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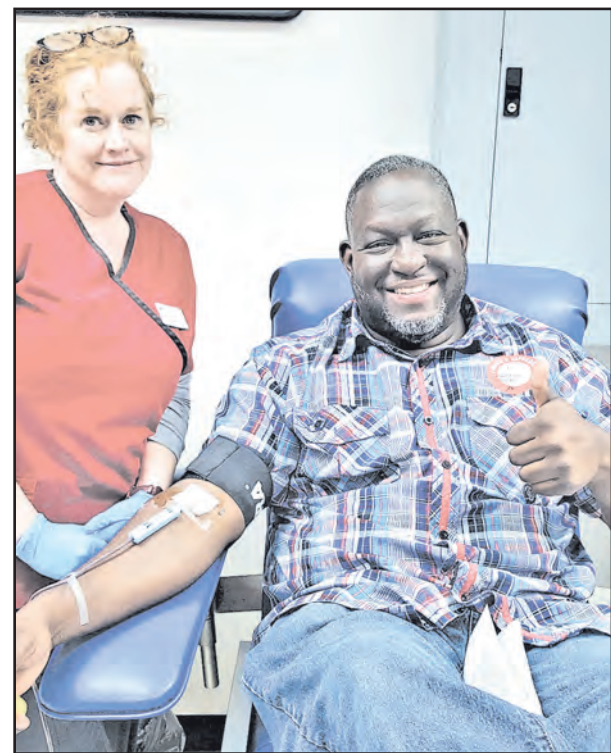
OurValley.org

Spartans are State Champs



PHOTO BY BRIAN HOFFMAN

Salem High football players hold the state Class 4 championship trophy aloft after defeating Lake Taylor, 28-20, in Norfolk Saturday. See sports for story and lots more photos.



SUBMITTED PHOTO

As long as they weigh at least 110 pounds, are in good health and have a valid driver's license, almost any adult can make a blood donation.

Blood donations are needed more than ever in the age of COVID-19

Shawn Nowlin
shawn.nowlin@ourvalley.org

Looking for a way to help others? The American Red Cross is asking the Salem community to consider making a blood donation.

There are four main types of blood - O, A, B and AB - and all of them are desperately needed. Blood types are determined by the absence or presence of certain antigens which are defined as "a toxin or other foreign substance which induces an immune response in the body, especially the production of antibodies."

Because some antigens have a way of triggering a patient's immune system to attack blood that is transfused, safe blood transfusions depend on certain cross-matching and blood typing.

"Locally, we need to collect hundreds of pints each day to provide lifesaving blood to area hospital partners," Bernadette Jay, the External Communications Manager of the Virginia Donor Services Region, said. "The Red Cross critically needs donors to be the lifeline that patients need."

All potential donors must weigh at least 110 pounds, be in general good health and have a valid driver's license. Donors 18 and younger may have to meet additional height and weight requirements. In addition to blood donations, the Red Cross is also testing platelet and plasma donations for COVID-19 antibodies. Those who have recovered from COVID or have received a vaccine are able to donate blood.

"We are always encouraging first-time donors to get involved with our lifesaving mission. We partner with high schools

that sponsor blood drives. Many of the donors that I meet tell me that they started off as teenagers," Jay said.

When people are ready to donate, they usually go through a four-step process: registration, health history background, the actual blood donation and light refreshments afterward if needed to calm nerves. From start to finish, the process takes approximately an hour.

Once blood is donated, it is then sent to a testing lab. From there, it is delivered to hospital partners where it can be transfused to patients. Of the estimated 40 percent of eligible donors in Virginia, less than one-fourth of that number donates on a regular basis. Those who give blood or platelets this month will receive a \$20.00 gift card.

A severe lack of blood donations is not just limited to Salem. Centers all across the Roanoke Valley are facing the same issue too. Jay says it's important to keep helping one another, especially during these hard times.

"Eligible donors should donate blood because of the patient on the receiving end. Blood simply can't be manufactured in a lab. The only way to ensure that lifesaving blood is available is for people to donate," she said before adding, "There are some who are terrified of needles, and that keeps them from donating. But I would encourage those individuals to think about the patient on the receiving end."

In addition to texting the words "BLOODAPP" to 90999, interested individuals can also learn more information by contacting (800) 448-3543 or visiting www.redcrossblood.org.

Every City of Salem adult is now eligible for COVID vaccine shots

Shawn Nowlin
shawn.nowlin@ourvalley.org

On April 6, President Joe Biden directed all states to have every adult eligible for a vaccine by the end of the month. Recently, Governor Ralph Northam said that the state is on track to get first doses to every adult who wants one in the coming weeks. As quickly as they are provided by the federal government, Virginia is administering vaccine doses.

"Over the past few months, we have made tremendous progress vaccinating Virginians as quickly, safely, and equitably as possible, and we need to keep up the good work," said Northam.

He added, "With COVID-19 cases on the rise in many parts of Virginia and across the country, it is important that everyone has an opportunity to make a vaccination appointment. If you are

over 16 and want to get a safe and effective vaccine, please make a plan to get your shot. The more people who get vaccinated, the faster we can end this pandemic and get back to our normal lives."

According to data from the Centers for Disease Control and Prevention, an average of 2.9 million shots a day are being administered nationwide. Currently, there are three vaccine brands available in Virginia: the two-dose Pfizer and Moderna and one dose Johnson & Johnson. Based on extensive reviews of the Pfizer vaccine, some people may feel temporarily side effects such as a fever or headache after receiving it. The Johnson & Johnson vaccine was temporarily paused earlier this year while a potential link to very rare blood clots was investigated.

The number of Virginians who have been vaccinated since January has risen significantly. As of

press time Wednesday morning, roughly half of the state's population have received at least one vaccine shot and more than a million Virginians have been fully vaccinated.

Although Virginia has opened eligibility to all adults, that doesn't mean that everyone will receive a vaccine in the foreseeable future. Salem native Ashley Clark, a nurse, said she has encountered quite a few families that are divided about the vaccine.

"Some people I've spoken to understandably so have questions. Some of them are scared. Others have been given false information. I regularly encourage people to think about the potential risks to others by remaining unvaccinated. The process is safe. We are so close to reaching our

See Vaccine, page 7



PHOTO BY SHAWN NOWLIN

Salem residents waiting in line to get a vaccine shot at the Salem Civic Center last month.

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Roanoke County native named Deputy City Manager Racial Equity, Diversity and Inclusion

Marshall has served most recently as the Chief Executive Officer for YWCA

Charlottesville City Manager Chip Boyles recently announced the appointment of Ashley Reynolds Marshall, a Roanoke County native, as the City's first Deputy City Manager for Racial Equity, Diversity and Inclusion.

She has served most recently as Chief Executive Officer for YWCA of Central Virginia, located in Lynchburg, since 2018.

"Ashley will be bringing a wide range of experience and education to this new role for the City. As our very first Deputy City Manager for Racial Equity, Diversity, and Inclusion, she will be designing this office to best meet the needs of our entire population," said Boyles. "Her experience, her demonstrated drive and her lifelong connection to local government makes her the ideal person to lead this effort. I am very pleased in filling the first of a new senior management team for the City with a leader like Ashley. She will set the standard that the City so deserves."

Marshall holds a B.A. in Psychol-

ogy from Hollins University, a J.D from the College of William and Mary School of Law and an M.P.A. from Virginia Tech. She is also currently pursuing a Ph.D. at the Center for Public Administration and Policy at Virginia Tech where her dissertation is focused on Collaborative Governance, Corporate Social Responsibility, and Collective Impact/ Collaborative Programming.

She is a member of the 2013 class of the Sorensen Institute's Political Leaders Program at the University of Virginia and a member of the 2014 class of Emerge Virginia. She also serves the Commonwealth of Virginia as Chair for the Virginia Council on Women, a member of the Virginia Advisory Committee on Sexual and Domestic Violence, and as a Board member for the Virginia Rural Health Association.

"Communities are only strengthened by the diversity of its citizens, as well as the meaningful and courageous community discussions about how to think equitably to ensure that

there is an inclusive community identity," said Marshall. "As a native Virginian, I appreciate Charlottesville's commitment to providing the highest quality of life to all."

"I am really looking forward to working with the City of Charlottesville under the leadership of City Manager Boyles, and in collaboration with other members of the City staff," Marshall added. "Charlottesville is an amazing place, and I feel very fortunate to be joining the City team."

The Deputy City Manager for Racial Equity, Diversity, and Inclusion (REDI) will oversee a portfolio that includes the City's new Office of REDI, the Human Services and Social Services Departments, as well as the staff of the Police Civilian Review Board and the Office of Human Rights. She will report to City Manager Chip Boyles and will start her service in the City of Charlottesville on May 10, 2021.



-News Release Ashley Reynolds Marshall

SUBMITTED PHOTO

New Friendship Health & Rehab Center, Salem Terrace at Harrogate team members announced

Friendship, a leader in senior living and rehabilitation recently an-

nounced they have appointed new admissions team members for both

Friendship Health and Rehab Center (FHRC), located on Hershberger Road, and Salem Terrace at Harrogate.

Liz Nelson has been named the new director of hospital and community relations for FHRC. A registered nurse, Nelson has over 15 years of healthcare experience, having served in both hospital and senior living settings.

"Liz has a proven success record of building good relationships and strong evaluation abilities in matching individuals with the care they need," said Presi-

dent and CEO Joe Hoff. "We are thrilled to have her join the Friendship team as we continue to enhance and evolve our healthcare services."

"Working with seniors has given me so much wisdom, incredible life experience and joy," said Nelson. "I'm looking forward to being part of Friendship's future and growth."

At Salem Terrace of Harrogate, where Friendship serves as the managing partner, Jessica Whitaker has been named director of marketing and admissions. Whitaker has ten years

of marketing experience, has been in the healthcare industry for three years, and has a very special tie to Friendship.

"My grandfather, Papa, was a memory care resident at North. He was very happy there and the team helped him enjoy a wonderful quality of life," said Whitaker. "It's exciting to work for such a great company."

Both locations are currently accepting new move-ins. Salem Terrace also welcomes guests for respite stays, as a temporary care solution or trial run of the senior living community experience.

Friendship and Salem Terrace are also seeking caring and qualified individuals to join their teams. Interested candidates should apply online at friendship.us/careers.

To learn more about Friendship, individuals are encouraged to visit the company's website, friendship.us, or call 540.265.2100. For more details about Salem Terrace at Harrogate, visit salemterrace.com or call 540.444.0343.

-Submitted by Stephanie Landes, Director of Marketing



SUBMITTED PHOTOS Jessica Whitaker, Director of Marketing & Admissions at Salem Terrace of Harrogate



Liz Nelson, Director of Hospital & Community Relations at FHRC

WE ARE CARILIONPROUD

The past year has been a challenge like no one expected. And though it's been tough, there is still much to celebrate.

We've formed stronger partnerships among our communities. We've met every new challenge with innovation. Most of all, we've realized our determination to never give up.

We are team players, hard workers, go-getters and forward-thinkers full of courage and compassion. We are resilient. And we are dedicated to our mission of improving the health of the communities we serve.

We celebrate our employees each and every day, and especially during:

- May 6 - 12 Week of the Nurse**
- May 9 - 15 Hospital and Health Care Week**

Thank you for your dedication to our communities. You make us #CarilionProud!



COMMUNITY CALENDAR

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

FIRST AND THIRD TUESDAYS

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

SECOND MONDAY

Paint Bank Ladies Auxiliary meeting, 7:00

p.m. at the Paint Bank Fire Department. Contact 540-897-5346 for more information.

EACH TUESDAY

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

•Salem Presbyterian Church at the corner of Main Street and Market Street downtown Salem opens the sanctuary from noon until 2 p.m. All are welcome to come in to pray, meditate or just sit and enjoy the quiet peace.

•Salem Chess Players meet at the Salem Senior Center, 110 Union Street in Salem from 7-11 p.m. Open to anyone 16 years or older. Instructions are available.

•Salem Kiwanis Club meets 11:45 a.m. - 1 p.m.

for lunch, Salem Civic Center.

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

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

•Infinity Acres Ranch Fundraiser from 4 p.m. to 8 p.m. at Christ Episcopal Church at 321 E. Church Street in Blacksburg. Tickets are \$8 while children eight and younger can eat for \$4. For more information, contact 276-358-2378.

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

•Overeaters Anonymous (OA) meeting, 7 p.m. at Christ Lutheran Church at 2011 Brandon Avenue in

Roanoke. Contact 540-293-4065 for more information.

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

THIRD TUESDAY

The monthly meeting for National Association of Women in Construction (NAWIC) Roanoke Valley Chapter #226 locations and times will now vary. Learn more details by emailing us at nawicroa226@gmail.com.

THIRD WEDNESDAY

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

FIRST THURSDAY

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

EACH THURSDAY

The Salem Senior Center's Social Club, known as the 49ers Plus Club, originally started the senior program in Salem over 40 years ago. They have different speakers and/or activities practically every week. New members are always welcome to show up at the Salem Senior Center at 11 a.m. Contact 540-375-3054 for more information.

EACH SATURDAY

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

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

SATURDAY, MAY 15

Goodwill Industries of the Valleys will be hosting a Community Career &

Resource Fair outside at the Goodwill Roanoke Jobs Campus located at 2502 Melrose Avenue, NW, Roanoke. The fair is in conjunction with the Kiwanis Club of Roanoke and Shiloh Baptist Church's Fun Day at the Kiwanis Centennial Playground beside the Melrose Library located at the Goodwill Roanoke Jobs Campus. Both events are free and open to the community. The Community Career & Resource Fair will be a great opportunity for individuals and families to discover what resources and job opportunities are available in the community. The Fun Day will provide fun-filled activities, food, and music for all ages. The events will follow COVID-19 safety protocols including social distancing, and face masks will be required for all attendees. Individuals with questions about Goodwill services may contact (540) 581.0620 Option 1. Businesses interested in being a part of future job fairs can contact Zenith Barrett at (540) 581.0620 ext. 1266 or zbarrett@goodwillvalleys.com.

SBA announces \$28.6 billion RRF application opening

Prioritizes women, vets and socially and economically disadvantaged individuals

SBA Administrator Isabella Casillas Guzman recently announced the U.S. Small Business Administration is opening Restaurant Revitalization Fund registration. Online applications remain open to any eligible establishment until all funds are exhausted.

"Restaurants are the core of our neighborhoods and propel economic activity on main streets across the nation," said Administrator Guzman. "They are among the businesses hardest hit and need support to survive this pandemic. We want restaurants to know that help is here."

Established under the American Rescue Plan, and signed into

law by President Joe Biden, the Restaurant Revitalization Fund provides \$28.6 billion in direct relief funds to restaurants and other hard-hit food establishments experiencing economic distress and significant operational losses due to the COVID-19 pandemic. This program provides restaurants with funding equal to their pandemic-related revenue loss up to \$10 million per business and no more than \$5 million per physical location. Funds must be used for allowable expenses by March 11, 2023.

"Recognizing the great urgency to help restaurants keep their doors open – and with a clear mandate from Congress – the

SBA worked at a breakneck speed and is excited to launch this program," said Patrick Kelley, SBA Associate Administrator, Office of Capital Access. "From day one, we engaged with diverse stakeholders in the food industry community to make sure we built and delivered the program equitably, quickly, and efficiently."

In preparation, the SBA recommends qualifying applicants familiarize themselves with the application process in advance to ensure a smooth and efficient application experience, by:

•Registering at sba.gov starting Friday, April 30, 2021, at 9 a.m. EDT.

•Reviewing the official guid-

ance, including program guide, frequently asked questions, and application sample.

•Preparing the required documentation.

•Working with a point-of-sale vendor or visiting sba.gov to submit an application when the application portal opens.

For the first 21 days that the program is open, the SBA will prioritize funding applications from businesses owned and controlled by women, veterans, and socially and economically disadvantaged individuals. All eligible applicants are encouraged to submit applications as soon as the portal opens. Following the 21 days, all eligible applications will be funded

on a first-come, first-served basis.

Consistent with the legislation and the intent of Congress, the SBA continues to take steps to ensure the equitable distribution of relief, particularly for the smallest businesses, by creating a \$9.5 billion set-aside: \$5 billion for applicants with 2019 gross receipts of not more than \$500,000; \$4 billion is set aside for applicants with 2019 gross receipts from \$500,001 to \$1,500,000; and \$500 million for applicants with 2019 gross receipts not more than \$50,000.

For more information, visit sba.gov/restaurants

- Submitted by Press Office

Virginians can enroll in 2021 health insurance marketplace through August 15

More Virginians who buy health insurance through HealthCare.gov (the Marketplace) may now qualify for financial help with those premiums. Virginians who already receive financial help could be eligible for additional savings on health insurance coverage following Congress' passage of the American Rescue Plan of 2021 (ARP).

According to the U.S. Department of Health and Human Services, approximately 77,000 uninsured Virginians are newly eligible for tax credits that reduce the cost of their health insurance premiums. An estimated four out of five enrollees may be able to find a plan for \$10 or less per month with these tax credits. A family of four with household income of \$90,000 could see premiums reduced by approximately \$200 per month.

Following a Special Enrollment Period that began earlier this year, enrollment is now open through August 15 – no qualifying life event is necessary. If you already are covered through the Marketplace, you will need to re-enroll to take advantage of the new savings.

In Virginia, if you change from a health insurance plan not offered through the Marketplace to the same plan issued through the Marketplace, your cost-share accumulations – money you have paid out of pocket for medical services during the plan year – will transfer. Also, in Virginia, you can change to any Marketplace plan under the same insurer and your cost-share accumulations will transfer as long as the policyholder remains the same.

It is important to understand, however, that when changing to a plan offered by a different insurer, your cost-share accumulations will not transfer.

"Whether you are uninsured, underinsured or looking for more savings on your health insurance, now is a great time for Virginians to review their health insurance coverage," said Victoria Savoy, director of the Virginia Health Benefit Exchange. "The Special Enrollment Period and the American Rescue Plan offer an opportunity to save money on your health insurance premiums, increase your coverage, and sometimes both."

New under ARP:

•Many Virginians now qualify for help paying for health coverage, even if they were not eligible in the past. The previous cap of 400 percent of the federal poverty level to receive premium tax credits has been removed. Premium savings are now available

that cap the cost of the benchmark plan premium at 8.5 percent of household income.

•Most people currently enrolled in a Marketplace plan qualify for additional savings.

•Any excess 2020 tax credits owed back under reconciliation are now forgiven. This relief may affect how you complete your 2020 tax return. The IRS issued a news release outlining this relief on April 9. Visit www.irs.gov/newsroom/news-releases-for-current-month to review the release entitled, "IRS suspends requirement to repay excess advance payments of the 2020 Premium Tax Credit; those claiming net Premium Tax Credit must file Form 8962."

•Consumers eligible for unemployment insurance benefits for as little as one week in 2021 may be eligible for \$0 premium coverage with a low or no deductible. Visit Healthcare.gov to shop for coverage.

ing to enroll.

•Consumers who lost their job or had hours reduced may be eligible for free COBRA benefits from April 1-September 30, 2021. If qualified, your employer should provide information by May 30, 2021.

To enroll, update or change health insurance plans during the 2021 Special Enrollment Period, visit Healthcare.gov through August 15. Current enrollees must update their account to take immediate advantage of available savings. To do that, they must log in, review their application, make any necessary changes to their information, and submit their application to receive an updated eligibility determination before continu-

ing to enroll.

Virginians who are new to the Marketplace and want to take advantage of these cost savings should visit Healthcare.gov or call 1-800-318-2596 (TTY: 1-855-889-4325). Coverage begins on the first day of the month after a plan is selected. For example, coverage will start June 1, 2021, for plans selected in May.

Virginia-based navigators are available, at no charge, to help consumers shop for and enroll in health care coverage. Visit [help-in-your-area for local help.](http://coverva.org/en/find-</p>
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For additional information about shopping for health insurance, visit the State Corporation Commission's (SCC) Bureau of Insurance website at ShoppingforHealthInsurance.inVirginia.com. To learn more about the Special Enrollment Period, visit the SCC's Health Benefit Exchange website at scc.virginia.gov/pages/Details-for-Consumers.

-Submitted by

Communications Manager
Katha Treanor

"Let them look not upon a man's color but upon his heart." - Baha'i Faith

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OPINION

Give Light ~ A later Easter ~

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

Did you know that Easter Sunday is the first day of next week?

For Christians who worship within the Eastern Orthodox churches, the day of Christ's Resurrection often falls a few weeks later than for those who follow the more familiar Western Rite. This year it is May 2. A different calendar is followed.

Specifically, the Eastern Orthodox presence in the Roanoke Valley includes Holy Trinity Greek Orthodox parish in the Williamson Road section of Roanoke. Another is St. Innocent of Alaska, a relatively new group in the Roanoke Valley with a small house of worship off Thompson Memorial Drive in Salem.

Still, another is St. Ambrose of Milan, a small group that worships in rented space on Colonial Avenue Southwest just east of Virginia 419. These Christians are found

throughout the world, but are especially associated with nations in Eastern Europe, including Russia in past centuries. They represent a separation from the Roman Catholic Church that took place around 1,000 years ago over cultural and theological differences.

Instead of Rome, their seat of government and spiritual center is Constantinople, now Istanbul in Turkey.

Over the years, my association was mainly with Holy Trinity Greek parish. I learned of the Salem congregation 20 years ago when its priest was conducting an evening service in a mobile building; the Rev. Michael Furry, organizing pastor, demonstrated it for me, the sole visitor in attendance.

A few years later, I met the pastor's family at the new house of worship in the 700 block of Thompson Memorial Drive.

Unlike celibate Roman Catholic priests, men aspiring to ordination in the Eastern churches may marry if done before their priestly status is

Frances Stebbins Correspondent

conferred.)

Holy Trinity's Greek pastors were often active in the Roanoke Valley Ministers Conference. I recall especially the Rev. Nicholas Bacalis who served the parish in the 1970s.

When late husband Charlie and I moved to Roanoke in 1953 to join the staff of the afternoon newspaper, Holy Trinity Greek Orthodox Church members worshipped in a small chapel downtown on Franklin Road. By 1965 the group of Greek-Americans relocated to a new building in the growing northern suburbs. I recall attending an ecumenical Thanksgiving service there.

The new church was embellished with wall icons, the holy pictures of scenes from Jesus' life which are characteristic of this branch of Chris-

tendom. The house of worship was yet to be blessed.

Because it was properly done by Iakovos (James), the Archbishop of North America, a decade passed before the great event occurred in July 1978.

This formed one of the most memorable events of my long newswriting career, for, along with other media folk, I went to the Roanoke airport and spoke briefly with the highest-ranking prelate I ever encountered in my years as religion writer.

Archbishop Iakovos in black robe was accompanied by the Bishop of Charlotte, North Carolina.

The next day, I witnessed his performing the blessing of the church by walking around it in a small procession and stopping with prayers at significant portals or objects.

I recall two other significant happenings at Holy Trinity. They were the dedication of additional wall icons which had been painted by one of the rare people able to create the holy pictures; parish leaders could afford to have this

done only after the debt on the building had been cleared.

Nor have I ever forgotten the ritual of Easter Saturday, the day between the Crucifixion of Christ and His recorded Resurrection. Eastern Orthodox folk symbolically remove the Body from the cross and place it in the tomb accompanied by lengthy prayers, know of no other Christian group that performs this rite.

Bacalis moved on, and several other priests followed him as my own job changed from writing for the daily Roanoke newspaper to contributing regularly to the weekly chain based in Salem.

I note too that the valley includes religious groups related, but not identical to the familiar Roman Catholic parishes. One, St. Elias, uses the Maronite Rite familiar to the many immigrants who came to the Star City from Lebanon more than 100 years ago. There also are Coptic Christians who follow practices of Egypt, "Jesus' first home," as leaders have said.

"A Blessed Easter" is appropriate for all.

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

The toll of COVID-19

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

In all of the discussions around the toll of COVID-19 on the physical health of our communities, an aspect that deserves equal attention is the toll it has taken on mental health. Kaiser Family Foundation, a nonprofit health research organization, reports that during the pandemic about four in ten adults in the United States have reported symptoms of anxiety or depressive disorder, up from one in ten adults who reported these symptoms from January to June 2019*.

Whether you have experienced COVID-19 symptoms yourself or not, it is likely that the impact of the pandemic, such as closures or loss of income, have affected you and your loved ones.

Sweeping social isolation resulting from necessary safety measures have added to worry and stress. Symptoms of increased depression, anxiety, distress and increases in alcohol and substance use have been more widespread since the pandemic began.

Still, there are reasons to have hope that we are turning the corner on this long, tough year. Just last week some good news came to light, our local new case counts had dropped to below 200. This means that fewer people were infected in one week than any week since early fall. We have hope that if we continue to follow the safety precautions in place and if even more people become vaccinated, we will keep the momentum going in the right direction.

Here are some tips to consider in order to take care of yourself, now more than ever:

•Make time to unwind from stressful activities. Find a little time

each week to do activities that you enjoy.

•Connect with others. Call a friend or family member to chat.

•Continue with routine preventive measures (physical distancing and wearing a mask in public) to safeguard your health.

•Create routines for yourself and your household. Routine and ritual are restorative to us. Our brain wants predictable activity so we can relax our vigilant nervous system.

•Get enough sleep. If you are having trouble sleeping at night, set aside some "worry time" during the day to write down your concerns. Writing them down helps to keep your brain from endlessly cycling through your list of worries.

•Treat yourself to healthful foods, head outdoors, and get moving. A simple walk in your neighborhood each day can do wonders to lift your spirits and improve your baseline fit-

ness.

•Find ways to laugh. Humor is a wonderful coping mechanism. Tune in to a favorite TV show or connect with a friend who brightens your mood.

Many in our communities have faced and continue to face serious challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. It is normal to experience a range of emotional responses including grief, loss, and mourning. But learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient. Whether you are on the frontlines or the sidelines, being kind and taking care of yourself can help you be compassionate with and support others.

*<https://www.kff.org/coronavirus-covid-19/issue-brief/the-implications-of-covid-19-for-mental-health-and-substance-use/>

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

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CROSSWORD PUZZLE

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- CLUES ACROSS**
- 1. Prevents harm to young
 - 5. "Losing My Religion" rockers
 - 8. Partner to pan
 - 11. Cavalry unit
 - 13. Peyton's little brother
 - 14. Mexican dish
 - 15. Disseminates info to the public
 - 16. Set an animal on
 - 17. Canadian flyers
 - 18. Elongated mouths of anthropods
 - 20. I (German)
 - 21. Opposite of west
 - 22. Glows
 - 25. Measures how quickly a car moves
 - 30. One who has gained wealth
 - 31. Patti Hearst's captors
 - 32. Extensive landed property
 - 33. Male aristocrat
 - 38. For each
 - 41. More fidgety
 - 43. Very happy
 - 45. A place to store info
 - 47. Helps to heal
 - 49. 12th month (abbr.)
 - 50. Broad, shallow craters
 - 55. Nocturnal S. American rodent
 - 56. Frost
 - 57. Ethiopian town
 - 59. Curved shapes
 - 60. Company that rings receipts
 - 61. Spiritual leader
 - 62. Sheep native to Sweden
 - 63. Cars need it
 - 64. Partner to relaxation
- CLUES DOWN**
- 1. Scientist's high-resolution tool (abbr.)
 - 2. Type of school
 - 3. Formal close (music)
 - 4. Transmits high voltage
 - 5. A way to occupy a certain area
 - 6. Draws out
 - 7. His Airness
 - 8. Nocturnal rodents
 - 9. South American plants
 - 10. Homestead
 - 12. Bland or semiliquid food
 - 14. Forest resident
 - 19. The body needs it
 - 23. Atomic mass unit (abbr.)
 - 24. Spell
 - 25. Relaxing place
 - 26. Political fundraising tool
 - 27. Make a mistake
 - 28. Partner to Adam
 - 29. Tyrant
 - 34. Unit of electrical resistance
 - 35. A history of one's life
 - 36. Actor DiCaprio
 - 37. Sea eagle
 - 39. Avoiding being caught
 - 40. ___ de Mornay, actress
 - 41. Belonging to a thing
 - 42. Not us
 - 44. Motorcars
 - 45. Capital of Bangladesh
 - 46. Ancient Greek sophist
 - 47. Practice boxing
 - 48. ___ Grant, actor
 - 51. Swiss river
 - 52. S. Sudan river
 - 53. A bumpkin
 - 54. One point south of southwest
 - 58. Small island (British)

National Day of Prayer is this Saturday

Pam Dudding Guest Contributor

Confusion and disruption in our country and the world create fear and anxiety in the lives

of many people.

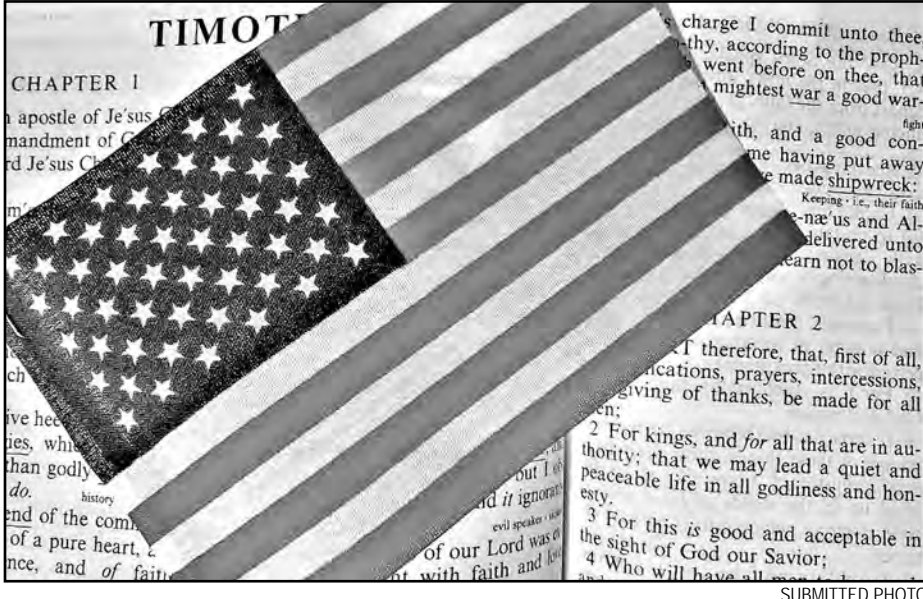
The United States of America was founded on principles from the Bible, which give us a one-way direct line to talk with God, the Father of Jesus Christ, to ease these feelings.

This year, May 8 is designated as the National Day of Prayer. It

is an annual observance held on the first Thursday of May, inviting people of all faiths to pray for their nation.

"It exists to communicate with every individual the need for personal repentance and prayer and to mobilize

See Dudding, page 5



The United States of America was initially founded on the Word of God, the Bible. On May 8, there is a call for all to participate in the National Day of Prayer. "Maybe we can get more accomplished right now, if we get 'plugged up' to the main power source, God," shared one Craig resident. "Who knows, we may see the turnaround they saw in the Bible."

DAR Fort Lewis Chapter honors Vietnam Veterans



Shirley Fisher presenting her husband Don, a retired Air Force Veteran, an appreciation award.



Fort Lewis Chapter Regent Cynthia "Ricki" McKinney and Army Veteran Genem Hill.



Cynthia during a presentation to members of Faith Baptist Church in Salem.



Former US Navy soldier Eddie French receiving his appreciation award.

March 29 was Vietnam Veteran's Day, a day in which people remember those soldiers who fought during the war. It was a terrible time in history. Young men and women going off to a far-away land to fight when their country called on them. Then they come home to name-calling, personal attacks and no cheers from the crowds. Many Vietnam Veterans were never welcomed home properly and unfor-

tunately, no one can go back in time and correct that. But today, the community is beyond thankful for their service. To honor them, consider paying for one of their meals if the opportunity presents itself. Fort Lewis Chapter members Racheal Hedrick, Shirley Fisher and Cynthia "Ricki" McKinney did just a little something to cheer them on Vietnam Veterans Day. Eleven certificates were presented

to each individual and a special Vietnam pin was also given. The certificates read, "The National Society of the Daughters of the American Revolution, District VII, Virginia DAR joins a grateful Nation to honor (Veteran's Name and Branch of Service), in recognition of Valor, Service, Sacrifice, during the Vietnam War." Racheal Hedrick presented a certificate to her father, and Regent Cynthia "Ricki" McKin-

ney presented six to her church members while Shirley Fisher presented three, one to her husband and two to different friends. The 11th one was delivered by Eddie, a Vietnam Veteran himself, to a fellow Vietnam Veteran named Gary. Relaying Gary's thanks to this Regent at church the next Sunday, Eddie said, "when I presented Gary his certificate he cried in appreciation." "They deserve so much and

receive so little; thinking of their struggles with some of the general public and obtaining their health benefits," Cynthia McKinney said. "We are humbled by any service someone does for his or her country in the military, however, a big debt is owed to our Vietnam soldiers. God bless all of them."

-Submitted by Cynthia McKinney, Fort Lewis Chapter Regent

Farmers encouraged to coordinate emergency plans with first responders

National agriculture associations are urging farmers to engage with local first responders to prepare action plans for farm emergencies. Some of Virginia's agriculturalists are already a step ahead. The U.S. Poultry and Egg Association and other commodity groups recently released the first in a series of videos that will help farmers identify essential aspects of emergency action plans for their operations. The initiative emphasizes the advantages of engag-

ing with local emergency professionals—a measure one Hanover County farm family implemented in March. The farm hosted personnel from Henrico Technical Rescue Team who demonstrated grain bin extrication equipment provided by Virginia Farm Bureau Federation's Farm Safety Advisory Committee. Such coordination efforts allow responders to better understand the potential hazards they may face when responding to an on-farm emergency. They

also give farmers insight into the accident response capabilities available within their communities. The March trainings at Engel Family Farms were led by Lt. Charles Smith of Henrico Firehouse 1. He explained to unit trainees that not all regional farmers have access to modern, safe equipment like what they saw at Engel. "There's not a lot of money in farming, and a lot of smaller farmers don't have the updated equipment with safety features,"

Smith said. "They get in a hurry because it's supposed to rain next week, and they have hundreds of acres to get off the ground and into storage. Sometimes it's about speed and efficiency over safety, and they get themselves in a bind." Dana Fisher, VFBF Safety Advisory Committee chair, said farmers need to know how to assist first responders in the event of an accident. The safety

team recommends farmers update their emergency plans and farm maps at least annually, and share them with local emergency providers. "Safety on the farm is always a priority. The partnership between first responders and local farmers and ranchers is critically important, as is assuring effective coordination during an on-farm emergency," said John Starkey,

president of USPOULTRY, speaking on behalf of the commodity groups involved in developing the emergency plan videos. "Helping public safety personnel understand farm operations and providing information to help them respond swiftly and effectively is essential in a time of crisis."

-Submitted by Dana Fisher

Dudding

from page 4

the Christian community to intercede for America's leaders and its families," Minister James Goll said. "The National Day of Prayer represents a Judeo-Christian expression of the faith, based on our understanding that this country was birthed in prayer in reverence for the God of the Bible and with a desire to see its continuance." Many consider The National Day of Prayer to be a vital part of America's rich heritage. History shows that because of the faith of many of the founding fathers, public prayer and national days of prayer, have a long-standing and significant history in American tradition. •Since the first call to prayer in 1775, when the Continental Congress asked the colonies to pray for wisdom in forming a nation, the call to prayer has continued through history, including President Lincoln's "proclamation for a day of humiliation, fasting, and prayer" in 1863 •In 1952, a joint resolution by Congress, signed by President Truman, declared an annual National Day of Prayer. The Supreme Court affirmed the right of state legislatures to open their sessions with prayer in Marsh vs. Chambers (1983) •In 1988, the law was properly amended and signed by President Reagan, permanently setting the day as the first Thursday of every May •Each year, the president signs a proclamation, encouraging all Americans to pray on this day. (Last year was

significant indeed as all 50 state governors, plus the governors of several of the U.S. territories signed similar proclamations.) The Bible tells us to pray for those who are in authority. In 1 Timothy 2:1-4: (1) it says "so that we may lead a tranquil and quiet life in all godliness and dignity" and (2) so that God can bring those in authority - as well as those under their authority - to Himself. He 'desires all men to be saved and to come to the knowledge of the truth.'" One international pastor compared prayer-less intentions to a building that is wired for electricity but not connected to a power source; so, "nothing will work, even if the wires are in good order and the light fixtures are beautiful." We should pray for those who are in authority, to be obedient to the will of God. With the turmoil in the world right now, the unrest of politics and many other unknowns that have plagued our nation, maybe all of us should take a few minutes and "take" the time to pray, seeking wisdom and asking for forgiveness where needed. God says that, "We receive not because we ask not." Let's ask, believing that we will receive and look forward to a turning of the tide for all good to visit our doorsteps. Peace is a needed commodity right now and time in prayer can help to bring it to pass. Shalom Craig County.



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BAPTIST (INDEPENDENT)
CALVARY BAPTIST CHURCH-7th and Florida Streets, Salem VA. Pastor: Roger D. Counts, 540-389-3818. Sunday School 10:00 a.m., Morning Worship 11:00 a.m., Sunday Evening Service 6:30 p.m., Wednesday Night Prayer Service, 6:30 p.m.

LAKESIDE BAPTIST CHURCH - 447 Dalewood Avenue, Salem, 986-0062, Pastor Carl Goodman. Coffee Bar 9:00 a.m., Sunday School 9:30 a.m., Sunday Worship 10:30 a.m., Children & Student Ministry 5:30-7:30 p.m.; Thursday 7:00 pm Young Single Adults, Wednesday Morning Prayer Service 10:00, Lifegroups meeting throughout the week. www.lbcva.com.

SOUTHSIDE BAPTIST CHURCH, 2721 120'Clock Knob Rd., Salem, Pastor: Tim York; Sundayschool, 9:45AM, Sunday morning worship, 11:00AM, Sunday evening, 6:00PM, Wednesday evening, 7:00PM.

TEMPLE BAPTIST CHURCH - 4339 Daugherty Road, Salem, Greg Irby, Pastor, Church: 380-3567; Home: 389-7240, Sunday School 10:00 AM, Worship Services 11:00AM & 6:00PM, Mid-week Prayer Meeting Wednesday 7:00PM, www.templebaptch.com.

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

MOUNTAIN PASS BAPTIST CHURCH - 311 Catawba Valley Dr., (Ro. Co.) Salem, VA 24153. Rev. Jack Richards, Jr., Pastor, Study 384-6720, Home 427-1508. Sundays: Sunday School 9:45 a.m.; Morning Worship 11:00 a.m., Evening 6:00 p.m. Wed: 7:00 p.m. Prayer Meeting and Bible Study.

RIDGEWOOD BAPTIST-703 Hemlock Road N.W. Roanoke, 342-6492. Roy E. Kanode, Pastor. Sunday School 9:45 a.m., Morning Worship 11 a.m., Awana 5:15 p.m., Adult Bible Study and Youth Fellowship 6:00 p.m.; Wednesday Prayer Service 6:30 p.m.; Fellowship Meal 5:45 p.m.; Praiz Kidz 6:00 p.m.; Family Night Activities 6:30 p.m. website: www.ridge-wood-baptist.com.

SALEM BAPTIST CHURCH- 103 North Broad Street, Salem, Pastor, Dr. Heath Rickmond, 387-0416. Sunday School 9:15-10:15 a.m.; Sunday Worship 10:30-11:45 a.m. & 5:00 p.m. Wednesday Services 6:15 p.m. www.salembc.net

FELLOWSHIP COMMUNITY CHURCH - Ken Nienke, Pastor, 387-3200. Salem Campus: 1226 Red Lane Extension, Salem, Worship Times: 8:00AM, 9:15AM & 11:00AM. North Campus: 7210 Williamson Road, Roanoke, Worship Times: 9:15AM & 11:00AM. Southwest Campus: 3585 Buck Mountain Road, Roanoke, Worship Times: 9:15AM & 11:00AM. www.fcclife.org.

BRETHREN
GREEN HILL CHURCH OF THE BRETHREN, 2699 Harborwood Rd (Ro. Co.) Salem, (540) 389-5109, Email: greenhillcob@verizon.net, find us on Facebook. Continuing the work of Jesus, Peacefully, Simply, Together. God's Work Our Hands

Salem WORSHIP DIRECTORY

On Guard

Read 1 Chronicles 7:1 through 9:44

It was a great privilege and honor to be one of the men chosen to be gatekeepers at the entrance to God's house. Even more awesome was the responsibility of four principal gatekeepers who guarded the rooms and the treasures.

They would spend the night stationed around the house of God, because they had to guard it; and they had charge of the key for opening it each morning (1 Chronicles 9:27).

No doubt some nights must have felt especially long, but falling asleep while on duty was not an option. The gatekeepers needed to remain alert to any sound or movement that might indicate the treasures they guarded were in danger.

Today many churches install electronic security systems, although they probably rely on a person to make sure all the windows and doors are locked each night. But when it comes to guarding that which is most important—our children and youth—nothing can replace the prayers of parents and the church family.

Challenge for Today: Ask the Lord for the name of a young person He wants you to safeguard with prayer.

Quicklook: 1 Chronicles 9:22-27



To list your church, contact Randy Thompson at 540-230-1129 or email advertise@ourvalley.org

CHURCHES OF CHRIST/CHRISTIAN CHURCHES

SALEM CHURCH OF CHRIST - 401 West Main Street. 540-389-2400. Minister Eric Evans; Family Life Minister Taylor Plott; 9:00-9:45am Sunday Bible Study; 10:00am & 5:30pm Worship Service; Wednesday Bible Study: 6:00 -7:00pm. For more info contact the Church Office.

WESTSIDE CHURCH OF CHRIST - 1705 Starview Drive, Salem. Minister Neil Richey, 389-9139, Sunday Bible Study: 9:30 AM, Morning Worship: 10:30 AM, Evening Worship: 6:00 PM, Wednesday Bible Study, 7:00 PM.

CHURCH OF GOD/ANDERSON COVENANT COMMUNITY CHURCH-955 Bird Lane, Salem, Va 24153, 389-5639. Pastor: Scott Hudson. Sunday School 10:00AM, Worship 11:00AM; Bible Study 6:00PM.

CHURCH OF GOD/CLEVELAND SALEM CHURCH OF GOD - 600 Craig Avenue, Todd Stiffler, Pastor, 387-2068, Sunday School 9:30am: Worship and Kids Church 10:30 am, Wednesday Bible Study and Classes at 7:00 pm. www.salemcog.church

DISCIPLES OF CHRIST
FIRST CHRISTIAN CHURCH, 712 Front Ave. Salem, Pastor Dan Netting (540) 389-6831. www.firstchristiansalemva.com. Adult and Children Sunday School - 9:45 am, Worship - 10:45 am. Nursery Provided for both. Everyone welcome

FORT LEWIS CHRISTIAN CHURCH - 2931 West Main Street, Salem, 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 SPIRITUAL FREEDOM, is located at 1420 3rd St. SW, Roanoke, VA 24016. However, due to COVID-19, the Light & Sound Services and other ECK programs are currently available online through Zoom. Visit www.eck-va.org for program listings, 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
the BRIDGE SALEM CHURCH - 4335 West Main Street, Salem. 540-404-1414 | bridge.salem@icloud.com • www.salemva.church

church Saturday service, 6pm (Nursery & Kids Church available). Mail: PO Box 1954, Salem. Twitter/ Instagram: @thebridgesalem Joey Lyons, Senior Pastor | joey@salemva.church | 540-831-9864

INDEPENDENT RESTORATION CHURCH - a Community on Mission Following Jesus into the World - 10:10am Sundays at the Salem YMCA - 1126 Kime Lane, Salem - 540-384-1601 - www.restorationsalem.org. Watch Live at: YouTube: Restoration Church-Salem, VA. Facebook: RestorationChurchSalem

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

FIRST BAPTIST CHURCH-226 South Broad Street, Salem. Rev. Melton Johnson, 389-9648. Sunday School 9:30 AM, Sunday Morning Worship Service 11:00 AM, Wednesday Bible Study and Prayer Meeting 7:00 PM.

SHILOH BAPTIST- 201 South Market Street, Salem, Rev. Adrian E. Dowell, H) (389-0409). (Sundays) 9:45 a.m. Sunday School, 11:00 a.m. Worship Service, (Wednesday) Prayer Meeting & Bible Study for Youths & Adults, 7:30 p.m. (Saturday) 8:00 a.m. - Intercessory Prayer Service, Women's Bible Study Fellowship 9:30am Fridays, Men's Bible Study 7am Saturdays.

PENTECOSTAL HOLINESS
CHRISTIAN LIFE INT'L - 1 CLI Way, Salem, Ryan Linkous, Pastor, 343-3801, Sunday Worship Service 10:15 AM, (Children's Church and Nursery) Wed, MidWeek Service (Adult, Awaken Youth, M'pact Girls & Royal Rangers) 7 PM. Nursery Provided. Email: office@clichurch.org. Find us on facebook.

PRESBYTERIAN CHURCH (USA)
SALEM PRESBYTERIAN CHURCH- 41 East Main Street, Salem, VA . 389-3881. Associate Pastor Rev. Janet Chisom, Interim Pastor: Rev. Tupper Garden. Until further notice: Sunday School 9:30 a.m., Sunday Worship 11:00 a.m. are online only. Please contact the church for online details for Sunday School and worship with us at www.salempres.org, or Facebook, or YouTube.

ROMAN CATHOLIC
OUR LADY OF PERPETUAL HELP -314 Turner Road, Salem. 387-0491, Rev. Ken Shuping, Saturday Mass - 5:00 p.m., Sunday Mass 10:30am, Daily Mass: Mon 12noon, Wed 6:30pm, Thur 12noon & Fri 12noon; Mass on Sunday at 1:00 pm in Spanish; Confessions Wednesday 5:30-6, Saturday 4:00 p.m.-5:00 p.m. and by appointment.

UNITED METHODIST
FIRST UNITED METHODIST CHURCH - 125 W. Main St, Salem, VA. 540-389-5459. Pastor Alan Combs, Traditional Worship - 8:45am, Sunday School - 9:45am, Genesis Contemporary Worship 10am; Traditional Worship - 11:00am. www.fumcsalemva.org.

LOCUST GROVE UNITED METHODIST CHURCH- 3415 Locust Grove Lane, Salem, 380-4303, Pastor Logan Hollenbeck. Drive-In service each Sunday Traditional Worship 9:30 a.m.

Vaccine from page 1



PHOTOS BY SHAWN NOWLIN

Once the vaccine is received, individuals are encouraged to wait for at least 15 minutes before leaving the building.



Health experts conversing amongst each other.



A VDH employee administering a vaccine on a senior.



VDH employees making sure a local family's information is accurately registered.

ultimate goal, so let's continue," she said.

All adult Salem residents can register to get vaccinated at vaccinate.virginia.gov. Every vaccine is free of immigration status and health insurance. Any individual registered under phase 2 that doesn't want

to wait for the state to contact them is encouraged to regularly check for appointments at pharmacies like CVS and Walgreens. Through the state health department's website, non-English speakers can also make appointments.

Recently, Governor

Northam shared a video encouraging residents seeking a vaccination opportunity to use the new Vaccinate Virginia website or the statewide call center to find vaccine providers.

"The COVID-19 vaccine is the light at the end of the tun-

nel - and that light is getting brighter every day as more and more Virginians get vaccinated," he said. "We continue to work with diverse providers and community partners across the Commonwealth to distribute vaccines in a fair and equitable way. Expanding

vaccine eligibility to all adults marks an important milestone in our ongoing efforts to put this pandemic behind us, and I thank all of the public health staff, health care workers, vaccinators and volunteers who have helped make this possible."

Goodwill Industries of the Valleys celebrates Annual Goodwill Week



Every year during the first full week of May, Goodwill organizations across the United States and Canada celebrate Goodwill Week to highlight the defining principle of our mission - transforming lives through the power of work.

This year, Goodwill Week runs May 2-8. Throughout the week, Goodwill Industries of the Valleys will be sharing the mission and facts about Goodwill across social media platforms and displaying internal Goodwill team spirit! Goodwill Industries of the Valleys is also celebrating 90 years of service in 2021 and will use Goodwill Week as a kickoff for the 90th Anniversary.

Local Goodwill organizations have observed Goodwill Week for 70 years, and the first Goodwill Week was in May 1951. It encourages local Goodwill organizations to educate their communities about their mission of "helping people with disabilities or disadvantages help themselves."

Due to the COVID-19 crisis, unemployment rates are still high, and many communities continue to struggle with poverty and lack of access to good-paying jobs. Goodwill is dedicated to helping

people find employment, advance their careers, care for themselves and their families, and gain greater independence.

"Goodwill Week is a time to share about our Goodwill, our mission, and the people we have impacted in the community," said Michelle Darby, Vice President of Marketing & Development for Goodwill Industries of the Valleys. "Goodwill is making a difference in the lives of individuals in our communities throughout our 35 counties, 14 city service area in Virginia. We want everyone to know about the good in Goodwill."

Eighty-nine cents of every dollar spent at Goodwill Industries of the Valleys goes back into local communities to help people earn jobs, build careers, care for their families, and gain independence. At the end of March, Goodwill had already assisted over 11,000 people in 2021.

Visit www.goodwillvalleys.com to learn about how Goodwill helps our local community.

-Submitted by Chelsea Moran, Public Relations Manager

OBITUARY

Lawson, Hannah Marie

Hannah Marie Lawson - Daughter to Raven P. Evans - Daughter to Keith A. Lawson - Granddaughter to Gloria 'Sissy' Lawson - Spouse to Foster Burton - Sister to Bethany Evans - Aunt to Sierra Abner - Mother to Delilah Jones - passed away peacefully on Friday, April 30. Her last day was genuinely happy, and her last thoughts were expressed lovingly and in the presence of those closest to her.



In music, Everybody moves different, with familiar grace. Anytime we dance takes us closer to glory.

Honestly, Hannah is not gone. We only leave impressions in this world. Everything else is smoke. Things, stuff... these are not important. She is with us in celebrations, in impressions, in music. You know this:

Old friends, heroes, lifetimes, don't let a single memory fade away.

In this way, she will never be gone. Tell her stories. Share her laughter. Speak of her incredible smile. She will be with each of us in her own, unique way.

Some of us need a compass. Some need a map. Some need a flashlight and a guide. Some of us need all of these. Hannah needed none. If there was a person who had clear vision it was her. She knew herself. She knew what she liked...so she did the hell out of it. She knew what was right...so she fought like hell for it. She knew how to be comfortable in her skin...so she shone brightly for those of us who don't. For us, she showed the way.

She was a compass. She was a map. She was a flashlight, and sometimes a guide. She didn't ask for these duties. She was born with them.

Hannah leaves a fiercely loyal family and community behind. Her legacy goes beyond anything most of us have seen in such a humble, honest, and carefree soul. What she had and gave will never be replaced. It is up to us. It is up to you.

Tell her stories. This is important. Show others what she showed you.

Final arrangements pending. In lieu of flowers, please send donations to League for Animal Protection, Fincastle, VA.

It's amazing what we learn when we look. The trouble is, sometimes we don't look. Not really. But in life, certain events force us to look. Hannah cast such a broad net, touched so many people, made so many friends, even those closest to her stand in awe.

Hannah was raised in a family that lives and loves music. If you knew Hannah, you knew this. But there is a difference between those who love music and those who live music. For those who live music, it is the foundation of the soul. The soul is the house where we live and in this house, We believe...Music only knows what the people feel.

The music is in her spirit, and as hard as we want it not to be true, her spirit is what we have now. But Hannah knew this, and it bears repeating: The spirit moves through all things.

Music made her feel. It made her feel good! And if it feels good, we shake! We move. We connect. That connection, now, in this incredibly difficult time shines light on what a wide, generous life Hannah led.

If you enjoy fishing, working, laughing, playing, digging, eating, loving, occasionally fighting for what is right - if you enjoy moving - you share more with her than you might know.

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

CROSSWORD ANSWERS

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First week in May proclaimed as Virginia Public Service Week

Recognizes approximately 701,500 public sector employees across the Commonwealth

Governor Ralph Northam declared May 3-7, 2021 as Virginia Public Service Week to recognize the dedication of federal, state, local, and tribal government employees in the Commonwealth of Virginia. The annual observance honors approximately 701,500 public sector employees who work on behalf of Virginia residents.

"The past year has been extremely difficult—and our public employees continue to rise to the occasion, going above and beyond to serve their communities and fellow Virginians," said Governor Northam. "From those on the front lines to others who are behind the scenes, this week we have an important opportunity to salute the hard work of thousands of people who help make our Commonwealth the best place to live, work, visit, and raise a family."

Governor Northam shared a new video message celebrating the more

than 124,000 state employees in Virginia who are answering the call of public service with commitment, professionalism, and creativity.

In Virginia, an estimated 17 percent of the workforce is employed by the government. During Virginia Public Service Week, public agencies and institutions of higher education recognize their employees through awards and special activities. Virtual programs will be held for state employees again this year, including a special tour of the Executive Mansion grounds, a cooking lesson from Executive Chef Ed Gross, and micro learning sites.

"We depend on our employees and their dedication each and every day," said Secretary of Administration Grindly Johnson. "As in years past, this week provides an opportunity for team-building, connecting, and interacting among employee teams."



Almost one-fifth of Virginia's workforce is employed by the government.

SUBMITTED PHOTO

Virginia Public Service Week is also an opportunity for employees to recognize their co-workers, particularly those who volunteer through the Commonwealth of Virginia Campaign (CVC) in their

communities, which raised nearly \$2 million in just the last year.

"Taking time to simply say thank you, whether from a manager or a co-worker, lets an employee know they are seen and what they did

matters to someone else, too," said Emily S. Elliott, Director of the Virginia Department of Human Resource Management. "It's important that we lift each other up during challenging times and remind one

another just how important and purpose-driven our service to the Commonwealth really is."

-Submitted by Alena Yarmosky, Office of the Governor

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Help Wanted - General

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needed for Salem Presbyterian EPC Church; Part-time effective July 1, 2021; 15-20 hours a week; Contact: mbloritsch@gmail.com for details.

Help Wanted - General

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TAP (Total Action for Progress) is the second largest community action agency in Virginia, employing more than 300 employees. We encourage people to think creatively, grow professionally, and make a positive impact within the agency and in the communities in which we serve.

The following position is open with TAP:

Education Coordinator

The Education Coordinator ensures all center based programs are operated in a way that provides children with educational experience that help them grow cognitively, socially, emotionally and physically. BA, BS degree with concentration in early childhood development. 4 years working with families and young children. 3 years' experience in a supervisory capacity. Demonstrated knowledge of child development for children under 6. HS diploma/GED required 6 months working w/family services program required. Must be capable of completing certification in First Aid and CPR for infants and children. Must have ability to move w/ease and lift a min. 40lbs., able to interact w/children, possess a valid VA driver's license and access to reliable transportation. Must be able to adjust work schedule as needed. Complete background check required. FT, w/competitive benefits. Salary: \$17,10-24,71/hr. Submit cover letter and resume to: TAP, Human Resources, Job Code: EC-HS, PO Box 2868, 302 2nd St., Roanoke, VA 24001-2868 or fax to 540-345-1944

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Legals - Botetourt County

ORDER OF PUBLICATION
COMMONWEALTH OF VIRGINIA VA. CODE §§ 1-211.1; 8.01-316, -317, 20-104
Case No. CL20000449-00
Botetourt Circuit Court One West Main St, Suite 120, Fincastle, VA 24090
Michael Loving Coleman v.
Sondra Walters Coleman
The object of this suit is to: OBTAIN A DIVORCE
It is ORDERED that Sondra Walters Coleman appear at the above-named court and protect his/her interests on or before June 8, 2021.

April 19, 2021
Tommy L. Moore
Clerk

ORDER OF PUBLICATION

Commonwealth of Virginia VA. CODE § 8.01-316
Case No. JJ013851-08-00
BOTETOURT JDR DISTRICT COURT Juvenile and Domestic Relations District Court Commonwealth of Virginia, in re JOYCE, AUDREY ELIZABETH COMMONWEALTH OF VA - DSS v. UNKNOWN FATHER
The object of this suit is to: TERMINATION OF PARENTAL RIGHTS TO AUDREY E. JOYCE
It is ORDERED that the defendant UNKNOWN FATHER appear at the above-named Court and protect his or her interests on or before 07/20/2021 01:00 PM
05/03/2021
Pamela Jarvis
CLERK

Legals - City of Salem

Notice is hereby given to

all interested persons that the City of Salem Planning Commission, at its regular meeting on May 12, 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 the request of Scott A. Boggs, property owner, for the issuance of a Special Exception Permit to allow retail sales on the property located at 407 East Burwell Street (Tax Map # 120-1-5).

2) Hold public hearing to consider amending Chapter 106, Zoning, Article III Use & Design Standards, Section 106-308 pertaining to office uses, and Article VI, Definitions and Use Types, Section 106-602.5 Civic Use Types and 106-602.7 Office Use Types, pertaining to guidance services, medical offices/clinic, and outpatient mental health and substance abuse clinics, 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 - City of Salem

Notice is hereby given to

all interested persons that the Council of the City of Salem, at its regular meeting on Monday, May 24, 2021, at 6:30 p.m., in the Community Room of 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 the request of Scott A. Boggs, property owner, for the issuance of a Special Exception Permit to allow retail sales on the property located at 407 East Burwell Street (Tax Map # 120-1-5).

2) 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 THE CITY OF SALEM, VIRGINIA pertaining to signs.

3) 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, Section 106-308 pertaining to office uses, 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 and Article VI, Definitions and Use Types, Section 106-602.5 Civic Use Types and 106-602.7 Office Use Types, pertaining to guidance services, medical offices/clinic, and outpatient mental health and substance abuse clinics of the CODE OF THE CITY OF SALEM, VIRGINIA.

Copies of the proposed plans, ordinances or amendments may be examined in 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 request.

THE COUNCIL OF THE CITY OF SALEM, VIRGINIA BY H. Robert Light Clerk of Council

ABC NOTICE

Prakash Jariwala, trading as BP Quickmart, 331 Wildwood Rd, Salem, Virginia 24153.

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

Prakash Jariwala

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

Legals - Montgomery County

LEGAL NOTICE OF PUBLIC HEARING

The Christiansburg Town Council will hold a Public Hearing on Tuesday, May 11, 2021 at 7:00 PM in the Council Chambers of the Christiansburg Town Hall, 100 E. Main Street, Christiansburg, Virginia 24073. The purpose of the public hearing is to receive public comments concerning:

1. A request by JBC Properties, LLC, to rezone approximately 4.82 acres of a 5.311-acre parcel from A, Agricultural to R-1, Single-Family Residential. The subject property is located at 345 John Lemley Lane, S.E. and is identified as Tax Map 502-((17))-23 (Parcel ID 120239). The property is designated as Residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan.

2. A request by New River United Soccer Association for a Conditional Use Permit to operate a club soccer facility within the A, Agricultural zoning district. The subject property is approximately 4.901 acres in size, located at 1200 Buffalo Drive, N.W. and is identified as Tax Map Number 556-((A))-84 (Parcel ID 111028). The property is designated as Residential on the Future Land Use Map of the 2013 Christiansburg Comprehensive Plan.

Town Hall will be open and available to receive public comment in-person at the time of this Public Hearing. Additionally, the meeting will be streamed live on the Town of Christiansburg's YouTube channel at www.christiansburg.org/youtube and will remain on the Town's YouTube page once the meeting concludes. For information on contactless methods for submitting public comment, please visit www.christiansburg.org/publichearings.

Copies of the applications are available for review at the following link: www.christiansburg.org/publichearings. A copy of the applications, the Town's Zoning Map, Zoning Ordinance, and Future Land Use Map may be viewed in the Planning Department Office, 100 E. Main Street, Christiansburg, VA 24073 during normal office hours of 8:00 a.m. - 5:00 p.m. Monday through Friday. Contact Margaret Barden, Planning Director, at (540) 382-6120 ext. 1117 or by email at mbarden@christiansburg.org with any questions or if you require reasonable accommodations.

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STATE CHAMPS

continued from page 16

a long completion on third and 22 and a pass interference on Salem in the red zone. Then Darius Speight came down with a spectacular catch in the end zone despite being blanketed by Salem defensive back Chase Greer. The two point conversion failed but Lake Taylor was back in front, 12-7, at the 7:27 mark of the third quarter.

That lead lasted all of a minute and 27 seconds. After returning the kickoff to the SHS 33 the Spartans faced a third and eight at their 35. At that point quarterback DaRon Wilson found Chauncey Logan, Jr. behind the defense and hit him in stride. "Deuce" did the rest for a 65 yard catch and carry that put Salem back on top, 14-12, and the Spartans wouldn't trail again.

Lake Taylor drove to the Salem 25 on the ensuing drive, but the Spartans stopped them there on an incomplete pass on fourth and four. The Spartans started a drive as the third quarter turned to the fourth, and with 8:45 to go Wood went off the left side for 35 yards, diving into the end zone for his second score. Cross' kick made it 21-12 and now it was a two-possession lead for the visitors.

The Salem defense stopped Lake Taylor again, and the Titans chose to punt with just over four minutes to go. That quickly turned into Wood's third TD of the game, a 49 yard burst through a big hole off the right side that gave Salem a 28-12 lead with just 3:46 to go.

"We had our offense figured out in the second half," said Wood. "I had some big holes after they made those adjustments."

The 16 point lead was stout, but the Titans were still two TDs and a couple two point conversions away from tying the game so no one on the Salem side was resting easily. Things got a little tight when the Titans marched right down the field in a minute and a half to score on a drive that featured a couple spectacular catches. A six yard TD pass from Foster to Camauri Hunter with 2:09 to go, coupled with a successful two-point conversion pass to the same receiver, cut the lead to eight.

Lake Taylor's only chance at this point was an onside kick, and they had three chances. Salem recovered the first, but the Titans were offside and got to kick again. The second time a Lake Taylor player touched the ball before it went 10 yards, and you'd think Salem would get the ball at that point. However, the rule stipulates this is a penalty and Lake Taylor got a third try after penalty yardage was assessed. This time Salem wrapped it up, and after a couple handoffs and a kneel down by Wilson the Spartans had their 10th football state championship.

The Spartan sideline erupted in join and the players, coaches and family celebrated on the field long after the final horn sounded. A season that could have been lost turned out to be one of the most memorable in school history.

"One of the biggest things was breaking them down mentally," said a smiling Salem defensive lineman Cameron Martindale. "We saw them wilting about halfway through the third quarter. At that point we knew we had them."

After a tough first half Wood finished with 220 yards rushing on 20 carries with three TDs. For the season Zavione had 1,638 yards for an average of 9.9 yards per carry and 19 touchdowns in 10 games. He only fumbled twice in 164 carries.

Cameron Leftwich had 36 yards on 10 car-



Above, Salem's Zavione Wood dives into the end zone for the second of his three touchdowns, completing a 34 yard run. Below left, DaRon Wilson gets good protection from Brady Torian as he finds Chauncey Logan for a third period score. Below right, Wood is off and running for Salem's first score of the second half, a 56 yard run to paydirt.

PHOTOS BY BRIAN HOFFMAN & SCOTT GARDNER



ries and he did the "grunt work" all season, blocking for Wood and carrying the ball in short-yardage situations. Wilson passed just six times in the game, finding Logan twice for 83 yards and a score.

On defense, Wood led the team with 10 tackles at his linebacker spot. Martindale had nine tackles, Jayden McDonald had eight and Noah Collins, Stacy Williams and Ky'Juan Waller had seven each. Williams had two tackles for losses and Jordan McDonald had the big interception in the end zone.

The Spartans arrived home late Saturday night to be greeted by a big crowd at the Farmer's Market as their bus crept down Main Street. Spartan Silk Screen already had state championship shirts printed, and it was a great time in Salem as Saturday turned to Sunday.

"These seniors got a taste of it when we won when they were freshmen," said Holter. "This was an outstanding senior class and we're really going to miss them. They're a tight knit group, a real brotherhood. They provided great leadership and determination, and that's contagious."

Salem will graduate a dozen seniors and the Spartans will also say goodbye to two long time coaches. Defensive line coach Jeff Leftwich is retiring, as is Defensive coordinator John Fedison, who came to Salem with coach Stephen Magenbauer in 2004. John is the last remaining member of the 2004 staff, having been a part of six state championships. Leftwich and Fedison were both beaming over how their defense performed in their last game as coaches.

Holter has already hired one replacement, SHS graduate Daniel Dyer. He was a running back for Salem who went to Virginia Tech as a walk-on and made the team. Daniel has been coaching at Franklin County under former SHS assistant JR Edwards.

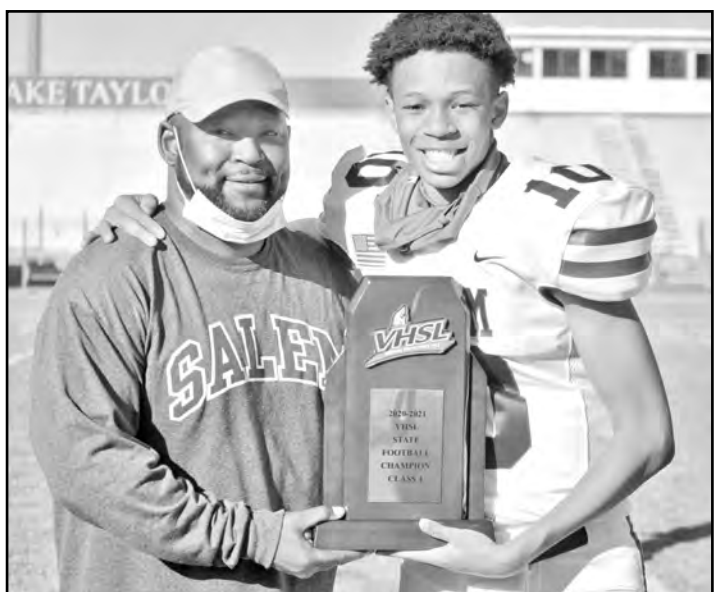
Holter is planning a banquet for the team, possibly outside at Salem Stadium due to the pandemic. He indicated the trophies and awards will reflect the "2020" season, and not the spring of '21.

"The new year doesn't start in January, it starts in August when school starts and football season begins," he said. "At least that's how it is here in Salem."



Above left, Ky'Juan Waller is held as he chases Lake Taylor quarterback Jeff Foster. Above right, Carson Williams has Foster in the backfield as Stacy Williams(#73) rushes to assist. Right, Spartans celebrate after the final horn and, below, Spartan quarterback DaRon Wilson poses with the trophy and fahter Tre, who was the quarterback on Salem's 1991 state runnerup football team.

PHOTOS BY BRIAN HOFFMAN



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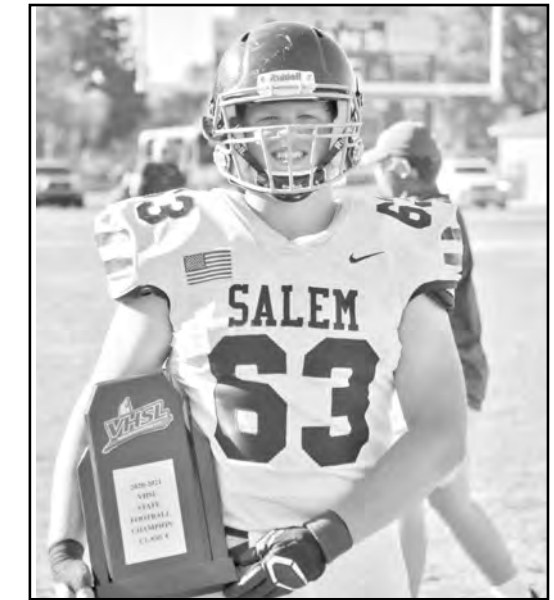
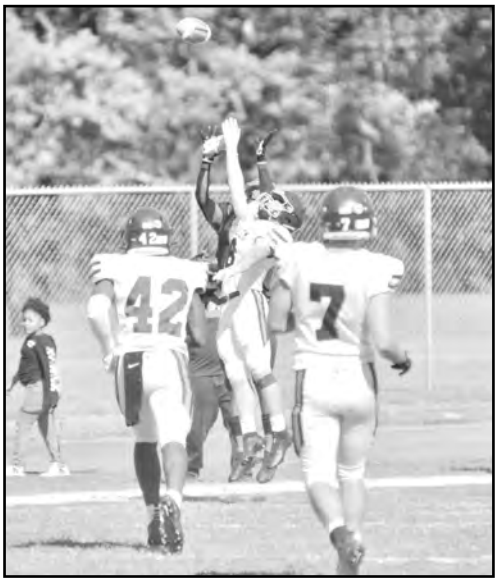
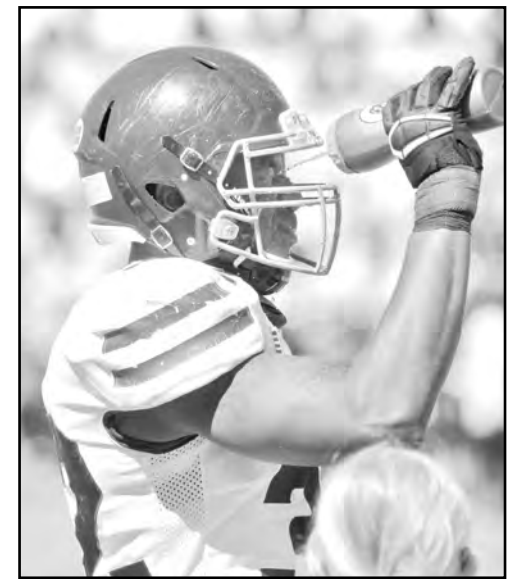
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Salem's Tiffany McGloughlin clears the bar in last week's track meet at SHS.

PHOTO BY BRIAN HOFFMAN

SHS girls 2nd in home meet

The Salem High track team opened the outdoor season with a home meet last week against Hidden Valley, Pulaski County and Christiansburg.

The Salem girls took second in the meet, the first outdoor meet at Salem High in two years with last year's outdoor season lost to the pandemic. Erin Memmer won both the shot put and discus while Myla Greene won the 200 and was second in the 100. Mary Crumpacker was second in the 800.

In the boys' meet Amarri Edwards placed first in the 400 with a personal record and second in the 200. Carlos Alleyne was second in the 110 hurdles

and Walker Peterson took second in the 800.

Salem also had a meet at Patrick Henry last week. The Spartan girls were fourth among six schools and again Memmer won the shot and discus and Green won the 100. McKenzie Moran won the pole vault and the 4x800 team of Katelyn Crumpacker, Amanda Rothkopf, Lyndsy Rothkopf and Kyra Netting took first.

For the boys, Peterson won the 1,600 and was second in the 3,200. Edwards was second in both the 100 and 200.

Salem was scheduled to run at Blacksburg on Wednesday of this week.

Lewis opens track season at FC

The Andrew Lewis track teams kicked off their season at Franklin County last week.

The boys were led by Kameron Brown, who won the long and triple jumps along with the 110 meter hurdles. Dontay Davis was a double winner, taking both the shot put and the discus. Other winners included Blake Bass in the 300 meter hurdles and Luke Farmer in the 200 meter dash.

Top point scorer Genelle Balthazar, who placed in all five of her events, led the girls' team. Winners for the girls' included Sutton Semones in the discus, Alecia Kasey in the shot and Cameron Phillips in the 300 meter hurdles. The 3200 meter relay team of Bella Acree-Lynch, Erin Armistead, Emilie Rose, and Alena Terry also took home first place.

The Wolverine teams were scheduled to return to action Wednesday at Salem High School.

Glenvar soccer sweeps Carroll

The Glenvar soccer teams traveled to Hillsville last week and came back with a sweep of homestanding Carroll County. The boys took a 6-2 win and the girls won a 3-0 shutout.

Glenvar scored the first six goals in the boys' game. Maddox Fisher had two and Riley Geddes, marco Gustafson, Jacson Shepherd and Charlie Horrell had one each. Assisting were Colin

Clapper, Shepherd and Geddes with two.

Glenvar outshot their hosts, 22-10. Alex Byrd and Gustafson made two saves each splitting time in the goal.

"It was a win for us on the road," said coach Josh Jones as the Highlanders remained unbeaten at 2-0. "We have things we need to continue to improve on to get where we can be. However, a road win is

always a good thing so we will take it for now."

Keeper Ashley Gardner had three saves in the girls' shutout win. Faron Wilson had two goals and Jordin Crouch had one. Megan Pomerleau had two assists and Rhyann Harris had one as the girls evened their record at 1-1.

The Highlanders are back in action tonight with a girls-boys doubleheader at Giles.

Glenvar tennis teams play Radford Friday, Salem will meet PH today

The Glenvar boys swept and the girls split in Three Rivers District tennis matches last week. Both teams played Floyd and Giles.

The boys beat Floyd, 8-1, and shut out Giles, 9-0. The Floyd match was closer than the score indicated as most of the matches were 8-6 or went to tie-breakers. Glenvar dominated Giles.

"They had a couple of good looking players, but are a year away from being in the mix," said Glenvar coach Bob Haynie. "We are now 3-1 and getting better every day."

The girls beat Floyd, 8-1, on the Glenvar courts. Every match was highly contested and points were hard to come by for both teams. Isabella Gustafson contributed two wins in her singles and doubles match.

On Friday the girls fell to Giles, 7-2. Glenvar played some of the best tennis

the girls have played all year according to coach Blaine Mills.

"Avery(Alexander), Hailey(Bryant), and Hannah(Hill) were all down 1-4 and were able to either tie or take the lead at one point in the matches," said Mills. "I was very proud of how hard the team fought."

Both teams were rained on Monday in matches with Alleghany. The Highlanders were scheduled to play Carroll County on Wednesday, and on Friday the girls are at Radford and the boys host the Bobcats at GHS.

Salem's tennis teams were scheduled to play Patrick Henry on Monday but those matches were rained. They were postponed until Tuesday, and then rained out again. So, the Spartans will try again today with the boys at home and the girls playing the Patriots in Roanoke.

Andrew Lewis and Glenvar middle school teams will go head-to-head today in baseball and softball while the Lewis soccer teams take on Cave Spring.

The Lewis baseball team will play Glenvar at Green Hill Park today at 5 pm. Last Thursday the Wolverines hosted Read Mountain at Kiwanis Field and dropped a 5-2 decision to the Stars. Brayden White opened on the mound for Lewis and was tagged with the loss. Ben Keffer had an RBI double for the Wolverines and Thomas

Millard had two hits.

The Lewis softball team will host Glenvar today at the Moyer Complex. Lewis improved to 3-0 with a 15-0 win at Read Mountain last week. Caitlyn Wells was two-for-two with a triple and a single and Abbi Neff had a double and a triple. Cora Grace Sparger went four-for-four with three doubles and a triple and she's 11-for-11 to start the season. She also pitched Lewis to the win.

In soccer, the boys beat Hidden Valley

Glenvar inaugurates new track

The Glenvar boys were first and the girls were third in a three team track meet at Highlander Stadium last week. Floyd's girls took first by a point over James River.

"Overall I thought we did very well," said Glenvar coach Neil Swanson. "We had a few key girls out that could have bumped us up to second, if not first."

Two Glenvar school records fell on the new track, which was used for the first time for an "outdoor" meet as Glenvar missed the spring season due to the pandemic last year. The 4x400 relay team of Carly Wilkes, Sydney Loder, Ryan Harris and Delaney Eller set a new school best. Also, Loder broke the 300 hurdles record with a time of 48.83. Sydney also won the high jump and 100 hurdles.

Other firsts for the girls included Wilkes in the 1,600 and Harris in the 400.

The boys scored 109 points to easily outdistance James River, who had 39. A plethora of firsts included Bryant Loftis in the 200 and 400, Tyler Johnson in the 110 and 300 hurdles as well as the triple jump, Jackson Swanson in the 100 and long jump, Daniel Zearfoss in the 1,600, Will Johnson in the shot



Avonne Noel long jumps for the Highlanders in last week's meet at the Glenvar track. PHOTO BY BRIAN HOFFMAN

put and Gabe Ford in the high jump. Glenvar also swept the boys' relays. The Highlanders were scheduled to return to action on Wednesday of this week at Floyd County.

RC women 2nd in ODAC track

The Roanoke College women were second and the men were sixth at the ODAC track championships at the University of Lynchburg. The host Hornets won both the men's and women's championships.

Hannah Koepfinger led the RC women's team as she won the 400MH, setting a new school record with a blazing time of 1:03.96. The previous record of 1:04.13 was set in 2013 by Carmen Graves. Koepfinger's time cur-

rently puts her 10 in the nation as she is poised to earn a berth in this year's NCAA Championships.

Freshmen Mikayla Hefferon won the 400 meter dash with a personal best time of 58.74 seconds.

The Men's 4x100m relay team of Troy Crawley, Grant Williams, Blake Morin, and Sam Crawford would go on and set a new school record in the event. Their time of 42.11 seconds earns them second team all ODAC.



Evin Lainez of Salem(#20) battles for the ball in last week's game at Cave Spring.

PHOTO BY BRIAN HOFFMAN

Salem girls win, boys fall in OT

The Salem soccer teams kicked off the season with matches against Cave Spring last Friday. The girls scored a 2-1 win at home while the boys played at Cave Spring and dropped a heartbreaker in overtime, 2-1.

The Knights led at the half, 1-0, in the girls' game in Salem. It was the first game as head coach for new mentor Kayla Wood.

"At half time, I reminded the girls of the simple things that we discuss constantly to be patient, possess the ball, work together and win big balls in the middle," said Wood. "In the second half, they came out ready to go."

Salem tied it up when Dylan Copeland won a 50-50 ball and the header went right to Annie Bond, who beat the defender and scored. Bond also scored the winner off an assist from freshman Reece Mangus, who split the Cave Spring defense and found Bond for the goal. Anna Haley had four saves for Salem, including a scoreless second half to pick up the opening night win.

"I am so proud of how this team did not accept defeat and fought back in the second half to bring Salem girls' soccer their first win of the season," said Wood.

High on the hill at Cave Spring High the Salem boys lost in overtime in the first game for first year boys' head coach David Atkins. Salem fell behind early on a penalty kick and, like the girls, trailed 1-0 at the half. And, like the girls, the Spartans rallied to tie as Buddy Reed found Evin Lainez for a goal. That was all the scoring in the second half, and the Knights were able to find rope in the first five minute overtime to come away with a win. Shots on goal were six apiece in a very competitive game.

The are back in action Friday to play Hidden Valley. This time the boys will be home and the girls are on the road.

Lewis and Glenvar meet in middle school baseball, softball today

Spartans rally to tie Knights but lose baseball opener, 6-5

The Salem High baseball team battled back to tie the game in the top of the seventh, only to fall in the bottom of the inning in last Friday's season opener at Cave Spring. The Spartans dropped a 6-5 decision in Roanoke County.

Salem fell behind early as the Knights reached Spartan starter Ethan Walker for single runs in the second and third innings and three in the fourth. Salem cut the deficit to 5-3 in the sixth, paced by an RBI double by Eli Bowery.

In the top of the seventh Hunter Bayne reached on an error and Chip Stephenson followed with his second hit of the day. Eryn Hughes sacrificed them over, and after a strikeout Hunter

King ripped a double to the ally to score both and tie the game. However, Cave Spring would rally to score in the bottom of the inning and pull out the win.

Bowery was the tough luck loser, pitching the final inning and two-thirds without allowing an earned run. Walker pitched three innings and Ben Bowers came on to pitch two scoreless frames. Salem had six hits. In addition to Stephenson's two Salem had one hit each from King, Bowery, Camden Hart and Cody DeBoer.

Salem's scheduled home opener was rained out on Tuesday and rescheduled for Wednesday. The Spartans are back home against Hidden Valley on Friday.

Highlanders host Giles Friday

The Glenvar baseball team was rained out of a Monday Three Rivers District home game with Floyd County. The game has been rescheduled for June 7.

The Highlanders are 1-1 on the young season after a 5-4 loss to Carroll County last week. Glenvar was held to five hits. Clay Caldwell and Cam Wiley split mound duty for the Highlanders.

"We unfortunately left 11 on base and had three errors, so we pretty much handed them the game," said Glenvar coach Jeremy Cromer.

Glenvar was scheduled to play at Radford on Wednesday with a home game against Giles on Friday.

Maroons 3rd seed in ODAC baseball

The 2021 ODAC Baseball Tournament features a familiar feel to start the event, but the progression of the eight-team tourney takes on a new look this season. The field's top seed required tiebreakers to determine, with Randolph-Macon College earning the top seed over the University of Lynchburg.

ODAC baseball moved to a best-of-three series format to start the tournament a couple of years ago. That remains in effect this season with each of the top-four seeds hosting series on Saturday and Sunday, May 8-9. That format will continue throughout two more rounds of competition.

Two more series will be held on Saturday and Sunday, May 15-16, at the higher of the two seeds for both matchups. The champion will be determined on Friday and Saturday, May 21-22, with the final series at the highest remaining seed.

Randolph-Macon and Lynchburg split their regular season series, which forced the use of the second step in the league's tiebreaking protocols to separate the two teams. The Yellow Jackets edged the Hornets for top-billing, but both teams will host quarterfinal series on the weekend.

Roanoke College and Shenandoah University will also host potential three-game sets this weekend as the third and fourth seeds. Shenandoah will square off with fifth-seeded Hampden-Sydney College in Winchester, while sixth-seeded Bridgewater College heads down I-81 to Salem to meet the Maroons.

Seventh-seeded Washington and Lee University travels over the mountain to the Hill City to play at Lynchburg. Eastern Mennonite University caps the field as the eighth seed and will head to Ashland for a showdown at Randolph-Macon.

Spartans drop opener to CS

The Salem High girls softball season since the spring of 2019 last Friday and dropped a 12-2 decision at Cave

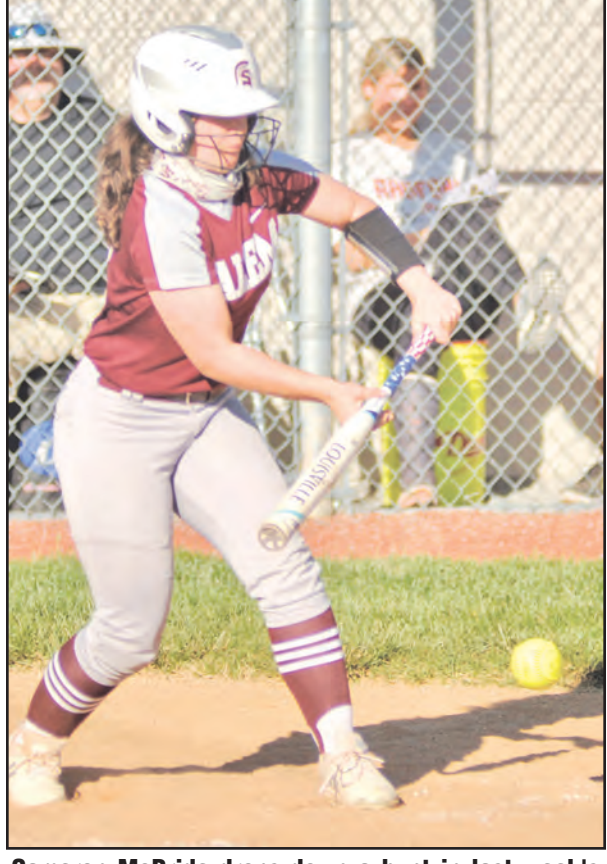
Spring.

Freshman lefty Grace Christianson started on the mound for Salem and pitched the first two innings before she was relieved by Bayleigh Booth. A few misplayed popups contributed to the Knights' attack on very windy day at Cave Spring.

Offensively, Maize Roop smashed a home run to left for Salem and Taylor Bolen had a double.

"We learned a lot from the first game and, despite the score, there were a lot of positives to build on for the year," said Salem coach John Counts.

The Spartans' home opener was scheduled for Tuesday at the Moyer Complex against Blacksburg but an afternoon thunderstorm washed that out. It was rescheduled for Wednesday, and Salem is at Hidden Valley on Friday.



Cameron McBride drops down a bunt in last week's game at Cave Spring.

PHOTO BY BRIAN HOFFMAN

Maroons advance in ODAC softball

Fourth seeded Roanoke College advanced to the second round of the Old Dominion Athletic Conference softball tournament with a sweep of fifth seeded Bridgewater last Friday at the James I. Moyer Complex in Salem. The Maroons won 4-3 in eight innings and 8-4.

Roanoke will now advance to the semifinals for a best of three against topped seeded Virginia Wesleyan this weekend. Second seeded Emory &

Henry will host Lynchburg in the other semifinal.

Against Bridgewater, Rebecca Hensley singled in a run in the bottom of the eighth to win the first game. Jada Karnes picked up her 13th win on the mound against three losses.

In the nightcap the Maroons eliminated the Eagles from the tournament as Karnes picked up her 14th win in relief of Hensley. Roanoke will take a 21-9 overall record to Virginia Beach.

Spartans drop lax openers to JF

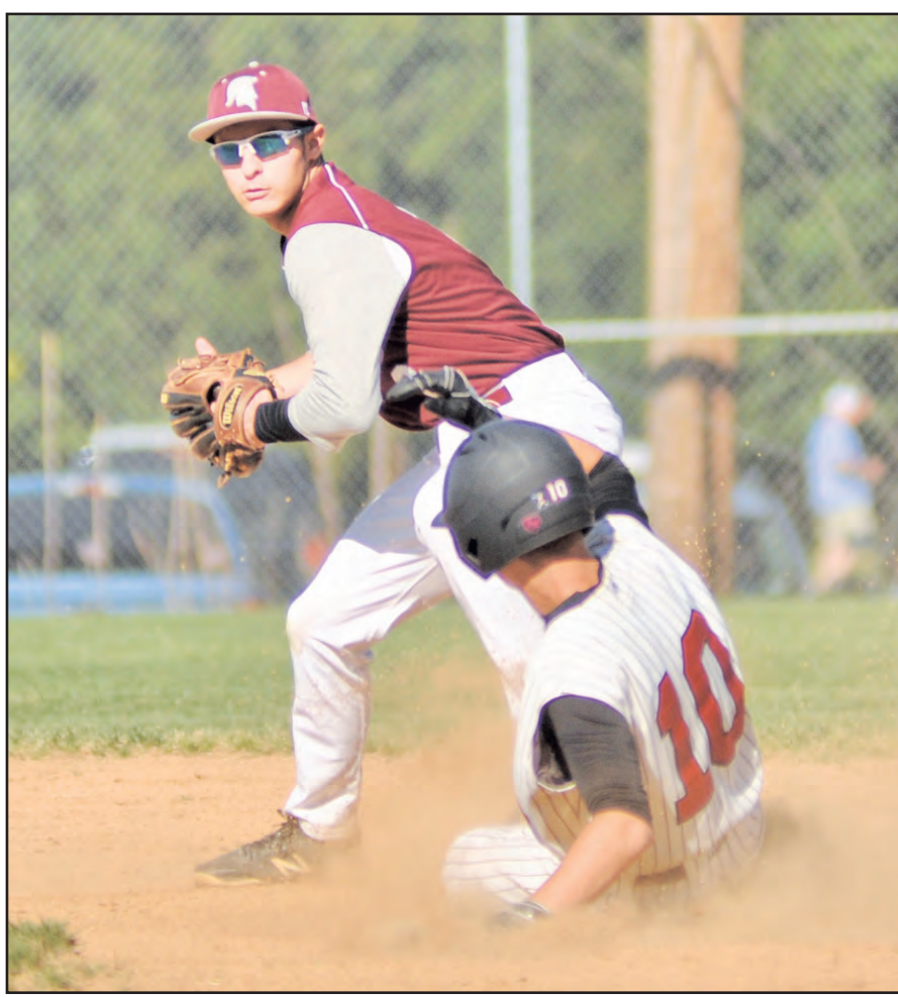
The Salem High lacrosse teams opened the season against a proverbial region foe on Monday and both the girls and boys came out on the short end of the stick. Jefferson Forest beat the Salem girls at Spartan Stadium, 10-4, and the boys fell at Jefferson Forest, 15-7.

"We have struggled a bit with our youth, but practice this week will be about settling in and knowing our individual roles," said Salem girls' coach Maggi Pace. "Once we figure out who fits where, this team will really shine. There's a lot of potential, but we just need a little time to grow."

Morgan Tew, Zoe Blair, Chloe Butt and Addi Blanchard scored goals for Salem while Blanchard and Hope Wimmer had assists. Brynn Bowen had 16 saves in the cage.

In Forest, John Wallace scored three goals for Salem and Jake Massey, just two days removed from playing in the state championship football game, had two goals and an assist. Tanner Dallas and Jojo Mason had a goal and an assist each and Will Hicks played well on defense.

The Spartans will try to turn things around tonight when both teams play in Christiansburg.



Salem second baseman Ben Bowers makes the putout at second and looks to turn two at Cave Spring last week.

PHOTO BY BRIAN HOFFMAN

SALEM RED SOX

continued from page 16

managing Salem after serving in the same role for Short-A Lowell (2019-20) and serving as a coaching assistant for Double-A Portland (2018). In 2019, Montz led the Spinners to the Stedler Division title and a 42-34 record in the regular season.

"We talked about consistency with our group as we head into the season," said Montz. "Each and every day we have a job to do to better ourselves in all aspects of our game."

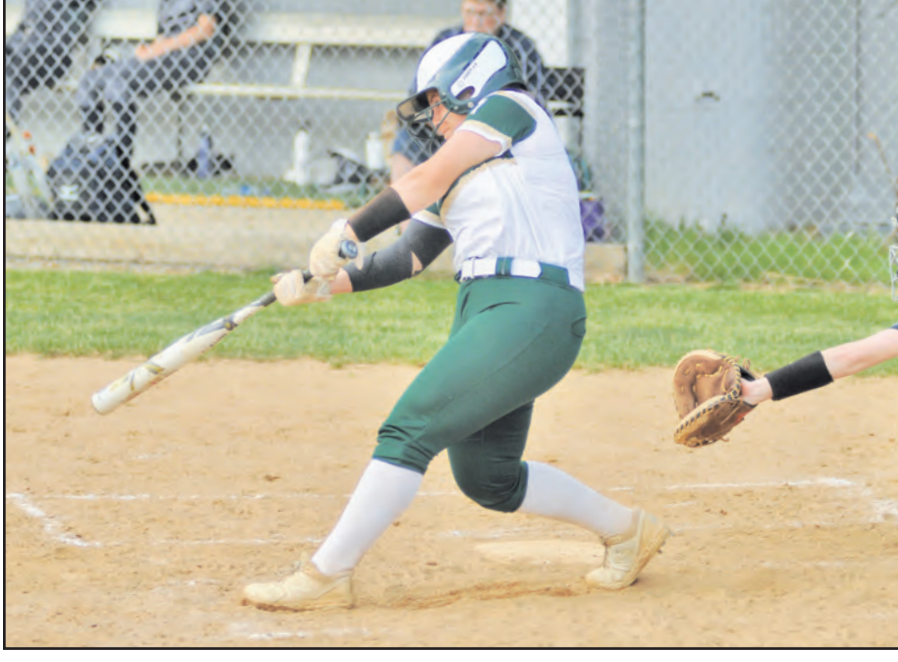
The entire roster is as follows:

Pitchers (18): RHP Merfy Andrew, RHP Jacinto Arredondo, RHP Brock Bell, RHP Bradley Blalock, RHP Casey Cobb, RHP Jordan DiValerio, LHP Shane Drohan, RHP Ryan Fernandez, RHP Robert Kwiatkowski, RHP Cole Milam, RHP Aaron Perry, RHP Aldo Ramirez, LHP Jorge Rodriguez, RHP Devon Roedahl, RHP Cody Scroggins, LHP Brandon Walter, LHP Jeremy Wu-Yelland, RHP Ryan Zeferjahn

Catchers (3): Alex Erro, Jaxx Groshans, Stephen Scott

Infielders (6): Joe Davis, Matthew Lugo, Jake Makenzie, Nicholas Northcut, Cedanne Rafaela, Nick Yorke

Outfielders (5): Jecorrah Arnold, Wil Dalton, Nick Decker, Gilverto Jimenez, Dean Miller



Glenvar's Courtney Raines rips one of her three hits in last week's win over Carroll.

PHOTO BY BRIAN HOFFMAN

McCulley two-hits Cavaliers

Sophie McCulley pitched a shutout to lead the Glenvar softball team to a slaughter rule win over visiting Carroll County last week, 10-0.

McCulley allowed just two hits in her picking up her second win in as many starts. She walked three and struck out seven as Glenvar improved to 2-0.

Glenvar jumped on the Cavaliers early with three runs in the first inning. Justice Wilfong singled and Izzy Shearer reached on a fielder's choice. Courtney Raines then hit a single to load the bases. Wilfong was forced out at home on Lydia Taylor's ground out, but McKenna Shearer belted a double, clearing the bases and giving the Highlanders an early 3-0 lead.

That was all McCulley would need, but the Highlanders weren't done at the plate. Taylor Schoonover had an RBI single in the third and Madison Donoho scored on an error to make

it 5-0. In the fourth inning Shearer hit a drive to deep center that was caught above the fence by the Cavalier centerfielder, robbing McKenna of a home run. The drive allowed Raines to score from third for a sacrifice fly and another RBI for Shearer.

Schoonover had another RBI hit in the fifth to start a game ending rally. Raines eventually scored on a passed ball for the fourth run of the inning and 10th overall to end the game by slaughter rule. Courtney finished with three hits and three runs scores while Shearer had four runs batted in. Wilfong, Taylor and Schoonover had two hits each for Glenvar as the Highlanders had a dozen hits overall.

The Highlanders were rained out of a Monday game with Floyd and were scheduled to host Radford on Wednesday. On Friday the girls play at Giles, and Monday they're back at home to host Alleghany.

Generals beat RC women in lax final

The Roanoke College women were eliminated in the championship game of the ODAC lacrosse tournament by the top seed on Sunday afternoon. Washington & Lee defeated the Maroons, 17-9, to end RC's season at 9-4.

Salem's Lilly Blair had three goals and two assists to lead the Maroons. Tiernan Conner had three goals and Emerson Foster had two.

Washington & Lee advances to the NCAA Division III tournament. Salem will host the NCAA championships on May 22 and 23.

Eagles upset Roanoke in 1/4 finals

The Roanoke College men's lacrosse team was eliminated in the first round of the ODAC tournament Tuesday with a 13-11 loss to fifth seeded Bridgewater at Salem's Kerr Stadium. The Maroons were the fourth seed.

RC finished the season at 7-3 overall with the loss. After having three straight games postponed due to virus

protocols the Maroons finally concluded their regular season with a 30-0 win over Randolph College in Lynchburg last Saturday. Quinn Evans had five goals to lead the RC offense.

ODAC semifinal games are today with the championship Saturday. Washington & Lee is the top seed and Lynchburg is second.

SPORTS

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The Salem High players, coaches and cheerleaders pose for a group shot after winning the state Class 4 football championship Saturday.

PHOTO BY BRIAN HOFFMAN

Spartans remember how to beat the Titans

Salem defeats Lake Taylor, 28-20, for 10th state football championship in last 25 years

The Salem High defense held a highly-touted Lake Taylor team in check until the Spartan offense could get untracked, and once the Spartans started rolling there was no stopping them. The result was a 28-20 win in the Class 4 state football final Saturday afternoon at Lake Taylor High School in Norfolk, earning Salem High a 10th state championship in the past 25 years.

This wasn't your typical Salem High season. The first game wasn't played until mid-February due to the coronavirus pandemic, and before that there was no guarantee of a season at all. But the Spartans kept working like there was no tomorrow, with a possibility that might be the case.

"We were on a mission," said Spartan coach Don Holter, a former SHS player and assistant who accepted the state trophy in his second season at the helm. "I'm an optimist, and back in the fall we were always hopeful we'd have a season. I'm so proud of how hard these kids worked to accomplish this. This state championship was won long before Saturday."

But Saturday was the day to celebrate, and if there was one positive about playing a spring season it was the beautiful weather in Norfolk. A sizeable crowd of Salemites made the trip to see the game under unusual circumstances, as these games are usually held at neutral sites. This year, due to the pandemic, Lake Taylor hosted the game on their home field, where they had won 24 straight games in a streak going back to September of 2017.

"I kept hearing about what an eastern powerhouse they were," said Holter. "But we weren't at all intimidated. We're Salem, and we're a western powerhouse. It was great to beat them right there on their field, in Norfolk."

The first half wasn't much of a foreshadowing of what was to come. Nothing was working for the Spartans, who didn't manage a first down before halftime. They even tried a fourth down fake punt that failed, giving the Titans excellent field position at the Salem 40 late in the first quarter. That turned into a 28 yard field goal to give the host team a 3-0 lead a minute and 48 seconds into the second quarter.

Salem's next drive started at their own eight after a penalty on the kickoff, and another three-and-out and punt gave the Titans the ball at the Salem 43. They converted a fourth and inches to keep the drive alive but Salem held when quarterback Jeff Foster's pass to the end zone was tipped and fell into the arms of Salem's Jordan McDonald for a drive-stopping interception with 4:09 until the half.

Lake Taylor held Salem to a three-and-out again and got the ball back with 2:49 to go. That resulted in a second field goal by Foster, this one from 31 yards away with seven seconds on the clock, and Lake Taylor led 6-0 at the half.

This wasn't what the crowd expected. With two high scoring teams on a dry field and clear skies you wouldn't think a defensive battle would unfold. And, the second half proved to be entirely different.

After gaining just 27 total yards in the first half, Salem exploded for 275 yards of offense after intermission. It didn't take long to get the motor running as Salem tailback Zavione Wood exploded through a big hole for a 56 yard TD run just a minute and five seconds into the second half.

"We made some adjustments," said Holter. "We made some adjustments on the back side."

Salem center Will Clemons, a senior captain, was a big part of the turnaround along with fellow "mules" Alex Haley and Brady Torian at guard and tackles Andrew Lutes, George Copeland and Filip Dehaven.

"We came together at the half and figured out what their linebackers were doing," said Clemons. "Then we were able to run it down their throats, like we did

against every other team all season."

"Coach (line coach Adam) Bryie made some adjustments on the back side of the line, and coach (Adam) Hill said that would open up the sweep," said Salem offensive coordinator Lewis Pitts. "Coming in we felt if we could block clean we could move the

ball. I can't give enough credit to the line."

Freshman Wesley Cross kicked the first of his four perfect extra points and Salem had the lead for the first time, 7-6. However, it was short-lived as Lake Taylor answered with a scoring drive highlighted by

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Above, Salem's Shawn Collins (#2) covers a Lake Taylor receiver in the end zone as Jordan McDonald (#9) moves in to grab the tipped ball for a big second quarter interception, stopping a Titan threat. Left, Chauncey Logan, Jr. cradles a pass from DaRon Wilson and sprints to the end zone for a 65 yard third period touchdown that put Salem ahead to stay. Below, Zavione Wood (#42) has a big hole as he takes off for Salem's final TD, a 49 yard run and his third touchdown of the game. Blocking on the play are Andrew Lutes (#79), Jayden McDonald (#6), Nathaniel McCluer (#38), Cam Leftwich (#28), Brady Torian (#52) and Filip Dehaven (#78).

PHOTOS BY BRIAN HOFFMAN & SCOTT GARDNER



Salem Red Sox home opener is Tuesday



With just five days until the home opener and 619 days since the Salem Red Sox last took to Haley Toyota Field, the 2021 Low-A East League season stage is set for an exciting and competitive return.

The Sox season is scheduled to open on the road this week against the Delmarva Shorebirds, an affiliate of the Baltimore Orioles located in Salisbury, MD. The Sox will play six games in Maryland, then take off on Monday before hosting the Lynchburg Hillcats

for six games in six days in Salem.

The Sox announced the 2021 Opening Day roster this week, headlined by a dynamic duo of 19-year-old, prospects. 2020 First Round Draft Pick, Nick Yorke, and 2019 Second Round Draft Pick, Matthew Lugo, will man the middle infield for Salem. Joining them in the lineup will be the organizations fourth ranked prospect, Gilberto Jimenez, who led all Red Sox minor leaguers in batting average in 2019. Lastly, toeing the rubber for the

team will be Aldo Ramirez, who offers a three-pitch mix and checks in as Boston's tenth overall prospect.

"We have a very good group of guys with a high-energy vibe," said Salem Red Sox Manager Luke Montz. "It's been a little over a year since a majority of these guys have played an official game. The want, the care, the readiness, and the fight were all on display during Spring Training."

The 2021 season marks Montz' first

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