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'Competing with purpose': Spartan Robotics team turns page on painful 2021 season

Shawn Nowlin
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Sometimes people make something look so easy, it gives off the perception that they did not work extremely hard to make it happen. Such an example is the Spartan Robotics Team at Salem High School.

Just hours before press time, the team was informed that they once again qualified for the FIRST World Championship in Houston which will commence later this month.

This marks the third consecutive year (2018, 2019 and 2022) that the team will be attending the FIRST World Championship. Due to COVID, no event was held in 2020 and 2021.

The mission of FIRST (For Inspiration and Recognition of Science and Technology) is "to inspire young people to be science and technology leaders and innovators, by engaging them in exciting

mentor-based programs that build science, engineering, and technology skills, which inspire innovation, and that foster well-rounded life capabilities, including self-confidence, communication, and leadership."

This year's Spartan Robotics team is composed of four seniors, Aiden Laughlin, Zach Mangone, Christopher Robertson and Oksana Tensen; five juniors, Adam Greene, Nick Powers, Thomas Hinson, Alex Doherty and Carter Logan; two sophomores, Dalton Hohann and Mackenzie Richardson; and two freshmen, Seth King and Donovan Belt.

Ken Mangone, Bob LaPerriere, Rick Shaw, Price Richardson, John Senter, Robyn Johnson and Paul Stewart all serve as team mentors.

On November 13, 2021, Spartan Robotics lost its longtime coach Randy Brinkley to COVID. Under Coach Brinkley's leadership, the team proved to be a powerhouse and leader throughout Virginia and the

surrounding states. Successes under Coach Brinkley's leadership earned the team national recognition through various invitations across the country.

"Mr. Brinkley was an amazing person. He had the ability to make you laugh from his stories of his early years to the jokes he could tell. He could recognize the talent in a student that no one else could see and bring those talents out," Salem Robotics Head Coach Ken Mangone said. "His ability to know what to do, when to do it and what and when not to were amazing gifts he possessed. When you asked him how he was doing, he would smile and simply say, 'I'm living the dream.'"

In addition to being a senior team member, Laughlin also serves as the team's president. On his relationship with Coach Brinkley, he said, "Mr. Brinkley was instrumental in building the robotics program at Salem. Our team would not be where it is today

See **Robotics**, page 2



SUBMITTED PHOTO
Dalton Johann waving the Spartan Flag before a match in Hampton, Va.



SUBMITTED PHOTO

New face, same mission

- Alexander Shedd replaces Shawn Nowlin as the editor of the Salem Times Register -

Shawn Nowlin
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August 2016 is a month that I will never forget. During those 31 days, many notable things occurred in my life, most notably getting hired at age 27 by Michael Showell, owner of Mountain Media, to replace Kelsey Bartlett as the editor of the Salem Times Register newspaper. Kelsey could not have been more supportive and accommodating during the transition period. I asked her countless

questions, and she was always gracious with her time, knowledge and resources.

Prior to starting my first day, one of my best friends, who also happens to be a writer, gave me some sage advice: "Shawn, be accessible to the Salem community, take accountability when you make a mistake, have fun on the job and most importantly, never take anything personal." While it would be a lie to say that there were no stressful moments or I was never pushed to the edge, at the end

of the day, the low moments pale in comparison to all the awesome memories that I was able to experience.

Last week, this chapter in my life came to an end. Being the first African American in the company's history to hold this position is something that I never took for granted. Never was this truer than when students of color would reach out to me and say my presence in this position encouraged them to pursue a writing

See **New Face**, page 3

Jumping in headfirst

Alexander Shedd
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A friend recently said to me, "Local papers are the lifeblood of small towns." We live now in an age where print media is considered something of a relic; at best, local newspapers are an endangered species. But looking around at Salem, I see a strong, tight-knit community that thrives with a communal space to share opinions and news that is for no one else but the people of the Roanoke Valley.

I am not from Salem. I grew up in Richmond, went to college at George Mason University in Fairfax (Class of 2020), and have been living in Blacksburg with my fiancé Olivia, a veterinary student at Virginia Tech, for the last two years. I've been attracted to writing and editing for as long as I can remember; aside from having edited the student paper at GMU, I've worked with a number of novelists as a freelance editor, and my mother Sheila is also an author and professional fiction editor.

To put it plainly, I am an editor who is coming to this position as an outsider. I was adopted by Appalachia, but I will rely on this amazing community to show me the things that are most important to everyone here. I don't believe in sensationalism, bandwagoning or focusing on national headlines for the sake of it. I believe that local newspapers still have an essential and irreplaceable task: bringing light and discourse to the issues and aspirations of a small town. I hope that you will all get to know and accept me as your editor in the coming months as I try

to do just that.

Some more facts about me: my favorite authors are Shirley Jackson, Octavia Butler, Neil Gaiman and H.P. Lovecraft. My favorite movies are Star Wars, Snowpiercer and The Shining. I am a major proponent of breaking mental health stigmas and was diagnosed with ADD as an adult. I am passionate about addressing and challenging social issues, particularly in the LGBTQ+ community, of which I am a member. My degree is in government with a minor in journalism. I'm a huge fan of horror, fantasy and science fiction, and I've had short stories published on two occasions. My first date with my fiancé was Senior Prom seven years ago. I love coffee and tea, and I have a beagle and two cats.

I would like to thank Shawn Nowlin for his incredible assistance in this transition. Shawn's moving on leaves some very large shoes to fill at STR, and I am grateful for the opportunity to rise to the challenge (although my shoe size is about half his). My door at our Main Street office is always open. I am available by phone during business hours at (540)389-9355, and just about 24/7 via email at alexander.shedd@ourvalley.org. I encourage aspiring writers and journalists of all ages to drop by or submit to us; this is your paper, after all! In the meantime, I welcome letters to the editor gladly, and I am always ready to chat about local folklore, horror movies, video games and Dungeons & Dragons. I may not be a valley native, but I can assure you of this: as long as you entrust me with the honor of editing your newspaper, Salem will be my home.

Roanoke College selects Dr. Kathy J. Wolfe as new dean

- Wolfe brings decades of teaching and administrative leadership experience, most recently from Hamilton College, with a focus on experiential learning. -

On the heels of selecting a new president, Roanoke College has selected a new dean of the college.

Roanoke College announced on April 6 that Dr. Kathy J. Wolfe, a champion of integrative and experiential learning, has been named vice president of academic affairs and dean of the college.

Wolfe has 28 years of teaching experience and 12 years in administrative leadership roles, most recently as dean of engaged education at Hamilton College in Clinton, N.Y. She has

a broad understanding of higher education, having worked in private and public liberal arts institutions, community colleges and the American Association of Colleges and Universities.

Wolfe will assume the dean's position in July, replacing Dr. Richard Smith, who retired in summer 2021 after 12 years in the position.

Roanoke College President Michael C. Maxey said after a rigorous, competitive national search, "Dr. Wolfe emerged as our candidate of choice for the deanship. She stands

out in many ways that will enhance Roanoke College, our academic program, and the experience of our students."

Dr. Frank Shushok Jr., Roanoke College president-elect who will succeed retiring President Maxey in July, said Wolfe's vision aligns perfectly with Roanoke College's approach.

"I was struck by Dr. Wolfe's authentic connection to Roanoke College's mission, especially our commit-

See **New Dean**, page 6



Dr. Kathy Wolfe

SUBMITTED PHOTO



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Roanoke College prepares to offer MBA program

Roanoke College faculty voted to add the College's first graduate program in 100 years.

Roanoke College is poised to offer its first graduate program in more than a century, pending approval by the regional higher education accreditor, Southern Association of Colleges and Schools Commission on Colleges (SAACS-COC).

Faculty voted on March 23 to approve a Master of Business Administration (MBA) degree, and if approved, the college will begin administering the degree in summer 2023. If approved, this would be the first time the college will offer graduate courses since the 1920s, when Roanoke offered masters-level chemistry courses.

"This is a victory for Roanoke and our students," President Michael C. Maxey

said. "The faculty worked hard on the proposal and created an excellent final product. We are grateful to everyone involved in developing this program. It is a great step forward for Roanoke College and our students."

The program will be a four-plus-one program where students will complete their undergraduate degree in four years and their MBA after a fifth year. It will require summer and regular-term courses and will consist of 11 courses taken by yearly cohorts of 20 students. These cohorts will contain four teams working together on projects that will culminate in a comprehensive team project. The MBA degree provides in-depth knowledge

and application in the core areas of business: accounting, leadership, ethics, economics, management, marketing, finance and data analysis.

The MBA program connects to and supports the liberal arts tradition at Roanoke College by enhancing the knowledge students receive as undergraduates and preparing them for career and professional advancement.

Dr. Richard Grant, interim vice president for academic affairs, spearheaded the movement, as did a number of other faculty and staff members including Prof. Sharon Gibbs, interim associate dean for academic affairs and student engagement; Dr. Michelle

Hagadorn, associate professor of business administration and economics; Dr. Gail Steehler, associate dean of academic affairs and administration; Dr. Shannon Anderson, associate professor of sociology and public health; and Dr. Charlene Kalinoski, professor of modern languages.

Roanoke College has an established academic reputation in business administration. The Princeton Review has named Roanoke a Great School for Business/Finance Majors every year since 2014. Business administration is the College's most popular major and offers students a wide array of real-world learning experiences in addition to a solid background

of the major functional areas of business.

Roanoke College, located in Salem, Virginia, offers an innovative core curriculum and majors that allow for depth of study and research. Roanoke College encourages students to believe in themselves and their potential. Students participate in internships, creative projects, community service, and study away — endeavors that help them find their purpose in life. The Roanoke College experience is a full one, only enhanced by its setting — minutes away from a vibrant city and the scenic Blue Ridge Mountains.

*Submitted by
Roanoke College News*

A visual history that continues: "Virginia Arcadia" celebrates Natural Bridge at Taubman

Alexander Shedd

alexander.shedd@ourvalley.org

Since March 25, the Taubman Museum of Art in Roanoke has hosted a very special exhibition: "Virginia Arcadia: The Natural Bridge in American Art." The exhibition, which currently includes three galleries on the museum's second floor, chronicles the artistic history

of Virginia's Natural Bridge, a 215-foot high naturally occurring stone footbridge considered by 19th century historians as "One of the great natural wonders of the New World," according to Taubman Museum of Art Chief Curator Dr. Karl Willers.

"The exhibit is very accessible here," Willers explained. "[Taubman] is the

closest major art institute to the Bridge." He added, "It's a part of our regional history and culture ... it really has been a natural site that is identified with the American spirit, from the Indian nations through Thomas Jefferson's promotion and ownership of the bridge, through the 19th century. It's a visual history that continues."

The exhibition was

organized over several years by Dr. Christopher Oliver, a curator at the Virginia Museum of Fine Arts in Richmond. It features dozens of paintings, photographs and other artwork depicting the Natural Bridge, spanning from the landscape paintings of the mid- to late-19th century to more contemporary photographs. Some of the

highlights include maps of Virginia by Peter Jefferson, father of Thomas Jefferson; works by Frederic Edwin Church, Edward Beyer, David Johnson and other noted painters; and a series of photographs and rare negatives by Michael Miley, an American photographer whose work is kept in part by Washington and Lee University.

In addition to artwork, the exhibit features a number of souvenirs and other novelties created and sold throughout the bridge's history, including collectible plates, postcards and furniture. One particular piece, a "fancy chair," as it is labeled in the exhibit, is a simple wooden chair painted with a landscape depiction of the bridge across the top of the chair's back. Dated to around 1820-25, the piece was discovered and restored for the Taubman exhibit.

Dr. Oliver hosted an online conversation on April 12 that discussed the history and details of many pieces in the collection. "I really learned about what the Natural Bridge was by the 19th century art depicting it rather than visiting it myself," explained Oliver, who is not originally from Virginia. He noted in particular a large 1852 painting by Frederic

Edwin Church, "The Natural Bridge of Virginia," as the original inspiration for his fascination with the bridge.

He added during the conversation, "The history and art of the Natural Bridge really only spans about 100 to 120 years. The Natural Bridge has a much longer history, especially with the native Monacan tribe of Virginia, who continue to have a special relationship with the site."

Many of the exhibit's pieces were originally created as parts of larger works chronicling natural wonders in Virginia and across the country. "With photography, there are probably more images of the Natural Bridge that happen every day than could have possibly been imagined in the late 18th and much of the 19th century," said Dr. Willers. "These early travelogues really visually record a dissemination of the site to a different tenor that today is a lot more accessible to popular culture and imagery."

The Virginia Arcadia exhibit will continue to be hosted at Taubman through Aug. 7, 2022. The museum is open every Friday, Saturday and Sunday and offers free general admission.

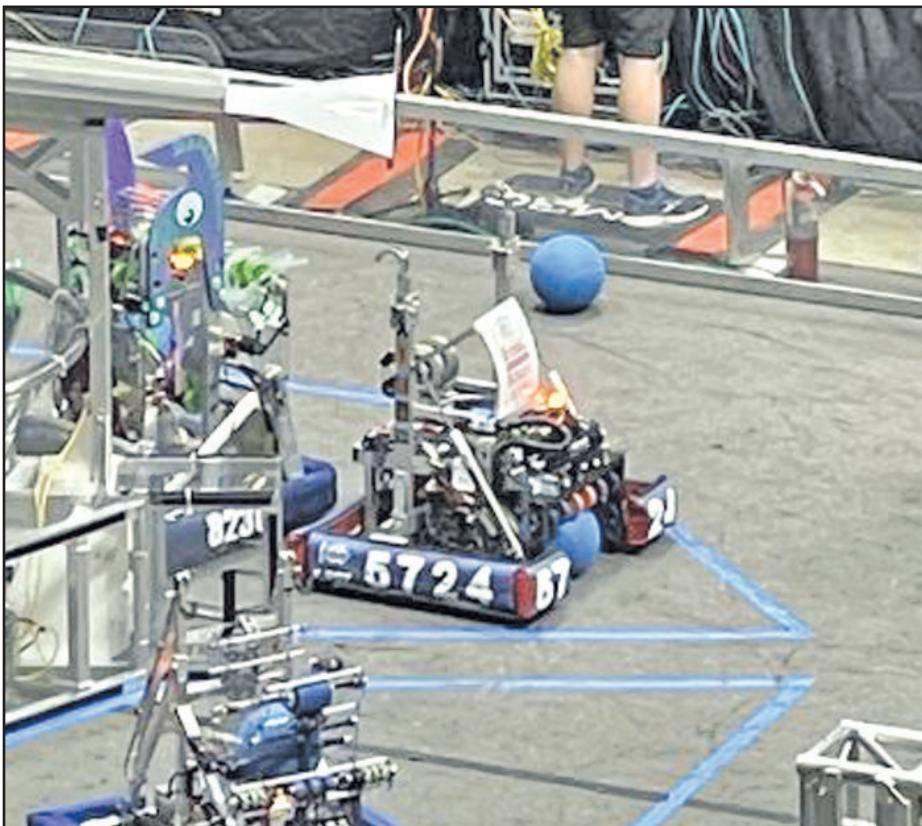


PHOTOS FROM VIRGINIA ARCADIA: THE NATURAL BRIDGE IN AMERICAN ART
Frederic Edwin Church (American, 1826–1900), The Natural Bridge, Virginia, 1852, Oil on canvas, The Fralin Museum of Art at the University of Virginia, Gift of Thomas Fortune Ryan, 1912.1



Unidentified Artisan, "Fancy Chair" with painted Natural Bridge scene (detail), ca. 1820–25, Tulip poplar, maple, cane, painted and gilt decoration, Rockbridge Historical Society, owned by Lexington resident Margaret Junkin Preston (1820–1897)

Robotics from page 1



"Randy's dream" robot at the starting line getting ready to compete.

without his leadership and guidance."

"As a parent, I have seen the passion, gratefulness and sure determination through the tired eyes of each student, working after school countless hours to make Mr. Brinkley proud and show the pride of Salem High School," said Andrea Powers. "Just as a robot works with each individual part, it takes all parts to make it successful. Just like life, it takes each of us doing our part to assure the success of our children's future."

At times over the years, funding has been a major hurdle to overcome. The team was blessed with different sponsors this year, including the donation of food, parts and tools. Additional monetary donations are needed, however, to ensure that every student can make it to Houston.

"To be able to have the entire team go, we will need around \$20,000 to get the students to the competition, feed them and have hotel rooms for them to stay in," Mangone said. "Minus the COVID seasons, we have been the last few years it was held. This is an amazing event for the students as they get to meet other robotic teams from all over the world."

Interested individuals can get involved by donating to the program through the high school. People can also volunteer and become a mentor or volunteer at a FIRST event.

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David Preston

PHOTO BY MEG HIBBERT

Meg Hibbert Contributing writer

Just in time for budget season, Salem City Council returned to its chambers Monday night, after spending much of the pandemic

meeting in the community room of the Salem Civic Center. All five members were present, with Mayor Renee Turk participating remotely because she was out of town.

In the work session preceding the April 11

\$216 million city budget, \$55.6 million school budget proposed to City Council

meeting, City Manager Jay Taliaferro and Assistant City Manager Rob Light briefed councilmembers on the possible costs for renovating Moyer Field Complex. Costs could be around more than \$23.5 million. Since Salem's James I. Moyer Sports Complex was dedicated 29 years ago, little has been spent to update and renovate the facility. Now Council is considering upgrades to make it possible for the city to compete with other complexes.

In March, Aaron St. Pierre, LOSE Design director of landscape architecture, broke the proposals into three priority levels: Tier 1 would be essential renovations critical to facility operations at an estimated cost of \$4 million; Tier 2 would be preferred

renovations to enhance market competition at an estimated cost of \$2 million; Tier 3 would be supplemental renovations to enhance the facility at an estimated cost of \$6 million.

Bids will probably be advertised within 60 days, Light said. No tournaments were scheduled for this year in anticipation of the construction work.

In the regular session, Salem School Board Chairman David Preston presented the 2022-2023 school budget of \$55,261,211. He explained the budget is 9.9 percent above the current year, "due primarily to an increase in state funds due to COVID."

Preston said the School Board expects the General Assembly will revise revenues for

school divisions to provide budgets supporting compensation increases as well as funding for construction and infrastructure needs.

The city's proposed \$216 million budget for 2022-2033 was also handed out. Taliaferro noted that the Salem High School project would soon be complete, the Moyer project will begin, "and the Downtown renovations are progressing with more phases to come." He added, "Your vision for the future is becoming a reality."

Council also approved the annual budget of the Roanoke Valley Resource Authority, which has switched from rail haul to truck hauling and is saving money, Chief Executive Officer Dan Miles explained. The authority

now includes a fleet of transfer trailers, Miles said, that haul trash to the landfill in Roanoke County near Bradshaw.

Council also set a bond of \$43,274 for erosion, sediment control and landscaping for Kimball Avenue Townhomes. Council set completion for 12 months. The seven townhomes are being built on the site of the former Mt. Regis Substance Abuse Treatment Center which burned two years ago. Builders are listed as Mt. Regis Partners LLC.

Council also held a closed session for discussion of acquiring property for a public purpose. Councilman Randy Foley said Council did not expect to take any action after returning to open session.

Virginia Western Engineering Professor receives 2022 Chancellor's Award for Teaching Excellence

Dr. Richard L. "Rick" Clark Jr., engineering professor at Virginia Western Community College, received the Chancellor's Award for Teaching Excellence April 6 at the VCCS New Horizons Conference at the Hotel Roanoke.

The award is given annually to one teaching faculty member in the Virginia Community College System who distinctly represents teaching excellence. Award criteria are instructional effectiveness, student focus, discipline competence and personal attributes. The recipient receives a stole and a \$5,000 award.

In her nominating letter, Virginia Western STEM Dean Amy White praised Clark's student-centered approach, his energy in seeking federal grant funding and his embrace of new technologies such as the electron microscope, water jet cutters and robotics — all to enrich the classroom environment.

Clark was especially

invaluable as the campus transitioned to online learning during the pandemic. "Dr. Clark had developed online synchronous upper-level engineering courses long before COVID forced the rest of us to do so," White wrote. "He was able to help the entire campus make this transition when it became emergently necessary. His classes became a model of instruction for many as he continued to teach using this model. His classes were not at all impacted by the transition and he helped many other faculty and administrators make this switch."

Former student Melina DeLaHunt credited Clark with encouraging her interest in engineering classes, which she began taking as a Virginia Western dual enrollment student in high school. "He provided excellent insight and knowledge that served me well as I moved beyond high school to pursue engineering at Virginia Tech," Hunt wrote in her nominating letter. She eventually received a bachelor's and master's degree at Tech.

"No student who has had Dr. Clark will soon forget his intelligence and joy while teaching," DeLaHunt wrote. "No question was too dumb, no topic left purely theoretical, and no student un-aided. What separates an average teacher from an excellent one is the ability to provide students with the material to grow in knowledge, but also the environment to grow passion."

Dr. Elizabeth Wilmer, Virginia Western Vice President of Academic and Student Affairs, praised Clark's work in strengthening an Engineering transfer program that prepares students to succeed at Virginia Tech, one of the nation's top engineering schools. She explained that Virginia Western offers "a rigorous program with strong foundations in several engineering pathways, including construction engineering and engineering computer science. Rick has ties to Virginia Tech and has built an effective transfer relationship that has helped Virginia Western's



From left to right: Virginia Western President Dr. Robert H. Sandel, STEM Dean Amy White, Julie Clark, Rick Clark

engineering students gain seamless access to VT's engineering programs."

Wilmer noted that Clark's online classes now draw students "from all over the nation. Rick's online classes are unique in their use of technology to create an interact and engaging online experience."

Clark lives in Blue Ridge with his wife, Julie, and four children: Micah, Cayman, Charis and Elijah.

Virginia Western Community College is a forward-thinking community college inspiring individual, community and economic transformation. It provides quality educational

opportunities that empower students for success and strengthen communities. The College provides credit academic programs and non-credit workforce training along with distance learning online and dual enrollment courses in area high schools. To learn more, visit www.virginiawestern.edu.

New Face from page 1

career.

I'd say I conservatively interviewed more than 5,000 people since 2016 for the Salem Times Register. Narrowing the list down was extremely difficult, but some of my favorite memories would have to be Olde Salem Days, the Annual Christmas Parade, Salem High and Roanoke College graduation ceremonies as well as getting a chance to interview Senator Ted Cruz and Governor Ralph Northam.

In this line of work, relationships are everything. As anyone who has co-workers can attest, nobody accomplishes things solely by themselves. While my name appeared on the front page every week, without the hard work of so many other Salem Times Register employees, this paper would cease to exist. I want to thank Mike Stevens, Meg Hibbert, Kimberly Wingfield, Teresa Gereaux, Fran Ferguson, Jamonda Nowlin, Samira Fudge, Alicia Petska, Jazmine Otey, Renita Anene, John Saunders, Wendy Deleno and so many others for all their assistance, perspective and patience over the years.

My successor is Alexander Shedd, a 2020 George Mason University graduate. No stranger to journalism, Alex previously edited the student paper at GMU, and growing up, Alex's mother ran a proof-reading service.

The first time I met Alex was in March at Sweet Donkey Coffee in Roanoke. When I asked him why he applied for this job, his response spoke volumes. I left our meeting extremely impressed

with his candor, perspective, background experience and professionalism. It will take him some time to get acclimated to the Salem community, but I have no doubt that sooner rather than later, Alex will exceed even his own expectations.

While I no longer serve in the capacity of newspaper editor, I will still be submitting articles regularly. My new writing occupation will require me to sometimes work in North Carolina, but I'll also be working remotely out of my Roanoke apartment.

The Salem Times Register provided me with something that no other job did previously: the ability to say that my passion is my full-time profession. Through this job, I've cultivated many relationships that I hope will last for a lifetime.

Words can't express how appreciative I am of all the phone calls, text messages and well-wishes I've received over the last month. To the community of Salem, serving as your editor has been some of the best years of my career. From the bottom of my heart, thank you!

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College Lutheran Church invites you to worship with us for Holy Week 2022

Palm Sunday Service
April 10th 10:00 a.m.

Maundy Thursday Service
April 14th 7:00 p.m.

Good Friday Services
April 15th
Noon and 7:00 p.m.

Easter Sunrise Services

April 17th 7:00 a.m. at Sherwood Cemetery Amphitheater
Salem Area Clergy, including Pastor Drebes, lead this ecumenical service as we greet the morning sun on the day Jesus rose from the dead!
Easter Sunday Festival of the Resurrection April 17th 10:00 a.m.
We gather to celebrate Jesus' defeat over death and the grave in this festive service of the resurrection.

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OPINION

Veterans can count on VA now and in the future

With the passage of the Maintaining Internal Systems and Strengthening Integrated Outside Networks (MISSION) Act in 2018, the Department of Veterans Affairs (VA) began a process to look at VA medical facilities nationwide as part of an Asset and Infrastructure Review (AIR) to help determine what was needed to support our Veteran population into the future. More than 1,700 recommendations were made nationwide and presented to the AIR Commission in March.

The Salem VA Health Care System is comprised of the main campus in Salem, Va. in addition to Community Based Outpatient Clinics (CBOC) located in Tazewell, Wytheville, Danville, Lynchburg, and Staunton. We serve more than 30,000 veterans in a 26-county area of south-

west Virginia. We partner with community health care systems to provide high quality care that meets the needs of our veterans. The Salem VA Health Care System is known as an education and training facility for numerous health care disciplines as well as an active participant in research initiatives.

Recommendations call for the construction of a new facility to replace the current Salem VA Medical Center buildings originally dedicated by President Franklin D. Roosevelt in 1934; the implementation of strategic partnerships with local health care providers for inpatient medical and surgical services and emergency department services; the creation of a new CBOC in Bedford County; and the closure of the current Salem VA Medical Center facility once the new building

is constructed.

The AIR report released in March and the recommendations it contains represent the earliest stages of a long and deliberative process and should not yet be considered final. A presidentially appointed AIR Commission will use the next year to review the recommendations, gather more data as needed, and potentially modify the recommendations based on new information.

After the year-long review, the AIR Commission will submit its recommendations to the president, and from there to Congress, where the recommendations will be voted on in their entirety. If approved, the VA will then begin a multi-year process of prioritization and funding approvals for projects. Because of this timeline, and the time to construct new facilities, we do not expect any

substantive changes for at least several years.

Regardless of what the AIR Commission, the president, and Congress approve, there is one thing that will never change: the commitment of the men and women of the Salem VA to promote the health and well-being of our veterans.

As the AIR Commission begins its deliberations, and potential changes to the recommendations emerge, I want to reassure veterans that we will continue serving veterans in our community and will update you along the way as the AIR Commission moves through this process. It is our great honor and privilege to provide health care services for Veterans who dedicated their lives to secure our freedoms.

- Submitted by Rebecca Stackhouse

Executive Director, Salem VA Health Care System



Rebecca Stackhouse is the Executive Director of the Salem VA Healthcare System which includes the Salem VA Medical Center and Community Based Outpatient Clinics in Wytheville, Tazewell, Danville, Lynchburg, and Staunton.

LETTERS TO THE EDITOR

To the Editor:
Each spring, the Virginia Department of Transportation (VDOT) and other state DOTs recognize Work Zone Awareness Week to remind drivers of the importance of avoiding distractions and driving safely through work zones. We invite you to join VDOT as we promote our theme this year, "Work Zones are a Sign to Slow Down", for National Work

Zone Awareness Week, April 11-15. This week is a reminder that work zone safety is a community effort and everyone's responsibility.

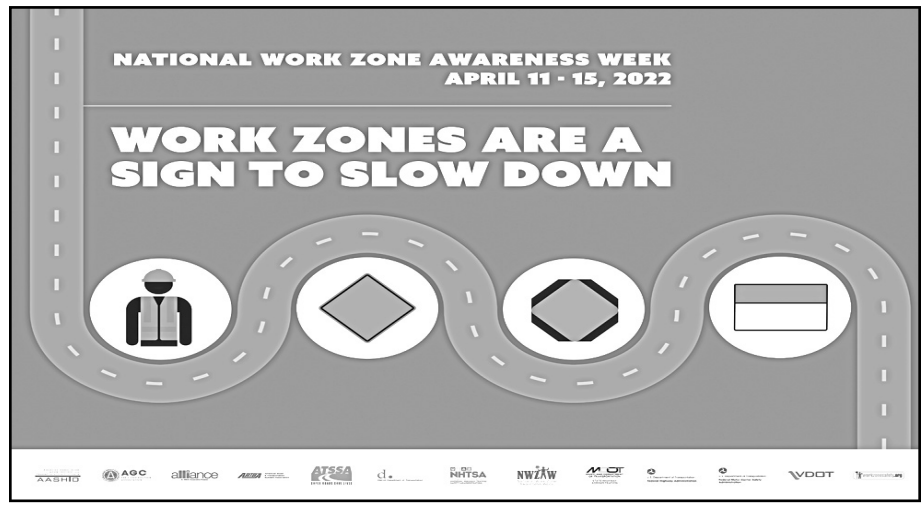
Our employees and contractors put their lives on the line in work zones every day while working to improve travel for motorists in Virginia. This is true in mobile operations like mowing, paving and plowing snow, as well as in

our established work zones for long-term construction projects like the widening of I-81 in the Roanoke Valley, the construction of the New River Bridge at exit 105 in Montgomery County, the realignment of Route 460 near Montvale in Bedford County, and the widening of Route 58 at Lover's Leap Mountain in Patrick County. Although signs, cones and safety vests can be effective in warning motorists of a work zone, these tools are no protection against a fast-moving vehicle or an inattentive driver.

Did you know...
•The statistics between 2020 and 2021 increased at an alarming rate. With a 41% increase in crashes in 2021, fatalities within a work zone increased by 155% and injuries increased by 20%.

•Every time a driver takes their focus off the road — even for a moment — they put their lives and the lives of others in danger. Distracted driving crashes within a work zone increased by 27% last year.

•In addition to the dangers posed to highway



workers, motorists are also at risk. Many work zone deaths are motorists, not workers.

All motorists — whether a seasoned driver or someone new behind the wheel — should follow these instructions when driving through a work zone:

- Work zones are a sign to slow down.
- If you see the orange work zone warning signs, be alert for changing conditions ahead.
- Eliminate distractions and stay aware of your

surroundings at all times.

•Follow Virginia's phone down and move over laws. In addition, to show support for National Work Zone Awareness Week, VDOT encourages you to participate in these activities during the week:

•Watch live on Tuesday, April 12 at 1:30 p.m. as Virginia hosts the national event for Work Zone Awareness Week at <https://www.youtube.com/c/VDOTLIVE>.

•Wednesday, April 13 is national "Go Orange Day." Everyone is encouraged to wear orange in support of

work zone safety across the country. Share your pictures with us on Twitter and Facebook! #GoOrangeVa

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Ken King, P.E.
District Engineer

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Little White Book II: My Identity

For many who were attending churches that follow a "liturgical year," the decades of the 1970s and 1980s were times of transition in worship. New hymnals

and worship books were introduced, and though they were welcomed among some groups, in others the change caused strong objection.

A few new congregations came into being in order to keep the old styles, even when this meant separating from the denomination's national policies. The changes affected especially Roman Catholics, but for different reasons also Lutherans, Episcopalians and Methodists had to make adjustments.

Roman Catholic services were changed drastically following Vatican Council II which occurred in the 1960s. It's well-known now that Pope John XXIII declared that it was high time the church "windows were opened" to let in some air from a world vastly different from the one that had seen the Protestant Reformation more than 400 years before.

Around 1970 the changes brought about by the worldwide meeting began to be felt in the Roanoke Valley. I recall priests assigned by the Bishop of Richmond to the several parishes in this area; they were permitted to join with non-Catholic faith communities in clergy groups and various ecumenical projects.

These massive changes were unrelated to those going on in Anglican-Episcopal and many Lutheran congregations, but in those too, revised worship books appeared featuring contemporary English and sometimes containing new services.

Looking back now more than 50 years later, I perceive that my "little white book" referenced in last week's column, an Episcopal Book of Common Prayer issued in 1928, seems outdated. When the Episcopal Church made the change to an updated worship book more than 50 years ago, my late husband Charlie and I were active in the small, progressive St. James Episcopal Church that served mainly the Williamson Road and Hollins areas of the valley. Our daughter in her early teens could not receive Holy Communion because under the old 1928 BCP rules, this was not permitted until the child had affirmed her Baptism with the Rite of Confirmation.

Our church at that time was one of the leading faith communities nearby in embracing cultural changes which were happening swiftly during the Vietnam War years, the breakdown of racial segregation, the moving of foreign-born persons to the area and the gay rights movement. We grew accustomed to unfamiliar people becoming active in the parish so that when the new Prayer Book was introduced around 1975 it was accepted as a matter of course. Now even young children could taste the holy Bread and Wine.

But the update was not accepted by everyone. Several couples left the parish—they also opposed the ordination of women, which was occurring widely in the same period. In time a small

congregation, St. Thomas of Canterbury, was established nearby. When we moved to Salem and its Episcopal church a few years later, we discovered the revised service book was viewed with skepticism by many in the more traditionalist parish where the people inclusion was less evident.

Lutherans, an influential group in Salem with the denominational Roanoke College a major influence for more than a century, also were affected by the liturgical changes. It coincided for them with a consolidation of some of the several national groups that proliferated in the United States as the nation moved from east to west.

In churches such as College Lutheran, which takes a moderately liberal view of the current culture, changes eventually resulted in a new parish, St. John in the southwest county suburbs. Likewise, the more conservative Anglican Church of the Holy Spirit came into being in the same area.

Not only updating of worship materials but also issues such as ordaining women and later people of different sexual identities played their part in these groups which, interestingly, often appealed to younger adults. Basically, objections to change, whether in worship materials or acceptance of "different" persons, brought about the formation of these newer congregations.

By Frances Stebbins

CROSSWORD PUZZLE


1	2	3			4	5	6				
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39	40				41			42			
43				44					45		
46			47						48		
49										50	
	51									52	

CLUES ACROSS
1. Runs PCs
4. An entertaining, eccentric person
7. Small, faint constellation
8. Indigo bush
10. Not excessive
12. African antelope
13. A way to fly a glider
14. Tough softly
16. In the course of
17. Early Mesoamerican people
19. A way to drop down
20. Mistake!
21. Housing developments
25. Baseball stat
26. No (Scottish)
27. Type of cuisine
29. British Army infantry-

men (abbr.)
30. Marry
31. Buffer solution
32. Legendary rock band
39. Recording industry show
41. A way to consume
42. Lake in Botswana
43. Political action committee
44. Field force unit (abbr.)
45. Very eager
46. Excessive fluid accumulation in tissues
48. Nocturnal insect
49. Challenged to perform
50. Thus far
51. Famed NYC arena
52. Commercials

CLUES DOWN
1. Small, purple-black fruit
2. Baltimore ballplayer
3. Highly seasoned sausage
4. Split pulses
5. Northwestern Mexico town
6. Edible fruit
8. Upper-class southern young woman
9. Sums up
11. The most worthless part
14. Dash
15. Sufferings
18. Clearinghouse (abbr.)
19. Indian title of respect
20. Poems meant to be sung
22. Actor Cooper
23. Luke's mentor
24. Clumsy person
27. Figures
28. Polish Baltic coast peninsula
29. Old cloth
31. Explosive
32. Automobiles
33. 007's creator
34. The Volunteer State
35. Old Irish alphabet
36. Japanese city
37. Portrayed emotion
38. Observers
39. Mimicked
40. Polite reference to a woman
44. Male parent
47. Peter Griffin's daughter

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WORSHIP DIRECTORY

GOODBYE TO GUILT
Read Psalms 101:1-8; 103:1-22

Do you feel guilty long after a situation has been resolved? Do you continue to mentally kick yourself for rash words uttered in anger? Do errors you could have avoided keep you awake at night?

Such lingering self-reproach is unhealthy. When you realize you've made a mistake, take the necessary steps to correct it; then let it go. Focusing on past problems will not lead to a productive future.

If you have repented of sin and confessed it to the Lord, do not doubt God has forgiven you. His Word makes that emphatically clear.

As far as the east is from the west, so far has he removed our transgressions from us (Psalm 103:12).

God totally wipes clean our forgiven past. He not only removes the guilt of our sin, but the punishment we deserve. Because Jesus died for our sins, we can live eternally. He set us free from sin and guilt.

Guilt exposes the wrong committed. A forgiven sinner has no reason for guilt to remain (1 John 1:9). If you struggle with guilt, ask God to help you find release.

Thought for Today: Let guilt guide you to God. He has the solution.

Quicklook: Psalm 103:1-12



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Taylor Plott; Youth Minister Nathan Beard; 10:00am Sunday Bible Study; 11:00am Sunday Worship Service; Wednesday Life Groups: 5:30 -7:00pm. For more info contact the Church Office.

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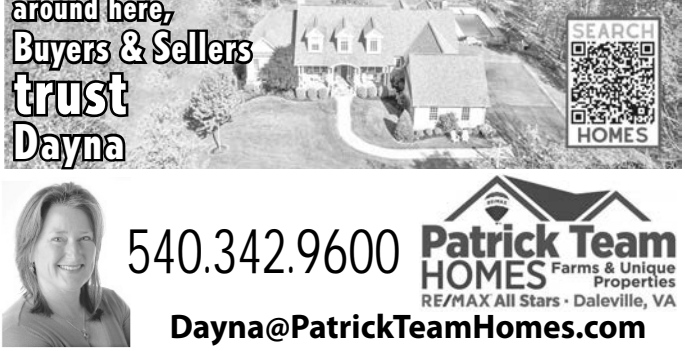
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Spartan softball team scores five in the 8th to beat Titans

The Salem High softball team tied the game in the sixth and scored five runs in the top of the eighth to pull out an 8-2 River Ridge District win at Hidden Valley Tuesday night.

The Spartans trailed 2-1 after five innings before Cora Robinson drove in Bayleigh Booth with an RBI hit to tie the game in the sixth. After a scoreless seventh the Spartans went to work in extra innings. Mazie Roop drove in two to give Salem the lead and the Spartans poured it on for a big win.

Robinson pitched for Salem and went all eight innings to pick up the win. Cora also had a big night at the plate with three hits and two runs batted in as Salem improved to 5-4.

Last Friday in Buchanan and the Salemites had an undefeated James River team on the ropes but let them get away. The Knights, who had not trailed in a game all year, found themselves down 4-0 as they came to bat in the bottom of the third inning. Salem had scored in each of the first three frames on a combination of five hits, a walk and three Knight errors.

In the bottom of the third with one out River drew three walks off Salem freshman pitcher Cora Sparger. The home team took advantage of the walks as Austyn Moran lashed a two run single back up the box to cut the deficit in half. Sparger was able to work out of the jam with no further damage.

Down 4-2, in the fourth, River scored once in the fourth and twice in the fifth to take the lead. Knights pitcher Austyn Moran pitched her seventh complete game victory for the Knights, who held on for the 5-4 win.

"They're a good team but we should have beat them," said Salem coach John Counts.

Booth had two hits and an RBI for Salem and Kaylee Shifflett and Sparger also drove in runs. Sparger took the loss despite a strong outing against a good hitting River team, fanning six and allowing just three earned runs.

Salem is now off the rest of the week, returning Monday to host Cave Spring, followed by a home game against Pulaski on Tuesday.

Highlanders hold off Carroll in 3RD opener

The Glenvar girls opened Three Rivers District play with an exciting 3-2 win over Carroll County in Hillsville Tuesday.

Glenvar came out strong in the first inning when Sarah Kate Tozier was walked and scored on a single by Savana Luper. Abby Teubert singled in Luper and the score remained 2-0 through two innings.

Glenvar opened a 3-0 lead in the third when Sophie McCulley doubled and Luper singled, scoring McCulley, but the Cavaliers battled back in the home fifth. Carroll scored two unearned runs to cut the lead to 3-2 before the Highlanders worked out of the jam.

In the sixth inning Carroll threatened to score on a wild pitch but Savannah Painter was able to recover the ball and tag the runner out at home. The Cavs then had the tying run on third again but Glenvar's defense held strong to get the last two batters out.

Luper went the distance on the mound, striking out five and allowing just four hits and no walks. At the plate Savana had two RBIs, McCulley had two hits and Teubert had an RBI.

The Highlanders were scheduled to return to action Tuesday with a home game against Christiansburg, their final game of the week. Next Tuesday, April 19, the girls will host Alleghany.

Bruin tennis teams top Salem

The Salem High tennis teams took on strong Blacksburg opponents on Monday and both the boys and girls lost by 8-1 decisions.

The boys played at home and got a point from Logan Butcher, a ninth grader playing number six singles. He came from behind to win 6-7, 6-0, 10-7 in a tie-breaker.

"Blacksburg is defending State champs and have a huge advantage in experience," said Salem coach Steve Lily. "Doubles was quite a bit tighter with all three matches quite competitive."

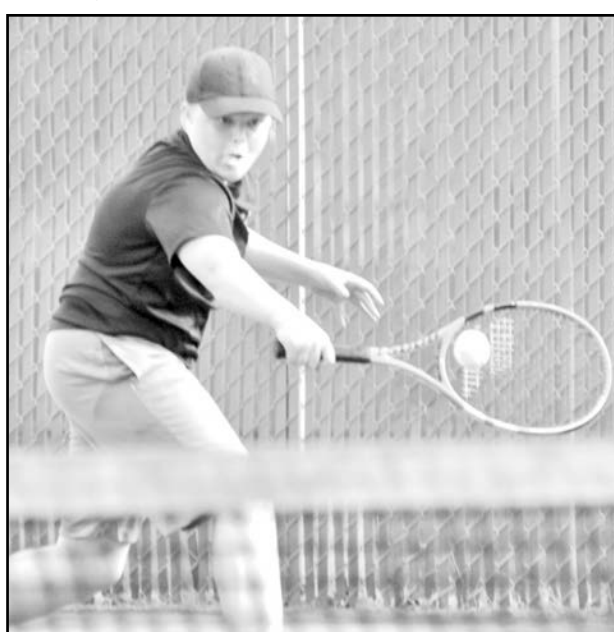
Aaron Peters and Joren Poush ran into the powerhouse serve of State singles champ Sammy Xiang, while Aidan Poush and Jamie Convery lost 8-2 at number two doubles."

The girls lost 8-1

in Blacksburg. Claire Rawlins won Salem's point at second singles, losing the first set 6-2 but rallying to win the next two, 6-3 and 10-8 on a tie-breaker. Caroline Loveday had a close

match at number three, falling 6-4, 7-5.

Both the boys and girls were scheduled to play Hidden Valley on Tuesday and Franklin County on Wednesday of this week.



Salem's Logan Butcher hits a backhand in Monday's match with Blacksburg.

PHOTO BY BRIAN HOFFMAN

Glenvar tennis sweeps Northside

The Glenvar High tennis teams took on Northside last Thursday and swept the Vikings. The girls won 9-0 at home and the boys took an 8-1 win at Walrond Park.

"This was our second match against Northside and all our scores improved from the first match," said Glenvar girls' coach Blaine Mills. "The girls have worked hard during practice and it's showing in their play. Our new doubles team of Natalie McMahon and Hannah Hill played phenomenal, winning 8-1! Overall, the team played

great and I'm very happy with the growth that we've shown."

In the boys' match Alec McIlwain won at number one, 8-4.

"Alec came out a winner over Northside's very good number player, in one of the best matches I've seen all year," said Glenvar coach Bob Haynie. "Northside is a very good seasoned team but it was a positive to see our young team competing up."

Both the boys and girls were scheduled to play Carroll County opponents on Tuesday.

Wolverines dominate Hidden Valley

The Andrew Lewis spring sports teams took on Hidden Valley Tuesday and came up with three wins and a tie.

The baseball team took a 26-3 win over the previously undefeated Eagles as Ben Keffer pitched a complete game, allowing only one earned run. Kolton Hedge, Chase Rutledge and Evan Byer all collected multiple hits while Rutledge, Zac Boccock, Jack Stroud, Byer and Derek Bush had three runs batted in each.

Boccock hit the first home run of the season for Lewis over the centerfield fence at Hidden Valley, a three run bomb.

In softball the Wolverines picked up their first win of the season, an 18-12 victory over the Eagles at the James I. Moyer Complex. Kourtney Goens, Kate Gibson and Macy Gibson split time on the mound for Lewis with Kate and Kourtney each fanning four Hidden Valley girls.

Salem outhit the Eagles 15-5, including four hits by Goens and three each from Caden Dalton and Emory Coe. Khia Priest and Piper Furrage had two hits apiece.

Lewis went down 6-4 in the top of the second but added seven runs in the bottom of the inning to go ahead 13-6.

"I could not be more proud of our pitchers and catchers on the amount of improvement they've made, and the whole team attitude, and crushing the ball," said AL coach Lawrence Van Liew.

The boys' soccer team won 5-0 at Hidden Valley. Goals were scored by Jett Lakin, Abdul Altawel, A.D. Munoz and Jack Dixon as Lewis improved to 8-0-1.

The girls played at home and battled Hidden Valley to a scoreless tie. That made them 4-2-1.

All four teams played Blacksburg foes on Tuesday. Today the baseball and boys' soccer teams are at Northside and the girls are home against the Norse.



Laura Hoffman, a Lord Botetourt graduate, pitches for Roanoke College in last Saturday's doubleheader split against the University of Lynchburg.

PHOTO BY BILLY POWELL

10th ranked RC sweeps Randolph

The Roanoke College softball team will host Guilford for "Senior Day" at the James I. Moyer Complex this Saturday. The first game of a doubleheader will begin at 1 pm.

Roanoke comes into the week with a 20-8 overall record and ranked 10th in nation in Division III after sweeping a doubleheader from Randolph College in Lynchburg last Sunday. The Maroons won 2-1 and 8-6 over the WildCats.

In the opener Jada Karnes started and pitched a complete game, giving up three hits, no earned runs, all while striking out five. Shanan Hester was 2-3 with an RBI while Makayla Austin and Morgan Clark recorded the other two hits as RC picked up the 2-1 win.

In the nightcap two WildCat runs in the sixth would see Roanoke in need of a seventh inning rally to earn the sweep. Hester delivered a one-

out double and was pinch run for by Clark. Roanoke got down to their last out ahead of a Kate Houle walk, but Austin singled and advanced on an error that sent both runners home for a 5-5 tie. Austin then put Roanoke in front, scoring on a Randolph wild pitch. Meagen Evans singled, giving way to pinch runner Katie Collier who scored when Riley Croghan reached on an error by the right fielder, completing the Roanoke rally for an 8-5 lead. Hester took the mound in the bottom of the seventh, getting the final three outs to secure the 8-6 win for the Maroons.

The sweep followed a Saturday split of a doubleheader against the University of Lynchburg, as Roanoke won the first game, 4-2, but dropped the nightcap, 7-5. Roanoke was scheduled to play a doubleheader at Bridgewater on Wednesday before Saturday's home games with Guilford.

RC baseball team hits the road

The Roanoke College baseball team will try to get back to their winning ways with three road games this week. The Maroons were at Ferrum on Tuesday and will be at Randolph-Macon for a noon doubleheader on Saturday.

Roanoke saw a seven-game winning streak snapped when the Maroons were swept by Bridgewater in a doubleheader at Kiwanis Field last Saturday. The Eagles won 5-2 and 10-2 in RC's temporary home while the Salem Red Sox occupied Salem Memorial Stadium.

In the first game the Eagles got a win over RC ace Will Turner, who gave up four earned runs in five and two-thirds innings. Connor Butler had the only two hits for the Maroons as the Bridgewater pair of Reid Long and Brett Tharp shut down the Maroon offense.

In the nightcap Salem High grad Caleb Lingenfelter took the loss on the mound as the Eagles broke open a 2-2 tie game with three runs in the sixth. The Maroon offense struggled again with just four hits, two by Owen Lawn.

The sweep dropped the Maroons to 15-11 overall.

Lewis track team off to good start

The Andrew Lewis track teams opened with a meet at Hidden Valley last Wednesday at Hidden Valley High School.

The girls were led by multiple event winners Genelle Balthazar and Breanna Minnis. Genelle won the 100 meter dash, along with the long and triple jumps. Breanna won both the shot and discus.

Other winners included Jocelyn Thomas in the 400 meter dash and London Fralin in the 300 meter hurdles. The 400 meter relay team of Balthazar, Jerni Allen, Ashlin Hudson and Zariah Sanders took first. Fralin, Thomas, Ayden Ruley and Markiah Webb took first in the 1600 meter relay.

Lewis dominated the boys' meet. Brodie and Trey Dawyot led the boys

by placing in all of their events. Brodie won both the shot and discus along with the triple jump and Trey won the long jump.

Other winners included Davon Jones in the 100 meter hurdles, Cannon Migliarese in the 400 meter dash, Dylan Pugh won the 300 meter hurdles., Julian Morton in the 200 meter dash, Coen Logan in the 100 meter dash and Rick Rawlings won the 800 meter run. The 400 meter relay team of Logan, Morton, Elijah Paddyfote, and Aiden Wiley were winners, as was the 1,600 meter relay team of Migliarese, Jack Ellis, DaShawn Jones and Jordan McCadden.

The teams were scheduled to be back in action this Wednesday hosting Blacksburg, Northside, and Pulaski on the new Salem High oval.



Kate Gibson of Andrew Lewis Middle School pitches in the Wolverines' win over Hidden Valley at the Moyer Complex Monday.

PHOTO BY BRIAN HOFFMAN



Landon Miles had four goals for Salem in last week's win over Franklin County.

PHOTO BY BRIAN HOFFMAN

Spartan laxmen win third straight

The Salem boys' lacrosse team has now won three in a row after opening the season with a loss to North Cross. The Spartans beat Franklin County and Christiansburg in the past week by convincing scores.

Last Wednesday in Rocky Mount the Spartans downed host Franklin County 18-2 after jumping to a 12-0 lead at the half. Jake Massey had five goals, Landon Miles had four and Kaiden Garst had four goals and an assist. Tanner Dallas had two goals and four assists for Salem while Kyman Kinney had two goals and an assist. Jackson Jones had his first varsity goal as a freshman and also added an assist.

"I thought the offense played really well and started clicking with the new offense," said coach George Revercomb.

On Monday Salem defeated Christiansburg, 21-4. Again the Spartans shut out their opponent in the first half, taking a 16-0 lead into intermission.

"A lot of younger guys got playing time which was a lot of fun," said Revercomb. "Jackson Winger got his first varsity goal as a freshman."

The Spartans will have a tougher game Friday when they travel to Albemarle. Next Monday, April 18, Jefferson Forest is here.

RC lacrosse men, women win pair of ODAC games

Docking, Salem's Bowman are ODAC Players of Week

It was a good week for the Roanoke College lacrosse teams as both the men and women won Wednesday and Saturday games and garnered Old Dominion Athletic Conference Player of the Week honors in the process.

Salem High graduate Libby Bowman was named ODAC Women's Lacrosse Player of the Week after the Maroons picked up a pair of ODAC wins. In a Wednesday afternoon, April 6, win over Lynchburg, Bowman scored at the start of the first, second, and fourth quarters in a 13-5 win over the Hornets.

On Saturday in Winchester, the sophomore from Salem scored three consecutive goals. The Maroons were clinging to a one-goal lead late in the third quarter when Bowman scored to end the period and added two more in the opening stages of the fourth to help Roanoke pull away for the 14-8 ODAC win. Bowman now has 13 goals and two assists on the season for a Roanoke team that is currently sitting in third place in the conference standings with a 3-1 mark.

In men's action Luca Docking was named ODAC Men's Lacrosse Player

of the Week. The men's lacrosse team exacted a bit of revenge over a Bridgewater team that knocked them out of the 2021 ODAC Tournament with a 19-14 win on Wednesday night, April 6. Docking accounted for eight scores with five goals and three assists while picking up three ground balls.

On Saturday in a come from behind win over Randolph-Macon, 18-14, the sophomore from Maryland scored the game tying and eventual game winning goal in a fourth quarter that would see the Maroons erase a three-goal deficit. Docking added six more scores and two assists in the ODAC win and Roanoke is currently in second place with a 5-1 conference record. Docking currently has 23 goals and 23 assists and his 43 total points are 10th in the ODAC.

The men were scheduled to play at Ferrum College on Wednesday, and Saturday at 7 pm they'll host first place Lynchburg in a big game at Kerr Stadium in Salem.

The women were at Bridgewater early this week, and they'll be back home today to host Meredith in a non-conference game at 4 pm.



Former SHS teammates go head to head in lax

Above, former Salem teammates Alla Daniel (dark uniform) of Lynchburg and Lilly Blair of Roanoke College battle for position in last week's lacrosse game between the Hornets and Maroons at Kerr Stadium. Right, former Spartan Libby Bowman shoots and scores for RC in the Maroon win. Bowman was named the ODAC Player of the Week for her outstanding play in two games last week.



PHOTOS BY BRIAN HOFFMAN

SHS girls will get big test against W. Albemarle and Albemarle

The Salem High girls lacrosse team will have a couple big games this week as the Spartans are at Western Albemarle tonight and home to Albemarle on Friday. Salem had two lopsided wins in the past week over Franklin County and Christiansburg but those teams aren't the same quality as the next two opponents.

"This week looks to be much tougher with Western Albemarle on Thursday and Albemarle Friday," said Salem coach Maggi Pace. "Both games will need to be a full team effort and will challenge us to the next level."

Last Wednesday at home the girls downed Franklin, 17-5. Leading goal scorers were Zoe Blair with four goals and two assists, Bailey Stratton with three goals and an assist, Chloe Butt with three goals and Mia Potter had two goals and an assist. Eight different girls scored and Brynn Bowen had five saves in goal. The team had 16 draw controls, the majority going to Reese Redford and Stratton.

On Monday in Christiansburg the girls opened a boys-girls doubleheader with a 21-1 thumping of the Blue Demons. Salem had eight scorers again, led by Addi Blanchard with two goals and seven assists. Leading goal scorers were Blair with five, Butt with four and Stratton and Mia Esworthy with three each. Potter and Morgan Tew had two each and Tew also had five assists.

"The ball was mostly on attack both games, but the transitions allowed us to work on our ride and overall team efforts to be a seven woman threat in the attacking zone," said Pace.

The Spartans had a game at Rockbridge postponed last week by rain and rescheduled for May 5.



Salem's Chloe Butt blows by a Franklin County defender in last week's win at Spartan Field.

PHOTO BY BRIAN HOFFMAN

Spartan athletes qualify for regional in first track meet of the spring season

The Salem High track team of over 60 strong opened the season with a River Ridge District quad meet at Christiansburg last week. Teams competing were Salem, Pulaski County, Hidden Valley, and host Christiansburg.

"We had multiple Regional Qualifiers this meet," said SHS boys' coach Darryl McCoy. "Some were also State Qualifiers, but due to being only four teams present these performances can only be counted towards regional standards. For state standards you need five teams or more."

Peyton Lewis of Salem set a new school record in the 100 meter dash with a tie of 10.71, surpassing the former record held by Keith Moyer that stood for 20 years. Peyton's time qualifies him for the Regional meet on May 24th.

Other regional qualifiers included Josiah Persinger, Jonathan Vernon and DaRon Wilson in the 100, Lewis in the 200 with a first place and Wilson in the high jump with a second place.

For the girls regional qualifiers included Shanyiah Robinson with a second in the 100 meters. Neelah Logan, in second, Robinson and Melissa Vinod all qualified in the 200 while Myla Greene qualified for the regionals in



Salem's Walker Peterson runs the mile on a cold day at the Colonel Classic Saturday.

PHOTO BY BRIAN HOFFMAN

both the long and triple jumps, winning the long and taking second in the triple.

"Overall the girls and boys teams performed very well as this was a lot of athletes first meet of the outdoor season," said girls' coach Tom Roth. "Some this was their second meet and broke some personal records."

Salem had two distance runners compete on a cold day at the Colonel Classic at

William Fleming last Saturday. In the 1600 Walker Peterson ran a personal best time while placing fifth and in a little over one hour later he ran the 800 and finished 6th. Also in the 800, Zane Easter ran a personal best time of 2:32.09.

The Spartans were scheduled to run in a meet at Glenvar on Wednesday of this week, and on Saturday they're in a meet at William Byrd High School.

Highlanders run at Twilight meet

The Glenvar High track team was scheduled to host a meet at Highlander Stadium on Wednesday of this week. Seven teams were expected to compete with Floyd, Northside, William Byrd, Salem, North Cross and Roanoke Catholic joining the host Highlanders.

Last Friday Glenvar took athletes to the University of Lynchburg Twilight meet. Carly Wilkes took first in the 3200, Jackson Swanson was fourth in the 100 and Will Johnson was fourth in the discus. The girls 4x100 relay team of Mahre Swanson, Brooklyn Woolwine, Adrianna Hall and Rhyann Harris was fourth.

Spartans take a two goal lead on Blacksburg but can't finish the job

The Salem High boys jumped out to a two goal lead over Blacksburg on Monday but let the Bruins get away, as the visitors rallied for a 3-2 win in a heartbreaking loss for the Spartans.

Evin Lainez scored two goals in the first 13 minutes at Spartan Field. The first one was a dribbler that somehow found the net, but the second goal was a lazer that ripped twin in the upper left hand corner and the Spartans had a rare two goal lead on the Bruins.

"We haven't led Blacksburg by two goals since I've been here," said Salem coach David Atkins. "We've been up one on them, but not two. That second goal was a world class finish."

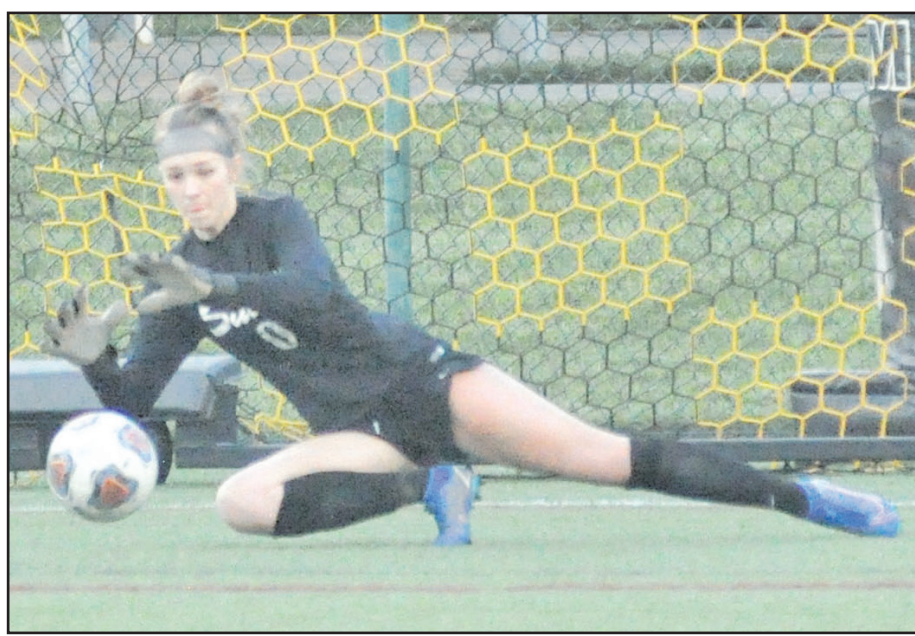
Blacksburg hasn't won multiple state championships by quitting, and the Bruins weren't about to do so Monday. They scored on a direct kick late in the half to cut the lead to 2-1, then came out with a purpose in the second half and put two more scores on the board for the win.

"We played a really strong first half, and they returned the favor in the second half," said Atkins.

The Spartans had no time to feel sorry for themselves with a solid Hidden Valley team coming to Salem just a day later. This time the Spartans took the lead and added on for a 3-0 win. Freshman Logan Lavinder had two goals, Lainez had a goal and an assist and Nelson Talavera also had an assist. Max Benne was in goal for the shut out and the Spartan defense gave him a slow night in the cage.

"It was good to bounce back and get a win," said Atkins. "We're going to beat Blacksburg one of these times. It would be nice to do it in the regional."

Now 2-4-1, the Spartans are off the rest of the week but back in action next Tuesday with a trip to Pulaski.



Salem High keeper Allison Kessel makes a diving stop to keep the game scoreless in last week's game with Lord Botetourt.

PHOTO BY BRIAN HOFFMAN

SHS girls suffer first losses

The Salem High girls split two River Ridge District soccer games to begin the week, falling 5-0 at Blacksburg on Monday but bouncing back to beat Hidden Valley, 2-0, on Tuesday.

"Our team is a little beat up, struggling and battling with some injuries to very key players in our defense and offense," said coach Kayla Wood after the Blacksburg game.

On Tuesday the girls dug deep and pulled out a shutout win over the Titans at Hidden Valley. Annie Bond scored the first goal off an assist from Taylor Arons and Brooke Bowers put one in the side pocket just before the half off a feed from Avery Mangus. The second

half was scoreless but that was fine with the Spartans as they came home with a district win.

Salem also had a game with Lord Botetourt last week and the visiting Cavaliers gave the Spartans their first loss. The game was scoreless into overtime and LB scored just before time ran out for a 1-0 win.

"LB was a hard fought game," said Wood. "We had 10 free kicks and four corners and did not score. Botetourt scored in the final seven seconds of the game. They scored and the whistle blew."

Now 6-2, the girls will host Pulaski next Tuesday.



Salem's Lucas Yerton(right) battles a Blacksburg player for a header Monday at Spartan Field.

PHOTO BY BRIAN HOFFMAN

Glenvar girls run up big scores

The Glenvar girls soccer team is on a roll as the Highlanders prepare to host James River in a big Three Rivers District game tonight. The Highlanders beat their last two opponents by a combined score of 23-0, downing Galax and Carroll County.

Last week in Galax the girls put 14 goals on the board in a shutout win before the game was mercifully stopped in the second half. A total of 13 different girls scored for Glenvar with Jules Stanley the only girl to hit the net twice. Other goals were by Kailah Finley, Brooke Smyth, Ava Plaisance, Layla Berryman, Campbell Hardin, Faren Wilson, Ryhan Harris, Lauren Claud, Kennerly Nichols, Megan Pomerleau, Jordin Crouch and Keira Booze. Stanley had two assists.

On Tuesday at home the girls dominated again with a 9-0 win over Carroll County in their Three Rivers District opener. Harris had a three-goal hat trick for the Highlanders



Jordin Crouch runs down a loose ball for the Highlanders.

PHOTO BY BRIAN HOFFMAN

and assisted on two others. Wilson had a goal and three assists and also scoring were Bryn Duff, Finley, Davin Tate and Crouch.

Tonight's game against James River at Highlander Stadium is a 6 pm start. Next Tuesday, April 19, the girls are at Alleghany.

Undefeated Glenvar boys play at James River tonight

The Glenvar boys soccer team remained undefeated with three wins in the past week. The Highlanders beat Galax, Heritage and Carroll County.

Last Wednesday in Galax Glenvar took a 7-1 win as Maddox Fisher and Jacson Shepherd scored three goals each and Bryce King had one.

On Friday in Lynchburg Glenvar beat the Pioneers, 9-0, in a game stopped after 60 minutes. Riley

Geddes led the way with four goals and two assists while Shepherd added two goals and two assists. Colin Clapper, Wesley Feliciano and Marco Gustafson also added goals for the Highlanders and collecting assists on were Maddox Fisher, Clapper with four and King. Glenvar held a 7-0 lead at the half and outshot their hosts 24-6.

On Monday the Highlanders had their third game in six days on enemy

pitch and came out on top again, this time defeating Carroll County 3-1 in Hillsville. Glenvar led 1-0 at the half on a Feliciano goal. Colin Clapper scored the second goal and Christian Housh added the third. Geddes added a couple assists while Feliciano had the other. Glenvar outshot the Cavaliers 17-5.

The Highlanders will continue to invade enemy territory tonight when

they take on Three Rivers District rival James River in Buchanan. The Highlanders finally have a home game next Tuesday when Alleghany comes to town.

"We've had a successful beginning to our season but we are still not where we want to be yet," said GHS coach Josh Jones. "The guys are working hard and continuing to make progress."

Tryouts for Salem Sabres soccer teams are May 10 & 11

Tryouts for the Salem Sabres youth soccer team are scheduled for May 10 from 6-7:30 pm for boys and May 11 from 6-7:30 for girls at the Sabres Field in Salem.

Those interested can register in advance on the Sabres' website. All the details on tryouts and the registration form are posted on the website.

The organization had a record number of teams last fall and will have many teams once again. The girls will have teams for U10, U12 and U14 while the boys will have teams for U10, U11, U12, U13, U14, U15 and two high school teams. Coaches include soccer coaches from both Salem High School and Glenvar High School.

"We really want Sabres to be a place where all kids can join, learn about the game, meet friends, and have fun," said Kristin Elder of the Sabres organization. "We also offer financial assistance to players who need help with dues. Many people think that travel soccer means weekends traveling hours and hours away, but Sabres is part of the Skyline League, which means that usually the furthest we have to travel is to Charlottesville. And, of course, half of the games each team plays are right here at our fields in Salem."

Josh Jones, head boys' coach at Glenvar High School and a former state champion girls' coach at Salem High, is Executive Director of the Sabres.

"Since 2006, Salem Sabres has been the local soccer club for players in Salem and Glenvar wanting to find exceptional soccer opportunities and a true soccer family," said Jones. "Each year we continue to grow and I'm so excited for what the future holds for the club."

"As the head boys coach at Glenvar, I see firsthand the many benefits that come from playing with a competitive soccer club like Sabres. Our fees are the lowest in the area and with most of the clubs we play being nearby, travel is very limited. We want soccer to be accessible to everyone, and I encourage any players looking to take the step from parks and rec soccer into travel soccer to come give Salem Sabres a try."



Spring Recreation seasons approaching

Salem Braves 0-Zone coach Shannon Hall makes a point during a baseball practice at the Moyer Complex Monday. Recreation soccer games will begin next Tuesday and softball and baseball will begin April 23. The Salem Department of Parks and Recreation will begin taking registrations for fall sports on April 25. Check the city website for details.

PHOTO BY BRIAN HOFFMAN



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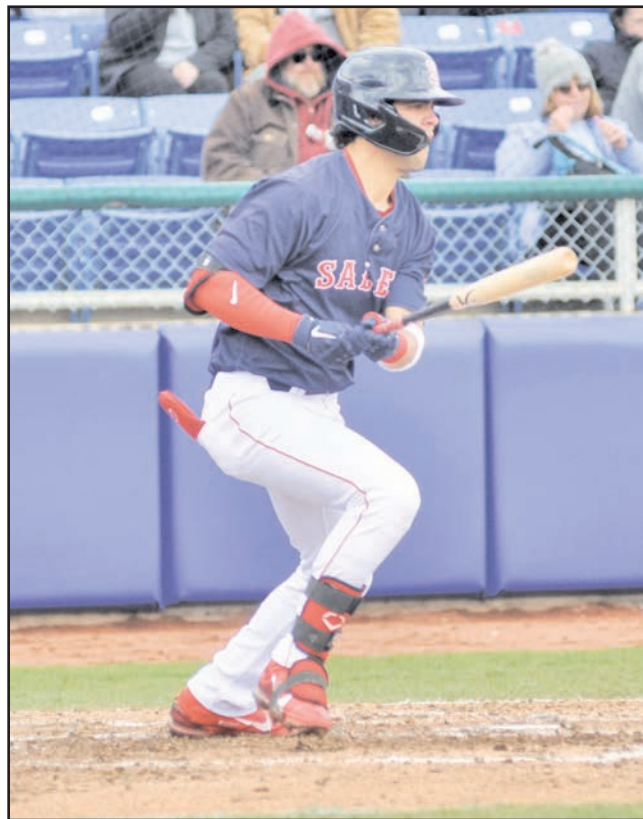
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Left, Salem Red Sox shortstop Marcelo Mayer rips a hit on opening day. Right, Eddinson Paulino beats the throw to the plate to score for Salem. PHOTOS BY BRIAN HOFFMAN

Red Sox sweep Lynchburg to open Carolina League season

The Salem Red Sox got off to a flying start by sweeping a three game series from the Lynchburg Hillcats at Salem Memorial Ballpark to open the 2022 Carolina League season.

The season was scheduled to open last Friday but the game was suspended in the second inning and made up as part of a Saturday doubleheader. Salem slugged 10 hits in an 11-8 win in the opener as Marcelo Mayer, Niko Kavadas and Phillip Sikes had two hits each. Mayer and Eddinson Paulino drove in three runs each for Salem.

The Sox led 6-0 after four innings but the Hillcats put seven runs on the board in the top of the fifth to take the lead. Salem answered with three in the bottom of the inning and added two more in the sixth to make a winner of relief pitcher Osvaldo De La Rosa, who pitched three one hit scoreless innings. Blaze Jordan had a home run for the Sox.

In the nightcap Mayer, Boston's first round pick in the 2021 amateur draft, had three more hits to lead Salem to a 4-3 win. Mayer drove in a run and

scored a run and Miguel Ugueto had two hits and an RBI for the Sox.

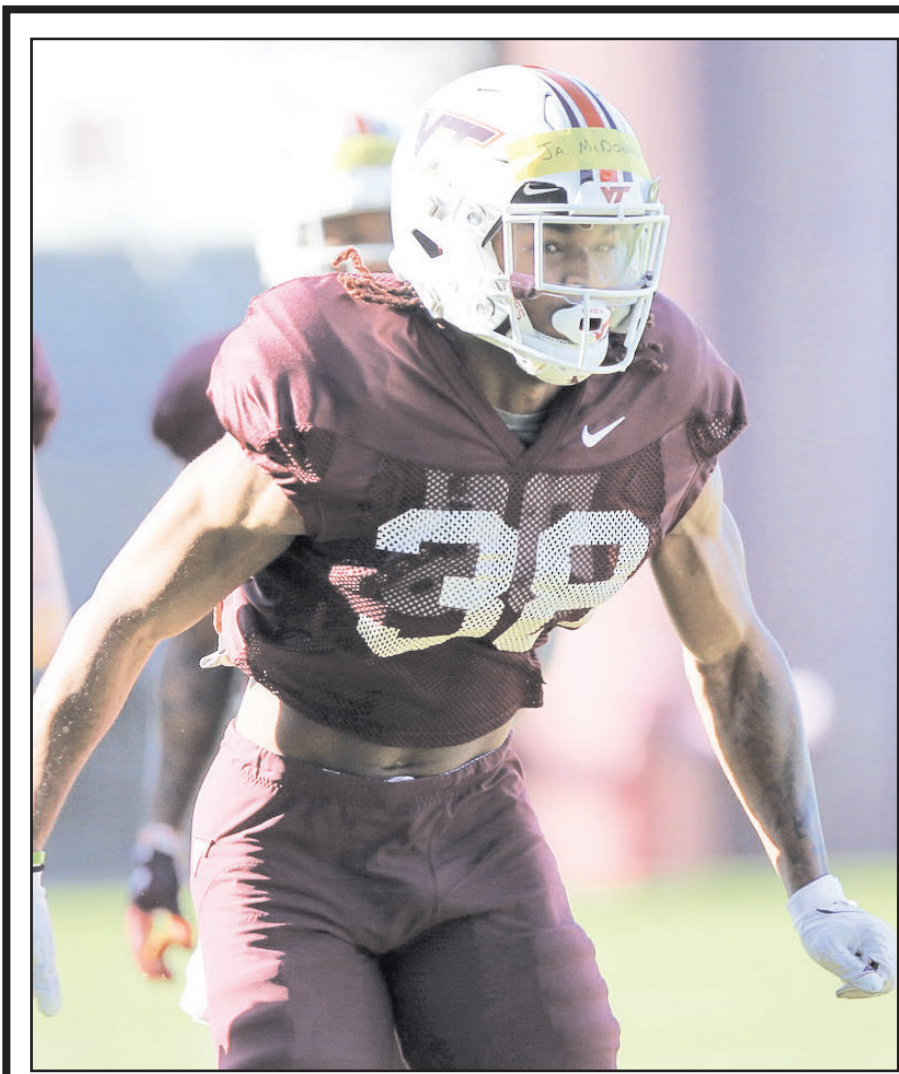
Again, Salem took an early lead and was up 3-0 after three. And, again, the Hillcats came charging back with three in the fourth tie it. Salem then scored a run in the bottom of the fourth and that held up for the win in the seven inning game. Miguel Suero got the win with two and two thirds innings of no-hit relief.

On Sunday Salem completed the sweep with a 6-5 win over the Hillcats. The game was tied 1-1 after six innings

before the Sox scored five in the bottom of the seventh. The 'cats made two errors in the inning and Mayer and Jordan both had RBI singles.

The Sox took a 6-1 lead into the bottom of the ninth before the Hillcats rallied for four runs, falling one run short of tying the game. Adenys Bautista got the win for Salem.

The Red Sox are in Fayetteville for a six game series this week, beginning Tuesday. They're back home on Tuesday, April 19, when Charleston comes in for six.



McDonalds get look at VT spring game Sat.

Above, Salem High School alum Jayden McDonald runs through a defensive drill during a mid-week spring practice for the Virginia Tech football team. Jayden and twin brother Jordan have been working at linebacker for new Hokies head coach Brent Pry and will have a chance to show what they can do at this Saturday's "Spring Game" in Blacksburg. Game time is 4 pm at Lane Stadium and all tickets are \$5. All tickets for this event are mobile. The Lane Stadium ticket box office will not be open for sales on Saturday, April 16. Fans wishing to attend are encouraged to buy tickets in advance online, or be prepared to purchase on a mobile device on Saturday.

PHOTO BY JON FLEMING

GHS baseball at River Friday

The Glenvar baseball team is looking to turn things around when the Highlanders play at James River in a big Three Rivers District game in Buchanan Friday night. It's the last game before Easter and the Highlanders are hoping it's a Good Friday in more ways than one.

This is always a good rivalry and River is off to a 5-3 start with losses to Salem and Northside. The Highlanders are 2-6 after dropping two games in the past week but the Highlanders have played a strong schedule and are looking to turn things around in the district part of the season.

That didn't happen Tuesday as Glenvar dropped a 6-4 decision to Carroll County in their Three Rivers

opener in Hillsville. Some costly errors hurt the green and gold as Dawson Anderson took the loss on the mound. Glenvar had five hits, with Reed Hutchinson and Adam Franklin picking up two each.

Last week in Christiansburg the Highlanders dropped a 15-5 decision to the Demons. The game was 1-1 into the third when Christiansburg scored 10 runs with two outs to blow the game wide open. Clay Caldwell and Jimmy Blount had the only two hits for Glenvar and Blount had three runs batted in.

Caldwell is slated to pitch Friday against James River. Next Tuesday, April 19, Alleghany is here for a Three Rivers game.

Golf tournament is fund-raiser for Spartan football

There's still time to sign up for the first annual Salem Sports Foundation and Salem Football "Spartan Classic" golf tournament on April 29 at the Hanging Rock Golf Club. The Captain's Choice tournament will have shotgun tee offs at 8 am and 1:30 pm with lunch provided by Chick-

Fil-A of Salem served between the two flights.

The event will help support the Salem foot-



SPARTAN CLASSIC
Salem Sports Foundation and Salem Football

ball team and sponsorships are available from \$100 to \$1,000. Cost to play is \$300 for a four person prepaid team or \$320 at the gate.

To sign up, or for more information, contact Van Gresham at 540-389-1088 or Teddy Dyer at Edyer.helmbldg@gmail.com.

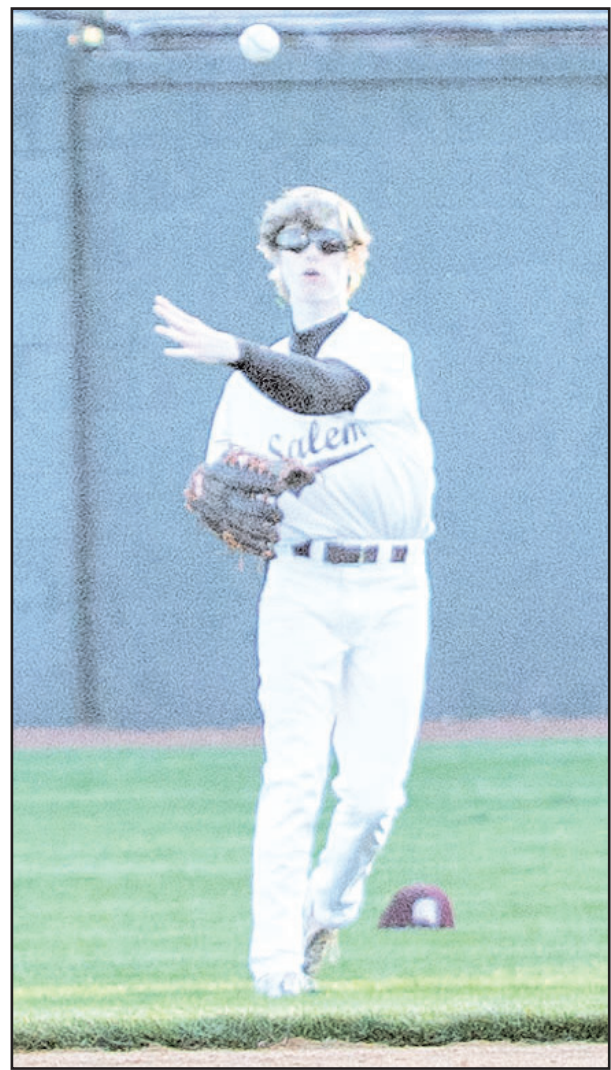
Salem baseball team in Myrtle Beach looking for some wins under the sun

The Salem High baseball team is soaking up the sun in Myrtle Beach, SC this week and hoping to return with two or three wins. The Spartans are competing in the annual Mingo Bay Tournament based in Myrtle Beach, playing four games in four days.

"Somehow we drew three of the toughest teams in the tournament," said Salem coach Wes McMillan. "If we come back to Salem with three wins I'll be turning cartwheels."

The Spartans opened the week with a game against Aynor High School of South Carolina on Monday and dropped an 11-5 decision. Aynor scored four runs in each of the first two innings to take an 8-0 lead and the Spartans didn't get closer than six runs after that, scoring two in the fourth and three in the top of the seventh. Errors hurt the Spartans as Camden Hart started on the mound and gave up all eight runs, none of which were earned.

On Tuesday Salem bounced back with a 9-8 win over Lugoff-Elgin High, a South Carolina private school that had won 15 games in a row prior to the loss to Salem. Freshman Trace Monroe started on the mound and pitched into the fourth, allowing just two hits. A couple relievers struggled before McMillan called on senior Trent Judd and he finished the last



Salem's Trace Monroe fires the ball in from center at a recent game.

PHOTO BY JIM DEVINNEY

three innings with a solid effort and picked up the win, allowing just one earned run.

Eli Bowery had two hits and smashed a 400 foot home run for the Spartans. Monroe and Hunter King also had two hits for the Salemites and Hunter Bayne, Caleb Furge and Brendan Steele all drove in runs.

The Spartans took a 6-2 record into Wednesday's game with St. James High, a Class 5 South Carolina school. Today's opponent was to be determined by the results of the first three games.

When the Spartans return to Salem they'll play at Pulaski County on Tuesday of next week.