

SALEM TIMES-REGISTER

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OurValley.org

'We have to keep going': Salem Animal Hospital readies for expansion

-Dr. Rich Bryant speaks on the new SAH building and the challenges of modern veterinary medicine-

Alexander Shedd

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"The building's nice, but ultimately it's a tool," remarked Dr. Rich Bryant on the new facility being constructed behind the current Salem Animal Hospital building. "It's nothing without the people-the people who work it, and the people that bring their pets in. We're just trying to build a very nice, accommodating, highly-functioning and efficient tool to do our jobs with."

With 75 years of service

under their belt, Salem Animal Hospital is a pillar of the Roanoke County veterinary community. This fully private operation on Main Street is the oldest veterinary practice in the Roanoke Valley, founded in 1945 by Dr. "Tommy" Thompson. It was purchased in 1971 by Dr. Allen Bryant, father of Rich Bryant, who now runs the hospital alongside his wife Danielle, Dr. Christine Ferris and Dr. Jordan Weintraub. Bryant purchased the practice from his father in 2008.

Now, Salem Animal Hos-

pital is migrating to a new state-of-the-art building in the same lot that will fully replace the current building, which is set to be demolished. The new facility, projected to open in January 2023, is more than 9,300 square feet and will contain seven exam rooms, a comfort suite for end-of-life care, two surgical suites, a dental suite and a spacious treatment room.

We have three exam rooms right now," Dr. Bryant chuckled. "That's why we're



PHOTO COURTESY OF SALEM ANIMAL HOSPITAL

See Animal Hospital page 7 Computer rendering of the new Salem Animal Hospital building exterior

PHOTO BY ALEXANDER SHEDD

The 25th Annual Virginia Vintage Comics & Collectibles Show saw a "milestone" turnout at the Salem Civic Center

Civic Center hosts 25th Annual Virginia Vintage Comics & Collectibles Show

Alexander Shedd

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Vintage comic book fans from around the valleys and beyond came out of the woodwork on Saturday to visit the 25th Annual Virginia Vintage Comics & Collectibles Show at the Salem Civic Center. This year's show was titled "Silver Anniversary" in celebration of Silver Age comics from the 1950s and 60s.

In keeping with the theme, door prizes for the event included silver dollars and silver bars as well as gas cards. Admission was \$3 as an homage to the "vintage" price of entry to such

events. "Our attendance was up about one hundred people from last year," noted Roger Mannon, a longtime promoter for the show. "We're the longest running comic show in Virginia, and it was a milestone. I think people coming out from the pandemic really boosted our numbers."

The Silver Age of comics refers to a period of artistic and commercial success in the 1950s and 60s during which

time iconic characters such as Spider-Man, The Avengers and The Justice League made their debuts. Names such as Stan Lee and Jack Kirby became known far and wide in this era.

What sets us apart is a focus on vintage and older material, especially from the 40s, 50s and 60s," said Mannon. "Most shows do all eras."

The Civic Center community room, where the event was held, was covered nearly wall to wall and floor to ceiling with highly valuable and rare comics and collectibles in this vein, with each of the couple dozen hobbyists and businesses in attendance also keeping boxes filled with old issues. Silver Age Avengers titles dominated top shelves while guests and fans busied themselves with thumbing through the boxes for specific franchises. Popular local spots such as Salem's Frank's Cool Stuff and Pulaski's Vintage Investments were also in attendance, the latter of which specializes normally in Civil War and WWII weapons and memorabilia.

The energy of the room was excited and amiable as vendors

See Comics & Collectibles, page 6

A jar of magic at Wonderous Books & More

-Book store owner Savannah Oaks explains Salem Apothecary, her creative new pop-up shop-

Alexander Shedd

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Savannah Oaks, 21, is no stranger to running a business. She purchased and managed the used bookstore on Main Street downtown, Wonderous Books & More, during the COVID-19 pandemic and has only seen success since. But for Savannah, stopping at just

books was never the goal. Those familiar with the store may have noticed in recent months that Savannah now offers something a little different: homemade jars" and other eclectic herbs and remedies under the brand Salem Apothecary.

'Salem Apothecary is a pop-up shop located inside of Wonderous Books & more that offers an arrangement of dried organic herbs, herb bundles, candles and make-it-yourself Spell Jar Boxes for anyone looking for a more natural way of life," explained Savannah in an email. "I was inspired to add this to the bookstore when I realized the closest place to buy herbs for my practice was about 50 miles away. I was already offering books on the subject but didn't have any tools the books called for. By putting Salem Apothecary in the bookstore, many people don't have to drive over an hour just to get an ingredient they need for their spells!"

In addition to making and selling this new craft, Savannah has also been offering classes at GLOW Healing Arts for people to learn how to construct the spell boxes themselves. However, due to the unique spiritual theme, Oaks was initially concerned over how people would respond.

"The only difficulty that I ran into was myself; I took a long time to think about this and worry about what people would think about what I'm offering," Oaks said. "Anything to do with "witchcraft" is usually looked at in a bad light."

But the response to this



Savannah Oaks stands with the new shelf of spell jars that she stayed late at work to finish making.

creative venture has been overwhelmingly positive. "I have met a lot of amazing people since starting Salem Apothecary! This adds a new demographic to the customers we see every day!" she noted.

Savannah also enjoys using the spell jars herself, and said that her favorite is the "self love" jar. "I struggle a lot with anxiety and self-image issues and by making the jar it helps me to remember to love myself" she said. "I use spell jars like a focal point that helps me stay focused. Whenever I'm feeling down about myself I'll

pull the jar out and focus on it for a while and it helps me remember the reasons why I love

Those interested in the spell jar classes can find more information on Wonderous Books & More's social media pages as well as through GLOW Healing Arts. The spell jars are designed for a number of different purposes, such as good financial fortune, self love and other abstract concepts that the jars can help one to motivate themselves toward. Whether or not the magic works is up to





BRIEFLY: Salem News In Brief

Hanging Rock Senior Golf Tour winners announced:

Gary Harper of North Roanoke County was the Overall Winner of the Roanoke Valley Senior Golf Tour's tournament played on August 1st at Hanging Rock Golf Club in Salem, VA. Playing in Division 1, Harper posted a net score of 63. Other Division 1 winners were: 2nd, Mike Wade - 68; 3rd, Hank Highfill – 68; 4th, Lynnis Vernon – 69; 5th, Tim Chocklett – 69.

John Mimms of Southwest Roanoke County was the Division 2 Winner with a 63. Other Division 2 winners were: 2nd, Jimmy Gibson – 68; 3rd, Robbie Harris – 69; 4th, Coy Rennick – 69; 5th, Barry Shelor - 69.

Playing in Division 3, David

Humphries of North Roanoke County was the Division 3 Winner with a 66. Other Division 3 winners were: 2nd, Bob Poff – 67; 3rd, Rick Payne – 67; 4th, Randy Minnix – 69; 5th, Lee Snider – 70.

Tournament Low Gross winner went to Van Redick, Jr of Southwest Roanoke City with a 71.

Submitted by Tommy Firebaugh

W.S. Connelly and Feeding Southwest Virginia team up for a home run of a Food Drive:

W.S. Connelly & Co, Inc. and Feeding Southwest Virginia invite you to join

us for a community outreach event at the Red Sox Stadium in Salem, VA, on Sunday, Aug. 7. The gates will open at 4:05 P.M. for entrance, and the game starts at 5:05 P.M. Feeding Southwest Virginia is the proud recipient of this food drive hosted by W.S. Connelly. The first 500 people can trade their non-perishable food items for a game ticket. All food donated will benefit the communities of Southwest Virginia and help us provide families with nutritious meals. We recommend a list of items: canned meats, vegetables, dry beans, rice, soup, canned meals, and peanut butter (excluding JIF). Submitted by W.S. Connelly and Feeding Southwest Virginia

RCAHD Weekly Health Update: COVID-19:

Cumulative Case Count Roanoke City

(up 706). People hospitalized with CO-VID-19, as of Monday 8/1/2022: 46. 37 new hospitalizations. COVID-19 related deaths, as of Tuesday 8/2/2022: 1025; 644 Alleghany Health District, 381 Roanoke City Health District. Monkeypox: The RCAHD teams are working with healthcare professionals and community-based organizations to identify and provide vaccine to individuals who are at greatest risk for this orthopox virus. Hepatitis A Outbreak: Since January 1, 2022, 79 cases of hepatitis A, including 58 hospitalizations, have been reported in the RCHADs. Substance use disorder, specifically injection drug use, continues to be the most commonly identified risk factor in this outbreak People are encouraged to consider getting vaccinated against hepatitis A.

Submitted by Roanoke County and Alleghany Health Districts

OLICE REPORT

City of Salem Police Department



Weekly Arrest Report

Week of July 26, 2022 – August 1, 2022

Arrested On	Name	Age	Charges		
07/26/2022	Brendan G. Rivera	19	Carrying Concealed Weapon, Contributing to Delinquency of Minor		
07/26/2022	Kahilf R. Hundley	19	Contributing to Delinquency of Minor		
07/26/2022	Rodney S. Francois	20	Contributing to Delinquency of Minor		
07/27/2022	Amber N. Wright	24	Violation of Probation		
07/27/2022	Billy M. Asbury	45	Assault & Battery		
07/27/2022	Joy V. Ezelle	32	Neglect		
07/27/2022	Jay A. Ezelle	33	Neglect		
07/27/2022	Dylan S. Nelson	30	Assault & Battery, Assault on Police Officer, Public Intoxication, Obstructing Justice, Resisting Arrest, Vehicle Burglary, Petit Larceny		
07/28/2022	Mary E. Fitch	45	Petit Larceny		
07/28/2022	Brooke N. Shepherd	23	Petit Larceny		
07/29/2022	Eric R. Hickman	50	Failure to Appear		
07/29/2022	Ke'Shawna E. Janhrett	22	Assault & Battery		
07/29/2022	Cheryl A. Borkowski	60	Public Intoxication		
07/30/2022	Alisha F. Beauge	43	Assault on Police Officer		
07/30/2022	Markese J. Terry	33	Public Intoxication		
07/30/2022	Ann F. Janney	33	Public Intoxication		
07/31/2022	Michelle L. Gorman	50	Failure to Appear		
07/31/2022	Joseph D. Sayers	42	Criminal Trespass		
07/31/2022	Michael A. Lucado	43	Public Intoxication		
08/01/2022	Kelly M. Combs	35	Failure to Appear		

City of Salem Police Department



Weekly Crime Report (Felony Cases)

Week of July 26, 2022 – August 1, 2022

DATE REPORTED	LOCATION	OFFENSE REPORTED		
27-JUL-2022	1100 BLK Mt Vernon Ln	Assault on Police Officer		
28-JUL-2022	1900 BLK Electric Rd	Vehicle Theft		
30-JUL-2022	300 BLK W Main St	Assault on Police Officer		

Your Independent Pharmacy

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774-5500

Store Hours: M-F 8:30am-6pm; Sat 9am-2pm
2012 Electric Road, Roanoke, VA 24018
Owned by Salem residents Kathy and Mitch West

TROM THE ARCHIVES

Big Game Thrived in Days Gone By, Old Records Show

Ebenezer Brewster Of This Section Who Died In 1850 Reported To Have Killed 1,200 Bears In Lifetime

From the 1938 Centennial Edition of the Times-Register

When the white man first settled permanently in this section in 1740 the country was probably more beautiful than it is today since the artificial splendor that man has built has not compensated for the natural grandeur of the primitive abode of the Indian hunters.

At that time there was more luxuriant foliage to be seen; none of the land had been cleared for cultivation. Nature had endowed this section with such a variety of plant life that the blend of the trees, vines, flowers, blue grass was a thing of beauty.

When the first white man built his home in

THE TIMES REGISTER

CENTENNIAL EDITION - 1938

An

HISTORICAL RECORD

of

ROANOKE COUNTY

Roanoke county the buffalo were making their last stand in this vicinity and they soon disappeared to be found only in the states further west.

For years previously the buffalo had roamed the fields in this section but had almost disappeared by 1740. In Kentucky and Tennessee they lin-

See From the Archives, page 3

Salem museum spotlight



Director of Education and Archives Garrett Channell holds a miniature baseball bat

Measuring just over a foot long, this miniature Louisville Slugger is made of wood and reads 'SALEM REBELS" near the top. You can see this item up close at the Salem Museum through the new Hands on History Saturdays program! This bat reminds us how history is found throughout Salem, even at unexpected places. The Red Sox are not the first team affiliate that the Salem baseball

team has had, nor even the second or third. In fact, the Red Sox are the ninth team to manage the hometown team. The first affiliate the team had was the Pittsburgh Pirates in the 1950s when the team was known as the Salem Rebels! The Rebels were also affiliated with the San Francisco Giants in the late 50s to early 60s. This souvenir bat is a reminder of this early history of the team, and how things can

hange over time

change over time. This month, Hands on History Saturdays are highlighting Salem baseball and football history with items from Salem's baseball teams, Andrew Lewis High School football, and Salem High School football. On Saturdays, visitors can pull on a glove and touch a piece of history with their own hands! Salem Museum is open 10-4 and located at 801 E. Main St.

VDOT Road Watch

Submitted by VDOT

INTERSTATE 81
(UPDATED 7-29-22) * INTERSTATE 81 LANE WIDENING CONSTRUCTION PROJECT EXIT 137 TO EXIT 141 – A \$179 million design-build project to widen both directions of I-81 between mile markers 136.6 and 141.8 from two to three lanes is set to begin. Starting in February and continuing into the early summer, work will be performed on the inside and outside shoulders along a five mile section of both northbound and southbound Interstate 81 in Roanoke

County and the city of Salem. The shoulders will be built up before barrier wall can be installed for road crews to work behind. Barrier wall will be installed along the shoulders in the spring and summer. Two lanes of I-81 traffic in each direction will remain open during the project with periodic lane closures scheduled during night-time hours or outside of peak travel times as needed. Drivers can expect the following lane closures and upcoming impacts on northbound and southbound I-81:

ROUTE 635 (GOODWIN AV-

See **VDOT**, page 7

Smith releases 'NEWS!' novel about early newspaper days

Meg Hibbert Contributing writer

Readers, fellow writers, and friends turned out for the official release of Dan Smith's newest novel, NEWS!, based on his early days as a young newspaper

Smith, a former editor of the Salem Times-Register, was the star at the event in Hollins University's Moody Center July 31.

The novel lives up to the description by Roanoke Times writer Dan Casey describes it, "A wild ride through journalism." Charissa Roberson for the Salem Times-Register called it "an entertaining read with interesting insights into the world of journalism."

The opening sentences of "NEWS!" are enough to pique the interest of journalists and admirers, but not for the faint of heart. Smith's character, Eb McCourry, describes victims of a horrific plane crash in North

Sherry Payne sang an original song she wrote for the release party, "We Call it The News,"

as she and her husband, Jim Canody, provided background

New and old fans of Smith gathered in small groups around the center as they discussed mutual interests.

Longtime friend Emily Paine Carter of Salem described the event as "the social event of the summer. Dan is such an entertaining writer. I like to support anything he writes, and the cause of journalism." And, she added, "I came because there was a chance of cake." Carter was referring to the cake decorated with an exact likeness of the cover of "NEWS!"

Fan Joyce Waugh, who lives in Southwest Roanoke County, said she came because "Dan has a new book and I like to support local journalism."

Roanoke County songwriter Greg Trafidlo was at the release party to support his friend. Dan, being the enigma that he is, has been one of the biggest influences I've had since moving to Roanoke. He's just a good guy."

Nancy Harvey of Roanoke

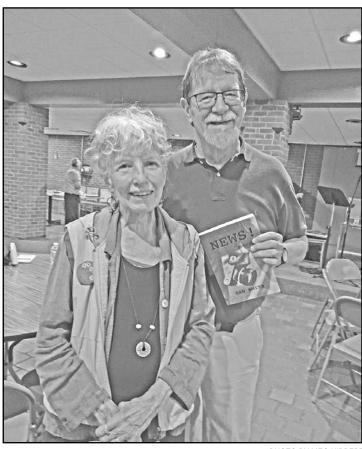
is a new fan of Smith's. "I came because I am really into local writers, such as Mary Bishop and Beth Macy. I've now added Dan Smith.'

Authors Bishop and Macy were contemporaries of Smith's when he wrote for the Roanoke

Even Trish White-Boyd, vice mayor of the City of Roanoke, was at the event with her husband and grandson to get Smith to sign her copy of the book.

Smith drew on his experiences as a young sports writer in his home state of North Carolina. He advanced to a news writer, photographer, editor, magazine writer and Public Radio essayist. He is a member of the Virginia Communications Hall of Fame, and has won state awards in nearly every newspaper and magazine category.

NEWS! is published by Propertius Press and is available in paperback and as an ebook. He will be signing books on Saturday, Aug. 6, from 11 am to 1 pm at Booked No Further in downtown Roanoke. Books



Salem resident Emily Paine Carter with former Salem Times-Register editor Dan Smith at the release party for his newest novel, "NEWS!", July 31, in Hollins University's Moody Center.

RCPS announces policy for providing free or reduced price meals

Submitted by Roanoke County Public Schools

Roanoke County Public Schools today announced its policy for providing free or reduced-price meals for children served under the National School Lunch, and/or School Breakfast Programs. Each school and/or central school nutrition office has a copy of the policy, which may be reviewed by any interested

Some schools in the division, Burlington Elementary, Herman L. Horn Elementary, Masons Cove Elementary, Mount Pleasant Elementary, Mountain View Elementary and W.E. Cundiff Elementary, will be participating in the Community Eligibility Provision (CEP) as implemented under the Healthy, Hunger-Free Kids Act of 2010. All students enrolled at these schools will be provided a nutritious meal for breakfast and lunch each day at no charge. Households with students attending these schools will not be required to submit a meal application form for these students to receive meals at no charge. Each household with students attending these schools will receive communication about CEP, including contact informa-

tion for any questions. In all other schools, household size and income will be used to determine eligibility for free or reduced-price meal benefits. Children from households whose income is at or below the Federal Income Eligibility Guidelines, shown in the chart below, may be eligible for either free or reducedprice meals. Children who are members of households receiving Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or who receive Temporary Assistance for Needy Families (TANF) may be automatically eligible for free meals. Children who are homeless, migrant, or runaway may also be automatically eligible for free meals. Foster children, who are the legal responsibility of a welfare agency or court, are eligible for free meals regardless of the income of the household with whom they reside. Children who are members of households participating in WIC may also be eligible for free or reduced-price meals based on

the household's income. Application forms are being distributed to all households with a letter informing households of the availability of free or reducedprice meals for their children. Applications are also available at the principal's office in each school and at the central office. To apply for free or reduced-price meals, households must only fill out one application per household and return it to the school

Applications may be submitted at any time during the school year. The information households provide on the application will be used for determining eligibility and verification of data. Applications may be verified at any time during the school year by school or other program officials. For school officials to determine eligibility for free or reduced-price benefits, households receiving Supplemental Nutrition Assistance Program (SNAP) benefits or Temporary Assistance for Needy Families (TANF) only have to list their child(ren)'s name and SNAP or TANF case number and an adult household member must sign the application. Households who do not list a SNAP or TANF case number, including WIC households, must list the names of all household members, the amount and frequency of the income received by each household member, and the last four digits of the social security number of the adult household member who signs the application. If the household member does not have a social security number, the household member must indicate that a social security number is not available. The application must be signed by an adult household

member in order to be approved. Under the provisions of the free and reduced-price meal policy, the Nutrition Services Department will review applications and determine eligibility. An application for free or reduced-price meals cannot be approved unless it is complete. Households dissatisfied with the ruling of the eligibility determining official may wish to discuss the decision with the official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either verbally or in writing to: Susan Peterson, 5937 Cove Road, Roanoke, VA 24019 (540) 562-3788.

Households may apply for free or reduced-price meals at any time during the school year. If a household is not eligible now but has a change, such as a decrease in household income, an increase in household size, becomes unemployed or qualifies for SNAP or TANF, the household should contact the school for an application. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the Federal Income Eligibility Guidelines.

Households that receive Supplemental Nutrition Assistance Program (SNAP) benefits (formerly the Food Stamp Program) or Temporary Assistance for Needy Families (TANF) may not have to complete an application for free or reduced-price student meals. School officials will determine eligibility for free meals based on documentation, obtained directly from the Virginia Department of Social Services, that a child is a member of a household currently receiving SNAP or TANF. School officials will notify these households in writing of their eligibility. Households who are notified of their eligibility, but who do not want their children to receive free meals, must contact the school. SNAP and TANF households

must complete an application if they are not notified in writing of their automatic eligibility within the first 10 days of the new

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submitted to USDA by:

U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue,

Washington, D.C. 20250-9410; or

(833) 256-1665 or (202) 690-7442; or program.intake@usda.gov

This institution is an equal opportunity provider.

Household Size	Maximum Household Income For Free Meals	Household Income For Reduced Price Meals
1	\$17,667	\$17,667.01 - \$25,142
2	\$23,803	\$23,803.01 - \$33,874
3	\$29,939	\$29,939.01 - \$42,606
4	\$36,075	\$36,075.01 - \$51,338
5	\$42,211	\$42,211.01 - \$60,070
6	\$48,347	\$48,347.01 - \$68,802
7	\$54,483	\$54,483.01 - \$77,534
8	\$60,619	\$60,619.01 - \$86,266
For Each Additional Family Member - ADD	\$6,136	\$8,732

From the Archives from page 1

gered until 1810 when the march of the white man caused them to move further west.

Dr. Walker

Dr. Thomas Walker, an early explorer, in one of his journals made the comment that one of the favorite sports for buffalo in this section had been at the "Great Lick" which is the place where Roanoke is now located. He stated that game was in abundance there and that only the short-sightedness of the hunters in killing buffalo for sport and other animals for their skins caused the animals to become less abundant. Wild animals, especially buffalo,

were wont to gather at salt licks to get sale.

But after the buffalo moved on there remained an abundance of game. Bear, wolves, deer and many different varieties of birds were to be found

Ebenezer Brewster who lived in this vicinity died in 1850 and in an obituary notice it was stated that during his life time he had killed 1200 bears. In the early days this was a hunters paradise.

In this wild and beautiful county the pioneers settled to build a civilization. A word picture of this section of the state is given in a most pleasing manner by Pendleton in his history of Southwest Virginia who wrote as follows:

The wondrous scenery of Southwest Virginia caused her fame to be spread far and wide. Here in primitive days the lofty mountains and peaks, clothed with the living green in summer time and clad with fleecy snow and icy pendants in winter season, stood as silent sentinels above and around the magnificent forests of oak, poplar, walnut and sugar maple, that transformed each mountain hollow and valley into a sylvan palace. In these sylvan homes

the nightingale, thrilled by the soft moonbeams, warbled its liquid melodies; and the mocking bird, thrush and oriole, screened from the scorching rays of the noonday sun by the refreshing shade of the sugar tree, carolled their richest and sweetest songs. And Diana and her companion nymphs might have discovered thousands of crystal springs, in whose pellucid depths they could have seen their ravishingly beautiful forms reflected as no highly polished hand-made mirror could present them. If the fabled gods had once drunk of these sweet, sparkling wa-

ters, they would have thrown aside their cups of nectar and declined to quaff again their beverage of distilled honey. Here, too, as native to the soil, luxuriantly grew the sweetest and most nutritious beverage for animals the wide-world has ever known, the wild pea vine and nature's richest pasturage, the blue-grass. Instinctively, from all regions, east, west, north, and south came the ponderous buffalo, the heavy antlered elk, and fleet footed deer to feed and fatten upon the succulent herbage that was of spontaneous growth in this wonderful country."

OPINION

Hospice/Friends/Initials

Frances Stebbins has been covering events in Western Virginia, especially those relating to faith communities, since 1953. She lives in

Ever since Good Samaritan Hospice was established in the Roanoke Valley 30 years ago, there has existed the dream of being able to care for terminally ill persons in a nearby facility where they could have their pain treated.

Currently, medical personnel come to the patients' homes to provide pain-relieving medicines as well as comfort and emotional support. This, it has been noted in materials from "Good Sam," puts additional strain on the family of those who are not expected to survive much longer. Even so, families frequently express their appreciation for the attention their loved ones received.

Now the prospect of a true Hospice House has brightened. A retired Roanoke owner of a construction and real estate business, Maury L. Strauss, has donated a memorial gift of one million dollars to the non-profit Good Samaritan organization. It recognizes the care given to his wife Sheila to whom he was married for 65 years before her death from cancer in

In announcing the gift in a Community Report, Aaron Housh, the CEO of Good Samaritan, further updated the public of the building campaign starting soon to augment the Strauss gift. Employees so far have pledged nearly \$17,000 toward the construction of a building in Northwest Roanoke County.

This free-standing building will have 16 beds in a campus-style facility to be on six acres in the 4000 block of Cove Road. Brochure materials state that it will be known as the Good Samaritan Center for Caring and that it will afford a cheerful place for relatives to be with their loved ones as

[Parenthetically, I have written about the concept of Hospice care since the idea was introduced to a Roanoke clergy group around 1990. Sue Ranson, long the CEO

Frances Stebbins

Correspondent

of Good Samaritan before Housh, talked with me often about the concept of making life as meaningful as possible for patients whom doctors have judged have limited time to live. I did not experience Good Sam family care when my husband and a son died earlier in this century, but if need arises, I am glad the program is there. I am glad I played a part in educating the community about it.}

Scripture tells us in several places that God-call the deity Higher Power if you prefer—always makes good come of the bad events in life. And so having recently experienced another birthday and the loss of my last friend old enough to have reared

her family in the same years and church as mine, I find that I can see some socially and spiritually rewarding events emerging from the COVID pandemic as well as what I call the Digital Age. I'm thinking of the new friends

I have made in recent years as well as the renewal of some friendships from many years back. Through e-mails and other means I have been enabled to catch up with such folk as clergymen Malcolm Minnick Jr., a retired Lutheran pastor now living with his wife in a retirement home in a Minneapolis suburb; retired Episcopal Bishop A. Heath Light, who shares a birth month with me and communicates by telephone or postal mail from his home with a daughter in Southwest Roanoke County; and Bernard Via, retired United Methodist pastor and his musical wife in their Southwest County home. In addition, there is Richard

Cummins, now retired to his Southwest County home with his singer wife, Rita, after a long career in church musical leadership in the Roanoke Valley. Cummins likes to reminisce about his native city of Petersburg when he and I, a fledgling news reporter, met there

My newer friends are mostly widows of retirement age whom I've met through church or spiritually-focused small groups nearby. They, and the several nearby neighbors I acquired when I moved to my present small East Salem home in 2014, are proving invaluable as I age and my independence in driving is no longer

Omitting their full names, I'm glad to call as friends Tracey, Cackey, Annie, Kay, Barbara, Kate, Stuart, Dorothy, Jim, David and others I must be forgiven for forgetting who can get me to grocery stores, church and groups I enjoy.

An Oddity: In the "Alphabet Soup" in which we live there are three common abbreviations occasionally confused as a telephone book once did for me several years

DMV is the common designation for the Department of Motor Vehicles for Virginia. DVM stands for Doctor of Veterinary Medicine which sadly is no longer needed for a cat family in my life. DAV designates my favorite thrift store benefitting Disabled American

Pan & Tybalt

If you would like to see your pet in the Salem Times-Register, submit a photo and some fun facts to alexander. shedd@ourvalley.org!

For this week's Pet of

the Week, we would like lax in shadowy nooks and to introduce Pan and Ty- crannies, he also loves to health issues as a kitbalt, two perfect boys who cuddle on the couch and live with yours truly, Alex

Pan is a handsome grayish-blue cat that we adopted from Clover Cat Rescue in 2020 when he was just six weeks old. Though he's very moody and likes to re-

grass and flowers in our overgrown backyard. If there is a sunspot somewhere in the house, he will be there. Though he likes to be independent, he al-

The

book series, after the char-

of a natural hunter, but he loves to explore the tall

ways makes a big deal of

Tybalt is a much smaller

when it's time for pets.

acter Pantalaimon.

ginger cat that we adopted from the Richmond Animal Control Center in 2021 at about 10 weeks old. Named for a character from Romeo & Juliet referred to as "King of Cats," Tybalt never got much bigger after his kittenhood, but he has the playfulness and energy of a dozen cats his size. His favorite thing in the world is being slung over a shoulder and carried around, and he often surprises us by leaping into our arms

from tables and counters,

purring constantly despite

the significant risk that we'll fail to catch him.

Tybalt had lots of ten. He has scarring on his corneas from a feline groom his brother and sister (our beagle Mellow). herpes infection after he Pan's name comes from was born, and for the Golden Compass, first several months after my fiance Olivia's favorite bringing him home nothing but a faint squeak would come out of his Every now and then, little mouth when he me-Pan gets to go outside on owed due to a polyp in his leash. He's not much

his throat. He also had

an injury to his eardrum before being taken in by the RACC, leaving him with a permanent head tilt and somewhat imperfect balance, though that has never stopped his extreme acrobatics around the house. Tybalt also takes care of most of the bugs in our house and has a wasp kill count that would make an exterminator blush.

While both cats were effectively raised by our beagle, they can both wrestle her to the ground now, much to her excitement. The boys sprint and play around the house with great energy every night, but in the morning they are always ready for copious pets and their daily scoops of wet food.

SALEM TIMES-REGISTER

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

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

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- **CLUES ACROSS** Disco light 7. London radio station
- 10. Aerospace Co. Morton
- 11. Capital of Puglia, Italy 12. A phantom or appari-13. Packed wine
- 14. The ocean below 6000 40. 1959 Nobel
- 15. 1st dynasty: AKA Xia 16. Every
- 17. Six (Spanish)
- 18. His ark 20. Segment or a circle
- 21. Pres. Johnson or 26. 12th Greek letter 27. The First Lady
- 32. A blood group
- 33. Takes to task 35. Prints money
- (abbr.)
- 36. Airbus manufac-
- turer 37. A instance of selling 5. Bovine genus
- 38. 12th month (abbr.)
- 39. Baseball's Ruth
- biochemist Severo 43. Weights deducted
- to obtain net 44. To lie scattered over
- 47. 6th Jewish month 48. Physical maltreators

49. Founder Franklin

50. Published

- **CLUES DOWN**
 - 1. Fish of the genus Alosa 2. Rock singer Turner
 - 3. Muslim weight from 1 to 5 care
 - 4. Turkish unit of weight
 - 6. Popular shade tree
 - 7. The principal foundation of 34. Secondary School

 - 8. La ___ Tar Pits 9. Spanish hero soldier
 - 10. Brains egg-shaped grey matter
 - 11. Fundamental 12. Bast 13. Small angels

 - 16. Not or 17. S Pacific island group 19. Ad ___: impromptu

22. Gen. ___ DeGaulle

- 24. Aluminum 25. Considerate and solicitous 28. Popular Canadian phrase
 - 29. Consumed food 30. Hayfields
 - 31. About Andes
 - Certificate 35. Pen maker Castell
 - 37. Brand of clear wrap 39. Past tense of bid
 - 40. Resort city on Lake Biwa 41. Big Bear was chief
 - 42. A group of cattle 43. The bill in a restaurant
 - 44. People of the Dali region of Yunnan
 - 45. One point S of due E 46. Pig genus

The Training Program: Week 9



By Chamberlain Zulauf, Student Reporter

The topic for this week, injury/setbacks, was bound to show its face sooner or later. It's hard not to get a little banged up spending so much time running. While being home was relaxing in a lot of ways, getting to spend time with family and running some old routes, I still ran into some trouble. One run late in the week had to be cut short as my knee was killing me. Getting my mileage for the day was out of the question and I had to walk back a few miles to get to my car. My IT band had become inflamed which meant I couldn't bend my knee without sharp pain under my kneecap— it was not a pleasant walk back to say the least. It's hard to say what caused the tweak. It could be my new shoes, more doubles than was good for me or simply just a wrong step.

The best thing to remember with any setback is that it will pass. I've had problems with my right knee before. I know that I just need to take time off to let everything cool

off. At most I spent a few days on a stationary bike when I felt up to it. To me, setbacks are a psychological battle more than a physical one. Something I've been actively working on mentally is having the confidence in myself to get back into motion but only when I'm ready. Patience over frustration will see me running sooner rather than later.

Helping yourself is the most you can do when in recovery, it's not all going to come back all at once. Don't over stretch and try to fix the problem 24 hours a day. I think all that would do is invite the problem to live in one's head rent free. Take the setback in stride and stay looking at the positives. For

It's been a nice rest period for me while I'm nursing my knee. Sure, I was in a groove the week before this, and I do want to get back to that, but I was getting so exhausted every day so maybe this is a gift in disguise. For now, I'll just take it one day at a time and keep building up from where I wake up each day.

Study Practices for a New School Year

By Charissa Roberson, Contributing

A new academic year is fast approaching at Roanoke College. Whether you're a veteran student or a freshman new to the game, the transition from summer vacation to the rigorous schedule of college classes is always difficult. Here are some study tips to help get you on track this se-

#1: Buy a planner. This little book can be a lifesaver amidst the flood of classes, homework, and deadlines. After syllabus day, write down every important date - exams, papers, projects – in your planner. That way you won't be caught off guard by a huge assignment. Go a step further and choose a planner that includes sections for each day. Write a list of the things you want to get done that day. Then, whenever you finish a task, you get the satisfaction of crossing it off. Anything you don't finish can easily be moved to the next day's schedule.

#2: Set the mood. Find the environment where you focus the best. Maybe it's your dorm room desk, or the library, or a table on the Commons patio. Next, find the playlist that best fits your vibe. Instrumental is usually best, unless you're someone who doesn't get distracted by singing along to the lyrics. YouTube and Spotify both offer endless options for study playlists: jazz cafes, relaxing guitar tunes, lo-fi beats, even medieval fantasy mixes. Finally, grab a favorite snack or a drink to fuel your study

#3: Get a little help from your friends. Everything is more bearable with company. Get your friends together and stake out a booth in the library, or a table at Mill Mountain, or a sunny spot on the quad. If you can avoid getting distracted, having other people around is a great way to motivate yourself and keep your spirits light. Studying for an exam with a friend is also helpful - bonus points if they're in the same class as you. You two can quiz each other on your notes and help point out holes in each other's knowledge. And, again, it simply makes the whole process less depress-

#4: Take breaks. Make sure you give

yourself time to destress after an arduous study session. Plan something fun to do when you finish. If you're busy, it could be as small as watching an episode of TV before bed. If you have a little more time, take a walk outside, go to the gym or hang out with your friends. Another suggestion is to set aside a time or place that is "sacred" from homework. Maybe after classes on Friday, you don't do any work for the rest of the day. Maybe you do all your assignments in the library, so that your dorm remains a work-free zone. Whatever it is, carve out some time and space for you, away from the stress and press of school. #5: Ask for help! This final tip is to

remind you that, at Roanoke College, your professors are there to help. If you have a question about a topic or an assignment, shoot them an email and ask. Don't be afraid! Nine times out of ten, they are more than happy to address whatever concern or confusion you have. And don't forget about office hours. Professors have several hours a week dedicated to simply being available for their students. Take advantage of it!



An organized desk is an organized mind.

News from the 9th: A Wild Day From Wise to Washington

From the desk of Rep. H. Morgan Griffith

Serving as the U.S. Representative for Virginia's Ninth Congressional District has meant putting a lot of miles on my car. Getting around the 29 jurisdictions in the district's current boundaries as well as to Washington, D.C., requires frequent travel here and there.

Even so, the driving I did on July 28-29 was quite a lot for

That legislative week in the House of Representatives began on Tuesday, July 26, and ended on Friday, July 29, and involved more than 30 votes on bills, resolutions, and amendments.

While I was in Washington, Southwest Virginia was again struck by heavy storms that caused substantial flooding. Just weeks after floodwaters swept through Buchanan County, the same disaster befell Dickenson and Wise Counties.

Serving in Congress requires choices, in how I vote and how

I spend my time. As damage reports came in on Thursday, I decided that I needed to see the situation for myself. I try to avoid missing votes whenever possible, but the bills expected at the time on the floor Friday were not controversial and likely to pass by large margins. Being on the ground at the site of the floods was more important.

We often vote in the evening, but the Congressional Baseball Game for charity was taking place that night. So after votes concluded on Thursday afternoon, I skipped the game, packed up my car, and headed for Southwest Virginia. My staff coordinated with law enforcement to set up the visits.

I arrived in St. Paul to stay overnight around 12:30 am on Friday and woke up around 5:30 am to head to my first stop, Clintwood. There I met with Dickenson County officials and inspected the flood damage.

Following Clintwood, I visited flooded sites in the Towns of Pound, Wise, and Coeburn in Wise County to see how the storms had affected them, joined by county officials and Virginia House of Delegates Majority Leader Terry Kilgore.

At some locations, the waters had not yet receded. Roads and bridges had been washed away, The result of this damage for two neighborhoods in Dickenson County was to cut them off from the rest of the public road system. A ballfield in Coeburn had been covered by three to four feet of water.

Fortunately, no lives were lost, but recovery from the physical destruction will take time and require cooperation at all levels of government and with support from nonprofits, businesses, and individuals.

Just as I left Coeburn, I was notified that a controversial bill would be coming up later that day in the House of Representatives after all, thanks to some procedural trickery.

Earlier in the week, House Democrats had been negotiating between themselves on a

package of bills that included a ban on some guns and funding for police departments. Negotiations had appeared to be at an impasse, so these bills were not scheduled for floor action. But overnight Thursday into Friday, a deal was reached so Democrats could proceed with a gun ban. Apparently, they could not agree on supporting the police, but they could find consensus on taking away some guns.

Typically, bills must be available for 72 hours before they can be considered on the floor. The Democrat majority evaded this requirement by passing a rule allowing for "same day authority" to bring up any legislation they wanted within one legislative day.

Knowing the vote would be close, I raced back to Washington from Wise County and after the six and a half-hour drive arrived just in time to vote no on the gun ban. It had been a long ride, but our Constitution, including the Second Amendment, demanded my support.

Ultimately, the House passed the gun ban by a vote of 217-213. If just a few more Democrats had joined the five who voted against the ban, or if the two Republicans who supported it had not, the measure would not have passed. But the narrow margin and strong opposition may have given the bill a "fever," as we said in the House of Delegates: the bill was now sick and its prospects for survival doubtful. In this case, the Senate hopefully will not want to press forward with the gun ban.

It was a long and demanding day, but I am honored to serve the people of the Ninth District on any day, whether in Wise County or Washington.

If you have questions, concerns, or comments, feel free to contact my office. You can call my Abingdon office at 276-525-1405, my Christiansburg office at 540-381-5671, or my Washington office at 202-225-3861. To reach my office via email, please visit my website at www. morgangriffith.house.gov.

Friendship recognizes Assistant Director of Nursing Amber Sanders for commitment to organization

Submitted by Friendship Retirement Commu-

Friendship, a leader in senior living and rehabilitation, is proud to recognize Amber Sanders, Assistant Director of Nursing at Friendship Health and Rehab, as she celebrates her 10-year anniversary as a Friendship team member.

Amber has been an essential part of our team these last ten years, supporting our residents each day with compassion and positivity," said President and CEO Joe Hoff. "Her dedication to learning and advancing in her field has been inspirational. We are proud of all she has accomplished and appreciate the ways she lives out our mission of supporting friends by providing peace of mind.'

Sanders, a Roanoke native, joined Friendship in 2012 as a Student Nurse Assistant and completed training through Friendship to become

a Certified Nursing Assistant. After two years, she studied at ECPI to obtain her Licensed Practical Nurse diploma with Friendship's tuition reimbursement program.

In 2018, after six years as an LPN, Sanders returned to school, receiving her Registered Nursing degree with honors in 2020. She was promoted in May to Assistant Director of Nursing at Friendship Health and Rehab.

In the midst of her professional development, Sanders has also celebrated many personal milestones while at Friendship, including hosting her wedding here at Club Friendship, with 100 guests in attendance, and welcoming two chil-

"Friendship is not just a workplace, but an extended family to me," Sanders said. "I am thankful for the positivity and encouragement to grow within Friendship."

goals here at Friendship," said Hoff. "We aim for all of our staff to be empowered to grow and learn new skills, and we know that benefits those we serve as well."

To learn more about Friendship's Paid CNA Training Program or other tuition discounts and reimbursements available to team members, individuals are encouraged to visit the company's website, friendship.us.

Friendship offers diverse senior living accommodations, awardwinning care, new and innovative services as well as specialized rehab and therapy, to over 900 residents and patients. The community opened its first building in 1966 and has grown to offer the full continuum of healthcare, including an adult day care center, home care services, physician clinic, on-site pharmacy, Bistro '66, and Club Friendship, a full-service caterer. Visit



Assistant Director of Nursing at Friendship Health and Rehab Amber Sanders was

www.salemtimes -register.com





Comics & Collectibles

and collectors discussed the comics endlessly. Most tables, it seemed, were there for

just that purpose rather than to profit off their trade. While the Salem show has ended, most

vendors in attendance will be following up at the Roanoke Valley Comicon at Tanglewood Mall on Oct. 22, 2022. The show will be sponsored by Untamed Worlds, which also presented an impressive display at the Civic Center. Untamed Worlds will also be hosting the Tri-Cities Comicon in Bristol, Va., on Oct. 29.

Mannon also noted that the tentative date for next year's Vintage Comic Show at the Civic Center will be Aug. 23, 2023.



The 25th Annual Virginia Vintage Comics & Collectibles Show saw a "milestone" turnout at the Salem Civic Center on Saturday.



R&D Curiosities and Oddities from Galax, Va., displayed a number of rare noncomic collectibles.



PHOTOS BY ALEXANDER SHEDD

PLANNING COMMISSION

Notice is hereby given to all interested persons that the City of Salem Planning Commission, at its regular meeting on August 10th, 2022, at 7:00 p.m., in the Council Chambers of City Hall, 114 N. Broad Street, 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. The request of Barker Salem Homes LLC, property owner, for the issuance of a Special Exception Permit to allow a two-family dwelling on the property located at 10 School Lane, (Tax Map # 145-12-2).
- 2. The request of Barry W. Gladden and Tina Marie Gladden, property owners, for the issuance of a Special Exception Permit to allow a 1,400 SF detached garage on the property located at 900 Palmer Avenue, (Tax Map # 215-7-1.1).
- 3. The request of Ornelas Main Street, LLC, property owner, and Sharp Cars for the issuance of a Special Exception Permit to allow automobile repair services, major on the property located at 2016-2020 West Main Street, (Tax Map # 138-2-3).

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

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

BITUARY

Marguerite "Margie" Alma (Hamblin) Hash

February 20, 1926 – July 15, 2022

"Margie" Marguerite Alma (Hamblin) Hash, age 96, passed from this life peacefully at Green Tree Assisted Living & Memory Care in Sand Springs, Oklahoma on July 15, 2022. Margie was a kind, loyal, loving wife, mother, and grandmother and was loved by many. She was married to Elmer for 72 years before his passing in 2018.

Born on February 20, 1926, in Roanoke County, Virginia, Margie was the youngest of eight children born to Floyd Newton and Maggie May (Allen) Hamblin. She attended grades 1-12 there with interests including art, drama, and dance before graduating from William Fleming High School in

Margie met the love of her life, Elmer, while in high school in about 1941, through mutual friends at the Lee movie theater in Roanoke. Their entire courtship was surrounded by wartime events of that day including the Japanese surprise bombing of the U.S Naval Fleet at Pearl Harbor, Hawaii on Dec 7, 1941, after which the U.S entered WW II on both the Pacific and European fronts. Margie and Elmer dated until Elmer was inducted into the U.S. Army in November 1942, corresponding regularly by handwritten letters, reuniting when Elmer had leave from his eighteenmonth stateside Army training.

Elmer, with the 79th Infantry, departed by transport ship to England in April 1944 in preparation for the historic U.S. "D-Day" invasion of France at Normandy on June 6, 1944, to fight the German army. Margie completed high school and graduated with honors during this time. She lived at home with her parents, working in the radiology department at Roanoke Memorial Hospital, unsure if she and Elmer would ever again reunite, or if she would have to bear the harsh tragedies of war.

Elmer went ashore at Utah Beach about June 12 and spent 13 months in combat throughout France and Germany until the Allied Forces defeated the Germans in May 1945. While overseas, he and Margie maintained faithful and constant contact with one another through many letters. Elmer fortunately returned home and was honorably discharged in November 1945. He and Margie married in Roanoke, Virginia on June 1, 1946, in a home wedding. Margie was twenty and Elmer was twenty-four

They embarked on their life together not knowing they were part of what is now referred to as "The Greatest Generation." In October 1946, Margie and Elmer made their post-World War II home on a small land tract consisting of four building lots on Martin's Lane on the outskirts of neighboring Salem, Virginia.

During this post-war era, with family assistance, they built a small "shotgun" single bedroom home (i.e., all rooms in a single line arrangement...kitchen, living, bath, one bedroom), adding a second bedroom later to accommodate their growing family. They reserved one adjacent lot for a future building site, eventually selling the remaining two lots. They settled into this first home and had two sons, Steven (1952) and Mark (1956). They eventually built a new, modest, three-bedroom brick home on the adjacent lot in 1965, fulfilling their dream,



just as planned.

Once her boys reached school age, Margie went to work at various secretarial positions for the local schools, advancing to administrative assistant to the superintendent of the county school system. She was loved dearly by all of those with whom she worked as well as by many students. She was a devout Christian and active in her church in

the early years serving as both teacher and chair of numerous committees.

Margie retired from the Virginia School System in 1979 and eventually she and Élmer moved to the Tulsa, OK area to be closer to family. After retirement Margie and Elmer enjoyed several years of golfing and travel. Margie loved her family, preparing their favorite recipes, visiting her grandchildren, and sewing special projects for them. She enjoyed her yard and caring for her flowers... pansies were always her favorites because she "loved their little faces."

In the 1990's Margie enthusiastically took on the challenge of the personal computer and email and learned to correspond with family, play games, and read the news. Sewing was her primary lifelong hobby. In the early years she sewed for others for supplemental income, designing and creating career clothing for other women as well as for herself, and becoming highly skilled in design, alterations, and tailoring. She sewed for her family, tailoring complicated pieces perfectly for her husband, children and grandchildren, guys and gals alike. In recent years, for fun, she did alterations for other residents in her care facility and for many of the staff as well. She produced many beautiful garments and performed countless repairs and alterations through the years.

Margie also enjoyed her quilting group at her church, making quilts for the less fortunate. It was one of her ways of giving to and loving others. Margie will be missed by those who knew her, and we are comforted by the firm understanding that she now rests comfortably with our Lord after serving those around her for so many wonderful years. Thank you, Mom, for the wonderful, caring years and for your shining example. We love you! "Job well done thy good and

faithful servant." (Matthew 25:21) Margie is survived by her two sons, Steven (Connie) Hash, Sand Springs, OK; Mark (Janet) Hash, Dublin, OH; grandchildren Stefanie (Hash) Miles, Dallas, TX; Stuart Hash, Sand Springs, OK; Caitlin Hash, Columbus, OH; and Alex Hash,

Dublin, OH. Margie was preceded in death by her husband Elmer Stanley Hash, her parents, her brothers Hubert, Thurman, Curtis and James Hamblin and her sisters Evelyn Carter, Mary Bridgemen & Lois Burnette.

A private service for the immediate family will be conducted prior to her cremains being returned to Virginia to rest with her beloved Elmer at Sherwood Memorial Park in Salem.

We express our heartfelt gratitude for the kind and loving care professionals at Green Tree Assisted Living and Memory Care and to those from Seasons Hospice. The family requests no flowers please; however, the Hospice Foundation of America, 800-854-3402 and Emergency Infant Services, Tulsa, Oklahoma 918-582-2469 are worthy organizations should you wish to honor Margie's life with a donation.

CITY COUNCIL

Notice is hereby given to all interested persons that the Council of the City of Salem, at its regular meeting on Monday, August 22, 2022, at 6:30 p.m., in the Council Chambers of City Hall, 114 N. Broad Street, 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:

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> THE COUNCIL OF THE CITY OF SALEM, VIRGINIA

H. Robert Light BY: Clerk of Council



The challenges of construct-

ing a brand new building have

been significant given restric-

tions and supply chain issues

in the wake of the COVID-19

pandemic and rising infla-

tion. In the world of veterinary

medicine, the pandemic posed

a unique challenge as a stun-

ning number of people adopted

new pets during quarantine.

For Dr. Bryant, however, this

unexpected boost in clientele

was an essential opportunity for

"This is a horrible time to

build with the way things are,"

Bryant noted grimly. "We actu-

ally started looking at this in

2019, then we started on the

planning and design phases

with TWC, our general con-

tractor...then COVID hit and

we kind of put the brakes on

things because we didn't know

where to go, then we found

with COVID that business

was starting to take off because

everyone was at home getting

dogs and cats. But then every-

thing changed with the econo-

my, prices started going up, and

we realized we have to keep go-

ing. We can't keep doing what

we're doing now in this space,

so we just got a very big loan

doing this."

expansion.

and now we're in it. Committed.'

The veterinary field is one of serious dedication to the science of animal medicine. Veterinarians spend four years in their doctoral program, plus an additional two for those who wish to specialize. Upon graduation, the average amount of student debt for a new veterinarian is \$183,000 according to the American Veterinary Medical Association, while entrylevel starting salaries currently average around \$50,000 in Virginia based on data gathered by ZipRecruiter. Additionally, veterinarians see the 4th-highest suicide rate by profession in the

"There's a high burnout [in being a veterinarian]," commented Bryant. "There's a lot of passion, then subsequently compassion with it. This field is constantly evolving each year as far as our capabilities, but also from the cultural side of things too, like socioeconomic factors, and some days you're like, I can do all this, this, and this, yet you just feel like a used car salesman, because a lot of vets can't do that, and you get that. We're trying to set it up so that everyone has a good work life



here, but we'll still keep pushing ourselves. You have to be

to be."

comfortable at times, but don't

get too comfortable, or you're

going to take your finger off

the pulse of where things need

Private veterinary practices

like SAH are generally owned

and operated by the doctors

who work there. However,

there is a growing trend toward

the corporatization of practices

as many struggle to make ends

meet. This trend has caused

significant controversy in the

veterinary community; while

many defend corporatization

for its benefits in cutting costs,

raising salaries and streamlining

efficiency, others claim that the

strict standardization of medical

protocols and the tightening of

employee autonomy are incom-

enough, the emphasis and need

for standard operating proce-

dures and boundaries becomes

necessary. It's a whole lot easier

for me to try to watch and make

changes with twenty people than with two thousand," Bry-

ant explained. "I sometimes

think [corporate practices]

get a bad rap, to be honest,

because they have to employ

"When you become large

patible with high quality care.



PHOTOS COURTESY OF SALEM ANIMAL HOSPITAL

Rendering of the new Salem Animal Hospital lobby

those strategies in order to, one, maintain CYD [calendar year deductible] for themselves, but also to maintain some types of standards and routines. As far as profitability, they're all about the money, et cetera, but you also have experts looking at the money. Private practices aren't known to be the best businesspeople at all, and that's why a lot of times we'll be known for working our butt off to save everybody but not having a lot when it comes to retirement."

Bryant went on to present the other side of the debate. "There are positives to [corporatization], but you also have the other side of, 'we're only going to practice medicine this way, so when this case comes in with these clinical signs this is how you're going to handle it.' Once you take that autonomy away, and that freedom from that individual doctor that may do very well thinking outside the box, you've limited the care. That's where we can lose a little bit of our identity. When you try to standardize a cookiecutter approach to medicine, I think you lose your innova-

As Salem Animal Hospital continues to serve its countless

clients ahead of the expansion, Dr. Bryant noted his appreciation for his dedicated staff. Despite SAH's reputation of high quality care, veterinarians are still often the targets of criticism for the expensive nature of their services.

"In my opinion, traditionally, veterinarians far outperform the cost of their services,' Bryant asserted. "It gets very tiring when people say, 'you're all about the money, you're money-hungry,' et cetera. I wish people could just see what our staff and doctors do daily, and what they do as well that no one gets any compensation for. But we just eat it. We just hear it and keep going, but they, in my opinion, should be paid three or four times what we've been doing this for."

Upon completion of the new facility, Salem Animal Hospital will have a four-day window to move their entire practice before demolition. While veterinarians around the country deal with a sea of new clients and the growing reality of corporatization, Dr. Bryant paints an optimistic picture of the hospital's future and looks forward to continuing their work with the Salem area in the new building.

VDOT

from page 2

ENUE) CLOSURE – As part of the ongoing I-81 project from exit 137 to 141, Route 635 (Goodwin Avenue) will be closed beginning July 11 where it runs underneath I-81. It will be closed for approximately 30 days for reconstruction to accommodate the widening of the interstate. Drivers will need to seek alternate routes as traffic will not be able to pass underneath the interstate during this time. Estimated to reopen August 11.

BARRIER WALLS: Barrier wall installation is in process. Nighttime lane closures will be in place and lane widths will be reduced to 11 feet.

From mid-March until mid-June, nighttime right lane and shoulder closures between 8 p.m. and 6 a.m., Sunday through

Thursday From mid-May to mid-June, alternating left and right lane and shoulder closures during nighttime hours between 8 p.m. and 6 a.m., Sunday through

Thursday

Nightly lane closures may be in place along the right lane with possible nightly ramp narrows as needed for guardrail and

shoulder strengthening. Northbound I-81 lane closures from mile

marker 138 to 142

Northbound I-81 exit and entrance ramp narrows possible at Route

The project also includes replacing six bridges, widening two bridges, installing approximately 2.6 miles of sound barrier walls along northbound I-81, improving the southbound exit 137 off-ramp intersection at Wildwood Road and adding interchange lighting at exits 137, 140 and 141 are also included in the project. Expected completion in early 2026.

(UPDATED 7-29-22) I-81 TROUTVILLE REST AREA CLOSURE - The Troutville Rest Area located on southbound Interstate 81 near mile marker 158 in Botetourt County is currently closed from late May 31, 2022

until September 2, 2022. Signage indicating the closure has been posted in the rest area. During the closure, a temporary concrete barrier wall will be installed in front of the facility. The rest area facility, ramps and parking lot will be closed to the public. This project will extend the ramp into the rest area by 500 feet and the ramp out of the rest area by 2,100 feet. It will also include expanding the truck parking area at the facility by about 10-13 spaces. Work is expected to be completed in early fall

REST AREA OP-TIONS: While the Troutville Rest Area is closed, southbound I-81 drivers can use the Fairfield Rest Area at mile marker 195 in Rockbridge County or the Radford Rest Area at mile marker 108 in Montgomery County. In addition, the Troutville Weigh Station, located on southbound I-81 at mile marker 149, will have portable toilets and parking will be temporarily available for commercial vehicles.

(UPDATED 7-29-22) * INTERSTATE 81 LANE WIDENING CON-STRUCTION EXIT 141 TO EXIT 143 – A project to widen the lanes on I-81 in Roanoke in both northbound and southbound directions between Exit 141 to Exit 143 has been underway. All lanes now open and will remain open through winter with periodic lane closures at night as needed. The final surface paving and markings for northbound is underway this summer during nighttime hours, 8 p.m. to 6 a.m. Drivers can expect rough pavement. Estimated completion date of the project is summer 2022.

(UPDATED 7-29-22) * I-81 NORTH-BOUND AT EXIT 105 NEW RIVER BRIDGE REPLACEMENT MONTGOMERY COUNTY - Traffic on northbound I-81 has been switched onto the newly constructed bridge over the New River at the Montgomery/Pulaski County

line. Lane and shoulder

closures may be in place ing nighttime hours, 9 p.m. in effect at any time during possible delays. the week. Slow rolls may be performed on I-81 in the north and southbound lanes from mile marker 98 7-29-22) duced to 60 miles per hour ROUNDABOUT summer 2023.

following morning.

SLOW ROLLS:

setting beams.

TIONS - Weather permitting, crews will pave, * ROUTE 419 TURN during nighttime hours, nighttime road work to lowing morning. Drivers from Route 419 onto Coshould watch for signs and Ionial Avenue in Roanoke expect possible delays.

(UPDATED 4-1-22) a.m. the following morn- in mid- or late August. ing. Drivers should watch for signs and expect possible delays.

(UPDATED 4-1-22) * I-81 POTHOLE PATCH-ING OPERATIONS -Weather permitting, crews will patch potholes along southbound and northbound Interstate 81. Mobile right and left lane closures will be in place and moving along northbound and southbound lanes dur-

near exit 105. Lane closure to 6 a.m. the following may be in effect during the morning. Drivers should week from 8 p.m. to 7 a.m. watch for moving vehicles Shoulder closures may be and equipment. Expect

ROANOKE COUNTY (UPDATED **ROUTE** to 109. Speed limit is re- 311 AND ROUTE 419 in the work zone. Shoul- HANGING ROCK - A der closures will remain road project to replace in place though the dura- the signalized intersection tion of the project. Project of Route 311 and Route completion is estimated by 419 in Roanoke County at Hanging Rock with a roundabout is set to be-LANE CLOSURES: gin. The new roundabout Nighttime alternating lane opened to traffic on July closures will be in place on 15. During the remaining I-81 northbound between construction, lane closures mile markers 104-106 may be in place. Drivers from 7 p.m. to 6 a.m. the should expect the follow-

July through No-Slow rolls may be utilized vember: The new roundperiodically on both the about is now open to trafnorthbound and south- fic. Drivers should still bound lanes from mile expect nighttime lane clomarker 98-109 for struc- sures with flaggers between tural steel deliveries and 9 p.m. and 6 a.m., Sunday through Thursday around the roundabout for final (UPDATED 7-29-22) paving, pavement marking * I-81 PAVING OPERA- and sign installation.

(NEW 7-29-22) patch and repair pavement LANE EXTENSION AT on various routes. Lane COLONIAL AVENUE closures may be in place Starting Sunday, July 24, 9 p.m. to 6 a.m. the fol- lengthen the left turn lane County will begin. Drivers should expect nighttime I-81 BRIDGE DECK lane closures, Sunday night REPAIRS - Weather per- through Friday morning mitting, crews will repair between 7 p.m. and 6 a.m., bridge decks on Interstate in both directions of Route 81. Between mile mark- 419 at Colonial Avenue. In ers 138 to 152, right and addition, there may be dayleft lane closures will be time lane closures on Route in place northbound and 419 for paving outside of southbound during night- peak travel times. Work is time hours, 9 p.m. to 6 expected to be completed

> **MOVING**/ **YARD SALE** at 710 Joan Circle, Salem on SATURDAY, AUG. 6th Wreaths,

> > wicker baskets,

tread mill, lamps,

glassware and

craft/holiday items



REAL ESTATE TAX FREEZE DEADLINE

Kristie D. Chittum, the Commissioner of the Revenue, would like to inform those individuals that were 65 or older or totally and permanently disabled on December 31, 2021, that they may be able to apply for the tax freeze during the month of August. Forms must be completed and filed in our office by **August 31, 2021**. Taxpayers must meet **ALL** the following qualifications:

- Your name is on the deed for the property which you are applying.
- You were at least 65 years of age **OR** totally and permanently disabled as of 12/31/21.
- You were the property owner as of 12/31/21. The house you are applying for is your
- primary residence.
- The gross income from all parties living in the residence and/or named on the deed is \$50,000 and under.
- All assets, excluding the home you are applying for, is \$100,000 or under.

Applications are available in our office and online at www.salemva.gov. Assistance in completing the tax freeze application is provided in our office by appointment only. Please contact our office at 540-375-3019 between 8:00 a.m. and 5:00 p.m. Monday through Friday with any questions.

Take notice the undersigned will apply to the Council of the City of Salem at a public hearing on August 22, 2022 at 6:30 p.m. or as soon thereafter as may be heard in the Council Chambers of the City of Salem, at 114 North Broad Street, Salem, Virginia, based on an application to permanently dispose of an approximate 0.046 acres of unopened right of way situate off Dalewood Avenue more particularly described as follows:

BEGINNING AT A POINT ON THE WEST RIGHT OF WAY LINE OF DALEWOOD AVENUE; SAID POINT BEING 212.4' MORE OR LESS FROM THE INTERSECTION OF DALEWOOD AVENUE AND EAST MAIN STREET (RTE. 460); THENCE LEAVING DALEWOOD AVENUE AND WITH A CURVE TURNING TO THE LEFT WITH AN ARC LENGTH OF 25.54', WITH A RADIUS OF 15.00', WITH A CHORD BEARING OF N 46°20'02" W, AND A CHORD LENGTH OF22.56', TO A POINT; THENCE S 84°54′58" W A DISTANCE OF 119.37' TO A POINT ON THE EASTERLY LINE OF T.M.#77-3-13; THENCE N 05°05′02" W A DISTANCE OF 14.00' TO A POINT ON THE SOUTHERLY LINE OF T.M.#77-3-12; THENCE N 84°54′58" E A DISTANCE OF 131.24' TO A POINT; THENCE WITH A CURVE TURNING TO THE LEFT WITH AN ARC LENGTH OF 8.12', WITH A RADIUS OF 11.85', WITH A CHORD BEARING OF N 65°17'23" E, AND A CHORD LENGTH OF 7.96', TO A POINT ON THE EAST RIGHT OF WAY OF DALEWOOD AVE; THENCE WITH THE SAME S 02°30′58" W A DISTANCE OF 33.94' TO THE POINT AND PLACE OF BEGINNING, HAVING AN AREA OF 1,995 SQUARE FEET, OR 0.046 ACRES, LYING AND BEING IN THE CITY OF SALEM VIRGINIA.

All parties of interest and citizens may appear on the above date and be heard on the question.

YOUR LOGAL NEW UST THE WAY YOULIKEITI SALEM TIMES~REGISTER Yearly Print Only Subscription Yearly Print & Digital Digital Subscription \$45.00 In County Subscription \$49.00 Out of County \$53.00 Out of State SUBSCRIPTION TO THE SALEM TIMES-REGISTER

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Mail to: Circulation Department, SALEM TIMES-REGISTER,

P.O. BOX 429, Lewisburg, WV 24901 or call us at (304) 647-5724.

_____State: _____Zip: _____

Business community input needed for new CTE Center

- Two community meetings scheduled to gather feedback-

Submitted by Roanoke County Public Schools

Roanoke County Public Schools provides a robust curriculum of Career and Technical Education (CTE) courses for students in multiple career clusters. CTE students can obtain a nationally recognized career readiness certificate in high school, comprehensive community college, or workforce center. CTE provides students with the academic and technical skills, knowledge and training necessary to succeed in future

careers and to become lifelong learners. CTE prepares these learners for the world of work by introducing them to workplace competencies and makes academic content accessible to students by providing it in a hands-on context.

Two Business Community Input Meetings have been scheduled to discuss CTE and business training needs for the new Roanoke County Public Schools CTE Center proposed at 6521 Peters Creek Road. This new CTE Center will replace the existing CTE facility that is housed at the Burton Center for Arts & Technology (BCAT). The public is invited to attend.

North County

Wednesday, August 17 at 6:00 p.m.

RCPS Central Office Gymnasium 5937 Cove Road, Roa-

South County Wednesday, August 24 at 6:00 p.m.

South County Library Auditorium

6303 Merriman Road,

Roanoke

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WE NOW SERVE ALL YOUR ROOFING NEEDS

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Owner: Robbie Pierce

Glenvar Graduate Robbie Pierce has a long history of working in the siding, windows and guttering business. His father, Kenneth Pierce, started Pierce Vinyl Company in 1974 and Robbie was by his side through many jobs. While in 9th grade, Kenneth suffered a heart attack and tasks changed overnight and the company resolved in

Wanting desperately to continue his father's reputable business, Robbie worked during his free time to attempt to keep jobs going. Kenneth continued to help but the company had to dissolve the name. In 1993 Robbie, at the age of 18, reopened under the new name Pierce Siding & WIndow Company. Top of customers list of honest, hard-working hometown businesses. Now supporting his own family, Robbie is proud



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of his accomplishments in the siding and window business and appreciates all his customers. Call Robbie to answer any questions you may have on replacement needs.

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6 a.m. – 11 p.m. Seven Days a Week

ST. THOMAS ANGLICAN CHURCH - located at 4910 Hubert Rd, NW Roanoke, Va. Traditional Liturgical Lenten Services, Sunday at 10:30 am. Call (540) 589-1299 or visit www.sttofc.org for midweek masses and events. (In Roanoke, go E on Hershberger, L on Hubert to 4910).

BAPTIST (INDEPENDENT)

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

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

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

BAPTIST (SOUTHERN)

BETHEL BAPTIST - 1601 S. Colorado St., Salem, Pastor Hilton Jeffreys, 389-2376, Sunday: Connect Groups meet at 9:30am; Worship Service starts at 10:30am. You can stream live with us at 10:30am on Facebook, YouTube, our App & Website (www. bethelbaptistva.com). Tuesday mornings we have Adult Bible Study at 9:00am.; Wednesday evenings at 6:15pm we have TeamKid for kids 3 years old through 5th grade, Amplify Youth (6-12th grade), Band of Brothers Men's Bible Study and then our College & Young Adult Bible Study at 8:00pm.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 RoadN.W. Roanoke, 342-6492. Roy E. Kanode, Pastor.Sunday School 9:45 a.m., Morning Worship 11 a.m., Awanas 5:15 p.m., Adult Bible Study and Youth Fellowship6:00 p.m.; Wednesday Prayer Service 6:30p.m.; Fellowship Meal 5:45 p.m.; Praiz Kidz 6:00p.m.; Family Night Activities 6:30 p.m. website:www.ridgewood-baptist.com. FELLOWSHIP COMMUNITY CHURCH - Kevin Wilson, Pastor, 387-3200. Salem Campus: 1226 Red Lane Extension, Salem, Worship Times: 9:15AM & 11:00AM. North Campus: 7640 AlpineRoad, 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

Salewing

CHURCHES OF CHRIST/CHRISTIAN CHURCHES

DALE RIDGE CHURCH OF CHRIST - 7165 Cloverdale Rd., Roanoke, 24019; beside the Botetourt Athletic Club. Leave message 992-4385. Sunday Bible Study, 9:30 a.m., Worship, 10:30 a.m., Wednesday Bible Study, 6 p.m. Please come visit us in person or get to know about us first by visiting our web page: daleridgechurchofchrist.net. Updated each week with a new sermon by Mike Mazzalongo, four minutes of video showing our nearly six acres of land and our beautiful, functional inside facilities, articles, events, news from Christian sources around the world and here locally plus much, much more. See how many ways Dale Ridge is "Reaching Out There" to the Roanoke Valley with the "Good News of Jesus. By clicking on "visit us virtually" real time access to our Worship services is available via your computer a tablet or smartphone: Just follow the instructions. We believe in the inspired Word of God which is as relevant today as it was when it was written. We believe the Holy Spirit is a gift to every Christian upon their response to the Gospel as demonstrated by the 3000 obedient souls in (Acts 2:38). We believe Jesus is the only author of our salvation. (Acts 4:12) Have you been looking for a church family that is progressive, outside the box thinkers, led by the Holy Spirit into all truth. (John 16:13). You will know we are His disciples by our love for one another. (John 13:35)

Real time contact thru our website via email. SALEM CHURCH OF CHRIST - 401 West Main Street. 540-389-2400. Minister Taylor Plott; 10:00am Sunday Bible Study; 11:00am Sunday Worship Service; Wednesday Life Groups: 5:30 -7:00pm. For

more info contact the Church Office. WESTSIDE CHURCH OF CHRIST - 1705 Starview Drive, Salem. Minister Neil Richey, 389-9139, Sunday Bible Study: 9:30 AM, Morning Worship: 10:30 AM, Evening Worship: 6:00 PM, Wednesday Bible Study, 7:000 PM.

CHURCH OF GOD/ANDERSON

COVENANT COMMUNITY CHURCH - 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 9:30 am: 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. Sundays at 7:30am and 10am. Holy Communion in church and livestreamed on YouTube@StPaulSalemVa.

EVANGELICAL LUTHERAN COLLEGE EVANGELICAL LUTHERAN CHURCH - 210 S. College Avenue, Salem VA 24153. Please visit our website www.collegelutheran. org for information on services.

FOURSQUARE

theBRIDGE SALEM CHURCH - 4335 West Main Street, Salem. 540-404-1414 | bridge.salem@icloud. com • www.salemva.church Saturday service, 6pm (Nursery & Kids Church available). Mail: PO Box 1954, Salem. Twitter/ Instagram: @thebridgesalem Joey Lyons, Senior Pastor | joey@salemva.church | 540-831-9864

INDEPENDENT

RESTORATION CHURCH - a Community 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. SundaySchool 9:30 AM, Sunday Morning Worship Service11:00 AM, Wednesday Bible Study and Prayer Meeting 7:00 PM.

SHILOH BAPTIST- 201 South Market Street, Salem, Rev. Adrian E. Dowell, H) (389-0409). Sunday School at 8:30 a.m. (All classes) each Sunday online via zoom and church conference call line. Wednesday Adult Bible Study at 7:00 p.m. via zoom and church conference call line. Children's Bible Study at 7:00 p.m. via zoom. Teen Talk Bible Study at 7:30 p.m. via zoom. Saturday Men's Bible Study at 7:00 a.m. via zoom. Saturday Intercessory Prayer Service at 8:00 a.m. via church conference call line. Sunday Women's Bible Study Class at 8:30 p.m. via zoom. In-person Worship on Sunday at 11:00 a.m. or worship with us on line via Facebook or on the church conference call line. In person worship requires CDC guidelines for mask wearing and social distancing. Ushers are available to assist with seating.

PENTECOSTAL HOLINESS

CHRISTIAN LIFE INT'L - 1 CLI Way, Salem, Ryan Linkous, Pastor, 343-3801, Sunday Worship Service 10:15 AM, (Children's Church and Nursery) Wed, MidWeek Service (Adult, Awaken Youth, Mpact Girls & Royal Rangers) 7 PM. Nursery Provided. Email: office@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. In-Person Sunday School and worship has resumed at 9:30 AM and 11:00 AM on Sundays or worship with us online live at www.salempres.org, or Facebook, or YouTube. During the summer, we have Sunday School for all ages at 9:00 AM, and worship at 10:00 AM. Join us as we worship, grow and serve together either in-person or on online at www.salempres.org or Facebook or YouTube. During in-person worship, mask wearing for health reasons is optional.

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.

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

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

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RADFORD News Journal

Yard Sales -**Botetourt County**

Yard Sale Aug. 6 8 a.m. - 1 p.m.

yard sale at Daleville Church of the Brethren, 1540 Valley Rd. clothes Furniture, housewares.

Wanted to Buy

I buy all boats, RVs, and vehicles 5409158757 CASH

Home **Improvements**

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Improvements, LLC is your guy! We offer landscaping services, pressure washing, remodels, floors, decks and much more. Licensed electrician, job too small. Call 540-599-7835 Licensed and insured

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For Sale - Firewood

FIREWOOD Mixed Hardwood.

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For Sale - Misc

FOR SALE

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

Help Wanted -**Health Care**

HOUSEKEEPING WORKERS \$1,000 Sign on Bonus FLOOR CARE **TECHNICIAN** \$1,500.00 Sign on

Hospital

Catawba

looking for individuals that want to be part of dynamic team. The Environmental Services Department has full time positions available for individuals interested in providing essential services cleaning patient areas and offices. Selected individuals must able to work interchangeably in any as needed and area should possess good cleaning skills. Successful applicant will display a willingness to learn and a team player outlook.

Preferred Qualifications:

 High School graduate or equivalent

One-year commercial cleaning or janitorial experience Previous

healthcare cleaning experience a plus Stable work history

Selected individuals will generally work Monday through Friday 7 a.m. to 3:30 p.m. and approximately one weekend per month.

Excellent state employee benefit package includes:

Anthem or AETNA Health Insurance

• 12 Paid Holidays each

year • 12 Vacation Days each

Family/Personal Community Service Days

 State Retirement benefits Apply

https://jobs.agencies.virgin ia.gov or visit our website

www.catawba.dbhds.virgi nia.gov and click on careers.

Human Resource Office CATAWBA HOSPITAL P.O. Box 200 Catawba, VA 24070-0200 (540)375-4211

TDD (540)375-4385

EOE M/F/H/V

Help Wanted

Quality Inn Radford Hiring Full-Part Time Front Desk Clerk/Night Auditor and Housekeeping. Apply in Person Ph-540-639-3000

Help Wanted

Laborer bridge for construction project in New Castle VA Starting rate of pay per hour is \$14.12. Contact A. R. Coffey & Sons, Inc. at 3321 Narrow Passage Buchanan, Road. VA (540)254-2175. 24066 EOE

KENNEL ASSISTANT

Needed part time. with Experience vet kennels practices preferred. Pay \$20/hr. and Located North Botetourt area Call (804)598-9511

Part Time Newspaper **Production Help**

Salem Times Register has openings for afternoon/evening shift work- inserting, labeling and bundling newspapers for delivery. No experience necessary. Hours may vary. Will train. \$11 per hour. Contact Lynn Hurst, General Manager, Salem-Times Register (540)389-9355 or email lhurst@ourvalley.org

Legals - Botetourt County

Order of **Publication**

Commonwealth of Virginia VA. Code Ann. §§8.01-316,-317 Case No. 22-7

Botetourt County Circuit Commonwealth of Virginia, in re James Daniel Hull Amy Diane Hammond.

Stephen Holloway

Brandon Hull

Hammond v. James

The object of this suit is to: Adopt James Daniel Hull by stepparent, Stephen Holloway Hammond It is ORDERED that James Brandon Hull, whose location is unknown appear at the above-named court and protect his/her interests on or before August 15, 2022.

Signed and dated- Tomm L Moore, Clerk 06/24/2022

Legals - City of Radford

Public Notice Environmental Permit

PURPOSE OF NOTICE: To seek public comment on a draft Virginia Pollutant Discharge Elimination System permit from the Department of Environmental Quality that will allow the release of treated industrial wastewater into a waterbody in Radford, Virginia FACILITY: Radford Water

PERMIT NO.: VA0054780. NAME AND ADDRESS OF Treatment Plant, 20 Forest Avenue, Radford, VA 24141

DEQ CONTACT: Adam Eller, (540) 682-9020, adam.eller@deq.virginia.go v, 901 Russell Drive, Salem, VA 24153.

The full public notice is available at: https://www.deq.virginia.gov

/permits-regulations/publicnotices/water/virginiapollution-dischargeelimination-system-vpdes

Legals - City of Radford

ORDER OF **PUBLICATION** COMMONWEALTH OF

VIRGINIA VA CODE § 8.01-316 Case No. JJ003213-22-00 RADFORD Juvenile and **Domestic Relations District** Court, Commonwealth of Virginia, in re PARRIS. ZYAN IMAHAN MILDRED The object of this suit is to: Approve permanency plan for Zyan Imahan Mildred Parris, a minor. It is ORDERED that DANTE LARRELL HAYES appear at the above-named court and protect his or her interests on or before 09/27/2022 at 9:00 AM.

July 29, 2022 Sally Davis, Clerk

ORDER OF PUBLICATION

COMMONWEALTH OF VIRGINIA VA CODE § 8.01-316 Case No. JJ003213-22-00 RADFORD Juvenile and **Domestic Relations District** Court, Commonwealth of Virginia, in re PARRIS ZYĀN IMAHAN MILDRED. The object of this suit is to: Approve permanency plan for Zyan Imahan Mildred Parris, a minor. It is ORDERED that PARRIS, ALYSSA DANIELLE appear at the above-named court and protect his or her interests on or before 09/27/2022 at 9:00 AM.

July 29, 2022 Sally Davis, Clerk

Legals - City of Salem

ABC NOTICE

COUNTY'S LOVE LLC., trading as WATKINS MARKET, 3572 Bradshaw Rd., Salem VA. 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.

MONI KUMAR DAHAL, MEMBER.

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.

PUBLIC HEARING

The City of Salem School Board will hold a public hearing for comment on the Return to In-Person Instruction & Continuity of Services Plan on

Tuesday, August 9, 2022. The hearing will begin at 7:00 PM at the School Administrative Office, 510 South College Avenue, Salem. The updated plan is currently posted on the division website for public review.

Any citizen of Salem who wishes to address the should contact Board Susan E. Young, Clerk of the Board, at 389-0130 by Monday, August 8, in order to be placed on the agenda. Individuals who plan to address the Board are requested to bring copies of their remarks for the record. In accordance with Board

KD, Policy Participation in Board Meetings, individuals who plan to address the Board are requested to:

- · provide their name and
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Legals - City of Salem

the Board

- · be brief and address all stated concerns to the chair,
- · A time limit of three minutes per speaker is allotted.
- · Provide 8 copies of their remarks for the record, and be prepared to answer questions from the Board,
- In unusual cases or cases of emergency, the Board, by consensus, may allow an individual or organization to speak if not on the agenda.

Legals - Craig County

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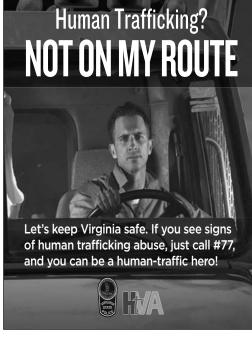
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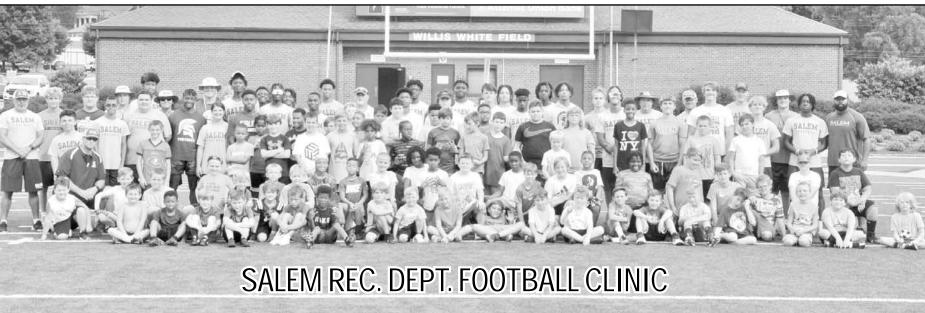
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Willis White Field at Salem Stadium was the site for the Salem Department of Parks and Recreation Football Clinic last week. Salem High coach Don Holter and his staff conducted the clinic with many of the Spartan players also instructing the campers. "The Future" included a large turnout of Salem kids hoping to don the Maroon and Silver when they reach high school age and maintain the Spartan traditions. Rec. league football practice began this week.







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Spartans on c'ship team

Rising Salem High sophomores Caitlin Wells(left) and Cora Grace Sparger are members of the Hanover Hornets softball team, coached by Salem's Jeremy Wells, that won the USA Softball Gate City Showcase tournament in June. The Hornets won the 14U bracket at Carolyn Allen Park in Greensboro, NC. SUBMITTED PHOTO

Highlanders 3rd at HVCC

The Glenvar golfers opened the season with a four-team match at the Hidden Valley Country Club on Monday and shot a nine hole total of 173. William Byrd won the match with a score of 163 as four Roanoke County teams competed.

The match was just nine holes with impending rain on the horizon. Clayton Gilmore of Byrd was the medalist with a 38 to lead the Terriers. Northside was second with a team score of 167, Glenvar was third at 173 and Hidden Valley shot

"I was disappointed we only played nine holes instead of 18,' said Glenvar coach Shawn Duff. "We played good for our first outing of the year. The guys showed some grit, overcoming some nerves and finished the round strong."

Glenvar's low score was 41 by Jacson Shepherd. Also scoring were Mason Hylton with a 43, Grayson Shepherd at 44 and Aiden Hylton and Tyler Smith tied for the fourth spot at 45, one stroke ahead of Adam Harvey. The Highlanders are back on

the links Monday when Radford hosts the first Three Rivers District match at the Pete Dye River Course. Then, just a day later, Glenvar will compete in the Botetourt Metro



Glenvar's Mason Hylton watches his putt drop at the **Hidden Valley Country Club Monday**

Invitational at the Botetourt Golf and Swim Club. That will begin with a shotgun start at 10 am.

SALEM GOLF

continued from page 14

& Swim Club next Tuesday. Salem will be playing without Ha, who has a prior commitment to play in another tournament. School doesn't open in Salem for another three and a half weeks. The Botetourt Metro will include most area

teams and tournament director Jeff Sprinkle

has also invited some other strong teams from around the state to make for the best competition possible. The tournament is a one-day affair and replaces the long-time Bob McLelland Metro Tournament, which was discontinued during the COVID pan-

RC's Graves hasn't given up on Olympic dream

By Marty Gordon staff writer

Former Roanoke College track star Carmen Graves continues to hold onto the dream of running in the Olympics. Recently she finished seventh in qualifying for the national team in the steeplechase. Her personal belief centers around the idea of being a "blue collar" runner who puts up fast times while holding a full-time job.

"They grind on the daily to fit in both work and training. They are the runners who don't have a running contract, but still have big dreams," said Carman.

Graves initially qualified for Olympic qualifying in 2016, but after sustaining a plantar fasciitis injury she was left on the sidelines. In 2016, she ran 9:52 and just barely hit the qualifying standard (9:53). This year the committee lowered the standard to 9:50, which worried her because she hadn't run under 9:50 in over six years.

"I ended up qualifying with a personal best time of 9:47 at the Portland Track Fest (May 27)," she said. "It's exciting because I know that I can run faster. I fell in the water pit and still ran a personal best in Portland so I am excited to see how fast I can run while staying on my feet."

Graves, who is a 2009 graduate of Christiansburg High School, now lives in Denver, Colorado. After an outstanding career at CHS and Roanoke College, she continued her career in the professional ranks.

"I identify myself as a blue collar runner. I work full time in education and coach track and field while also rubbing elbows with full-time professional runners," she said.

Recently Carman helped unveil a beer at a Christiansburg brewery, Iron Tree, that is named after her and her "Blue Collar" motto.

"It's probably not the best recovery strategy, but after a long day at work and a hard training session, I just want to relax on the couch with my husband, my dog, and a cold beer," she said. "It's hard to find a good IPA that hits the spot just right after a run. My taste buds seem to be sensitive after physical activity and the typical IPA can taste too harsh and strong. The perfect post run beer to me is light and refreshing, while still holding the integrity of an IPA; hence, Blue Collar Runner.

Graves said it was important to work with Iron Tree Brewing Company because they are helping to make downtown Christiansburg special.

"The Brewhouse Manager, Seth Locklear, has been great to collaborate with, and he took all my suggestions into consideration," she said.

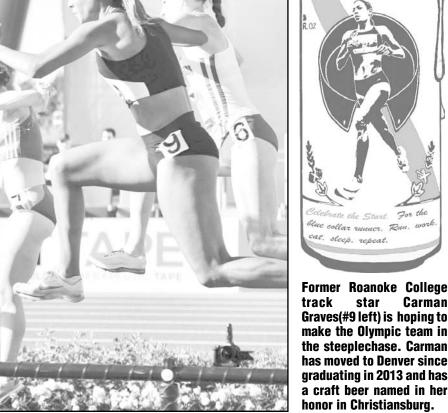
Iron Tree Brewing Company is a new brewery and aren't at the point where they are canning beers yet, but it's definitely a possibility in the future for Graves and her newly named beer. And,



her running career is back on track after rehabilitating a foot injury. "I've been healthy and happy, which has allowed me to get in consistent training for the last four years," she

star

Carman



Maroons hire Wehner to be Director of Athletic Communications

Roanoke College has announced the hir- vided by the ODAC ing of Thomas Wehner as Director of Athletic office, and the qual-Communications. Wehner will begin his duties on ity relationships he

Wehner returns to the ODAC after spending the past six months working as the Associate Sports Information Director at Division I Norfolk State University. While with the Spartans, he served as the to be joining such primary contact for women's volleyball, men's basketball, bowling, and softball. It was during this time that Wehner was the primary point of contact for the 2022 Mid-Eastern Athletic Conference men's basketball champions and traveled and covered the team as they played in the NCAA Div. I tournament in Fort Worth. He also coordinated streaming services for all home softball contests, including the 2022 MEAC Softball Championship held on the NSU campus.

While with the Spartans, Wehner served as the primary graphics coordinator and worked with the social media content creator to expand the Spartans reach with new looks.

Prior to his time in Norfolk, he served two and a half years as the Assistant Director of Athletics Media Relations at fellow ODAC member Hampden-Sydney College. With the Tigers, Wehner was the soccer, swimming, tennis, and lacrosse contact. In addition, he was the primary/only graphic designer and video producer for H-SC athletics. While with the Tigers, he served as the official statistician for the 2021 NCAA Division III Softball Atlantic Regional hosted by Virginia Wesleyan in Virginia Beach. He also served as a Co-SAAC Advisor, Diversity & Inclusion Coordinator for Athletics, and as a member

of the College's Title IX Committee. "I was so impressed with Thomas' background and experience," said Director of Athletics Scott Allison 79. "The stint at the Division I level has been invaluable. With his knowledge of the resources pro-

already has within the league, we've hit the ground running."

"I am blessed an incredible and successful athdepartment in Roanoke," said Wehner. "I want to thank Director Athletics Scott

Allison and the entire search committee throughout the entire process. I have found that my ideas and goals on how to lead the efforts for all Maroon student-athletes match those of the coaches and athletic administration." Prior to joining the staff at H-SC, Wehner earned

a Master of Arts in Communication Studies from Men's Soccer Team will Edinboro University of Pennsylvania in May 2019. While with the NCAA Div. II Fighting Scots he served as the primary contact for women's volleyball, women's lacrosse, men's and women's tennis, as well as the Div. I wrestling program. He also worked as the primary graphic designer and video producer. In March 2019, Wehner traveled to Roanoke to assist as attend FC Barcelona's in working the NCAA Div. III Wrestling National opening match for the Championship hosted by fellow ODAC member 2022-2023 La Liga sea-Ferrum College. Wehner served as the head boy's tennis and assis-

tant football coach at John Champe High School in time the Roanoke College Aldie, Va. from 2012-16, leading the tennis team to a Men's Soccer team has pair of conference championships and an appearance made an international in the state quarterfinals in 2016. In addition to his trip for preseason. In



THOMAS WEHNER

coaching duties, he helped work several games and 2001, 2004, and 2007

tournaments hosted by John Champe.

Prior to his time with the Knights, Wehner spent the 2007-09 seasons working at Tennessee Tech University in Cookeville, serving as the primary contact for women's volleyball, men's basketball, rifle, men's and women's tennis, and softball. He then completed his Master of Arts in Curriculum & Instruction in August of 2011 at TTU.

Wehner graduated in 2007 from Ferrum College with a Bachelor of Arts degree in Russian. He was a three-year member of the men's tennis team with the Panthers. He helped Ferrum finish 12-7 during his junior year, earning fourth place in the USA South, still the third-best mark in team history.

Wehner is a member of the Virginia Sports Information Directors (VaSID) and College Sports Information Directors of America (CoSIDA).

RC soccer team going to Spain

The Roanoke College depart for a 10 day preseason trip to Barcelona, Spain on Sunday, August 7th. The Maroons will compete in three matches, tour cultural sites as well

The trip marks the 8th

Brazil, in 2010 and 2013 to Argentina, in 2016 to Spain and in 2019 to Costa Rica. Fans can follow the

the Maroons traveled to

Maroons trip to Spain with daily updates posted at @roanokemsoccer on Twitter and Instagram. The Maroons open the 2022 season vs. Stockton in the VBR Sports Roanoke College Men's Soccer Invitational Saturday September 3rd at 6:00 PM at Kerr Stadium.





S-R Baseball Hall of Fame inducts five at Salem Civic Center Sunday

The Salem-Roanoke Baseball Hall of Fame Class of 2022 was inducted at the Salem Civic Center Sunday evening. Above, left to right, are new member Tyler Lumsden, speaker and 2000 inductee George Canale, and inductees Ryan Gilleland, Doug Pence and Eric Altizer. Also inducted was Keith Mayhew, who is deceased. Right, Board Member and 2007 Hall inductee Wally Beagle(right in photo) presents Canale with a framed photo of the cover of the program. PHOTOS BY BRIAN HOFFMAN







Action from Salemites in "The Last Inning" baseball games at Salem Memorial Ballpark Saturday. Left to right above, Salem's Hunter King(with glove) looks for the call after tagging Lord Botetourt's Owen Prince attempting to steal. Secondbaseman Ben Bowers catches a popup and Eli Bowery delivers on the mound. PHOTOS BY BRIAN HOFFMAN

Salem, Glenvar players help their teams to wins in "The Last Inning"

Salem Memorial Ballpark was the site of the annual "The Last Inning" baseball doubleheader last Saturday. The games featured graduated seniors from Roanoke Valley high schools split into four teams.

The games, sponsored by the Salem Red Sox and the Salem-Roanoke Baseball Hall of Fame, were initiated in 2020 when the coronavirus pandemic wiped out the spring high school baseball season. The games gave the seniors a chance to get on the field one last time, and it was so popular it was decided to make it an annual affair.

The first game was a rout, as the Green team beat the Red team 15-1. Several of the more accomplished pitchers for the Red team were not able to play and

that accounted for the lop-sided score. The Green team consisted of players from Salem, Northside, North Cross and Auburn while the Red was comprised of Lord Botetourt, Franklin County, Alleghany and Smith Mountain Lake Christian Academy.

Salem's Eli Bowery, who is headed to Presbyterian College to play this fall, started on the mound for the Green team and picked up the win. Eli pitched two innings of hitless ball and struck out four. Salem's Hunter King had a long double and drove in a run Ben Bowers had a single, walked twice, stole a base and scored two runs.

In the second game the Navy Blue team, with players from Blacksburg, Christiansburg and Glenvar, defeated the Gray team 5-2. The Gray was stocked with Jefferson Forest, William Byrd, Hidden Valley, Eastern Montgomery and Cave Spring.

Glenvar's Clay Caldwell started on the mound for the Blue team and picked up a win with a scoreless first inning of work. He retired all three batters he faced, fanning two and getting a fly out to center. At the plate Clay was reached on an error and walked, scoring both times.

Will Underwood and Jake Veverka also represented Glenvar. Underwood was one-for-three at bat with a stolen base and Jake was hit by a pitch on two consecutive at bats.





Three Glenvar players were on the winning side in the second game of "The Last Inning" doubleheader for high school seniors Saturday. Left, Will Underwood takes a turn at bat. Center, Clay Caldwell pitches a perfect first inning and, right, Jake Veverka is hit by a pitch for the second time in as many at bats.



Red Sox host Woodpeckers at Salem Memorial this week

The Salem Red Sox had a chance to pick up some ground on division leading Fredricksburg last week but instead they fell a game farther behind, winning just two of five games in Fredricksburg. The Sox come into this week's homestand seven games behind the Nationals in the second half standings of the Carolina League's North Division.

Things started off great last week. After getting rained out of the series opener the Sox make up some ground swept a doubleheader on Wednesday, 9-3 and 6-2, to pull to within four games of the leader. However, the Nats rallied to win the next three games by scores of 8-3. 9-6 and 6-1 to increase their lead over Salem to seven games. Sunday's game was rained out and will be made up as part of doubleheader in Salem on September 7th when the Sox host the Nationals for the final series of the season. They'll have to

that series relevant. The Sox are back home this week to take the Fayetteville Woodpeckers, a farm team of the Houston Astros. Games are scheduled for 7:05 pm Tuesday through Friday with a 6:05 pm start on Saturday and a 5:05 pm first pitch Sunday. Fayetteville comes into the series with a second half record of just 10-19 while Salem is 14-15.

AUG. 2 - AUG. 7

Fayetteville

vs. Salem

Fredricksburg is at in the meantime to make Down East this week, and the Wood Ducks come into that series with the same 14-15 record as Salem. Carolina is just a half game behind Salem and Down East in the North at 14-16 and Delmarva is 13-17, all needing to have a big August for a chance to catch the Nationals in the second half.

Salem has some exciting promotions this week. Tonight, Thursday, is "Area 51 Night" sponsored by Olde Salem Brewing Company and it's a t-shirt giveaway. Friday is "Tyler's Amazing Balancing Act Night" and it's also Mugsy's birthday, and Saturday is "Star Wars Night."

The Red Sox are hoping the force is with them as they attempt to close the gap between themselves and Fredricksburg before the now eight-game series with the Nats beginning September 6.



Salem shortstop Marcelo Mayer fires to first.



PHOTO BY BRIAN HOFFMAN

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Members of the Stonegate Swim Club celebrate their RVAA championship upon their return to Salem following last weekend's City-County meet.

THE RESERVE TO SERVE THE PARTY OF THE PARTY

Gators win City-County meet, bring RVAA championship to Salem

The Stonegate Swim Club swam to the Roanoke Valley Aquatic Association championship last weekend at the Christiansburg Aquatic Center. The Gators combined an undefeated Monday Night season with a win in the Duane Whitenack City-County meet to rule the RVAA in 2022.

The Gators finished the two-day City-County meet with 17,588.5 points to outswim second place Olympic Park, who had 15,185. Hunting Hills, who had been the top dog in the RVAA in recent years, finished third. The Hound Dogs had 14,117.5.

There were a dozen teams competing in this year's City-County meet. The Hidden Valley Country Club, whose numbers have dwindled in recent years, was 12th with 2,399 points.

Stonegate had some dominating performances, including five first golds by Brandon Ress in the 25-39 men's division. Brandon won the 50 Backstroke, 50 Freestyle, 50 Breaststroke, 100 Freestyle and 100 Individual Medley.

Riley Handy won four first golds in the boys' 11-12 division, taking the 50 Free, 50 Fly, 50 Breast and 100 IM. Riley also took a second gold in the 100 Free.

Chris Tucker won three first golds in the men's 60-69 division with wins in the 50 Back, 50 Free and 100 Free. Other Gators who took first gold included Stephen Cromer in the 40-49 men's 50 Back, Ellyn Anama in the women's 19-24 50 Free, Logan DeWalt in the men's 19-24 50 Breast, Scott Lear in the men's

50-59 50 Breast and Mike Bateman in the boys' 11-12 100 Free. Bateman also took second gold in the 50 Back and third gold in the 100 IM.

Some other performances that helped put Stonegate over the top included a third gold in the six-and-under 25 Fly by Logan Cromer, a second gold in the 50 Free and a fourth in the 25 Free in the 7-8 class by Izzy Supanich, a fourth gold in the 9-10 50 Free and a fifth in the 50 Back by Brooklyn Shelton and a first silver in the six-and-under 25 Fly by River Whitt.

For Hidden Valley, Caleb Hagadorn swam to three first golds in the 17-18 men's division, winning the 50 Back, 50 Fly and 100 Free. Micah Lowe won first gold in both the 50 Back and 100 IM in the men's 19-24 division.





It's beginning to look a lot like football

Opening day for the high school football season is just three weeks and a day away and the Salem and Glenvar High School teams hit the practice field this week to begin getting ready. Above left and right the Spartans go through some drills on Monday, and below left and right the Highlanders go through Friday workouts. Both teams have scrimmages on August 12, with Salem at Brookville and Glenvar at William Byrd.





Spartans open golf season with a big win

Ha is medalist as Salem shoots 302 at John Scott Heritage Invitational

The Salem High golf team didn't enter the Heritage Invitational until two weeks before it teed off, but now they're glad they did. Salem came out on top among close to 20 teams in the annual event that has traditionally opened the high school season.

"It was a nice way to open the

"It was a nice way to open the season," said Salem coach Thad Snyder. "I love it for the kids. They work so hard on their own they were ready to play. They're out there six days a week grinding,

whether we have practice or not. Salem at 80 and Taylor Davis shot They just love the game."

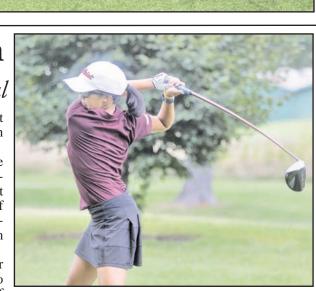
81, giving the Spartans three girls in Salem finished with a team the top four for their winning total

Salem finished with a team the top four for their winning total. score of 302, three strokes bet— The win marked the fourth time ter than River Ridge District rival Salem has won the invitation-Blacksburg. Western Albemarle al, which is now the John Scott was third at 317.

Heritage Invitational in honor of

Spartan sophomore Kathryn former Heritage High athletic direc-Ha, one of the top female players tor John Scott. The last time Salem in the state, was medalist with a won it was in 2011.

three-under-par 69. Second overall Now the Spartans will turn their was her Salem teammate, Macy attention to the Botetourt Metro Johnson, who carded an even par Invitational at the Botetourt Golf 72. Senior Trey Joyce was third for **continued on page 12**



Salem sophomore Kathryn Ha was the medalist at the John Scott Heritage Invitational. PHOTO BY SCOTT GARDNER