few weeks. When she shows up Saturday with her children, she knows that they are going to be ex-

cited. "We have been blessed throughout the year, so now it's time to be a blessing to others," she said.

Food pantry donations needed more than ever

With the holidays upon us, local food pantries have even a greater need for food. In this pandemic state, local food pantries are grateful for any donations.

With the knowledge of these times, and with a desire to help those in need, the Church of Jesus Christ of Latter-Day Saints once again delivered 80,000 pounds of foods to Southwest Virginia.

The first delivery of 40,000 pounds of foods consisted of 12 pallets of refrigerated butter and cheese, and 12 pallets of dry goods.

One-third of the food delivery went to the Rescue Mission of Roanoke. An additional third of the delivery went to Manna ministries, which is a subsidiary of The Rescue Mission.

Catholic Charities of

Roanoke received the final third of the food delivery. Roanoke Area Ministries (RAM) received a few cases of food. RAM does not have the facilities to currently accept any more food.

The second delivery of 40,000 pounds was equally divided between Feeding Southwest Virginia and the 82nd Airborne Christian Soldiers Food Pantry.

Richard Justice, Director of Warehousing at FSWVA, stated, "Each pallet weighed 1,600 pounds." Kitty Tabor, Food Resource Manager for FSWVA, added, "This is such a blessing. We are so thankful."

Missionaries from the Church were available at the 82nd Airborne Christian Soldiers Food Pantry in Roanoke to help unload the 20,000 pounds of foods at their facility. A representative of the Food Pantry stated, "This will help feed the 60 to 80 people we get each day."

- Submitted by Jennifer Brown, Church of Jesus Christ of Latter-Day Saints Communications Director



Pallets of dry foods.

SUBMITTED PHOTO

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Reverend Ken Nienke of Fellowship Community Church
will be our Honored Guest & Speaker

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Sens. Obenshain and Suetterlein re-introduce Parole Transparency Bills for 2021

Both Bills won bipartisan Senate support during 2020 Special Session

Senator Mark Obenshain (R-Rockingham) and Senator David Suetterlein (R-Roanoke County) recently reintroduced legislation that would require Virginia's Parole Board release information regarding parole decisions and make the Board's votes public. Obenshain's SB1104 and Suetterlein's SB1103 are identical to their bills that passed the Virginia Senate with bipartisan support during the 2020 Special Session.

Obenshain's SB1104 would mandate the Parole Board publish monthly decisions reports that include the offenses that the prisoner committed, the juris-

diction where the prisoner was convicted, and the length of time served. The bill also requires the Board provide notice to the relevant Commonwealth's Attorney and the Victim/Witness Director so they can present evidence on the potential impact the release would have on the victim and allows victims opportunities to provide input electronically. Obenshain's 2020 Special Session proposal unanimously passed the Virginia Senate before the House of Delegates' Courts of Justice Committee tabled the bill on a party-line vote.

"Over the last few months, Virginians have

been appalled by the egregious actions of the Virginia Parole Board and their disregard for the requirements of the law and its own policies and procedures. The Board has released violent felons without regard to requirements that it notify victims and local prosecutors in advance. Their actions have highlighted the lack of transparency under which the Board operates, and this bill seeks to address those transparency concerns. It is past time the Board follows the law and its own policies and provides to victims and their families the respect they deserve," Obenshain said.

Suetterlein's SB1103 would make Parole Board votes public just like the votes of the Commonwealth's other public boards and commissions. "The Parole Board has immense power over critical decisions that impact public safety and individuals' liberties. Virginians should know who is making those decisions and how they're making them. It was great to have bipartisan support for this important sunshine reform

See Parole, page 3

Light a Light of Love
Traditions are special at the Holiday Season.
At John M. Oakey & Son, we too have our Traditions.

Our
Lights of Love Memorial Tree

Oakey & Son
FUNERAL HOME & CREMATORY

Blessings from the John M. Oakey & Son family. We would like to wish our families and friends a "light" of hope, joy and peace during the Holiday Season and always.

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A LASTING RELATIONSHIP WITH OUR FAMILIES DURING THE MOST DIFFICULT OF TIMES

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COMMUNITY CALENDAR

The City of Salem has been monitoring the potential spread of COVID-19, and like you, we have been processing a great deal of information. The safety of citizens, school children and visitors is always the number one priority from the Salem Civic Center to City Hall. Emergency Management team members are in constant contact with the Virginia Department of Health, the Roanoke-Alleghany Health Department and area health professionals at our local hospitals. During this time of uncertainty, people are encouraged to monitor the website (salemva.gov) for official city details on closings or cancellations. This site will be updated daily whenever there is new information.

FIRST AND THIRD TUESDAYS

Salem Host Lions Club,

6:30 p.m., dinner and a program, Salem Civic Center.

SECOND MONDAY

Paint Bank Ladies Auxiliary meeting, 7:00 p.m. at the Paint Bank Fire Department. Contact 540-897-5346 for more information.

EACH TUESDAY

•Practice for the Salem Choral Society, 7-9 p.m. each Tuesday in the choir room of Salem Presbyterian Church, corner of Main and Market streets in downtown Salem. Membership is open to anyone who enjoys singing. For more information, go to www.salemchoralsociety.com or contact director Reed Carter at reed.salemchoralsociety@gmail.com.

•Salem Chess Players meet at the Salem Senior Center, 110 Union Street

in Salem from 7-11 p.m. Open to anyone 16 years or older. Instructions are available.

•Salem Kiwanis Club meets 11:45 a.m. - 1 p.m. for lunch, Salem Civic Center.

•Glenvar Rotary Club meets 12:15 - 1:15 p.m. for lunch in Richfield Retirement's Recovery and Care Center cafeteria, first floor. Guests welcome.

•Knights of Columbus hosts bingo for charity. Proceeds support local charities including RAM House, Madonna House, the Roanoke Rescue Mission, Saint Francis House, food pantries and various youth projects. Games are played from 5:30 - 9:30 p.m. at Gator Hall, at 5301 Williamson Road, near Happy's Flea Market.

•Infinity Acres Ranch Fundraiser from 4 p.m. to 8 p.m. at Christ Episcopal Church at 321 E. Church Street in Blacksburg. Tickets

are \$8 while children eight and younger can eat for \$4. For more information, contact 276-358-2378.

•All ages are welcome to TOPS (Take off Pounds Sensibly) at 5:15 p.m. at the Salem Senior Center. For more information, contact Linda at 540-389-4207.

•Overeaters Anonymous (OA) meeting, 7 p.m. at Christ Lutheran Church at 2011 Brandon Avenue in Roanoke. Contact 540-293-4065 for more information.

•From 10 a.m. to 2 p.m., a chair caning and basket weaving class will occur at the Salem Senior Center. While free, attendees are encouraged to bring their own lunch. For more information, contact 540-375-3054.

THIRD TUESDAY

The monthly meeting for National Association of Women in Construction (NAWIC) Roanoke Valley

Chapter #226 locations and times will now vary. Learn more details by emailing us at navicroa226@gmail.com.

THIRD WEDNESDAY

Alzheimer's /Dementia Caregiver Support Group at 2 p.m. at Salem Terrace at Harrogate.

FIRST THURSDAY

Roanoke County Woman's Club meets at 10:30 a.m. in the conference room at College Lutheran Church in Salem. New members are welcome.

EACH THURSDAY

The Salem Senior Center's Social Club, known as the 49ers Plus Club, originally started the senior program in Salem over 40 years ago. They have different speakers and/

or activities practically every week. New members are always welcome to show up at the Salem Senior Center at 11 a.m. Contact 540-375-3054 for more information.

EACH SATURDAY

•Salem Farmers Market from 9:30 a.m. to noon, weather permitting. Select vendors will have country sausage, cage-free eggs, grass-fed beef, cage-pasture-raised chicken, homemade rolls, pieces of artisan bread, muffins, seasonal greens and more.

•Overeaters Anonymous (OA) meeting, 11 a.m. at Christ Lutheran Church at 2011 Brandon Avenue in Roanoke.

Be sure to 'Like' the Salem-Times Register on Facebook.

Governor and First Lady Northam, Cabinet members volunteer at food banks across Virginia



Governor Ralph Northam, First Lady Pamela Northam, and members of the Governor's Cabinet recently volunteered at food banks throughout Virginia, highlighting the critical role food banks are filling for Virginians facing

food insecurity amid the COVID-19 pandemic.

"Food banks are an important first line of defense against hunger and food insecurity," said Governor Northam. "Virginia food banks have gone to extraordinary lengths to increase

capacity and streamline the distribution of food amid a growing need for their services. Our administration will continue to use a variety of programs and funding to ensure no Virginian goes hungry during this health crisis."

Governor Northam, along with Secretary of Agriculture and Forestry Bettina Ring and Secretary of Commerce and Trade Brian Ball, volunteered at Feeding Southwest Virginia in Abingdon, packing bags with fresh fruit and vegetables to be distributed to people in need across Southwest Virginia. First Lady Northam volunteered at the Foodbank of Southeastern Virginia and the Eastern Shore, and Chief of Staff Clark Mercer, Secretary of Health and Human Resources Dan Carey, Secretary of Veterans and Defense Affairs Carlos Hopkins, Secretary of the Commonwealth Kelly Thomasson, and Secretary of Administration Keyanna Conner volunteered at Feed More in Richmond. Chief Diversity Officer Janice Underwood volunteered with Congressman Bobby Scott, Congresswoman Elaine Luria, Mayor Donnie Tuck, and a number of state legislators at the Virginia Peninsula

Food Bank in Hampton.

The COVID-19 pandemic has increased food insecurity across the Commonwealth and as a result, more Virginians are using the services of food banks and other food programs. Prior to the pandemic, approximately 850,000 Virginians, including 250,000 children, did not know where their next meal would come from. Feeding America estimates that the ongoing pandemic could make up to 275,000 more Virginians food insecure.

"We rely heavily on volunteers to get donated food items packaged in a way that we can distribute it to our local partner agencies," said President and CEO of Feeding America Southwest Virginia Pamela Irvine. "Volunteers are the backbone of our organiza-

tion, and we welcome everyone who wants to come help provide this critical service in our community."

The Federation of Virginia Food Banks operates seven regional Feeding America food banks across the Commonwealth that distribute food to partners within their regions. To support Virginia food banks or to learn more about volunteer opportunities, please visit vafoodbanks.org.

In July, the Commonwealth committed an initial \$1.4 million in CARES Act funding to help launch a new statewide initiative with Sentara Healthcare, Truist, and the Federation of Virginia Food Banks called the "We Care" COVID-19 Virginia Emergency Food Support Plan, providing approximately 100,000 food boxes

to Virginia families.

Earlier this month, Governor Northam allocated \$7 million in federal Coronavirus Aid, Relief, and Economic Security (CARES) Act dollars to help Virginia food banks to continue to provide food to Virginians who need it. This funding is in addition to \$650,000 in Temporary Assistance for Needy Families (TANF) funding to support food bank services. In October, Governor Northam and the Children's Cabinet released the Virginia Roadmap to End Hunger, a set of goals and strategies to prioritize food security during the Commonwealth's response to COVID-19 and beyond.

-Submitted by
Alena Yarmosky,
Office of the Governor

Parole

from page 2

during the special session and I'm hopeful that we can build on that great support in 2021," said Suetterlein.

The Virginia Senate passed Suetterlein's 2020 Special Session legislation on a 29-10 vote that included support from a majority of Senate Democrats. The bill was tabled on a party-line vote in the House of Delegates' Courts of Justice Committee, but the Virginia Coalition for Open Government is enthusiastic about Suetterlein's renewed 2021 effort.

"I'm heartened to see Senator Suetterlein re-introduce this commonsense bill. The Virginia Coalition for Open Government continues to support this important measure because the Parole Board should

be accountable to the public like other Virginia boards and commissions and have their votes recorded for the public to see," said Megan Rhyne of the Virginia Coalition for Open Government.

Both bills are part of a coordinated effort to bring transparency and accountability to the powerful Parole Board after an Office of the State Inspector General's report revealed several violations of the law regarding notifying victims' families and record keeping requirements.

The Virginia General Assembly will convene its 2021 Regular Session on January 13.

-Submitted by Legislative Aide Dan Webb

POLICE REPORT

The Salem Police Department reported the following people were arrested and charged November 24-30. Arrest indicates an accusation, and defendants are presumed innocent unless found guilty in court. Police do not release the names of persons under the age of 18.

Those arrested and their charges were listed as:

November 24 - Zane C. Christian, 25, homicide, shooting/throwing missiles into vehicle, use of firearm in commission of felony, reckless handling of firearm, damage property, and neglect

November 25 - Ramona E. Bower, 34, assault and battery; Nilvan Lins Ferreira, 71, failure to appear; and Christopher A.

Lindamood, 59, public intoxication

November 27 - Jon E. Hall, 20, illegal possession of marijuana; Jason A. Williams, 36, violation of probation; Jason L. Robertson, 38, public intoxication; and Christopher A. Lindamood, 59, public intoxication

November 28 - Leanne E. Cline, 45, compul-

sory attendance required; Whitney M. Bradbury, 31, compulsory attendance required; and Crystal L. Wright, 42, compulsory attendance required

November 30 - Alisha F. Beauge, 41, burglary, petit larceny, damage property and Curtis D. Day Jr., 41, tamper with motor vehicle, false name to police, and contempt of court

Job Opportunity in Craig County

The Craig County Electoral Board is seeking qualified applicant for the position of General Registrar/Director of Elections. Qualified applicants must apply by 12/22/20. Applicants must be a resident and qualified voter in Craig County or willing to re-locate. A complete job description and application information may be found at www.vote@craigcountyva.gov or by mail to the Craig County Electoral Board, P.O. Box 8, New Castle, Va.

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2020 VIRGINIA REDISTRICTING COMMISSION

Virginia has voted to have a redistricting commission and you can be part of it!

If you are interested in becoming a citizen commissioner go to our website for more information.

Accepting applications
November 30th through December 28th

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<https://redistricting.dls.virginia.gov/>

OPINION

Give Light ~ Pantry / Whitman / Obits ~

{This is a memory from the six decades the author has spent writing about faith communities in daily, weekly and monthly news publications covering the western third of Virginia.}

To take a break from the pandemic, here are my thoughts on three other matters.

Though I have never been a regular volunteer at the Salem/ Roanoke County Food Pantry, I've written about its needs many times. In past summers, I have been one of many who packed snack bags to provide food for children who depend on free lunch when school is in session but need extra nourishment in the summer.

A recent newsletter from Jenny McCormick, the paid director of the pantry, contains a plea for more volunteers and explains the steps being taken to keep everyone as safe as possible while COVID-19 is spreading.

McCormick explains that four to eight volunteers are needed each day the pantry is open. They are all masked, carts to take orders out to cars are regularly disinfected, gloves are available and only

four volunteers are working at one time.

The pantry is open Monday through Friday from 10 a.m. to 2 p.m.

Changes made because of the pandemic have had one good effect, the director points out. No clients to receive free food are in the relatively small space inside the building at 915 Union Street in Salem. This not only cuts down on close contact, but provides more room for volunteers to place food on shelves and pack orders.

The pantry has less space than it once did when it was in a free warehouse owned by Novozymes Biologicals off the Fourth Street By-pass. For many years, the same building was the site of the Joan Dorsey Community Clothing Closet, one of the services for the needy maintained by Salem Area Ecumenical Ministries (SAEM). The food pantry and the clothing closet are separate non-profit agencies dating back well into the past century.

Five years ago, the corporation which owns the warehouse needed it, and first the clothing closet and later the

Frances Stebbins Correspondent

food pantry had to leave. The governing boards of both now must pay for rental space. The closet is in rooms at South Colorado and Seventh Street in Salem while the pantry is not far away near Moyer Park and the railroad tracks.

McCormick of the pantry noted that now that clients have food taken to them as they wait in their cars, a volunteer is needed to answer the phone when they call for pickup. Those who can commit to working with the pantry may find out more from her by calling 540-389-6938.

Even when the pandemic is considered over, she said, the system of serving clients outside the building will continue.

And if you can't volunteer, financial gifts are always needed; the newsletter lists the many contributors who have donated to: Salem/Roanoke

County Food Pantry, PO Box 288, Salem, Virginia 24153.

Those who studied American Literature, at least in my day, were exposed to the poetry of a remarkable man, Walt Whitman. Best known for his rambling free-verse "Leaves of Grass," he lived from 1819 to 1892. Nearly 50 years ago, I acquired a fat paper-back book, "The Portable Walt Whitman," which contains, not only the famous poem, but also the writer's account of how he gave his time during the American Civil War to visiting hospitals around Washington, D.C. to do what he could to help sick and wounded Union soldiers.

Though I tried to get excited about "Leaves of Grass," it never was one of my preferred poems, but several months ago I heard on the Blue Ridge Public Television program "Write Around the Corner" of a new biography of the poet. I got out the old paperback and became fascinated by Whitman's account of his hospital visits to the grim institutions where the poor victims of Virginia, Maryland and Pennsylvania battles were housed.

More died than were healed

there, he observed, as he described 19th-Century medicine when amputations were routine to try to stop death from gangrene infection, and typhoid, dysentery and tuberculosis were rampant.

The kindly man - who never married, lived in an attic room and today is suspected of being rejected as gay - treated the few dying Confederates with the compassion he accorded his fellow Yankees.

The obituary pages of the daily newspaper are full these days often with lengthy death notes honoring the deceased in flowery language. With the elderly being a major readership base for struggling newspapers, "obits" are a reliable source of revenue and quickly consulted each morning.

I've said before that I dislike the euphemism "pass away" as a substitute for the factual "died." I also wish that family contributors would state the cause of death and wonder why they do not more often. I'd also like to know the age of the deceased; no longer alive, they cannot be discriminated against for age.

If COVID-19 was the cause, why keep it secret?

Send letters to the editor at shawn.nowlin@ourvalley.org

Marijuana legislation: Wrong time, wrong bill

Morgan Griffith Representative

Setting an agenda means setting priorities. Based on the agenda of the U.S. House of Representatives, apparently marijuana is a priority of Speaker Nancy Pelosi (D-CA).

It must be so, because on December 4 she used some of the little legislative time remaining in this Congress to bring up H.R. 3884, the Marijuana Opportunity Reinvestment and Expungement Act of 2019. H.R. 3884 not only decriminalizes marijuana, but expunges previous marijuana convictions and permits taxpayer dollars to be used in support of the marijuana industry and convicted drug dealers.

I doubt the constituents we represent in the House believe this measure to be such an urgent concern amid the current pandemic and economic downturn.

To be sure, I am sup-

portive of changes to current federal drug laws. I support medicinal marijuana and further research into the effects of marijuana use, which the present laws and regulations make difficult to pursue. I have introduced legislation and worked with colleagues on both sides of the aisle to achieve these goals.

But with few legislative days remaining in this Congress, now is certainly not the time to focus on full-blown marijuana legalization. Further, H.R. 3884 goes way too far in the other direction from the restrictions currently in place.

In light of the fact that the bill was taken up so late in the Congress and with little chance of becoming law, H.R. 3884 appears to be more of a messaging bill than a serious attempt at legislating. But what kind of message is sent by its provisions?

Consider how it handles marijuana convictions. Any prior conviction for non-violent federal marijuana offenses are expunged, and courts are required to conduct resentencing hearings on any federal convictions that included marijuana as part of the underlying offense apart from crimes of violence. For example, if an individual was convicted of embezzling from a bank but was in possession of marijuana when arrested, he or she could be eligible for resentencing.

This would create tremendous strain on the court system, occupying its time and resources with thousands of resentencing hearings rather than more important business.

Prior marijuana convictions could also not be considered in denying any federal public benefit, granting security clearances, or in regard to immigration laws. So the individuals recently caught in Connecticut with a rental truck carrying an estimated \$15 million worth of marijuana, as an example, could benefit from these provisions.

Not only are these offenses expunged, but H.R. 3884 creates an "Office of Cannabis Justice" in the Department of Justice. The task of the new office would be to administer a grant program providing services to individuals convicted of marijuana-related offenses.

Changing the laws should not mean directing taxpayer dollars to individuals convicted of breaking the law or require federal grants and loans for the marijuana industry.

We still do not have enough data on the effects of marijuana use. This has long been a concern of mine, and why I have introduced or cosponsored bills that would make research on possible effects easier.

Just in September, a bill I cosponsored, the Medical Marijuana Research Act, advanced out of the House Energy and Commerce Committee. I had introduced versions of it in previous years and am glad to see it progress now. A floor vote is anticipated this month, a fact I appreciate but which makes little sense considering the vote on H.R. 3884.

H.R. 3884 leapfrogs over more careful measures, disregarding pub-

lic health consequences. It deschedules marijuana entirely from the list of scheduled substances under the Controlled Substances Act instead of moving it to another schedule that more appropriately assesses the risk of use.

Earlier this year, the House rushed to ban flavored tobacco products and vaping after a spate of sicknesses. Most of the people who fell ill were vaping products that contained THC, the psychoactive ingredient in marijuana. Yet H.R. 3884 takes no action to ban flavored marijuana vapes, or generally to prevent marijuana use among young people.

H.R. 3884 would introduce more problems than it solves at a time when our attention is best directed to other topics.

My position on marijuana remains the same: legalization for medicinal purposes and loosened restrictions for research. I am ready to work with Democrats and Republicans to achieve these goals and more generally to rationalize federal policy at a time when more states are opting to legalize marijuana to various degrees. The path away from the perplexing current state of marijuana policy need not lead to the reckless policy regime created by H.R. 3884.

If you have questions, concerns, or comments, feel free to contact my office. You can call my Abingdon office at 276-525-1405 or my Christiansburg office at 540-381-5671. To reach my office via email, please visit my website at www.morgangriffith.house.gov.

LETTERS TO THE EDITOR

Dear Editor,

I lived in a nursing home from the ages of 22 to 31. I currently live on my own with support from caregivers. My main problem is that when I schedule interviews, they do not show up. I understand the pay, at \$9.87 an hour, is low, but as an advocate for people with disabilities, this is one of the things that I am continuing to advocate for with legislators and the U.S. ARC.

If people with disabilities cannot find good and reliable caregivers, we will be forced to go into institutions, which is a violation of ADA rights to live in the least restrictive environments possible. We are also entitled to have a life like yours. While I have tried sources such as Indeed, Facebook,

Craigslist and Care.com, I haven't had good results.

The problem with an agency is that most of them do not give medications due to the liability. If they do give medications, they must train them themselves before they are allowed to dispense any meds, including nose spray.

There has to be a solution for those living with disabilities to remain in their communities rather than being forced into a living situation they are not happy with. That takes the meaning out of a life like yours, which we are all entitled to.

- Stephen Grammar, Graduate of Partners in Policymaking 2013, Advocate for people with disabilities.

SALEM TIMES-REGISTER

A newspaper of, by and for the people of the City of Salem and Roanoke County.

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The Times-Register encourages letters from our readers on topics of general interest to the community and responses to our articles and columns. Letters must be signed and have a telephone number where you can be reached to be considered for publication. All letters will be verified before publication. The Times-Register reserves the right to deny publication of any letter and edit letters for length, content and style.

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CROSSWORD PUZZLE

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- CLUES ACROSS
1. Skateboarders love them
6. Popular sports podcast (abbr.)
9. Former Ohio State great Michael
13. Not dirty
14. Earth goddess (Greek myth.)
15. A Spanish river
16. Pig meat (French)
17. Famed astronomer
18. Floating ice
19. Broadcast
21. Aquatic mammals
22. Some are bath
23. Hip hop trio
24. NY Giants' #56
25. Small European viper
28. Neither
29. Multiple Tony-winner Rivera
31. Loud noise
33. Second year high schooler
36. "___ in comparison"
38. Golf score
39. Raise
41. Pastas
44. Easily manageable
45. Fathered
46. Pouch
48. Institute legal proceedings against
49. News organization
51. Unruly group of people
52. Fasten or secure
54. Sheets of glass
56. Doubled
60. Foolish person
61. Rooney and Kate are two
62. Small, rich sponge cake
63. Advice or counsel
64. Large wading bird
65. Famed British physicist
66. Narrow ridges (Swedish)
67. Field force unit
68. Lying face downward
CLUES DOWN
1. Proof of purchase (abbr.)
2. Soap ingredient
3. Blackbird
4. Single steps
5. Tin
6. Books have lots of them
7. Made of fermented honey and water
8. You can get it in a bed
9. Room for communal meals
10. Early Syrian kingdom
11. Provokes dry amusement
12. Use with "thou"
14. Mollusk
17. Grain storage units
20. Not a car, not a truck
21. Ooze
23. N. Vietnamese ethnic group
25. Tennis pros group
26. Something that's not what it's purported to be
27. E. Indian trees
29. Beloved December holiday
30. Regions
32. Metric unit of length
34. Peter's last name
35. Beige
37. 18-year period in astronomy
40. Where golfers begin
42. Basketball stat (abbr.)
43. Frocks
47. Soda comes in it
49. On approval
50. Trims by cutting
52. Small finch
53. Language Bura-___
55. Nothing
56. Imbecile (British)
57. Tropical Asian plant
58. Abba ___, Israeli politician
59. Small freshwater fish
61. Indicates position
65. Data processing

We've worked hard to achieve a COVID-19 compromise package. We can't afford inaction.

Senators Mark Warner and Susan Collins
Guest Contributors

As the country stared into the abyss of a once-in-a-generation health and economic crisis earlier this year, Congress responded by passing five bills totaling approximately \$3 trillion in relief to stave off disaster. Most economists agree that this prompt action kept millions out of poverty and prevented small businesses across the country from shuttering permanently. But nearly nine months since the pandemic began, at least 280,000 Americans have died, funding for the Paycheck Protection Program (PPP) has run dry, and up to 12 million people could lose jobless benefits by year's end, portending a miser-

able Christmas season unless Congress once again acts. Despite a broad consensus that more relief is desperately needed, for months congressional leaders and the White House have been trapped on a merry-go-round of negotiations that have led only to one stalemate after another. Millions of struggling families watched as Washington dysfunction hijacked a debate with their lives and livelihoods at stake. We're proud to work across the aisle to solve the most pressing issues facing our nation, even though it has subjected us both at times to criticism from people in our own parties who would rather smear the other side than get things done. At a moment like this, with millions of Americans getting sick or losing their jobs, we felt the stakes were simply too high to allow partisan warfare to prevent

us from delivering relief to the people of Maine, Virginia and all of America. So, we began quietly reaching out to like-minded colleagues to explore ways to break the partisan logjam among party leaders. Out of the public eye and off TV, we worked for two weeks over Zoom and socially distanced pizza dinners to negotiate a compromise on emergency funding that senators from both parties could find a way to support. The result is a bipartisan \$908 billion relief framework that, if passed, would help Americans at least get through the next four months as vaccine manufacturing and distribution ramp up. The process, too, can serve as a template for progress on other difficult but vital issues in our closely divided Senate. The framework includes money for small-business loans and another round of

much-needed PPP funds, targeted to those small businesses that are suffering most due to covid-19, such as restaurants and live entertainment venues. It will provide \$35 billion to help health-care providers struggling under the weight of a record number of cases and hospitalizations, and billions more for testing, contact tracing and vaccine distribution. It also provides billions for rental assistance and unemployment benefits for Americans who have found themselves jobless through no fault of their own, and it relieves student borrowers by allowing them to continue deferring federal loans. It includes \$160 billion to keep state and local governments from laying off teachers, first responders and sanitation workers in the middle of the pandemic, as well as funding for broadband, education, nutrition, agriculture, airlines, motor

coaches, Amtrak and mass transit. It also invests in the low-income and minority communities that have been hardest hit by covid-19 by setting aside funding for community-based lenders that have a demonstrated history of getting capital into underserved communities, with the goal of staving off a wave of Black and Latino business closures. The total package of \$908 billion is much smaller than the \$2.2 trillion sought by Democrats in the House, and much larger than the \$500 billion plan Republicans put on the floor in October. Our package is a common-sense compromise that includes the best ideas from both Republicans and Democrats and focuses on areas where there is consensus. We fully acknowledge that parts of this agreement — as well as items not included — will be difficult

pills for some senators in both parties to swallow. But the cost of inaction is higher if millions of American families are forced into the holiday season wondering whether they will be able to put food on the table or keep a roof over their heads. At a moment like this — as intensive care units are flooded with desperately sick patients, restaurant workers wonder how they are going to survive the cold weather ahead and parents are forced to send their children to bed hungry — it would be both foolish and heartless not to do something. We believe this compromise is necessary to provide urgently needed relief to the American people ahead of what will be, according to all the experts, a long and difficult winter. Inaction at this critical juncture would be a self-inflicted wound from which our country would take years to recover.

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LAKESIDE BAPTIST CHURCH - 447 Dalewood Avenue, Salem, 986-0062, Pastor Carl Goodman. Coffee Bar 9:00 a.m., Sunday School 9:30 a.m., Sunday Worship 10:30 a.m., Children & Student Ministry 5:30-7:30 p.m.; Thursday 7:00 pm Young Single Adults, Wednesday Morning Prayer Service 10:00, Lifegroups meeting throughout the week. www.lbcva.com.
SOUTHSIDE BAPTIST CHURCH, 2721 120'Clock Knob Rd., Salem, Pastor: Tim York; Sundayschool, 9:45AM, Sunday morning worship,11:00AM, Sunday evening, 6:00PM, Wednesdayevening, 7:00PM.
TEMPLE BAPTIST CHURCH - 4339 DaughertyRoad, Salem, Greg Irby, Pastor, Church: 380-3567;Home: 389-7240, Sunday School 10:00 AM, WorshipServices 11:00AM & 6:00PM, Mid-week PrayerMeeting Wednesday 7:00PM, www.templebaptch.com.
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MOUNTAIN PASS BAPTIST CHURCH - 311Catawba Valley Dr., (Ro. Co.) Salem, VA 24153. Rev.Jack Richards, Jr., Pastor, Study 384-6720, Home 427-1508. Sundays: Sunday School 9:45 a.m.; Morning Worship 11:00 a.m., Evening 6:00 p.m. Wed:7:00 p.m. Prayer Meeting and Bible Study.
RIDGEWOOD BAPTIST-703 Hemlock RoadN.W. Roanoke, 342-6492. Roy E. Kanode, Pastor.Sunday School 9:45 a.m., Morning Worship 11 a.m.,Awanas 5:15 p.m., Adult Bible Study and Youth Fellowship6:00 p.m.; Wednesday Prayer Service 6:30p.m.; Fellowship Meal 5:45 p.m.; Praiz Kidz 6:00 p.m.; Family Night Activities 6:30 p.m. website:www.ridgewood-baptist.com.
SALEM BAPTIST CHURCH- 103 North Broad Street, Salem, Pastor, Dr. Heath Rickmond, 387-0416. Sunday School 9:15-10:15a.m.; Sunday Worship 10:30-11:45a.m. & 5:00p.m. Wednesday Services 6:15 p.m. www.salembc.net
FELLOWSHIP COMMUNITY CHURCH -Ken Nienke, Pastor, 387-3200. Salem Campus: 1226 RedLane Extension, Salem, Worship Times: 8:00AM,9:15AM & 11:00AM. North Campus: 7210 WilliamsonRoad, Roanoke, Worship Times: 9:15AM& 11:00AM. Southwest Campus: 3585 Buck Mountain Road, Roanoke, Worship Times: 9:15AM & 11:00AM. www.fcclife.org.
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SALEM CHURCH OF CHRIST - 401 West Main Street. 540-389-2400. Minister Eric Evans; Family Life Minister Taylor Plott;



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Trust the Truth

Read 2 Timothy 1:1 through 4:22

Do your best to present yourself to God as one approved, a worker who does not need to be ashamed and who correctly handles the word of truth (2 Timothy 2:15).


The Greek word orthotomeo, translated here as “correctly handles,” is rendered “rightly dividing” in other versions. It carries the idea of cutting straight like a surgeon and getting to the heart of the matter.

Paul’s letters to Timothy emphasize sound doctrine, which must be taught in the churches so believers will be established in the truth. Is false teaching being advocated? Stand firm on God’s truth. Do unbelievers mock our Christian life? Stand firm on God’s truth.

We are all to be students of God’s Word—diligently studying it, faithfully putting it into practice in our daily lives, and effectively sharing it. We should never be ashamed to be identified with Christ, nor do we want to be embarrassed by our lack of preparation for witnessing. We need to be ready with knowledge of the truth and guided by God’s Spirit in sharing it with others.

Thought for Today: Train in the truth and trust its teaching.

Quicklook: 2 Timothy 2:7–15



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9:00-9:45am Sunday Bible Study; 10:00am & 5:30pm Worship Service; Wednesday Bible Study: 6:00 -7:00pm. For more info contact the Church Office.
WESTSIDE CHURCH OF CHRIST - 1705 Starview Drive, Salem. Minister Neil Richey, 389-9139, Sunday Bible Study: 9:30 AM, Morning Worship: 10:30 AM, Evening Worship: 6:00 PM, Wednesday Bible Study, 7:000 PM.
CHURCH OF GOD/ANDERSON COVENANT COMMUNITY CHURCH- 955Bird Lane, Salem, Va 24153, 389-5639. Pastor:Scott Hudson. Sunday School 10:00AM, Worship11:00AM; Bible Study 6:00PM.
CHURCH OF GOD/CLEVELAND SALEM CHURCH OF GOD - 600 Craig Avenue, Todd Stiffler, Pastor, 387-2068, Sunday School 9:30am: Worship and Kids Church 10:30 am, Wednesday Bible Study and Classes at 7:00 pm. www.salemcog.church
DISCIPLES OF CHRIST First Christian Church, 712 Front Ave. Salem, Pastor Dan Netting (540) 389-6831. www.firstchristiansalemva.com. Adult and Children Sunday School - 9:45 am, Worship - 10:45 am. Nursery Provided for both. Everyone welcome
FORT LEWIS CHRISTIAN CHURCH - 2931 West Main Street, Salem, Pastor, Rev. Ben Moore,380-4636. Website: www.flccsaalem.org. Adult and Children Sunday School, 9:30 AM,Worship 10:30 AM, Disciple Players Drama Ministry,Wednesday 6:00 PM, followed by Adult Choir Practice at 7:00 PM.
ECKANKAR
Eckankar, the Path of Spiritual Freedom, is located at 1420 3rd St. SW, Roanoke, VA 24016. Eckankar is a spiritual path that offers a Light & Sound Service on the 2nd Sunday of each month at 11:00 a.m. However, due to COVID-19, the Monthly Service and other ECK programs are now available online through Zoom. Visit www.eck-va.org for program listings or call 540-353-5365 and leave a message. We will return your call.
EPISCOPAL
ST. PAUL’S EPISCOPAL CHURCH - 42 East Main Street, Salem, 389-9307. The Rev. Dr. David Compton. Sundays at 10:00 am Holy Communion in church and livestream on Facebook. Wednesday Morning Prayer livestreamed at 11:30 am. facebook.com/st.pauls.salemva/
EVANGELICAL LUTHERAN COLLEGE EVANGELICAL LUTHERAN CHURCH- 210 S. College Avenue, Salem VA 24153. Worship Services with Holy Communion10:00 a.m, Sunday School for all ages at 9:00 a.m.www.collegelutheran.org
FOURSQUARE theBRIDGE SALEM CHURCH - 4335 West Main Street, Salem. 540-404-1414 | bridge.salem@icloud.com • www.salemva.church Saturday service, 6pm (Nursery & Kids Church available). Mail: PO Box 1954, Salem. Twitter/Instagram: @thebridgesalem Joey Lyons, Senior Pastor | joey@salemva.church | 540-831-9864
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FIRST BAPTIST CHURCH-226 South BroadStreet, Salem. Rev. Melton Johnson, 389-9648. SundaySchool 9:30 AM, Sunday Morning Worship Service11:00 AM, Wednesday Bible Study and PrayerMeeting 7:00 PM.
SHILOH BAPTIST- 201 South Market Street, Salem, Rev. Adrian E. Dowell, H) (389-0409). (Sundays)9:45 a.m. Sunday School, 11:00 a.m. WorshipService, (Wednesday) Prayer Meeting & BibleStudy for Youths & Adults, 7:30 p.m. (Saturday) 8:00a.m. - Intercessory Prayer Service, Women’s Bible Study Fellowship 9:30am Fridays, Men’s Bible Study 7am Saturdays.
PENTECOSTAL HOLINESS
CHRISTIAN LIFE INT’L - 1 CLI Way, Salem, Ryan Linkous, Pastor, 343-3801, Sunday Worship Service 10:15 AM, (Children’s Church and Nursery)Wed, MidWeek Service (Adult, Awaken Youth,Mpact Girls & Royal Rangers) 7 PM. Nursery Provided.Email: office@clchurch.org. Find us on facebook.
PRESBYTERIAN CHURCH (USA)
SALEM PRESBYTERIAN CHURCH- 41 East Main Street, Salem, VA . 389-3881. Associate Pastor Rev. Janet Chisom, Interim Pastor: Rev. Tupper Garden. Until further notice: Sunday School 9:30 a.m., Sunday Worship 11:00 a.m. are online only. Please contact the church for online details for Sunday School and worship with us at www.salempres.org, or Facebook, or YouTube.
PRESBYTERIAN CHURCH (Evangelical Presbyterian Church EPC)
NEW LIFE PRESBYTERIAN CHURCH -101 Keesling Avenue, Salem, VA, 387-1311, Rev. Cameron Smith, Sunday 9:15 Prayer/Communion, Sunday School 9:45 am., Sunday Worship 11:00am, 2nd & 4th Sunday children & youth ministry, Wednesday Choir Practice 7:00pm, 1st Wed of month Richfield Ministry. Nursery and children’schurch available each week. Email: newlife.epc.salem@gmail.com,Web:www.newlifesalemEPC.org. Facebook:facebook.com/newlife.epc.salem
ROMAN CATHOLIC
OUR LADY OF PERPETUAL HELP -314 Turner Road, Salem. 387-0491, Rev. Ken Shuping, Saturday Mass - 5:00 p.m., Sunday Mass 10:30am, Daily Mass: Mon 12noon, Wed 6:30pm, Thur 12noon & Fri 12noon; Mass on Sunday at 1:00 pm in Spanish; Confessions Wednesday 5:30-6, Saturday 4:00 p.m.-5:00 p.m. and by appointment.
UNITED METHODIST
FIRST UNITED METHODIST CHURCH - 125 W. Main St, Salem, VA. 540-389-5459. Pastor Alan Combs, Traditional Worship - 8:45am, Sunday School - 9:45am, Genesis Contemporary Worship 10am; Traditional Worship - 11:00am. www.fumcsalemva.org.
LOCUST GROVE UNITED METHODIST CHURCH- 3415 Locust Grove Lane, Salem, 380-4303, Pastor Logan Hollenbeck. Drive-In service each Sunday Traditional Worship 9:30 a.m.

Craig County Historical Society announces next edition of the In and Around Craig County Series

For 30 years, volunteers of the Society have compiled and published accounts of Craig County history. Many of the books focus on a geographical region of the county, while others cover specific topics such as schools, churches and war veterans.

The 2020 book is called "Looking Back" and will be sold by for \$12. Copies can be shipped for an additional \$3.00 postage or Society members will gladly meet or deliver to accommodate local buyers. For more information, contact 540-864-7023 or write craig.historical.society1981@gmail.com. The book is also for sale at The Emporium on Main Street in New Castle.

"Looking Back" is a collection of stories, family history and vintage photos. Several articles are excerpted from early issues of the New Castle Record. A brief history of the newspaper, featuring a photo of former publisher Haden Sublett and Record advertisements, is included.

Topics in the book are varied and wide-ranging. Samples from the Table of Contents include recipes, county musicians, household hints from 1951, and diary entries from 1894. Bridges over Johns Creek, W.H. Jewel photographer from Christiansburg, and school children from Upper Craigs Creek, New Castle and Maywood areas, as well as transportation, weddings, and Virginia Historical Markers in the county fill the 168 pages.

Several articles were originally written by Craig natives, reminiscing and relating by-gone events. Clyde Caldwell tells about sheep-shearing and his brother Muntford tells about walking 20-miles to shop at Custer's Store. William Elmore and Grover Kay talk about growing up in New Castle. "One time I saw a Ford Coupe driven onto the ice on Johns Creek..." and "I recall that the first telephones in New Castle were those owned by and connecting the stores of the Wa-gener Brothers..."

Meadow Creek resident Charlie Spraker details his first experience as a hunter. As hunting season 2020 is now in progress, Charlie begins "The deer season in 1947 was about to open and it was to be two days long. Dee (his friend) had made arrangements for us to camp out in the front yard of a man by the name of Brizendine who lived on the road up Bald Mountain, just above the Fenwick Mines on the left side going up. We set up our tent.... in the front yard under a big tree... After breakfast and when good light came, we could see that everything was coated with ice."

Unlike past years when ads were sold to subsidize print costs, donations were collected this year which will cover about half of the total printing cost.

Current ads were replaced with a sample of advertisements from past New Castle Records. The last twelve pages showcase former Craig County businesses such as Boitnott Funeral Home and Economy Feed Store. One interesting ad from 1955 lists stores which will be closed on Wednesday afternoons.

The book's introduction concludes there is "something for everyone, but it just scratches the surface of Craig's rich history."

All 30 issues of In & Around Craig County are available for sale, as well as county census, marriage and death records. In addition, there are 14 Hometown Collectibles that make excellent Christmas gifts for lovers of Craig County history. They are wooden replicas of county landmarks such as the Layman Victorian House, the County courthouse, and Tingle's Mill in Paint Bank and include a brief history on the back.

To make a purchase, contact 540-864-7023 or craig.historical.society1981@gmail.com

-Submitted by Craig County Historical Society

Warner, Rubio joint statement on national security threat posed by China



Senator Mark Warner

SUBMITTED PHOTOS



Senator Mark Rubio

Senate Select Committee on Intelligence Acting Chairman Marco Rubio (R-FL) and Vice Chairman Mark Warner (D-VA) recently released the following joint statement regarding the challenge posed to the United States by the Chinese government and Communist Party:

"We agree with DNI Ratcliffe that China poses the greatest national security threat to the United States. Our intelligence is clear: the Chinese Communist Party will stop at nothing to exert its global dominance.

"Beijing's infiltration of U.S. society has been deliberate and insidious as they use every instrument of influence available to accelerate their rise at America's expense.

"Our democratic values are threatened by China's attempts to supplant American leadership and remake the international community in their image. The Chinese Communist Party's authoritarian leaders seek to threaten our free speech, politics, technology, economy, military, and even our drive to counter the COVID-19 pandemic.

"Unfortunately, the United States' challenge with China is not unique as Beijing seeks to infiltrate and subvert other nations around the world, including our allies.

"This is our watershed moment and we must stand our ground. The United States must not and cannot accept Beijing's quest to exert dominance, while dismissing international legal norms and committing egregious human rights abuses to further their goals.

"We have made considerable progress in rebalancing the U.S.-China relationship and laying a clear marker for U.S. policy going forward, and we will not stand idly by as the Chinese Communist Party attempts to undermine our economic and national security.

"The message to Beijing and the world is that China's behavior will not be tolerated and will be contested by democratic values, in close partnership with our allies and partners."

-Submitted by Rachel Cohen, Communications Director

Yost

from page 1

former competitors.

"As a guy who grew up in Roanoke, played sports at Patrick Henry and had a real rivalry with Andrew Lewis, I was always welcomed here," he said.

Yost graduated from Patrick Henry in 1968 just before the school integrated. He played football, baseball, and basketball for the Patriots and later in life often found himself rubbing elbows with his former opponents.

"Many of those Andrew Lewis guys I played against are still around, so we talk about the good old days all the time," said Yost. "Andrew Lewis always won, but Hal Johnston, John Givens, Charlie Hammersley and I go way back."

Yost began working for the city in October of 1981 when he replaced the legendary Sagan Kime, who was Salem's City Attorney from 1926-1981. Kime was 87 years old when he retired as City Attorney although he practiced law until the day he died a year later.

"I think everybody has their own personality, so most of what I am came from my childhood or my genes," said Yost. "I never patterned myself after another attorney and I just always tried to be respectful of people and their views."

"Steve's personality made him well-suited

for the job," said Randy Smith, Salem City Manager from 1987-2000. "He was a true gentleman and very respectful of others, even when they had differing opinions and weren't so respectful themselves."

Throughout Yost's nearly four decades of service, most of the elected and appointed officials he has worked with have been independent in their thinking and their party affiliations.

"I have really never seen the role of politics manifest itself with council members in meetings or conversations I have had with them," said Yost. "If there is a difference of opinion, it is a question of what you think is best for the city not something based on what political party you may be associated with. When that is your focus, you can have honest and differing opinions."

"He is level-headed and big-hearted, and my favorite Steve Yost quote is 'reasonable people sometimes disagree,'" said Lisa Garst, Salem City Councilwoman from 2008-2015. "It was a gracious way to acknowledge all of the voices in a heated discussion, while moving things forward to a vote."

And in 39 years, there have been plenty of votes. The recent Simms Farm discussions, the Elizabeth Campus development and

a case involving Wendy's Restaurants that went all the way to the State Supreme Court are just a few samples of the issues on which Yost has advised and litigated.

"The rezoning for Wendy's on 419 was denied because it went all the way back into a residential neighborhood," said Yost. "The Wendy's franchise owner sued the city and prevailed in the circuit court, but Assistant City Attorney Bill Maxwell and I appealed it to the Virginia Supreme Court and the circuit court's decision was overruled and they found in favor of the city."

The landmark case for the city is still cited today in pertinent zoning matters across the Commonwealth.

"Steve was always well-versed in planning and zoning law and could oftentimes bring order to chaotic, emotional zoning hearings by calmly explaining state code requirements for the highest and best use of land," said Smith. "I still have copies of a memorandum he wrote in 1986 and updated in 1992 that clearly explains those things that must be considered before the property is rezoned. I referred to this document countless times during my years in the city manager's office and even into retirement."

That retirement word is something Yost and his wife have been "stewing" over for the last year or so.

"You get to a certain age and you wonder if you are still effective and if you still have the energy and passion that you need," he said. "I would like to think that I do, but I am sure it is not what it once was, so I think at 70 years of age, it is time."

Like many individuals who are lucky enough to retire on their own terms, Yost knows the people and the relationships he forged over the years will be the things he misses the most.

"There is a Local Government Attorneys Association in Virginia and practically every locality is represented," he said. "Whenever we are together, I always have someone look at me and say, 'Yost,

you are the luckiest SOB that ever lived. All those years that you have represented the city and the school board you have never had one knucklehead to deal with as a local government employee or on your school board or city council."

Both city council and the school board honored Yost in recent days with separate proclamations and heartfelt standing ovations that recognized his many contributions to Salem.

"We could never properly thank Steve for everything he has done for this community and Salem City Council," said Randy Foley, Salem Mayor 2008-2020. "His commitment and service for four decades are very much appreciated, and his presence will be missed. He

has helped the Council and the city navigate numerous complicated legal issues with thoroughness and aplomb. We all wish him health and happiness during the next chapter of his life."

Make that a Wonderful Life.

- Submitted by Mike Stevens, City of Salem Communications Director

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OBITUARY

Bohon, Vickie Robinson

Vickie Robinson Bohon, 67, of Salem, passed away on Thursday, December 3, at Lewis-Gale Medical Center in Salem.

She was born on October 7, 1953, in Russell County, Virginia, to Raymond S. Robinson and the late Rebecca Burdette Robinson.

In addition to her mother, Vickie was preceded in death by her grandson, Will Bohon.



Family remaining to cherish her memory includes her son, Phillip Matthew Bohon and wife Tammy; father, Raymond Smith Robinson; and her brother, Michael Robinson and wife, Rhonda.

A celebration of Vickie's life will be announced at a later date.

Expressions of sympathy may be made to her family by visiting www.johnmoakey.com.

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Yearling all black Angus bull (700- 800 pounds) and 8 month old all white Charolais type bull. No ear tags. Missing from the corner of Springwood Rd and Timber Ridge Rd since early November. If you have any information, please call 540-354-2514

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Help Wanted - Clerical

Deputy Clerk Botetourt County Circuit Court
Botetourt County Circuit Court Clerk's Office will have a full time position for Deputy Clerk beginning January 4, 2021. General knowledge of Circuit Court system, ability to operate computers, computerized cash register, other office equipment and information system equipment; ability to communicate effectively and tactfully with the public; ability to read and understand legal documents; and ability to maintain confidentiality of information handled are all requirements of the job. High School diploma required plus additional education preferred. Apply at Clerk's Office of Circuit Court, Fincastle, Virginia by December 11, 2020. Salary within the Deputy Clerk scale. Applications are available at Botetourt County Circuit Court Clerk's Office and on the Botetourt County Virginia Human Resource page.

Full-time Receptionist/Office Assistant-
The qualified candidate needs to have outstanding communication, organizational skills and legal office experience. Please send resume to Attorney's Office, P.O. Box 4, Fincastle, VA 24090.

Help Wanted - General

Part Time Newspaper Production Help
The Salem TimesRegister has openings for afternoon/evening shift work inserting, labeling and bundling newspapers for delivery. No experience necessary. Hours may vary. Will train. \$7.50 per hour. Contact Lynn Hurst, General Manager, Salem-Times Register (540)389-9355 or email lhurst@ourvalley.org

Help Wanted - Health Care

Hospice & Home Health RN Nurse Openings New River Valley
Use your clinical skills in an independent and autonomous setting! We invite you to join our Home Care team, where compassion, technology, flexibility, and an interdisciplinary team help you thrive. Carilion New River Valley Hospice and Home Care are currently seeking the following positions: Full time, Hospice RN Case Manager
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Legals - City of Radford

NOTICE OF PUBLIC HEARING CITY OF RADFORD, VIRGINIA
The Radford City Council will hold a public hearing to receive comments on a proposed ordinance December 14, 2020 7:00 p.m.

Pursuant to Code of Virginia, Title 15.2, Article 2 Section 15.2-2006 et seq., the purpose of the public hearing is to receive comments regarding a request from the Radford University Foundation to vacate an alleyway located between Tyler Avenue and First Avenue and Calhoun Street and Lawrence Street. The request contains a total area of approximately .11 acres.

Due to the threats posed to the public by COVID-19, the public hearing will be conducted virtually. The members of City Council will participate in the public hearing by electronic means, and the public will be able to participate and make comments as set out below.

The City has established the following ways for you to share your public comments with City Council. The deadline to share your comments for the public hearing is Noon on December 11, 2020. Any comments received by that time will be shared with City Council and will be added to the meeting minutes, making them a matter of public record.

When providing your public comments, please be sure to provide:
1. First Name;
2. Last Name;
3. Residential Address; and,
4. Your Comment.

Ways to submit your public comments:
•Email: Jenni.Wilder@radfordva.gov
•Mail comments to: City Clerk, 10 Robertson Street, Radford, VA 24141
•Voicemail message: 540-267-3145

Ways to participate in the public hearing:

The public is encouraged to participate in the public hearing scheduled on Monday, December 14, 2020, beginning at 7:00 P.M., Facebook Live at the following links: <https://www.facebook.com/Radford-City-Government-301072910338>. The public hearing meeting agenda can be viewed at: www.radfordva.gov.

Copies of the agenda may also be obtained by calling the Office of the City Clerk at (540) 731-3603.

Legals - City of Salem

NOTICE OF PUBLIC HEARING
Notice is hereby given to all interested persons that the Board of Zoning Appeals of the City of Salem, Virginia will hold a public hearing, in accordance with the provisions of Sections 15.2-2204 and 15.2-2309 of the 1950 Code of Virginia, as amended, on December 23, 2020, at 4:00 p.m. in the Community Room of the Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia, to consider the following applications.

Request of The Trustees of Roanoke College, property owners, for a variance from Section 106-226.7 pertaining to development restrictions in a floodway, for the property located at 301 Campus Lane West Riverside Drive, Tax Map # 86-3-4. The petitioners are requesting to construct a pavilion within the floodway.

At this hearing, all parties in interest will be given an opportunity to be heard, present evidence, and show cause why such requests should or should not be granted. For additional information, contact the Office of the Zoning Administrator, 21 South Bruffey Street, Salem, Virginia (Phone 375 3032).

THE BOARD OF ZONING APPEALS OF THE CITY OF SALEM

BY: Mary Ellen H. Wines, CZA, CFM
Zoning Administrator

Legals - Montgomery County

ORDER OF PUBLICATION
Commonwealth of Virginia VA. CODE § 8.01-316
Case No. JJ004492-01-00 & JJ004492-02-00
RADFORD J&DR-JUVENILE DIVISION Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re BOWLING, ALAYNA DAWN RENEE HILL, STEPHANIE /v.
BOWLING, DAVID H.

The object of this suit is to: LOCATE PARENTS.

It is ORDERED that DAVID H. BOWLING appear at the above-named Court and protect his or her interests on or before 1/19/2021 2:00pm.

11/16/2020
Sally Davis Clerk

ORDER OF PUBLICATION
Commonwealth of Virginia VA. CODE § 8.01-316
Case No. JJ004492-01-00 & JJ004492-02-00
RADFORD J&DR-JUVENILE DIVISION Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re BOWLING, ALAYNA DAWN RENEE HILL, STEPHANIE /v.
LAPP, KRISTEN

The object of this suit is to: LOCATE PARENTS.

It is ORDERED that LAPP, KRISTEN appear at the above-named Court and protect his or her interests on or before 1/19/2021 2:00pm.

11/16/2020
Sally Davis Clerk

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Legals - Montgomery County

ORDER OF PUBLICATION
Commonwealth of Virginia VA. CODE § 8.01-316
Case No. JJ004494-01-00 & JJ004494-02-00
RADFORD J&DR-JUVENILE DIVISION Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re CARSTENS-ZIEGLER, ARIANA LEIGH EAST, AMANDA /v.
CARSTENS, RICHARD FRANK; III
The object of this suit is to: GAIN CUSTODY.

It is ORDERED that CARSTENS, RICHARD FRANK; III appear at the above-named Court and protect his or her interests on or before 2/16/2021 2:00 pm.

10/30/2020
Sally Davis Clerk

Legals - Town of Vinton

ABC NOTICE

Last Stop Lounge Inc., trading as Last Stop Lounge, 1919 E. Washington Ave, Vinton, Roanoke County, Virginia 24179.

The above establishment is applying to the VIRGINIA ALCOHOLIC BEVERAGE CONTROL (ABC) AUTHORITY for a Beer and Wine On Premises and mixed beverages license to sell or manufacture alcoholic beverages.

Donald K. Sutliff, President

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

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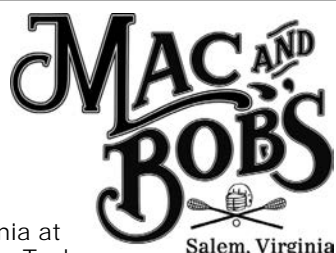


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CONTEST RULES:

-All entries must be on an official Salem Times-Register entry blank. No duplicates please. No limit on the number of entries as long as the current blank is used.
-Each advertisement on this page includes one football game to be played this week. Find the game in the ad and print your predicted winner on the line corresponding to the advertiser in the list included on this page.
-First prize will be awarded to the person who picks the most games correctly.
-Be sure to include your name, address, and high point total for the week. High point total is decided by the most points scored by ANY ONE TEAM in the games listed for the week. High point total is used to break ties only, and all decisions will be final.
-Clip and mail THE ENTRY PART ONLY to Salem Times-Register, Football Contest, P.O. Box 1125, Salem, VA 24153. Entry must be postmarked by 5 p.m. on the Friday immediately following the date of the paper, or bring your entry by the Salem Times-Register office at 1633 West Main Street in Salem. Your entry must be in the box by 5 p.m. Friday.
-All entries not conforming to the rules may be declared null and void. Decisions are final. For questions call Brian Hoffman @ 389-9355. Winners will be announced in the contest story the following week.

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The Quick  
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(see story)





## Week of surprises in football contest

This was surely the week of the unexpected for our football contest. No one expected the Washington FT to beat the

Steelers and no one picked Wayne Gallman to be the top rusher of the week.

There were a bunch of folks who tied for our contest lead this week and if just one of them had picked Washington to beat undefeated Pittsburgh that person would have been the winner. Instead the contest went to the tie-breaker and Salem's Tyler Coe came out on top by picking 52 as the high score. That was the closest to the 50 Missouri scored in defeating Arkansas. So, Tyler gets the \$50 gift certificate from Mac & Bob's and a free large blizzard from Dairy Queen.

For our "Quick Change" question I asked you to guess which NFL player would rush for the most yards last week. The majority of our contestants picked Derrick Henry with some support for Dalvin Cook, but no one

guessed Wayne Gallman of the Giants. He turned out to be high for the week with 135 yards in New York's win over Seattle. While no one picked Gallman, in reality there still could be someone with more yards as this contest was graded before the Baltimore-Dallas game on Tuesday. Zeke Elliott could top that number and then we'd have to go back and see if anyone picked him.

Speaking of the suddenly powerful NFC East, before last week none of the four teams had beaten a team with a winning record. I didn't even put the New York-Seattle game on the contest because I assumed everyone would pick the Seahawks, especially since they were playing at home. I always put the Washington game on the contest because there are so many Redsk. . . "Football Team" fans out there, but if not for that who in their right mind

would pick the FT to win that game? No one who entered the contest, that's for sure.

I assume Washington will have a new nickname next season, but consider this. What if Washington wins the NFC East and goes on to win the Super Bowl? If that happens they might just stick with Washington Football Team for good. I sort of like the uniforms. As I said in a prior column, they look like Brookville and they even have former Bees' quarterback Logan Thomas!

You can probably guess what this week's "Quick Change" question will be. Give me your prediction on who will win the Virginia Tech-Virginia football game Saturday night and don't forget to put the final score. The closest to the actual score will get a free Oil Change from Valvoline in Salem.

—Brian Hoffman



Jayden(left) and Jorden McDonald

## McDonald twins headed to VT

Salem High twins Jayden and Jorden McDonald won't be travelling to Louisiana to play football next fall. Instead, they'll be stopping at Blacksburg to play for Virginia Tech.

The McDonald twins, who are seniors, had committed to Louisiana-Monroe along with fellow Spartan Zavione Wood. However, last week the McDonalds announced they have changed course and will play for the Hokies. Both are receivers and defensive backs.

"They'll do just fine," said Salem High coach Don Holter. "They work hard and they're football guys. They could end up as defensive backs or at a number of spots. The important thing is that they're football players and they're smart enough and talented enough to play wherever is best for the team. That's a tribute to them and to our program."

Wood, a senior running back and linebacker, is still committed to Louisiana-Monroe.

Holter also reports that Salem has 20 boys in the "One Thousand Pound Club." To be in the club a player must have a combined lift of 1,000 pounds in the squat, power clean, bench press and push press.

"The kids are working hard," he said. "We're optimistic we'll be playing in the spring and have a good season."



**The Virginia and Virginia Tech football teams will play for the Commonwealth Cup in Blacksburg this Saturday night at 8 pm. Tech comes in with a 4-6 record after losing to Clemson last week, 45-10, while UVA is 5-4 after downing Boston College, 43-32. Here Tony Poljan of the Cavaliers hurdles an Eagle in last Saturday's win in Charlottesville.**

ACC PHOTO

## Ullrich named baseball coach at Roanoke College

Roanoke College Director of Athletics Scott Allison has named Zach Ullrich as the new head baseball coach. He replaces Cam Cassady, who coached



ZACH ULLRICH

just one COVID-shortened season for the Maroons.

Ullrich returns to Salem where he served on Matt McGuire's staff that led the Maroons to its first ODAC Championship, an NCAA South Regional Championship and a Final Four finish at the NCAA Division III World Series. He will assume the top spot for the baseball program on January 4, 2021.

"Our baseball program is in good hands with Zach Ullrich," said Allison. "His recruiting background at Dickinson, Roanoke, and now Barton has prepared him well for this opportunity. Zach's ready."

Ullrich returns to Roanoke after a two-year stint at NCAA Division II Barton College in Wilson, N.C. While with the Bulldogs, Zach was the top assistant, serving as the pitching and head developmental coach. In the 2018-19 season, Ullrich led the

Bulldogs to their most strikeouts (421) in school history while the team ERA dropped from 7.35 to 5.54. That year would see Barton's win total go from 12 to 31, the most in NCAA DIII that season. In addition, the opponents' batting average fell from .319 to .287 while five players earned Conference Carolinas Pitcher-of-the-Week.

"I want to thank Scott Allison and the administration for the opportunity to come back and coach," said Ullrich. "This is a very special place to me and I am looking forward to taking over the reins and getting to work."

In 2016, Ullrich came to Salem after five years as an assistant at Dickinson College in Carlisle, Pa. In his first two seasons at Dickinson, Ullrich served as the pitching coach where he assisted in daily practices, player evaluation, community involvement and in-game management of the pitching staff. Ullrich was also named the Recruiting

Coordinator for the Red Devils in 2013, where he was the point of contact for prospective student athletes.

In addition to his duties at Dickinson, Ullrich served as the pitching coordinator for the Keystone Nationals, based in Mechanicsburg, Pa. During his time with the Nationals, he organized practices and workouts for pitchers ages 6-18 while focusing on teaching proper mechanics, approach and strength.

Ullrich graduated from Mansfield University in 2011 with a degree in history and a minor in psychology. He pitched at Mansfield from 2006-2010, highlighted by a NCAA Tournament Appearance in 2010. He also coached summer camps and rebuilt baseball fields in the Mansfield, Pa. community.

In May of 2019, Ullrich received his master's degree in athletic administration and coaching from Liberty University.

## HIGH SCHOOL PRACTICES

continued from page 12

Glenvar coach Shannon Hall echoed the concern about space as practice begins. The Glenvar girls will attempt to defend their Class 2 state championship under uncertain circumstances.

"Our biggest issue with swimming during the pandemic is lack of space to practice," said Hall. "We only have a certain amount of lane space and are limited in the number swimmers we can have per lane. We are breaking up our team into three practice groups but only two can practice on a given day. So, everyone will practice two days and have a day off. With the season being cut by a third an extra day off from practice is not helpful to those who are new to the sport or are trying to improve their conditioning. COVID-19 social distancing and safety protocols are something new from years past so incorporating them into practice also takes away valuable time. Again, it's all a new challenge but we will get through it and be better for it."

Like wrestling, there won't be all the big swim meets swimmers and fans have been accustomed to.

"Our opening meet at the Christiansburg Aquatic Center on December 29th will be a large, multi-team meet," said Hall. "The CAC has plenty of space so social distancing shouldn't be an issue. The remainder of our meets, at smaller venues, will be three teams maximum, mostly two."

How many teams can participate at a meet will depend on the venue. Glenvar and Salem swim many of their meets at the Salem YMCA and Gator Center, with limited space around the pool.

"Our home meets will only be dual meets unless the teams are small, then we can have three teams," said Fleenor. "We have a multi-school meet scheduled in January that will be held at the CAC in Christiansburg. They can host more teams at the same time because of the size of the venue. It is likely that venues will limit the number of swimmers each team can bring to a meet."

Fleenor is disappointed that she may have to cut swimmers from the team due to the pandemic.

"I want to be able to keep the majority of our team, it is awful to think about cutting ones that have already been on the team," she said. "I am trying to plan as many practice groups as I can to keep the most swimmers on the team as possible and at the same time give them the practice that they need."

"While these restrictions and regulations are hard to manage and will cause for many difficult decisions to be made, we are trying to be thankful for the opportunities we are allowed. I am overwhelmed at the swimmers attitudes, positivity and perseverance through all this. They are ready to be in the pool and take on whatever may or may not come their way."

There's no doubt this will be a different kind of swim season.

"This season will be interesting," said Hall. "The VHSL is cutting out qualifying for the State Championship on time. Only the top four finishers at each of

the four region meets will advance to the State Meet. The State meet will only be comprised of a championship final with no preliminary round. With more than twice the number of schools participating in swimming in Regions C and D than Regions A and B many of the better swimmers from the western half of the state, in Class 1 and 2, may get snubbed from the State Championship. Once again, we will get through it and defend the Girls 2 championship to the best of our ability."

Indoor track is scheduled to start Monday as well, but it will be "indoor" in name only as most of the training will be outside.

"We have been 'running for sanity' during the summer and fall," said SHS coach Tom Roth. "Once we were allowed to resume activities following protocols we started meeting with the athletes twice a week. Even after the VHSL decided to delay the start of seasons the athletes said they would still want to keep running. We have had very good participation through the fall."

The Spartans will be running in sweatshirts for three "Polar Bear" meets, all in January.

"As of now we have a proposed RRD schedule of three polar bear (outdoor) meets on January 9, 16 and 23," said Roth. "These are the only meets on our schedule. There are no large team meets for two reasons. The VHSL will not sanction any meet with more than four schools and we are not able to secure any indoor facility. We are not sure about a date or place for a regional meet. As of now I am planning on training outside only. This works for the distance runners but not as well for the other events."

Kirsten Rezac, who was hired to coach cross country at Salem but has yet to have a meet, will be helping with the Spartan distance runners in the fall. The RRD has decided that the polar bear meets will not include pole vault or high jump because of covet concerns.

At Glenvar, coach Bekka Loder is upbeat despite the restrictions and distractions of COVID.

"As always, I'm excited for the season to begin and this year is no exception," she said. "Even though it looks a little different, my main focus is the athletes. Regular season begins for us on the 14th and we've been conditioning for a few weeks now. At this time my main goal is focusing on the athletes, being able to get them out running and letting them have a sense of normalcy. That's my top priority at this time."

If the meets are possible, that will be a bonus.

"Practice looks a little different, but my athletes are not letting that affect them," said Loder. "They are following all the guidelines, while also going above and beyond in order to move forward. If we see a meet or two this season, that will be an added bonus and they'll be ready. If we don't, that's ok. At least we're still able to practice together and this will only make them stronger in hopes of a Cross Country and Outdoor Track Season."



# SPORTS

Thursday, December 10, 2020

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Practices for high school basketball and cheerleading began Monday with COVID-19 restrictions. Above, the Salem cheerleaders practice their jumps. Below left, new Spartan girls' coach Berlyn Seitz talks to the team. Below middle, SHS assistant Henry Bradley times Abby Baker in a drill and, below right, Glenvar's Stephen Barber shoots a jumper as coach Todd Mann looks on. Wrestling, swimming and track practices begin next week.

PHOTOS BY BRIAN HOFFMAN



## Wrestling, Swimming and Track practices set to begin under guidelines

High School basketball and cheerleading teams are coping with coronavirus precautions this week, and next week other winter sports will begin practice. Wrestling, swimming and indoor track teams are scheduled to begin Monday, December 14.

Rules dictating practice are currently under Phase 2 guidelines. Wrestling is one of the toughest sports to steer clear of the virus with constant contact in an indoor environment.

"We are planning on starting Monday the 14th but all of the uncertainty is difficult," said Salem High coach Lawrence Van Liew. "If the season were to start today, we would only be able to run. If the metrics don't improve, we won't even be able to drill together."

Glenvar is in a similar situation.

"We plan to start practices next week, however Roanoke County is still following Phase II guidelines so we are only allowed to lift weights and condition until the central office moves us into the VHSL 'Return To Participation' guidelines," said Glenvar coach Jason Cline. "We will only be able to begin contact practices and participate in competitions until then. For the county to initiate the season and move us to the Return to Participation guidelines we have to have fewer than 50 new cases total over a 14 day period -- across the entire county. As of today, the county has had 655 new cases over the past 14 days and the last time that metric was within a range that would allow us to compete was mid-June. So, as you can see, we have to see a lot of improvement in the numbers before we can begin contact practices and participate in competitions. Other schools in the Allegheny Health District are under similar restrictions."

Wrestling, along with football, is probably the high school sport where contact is the biggest part of the sport.

"Wrestling, by its nature, is a full contact sport," said Cline. "Many of the guidelines and recommendations we have to follow right now in Roanoke County require no contact, masks, and distancing which really just leaves us with weight lifting, running, and individual drills as practice options. Anyone who's ever wrestled can attest that with the sport of wrestling you really learn and improve by wrestling and there's really no substitute that's even close to effective for the sport. We really need to reach a point in the community where we can resume contact practices and competitions."

If the situation improves Salem and Glenvar will have very different schedules than what they're used to. All the big tournaments have been cancelled, including the annual Highlander Invitational.

"We are wrestling all duals this season within our district," said Van Liew. "The schedule is not ideal, but we will have eight duals this year. We will not be able to have some of the larger tournaments we are accustomed to."

"With wrestling, many teams have very similar schedules season over season, but this year with the VHSL having teams only participate in dual meets and tri-meets except for the region and state tournaments everyone has been scrambling to get a schedule together," said Cline. "First, we are restricted by VHSL to only eight regular season events this year. Some districts are trying to limit exposure and travel by having their teams only wrestle other members of their district -- so that seems to be taking up a majority of event options for many teams. Add to

that, different districts have varied COVID policies and they seem to be changing weekly -- we've had to drop a couple of events from our schedule already this year because districts issued a change in policy. Now, we have the added complexity of not knowing when Roanoke County is going to reach a level of metrics that will allow us to actually participate in those meets so some teams are hesitant to commit to an event with us until we can get a green light from Roanoke County."

While the high schools have been closed to workouts some athletes have been participating on out-of-season teams. Several Salem wrestlers joined the Blue Ridge Wrestling club and have been able to work out.

"This offseason was anything but typical," said Cline. "Normally we will mix lifting with wrestling and have open gyms all summer long but this year, with the school's COVID restrictions, we were only able to begin lifting and conditioning in early October and many of our wrestlers haven't had an opportunity to step on a mat since the State Tournament last February."

"Probably a fourth of our team is active in wrestling clubs outside of school and luckily those clubs have been able to continue wrestling in events across the country. We've had several wrestlers participating in national-level events in Pennsylvania, South Carolina, and Missouri along with their club teams. Wrestling in those national level tournaments is a great experience and we hope to see some dividends from that over the course of the season. I might also add, those events were held with thousands of wrestlers from across the country and there were no outbreaks attributed to any of those events."

Cline notes he can see the negative impact of not having sports for the high school kids.

"Going into the summer, I was really worried that VHSL and officials with the state would completely cancel Fall and Winter sports this year -- as they did Spring sports last year," he said. "To VHSL's credit, they really advocated for sports and have worked out a plan with the state that allows sports to safely resume. It's really frustrating now to see that VHSL

has a plan that allows schools across the state to participate -- but our local school board and health department have now added constraints that make it questionable if we will actually be able to participate in any events this year."

"Many people I've spoken with in the community can see the negative impact that a lack of full time, in-person education and regular sports activities is having on kids. I agree with those who say we need to protect the vulnerable in our community but I think it's wrong to do so at the expense of our youth. I would encourage everyone in our area to contact your school board and the health department to advocate for returning to play - otherwise I'm afraid there will be no matches or games for some Winter sports in the Roanoke Valley this year."

Van Liew notes that wrestlers have to be tough to endure in their sport, and this is just another challenge.

"I am happy with my team," he said. "Wrestlers are accustomed to many challenges and this year is no different. We usually start off-season training in May, two days a week. This year we have not been able to meet because of the circumstances. I have not been able to give many answers to the wrestlers, or their parents, but my team has been very understanding, and we are ready to roll whenever we are cleared to compete."

Swimming isn't a contact sport, but there are guidelines for safety none the less.

"Our biggest challenge is that we are limited to only four swimmers per lane during practice and we have had to move from having five lanes to only four lanes," said SHS coach Marianne Fleenor. "That limits us to 16 in a practice and our team numbers have been over 45 in the past two years. So, we are going to have to hold tryouts for the first time ever."

"We believe the pool is a pretty safe place to be. The practices will look very different as the swimmers can only have two on each side of the pool. It will make communication between coaches and swimmers challenging and building that team comradery with all the separation will be difficult."

continued on page 11



Left, Salem wrestling coach Lawrence Van Liew(right in photo) and assistant Matthew Duncan at a match last winter. Right, Glenvar coach Jason Cline studies the action.

PHOTOS BY BRIAN HOFFMAN

