

OurValley.org

Salem civic groups combine resources to assist local schools with clothing donations



Kiwanis Club of Salem President Mary Cross, right, and Board member Iris Park, left, having a conversation about the donated clothes.

Shawn Nowlin shawn.nowlin@ourvalley.org

For a variety of reasons, most notably the coronavirus pandemic, the past year was a challenging one. Kindness, defined as "the quality of being friendly, generous and considerate," is needed more than ever nowadays.

Recently, three local organizations got together to make a differ-

ence in the community. It all started when the Rotary

Glenvar High Homecoming



Club of Salem invited the Salem Kiwanis Club to participate in their coat drive last winter. It was so successful that organizers mutually decided to pursue another group service project and invited the Salem Host Lions Club to join too. What came of that effort was a massive clothing drive at the Salem Civic Center last Thursday from 11 a.m. to 2 p.m.

'Members from the Salem Kiwanis, Salem Rotary and Salem Lions Club came together to form an inter-club committee. The goal was to find ways to work together on projects to help in the community," said Lisa Bain who got involved with the Kiwanis Club as part of her job as a Business Development Coordinator for SERVPRO. "It was decided that this clothing drive would be a good project for the inter-club to start with."

When current Kiwanis Club President Mary Cross spoke with

See **Donations**, page 5



The 2020-21 seniors on the SHS Forensics Team, from left to right, Zoe Lampros, Anika Bryant, Sophia Gibson (Co-Captain), Emily Snow (Co-Captain), Riley Evans and Nathan Snow.

Salem High Forensics Team wins 15th consecutive speech championship

Shawn Nowlin

shawn.nowlin@ourvalley.org

Becoming a high school forensics state champion is an amazing accomplishment. Achieving that feat for 15 consecutive years is almost unheard of. By defeating second-place Grafton 32-15 in the Class 4 State Championships on March 27, Salem High School secured that attainment.

Senior Captain Sophia Gibson says she can't put into words just how much fun she had this year. 'Winning a state championship felt both relieving and exciting. Winning in my category was some-thing I have worked so hard for these past four years. It feels surreal that I finally have a state title to my name," Gibson said.

She added, "This seaon was something that was extremely new and nerve-wracking because we were all doing brand new things. I am so grateful that everyone on the team put forth their best effort in making this season go as well as it did. I will never forget the amazing memories I made with these incredibly talented teammates. Words cannot describe how grateful and honored I am to be a part of this history-making

team."

Mark Ingerson has directed the school's speech and debate program for almost two decades and in that time, he has coached 84 individual state champions.

This year's winners were: Senior Captain Sophia Gibson, Humorous Interpretation; Senior Captain Emily Snow, Serious Dramatic Interpretation; Seniors Annika Bryant and Riley Evans, Serious Duo; Juniors Nash Lakin and Graham Roudebush, Humorous Duo; Sophomore Taylor Berenbaum, Prose; Junior Julia Vaughan, Storytelling runner-up; Junior Kelsey Ryan, Prose third-place; Sophomore Zella Poarch, Humorous Interpretation third-place; Sophomore Courtney Bowen, Poetry third-place; Sophomore Rylan Long, Original Oratory third-place; Senior Zoe Lampros, Impromptu Speaking fourth-place; Senior Nathan Snow, Extemporaneous Speaking fourth-place; Eighth-grader Connor Smythers, Storytelling fourth-place; and Sophomore Inessa Everett, Poetry fifth-place.

PHOTO BY BRIAN HOFFMAN

The Glenvar Homecoming Court was introduced at halftime of the Highlanders' 49-14 win over Giles at Highlander Stadium Friday. Pictured from left to right are Prince Grant Alderson, Princess Cameryn Shaffer, Homecoming Queen Becky Linkous and King Mark Linkous.

SHS student Lydia Galbreath wins Rotary Speech Contest

Meg Hibbert Contributing writer

Salem High School student Lydia Galbreath has won a Rotary District Speech Contest and \$700.

Galbreath competed in the Rotary Youth Leadership Awards (RYLA) during District 7570's Virtual Annual Conference in March.



Lydia Galbreath

SUBMITTED PHOTO

She was chosen from 12 students who made YouTube recordings submitted to the district committee.

Galbreath's talk was selected for her animated six-minute persuasive talk directed toward her peers, to promote ethical standards in daily life as they relate to the Rotary Four Way Test of things members think, say and do.

Her talk was titled "Talk Saves Lives." She noted The New York Times says "Gossip makes up 80 percent of our conversation" How sad is it that the easiest way to build yourself up is to tear others down. "Secondly we must look outwardly. Will our actions build goodwill and better friendship?'

She gave an example of her

See Galbreath, page 4

Ever since her freshman year, it's been a goal of Emily Snow to become an

See **Forensics**, page 4



Co-captains Sophia Gibson and Emily Snow.

BUSINESS BANKING. RELATIONSHIP BANKING.



Commercial Financing & Real Estate Loans | Equipment Loans | Small Business Lending Treasury Management Services | Merchant Services





www.BankofBotetourt.com • 540-591-5000 • Business@BankofBotetourt.com

Historical marker recognizes the overlooked contributions of Burrell Memorial Hospital



Dr. Nathaniel Bishop, Senior Associate Dean at the Virginia Tech Carilion School of Medicine; Debbie Bonniwell, Blue Ridge Behavioral Healthcare CEO; former Roanoke Mayor Nelson Harris and Sherman Lea Sr., the current Roanoke Mayor.



Debbie Bonniwell discussing the historical significance of the hospital.

Shawn Nowlin

shawn.nowlin@ourvalley.org

The Burrell Memorial Hospital officially put its mark on history on March 26. Built in 1915, the four-story, 73,000 square-foot historic African American hospital is located in the Gainsboro Neighborhood of Roanoke. Thanks to a combination of generous financial backers and city leader efforts, the hospital was immortalized with a plaque from the Commonwealth last Friday.

The domino effect all began when former Roanoke City Mayor Nelson Harris contacted Debbie Bonnivell, CEO of Blue Ridge Behavioral Healthcare (BRBH), in the fall of 2019 with the desire to submit an application for the historical marker.

"We were excited to work with him to provide him access to the story on the historic panels in our Burrell Center lobby and to provide an easement to the City of Roanoke for installation and maintenance of the historic marker," said BRBH Chief Financial Officer Mark Chadwick. "This seemed like a relatively easy task, but these things take time to obtain all of the necessary documentation and approvals. The Rev. Harris deserves the lion's share of the credit for navigating with local partners and Virginia Department of Historic Resources

(VDHR) application and approval processes."

Before the unveiling, Harris, Bonnivell, Roanoke Mayor Sherman Lea Sr. and Dr. Nathaniel Bishop, the Senior Associate Dean at the Virginia Tech Carilion School of Medicine, all provided remarks in front of the hospital. Also present for the ceremony were Chadwick, Vice Chair of the Executive Board Forest Jones and BRBH Division Director of Adult and Familv Services Letitia Hawkins-Beatty, among others.

"Dr. Burrell's skills as a surgeon, his integrity as a man and his general work as a citizen all serve to endear him to the people of Roanoke and beyond.

When he died in 1914, his fellow doctors bought a two-story house and renovated it into a hospital in his honor," said Mayor Lea. "Soon after opening a year later, the hospital received the endorsement of the Roanoke Academy of Medicine and the Board of Charities. Today's historical marker will remind generations to come of Dr. Burrell's legacy and the impact of this institution."

It has been approximately 105 years since the Burrell Hospital first opened its doors. While many know how the origins of the facility came to be, facts such as the building housing the only African-American medical facility in Roanoke from 1915

to 1965 and being listed on the National Register of Historic Places in 2003 are not as commonly known. Today, after years of renovations, the hospital is home to the Blue Ridge Behavioral Healthcare at the Burrell Center. People all throughout the region, including the City of Salem, use the facility every year.

"An extremely talented individual who used his talents for the good of the community and to expand access to medical care for the African American community. That is how I would describe Dr. Isaac Burrell," Jones said.

All are encouraged to visit the historical marker to learn more about the history of the hospital.



The unveiling of the historical marker happened at approximately 1 p.m. on Friday March 26.



Dr. Bishop speaking about what Dr. Burrell meant to the community.

RCPS Board approves the 2021-2022 budget

Budget includes raises for teachers, support staff, restores funds lost due to COIVD-19 last year

The Roanoke County School Board has approved the 2021-2022

general fund budget of \$156,382,733, which is an increase of more than \$6

million compared to the with seven other specific

final revised 2020-2021 purpose funds, the overschool budget. Combined all approved budget is \$209,224,890.

As part of this budget, all employees will receive the remaining portion of a five-percent raise through scale shifts, step justments as a result of a benefits, starting in July. compensation study conducted last year. A por- we approved a budget tion of that five-percent that we had to turn right raise was provided earlier around and drastically this year. In addition, cut due to the emergence bus drivers and bus aides of the pandemic," said will have the option to Don Butzer, chairman

GENERA

increases and other ad- receive full-time health

"This time last year, of the Roanoke County School Board. "As a result, we had to put raises and many other things on hold. I'm very pleased that we're able to not only provide significant raises for all our employees, but we also are able to restore much of the funding that had been cut last year."

As part of this budget, the school system is taking advantage of additional federal funding provided through the American Rescue Plan Act and Virginia's ARPA Elementary and Secondary School Émergency Relive (ESSER) III award. These funds, along with ESSER I and II funds, are being used to continue CO-VID-19 safety improvements throughout the schools such as installing touchless sinks and paper towel dispensers, HVAC improvements and other materials.

These funds also will facilitate an expansion of summer school opportunities at the elementary and secondary school levels including transportation options, expand special education support services and expand school counseling support services.

> -Submitted by Chuck Lionberger, Director of Community Relations

Sherwood Memorial Park Amphitheater, Salem 7:00 AM, April 4, 2021

> Preaching by Brian Gordan, Pastor, **Riverside Evangelical Methodist Church** Music led by Mark Waldron Worship led by Salem Area Ministers

An offering will be gathered to support the Salem Food Pantry

Attendees must wear masks and practice social distancing

Rain Location: Drive-In Service at College Lutheran Church, 210 S. College Ave., Salem

May the Blessings of Easter fill your Heart with Hope, Joy and Peace



From the John M. Oakey & Son Family



305 ROANOKE BLVD , SALEM, VA , (540) 389-5441 , www.johnmoakey.com



Community Easter Sunrise Worship

Community calendar

The City of Salem has been monitoring potential spread the COVID-19, and of 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 a 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 downtown Salem. in Membership is open to anvone 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

c 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 Club, Center's Social 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, cagepasture-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.

FRIDAY, APRIL 2

The Adult Care Center of Roanoke Valley is having an Easter Egg Hunt from 1 to 2 p.m. The Easter Bunny will be on site and participants can have their picture taken with the Easter Bunny.

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

Police report

The Salem Police Department reported the following people were arrested and charged March 9-22. 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

art- charges were listed as:

March 9 – Alaina V. Underwood, 32, conceal merchandise; obtain good by false pretense

March 12 – Cody F. Gibbs, 25, discharge firearm or missile into or at occupied dwelling; damage property; and public intoxication

March 13 – David K. Compton Jr., 33, contempt of court;

violation of probation

March 14 – Jeffrey J. Knight, 22, evading police; and Austin

H. Axt, 23, public intoxication March 16 – Deanna M. Shotto, 45, violation of probation; and Leroy Haley Jr., 53, public intoxication

March 17 – Michael A. Thomas, 18, damage property; and Cruz I. Rodriguez, 32,

possession of a controlled substance

March 18 – Stephen A. Via, 23, create unlawful image of another

March 19 – Jason W. Davis, 38, failure to appear; Steven T. Wilburn, 28, illegal use of credit cards, and William J. Jarvis, 58, possession of controlled substance March 20 – Evan S. Bingham, 23, public intoxication; and Gina F. Spaulding, 58, domestic assault and battery

March 22 – Austin S. Tolley, 21, public intoxication; Samuel C. Moron II, 47, contempt of court; Jessica L. Kosmann, 34, assault and battery; and Lakenzie L. Brown, 34, violation of protective order

Roanoke Valley-Alleghany Regional Commission Executive Director announces retirement

Wayne Strickland will retire in June as Executive Director of the Roanoke Valley-Alleghany Regional Commission after 42 years. Wayne joined the Commission, Regional then the Fifth District Planning District Commission, in 1979 as a Regional Planner. In 1981, he was promoted to the Chief of Land Use and Environmental Planning and in 1987 became Executive

Career & Technical Education Advisory Council. His past civic affiliations include: Past Chairman of the Council of Community Services and Past President of the Arts Council of the Blue Ridge.

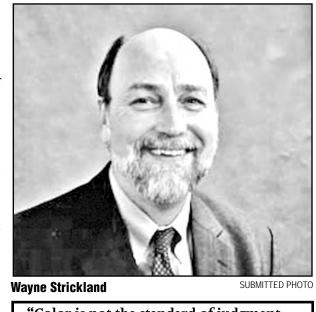
Along with these civic activities, Wayne has assumed leadership roles in various professional organizations including serving as a member of the Board of Directors for the National Association of Development Organizations (NADO), Chairman of the Southeast Regional Directors Institute, President of the Development District Association of Appalachia, President of the Rural Planning Caucus of Virginia, President of the Southwest Virginia Chapter of the American Society for Public Administration, and Vice-President of the Virginia Chapter of the American Planning Association. "I am very grateful to have been a part of the Regional Čommission for most of our 50 years of service to the region. I hope that my leadership has helped shape the

region into a better place for our citizens and businesses." said Strickland.

"On behalf of the Regional Commission, I would like to thank Wayne for his service to the commission and his continued devotion to making the region a better place for everyone to live, work, and play." said Commission Chair, Mayor Bradley Grose. "Wayne has always conducted himself in a gentlemanly manner as he has provided steady leadership for the Commission. Regional Wayne's leadership, intelligence, and effectiveness are highly respected in our region and throughout the state. I have appreciated the opportunity to work with someone of his caliber and integrity." Roanoke County Board of Supervisors member, and Vice Chair of the Commission, Phil North noted that many key regional initiatives had their start at the Commission during Wayne's tenure. "The Greenway Commission, the Western Virginia Water Authority, and the Broadband Authority have been sup-

ported by the Regional Commission in numerous ways since their inception," North said. "Wayne and his staff have always been responsive to the needs of the Commission's member governments throughout the region."

"While the decision to retire was a hard one, I am confident in the work the staff has done and will continue to do under new leadership," said Strickland. "I have enjoyed my time working with all our local governments and look forward to hearing about the continued good work of the Commission in our region."

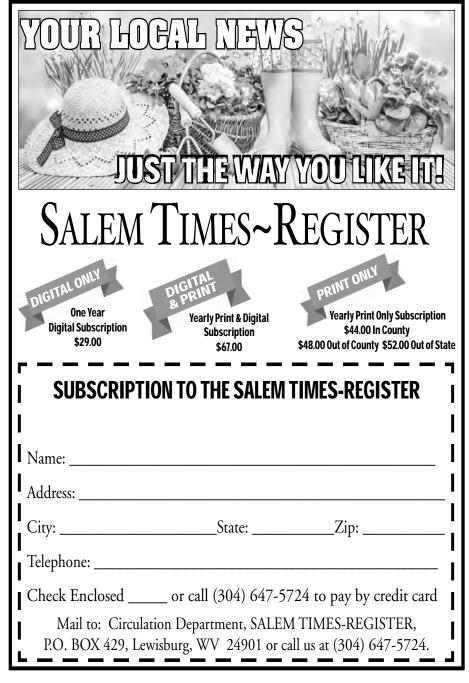


Director of the Regional Commission where he has served until his retirement this year.

During his time at the Commission, Wayne has participated in numerous business and civic activities in the Roanoke Valley-Alleghany region. He has served on the Roanoke-Blacksburg Technology Council, the Roanoke Regional Chamber of Commerce, Freedom First Credit Union, the Roanoke Valley Chapter of Habitat for Humanity, and the Cabell Brand Center. Additionally, Mr. Strickland was a member of the President's Advisory Council at Hollins University, and a member of the City of Roanoke's

- Submitted by Tim Pohlad-Thomas, Outreach and Communications Specialist

"Color is not the standard of	of judgment
in man, for color is acciden	ital in nature."
	- Baha'i Faith
Fritt Aith It to Len To The	ANT STORE
Bahai.Salem.VA@gmail.com	540-387-2106



College Lutheran Church invites you to worship with us for Holy Week 2021 Palm Sunday Drive-In Service March 28th 10:00 a.m.

Holy Monday, Living Stations of the Cross Drive-In, March 29th 7:00 p.m.

Maundy Thursday in Church Sanctuary April 1st 7:00 p.m. Attendance is limited. Visit www.collegelutheran.org to pre-register

Good Friday in Church Sanctuary April 2nd 7:00 p.m. Attendance is limited. Visit www.collegelutheran.org to pre-register

Easter Sunday Drive-In Service

April 4th at 10:00 a.m. To care for one another, we wear masks and follow other safety procedures. Visit our website to learn more.

College Lutheran Church 210 South College Avenue, Salem • www.collegelutheran.org

UPINION

Give Light - Transitions -

Frances Stebbins Correspondent

[This is a memory from the many decades the author has been privileged to write for daily and weekly newspapers circulating in Western Virginia.]

With the coming of the Easter season, many memories surface.

On March 30, the Sunday after Easter 2008, my husband Charlie left this life at Lewis-Gale Hospital. The terminal respiratory condition known as pulmonary fibrosis brought about a massive stroke 15 months after his diagnosis. He had been able to do his beloved newspaper writing up almost to the end.

Two years ago, in the spring of 2019, I lost within weeks of each other three of my oldest friends, my Charlottesville cousin Jean M. Cargile, and two church friends, Nancy F. White and Jean Schaefer whom I had enjoyed knowing since the 1950s.

But there are happier anniversaries too. Seven years ago, in early April of 2014, I moved around the corner to a smaller home in my same scenic East Salem neighborhood. My relatively rapid decision had come about indirectly from my coverage of a pro-posed novel - for Salem - senior housing project.

Despite efforts of a few supporters, the proposal failed to get enough financial backing to come about. It set me thinking, however,

that perhaps it was time for me to find a home on one level - though with room for basement storage - and with less lawn to maintain and shrubbery to trim.

Without even looking, I found, while walking one fall day, my smaller house with front porch, back deck with a mountain view and five rooms. It provided all I needed for a senior-age news writer with (then) three elderly cats. I bought it - to the surprise of my children - and before I moved in, they spent several winter weeks renovating the interior.

Temporary occupants and vacancy made a lot of fixing up imperative, but with three skilled men and a creative daughter painting and hanging a wall of family pictures, I was able the following spring.

Recalling the events and when I'm gone the ers retired to Florida. owner of my small house Soon after I occupied will benefit.)

home, my son said he put her house up for never expected me to sale after her husband want to live so close to had unexpectedly died. neighbors. Both Charlie When she sold it and and I - as well as our two moved to the New River sons - were introverts. Valley near a daugh-We tended to dread the ter, we kept slightly in intrusion of neighbors, touch, especially since especially if they had we shared in involvechildren allowed to drop ment in a church. in and out.

But the years change us all. I am now acquainted with several neighbors as I never have been before. I am so glad to occupy my new home I chose my small house

on its narrow lot. Tracey and Steve help seven years later, I mar- me with yard work and vel at the difference a routine repairs, Kay is street can make. My my computer fixer with former home on its half- her husband Jim's garden acre was built in 1940 enriching my meals in with garage connected season, Deane carpeted by a screened breezeway. my rear deck enhancing The one around the cor- its usefulness. More rener dates from 1950 on cently, young neonatal a lot half the size and its nurse Rachel bought the trees remembered only larger lot and house two by stumps. (I've encour- doors away when the foraged a few coming up, mer food-generous own-

my house, I met Carol, When he saw my new a recent widow who had Now because she

needs less property to maintain, she's back in Salem not far away. We may be able to reconnect in the coming months.

Amazingly, three of these families are "cat people." Like me, they regard their felines as dear companions, not just furry creatures who may keep down mice. Deane has a rescued dog whom he walks daily, and Steve and Tracey's home holds two dogs exercised in their backyard. Our block, convenient to the Salem Civic Center, is definitely a pet-friendly place.

And I must not forget Pat, an active Disciples of Christ member with whom I used to work as a volunteer in Salem Ecumenical Ministry's Joan Dorsey Community Clothes Closet. Confined with a disabled husband to their mountain home in the Glenvar area, she's a frequent communicator by e-mail; we share memories of long-gone Roanoke Valley days.

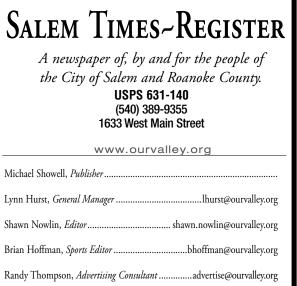
A visit with residents who have received their shot

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

Guest Contributor

I recently visited our vaccine clinic in Covington and had the oppor-

tunity to talk with some like him have reached residents while they re- the same conclusion: ceived their shot. One that the possibility of gentleman told me, "I'd some mild discomfort rather be uncomfort- from the vaccine is much able for 12 hours after better than having COV-



elderly and those with It is heartening that underlying conditions. many of our residents COVID-19 disease can have many long-term complications affecting the heart, lungs, skin and

nervous system. In contrast, we currently have three very safe and effective vaccines that can prevent COVID-19. The vaccines were evaluated in tens of thousands of people before being approved for use. Although they were developed in record time, the COVID-19 vaccines

authorized by the Food and Drug Administration have gone through all of the same steps and requirements as every other vaccine, meeting all safety standards. As of this past week, over 120 million doses of the vaccine had been administered in the United States under the most intense safety monitoring in U.S. history. The three vaccines

available in the United States have been proven to be safe as they help your body fight CO-VID-19. Some people may have no side effects at all after receiving the vaccine while other people may have some mild effects. For example, you might have a sore arm or may not feel well for a day or so, with mild fever or body aches or fatigue. But it is important to know that these effects are temporary, and they mean the CO-VID-19 vaccine is working. We have also learned that for some people, the second dose of the vaccine can have more side effects. Thankfully, even with the second dose, side effects are mild and self-limited.

We continue to learn more about the disease or the vaccines that prevent it every day, but there is so much that we do know. We know that certain people, such as older adults and people with underlying medical conditions, are at much greater risk of getting seriously ill if they get COVID-19. We know that people who become infected can pass the virus to friends and loved ones. And we know that there are minimal risks of an effective vaccine. At the end of the day though, every person has to make the best decision for themselves. If you have questions or concerns about the vaccine, consider writing them down and talking to your doctor about them.

As a public health professional, I am thrilled that over two million Virginians have received vaccine, including the 115,000 first and second doses we have now delivered to residents in our health districts. With every vaccine that is delivered, we are one step closer to ending this pandemic.

Galbreath from page 1

own brother who made poor choices from her heartfelt advice." Barber is a and was picked up by police for mariformer president of the Salem Rotary Club, and a retired school psycholojuana, when she was a fifth grader. She gist and mental health provider. added that people she knew and loved ignored their morals and be crushed The annual competition is open to by the weight of their poor choices. high school juniors and seniors in the "Let's choose kindness over gossip. 7570 district that stretches from Front Stop using harmful messages to numb Royal to Eastern Tennessee. the pain...It's not too late to turn your She said she plans on using the life around.' \$700 check toward her college savings As Salem Rotarian Tommy Baraccount. Galbreath has a 4.4 GPA, ber said, "Her stirring and powerful and is a state forensic competitor. She speech addresses the essence of what volunteers weekly with the Young Life high school students face every day: organization "Wildlife" that helps depeer pressure and the agonizing need velop middle school leaders. Galbreath is secretary of the SHS to be 'cool' and accepted in the eyes of their peers." National Honor Society and said she enjoys cooking. Barber went on to say, "I wish that every 8-12 grade student sitting in Her talk can be heard at health classes could experience Lydia's https://www.youtube.com/ watch?v=bNK6CjXPN6w. thought-provoking speech and benefit

getting a shot than get ID-19. We know that the COVID-19. I don't want disease can make people to end up in the hospital very sick, especially the with COVID."

Send letters Give us your view: shawn.nowlin@ourvallev.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.

to the editor at shawn. nowlin@ ourvalley.org

The Times-Register (USPS 631-140) is published weekly for \$44 a year in Salem and Roanoke County, \$48 in adjoining counties and \$52 out of state by Virginia Media Inc., P.O. Box 429, Lewisburg, WV 24901. Periodical postage paid at Salem, VA. POSTMASTER: Send address changes to THE SALEM TIMES-REGISTER, P.O. Box 1125, Salem, VA 24153



Forensics from page 1

individual state champion. Achieving it, as she described, "felt absolutely incredible." She added, "I'm so grateful for all the help and support I have received over the years with Forensics. I truly couldn't have done it without the amazing people who motivated me to be the best that I can be and who inspired me to have perseverance and to work hard."

The only other area school that can match the success of Salem High is the Blacksburg Forensics Team who won 15 consecutive team titles from 1989 through 2003.

"This was my 19th year coaching Forensics, and I've never had a team overcome so many obstacles in their path to success. Having to practice in masks while socially distanced, to competing virtually via pre-recorded videos or live on Zoom-like apps, this team has continued to remain focused and committed to each other and excellence," Coach Ingerson said. "I'm extremely proud that this team is the group to tie Blacksburg's record. They deserve the accolades and pride that comes with such an achievement."



A team photo of the newly crowned state champs.

SUBMITTED PHOTO

Donations from page 1



Scotti Hartman, the Director of Community & Development at Richfield Living, was more than happy

to lend a helping hand.

local elementary and middle school counselors, she learned what their current needs were, and clothes were a common factor. "The donated clothes today will go towards local schools so children can have back-up clothes if they get dirty at any time during the day," Cross said.

Added former Club President Susan Mini, "In these unprecedented times of COVID, it is hard to get a lot of people that are safe and comfortable with projects, so we partnered with the Salem Rotary Club and the Salem Lions Club for this great idea to benefit our schools and the community at large."

At the time when Iris Park joined the Kiwanis Club a few years ago, she says that she wanted to be part of the bigger picture of making a difference. I am so glad I joined, she added, not just because I enjoy the fellowship, but also because I enjoy finding creative ways to serve the needs of children in our community through local service projects.

For more information, visit salemvakiwanis.com or join the organization for lunch any Tuesday at 11:45 am in the Salem Civic Center Community Room. Additional information about the Salem Host Lions Club can be found by contacting 540-387-4506. The Rotary Club meets each Thursday at noon at the Salem Civic Center, and people can email Membership Chair Ray Byrd at ray@iraybyrd. com for more information.



The donated clothes will help local schools and the community at-large.











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 FloridaStreets, Salem VA. Pastor: Roger D. Counts, 540-389-3818. Sunday School 10:00 a.m., Morning Worship11:00 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 12O'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 Prayer Meeting Wednesday 7:00PM, www.templebaptch.com.

BAPTIST (SOUTHERN)

BETHEL BAPTIST-1601 S. Colorado St., Salem, Pastor Hilton Jeffreys, 389-2376, Sunday: - 9:30Sunday School; 10:30am Morning Worship; 6:00 Evening Worship; Wednesday 6:15 Preschool & Children Awana and Youth and Adult Bible Study.www.

Wits' End Corner

Read Psalms 106:1 through 109:31

Life can be like riding a ship rolling in the midst of a stormy sea: up one second reaching for the stars, the next second plummeting to the depths. The Psalmist wrote about those who "went out on the sea in ships."

They reeled and staggered like drunkards; they were at their wits' end. Then they cried out to the Lord in their trouble, and he brought them out of their distress (Psalm 107:27-28).

A. G. Ward wrote in the Pentecostal Evangel eighty-three years ago, "We have passed through many tests in the

Taylor Plott; 9:00-9:45am Sunday Bible

Study; 10:00am & 5:30pm Worship Service;

Wednesday Bible Study: 6:00 -7:00pm. For

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,

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

CHURCH OF GOD/CLEVELAND

SALEM CHURCH OF GOD - 600 Craig

Avenue, Todd Stiffler, Pastor, 387-2068, Sun-

day School 9:30am: Worship and Kids Church

10:30 am, Wednesday Bible Study and Class-

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, Wor-

es at 7:00 pm. www.salemcog.church

more info contact the Church Office.

7:000 PM.

6:00PM.

past twenty-four years, often we have been at 'wits' end corner' but again and again we have found ourselves singing.

Are you at the end of your rope? Cry out to the Lord. Your prayer life will be different. Your praise life will open up.

Your prayer should be like that of Jehoshaphat as he led God's people when they were under attack: "We do not know what to do, but our eyes are upon you" (2Chronicles 20:12).

Prayer Suggestion: Lord, trust You to still the storms in my life. Quicklook: Psalm 107:23-32

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

To list your church, contact Randy

Thompson at 540-230-1129 or email advertise@ourvalley.org

NATIONAL BAPTIST CONVENTION, U.S.A., INC.

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



bethelbaptistva.com

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 6:00p.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 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

ship - 10:45 am. Nursery Provided for both. Everyone welcome

FORT LEWIS CHRISTIAN CHURCH -2931 West Main Street, Salem, Interim Pastor, Rev. Dr. John Dunstan, 380-4636. Website: www.flccsalem.org. Sunday worship inside sanctuary and on zoom, 10:30 AM, mask wearing and social distance.

ECKANKAR

ECKANKAR, THE PATH OF SPIRITU-AL 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, www.meetup.com/ Roanoke-Spiritual-Experiences-Group, or call 540-353-5365 and leave a message. We will return your call. Also visit www.eckankar.org for more information about how the teachings of Eckankar lead you to spiritual freedom.

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

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

INDEPENDENT

RESTORATION CHURCH - a Community Worship 9:30 a.m.

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 availableeach 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 METHOD-ISTCHURCH- 3415 Locust Grove Lane, Salem, 380-4303, Pastor Logan Hollenbeck. Drive-In service each Sunday Traditional

Winebarger proudly tapped into Beta Club

Pam Dudding Contributing writer

When children are born, a parent sees so many dreams for them through their loving eyes. However, when life brings unexpected hardships, new dreams emerge, and faith and hope becomes their "rock of Gibraltar."

Maci Winebarger was born healthy and was active as a child. However, at age six, a brain tumor changed her life and quickly put her in a wheelchair.

Through ten years of challenges, surgeries, therapies and struggles, she continues to press forward, being "the strongest young lady I know," her principal Melissa Whiting said. "She has never considered giving up on any of her goals and her efforts are obvious."

Her mother, Shari, added, "Maci does what she needs to do each day. She does have moments as anyone else when she gets down. She's a strong young woman and always pulls herself together. She doesn't complain. I guess she's learned throughout the past ten years that you just do what you have to do."

Whiting added, "I have had the pleasure of knowing Maci since she was four years old. She was, and still is, absolutely precious. Throughout the years I have grown to love her, and her entire family, as my own."

Maci takes general and special education classes at CCPS. She works hard each day and has physical and visual challenges as well as having a traumatic brain injury due to the brain tumor.

"Everything is a challenge to do but she doesn't complain except maybe in math," her mom shared with a little giggle. "The area of the brain most affected seems to be the part that handles math. Science is her favorite subject."

The school also provides an aid to assist her in getting around as well as with her studies and working as a scribe.

During the beginning of Maci's journey, Warwick helped the family figure out "just where the best fit for Maci would be." They visited other schools they thought would be better equipped.

"Finally, Jeanette Warwick looked at me and said, 'I think we can teach her better in Craig," Shari said. "She was so right. Our school system has done a phenomenal job. It has definitely been a collaborative effort by every teacher, aid, Maci, and the administrative staff.

Jerry, the father, added, Whenever I am asked how I would describe Macy, I tell them first off she's as tough as a \$2.00 steak, mentally hard as any General, and is soft-hearted as a little Bunny. When the child sets her mind to something, she will exhaust all her abilities making it happen. She cries at sad songs and is ready to fight the next second if she needs to. She's warm, loving, sentimental, concerned, empathetic, considerate and funny."

Whiting shared that she feels Maci's strongest attribute is that "she listens intently and thoughtfully contemplates before acting. She exhibits determination in a manner that I have never before witnessed."

And Maci Hope has shown just that. Now a 16-year-old junior, she was recently tapped into the Beta Club. Whiting shared on Facebook, "I found myself a bit choked up on the stage with her this morning. I'm afraid I'll be a blithering idiot at her graduation. I love you girl."

Shari responded, "You've been with us every step of the way. She loves you too.'

Jerry added, "She loves you. And will always be at your hand if you want her. She thinks the whole world of you and Bud."

Facebook The picture brought out almost 300 comments and likes. Some of the encouraging words were:

•You go Maci girl! Great iob!!!!

•Proud of You!

•Awesome job Maci, Melissa

and CC school system!

•Congratulations Maci! You are an inspiration!

•I just can't love this enough, everything about this is amazing!

•Wonderful Maci! What an accomplishment! Whoot! Whoot!

•Give her a big-huge hug for me and make sure she knows how proud I am of her!!!

•You've come a long way Baby!

•Absolutely awesome. You are amazing!

•You are my hero!

•Congratulations on all your hard work Maci. Love you young lady!

•Along with lots of congratulations, thumbs up and dancing icons

Whiting was asked, "What is it that makes you proud of her accomplishments?"

She responded, "I have had many opportunities to spend quality time with Maci and consider myself fortunate to have these experiences. Without question, I learn much more from Maci than she learns from me. I am in continuous awe of her, and I am so looking forward to witnessing her future accomplishments. Maci will graduate from CCHS in just a few short years. I get choked up just thinking about her leaving and will likely be quite emo-

tional when the day arrives. I consider myself very fortunate to call her my friend."

Maci says that she has thought about her future. She loves children and animals and is currently looking at what she wants to do in those areas.

"We are hopeful she will be able to maybe help out with the preschool program after graduation," Shari said. "She also wants to volunteer during her free time at Healing Strides where she does therapeutic rid-

"We are proud of all our children, and don't mind telling it,' Jerry continued. "Macy is not a better kid than either of the others. But given her situation, and her few limits, she always has smile for anyone who would notice her and speak. She smiles here all the time, bearing her world and taking it in stride as she constantly strives for more. She's not perfect, but she is special. I can't wait to see what Macy ends up becoming."

"I love school and I like being with my friends (and enjoys keeping up with them on Facebook and Snapchat)," Maci said "To encourage them, I would tell them to continue to do your work and always ask for help because the teachers are always willing to help you if you just ask. Also, don't (EVER) give up!"

SCC encourages Virginians to understand health savings accounts

For Virginians enrolled in a high-deductible health insurance plan (HDHP), the State Corporation Commission's Bureau of Insurance (Bureau) encourages residents to understand the potential benefits of opening a health savings account (HSA).

Similar to a flex-ible spending account (FSA), an HSA allows you (or your employer) to set aside money annually on a pre-tax basis to pay for qualified medical expenses upon enrollment in an eligible HDHP. The funds in an HSA also may be used to pay deductibles, copayments, coinsurance and other qualified health-related expenses other than

Currently, premiums. consumers can contribute annually a maximum of \$3,600 (individuals) or \$7,200 (families) into an HSA.

HSAs are designed specifically to use with HDHPs and can be helpful since HDHPs often have both higher annual deductibles and out-ofpocket maximum limits than other types of health plans. Consumers should understand, however, that HSAs are not available for all HDHPs - which must meet minimum deductible amounts and annual out-of-pocket limits to qualify for use with an HSA. For 2021, medical services," an HDHP that qualifies for an HSA must have a deductible of at least

\$1,400 for an individual "HSAs allow individuals or \$2,800 for a family. to pay for current health Additionally, consumers expenses and save for fushould understand that ture qualified medical ex-HSAs have maximum penses on a pre-tax basis. limits on annual pay- However, it's important to ments. Currently, HSAs understand exactly how limit yearly out-of-pocket they work," he said. expenses (including deductibles, and \$7,000 for an individual several important things and \$14,000 for a family in mind. First, HSAs are for in-network services.

Virginia Insurance Com-

said

If you are considercopayments ing an HSA, the Bureau coinsurance) to encourages you to keep in-network services. used only with high-de-"HSAs may offer in- ductible plans – and not dividuals more control all high-deductible plans over their healthcare dol- are eligible for HSAs. lars and an opportunity Check with your health to lower their healthcare insurer to determine elicosts by providing an gibility. Additionally, if incentive for them to shopping for insurance become more cost-con- plans on the Affordable scious when utilizing Care Act (ACA) marketplace, check to see if a high-deductible plan is missioner Scott A. White. HSA-eligible. Second, health savings accounts (unlike FSAs) are owned individually. This means that, if you change jobs or insurance plans, your funds remain in your HSA. Unspent money in an HSA rolls over from one year to the next, so it can be used for future medical expenses. Additionally, if you enroll later in a health plan that is not HSA-eligible,

you will not be able to ing receipts for medical make additional contribu- expenses paid with HSA tions to your HSA; how- funds. These receipts may ever, any existing funds help establish that your in your HSA can be used withdrawals were used for qualified medical ex- for qualified medical expenses.

Third, since you own For questions about the funds in an HSA, you HDHPs used with HSAs, may withdraw money contact your insurance from your HSA for items company or agent or other than qualified medi- the Bureau's Life and cal expenses. Consumers, Health Division toll-free however, should be aware at 1-877-310-6560 or that such withdrawals are in Richmond at 804subject to income taxa- 371-9691. For consumer tion, as well as an addi- guides and other infortional 20 percent penalty mation about a variety of tax if you are under 65 insurance-related topics, years old.

HSA looks similar to an pages/insurance.

penses.

visit the Bureau's website Fourth, although an at www.scc.virginia.gov/

()NBRIEF

Leaving Botetourt Church

The Rev. Loren Tate Mitchell, who has been working with the innovative Wild Goose Mission Church at Daleville, a Presbyterian-related congregation, will move in June with her family to Rockbridge County. She has become the first woman minister for the historic New Providence Presbyterian Church. In a pastoral note to the Daleville group, Mitchell said a committee is seeking her successor. Her role has been that of worship leader, for laypersons largely direct the outreach of the congregation which has been developed over the past decade.

> Compiled by correspondent Frances Stebbins

FSA, they are not the same. FSAs also allow individuals to contribute Communications Manager pre-tax money for qualified medical expenses, but are owned by the employer, are not as flexible as an HSA, and have smaller annual contribution limits (\$2,750 in 2021). Additionally, account funds in an FSA must be used within a single year or grace period.

Finally, the Bureau encourages consumers to keep a record of healthcare transactions, includ-

-Submitted by Katha Treanor

C	R	0	SS	51	V	01	? [S	V	VE	R)
			0	Ρ	т	1	м	А				Ρ	s	I
	υ	Ρ	G	R	А	D	Е	D			s	1	L	I
	М	Е	L	А	Ν	0	м	А		В	А	L	А	I
	Ρ	R	Е	Υ	s					0	в	Е	γ	
D	I.	G							s	γ	L	1		
D	R	0	Ρ						А	С	Е			
Т	Е	L	Е	G	R	Α	М		М	0				
	D	А	G	U	Е	R	R	Е	0	Т	γ	Ρ	Е	
				А	D		s	Т	А	Т	U	А	R	
			0	Ν	Е						Е	1	R	Ι
		D	А	I.	s							Ν	А	
	в	А	R	Ν					s	А	в	1	Ν	
s	γ	С	Е	Е		Т	А	м	А	R	Т	Ν	D	
Т	Е	Е	D			W	R	I.	Т	1	Ν	G	s	
М	s	s				А	В	R	0	A	D			





For Rent -Apartments

2, 3, 4 BR **Townhouse Style**

accepting applications. Short waiting list, HUD subsidized, W/D hookups, private patio, water & trash incl. Fairfax Village Apts. 332 Fairfax St., Radford Cambridge Square 1805 Whipple Dr. NW Blacksburg 540-731-1786 EHO TDD #800-828-1120



For Sale - Firewood

FIREWOOD Mixed Hardwood Call 540-529-2745 Delivery in Botetourt only

For Sale - Misc

FOR SALE Unprinted end rolls of newsprint. Great for packing & shipping, moving & storage and for art projects. Various sizes available. Stop by the Salem Times-Register 1633 West Main St. or call (540)389-9355 for details.

Wanted - To Buy

Cash paid **Coin Collections** Or Indian artifacts 540-988-2420

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

Now Hiring Dishwasher at the Swinging Bridge **Restaurant in Paint** Bank.

Friday evenings and weekends only. Dependable, motivated self-starter needed. Come join our team!

Help Wanted -General

Minorities/Females/Protec ted Veterans/Individuals with Disabilities/Sexual Orientation/Gender Identity.

Carilion Clinic is a drugfree workplace.

CARILION CLINIC

Legals - City of Radford

LEGAL NOTICE Tyler Avenue/East Main Street Connector -

Phase 1 City of Radford Notice of Public Review Find out about a project to construct Phase I of a new 2 lane connector road from Tyler Avenue to East Main Street. Phase I shall include reconstruction of the existing skewed Tyler Avenue/Auburn Avenue intersection (adjacent to Radford Child Development, Inc.), construction of approximately 620LF of the Connector Road, and the construction of approximately 900LF of realigned Auburn Avenue.

Review project information and National Environmental Policy Act (NEPA) documentation in the form

of a Categorical Exclusion (CE) are available at 10 Robertson Street, Radford, 540-731-3603. Please call ahead so the City can make arrangements for personnel to share more information or answer your questions.

If your concerns cannot be satisfied, City is willing to hold a public hearing. You may request that a public hearing be held by sending a written request to Radford City Manager, the City of Radford Office located at 10 Robertson Street, Radford, Virginia 24141 on or prior to April 9, 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 the phone number listed above

State Project: U000-126-01 P101 R201 Federal Project: STP-5126(107) UPC: 76402

Legals - City of Salem

THE CITY OF SALEM, VIRGINIA pertaining to sians

2) Hold public hearing to consider amending Chapter 106, Zoning, Article II District Regulations, Sections 106-204.3(B)1, 106-208.3(B)1, 106-213.3(B)1 pertaining to single-family dwellings; Article III Use & Design Standards, Section 106-304.5(B)(D) pertaining to home occupations. Article IV Development Standards, Section 106-404.11(A)(E) pertaining to parking, Article V Administration, Sections 106-504(A), 106-514, 106-518 pertaining to zoning permits, enforcement. and civil penalties of the CODE OF THE CITY OF SALEM, VIRGINIA

Copies of the proposed plans, ordinances or amendments may be obtained from the Office of the City Planner, Community Development, 21 South Bruffey Street, Salem, Virginia

At said hearing, parties in interest and citizens shall have an opportunity to be heard relative to the said requests.

THE PLANNING COMMISSION OF THE CITY OF SALEM, VIRGINIA BY

James E. Taliaferro, II **Executive Secretary**

Legals -Montgomery County

ORDER OF PUBLICATION COMMONWEALTH OF VIRGINIA VA. CODE §§ 1-211.1; 8.01-316, -317, 20-104 Case No. CL21000326-00 MONTOGMERY CIRCUIT COURT 55 FAST MAIN STREET CHRISTIANSBURG, VA 24073 CHARLES PHLEGAR KAREN PHLEGAR JAMES FULTON HOGE,

DECEASED UNKNOWN OF HEIRS OF JAMES FULTON HOGE The object of this suit is to REMOVE THE REMAINS FROM ABANDONED FAMILY GRAVEYARD It is ORDERED that THE UNKNOWN HEIRS OF JAMES FULTON HOGE SFD appear

LEGALNOTICE County of Montgomery, Virginia Synopsis of Advertised Budget for the Fiscal Year Ending June 30, 2022

This budget synopsis is prepared and published pursuant to Section 15.2-2506 of Code of Virginia, for information and fiscal planning purposes only.

A hearing will be held by the Board of Supervisors on April 8, 2021 at 6:15 P.M. at the County Government Center Board Room, 755 Roanoke Street, Christiansburg, Virginia at which time any citizen of the County shall have the opportunity to attend and state his or her views on the advertised budget.

A copy of the Advertised Budget is available for inspection at the County Government Center, in the County Administrator's Office, 755 Roanoke Street, Christiansburg; the Blacksburg Library, 200 Miller St., Blacksburg; the Christiansburg Library, 125 Sheltman St., Christiansburg; the Meadowbrook Library, 267 Alleghany Springs Road, Shawsville; the Blacksburg Community Center, 725 Patrick Henry Dr., Blacksburg; the Christiansburg Recreation Center, 1600 N. Franklin St., Christiansburg; the Blacksburg Municipal Building, in the Town Manager's Office, 300 S. Main St., Blacksburg; and the Christiansburg Town Hall, in the Town Manager's Office, 100 E. Main St., Christiansburg.

FY 2022

EXPENDITURES:

EXPENDITURES:				FY 2022			
		FY 2021		Advertised	Increase		
GENERAL GOVERNMENT:		Budget		Budget		(Decrease)	
Board of Supervisors	\$	270,632	\$	282,425	\$	11,793	
County Administration	\$	1,956,788	\$	2,104,749	\$	147,961	
County Attorney	\$	382,368	\$	383,225	\$	857	
Financial & Management Services	\$	1,225,460	\$	1,018,450	\$	(207,010)	
Insurance	\$	208,195	\$	210,695	\$	2,500	
Information Technology	\$	2,015,760	\$	2,135,796	\$	120,036	
Commissioner of the Revenue-State	\$	561,856	\$	588,651	\$	26,795	
Assessment-100% County	\$	479,677	\$	490,370	\$	10,693	
Treasurer-State	\$	482,702	\$	492,165	\$	9,463	
Collections-100% County	\$	531,481	\$	506,505	\$	(24,976)	
Electoral Board/Director of Elections	\$	485,484	\$	473,570	\$	(11,914)	
Commonwealth Attorney	\$	1,249,358	\$	1,282,063	\$	32,705	
Courts	э \$	262,008	φ \$	267,247	φ \$	5,239	
Clerk of the Circuit Court	э \$		φ \$		φ \$		
		715,542		779,147		63,605	
Sheriff-State	\$	8,066,081	\$	8,213,115	\$	147,034	
Sheriff-100% County	\$	7,178,602	\$	7,323,178	\$	144,576	
Fire Departments and Rescue Squads	\$	1,487,781	\$	1,494,981	\$	7,200	
Animal Care and Adoption Center	\$	631,681	\$	652,869	\$	21,188	
General Services	\$	6,348,344	\$	6,685,685	\$	337,341	
Children's Services Act	\$	1,651,969	\$	1,651,969	\$	-	
Human Services	\$	378,338	\$	392,725	\$	14,387	
Public Health Department	\$	604,488	\$	604,488	\$	-	
Social Services	\$	6,228,024	\$	6,364,979	\$	136,955	
Parks & Recreation	\$	1,257,701	\$	1,296,123	\$	38,422	
Regional Library	\$	2,246,303	\$	2,347,680	\$	101,377	
Planning & GIS	\$	948,750	\$	948,167	\$	(583)	
Economic Development	\$	434,156	\$	460,975	\$	26,819	
Other Agencies	\$	2,708,739	\$	2,762,426	\$	53,687	
Contingencies-General	\$	526,307	\$	536,307	\$	10,000	
Contingencies-Special	\$	7,836,404	\$	526,000	\$	(7,310,404)	
Revenue Refunds	э \$		φ \$		φ \$	(7,510,404)	
		195,000		195,000		-	
Subtotal:	\$	59,555,979	\$	53,471,725	\$	(6,084,254)	
Law Library	\$	17,600	\$	17,600	\$	-	
SCHOOLS:							
School Operating	\$	113,745,153	\$	121,984,741	\$	8,239,588	
School Capital	\$	2,146,173	\$	2,195,645	\$	49,472	
School Nutrition	\$	5,228,004	\$	4,633,474	\$	(594,530)	
Subtotal:	\$	121,119,330	\$	128,813,860	\$	7,694,530	
	<u> </u>	,,	•	,,	•	.,,	
County Capital	\$	3,531,173	\$	3,580,645	\$	49,472	
Debt Service	\$	24,722,725	\$	24,722,725	\$	-	
	•		•		•		
Economic Development	\$	380,000	\$	380,000	\$	-	
COUNTY TOTAL	\$	209,326,807	\$	210,986,555	\$	1,659,748	
	<u> </u>	200,020,001	Ψ	210,000,000	Ψ	1,000,140	
RESOURCES:		FY 2021		FY 2022		Inereses	
RESOURCES.						Increase (Decrease)	
DEVENUE		Budget	A	dvertised Budget		(Decrease)	
REVENUE:							
General Undesignated Revenue:							
Current Property Taxes (1)	\$	101,562,376	\$	103,807,971	\$	2,245,595	
Delinquent/Other Property Tax Revenue	\$	2,996,000	\$	2,996,000	\$	-	
Sales and Use Tax	\$	10,301,540	\$	10,081,222	\$	(220,318)	
Undesignated Consumer Utility Tax	\$	1,659,000	\$	1,628,000	\$	(31,000)	
Motor Vehicle Licenses	\$	800,000	\$	800,000	\$	-	
All Other Local Taxes	\$	1,370,000	\$	1,325,000	\$	(45,000)	
Interest on Investments	\$	895,999	\$	113,268	\$	(782,731)	
All Other Undesignated Revenue	\$	546,384	\$	620,384	\$	74,000	
Total Undesignated Revenue	\$	120,131,299	\$	121,371,845	\$	1,240,546	
General Designated Revenue	\$	20,009,464	\$	14,833,608	\$	(5,175,856)	
_						(3,173,030)	
Law Library Designated Revenue	\$	15,000	\$ ¢	15,000	\$ ¢	- 6 400 500	
School Operating Designated Revenue	\$	62,326,540	\$	68,516,128	\$	6,189,588	
Other School Designated Resources	\$	5,228,004	\$	4,633,474	\$	(594,530)	
Debt Service Designated	\$	1,613,900	\$	1,613,900	\$	-	
Total Designated Revenue	\$	89,192,908	\$	89,612,110	\$	419,202	
Law Library Fund Balance	\$	2,600	\$	2,600	\$	-	
Total Fund Balance	\$	2,600	\$	2,600	\$	-	
TOTAL RESOURCES	\$	209,326,807	\$	210,986,555	\$	1,659,748	
					_		

Great for a High School Student or a 2nd job Paid Vacation Estimated 26 hours per week. Great Pay If interested, please E-mail Melissa@paintbank <u>generalstore.com</u> or call (540) 897-5099.

WANTED

Models needed for life drawing class, male and female, \$60 for 3 hour session Call David 540-473-3713

Food Service Associate/Dining Service Lead

Positions Available Carilion Clinic New River Valley Medical Center We're looking for individuals who will provide excellent customer service to patients. Duties include: assisting

patients with meal selections, deliver meal trays,

Basic stocking and cleaning for assigned areas

You will receive education on diet needs and allergy restrictions Scheduled shifts between 7am-6:30pm and every other weekends. Shift differential for weekends and selected holidays Full benefit package including paid-time-off, competitive pay Looking for a new career? Apply today! Join our team of food service professionals today! Visit www.carilionclinic.org/care ers to view our current openings and for more details of the positions. Submit your online

application today! Equal Opportunity Employer

City of Radford CDBG Annual Action Plan

The City of Radford invites comments on its 2021 Annual Action Plan, which will be submitted to the US Dept of HUD on or about May 10, 2021. The Annual Action plan serves as the City's grant application for Community Development Block Grant Funds and sets the goals and budgets for the use of funds. A copy of the Annual Action Plan is available for review online or at the City Manager's Office Comments may be given via e-mail to:

melissa.skelton@radfordva. gov, by phone at (540) 731-3603, or by mail to Community Developer, 10 Robertson St, Radford, VA 24141. Comments must

Legals - City of Salem

be received by 5:00 p.m.

May 7, 2021

Notice is hereby given to

all interested persons that the City of Salem Planning Commission, at its regular meeting on April 14, 2021, at 7:00 p.m., in the Community Room at the Salem Civic Center, 1001 Roanoke Boulevard, in the City of Salem, Virginia, will hold a public hearing, pursuant to Sections 15.2-. 2204 and 15.2-2285 of the Code of Virginia, as amended, to consider approval of the following requests relative to the CODE OF THE CITY OF SALEM, VIRGINIA:

1) Hold public hearing to consider amending Chapter 66, Article I In General, Section 66-9, Article III Construction Location, Division 1 Generally, Section 66-73. Article IV Permitted Signs by Use and District, Section 66-107, and Article V Definitions, Section 66-151, of the CODE OF

above-name court and protect his/her interests on or before APRIL 26, 2021.

FEBRUARY 24, 2021 Bridget Adams Deputy Clerk



Ge

то

(1) Real Estate Tax Rate based on \$0.89 per \$100 of Assessed Valuation. Personal Property Tax Rate Based on \$2.55 per \$100 Assessed Valuation. By Order of the Board of Supervisors: F. Craig Meadows, County Administrator

County of Montgomery, Virginia







Glenvar's Colvin Delano (#3) looks for room to run in Friday's win over Giles.

PHOTO BY BRIAN HOFFMAN

GLENVAR FOOTBALL

continued from page 14

pass plays were called back by hankies on the field.

Williams finished with 184 yards receiving on seven receptions. Swanson had four catches for 70 yards and Woodson had one catch for 64. Hanks rushed 14 times for 75 yards and Johnson had four carries for 30.

Defensively, Blake Custer had 14 tackles, including three for losses. Gabe Shaffer had a dozen tackles, Mason Anderson and Zach Moore had 10 each and Nick Williams had eight. Anderson had three tackles for losses and Moore had a sack.

The Highlanders have now won three games in a row and they'll finish off the regular season this Friday night with a 7 pm game at Alleghany. The Mountaineers are 0-5 but Clifford won't be taking them lightly.

"This is a huge game for us," he said. "If we win this game we're district champions. We've only won it twice since I've been here so this is a big game.

'Alleghany isn't bad," he continued. "They only lost to Covington 28-21 and they've switched around their offense. This is for the district championship and we take pride in that."

SALEM FOOTBALL

continued from page 14

ran for a TD and Collins ran back a kickoff for a touchdown for the second week in a row.

Wilson, a sophomore, has now established himself as the starting quarterback for the Spartans. Chauncey Logan, Jr. started the season behind center but "Deuce" got a little banged up in practice after the PH game and Wilson has started the last two. Logan has moved to wide receiver and he's also an outstanding defensive player.

"I have a lot of faith in both of them, but DaRon is our quarterback," said Holter. "With number 11(Logan) at receiver we can put more good athletes on the field and add to an already strong receiving corps."

On defense, Noah Collins led Salem with nine tackles while Cameron Martindale had eight. Addison Wolfe, Ky'won Waller and Carson Williams had seven each and Waller had three tackles in the backfield. Martindale and Wood had sacks.

"It was a good win but after the game I told the kids

to enjoy this tonight, then get up on Saturday morning and start getting ready for Pulaski," said Holter.

This week Salem can have as many as 500 fans in the stadium. The policy of allotting two tickets per player, cheerleader and game personnel will continue and any extra tickets will be given to students with the stipulation they practice social distancing.

Salem's jayvee team remained undefeated with a 55-0 win over Hidden Valley at Salem Stadium last week. The Spartan jayvees are at Pulaski tonight for their final game.



Left, Salem High offensive line coach Adam Bryie talks things over with the Mules while the defense is on the field. Right, Jake Massey crosses the Bogle Field goal line to score Salem's first TD. PHOTOS BY JIM & REGINA DEVINNEY

RC baseball team drops 2 to W&L

Washington & Lee University in Lexington proved to be a tough place to visit for the Roanoke College baseball team last Saturday as the Maroons dropped a doubleheader to the Generals. RC fell to 4-3 in the ODAC with 7-6 and 11-6 losses.

In the opener the Maroons jumped out to a 3-0 lead before W&L rallied to take a 5-3 advantage. RC would tie it up at 5-5 but a pair of Washington and Lee runs would withstand a late Roanoke rally as W&L took the opener, 7-6. Connor Butler went 4 for 5 with three RBI for RC with Carter Plunkett and Will Merriken each going 2 for 5 and Carson McCusker going 2 for 4.

Roanoke trailed 7-6 again in the nightcap into the bottom of the seventh but the Generals finished strong for the win. Jonny Wall was 3 for 5 and Tyler De Meo went 2 for 2 while Cale Agee finished 2 for 3 for the Maroons. Brandon Hill got the start, giving up a pair of runs and striking out four.

The sweep dropped the Maroons to 11-6 overall on the season. Roanoke will be back home this Saturday to host Shenandoah in a doubleheader at Salem Memorial Ballpark, with the first game scheduled for 1 pm.



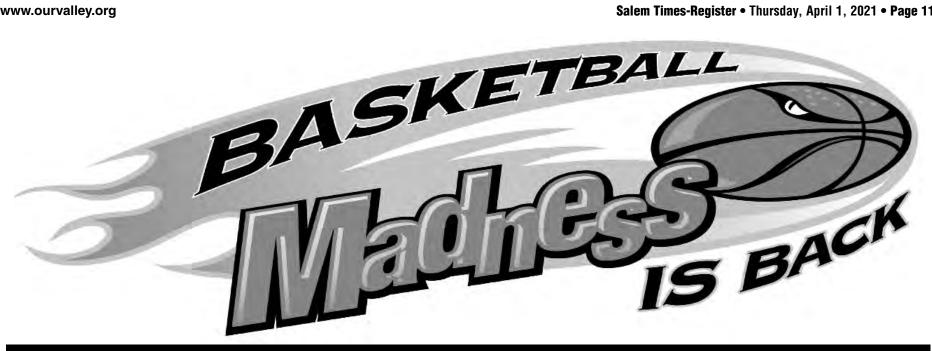
Highlanders host cheer competition

The Glenvar competition cheering team played host to a cheer off at GHS last Saturday morning, hosting squads from Region 2C and 2D schools. The Highlanders had the best score among the Region 2C teams while Central topped the 2D teams. The Glenvar girls will continue to stay busy with a competition at Auburn on Tuesday of this week and another event at Glenvar this coming Saturday morning.

Lions Club went undefeated in 1952 football season



Salem's Fielding Logan contributed this photo of the undefeated 1952 Lions Club American Legion football team. The team played on Wednesday nights in the fall at Salem Municipal Field, which is now Billy Sample Field at Kiwanis Park.The photo appeared in the Salem Times –Register and was taken by Earl Barnett. First names of the players were not provided in the caption but some of the senior football fans may remember a few of these former gridiron legends. There were eight names mentioned for nine players in the front row but Fielding is number 11 and others were named Noloer, Zehring, Howell, Chapman, Wesley, Puckett and Obeirne. Back Row, left to right, are coach "Gob" Garrett, Birch, Franklin, Brown, Young, Edwards, Hawley, Tarpley, Bowling and Mask. Manager Danny Garrett is sitting in the front. If you have any old sports pictures like this feel free to bring them by our office at 1633 West Main in Salem for publication consideration.



2021 DIVISION I MEN'S BASKETBALL CHAMPIONSHIP BRACKET







Glenvar's Wilkes sets course record at Alleghany

Carly Wilkes set a new course record when the Glenvar girls ran in the Alleghany Cross Country Meet at the Jackson River Sports Complex last Saturday.

Wilkes finished first overall in a time of 17:49.72. That not only broke her previous best of 18:02 but beat the course record by a whopping 50 seconds.

Glenvar had just five girls and four boys at the meet due to spring break. Following Wilkes for the Highlanders were Isabelle Pope at 25:23, Molly McCroskey at 26:16, Joanna Killeen at 26:41 and Emma Pope at 27:44. For the boys Daniel Zearfoss took second overall in the "A Race" with a time of 17:09. Also competing for Glenvar were Davis Norman at 20:07, Connor Maguire at 25:09 and Tucker Henderson at 27:08.

The Highlanders were scheduled to run at Giles on Wednesday of this week with mostly individuals competing. The next competitive meet will be April 7, back at Alleghany.



Left, Salem's Anna Pitts is out in front and on her way to a win in last week's cross country meet at the Salem Golf Course. Right, Tommy Henzey(#947) and Walker Peterson(#948) run near the front of the pack in the boys' race. PHOTOS BY BRIAN HOFFMAN

Salem girls win cross country race on links

The Salem cross country team ran nine holes last week as they played host to Cave Spring and James River at the Salem Municipal Golf Course. The Salem girls were team winners and the boys were second.

For the girls, senior Anna Pitts was the individual winner in the race. Other Spartans who competed included, in order, Mary Chamberland, Emma Chamberland, Brooke Bowers, Abby Pitts, Rebekah Rothkopf and Amand Rothkopf.

Cave Spring won the boys race with the Spartans taking second, led by Tommy Henzey. Following Henzey among the Salem team were Walker Peterson, Gaven Conner, Carson Tucker, Alex Helems, Lance Toaponta and Clarke Roudebush. Salem's next scheduled race is March 29 in Dublin.

RC lacrosse team hammers Ferrum, will host VWU

Virginia Wesleyan will be here for a men's ODAC leading 9-7 with 6:54 left in the third lacrosse game against Roanoke College on Saturday. Game time is 2:30 pm at Salem's Kerr Stadium.

The Maroons were home against Mary Washington on Wednesday, but results were too late for publication. Last Saturday at Guilford the Maroons were



period when the game was interrupted due to bad weather. It will be continued on a date to be determined.

Roanoke was 3-2 overall after pounding ODAC rival Ferrum on March 24, 25-3. The Panthers scored first but it was all Maroons from that point.

Ethan Caldwell finished with five goals and two assists while Jay Frye, George Gilbert and Luke Kammerman scored three times each. Salem product Wyatt Whitlow also had a goal for the Maroons while Matt Federau played the first three quarters in net and recorded five saves.

Blair scores six goals for RC women's lax but Maroons suffer first loss of season

Salem's Lilly Blair scored six goals and assisted on another but the Roanoke College women's lacrosse team lost for the first time last week. Meredith College beat the Maroons, 16-14, in Raleigh on April 24.

The Maroons were ranked number 24 nationally prior to the loss. Roanoke held the lead at the half but the Avenging Angels would take a three-score lead into the final five minutes of play. The Maroons got two of the final three goals but couldn't complete the comeback, falling by two scores.

Blair scored six times with one assist while Emmerson Foster added three goals. Ellie Armstrong and Jenna Kuczo added a pair of scores with Foster securing 11 draws.

In net, Roanoke would out-shot Meredith 36-25 but 14 saves by Jot Deitrich would be the difference. Carly Schoudel recorded six saves for the Maroons.

The Maroons had a game at Guilford cancelled by inclement weather on Saturday, and Wednesday they were scheduled to host Bridgewater. They'll be home against this Saturday for a 5:30 pm game against Mary Washington at Kerr Stadium in Salem.

RC women's soccer wins in OT

The Roanoke College women's soc-cer team pulled out a 1-0 overtime win to the back of the Yellow Jackets net for the 1-0 win. Carrington Lippi

Salem's Alex Rhea tees off at Monday's golf match at Hidden Valley.

PHOTO BY SCOTT GARDNER

Rhea leads Salem golfers at HVCC

Alex Rhea shot an 80 for Salem High's best score in Monday's River Ridge District golf match at the Hidden Valley Country Club.

Salem had a team score of 338 for fifth place on the day. Cave Spring was the team leader with a 313 while Blacksburg was second at 321.

Trey Joyce had the Spartans' next best score with an 84, followed by Hunter King at 85. Andrew Rhea closed out the scoring with an 89. Salem was playing without Macy Johnson, who was out of town for spring break.

Salem's next scheduled match was

Wednesday at Draper Valley, although heavy rain was forecast at press time. Next Tuesday the Spartans are at Auburn Hills in a match hosted by Christiansburg.

We had eight matches scheduled and I predicted we'd get in five," said Salem coach Thad Snyder. "From being a spring coach I know what the weather is like this time of year."

Snyder was previously a soccer assistant at Salem.

The Region 4D tournament is scheduled for April 9th at the Blacksburg Country Club.

GHS golfers fifth at Great Oaks

The Three Rivers District golfers traveled to the Great Oaks course in Floyd County last week and were able to play nine holes before the match was halted due to rain. Host Floyd had the best team score at 161 while Giles was second at 168.

Glenvar came in at 210 for fourth place, led by Jacson Shepherd's 51. Four players tied for medalist with 40 each, two from Floyd and two from Giles.

"Jacson Shepherd continues to show that he is making the steps towards being a constant leader on the team for the future," said GHS coach Blaine Mills.

Glenvar's next best score was a 52 by Carson Osburn. Mason Hylton had a 53 and Justice Wilfong rounded out the counting scores with 54. Ian Kelley shot 61 and Blake Bowers had a 66.

The Highlanders are off this week but will play two matches next week. The team will be traveling to Cliff View in Alleghany County on Monday and then to Hanging Rock in Salem on Thursday, April 8. The regional tournament is April 12 at The River Course in Radford.

when the Maroons visited Ashland to play Randolph-Macon last Sunday afternoon.

The two Old Dominion Athletic Conference (ODAC) foes would end the 90 minutes of regulation in a scoreless tie. However, just over three minutes into overtime the Maroons were awarded a penalty shot that Lucy Perry was perfect on three save attempts for the shutout win.

The win lifted Roanoke to 5-2-1 overall and 4-2-1 in Old Dominion Athletic Conference play. The Maroons have their final regular season match this Saturday when they play host to Lynchburg at noon on the turf at Kerr Stadium.

Maroons sweep softball doubleheader

The Roanoke College softball team opened their Old Dominion Athletic Conference schedule by sweeping two games from Shenandoah at the James I. Moyer Complex in Salem Monday. The Maroons won 8-0 and 5-2 in a doubleheader that was moved back a day by inclement weather.

In the first game Roanoke banged out 11 hits. Makayla Austin was 2 for 3 with two runs scored and two RBI while Rebecca Hensley went 2 for 4 with a run and a pair of RBI. Emma Eccles had a pair of hits with two RBI and Jada Karnes pitched five shutout innings, giving up just two hits and recording seven strikeouts.

Roanoke finished off the sweep with a 5-2 win in the nightcap. Morgan Bomhardt earned her second win of the season by going five scoreless innings of one-hit ball.

Rachel Sirbaugh was 1-2 with two runs scored while Austin and Jordyn DiFava each drove in two runs.

The sweep lifted the Maroons to 8-2 on the season overall. Roanoke is back in action this Saturday at the Moyer Complex to host Eastern Mennonite in an ODAC doubleheader beginning at 1 pm.

Roanoke College track team competes at Lynchburg meet

The Roanoke College outdoor track & field team traveled to the University of Lynchburg to compete in the Dr. Jack M. Toms Alumni Invitational. Athletes from 18 different teams and unattached athletes competed.

The RC Men's 4X100M Relay team broke a school record dating back to 2019. The team of Troy Crawley, Xavier O'Brien, Blake Morin, and Sam Crawford posted the top overall time of 42.24. That time currently ranks sixth in all NCAA Division III.

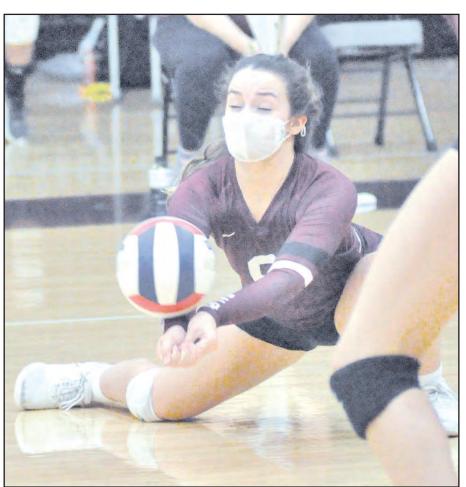
Crawford then outran the field in the Men's 400m with a blistering time of 48.33 seconds. His time currently ranks him first in all DIII. O'Brien finished second in the Men's 200m dash.

Corbin Turner cleared a season best height in the men's pole vault with distance of 4.25 meters. In the Men's Triple Jump Joseph Kenney posted a victory in the event with a distance of 13.11 meters.

On the women's side, Alison Moreau started her day finishing second in the Women's High Jump with a clearance of 1.55 meters. She would later finish sixth in the Women's 100M dash with a prelim time of 12.76, then earn a second place finish in the Women's 200M dash posting a blazing time of 25.59 seconds.

The Women's 4X100m relay of Moreau, Haylee Gamble, Mikayla Hefferon and Lily Lippert finished second in the event with a time of 49.38 seconds. That time is currently ranked 8th in all of DIII.

This weekend Roanoke travels to High Point, NC for the Vertklasse Meet.



Salem's Halle Joyce goes to the floor for a dig in last week's match with Blacksburg at Salem High. PHOTO BY BRIAN HOFFMAN

Spartans look for win at C'burg

The Salem High volleyball team will be in Christiansburg tonight looking to pick up a River Ridge District win. Salem is 1-8 but the win was over Christiansburg in a previous match so Salem is looking to sweep the season series with the Blue Demons tonight.

Last Thursday in Salem the Spartans took on Blacksburg and lost in three sets to a tall and talented Bruins team, 25-11, 25-6 and 25-21. Reese Redford had 15 digs and a serving ace for the Spartans while Kennedy Scales had 15 digs and two aces and Emma Johnson had a dozen digs.

On Tuesday of this week the Spartans hosted Hidden Valley and were defeated by the Titans in three sets, 25-13, 25-20 and 25-11. Ashlyn Moorman had four blocks for the Salem girls while Anne Hayden Hall had 10 assists, four digs and a block. Reese Redford led Salem with 14 digs on the back row.

Next week Salem will wrap up the regular season with a match at Patrick Henry on Tuesday and at home against Pulaski County a week from tonight. The Region 4D tournament will begin on April 13.

Lewis volleyball finishes 9-1

The Andrew Lewis Middle School volleyball team defeated Ben Franklin Middle in two sets last week, 25-15 and 25-14. With the victory the Wolverines finished off their season with a 9-1 record.

The only loss for Lewis was at Blacksburg, and the Wolverines beat the Bruins in Salem. Captains Myah Crews and Cora Robinson led the team through some rough patches with their consistent play.

"The team's strongest point was at the service line," said coach Perry Manning. "We will greatly miss the seven 8th graders that move to SHS next fall. Coach Crist and I would like to express our gratitude for the entire 16 player roster in the way they showed such a gentle heart and great sportsmanship during such an unusual season."

Maroons beat two ODAC foes in college volleyball

The Roanoke College volleyball team hosted an Old Dominion Athletic Conference (ODAC) tri-match on Saturday afternoon when they welcomed Bridgewater and Shenandoah to the Cregger Center. The Maroons prevailed in a hard fought 3-1 win over the Eagles before completing the day with a 3-0 sweep of the Hornets. Roanoke topped Bridgewater 29-27, 25-21, 19-25, 27-25. Linsey Bailey finished with 23 kills and a pair of service aces. Ryanna Clark added 15 kills while Parker Moody finished with 10 kills, three solo and three assisted blocks. Kennedy Clemmer led with 27 digs with Olivia Newman handing out 38 assists. Salem Times-Register • Thursday, April 1, 2021 • Page 13

Glenvar bumps off Floyd to stay unbeaten in Three Rivers V-ball

The Glenvar High volleyball team is still undefeated after nine matches. Glenvar beat two Three Rivers District rivals in the past week and is on pace to get a high seed for the coming Region 2C tournament.

Last Thursday at home the Highlanders defeated a solid Carroll County team in three sets, 25-14, 25-19 and 25-17. Cara Butler had 17 service points and two aces to go with 12 digs. Sydney Loder had eight kills and four blocks and Hannah Hylton had nine kills and 11 digs.

On Monday Glenvar traveled to Floyd to play the Buffalo Gals on their home turf and it took the Highlanders four sets to put them away. Glenvar won the first set, 25-21, but Floyd rallied from 18-13 down to win the second, 25-23, and even the match. Glenvar then took charge and won the next two, 25-15 and 25-20, to put Floyd away.

"That was a big win for us," said Glenvar coach Mark Rohrback. "It was a Monday on the road against a good team, and it was spring break. Floyd played awesome."

Claire Griffith had 20 kills, 18 digs and three aces against Floyd while Caroline Craig had a great night with 45 assists to go with six aces, 12 digs and one kill that ended the match. Sara McIlwain had eight kills and 10 digs for the Highlanders.

Glenvar was scheduled to play Radford this week but that match was cancelled due to COVID concerns among the Radford team. Next up is Giles, the second place team in the Three Rivers, on Monday at Giles.

"If we can finish undefeated I'm hoping we'll be the number one seed in the regional tournament, but I think Appomattox is also undefeated," said Rohrback. "It may come down to who has played the toughest schedule."



Later in the day the Maroons took on Shenandoah and swept the Hornets, 5-15, 25-14, 25-12. Bailey led a balanced attack with 11 kills, Clark added nine, and Angel Ross finished with seven. Clemmer had 19 digs and Newman ended the match with 21 assists.

With the sweep Roanoke improved to 4-2 on the season, all against conference foes. Roanoke will be back in action with a road trip to Guilford on April 8th.



Linsey Bailey of Roanoke College goes high for a spike in Saturday's win over Shenandoah at the Cregger Center. PHOTO BY BRIAN HOFFMAN

Sydney Loder spikes one past a Carroll County blocker in last week's win at GHS. PHOTO BY BRIAN HOFFMAN



GMS Volleyball finishes season 5-3

The Glenvar Middle School volleyball team completed their season with an overall record of 5-3. The Highlanders finished with their best match of the season, defeating Cave Spring in two sets, 25-15 and 25-22. The team consisted of, front row left to right; Sophia Hammersley, Kendra Mims, Keira Booze, Rayah Kelley, Ava Pugh and Kailee McDonald. Back row; Macy McMahon, Ava Larson, Addi Cockram, Ella Boone, Teagan Pratt, Bella Lavoie, Sawyer Wilson and Peyton Jones. Karis Gillespie is not pictured.





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



Above, Salem quarterback DaRon Wilson dives over the goal line for a first quarter touchdown in Friday's win over Hidden Valley. Below, Carson William(#3) tackles a Titan ballcarrier as Jorden McDonald(#9) rushes to assist.



Highlanders hang 49 on Giles, can clinch 3RD title this week

It took them a quarter to get started, but once they did there was no stopping the Glenvar football team last Friday night. The Highlanders took a 49-34 win over Giles at Highlander Stadium to solidify their hold on third place in the Region 2C rankings.

This one didn't start off well for Glenvar. Giles scored on a rare pass out of

Spartans shut out Titans, host Pulaski Co. Friday

The Salem High Spartans will have their biggest challenge to date this Friday when they play host to Pulaski County in a River Ridge District football showdown. Game time at Salem Stadium is 7 pm.

Don't worry that Pulaski's loss to Patrick Henry last week has already locked up the number one seed for Salem in the coming Region 4D playoffs. The Cougars are still the second ranked team in the region and there's nothing they'd like more than to send a message to the Spartans for a possible rematch in the region playoffs.

"This is Pulaski," said Salem coach Don Holter, who has both played and coached in this long time rivalry. "Every year it comes down to us or them."

Salem has a 29-18 edge in this rivalry since Salem High opened in 1977. The Spartans won the first meeting but Pulaski won the next eight in a row before Salem took a 14-13 win in 1986 on the way to the state championship game with Hampton in what was then Group 3A when there were only three groups. That win turned the tide in the rivalry and Salem has won 27 of the next 37 games. The Spartans have not lost to the Cougars since the 2010 season and are 20-2 against Pulaski since 2003.

Don't let that fool you, there were a lot of close games. Last year Salem won 12-6 in Dublin and it took an interception in the end zone in the final minute of play to put it away. Don't think the Cougars have forgotten.

This year Pulaski has a new coach in Mark Dixon, who had great success at Galax High School. Dixon took the Maroon Tide to the Class 1 state championship game three times, winning in 2015 at Salem Stadium against Riverheads. He's a well-respected coach and Holter has been preparing for a multi-faceted attack.

"They run a lot of different formations," he said. "They have good size and good skill and they'll get after you."

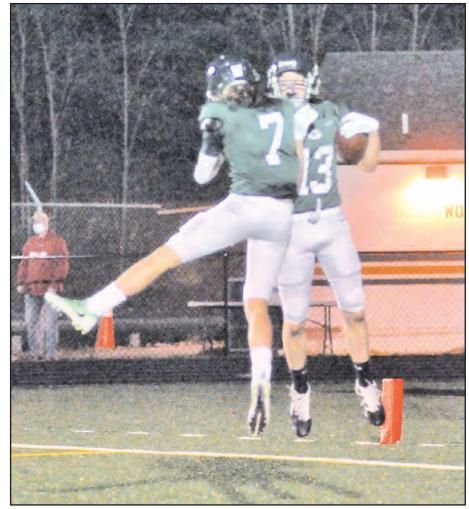
The Cougars come in at 4-1 and up until last week people were expecting this game to be for the top seed in the region. However, last Friday Patrick Henry pulled somewhat of an upset with a come-from-behind 24-23 win over the Cougars in Pulaski County. That knocked the Cougars out of a chance to catch Salem, and GW-Danville is nipping at their heels for the second seed. Pulaski had a 22.6 rating and GW is at 21.75.

Salem is a solid first at 26.0 and 5-0 after having their way with Hidden Valley last week. The Spartans took a 42-0 win at Bogle Stadium and in consecutive games at Bogle the Salemites outscored Cave Spring and Hidden Valley by a combined score of 105-7.

"I'm proud of our kids," said Holter. "It got a little chippy out there but our kids maintained their discipline and kept their focus. We went there and did exactly what we wanted to do, pick up a win."

Salem led 35-0 at halftime and for the second consecutive week they played with a running clock during the entire second half. Zavione Wood rushed for 117 yards and two touchdowns on just 13 carries and quarterback DaRon Wilson threw touchdown passes to Jake Massey, for 25 yards, and Shawn Collins, for 33. Wilson also

continued on page 10



their single-wing offense to take an early 7-0 lead. The Highlanders answered on a one yard run by Kyle Hanks but the extra point attempt failed and the Spartans maintained the lead.

Giles went up 14-6 early in the second period and Highlander coach Kevin Clifford was not happy. However, at that point the Glenvar offense started clicking and Giles had no answer for a relentless passing attack that accounted for 331 yards and four touchdown receptions.

"We were horrible the first quarter," said Clifford. "They played hard but they made too many mistakes. Then from the second quarter on we played much better. I'm proud of our kids. Anytime you beat Giles it's a good win."

Glenvar tied the game at 14-14 when quarterback Aiden Wolk found Dagan Williams behind the secondary for a 40 yard TD pass, then hit Williams for a two point conversion. The Highlanders took a 21-14 halftime lead when Wolk dropped one in the corner of the end zone for Jackson Swanson from the 11.

The second half was all Glenvar. Wolk hit Williams again for a 34 yard TD pass, then connected with Nick Woodson on a beautiful 64 yard hookup. A second TD run by Hanks to close the third period made it 42-14 and DJ Johnson added a late score for some icing on the cake.

On the night Wolk completed 15 of 19 passes for 331 yards and four scores. That rivaled Zack Clifford's 16 for 19 night in the 2014 state quarterfinal win over Giles on the way to Glenvar's state championship. Zack threw for 350 yards and four TDs in that game.

"We thought we could throw the ball on them," said Kevin Clifford of Friday's win. "Our offense is geared to the pass and we were pretty efficient. The line blocked really well."

The 49 points was the most Glenvar has ever scored against Giles, and if not for some ill-advised penalties it could have been even worse. A couple long continued on page 10

Above, Glenvar's Dagan Williams(#7) and Nick Woodson(#13) celebrate Woodson's 64 yard touchdown catch in last Friday's win over Giles. Below left, Zach Moore and Gabe Shaffer sandwich a Spartan and, below, Mason Anderson makes a tackle in the backfield.



