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Joseph Robinette Biden Jr. is officially the 46th President of the United States

Shawn Nowlin

shawn.nowlin@ourvalley.org

Before becoming the most powerful man in the world, Joe Biden lived through 14 Presidencies, starting with Franklin D. Roosevelt through Donald Trump. When he took the oath of office on the West Front of the Capitol as the 46th President of the United States on January 20, Biden, 78, became the oldest Commander-in-Chief ever inaugurated.

As an effort for Americans to not see themselves as solely Democrats and Republicans, Biden set a tone of unity during his inauguration address, "the American story depends not on any one of us, not on some of us, but on all of us. On 'We the People' who seek a more perfect Union. This is a great nation, and we are a good people. Over the centuries through storm and strife, in peace and in war, we have come so far. But we still have far to go. We will press forward with speed and urgency, for we have much to do in this winter of peril and possibility."



Joe Biden, 78, with his wife Jill at his swearing-in as the new President of the United States.

Just the second black woman ever to serve in the Senate, Kamala Harris, with her husband Doug Emhoff by her side, was sworn in as Vice President by U.S. Supreme Court Associate Justice Sonia Sotomayor.

The theme of the inauguration was "Our Determined Democracy: Forging a More Perfect Union" to emphasize the peaceful transition of power. Notable figures who attended the ceremony included: outgoing Vice President Mike Pence, former Vice President Dan Quayle, former Presidents Barack Obama, George W. Bush and Bill Clinton along with respective First Ladies Michelle Obama, Laura Bush and Hillary Clinton, Senate Majority Leader Chuck Schumer, Senate Minority Leader Mitch McConnell, House Speaker Nancy Pelosi, House Minority Leader Kevin McCarthy, Supreme Court Justices John Roberts, Sonia Sotomayor, Elena Kagan, Neil Gorsuch, Brett Kavanaugh and Amy Barret in addition to numerous

See Biden, page 7

COVID-19 testing in Salem: everything that residents need to know

Shawn Nowlin

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Virginia's first positive case of COVID-19 was confirmed on March 7, 2020. Since then, approximately 470,000 coronavirus cases have been confirmed. The number of coronavirus patients throughout the Commonwealth, unfortunately, shows little signs of drastically declining in the immediate future. The City of Salem recently reported over a dozen new cases.

Since the Pfizer and Moderna vaccines were approved for emergency use in December, Virginians have received more than one million doses. Within his first 100 days in office, President Joe Biden said he intends on administering 100 million vaccine shots nationwide. Many people, including countless in Salem, have serious questions regarding the COVID-19 vaccine: Are they safe? Are there any side effects? How is it administered?

"Over the next few weeks, we will be working with healthcare systems, independent healthcare practices and retail pharmacies to identify the different options for individuals aged 75 or older to get registered for the vaccine," Health

Director for the Alleghany and Roanoke City Districts Dr. Cynthia Morrow said. "Such individuals can sign up through a survey link at <https://www.vdh.virginia.gov/roanoke/covid-vaccine/> to receive more information about vaccine opportunities as options emerge. Family members and caregivers can register on behalf of those who are unable to register themselves."

Last weekend, over 2,000 teachers throughout the Roanoke Valley received a coronavirus vaccination at the Berglund Center in Roanoke. Dr. Morrow, in partnership with Carilion, coordinated the event. The Virginia Department of Health (VDH) and Carilion collectively gave out approximately 6,000 shots over the three-day event.

Groups in 1a and 1b are eligible to get vaccinated in Virginia. To find out which category individuals fall under, the VDH created a vaccine questionnaire for people. Walgreens, CVS, Rite-Aid and certain other major pharmacies have announced they'll be offering the COVID-19 vaccine to qualified individuals.

"It will take time, patience and flexibility for everyone who is in Phase 1b and who wants the COV-

ID-19 vaccine to be able to receive it. This will not happen overnight. There is a great deal of planning and logistical work that still needs to be done to ensure that we are optimizing how many vaccines we can get into the arms of Virginians in our health districts," said Dr. Morrow.

She continued, "even though folks may qualify to receive vaccine under the guidelines of Phase 1b, there is not enough vaccine for all of them. We are focused on the first 3 tiers of employee categories in Phase 1b and those over 65, with an emphasis on those over 75. We are not vaccinating those between the ages of 16 to 64 with medical issues at this time because we do not have enough vaccine from the manufacturers."

Virginia is estimated to receive roughly 110,000 doses of the COVID-19 vaccine each week for at least the next month. Multiple testing locations throughout the Roanoke Valley will be administering the vaccine. From 2 p.m. to 5 p.m. on February 23 and March 23, a drive-thru testing event is scheduled to take place at the Salem Civic Center. More information can be found at vdh.virginia.gov.

Gov. Northam, other elected state leaders say marijuana legalization is a 2021 priority



SUBMITTED PHOTO

If fully implemented by Congress, MORE Act is fully implemented would remove pot from the controlled substances list and imposes a five percent tax on legal marijuana sales.

Shawn Nowlin

shawn.nowlin@ourvalley.org

Much is often said about marijuana and what impact decriminalizing it could have throughout Salem and the entire Commonwealth.

Advocates of legalizing marijuana argue that doing so would boost the economy, decrease teen use, provide consumer safety, free up police resources and create thousands of potential jobs. Critics, on the other hand, adamantly believe that if marijuana is legalized, traffic accidents and deaths would rise, dependency on the drug would increase and there would be more marijuana-related medical emergencies.

Twenty-six states have reformed their laws regarding marijuana possession and usage. Until July 2020, possession of a half-ounce or less of cannabis was punishable by a \$500 fine or up to 40 days in jail. While still illegal in Virginia, the maximum penalty for individuals caught with an ounce or less is now just a \$25 civil fine.

All ethnicities use cannabis. Data and marijuana statistics, however, would suggest otherwise. A report conducted by the American Civil Liberties in 2019 found that African Americans are 3.6 times more

likely than white Americans to be arrested for marijuana, despite the same usage rates.

Last month, the House of Representatives controlled by Democrats, passed a bill to decriminalize marijuana at the federal level. In addition to expunging low-level cannabis convictions, the MORE Act removes pot from the controlled substances list and imposes a five percent tax on legal marijuana sales. Met with derision and mockery by some congressional Republicans, the legislation was voted largely along party lines, 228 to 164.

On the state level, Del-Sally Hudson (D) HJ 530, introduced a joint resolution earlier this year that would task the crime commission with studying alternative approaches to drug enforcement. Said Governor Northam in his 2021 State of the Commonwealth Address, "it is time to join 16 other states and make marijuana legal, and end the current system rooted in inequity. We've done the research, and we can do this the right way, leading with social equity, public health and public safety. Reforming our marijuana laws is one way to ensure that Virginia is a more just state that

See Marijuana, page 7



SUBMITTED PHOTO

Said Governor Ralph Northam after visiting the Berglund Center in Roanoke last Friday, "We are rapidly scaling up our infrastructure to ensure Virginians can access the COVID-19 vaccine as more becomes available."



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.

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 nawicroa226@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.

FIRST AND THIRD TUESDAYS

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Nomination of Dr. Jewel Bronaugh as USDA Deputy Secretary commended by state leaders

~ VDACS Commissioner recognized for leadership, innovation, and partnership ~



SUBMITTED PHOTO

Said Governor Ralph Northam, "As Commissioner of VDACS, Dr. Bronaugh has been a true leader - promoting the agency's core mission while taking on new challenges, including our COVID-19 pandemic response and farmer mental health, focusing economic development to improve food access in underserved communities, and engaging youth in the field of agriculture."

Governor Ralph Northam recently commended President-elect Joe Biden for appointing Dr. Jewel H. Bronaugh to serve as Deputy Secretary of the United States Department of Agriculture (USDA). Dr. Bronaugh has served as Commissioner of the Virginia Department of Agriculture and Consumer Services (VDACS) since May

2018. Pending confirmation by the United States Senate, Commissioner Bronaugh will become the first African American Deputy Secretary of Agriculture.

"As Commissioner of VDACS, Dr. Bronaugh has been a true leader—promoting the agency's core mission while taking on new challenges, including our COVID-19 pandemic

response and farmer mental health, focusing economic development to improve food access in underserved communities, and engaging youth in the field of agriculture," said Governor Northam. "I am proud that she will be representing both the Commonwealth and all Americans in such a critical role at USDA and in this new Administration."

USDA consists of 29 agencies and offices with nearly 100,000 employees who serve at more than 4,500 locations across the country and abroad. The Department promotes agriculture production that helps feed Americans and others throughout the world, supports rural economic development, and conserves the nation's natural resources through conservation, forest restoration, improved watersheds, and healthy private working lands.

"Dr. Jewel Bronaugh has done an outstanding job for the Commonwealth of Virginia, advancing agriculture, the state's number one industry," said Secretary of Agriculture and Forestry Bettina Ring. "There is no question she will serve our great nation with distinction. It is a tremendous source of pride to have our VDACS Commissioner selected to serve as Deputy Secretary of USDA, and we know Jewel will be a true leader both at the Department and in the Biden-Harris Administration."

Governor Northam

appointed Dr. Jewel Bronaugh to serve as the 16th Commissioner of VDACS in 2018. She was previously Executive Director of the Center for Agricultural Research, Engagement, and Outreach at Virginia State University (VSU). She also served as State Executive Director of the USDA Farm Service Agency and as Dean of VSU's College of Agriculture. Dr. Bronaugh holds a bachelor's degree in Education from James Madison University. She earned a master's degree in Education and doctorate in Career and Technical Education from Virginia Tech.

During her tenure as Commissioner, Dr. Bronaugh created the Farmer Stress and Mental Health Taskforce to address critical mental health issues facing farmers and families in rural communities. She also helped create the Virginia Food Access and Investment Fund Grant Program to invest in new and expanding grocery stores and food retailers and support innovative food retail projects that address food access issues in historically marginalized

communities. Additionally, she established the Southern Association of State Departments of Agriculture Career Development Scholarship Program to provide opportunities for minority students to study and participate in national agricultural policy development.

Dr. Bronaugh will join the list of historic and notable Biden-Harris appointees that reflect the nation's diversity and will work to unify the United States.

The Commonwealth has been fortunate to benefit from Dr. Bronaugh's outstanding leadership at VDACS these past three years and in other important roles throughout her entire career in Virginia. The work she has done to promote agriculture, ensure food security, address farmer mental health, and advance diversity, equity, and inclusion is of great importance to all Virginians, and Dr. Bronaugh will carry on this work in her new leadership role in Washington, D.C.

—Submitted by
Alena Yarmosky,
Office of the Governor

Catawba hosts "virtual" Wild Game Dinner and Raffle

Pam Dudding
Contributing writer

There's nothing better than a plate full of meat for most country folks, especially delicious wild game.

Pastor Steven Vaughn from Catawba Valley Baptist Church recently announced on a Facebook video that "It's Wild Game dinner time, with deer, bear and all the sides that you want."

However, it is going to be a little different this year. They will be hosting their first-ever virtual dinner, raffles and online auction and have already started selling tickets for the event.

Pastor Vaughn noted that the monies they raise go 100 percent to support students' lives.

"Even in the middle of this pandemic, both virtually and safely in person, we have been able to be there, to be encouragements in their lives," said the pastor. "I implore you to take time to participate in the Wild Game Dinner 2021 to allow students to be reached, not only for the cause of Jesus Christ, but to also help them grow spiritually, physically and emotionally and in their relationship with God and

with others. I encourage you to buy your tickets, participate in the auction and support this as we help them to grow in relationship with God and man."

He continued, "The format change has also not dampened the experience of Wild Game Dinner. Our virtual event will still feature great food, amazing giveaways, exciting raffles, an exclusive auction, and more."

In order to participate, one must purchase a ticket. The deadline is February 19.

The virtual Wild Game Dinner will culminate on the night of February 26, when people will be able to pick up warm meals and any auctioned items or raffle prizes they have won in the weeks leading up to the dinner.

The pickup location will be at the Roanoke Moose Lodge #284 at 3233 Catawba Valley Drive in Salem, at the bottom of Catawba Mountain off Route 311.

"Meal and item pickup will be drive-thru style in order to keep your health and safety as our number one priority," Pastor Vaughn added to his online post. "It's going to be yet another wonderful year

of Wild Game Dinner in 2021."

Meal choices will be deer or bear, either BBQ or regular, green beans, mashed potatoes and a dinner roll as well as a dessert. A canned soda or bottle of water will also be included.

Tickets are already available for purchase, and there are two options for interested individuals, both need to be complete by February 19.

•A Standard Ticket package for \$13.00 includes a Wild Game Dinner meal, an entry for the grand prize drawing, the access to bid in their online auction and the access for raffles.

•The VIP Ticket package for \$20.00 includes all the standard package plus an entry in an exclusive raffle for a Barnett White-tail Hunter STR Crossbow and a Wild Game Dinner T-shirt.

After people purchase their ticket, they can join in for a couple of weeks of fun during the week of February 14-21. It will be Auction Week and updates will be sent via email to those who buy tickets.

The Grand Prize Giveaway is a Traditions G4 Pursuit Ultralight muzzleloader. "It is said to be fast,

light and accurate, one of the lightest and best muzzleloaders on the market and will make you want to lighten your load and leave your rifle at home when you head out in the wilderness," event organizers said.

There is only one chance per person for this Grand giveaway.

Meals and prizes must pick up in person on event date of February 26. Prizes can be picked up at a later date during church office hours at 10922 Catawba Road, Troutville, 24175. Their mailing address is PO Box 12, Catawba, VA 24070. (Please note that shipping is not included for the prizes.)

Also, on their church website, there is an early prize drawing. A "Hunter's Hand Pack" giveaway which people can win in three easy steps: like the post, share it to their page, and be the first to comment and put a last name on it. Do all this by January 24 for a chance to win. The winner will officially be announced January 25.

The Handy Pack has over \$180 worth of hunting items: \$25 Sportsman's Warehouse Gift Card, Moultrie W400 trail cam, FieldLine Pro "Montana



SUBMITTED PHOTO

The Catawba Valley Baptist Church is hosting its first-ever Virtual Wild Game Dinner and Auction on Feb. 26. Tickets are available online with auction items the week before. Dinner will be distributed at the Moose Lodge at the foot of Catawba Mountain off Rt. 311 and proceeds will go towards their teen programs. The grand prize is a Traditions G4 Pursuit Ultralight muzzleloader.

Pack", Old Timer three fixed blade knife set w/ sheaths for each knife, Primos "Lil Shawty" deer call, Mossy Oak "scent control" baseball cap, RealTree Edge Beanie, Grime Boss hunting field wipes, Allen hunting ties, RealTree wool-blend socks and HotHands

hand warmer value pack.

Purchase tickets exclusively online at <https://www.catawbavalleybc.org/wildgame-514893.html>.

Those interested may call the office at (540) 380-8448 for more information. The overall goal is to raise \$12,000 this year.

Democratic Socialists of America local chapters help clean the community



SUBMITTED PHOTO

Two local chapters of the Democratic Socialists of America - New River Valley and Blue Ridge - participated in a site cleanup of the Yellow Finch Tree Sit on Saturday, January 23. Blue Ridge DSA has members in Roanoke City, Salem,

Vinton, Roanoke, Craig, Botetourt and Franklin counties. For more information, email blueridgedsa@gmail.com.

—Submitted by Joseph Hart, Blue Ridge DSA Co-chair

"All prejudices are against the will and plan of God."

- Baha'i Faith

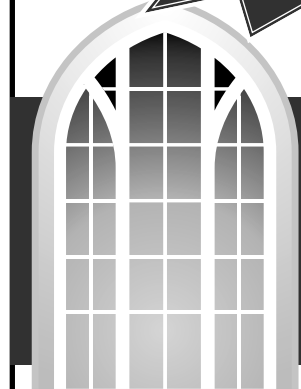


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OPINION

Give Light ~ All in the family ~

{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.}

By the decade of the 1980s, when I was a regular part-time employee of "The Roanoke Times" daily newspaper, I wrote several stories related to the efforts of many Western Virginia religious groups to come to terms with rapid changes in American life.

These involved especially what was happening to families.

These were some of the headlines:

"Singles Look Positively at their State in Life"

"Time for Compassion: Most Clergy OK A Second Wedding -With Counseling"

"Enriching Years: Marriage Enrichment Founders Macces Celebrate"

"Counselor LaHaye Combats 'Family Erosion'"

"A Woman's Place?"

"Sexual Values: More Congregations Address Issues of Sexuality"

Maybe it was that the "Baby Boom" generation, those born between 1946 and around 1962, as sociologists reckon, had passed beyond childhood groups and rebellious teens

(remember the 1960s if you were a parent?) and were having to face up to realities of mid-life.

Like the 1920s a century ago, the 1960s represented a stage of rebellion some of which would die away but other practices would remain and seem far removed from those of an earlier age.

I'm writing here about the family my (now) late newsman husband Charlie and I created. A WW II Navy veteran, he and I met in 1948 at a Richmond professional college offering training in newspaper writing. We married in 1951 and postponed a family for more than four years. Advances in birth control made this possible. With a fully accepting husband, I was able to enjoy my career as a newspaper religion writer working mostly part-time from home.

Our daughter, born in 1956, completed high school at 18, married (too) early as it turned out, and began earning her own money at 16. She's always been employed in a series of bank-related jobs after moving south for a successful second marriage. Her one child grew up in daycare.

Working mothers was a fact Julie never questioned. Her younger brothers remained bachelors and found satisfying

Frances Stebbins Correspondent

work as blue-collar technicians and volunteer firefighters.

1. Getting back to the sample headlines, here's a bit more enlightenment:

In May 1983 there was an active group, mostly of six United Methodist congregations, known as Positive Christian Singles, which gathered for suppers and other socials on a regular basis. It was mainly for young adults from 20 to 40, and some other congregations were involved. Not intended for match-making, it nevertheless had that result for several couples. In time, it faded away.

2. The following year I surveyed a number of clergy on their practices on performing weddings for couples previously wed. I noted the strict practices of the Roman Catholic Church and its system of annulments. Some priests were known to be more lenient than others. (I followed up this topic later by spending two hours getting a canon

lawyer to explain how the church deals with dispensing with an unsuccessful first union. Among non-Catholics, only a Black minister of a Roanoke Baptist congregation said he regards Scripture as forbidding the practice. All questioned, however, insisted on careful examination as to why the first union failed before they would officiate at a second.

3. From 1979 almost until his death in 2008, my husband and I were much involved in a program known as Marriage Enrichment created "to make good marriages better beginning with our own." It was founded by a British couple, the late David and Vera Mace, and continues today from a North Carolina office and is known as Better Marriages. Unlike another Roman Catholic program, Marriage Encounter, the Macces' organization was non-sectarian.

4. Some conservative Christian groups, such as one supported by Tim LaHaye, saw the whole state of 20th-century marriage as deplorable. Speaking at a cost of \$3,500 at Mineral Springs Baptist Church in western Bedford County, LaHaye was part of a movement closely allied with political conservatives like Jerry Falwell Srs.' Moral Ma-

majority. This was in November 1990 when rich "televangelists" got a lot of attention.

5. On October 13, 1984, a story I wrote about the Rev. Randy Pizzino and his wife Julie put a human face on conservative Christian families of this time. Pizzino, pastor of a small congregation in the Cave Spring area, wanted his wife to stay in the home and give her full attention to the rearing of their two teenage sons whom they were educating at home to try to keep them free of some of the corruption LaHaye and others like him deplored. Mrs. Pizzino apparently was comfortable with this traditional arrangement. (I wonder what has happened to this family unit after nearly 40 years.)

6. Finally, a 1979 survey of a dozen religion leaders of less conservative denominations revealed that it was difficult for most to deal with changing sexual more and more as part of church programming. This included acceptance of unwed mothers, bi-racial unions, cohabitation outside of marriage, homosexuality and other practices now 50 years later accepted as normal by many people.

A big subject which you may not have heard the last of.

Virginia projected to receive over 100,000 doses of COVID-19 vaccine in coming weeks

Dr. Cynthia Morrow
Roanoke City and Alleghany Health Districts Health Director

As of January 24, 2021, Virginia is projected to receive approximately 110,000 doses of COVID-19 vaccine each week for the next several weeks. The Central Office of the Virginia Department of Health estimates that approximately 50 percent of Virginia's population is currently eligible to receive vaccine based on the recently expanded criteria for Phase 1b. Like every health district in the state, the Roanoke City and Alleghany Health Districts (RCAHD) are tasked with the impossible challenge of having to distribute a very limited supply vaccine with a very high demand by the public.

The Roanoke City and Alleghany Health Districts (RCAHD) allocation of the vaccine will be approximately 3,000 doses per week. It will be months for all who are currently eligible under Phase 1b guidelines to be able to receive the vaccine. Even though Phase 1b was expanded by the Governor to include many over the age of 65 and those 16 and older with serious medical conditions, we share your disappointment that the vaccine supply is simply not sufficient to get to all who are eligible quickly. Vaccine is extremely limited now, but we are working to deliver it to all who want to be protected by it.

While we continue to face many challenges with respect to vaccine distribution, there is much to celebrate. For the past four weeks of this ten-month pandemic, RCAHD staff have been working long hours to pull together vaccine opportunities for our

community. Here's a peek at what we've been up to between January 18-24. RCAHD has:

Hired a COVID Immunization Nurse to help our nursing and clinical team plan vaccine clinics,

Welcomed and trained five National Guard members to help support our clinic response,

Hosted seven full vaccination clinics in Roanoke, Salem, and Covington, vaccinating over 8,000 in our community. On January 21, we partnered with school systems in our district, as well as Carilion Clinic, to vaccinate 2,000 public and private K-12 teachers and staff at a daylong clinic visited by Governor Ralph Northam. On January 22 and 23, Carilion Clinic led the joint effort to reach over 4,000 of our 65+ population.

Continued to reach the most vulnerable of our frontline essential Phase 1a and 1b includ-

ing healthcare workers, first responders and staff of correctional facilities, schools and childcare centers.

Collectively, these efforts have demonstrated to our community that we have the capacity to safely and efficiently vaccinate large numbers of individuals when the vaccine supply increases. The demand far exceeds our current supply, but we will continue to work hard to provide as many doses to as many people as soon as possible. As we move through the first tiers of Phase 1b in the coming weeks, we will work towards reaching the rest of Phase 1b, including our 16 to 64-year-olds with medical vulnerabilities and additional essential frontline employees as outlined by the Governor as soon as vaccine supply increases. For more information, please visit our website: <https://www.vdh.virginia.gov/roanoke/covid-vaccine/>

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

SALEM TIMES-REGISTER
A newspaper of, by and for the people of the City of Salem and Roanoke County.
USPS 631-140
(540) 389-9355
1633 West Main Street
www.ourvalley.org

Michael Showell, *Publisher*
Lynn Hurst, *General Manager*
Shawn Nowlin, *Editor*
Brian Hoffman, *Sports Editor*
Randy Thompson, *Advertising Consultant*

Give us your view: shawn.nowlin@ourvalley.org

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

1	2	3	4	5	6	7	8	9	10	11	12	
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50									52	53	54	
55									57			
58									59			

CLUES ACROSS
1. Warm-blooded vertebrates
8. Semitic peoples
13. Supervise
14. Historical German territory
15. Sweat
19. The Wolverine State
20. China
21. Violent disturbances
22. A way to commemorate the dead
23. Midway between east and southeast
24. Bird genus
25. Trim
26. Disparaged
30. More coherent
31. Abnormal rattling sounds
32. Healthy appetizers
33. Partner to "shocked"
34. French pianist Pascal
35. Jokes
38. Marks to omit print
39. Tall
40. Coverage
44. "A Death in the Family" author
45. Role of highlights
46. Fixed-radio access
47. Partly digested food
48. "Lamb Chop" puppeteer Lewis
49. In support of
50. Aluminum
51. Reduction in value over time
55. Running events
57. Portuguese region
58. Slovenly women
59. Strongly criticized

CLUES DOWN
1. Wiped up
2. Opposed to
3. Macon, GA, university
4. Wife
5. Small viper
6. Polynesia garland of flowers
7. Saw-like
8. Maltese-Italian composer
9. Moved faster than walking
10. Commercial
11. Covered with mud
12. Marksmen
16. Buenos ____
17. Tailless amphibian
18. Belonging to a thing
22. Mars crater
25. Mast fair
27. Citrus fruit
28. Awkward
29. Brews
30. Beloved late broadcaster
32. All alone
34. Copies
35. Poster
36. Symmetrical
37. Grew older
38. Makes tractors
40. Not the front
41. State as fact
42. Long, narrow cut
43. Worked hard for
45. Indicates position in a box score
48. Tax
51. "Lookout Weekend" singer Debbie
52. Unhealthy
53. Imam name ____ Khan
54. A woolen cap of Scottish origin (abbr.)
56. The Golden State

The Hill We Climb

Harvard Graduate Amanda Gorman
The Youngest Inaugural Poet Ever

When day comes we ask ourselves,
where can we find light in this never-ending shade?
The loss we carry,
a sea we must wade
We've braved the belly of the beast
We've learned that quiet isn't always peace
And the norms and notions
of what just is
Isn't always just-ice
And yet the dawn is ours
before we knew it
Somehow we do it
Somehow we've weathered and witnessed
a nation that isn't broken
but simply unfinished
We the successors of a country and a time
Where a skinny Black girl
descended from slaves and raised by a single mother
can dream of becoming president
only to find herself reciting for one
And yes we are far from polished
far from pristine
but that doesn't mean we are
striving to form a union that is perfect
We are striving to forge a union with purpose

To compose a country committed to all cultures, colors, characters and conditions of man
And so we lift our gazes not to what stands between us
but what stands before us
We close the divide because we know, to put our future first,
we must first put our differences aside
We lay down our arms
so we can reach out our arms to one another
We seek harm to none and harmony for all
Let the globe, if nothing else, say this is true:
That even as we grieved, we grew
That even as we hurt, we hoped
That even as we tired, we tried
That we'll forever be tied together, victorious
Not because we will never again know defeat
but because we will never again sow division
Scripture tells us to envision
that everyone shall sit under their own vine and fig tree
And no one shall make them afraid
If we're to live up to our own time
Then victory won't lie in the blade
But in all the bridges we've made
That is the promised glade
The hill we climb

LETTER TO THE EDITOR

A letter of appreciation to the Salem Rotary Club, Salem Kiwanis, Moose Lodge, Number 2573 and Women's Chapter Number 2232, Interact and Rotaract and the entire Salem community,

We hardly know where to begin to thank all those listed above for the wonderful and

unbelievable recent donations to Mrs. Dorsey's Clothes Closet. Not only did they donate hundreds of coats, but jackets, sweaters, hats, gloves, scarves and other warm clothing items were donated too. Prior to the donations, our coat racks were very low.

Our Clothes Closet provides

all clothing items, shoes, household goods, books, toys, school supplies and many other items to individuals and families in need not only in the Salem community, but the entire Roanoke Valley also. All items in our store are free for those shopping there. The Clothes Closet is staffed totally by volunteers who have

continued to serve even during the challenging circumstances.

Words of thanks seem inadequate for this outpouring of clothing and support from these wonderful groups of people as well as the Salem community. We are overwhelmed by your kindness and generosity and hundreds of the guests who come to us for

help will be appreciative every day. How fortunate and blessed we are to live in a community that recognizes and assists those less fortunate and always steps up when needed. Thank you, thank you, thank you.

—Trula Byington,
Clothes Closet Coordinator

Gorman

from page 4

If only we dare
It's because being American is more than
a pride we inherit,
it's the past we step into
and how we repair it
We've seen a force that would shatter our
nation
rather than share it
Would destroy our country if it meant
delaying democracy
And this effort very nearly succeeded
But while democracy can be periodically
delayed
it can never be permanently defeated
In this truth
in this faith we trust
For while we have our eyes on the future
history has its eyes on us
This is the era of just redemption

We feared at its inception
We did not feel prepared to be the heirs
of such a terrifying hour
but within it we found the power
to author a new chapter
To offer hope and laughter to ourselves
So while once we asked,
how could we possibly prevail over catastrophe?
Now we assert
How could catastrophe possibly prevail
over us?
We will not march back to what was
but move to what shall be
A country that is bruised but whole,
benevolent but bold,
fierce and free
We will not be turned around
or interrupted by intimidation

because we know our inaction and inertia
will be the inheritance of the next generation
Our blunders become their burdens
But one thing is certain:
If we merge mercy with might,
and might with right,
then love becomes our legacy
and change our children's birthright
So let us leave behind a country
better than the one we were left with
Every breath from my bronze-pounded
chest,
we will raise this wounded world into a
wondrous one
We will rise from the gold-limbed hills of
the west,
we will rise from the windswept northeast
where our forefathers first realized

revolution
We will rise from the lake-rimmed cities
of the midwestern states,
we will rise from the sunbaked south
We will rebuild, reconcile and recover
and every known nook of our nation and
every corner called our country,
our people diverse and beautiful will
emerge,
battered and beautiful
When day comes we step out of the shade,
afire and unafraid
The new dawn blooms as we free it
For there is always light,
if only we're brave enough to see it
If only we're brave enough to be it

—Delivered at Joe Biden's Inauguration
on January 20, 2021.

All new Backpack Run returning to Green Hill Park in March

~ In-person 5K and 10K on March 20, virtual 5K, 10K, half marathon also available ~

The Backpack Run, presented by the Roanoke County Public Schools Education Foundation, is back and all new. This year's Backpack Run offers the best of both worlds - in-person and virtual races for the 5K and 10K distances. The in-person races will take place on March 20 at Green Hill Park, starting at 9 a.m. The 5K and 10K races will begin at the same time. Runners

participating in an in-person race will be randomly assigned a corral to stagger start times.

Also new this year is a virtual half marathon featuring a custom finisher's medal and an all-new Backpack Challenge - participate in all three race events (5K, 10K, and half marathon) to earn all three individual finisher medals and a fourth exclusive custom Backpack Chal-

lenge medal. Challenge runners participate in all three events virtually or have the option to substitute one virtual event for an in-person race (5K or 10K).

Registration fees for the 5K (virtual and in-person) run \$25-\$40. Fees for the 10K (virtual and in-person) are \$40-\$60. Registration for the half marathon (virtual only) is \$65-\$80. The Backpack Challenge (5K, 10K and half) is

\$140-\$160. Prices vary depending on age (student or adult) and team participation.

Register for the in-person 5K, 10K or Backpack Challenge by March 1 to guarantee an event t-shirt on March 20. Finisher medals and event t-shirts for virtual events will be available for pickup or shipping in late April. Register at www.supportroanokecountyped.org.

Proceeds will go to support

the Roanoke County Public Schools Education Foundation, a 501(c)(3) non-profit organization that, since 1991, has provided more than \$1.5 million in support including grants for teachers and scholarships for students in Roanoke County.

—Chuck Lionberger, Roanoke
County Public Schools Director
of Community Relations

SBA proposes rule to eliminate regulations that exclude faith-based organizations from seven SBA programs

~ Public comments due by February 18, 2021 ~

The U.S. Small Business Administration invites public comment on a proposed rule designed to remove regulatory provisions that exclude certain faith-based organizations from seven business loan and disaster assistance programs. These programs include the Intermediary Lending Program (ILP), Business Loan programs (7(a), Microloan and 504 programs), Economic Injury Disaster Loan (EIDL) program, Military Reservist Economic Injury Dis-

aster Loan (MREIDL) program and Immediate Disaster Assistance Program (IDAP).

Because these provisions exclude otherwise eligible applicants based on their religious status, they violate their constitutionally guaranteed religious liberty rights. By eliminating the provisions, the proposed rule would ensure that SBA's programs provide equal treatment for faith-based organizations, which the Constitution requires, and would correspond

with the President's Executive Order Promoting Free Speech and Religious Liberty.

"This proposed rule would remove barriers to SBA loans and disaster assistance that current regulations unfairly impose on faith-based businesses and organizations," said SBA Administrator Jovita Carranza. "America's faith-based small businesses and organizations play a vital role in providing employment opportunities, products, and essential edu-

cational, training and youth social services that benefit both our local communities and the overall national economy. This proposed rule would ensure that these businesses and organizations are not forced to choose between their faith and the SBA financial assistance that they need to continue serving the public and employing our neighbors."

Public comments on this proposed rule can be submitted on or before February 18, 2021 at www.regulations.gov, using the following

RIN number: RIN 3245-AH60. The public may also comment by mail to Valerie Mills, Executive Operations Officer, Office of General Counsel, U.S. Small Business Administration, 409 Third Street, SW, Washington, DC 20416.

SBA will post all comments on <https://www.regulations.gov>.

—Submitted by Martin Short,
Lead Economic Development
Specialist & Public
Information Officer

North Cross School Earns AP® Computer Science A Female Diversity Award

North Cross School recently earned the College Board AP® Computer Science Female Diversity Award for achieving high female representation in AP Computer Science A. Schools honored with the AP Computer Science Female Diversity Award have expanded girls' access in AP Computer Science courses.

Out of the 20,000 institutions that offer AP courses, 1,119 achieved either 50 percent or higher female representation in one of the two AP computer science courses or a percentage of the female computer science examinees meeting or exceeding that of the school's female during the 2019-20 school year. That's nearly 37 percent more than the 818 schools recognized last year. In 2020, North Cross School was one of 232 recognized in the

category of AP Computer Science A.

"North Cross School's students need the power to shape technology, not just cope with it," says Stefanie Sanford, College Board chief of global policy and external relations. "Young women deserve an equal opportunity to become the next generation of entrepreneurs, engineers and tech leaders. Closing the gap in computer science education empowers young women to build the future they want."

AP Computer Science A students learn to design and implement computer programs that solve problems relevant to today's society. The number of female AP CSA exam-takers has grown steadily, up nearly 25 percent since 2017. Overall AP computer science course participation has increased

79 percent since 2017, broadening STEM career opportunities for more students.

Providing female students with access to computer science courses is critical to ensuring gender parity in the industry's high-paying jobs and to drive innovation, creativity, and representation. The median annual wage for computer and information technology occupations was \$88,240 in May 2019. However, a code.org analysis of 2017 Bureau of Labor Statistics data finds women represent just 24 percent of the five million people in computing occupations.

That's why new College Board research about AP CSP is so encouraging. According to the data, female students who take AP CSP in high school are more than 5 times as

likely to major in computer science in college, compared to similar female students who did not take CSP. The study also finds AP CSP students are nearly twice as likely to enroll in AP CSA, and that for most students, AP CSP serves as a stepping-stone to other advanced AP STEM coursework.

These findings make it all the more imperative that schools nationwide achieve gender parity in

AP Computer Science classrooms. The 1,119 schools that receive this year's AP Computer Science Female Diversity Award should serve as inspirations and models for all American high schools, where overall, female students remain under-represented in computer science classes, comprising just 34 percent of AP Computer Science Principles participants. So, there is a long way to go to achieve

equal gender representation in the field of computer science. Currently, less than half of the nation's high schools teach foundational computer science, a clear opportunity to be addressed by strong partnerships between policymakers, the tech industry, and educators.

—Submitted by Sarah
Sledd, North Cross
School Assistant
Director of Marketing

POLICE REPORT

The Salem Police Department reported the following people were arrested and charged January 12-18. 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:

January 12 – Tyrone A. Thompson, 55, failure to appear


January 14 – Jacqueline L. Pugh, 59, violation of probation; Victor M. Cardwell, assault on a police officer, domestic assault and battery, resisting

arrest, obstructing justice

January 15 – Shannon P. Stevenson III, 36, assault and battery, damage property public intoxication; Sam A. Sillars, 63, shoplifting; George C. Lawrence III, 42, criminal trespass, obstructing justice; Christopher A. Johnson, 30, failure to appear

January 16 – Jonathan T. Mercier, 28, assault on a police officer; Jonas E. Oliver, 22, public intoxication, obstructing justice; and Tanya N. Cartron, 44, public intoxication, obstructing justice

January 18 – Thomas R. Jones Jr., 54, criminal trespass


Virginia Department of Transportation

Interstate 81 Troutville Rest Area

Ramp Extensions

Botetourt County

Find out about a project to extend the ramp into and the ramp out of the Troutville Rest Area located on southbound Interstate 81 near mile marker 158 in Botetourt County. The off ramp into the rest area will be extended approximately 500 feet and the ramp onto southbound I-81 will be extended approximately 2,100 feet. In addition, the truck parking area at the facility will be expanded by about 10-13 spaces.

Project information and National Environmental Policy Act (NEPA) documentation in the form of a Categorical Exclusion are available for review at 731 Harrison Avenue in Salem, 540-387-5353, 800-367-7623, TTY/TDD 711. **Please call ahead so VDOT can make arrangements for personnel to share more information or answer your questions.**

If your concerns cannot be satisfied, VDOT is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Mr. Craig Moore, Virginia Department of Transportation, 731 Harrison Avenue, Salem, VA 24153 on or prior to **January 21, 2021**. If a request for a public hearing is received, notice of date, time and place of the hearing will be posted.

VDOT ensures nondiscrimination and equal employment in all programs and activities in accordance with Title VI and Title VII of the Civil Rights Act of 1964. If you need special assistance for persons with disabilities or limited English proficiency, contact Craig Moore at the phone numbers listed above.

State Project: 0081-011-834, P101, R201, M501 Federal Project: NHPP-0812(322), UPC: 116202
From: 0.3 mile north of Safety Rest Area
To: 1 mile south of Safety Rest Area

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ANGLICAN**ST. THOMAS ANGLICAN CHURCH** - located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit www.sttofc.org for midweek masses and events. (In Roanoke, go E on Hershberger, L on Hubert to 4910).**BAPTIST (INDEPENDENT)****CALVARY BAPTIST CHURCH**-7th and Florida Streets, Salem VA. Pastor: Roger D. Counts, 540-389-3818. Sunday School 10:00 a.m., Morning Worship 11:00 a.m., Sunday Evening Service 6:30 p.m., Wednesday Night Prayer Service, 6:30 p.m.**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, Wednesday evening, 7:00PM.**TEMPLE BAPTIST CHURCH** - 4339 Daugherty Road, Salem, Greg Irby, Pastor, Church: 380-3567; Home: 389-7240, Sunday School 10:00 AM, Worship Services 11:00AM & 6:00PM, Mid-week Prayer Meeting Wednesday 7:00PM, www.templebaptch.com.**BAPTIST (SOUTHERN)****BETHEL BAPTIST**-1601 S. Colorado St., Salem, Pastor Hilton Jeffreys, 389-2376, Sunday: - 9:30 Sunday School; 10:30am Morning Worship; 6:00 Evening Worship; Wednesday 6:15 Preschool & Children Awana and Youth and Adult Bible Study. www.bethelbaptistva.com**MOUNTAIN PASS BAPTIST CHURCH** - 311 Catawba 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 Road N.W. Roanoke, 342-6492. Roy E. Kanode, Pastor. Sunday School 9:45 a.m., Morning Worship 11 a.m., Awana 5:15 p.m., Adult Bible Study and Youth Fellowship 6:00 p.m.; Wednesday Prayer Service 6:30 p.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 Red Lane Extension, Salem, Worship Times: 8:00AM, 9:15AM & 11:00AM. North Campus: 7210 Williamson Road, Roanoke, Worship Times: 9:15AM & 11:00AM. Southwest Campus: 3585 Buck Mountain Road, Roanoke, Worship Times: 9:15AM & 11:00AM. www.fcclife.org.**BRETHREN****GREEN HILL CHURCH OF THE BRETHREN**, 2699 Harborwood Rd (Ro. Co.) Salem, (540) 389-5109, Email: greenhillcob@verizon.net, find us on Facebook. Continuing the work of Jesus, Peacefully, Simply, Together. God's Work Our Hands**CHURCHES OF CHRIST/CHRISTIAN CHURCHES****SALEM CHURCH OF CHRIST** - 401 West Main Street. 540-389-2400. Minister Eric Evans; Family Life Minister Tay-

Salem

WORSHIP DIRECTORY

Clean Before God

Read Leviticus 14:1 through 15:33

Escaping moral pollution requires effort. Foul language, suggestive images, and people living immoral lifestyles confront believers at almost every turn. In such an intensely ungodly culture, some may question whether God still expects a holy lifestyle. But God's requirements have not changed.

"You must keep the Israelites separate from things that make them unclean, so they will not die in their uncleanness for defiling my dwelling place, which is among them" (Leviticus 15:31).

Although some of the instructions in these verses seem extreme, they make the point

that God called the nation of Israel to be set apart for Him. Unlike the nations around them, they were to demonstrate sexual purity and present themselves holy before God as they worshipped Him, lest they face the punishment impurity would bring.

In the midst of a morally perverse society, God still expects His people to honor Him by being morally pure. As people called into relationship with Him, we must live so others see His nature shining through us.

Challenge for Today: Commit to a pure life before God.

Quicklook: Leviticus 15:28-33

lor Plott; 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, 7:00 PM.**CHURCH OF GOD/ANDERSON****COVENANT COMMUNITY CHURCH**- 955 Bird Lane, Salem, Va 24153, 389-5639. Pastor: Scott Hudson. Sunday School 10:00AM, Worship 11:00AM; 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.flccsalem.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. However, due to COVID-19, the Light & Sound services and other ECK programs are currently 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. Also visit www.eckankar.org for more information about the spiritual freedom of Eckankar.**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. Please visit our website www.collegelutheran.org for information on services.**FOURSQUARE****the BRIDGE 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**INDEPENDENT****RESTORATION CHURCH** - a Community on Mission Following Jesus into the World- 10:10am Sundays at the Salem YMCA - 1126 Kime Lane, Salem - 540-384-1601 - www.restorationsalem.org. Watch Live at: YouTube: Restoration Church-Salem, VA. Facebook: RestorationChurchSalem**NATIONAL BAPTIST CONVENTION, U.S.A., INC.****FIRST BAPTIST CHURCH**-226 South Broad Street, Salem. Rev. Melton Johnson, 389-9648. Sunday School 9:30 AM, Sunday Morning Worship Service 11:00 AM, Wednesday Bible Study and Prayer Meeting 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. Worship Service, (Wednesday) Prayer Meeting & Bible Study 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, M'pact Girls & Royal Rangers) 7 PM. Nursery Provided. Email: office@clichurch.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's church 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.To list your church, contact Randy Thompson at 540-230-1129 or email advertise@ourvalley.org

Biden

from page 1



Country music legend Garth Brooks singing 'Amazing Grace' at the inauguration.



Youth Poet Laureate Amanda Gorman reciting her powerful poem at the 59th Presidential Inauguration.



Jennifer Lopez performing during the inauguration of Joe Biden.



Kamala Harris during her swearing-in as Vice President, with husband Doug Emhoff proudly looking on.



Former President Barack Obama and First Lady Michelle Obama arriving on the West Front of the US Capitol on Jan. 20.



The National Anthem was performed by the multi-talented Lada Gaga.

members in both chambers of Congress.

A meme of Vermont Senator Bernie Sanders sitting with his legs crossed in a chair wearing mittens instantly took over the internet. Within hours, he put the viral image on a black crewneck sweater and sold it for \$45. All of the proceeds, over three million dollars and counting, will go to Meals on Wheels Vermont which is an initiative that serves hot meals to individuals under 60 with disabilities or chronic conditions.

An impressive lineup of celebrities also participated in the inauguration: Country musician Garth Brooks, pop icons Lady Gaga and Jennifer Lopez as well as activist Amanda Gorman,

among others.

When Biden was first elected to the Senate in 1972, the US population was approximately 210 million. Today, that number hovers around 330 million. As of Wednesday morning, there have been approximately 425,000 COVID-19 related deaths. President Biden has warned that it will take months to turn around the pandemic trajectory.

The first tweet he sent out on January 20 said, "There is no time to waste when it comes to tackling the crises we face. That's why today, I am heading to the Oval Office to get right to work delivering bold action and immediate relief for American families."

So far four of President

Biden's cabinet nominees have been confirmed by the Senate: Secretary of State Anthony Blinken, Secretary of Treasury Janet Yellen, Secretary of Defense Lloyd Austin and Director of National Intelligence Avril Haines.

In the coming weeks, the Senate will decide either to acquit or convict Donald Trump for his role in the Capitol Hill Riots. President Biden is on the record saying, "I hope that the Senate leadership will find a way to deal with their Constitutional responsibilities on impeachment while also working on the other urgent business of this nation."

President Biden signed 30 executive orders within

his first 72 hours on the job. For the first time ever, when Biden addresses a joint session of Congress, there will be two women behind a Commander-in-Chief: VP

Kamala Harris and House Speaker Nancy Pelosi.

Salem native Chris Thomas, 34, says he never thought he would see such a day in American politics.

"I am experiencing history in real time," he said. "I will be able to tell my grandchildren in vivid details the monumental significance of this moment."

Marijuana

from page 1

works better for everyone."

He continued, "Marijuana has become a cash crop that rivals tobacco. But as an illegal crop, it makes no money for Virginia. By legalizing and taxing it, we can use the revenue to help communities most disproportionately impacted by the inequities in our laws."

In recent years, there have been more arrests in the United States for marijuana annually than all violent crimes combined. According to the yearly Crime in Virginia Report, 26,470 people were arrested for marijuana in 2019. If the MORE Act is fully implemented, it will be a misdemeanor

for most educational institutes and employers to ask applicants to discuss past convictions.

Roanoke County resident Jaime Edwards, in large part because of her parents, has always felt that marijuana has never been as dangerous as some suggest. "My parents never hid the truth from me. I can remember being in high school and us having fully transparent conversations at the dinner table," she said. "Because of what I was taught, when it came time for me to choose if I would partake in marijuana or not, I was well-informed. I wish more parents would take a similar approach with their children."

OBITUARY

Decker Sr., Paul Leo

Paul Leo Decker, Sr., 94, a former resident of Salem, passed away on Thursday, Dec. 17, 2020, in Alabama where he had lived since 2009.

He is survived by his daughter in Alabama, Christina Fox and son-in-law Dr. Jim Fox; his son, Paul Leo Decker, Jr. of Natural Bridge Station, Va. and his wife, Sheila; granddaughter Dr. Ashleigh Edmonson and her husband Alex of Alabama; grandson Michael Paul Decker and his wife Dana Decker and their children Mariah, Morgan and Kinsley Decker of Roanoke.

Paul was a resident of Virginia for many years and was a great musician and played trombone since age 13. He was with the Navy Band while in service (1943-1945) and played with many other well-known musicians/bands in his career such as Dick Weems and Tommy Dorsey. He also played in the Roanoke Valley area with several



different groups over the years. He was a retiree from General Electric in Salem where he worked for over 25 years as well.

He was married to Helen Grimes Decker for almost 50 years until her passing in 1998. He married Anna Yeager in 1999 until her death in 2007.

Paul was a great lover of the outdoors, Braves baseball, Alabama football, loved his filet steaks and crab legs! He always had a song in his heart and was always singing when not playing or even practicing his horn in his later years. Paul had lived in an assisted living facility since 2012 in Alabama.

Paul had attended Our Lady of Perpetual Help while living in Salem. His funeral mass was at St. Paul's Cathedral in Birmingham in late December. Paul's inurnment service will be this Saturday, Jan. 30, at 11 am at St. Andrew's Diocesan Cemetery, 3601 Salem Turnpike, Roanoke, VA.

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Maroons beat H-S, host Ferrum tonite

The Roanoke College men will play host to Ferrum College in an Old Dominion Athletic Conference basketball game tonight at the Cregger Center in Salem. The Maroons will be trying to make it two ODAC wins in a row after opening the conference schedule with a 66-55 win over Hampden-Sydney in Salem last Saturday.

The Maroons raced out to a 10-0 start and never trailed against the Tigers. A Tripp Greene triple would see RC begin the afternoon on a 7-0 surge, and after Brandon Ellington added a three-pointer, the Roanoke lead was double digits before their guests would score.

An 11-3 Tiger run trimmed the deficit to six at 29-23 heading into the final minutes of the half before two Efosa Edosomwan free throws made it a 33-25 score at the break.

The two long time rivals went back and forth to start the second half before six straight points from Northside grad Kasey Draper would once again push the advantage into double digits, and

after another Ellington long ball the Maroons had matched their biggest lead of the first half at 46-32. After Edosomwan pushed the lead to 15, Hampden-Sydney went on a 7-0 run to make it an eight point game with just over nine minutes to play. However, Roanoke put the game away by scoring 12 of the next 16 points to push their advantage to 61-45 with two and a half minutes left to play.

Draper notched a double-double with 16 points and 10 rebounds. Trent Dawson and Edosomwan each scored 14 for RC with Ellington adding nine. Ethan Rohan added 10 rebounds, helping Roanoke enjoy a 43-40 edge on the glass. Dawson handed out four of the Maroon's 11 assists with Rohan erasing four Tiger shots.

Now 1-1, the Maroons next three games will be at home, although no spectators are allowed. After Ferrum visits tonight Shenandoah comes in for a Saturday night game and Emory & Henry will visit next Tuesday for a Ground Hog's Day affair.

RC women top-ranked in ODAC coaches poll, open with two wins

The Roanoke College women, top-ranked in the preseason ODAC conference coaches' poll, stayed unbeaten with a 72-62 win over Emory & Henry in Emory Sunday. The Maroons used a 15-8 run to close the third quarter to seize control and go on to a 10 point win.

Roanoke led by seven points after the third quarter. E&H would get as close as five, but a three-pointer by Rose Sande followed by an Ayanna Scarborough layup and Roanoke would enjoy their first double-digit lead of the afternoon. Sande would add five more points in the closing minutes to secure the non-conference, road win.

Four Maroons finished in double figures in a game that saw eight lead changes and seven ties. Scarborough netted a team high 14 with Renee Alquiza adding 11. Morgan Micallef and Sayre Brandstatter each scored 10 while Kayla Kinsler added 10 rebounds and Micallef nine. Whitney Hopson (6) and Brandstatter (5) handed out 11 of RC's 18 assists.

The Maroons were scheduled to play at Randolph-Macon on Tuesday but results were too late for publication. Roanoke will play their fourth straight road game to open the season at Guilford Friday, finally returning home to host Eastern Mennonite on Sunday afternoon at 2 pm.

Glenvar girls off to fast start

The Glenvar girls basketball team improved to 3-1 with wins over two Roanoke County rivals last week. The Highlanders beat Northside at home, then traveled to Cave Spring for a win.

Against Northside Glenvar rolled to a 77-44 win behind 30 points from Olivia Harris. Melayia Donaldson had 15 points and Savana Luper had 11. Glenvar jumped all over the Vikings, leading 22-6 after the first quarter.

On Friday at Cave Spring the Highlanders beat the Knights, 58-53. Olivia Harris had 24 in this one and Rhyann Harris had 14.

"The girls are playing well, I can't complain," said coach Jeff Johnson. "They're listening and playing hard. There's no pressure and they're just out there having fun, playing good basketball."

The Highlanders were scheduled to host William Byrd on Wednesday



Rhyann Harris lines up a free throw for Glenvar.

PHOTO BY JIM DEVINNEY

night, followed by a trip to Hidden Valley on Friday and a game at Northside Monday evening.

SALEM GIRLS

continued from page 12

The Spartans increased the lead to 32-23 on buckets by Scales and Moriah Hill to open the second half. Fleming cut the lead to six before Salem took control and led 40-30 at the end of the third quarter. Robtison hit some big free throws down the stretch and Scales put the nail in the coffin with a three pointer with just under four minutes to go to open a 19 point lead at 51-32.

Scales finished with a game high 26 points and Robtison had 11. Hill had six points and Abbie Baker also had half a dozen and dominated the boards with 14 rebounds against a tall and athletic Fleming team.

"Thanks to COVID we've had a lot of time to build relationships and in that time we've had lots of conversations about changing the culture of Salem basketball," said Seitz.



Salem's McKenzie Moran works under the basket in Monday's win at Fleming.

PHOTO BY BRIAN HOFFMAN

"What I loved about Monday night was that the girls were proud to wear Salem across their chest, and seeing that was a huge win for our coaching staff."

Salem's home opener is Friday night against Patrick Henry, followed by a noon "varsity only"

game at Pulaski County on Saturday.

"We know that each game could be our last with the current COVID protocols, so we are taking full advantage of our time together with a new attitude of gratefulness to even be competing on the court," said Seitz.



Tripp Greene of Roanoke College scores in Saturday's win over Hampden-Sydney.

PHOTO BY BRIAN HOFFMAN

Class 3 champs down Glenvar

The Glenvar boys basketball team is only playing Roanoke County rivals for the regular season, and one of those is Cave Spring. The Knights visited Glenvar last Friday and showed why they're contenders to repeat as VHSL Class 3 state champions.

Glenvar started off well, trailing just 12-10 at one point. However, Cave Spring ripped off 26 of the next 30 points and went on to a 64-26 win.

"We need to get more disciplined on both ends," said Highlanders coach Todd Mann. "We shot seven for 47, and if we make a few more of those we're right in it."

Stephen Barber led the Highlanders with 10 points and Mann was also complimentary of Nick McMahan, who battled underneath against a much taller Cave Spring lineup. "He stepped in nicely and played hard," said Mann.

Last Wednesday the Highlanders lost to another Class 3 powerhouse, falling 69-52 at Northside. Glenvar led after the first quarter and was only down 30-28 at the half before the Vikings finished strong, outscoring Glenvar 39-24 after intermission. Barber had



Glenvar's Stephen Barber goes to the hoop against Cave Spring Friday night.

PHOTO BY BRIAN HOFFMAN

30 and Garrett Hendricks had seven points.

The Highlanders took a 1-3 record to William

Byrd on Wednesday, and they'll return home Friday to host Hidden Valley.

SALEM BOYS

continued from page 12

Robinson also had 13 points.

Both teams wore masks for the game, which was something new for the Cougars. Pulaski County has allowed sports since the VHSL's December 21 starting date but masks haven't been required for the players. However, the Salem School System is requir-

ing both teams to wear masks for indoor sports as of this time.

"We practice in masks, so it wasn't a big deal," said Boyd. "The only problem I saw was that it was hard for them to hear each other on the court."

The Spartans will be back in action on Friday with a game at Patrick Henry. Then, on Monday, the Spartans are at James River to take on one of the top Class 2 teams in the area. The Knights are coached by former Roanoke College point guard Ethan Humphries, who is also a first year

head coach, and he has some strong returning players as well as two all-district transfers from Alleghany.

A busy schedule continues with a home game against PH on Tuesday of next week, followed by a return trip to Pulaski a week from today. Fans are not allowed except for one parent each among the seniors.

"It's exciting just to be able to play," said Boyd. "The kids felt great just to be able to put the uniform on and compete. I just hope we're able to finish the season."

Sign-up info for football, volleyball at Andrew Lewis

Andrew Lewis Middle School will have volleyball tryouts and football practice starting on Monday, February 8th. Students who plan to participate in either volleyball or football must do the following by Friday February 5th.

(1.) provide a current (dated after May 1, 2020) Virginia High School League (VHSL) physical form on file in the main office. The physical form can be found on the school website, the VHSL website, or in the main office at ALMS.

(2.) provide a signed Salem COVID 19 Waiver Form on file in the main office. The waiver form can be found on the school website, or in the main office at ALMS.

(3.) sign up for volleyball and football by visiting the athletics tab on the Andrew Lewis webpage.

Football equipment will be handed out at the Salem High School Fieldhouse for eighth graders on Wednesday February 3rd and seventh graders on Thursday February 4th. The time for both equipment handout dates is 5 to 7 PM. To get equipment before the start of practice students must have completed the three steps outlined above.

If you have further questions, please contact: Matt Coe - Athletic Director mcoe@salem.k12.va.us; Perry Manning - Volleyball Coach pmanning@salem.k12.va.us; or Brian Hooker - Head Football Coach bhooker@salem.k12.va.us.

Also, Lewis will be holding intrasquad events for winter sports. Boys' basketball had intrasquad games Monday and Wednesday of this week and the girls team had games Tuesday and Thursday. No fans are allowed but the games are streamed live on the Lewis Facebook page.



Glenvar's Ethan Flowers is in control in last week's match against Hidden Valley. SUBMITTED PHOTO

Highlanders down Titans on the mats, hope to get favorable vote on post-season

The Glenvar wrestlers hosted a match against Hidden Valley last Thursday and came out victorious by a score of 42-18.

Glenvar had solid solid performances from River Smith (120), Jake Cline (132), Ethan Flowers (138), and Trey Lawrence (145).

"It was nice to pick-up a win in our home opener," said coach Jason Cline. "With both matches last week it gave us a chance to see the things we need to improve on as we finish out the last week and a half of this compressed regular season and are hopeful to have a postseason."

The Highlanders stay busy this week. They had a home match with Glenvar on Tuesday followed by a tri-match with Cave Spring and Northside, at Cave Spring, on Wednesday.

The Highlanders hope to be able to compete in the region and state tournaments. The Roanoke County School Board meets today and will decide if the county schools can compete against out of county schools in post-season events.

"Postseason participation is not yet approved by the School Board, but we are hopeful to get positive news this week on allowing postseason participation," said Cline.

James River High has offered to host the regional but that's still up in the air. The state will be held at the Salem Civic Center on Friday, February 19, a day after Class 3 and a day before Class 1. They will be eight-man brackets this year.

Indoor Highlanders run outside

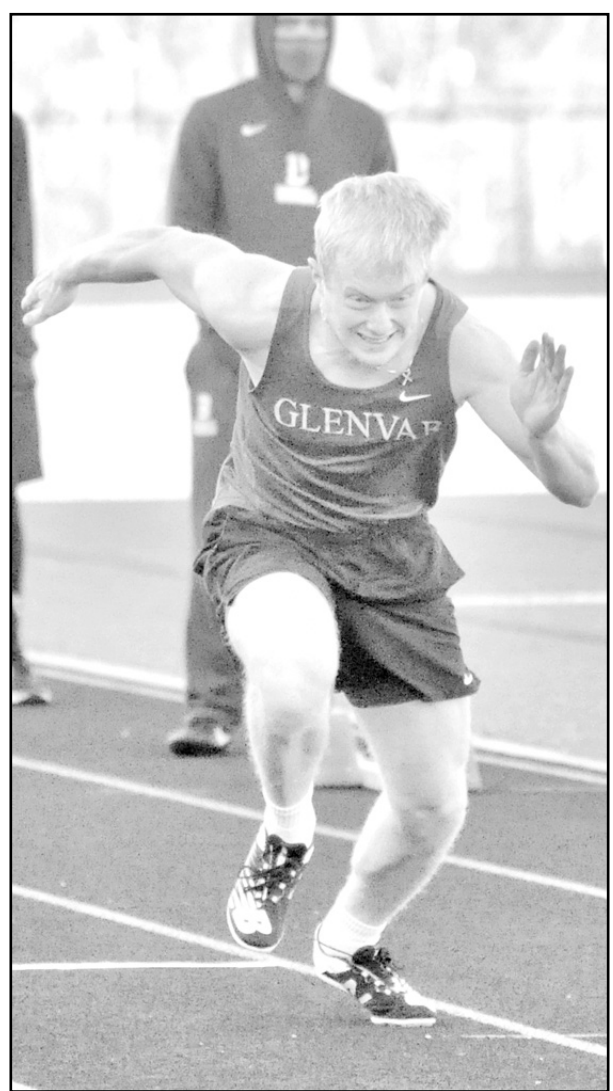
The Glenvar indoor track team had a busy week outside last week, competing on meets at William Byrd and Glenvar.

The Highlanders were in Vinton last Wednesday, January 20, and had first place finishers in Carly Wilkes in the 1000, Sydney Loder in the 300, Colvin Delano in the 55 and the girls 4x400 team of Delaney Eller, Carrie Horrell, Wilkes and Loder. Delano was runnerup in the 300 and Eller took second in the 1000.

On Saturday Glenvar hosted a meet on the new GHS track for the very first time since the spring season was wiped out by the pandemic. "It was a cold and windy day, but that didn't stop either team," said Glenvar coach Bekka Loder.

First places finishers for GHS included Wilkes in the 1000 and 1600, Loder in the 55 and 300, the girls 4&400 team of Eller, Horrell, Wilkes and Loder, Delano in the 300 and Bryant Loftis in the 500 and 1,600. Second place finishers were Eller in the 1000, Carrie Horrell in the 500, Isabella Miller in the 55 and the Boys 4x400 team of Justice, Horrell, Delano and Loftis.

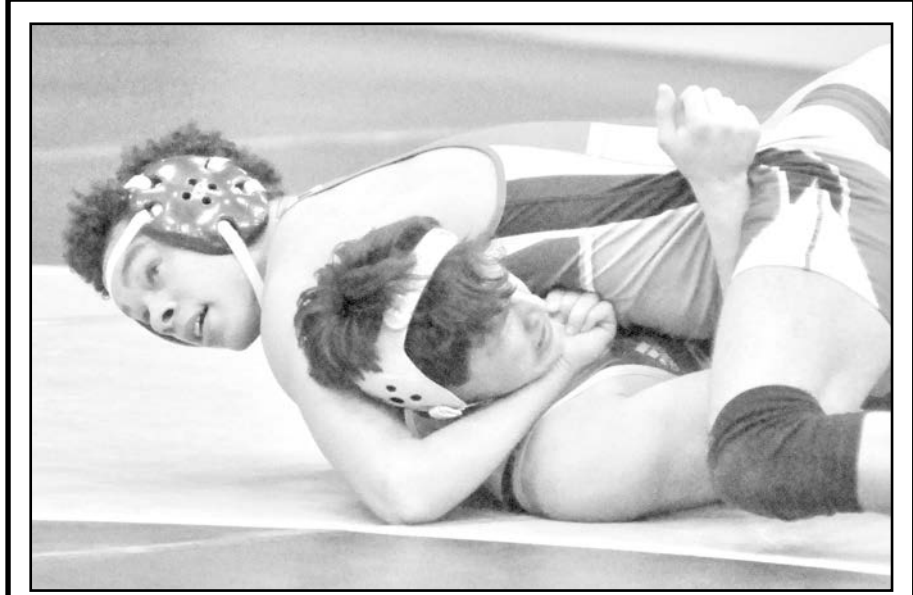
"It was great to see all the athletes out on



Glenvar's Colvin Delano is fast out of the blocks in winning the 55 meter dash at William Byrd last week. PHOTO BY BRIAN HOFFMAN

the track," said coach Loder. "It was one of those moments you just wanted to cheer for all of them, no matter the team they were on. The last time most of these ath-

letes competed was 11 months ago during the last indoor season. Plus it was our "Senior Night" so it was nice to honor our seniors by having their parents there."



Ironmen pick up win on "Senior Night"

The Salem High wrestlers opened their abbreviated season and took a 49-31 win over Pulaski County in a dual match at SHS Tuesday. Above, Kyman Kinney of the Spartans has his opponent under control in his victory. The Spartans aren't scheduled to wrestle again until the Region 4D tournament on February 6.

PHOTO BY BRIAN HOFFMAN

SHS boys win two swim meets

The Salem High swim team took on two opponents last week as the Spartans prepare for the Region 4D meet at the Christiansburg Aquatics Center on February 3rd.

On January 19 the Spartans split with Lord Botetourt at the Salem YMCA, with the boys posting a solid win and the girls' losing, but keeping it close against a strong LB team. Achieving regional qualifying times were Eliza Fleenor, Samuel Miles Joren Poush and

Hunter King in the 50 Free, Boone Fleenor and Zach Easter in the 100 Fly, King and Miles in the 100 Free and Eliza Fleenor in the 100 Breast.

A night later Salem swam against Patrick Henry at the Kirk Y in Roanoke and the boys won again. Joren Poush made his Regional qualifying times in the 200 Free and 100 Free while Easter made his Regional qualifying time in the 200 IM and both placed first in their events. Eliza Fleenor achieved

her Regional Cut in the 200 IM. Boone Fleenor, Rafe Scaggs and Andrew Deese achieved their Regional qualifying times in the 50 free.

Salem had many best times achieved, including Thomas Miles in the 200 Free, Emma LaFountain and Kantner Eversole in the 100 Free and Walker Peterson crushed his 50 Free time, dropping two seconds.

The Spartans met PH again Wednesday night in their final meet before the regional.



Salem's Samuel Miles swims the butterfly. PHOTO BY BRIAN HOFFMAN

RC swimmers are ODAC Athletes-of-the-Week

The Old Dominion Athletic Conference (ODAC) released their Athlete of the Week awards for the week of January 11-17 and Roanoke College swimmers Kimberly Large and Ben Tate were named Women's and Men's Swimmer of the Week by the conference.

Large, a sophomore from Abingdon, Va., kicked off her season with two individual event wins and a pair of relay victories as Roanoke opened with a 107-98 dual meet triumph over Lynchburg. Large posted ODAC-best times in winning the 50-yard freestyle (0:24.72) and the 100-yard butterfly (0:59.06). Those times rank 19th and eighth in the early NCAA Division III

rankings. She also helped her teammates to first place showings in the 400-yard medley (4:08.01) and 400-yard freestyle (3:46.63) relays. The Maroons medley time ranks fifth in the country.

Tate, a junior from Boones Mill, Va., stood at the center of podium four times in the Maroons season-opening 153-52 dual meet triumph over Lynchburg. Tate posted a pair of NCAA Division III top-50 times in winning the 200-yard freestyle (1:47.29) and 100-yard butterfly (0:53.05) in his two individual events. He also helped his teammates to wins in the 400-yard medley (3:35.91) and 400-yard freestyle (3:11.98) relays.

Busy week for GHS swimmers

The Glenvar swim team has a busy week as the regular season nears a close. The Highlanders have three meets in three days against Cave Spring, Hidden Valley and Wm. Byrd.

On Monday at the Gator Center the Highlanders swam against the Knights. Despite setting 20 personal records on the evening the Highlander boys and girls fell to a strong Cave Spring team. Top three finishers on the night included Kaylin Paitsetl, Brooklyn Woolwine, Isabelle Pope, Macy Westland, Cooper Campbell, Delaney Eller, Natalie McMahon, Adrianna Hall, Tucker Henderson, and Carly Wilkes.

Glenvar was at the Salem Y on Tuesday to swim against Hidden

Valley, followed by a return trip to the Gator Center Wednesday to meet William Byrd. Like all Glenvar teams, the Highlanders are only competing against Roanoke County rivals during the regular season. Swim coach Shannon Hall is hoping that rule changes tonight when the Roanoke County School Board meets to decide whether to allow teams to compete against non-county opponents in regional and state events. Glenvar is the defending Class 1 & 2 state champion in girls' swimming.

"If they vote yes we swim in our regional championship Saturday evening," said Hall. "That's cutting it down to the wire."



Glenvar's Megan Whorley is ready to dive in. PHOTO BY BRIAN HOFFMAN

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Salem girls open with impressive win over Fleming

The Salem High girls' basketball team got off to a great start with a 54-37 win over William Fleming in Roanoke Tuesday. It was the first game for the Spartans under new coach Berlyn Seitz.

"It was an exciting win for our team and I was proud of the growth and maturity they displayed," said Seitz. "After shaking some nerves in the first quarter we shot the ball pretty well and worked really hard on the boards. We had a game plan and the girls executed it well."

Salem trailed early but took the lead in the second half. The Spartans hit three three-pointers to close the half, two by Kennedy Scales and one by Zoe Robtison, to go into the half with a 28-23



Salem's Kennedy Scales shoots over a Fleming defender in Tuesday's win. PHOTO BY BRIAN HOFFMAN

Pulaski holds off Salem boys in basketball season debut

The Salem High boys' finally opened their basketball season on Monday night as the Spartans hosted Pulaski County. The game was close throughout before the Cougars, who have been playing since December, took a 53-45 win.

"I feel like we're still getting to know each other," said first year Salem coach Micah Boyd. "We haven't had a lot of full-blown practices and that was pretty evident. We should be a much different team in a couple weeks."

Tanner Dallas led Salem with 13 points, 11 of which came in the first quarter as Salem jumped to an early lead. Pulaski pulled in front in the second quarter and led the rest of the way, although Salem never let it get out of hand. Qualee



Will Clemens of Salem eyes the bucket in Tuesday's season opener against Pulaski. PHOTO BY BRIAN HOFFMAN

Glenvar's Wilkes is fast on land and in the water

Nationally ranked distance runner has kept busy with high profile invitationals during the pandemic

Glenvar's Carly Wilkes hasn't let the pandemic slow her down. In fact, the Glenvar junior who has state championship medals in both swimming and track is getting even faster.

In the nine months during which high school sports in Virginia were put on hold Carly has kept busy going to big time distance running invitationals all over the east coast. Most recently she attended the Virginia Showcase meet at the new Virginia Beach Sports Center on the weekend of January 17th, where her time in the two mile was the best to date among high schoolers in Virginia and ninth best nationally.

Only 15 girls were picked to run in the race, which included some of the top talent in the nation. The winner finished with a time of 9:47 and the runnerup came in at 9:51, and those are the top two times in the country. Carly finished ninth in 10:35.46, ranking her ninth in the USA.

"The first two girls were way out in front and then there was everyone else," she said. "People came from all over the country for this meet."

On October 10th Carly ran in the Runner Elite XC Invitational in North Carolina and finished third in a 5K race in 18:15. A week later, on October 17th, she ran 18:02 in the Virginia Elite XC Invitational. It was held in Mechanicsville at the Pole Green Course.

"I did okay but I was hoping to break 18 minutes," she said.

On October 31st Wilkes ran a 1,600 meter race at Liberty University and

had her best time at that distance with a 5:06. On November 7th she won a 5K race in Lynchburg with a time of 18:11, winning by 29 seconds and setting a new course record. Then, on November 15th, she traveled to Terre Haute, Indiana to run in the XC Town USA Meet of Champions.

"That was a cool experience," she said. "It was on the NCAA championship cross country course. I ran in the invitational section and there were 150 girls."

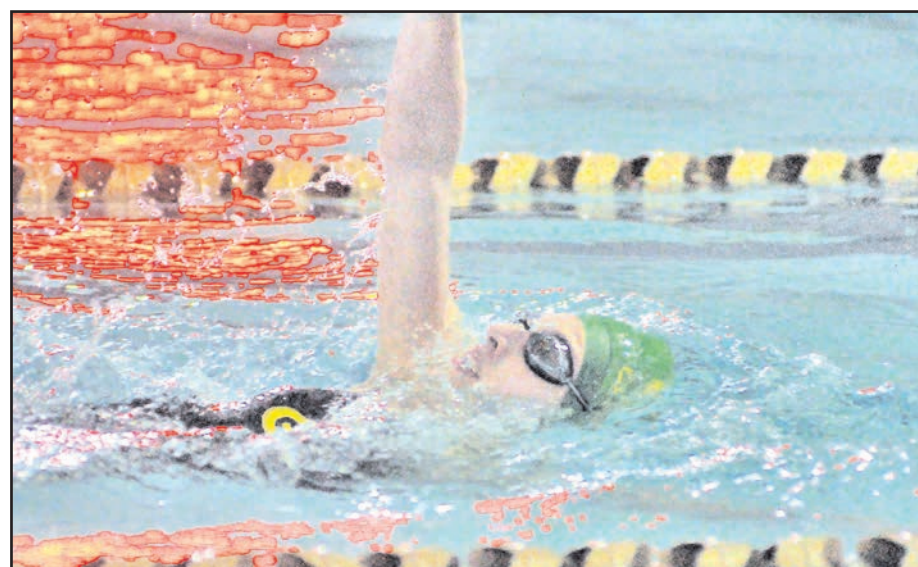
Carly ran her first race of the season for Glenvar last week as the Highlanders competed in a "polar bear" meet on the William Byrd track in Vinton. It was outside on a cold and windy day and Wilkes blew away the competition with ease. All indoor meets are being run outdoors for now due to the coronavirus, and she also competed Saturday on Glenvar's new track in an outdoor meet, winning the 1,000 and 1,600 meter events.

Wilkes also competed in her first swim meet of the season last week at the Gator Center in Roanoke, as the Highlanders swam against William Byrd and Cave Spring. As of now Glenvar is only allowed to run or swim against the four other Roanoke County schools, and Carly is hoping that changes for the post-season.

"They're planning on having state meets for indoor and swimming, but right now we can't compete against anyone outside the Roanoke County area," she said. "They(county school board) haven't voted on whether we can compete in the region and state meets yet. I think they're going to vote on the 28th(Thursday of this week), and from what I understand they're about split on it."

If she can compete Carly has a good chance to add some more hardware to her ever expanding collection of awards. Last year, just before the pandemic, she won state medals in both swimming and indoor track. The swimming came first as the Highlanders won the Class 1 & 2 team championship in Richmond.

"That was really fun, because I didn't expect it," she said. "The coaches thought we had a chance, and after the preliminaries we realized we could win it. It came down to the last relay(4x100) and all we had to do was keep from getting disqualified, because we had enough points to win whether we finished first or sixth. That really took



Above, Carly Wilkes competes in Glenvar's first swim meet of the season last Monday and below she runs in the "Polar Bear" track meet at William Byrd High School last Wednesday. PHOTOS BY BRIAN HOFFMAN

the pressure off."

As it turned out the girls finished second in the relay and broke the school record in the event, winning the state championship in style. And a day later Carly ran in the Region C indoor track finals at Roanoke College and won the 3,200 meters.

The state Class 2 indoor track meet was also at RC the following weekend and Carly came out with three more championship medals. She won the 1,600 and 3,200 meter state races and ran on the winning 4x800 relay team. In the two distance races she handily beat Kelsey Harrington of Virginia High, and that was some sweet revenge. Harrington had beaten Carly in the cross country state championship in the fall of 2019 at Green Hill Park when Wilkes was battling an injury.

Carly was hoping to win a few more medals in the outdoor meet last spring, but that's when the coronavirus pandemic shut everything down. The VHSL did not have a state outdoor meet last year, and the prospects for this year rest on how the pandemic plays out in the next few months. In fact, cross country was also moved to the spring this year so Wilkes will keep busy.

Actually, keeping busy is no problem for Carly regardless of the pandemic. She runs about 35 miles a week to practice, and that's after doing her swimming workouts in the morning before school three or four times a week.

"I've kind of gotten used to it," she said. "I've been swimming all my life."

Carly was also an outstanding softball player growing up, playing on



the Glenvar Middle School team as a seventh grader and on the GHS jayvee team as an eighth grader. However, she gave up softball her freshman year.

"I played travel softball since I was eight so it was a little hard to give up," she said. "But I thought I had more of a future in running."

A straight A student, Carly will have no trouble getting into a college when she decides where she wants to go. Right now is considered to be a "dead period" for recruiting, so she can visit colleges but can't meet with the coaches upon her visits until April 15. She can talk on the phones and had interest from Virginia Tech, Liberty University, the University of Virginia, Georgetown, Syracuse and Oklahoma, with many more sure to follow as she continues to get faster both on land in the water.

Wherever she goes, they'll be getting a good one in Carly Wilkes.



Carly Wilkes opens a lead in an invitational cross country meet. SUBMITTED PHOTO