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SALEM TIMES-REGISTER

Thursday, October 26, 2023 • (USPS 631-140) • \$1.00

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OurValley.org

Center for Community Health Innovation joins grant-funded project

Virginia Foundation for Healthy Youth grant will allow center to support breastfeeding education as a tool to reduce or prevent childhood obesity



COURTESY OF ROANOKE COLLEGE

Ackley, left, and Mihalache-O'Keef

Roanoke College's Center for Community Health Innovation is part of a team that has been awarded an \$89,000 collaborative grant to combat

childhood obesity through initiatives that support breastfeeding education for caregivers in the greater Roanoke Valley.

The three-year grant, which was awarded by the Virginia Foundation for Healthy Youth, will fund creation of a Healthy Community Action Team (HCAT) that includes Child Health Investment Partnership (CHIP) of Roanoke Valley, Virginia Department of Health, B.R.E.A.S.T. Roanoke, The Birth Nurse and Physicians to Children, in addition to the Center for Community Health Innovation.

The team's project, the Trauma-Informed Community Approach to Breastfeeding, aims to encourage breastfeeding among low-income, expectant and new birth parents through home breastfeeding education, trauma-informed lactation consultation, a custom breastfeeding curriculum, marketing materials, surveys and formal evaluations. Over the course of the project, the HCAT hopes to generate data about

infant nutrition choices, as well as perceived challenges to breastfeeding related to racial/ethnic, socioeconomic and demographic characteristics.

"For the center, it is particularly rewarding to participate in a project where the research component is community-driven, community-informed and integral to achieving the goals of the partnership," said Liz Ackley, professor of health and human performance and director of the Center for Community Health Innovation.

The HCAT project dovetails with Ackley's primary research, which seeks to identify and address health disparities at the community level. In 2011, she created a health census, the Roanoke Valley Community Healthy Living Index, that measures citizen health throughout the valley's diverse neighborhoods. She is interested in childhood obesity prevention and hopes that collecting and analyzing data through the HCAT project might

See Grant, page 3



Thompson

Council appoints Rachel Thompson to School Board

Meg Hibbert
Contributing writer

Local immigration and adoption attorney has been appointed to the Salem School Board. Her appointment was made at the Oct. 23 Salem City Council meeting.

Thompson was one of six applicants for the volunteer position. She will fill the seat now held by David Preston, whose term ends Dec. 31. Preston did not ask to be reappointed.

When she spoke before Council on Sept. 25, Thompson pointed out she has three children in Salem Schools and a younger child at home. "I feel it is important that school board members have children in Salem Schools," she said. With

14 percent of Salem's population African American and 6 percent Hispanic, Thompson said she believes the School Board should reflect that with some minority members. Her mother immigrated from South Africa.

Thompson works for Poarch Thompson Law in Salem.

Monday night's meeting was the last one for retiring Salem City Manager Jay Taliaferro, who retires Nov. 1. At the Oct. 9 Council meeting, members made a surprise presentation acknowledging his 23 years working with the City of Salem. He has been city manager since 2019.

This week Councilman Bill Jones thanked Taliaferro "for your love of Salem and all that you have done."

Other Councilmembers concurred.

Council unanimously appointed Assistant City Manager Rob Light interim city manager until a permanent city manager is hired.

In the 30-minute work session that preceded the regular meeting, Councilmembers received thanks from Salem Rotary Club member Barney Horrell, who was in charge of this year's Olde Salem Days the second Saturday in September.

Vice Mayor Jim Wallace, who presided over both meetings in the absence of Mayor Renee Turk, thanked the Salem Rotary Club "for bringing people into Salem and showcasing the city."

Mayor Turk, who was out of town, participated remotely in the work session and regular meeting.



Light

COURTESY PHOTOS

Salem set to begin work on Comp Plan

Feedback can be offered during Pumpkinfest event

Aila Boyd

aboyle@mainstreetnewspapers.com

Work to reimagine the City of Salem's Comprehensive Plan is now underway. According to the city, the current plan was last adopted in 2012. Comprehensive plans are used to enhance the understanding of current conditions and properly address future opportunities.

As part of the update, city staff members will engage various citizens and stakeholders through what the city described as a "significant community input process." Understanding how these groups view the city and then translating that valuable information into an actionable strategy is the mission of this plan, according to the city.

"Public input is essential for Salem employees to effectively foster a high quality of life, expand opportunities for the citizenry, promote comprehensive community health and stimulate economic vitality," the city said in a statement.

The Comprehensive Plan will be developed over approximately 18 months, and it will include numerous opportunities for citizen input. The planning horizon is slated for 2045, and it will provide data and high-level strategies which will inform the city's focus and decision making on the following topics:

- Economic Development
- Housing Availability and Affordability
- Code Enforcement
- Neighborhood Character
- Environmental Quality
- City Services
- Community Health and Recreation
- Transportation – Congestion and Pedestrian

City has slate of Halloween activities lined up

With Halloween right around the corner, Salem has a range of events lined up to celebrate the holiday.

Pumpkinfest, returns on Friday night, Oct. 27, at the Salem Farmers Market. This year's event runs from 5:30 p.m. to 8:30 p.m. and it will once again feature a costume contest and pumpkin giveaway. Plus, all attendees can walk through our "Chefs vs. Surgeons" Jack O' Lantern patch, vote for their favorite carved pumpkin and later bid on it in the pumpkin auction. In addition, children can buy tickets for carnival games and inflatables, stroll through the trick-or-treat zone, get their face painted and enjoy sand art and a bake sale. This is 23rd year that Salem has joined forces with Q99 to present this event in Downtown Salem. Pumpkinfest admission for adults is just \$5 a person, but children 15-and-under will be admitted free. Dale's Diner, The Tailgate, Kettle Cooker Express and Sweet Surrender Ice Cream will be selling their amazing creations throughout the evening. Once again, Five-Dollar Shake will provide musical



COURTESY PHOTO

Trick-or-Treat with the Downtown Merchants will be on Saturday, Oct. 28.

entertainment. All proceeds from the event will benefit Area 8 Special Olympics. Q99, Kroger and Salem Parks and Recreation are sponsoring this year's event and Q99's Dick and Dave once again will host the fall celebration. The Salem Farmers Market is located on the corner of Main and Broad Street in the heart of Downtown Salem. Salem is hosting several other exciting events for those in Virginia's Blue Ridge region during this week.

Children will have a chance to Trick-or-Treat with the Downtown Merchants on Saturday, Oct. 28, from 10 a.m. to noon. Children can travel up and down Main Street from Academy St. to

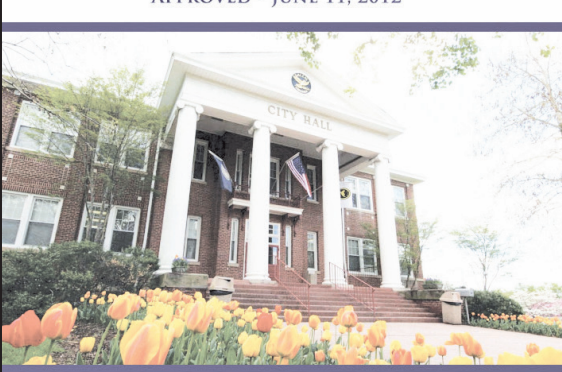
College Ave. Businesses that have a pumpkin sticker on their storefront window are participating. In addition, the Salem Sheriff's Office's Fall Open House is happening from 10 a.m. to noon at 2 E. Calhoun Street.

On the actual Halloween night, the Salem Civic Center is hosting a trunk-or-treat event in partnership with the Paw Patrol Show. This will take place in the front parking lot at 1001 Roanoke Boulevard on Tuesday, Oct. 31, from 4:30 p.m. to 6 p.m. Traditional neighborhood Trick-or-Treating will take place citywide in Salem on Tuesday, Oct. 31.

-The Salem Times-Register

SALEM VA
PRIDE AND PROGRESS
PLANNING FOR EXCELLENCE
COMPREHENSIVE PLAN OF THE CITY OF SALEM, VIRGINIA

APPROVED - JUNE 11, 2012



PREPARED BY:
CITY OF SALEM PLANNING COMMISSION
WITH ASSISTANCE FROM:
SALEM CITY COUNCIL
AND
SALEM CITIZENS' REVIEW COMMITTEE

SCREENSHOT

Salem last adopted its Comprehensive Plan in 2012

See Plan, page 4

5.09% APY*

12 Month CD Special**

*Annual Percentage Yield (APY) is accurate as of 10/23/2023 and is subject to change without notice.
**Minimum deposit to open is \$2,500. Interest is paid and compounded quarterly. There is a penalty for early withdrawal. Early withdrawal fees could reduce earnings. Eligible for consumer, nonprofit and commercial customers.



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Briefly: Salem News In Brief

CIAA Cross Country Championships: The event will be at Green Hill Park on Oct. 26

Pumpkinfest: Pumpkinfest, returns on Friday night, Oct. 27, at the Salem Farmers Market. This year's event runs from 5:30 p.m. to 8:30 p.m. and it will once again feature a costume contest and pumpkin give-away. Plus, all attendees can walk through our "Chefs vs. Surgeons" Jack O' Lantern patch, vote for their favorite carved pumpkin and later bid on it in the pumpkin auction. In addition, children can buy tickets for carnival games and inflatables, stroll through the trick-or-treat zone, get their face painted and enjoy sand art and a bake sale. This is 23rd year that Salem has joined forces with Q99 to present this event in Downtown Salem. Pumpkinfest admission for adults is just \$5 a person, but children 15-and-under will be admitted free. Dale's Diner, The Tailgate, Kettle Cooker Express and Sweet Surrender Ice Cream will be selling their amazing creations throughout the evening. Once again, Five-Dollar Shake will provide musical entertainment. All proceeds from the event will benefit Area 8 Special Olympics. Q99, Kroger and Salem Parks and Recreation are sponsoring this year's event and Q99's Dick and Dave once again will host the fall celebration. The Salem Farmers Market is located on the corner of Main and Broad Street in the heart of Downtown Salem. Salem is hosting several other exciting events for those in Virginia's Blue Ridge region during this week.

Trick-or-Treat with the Downtown Merchants: Youngsters will have a chance to Trick-or-Treat with the Downtown Merchants on Saturday, Oct. 28, from 10 a.m. to noon. Children can travel up and down Main Street from Academy St. to College Ave. Businesses that have a pumpkin sticker on their storefront window are participating. In addition, the Salem Sheriff's Office's Fall Open House is happening from 10 a.m. to noon at 2 E. Calhoun Street.

ODAC Cross Country Championships: The event will be at Green Hill Park on Oct. 28.

White Elephant Tag Sale/Community Fall Festival: The event will be on Saturday, Oct. 28 from 9 a.m.-3 p.m. at 359 Kessler Mill Rd. in Salem. Admission is free. There will be a car cruise-in, live music, vendors and pizza food truck.

Big South Conference Cross Country Championships: The event will be at Green Hill Park on Oct. 29.

"Let the Music Fill Your Soul": Members of the

Salem Choral Society will sing some of your all-time favorites such as "Sound of Music" and other Rodgers and Hammerstein tunes on Sunday, Oct. 29, at 4 p.m., at Salem Presbyterian Church. The concert is free. Donations will be accepted.

DMV2Go: DMV2Go will be at the Salem Civic Center from 9 a.m.-4 p.m. on Oct. 30

Trunk-or-Treat: On the actual Halloween night, the Salem Civic Center is hosting a Trunk-or-Treat event in partnership with the Paw Patrol Show. This will take place in the front parking lot at 1001 Roanoke Boulevard on Tuesday, Oct. 31, from 4:30 p.m. to 6 p.m. Traditional neighborhood Trick-or-Treating will take place citywide in Salem on Tuesday, Oct. 31.

PAW Patrol Live! "The Great Pirate Adventure": The event will be at the Salem Civic Center Tuesday, Oct. 31 at 6 p.m. and Wednesday, Nov. 1 at 6 p.m. Tickets start at \$42.

Do Values Matter?: The event will be on Wednesday, Nov. 8 at 7:30 p.m. in the Wortmann Ballroom in the Colket Center. Join the Center for Policy, Ethics, and Law for an evening with Mark Quiner. Mark Quiner is an experienced group facilitator with over 40 years of experience. He currently serves as director of NCSL's Center for Ethics in Government, whose mission is to restore trust and confidence in representative government by promoting responsible behavior in legislatures and educating the public on the importance of the legislative process.

Previously, Quiner was the acting director of the Wyoming Legislative Service Office, where he served for 26 years. Following law school at the University of Wyoming, he worked for Wyoming Supreme Court Chief Justice C. Stuart Brown, then served as the state's assistant attorney general. This event is free and open to the public. To register, go to: <https://www.eventbrite.com/e/do-values-matter-tickets-675428884977>

Theory of a Deadman and Skillet: The bands will perform at the Salem Civic Center on Wednesday, Nov. 22 at 7 p.m. Tickets start at \$40.50.

DMV2Go: DMV2Go will be at the Salem Civic Center from 9 a.m.-4 p.m. on Nov. 27.

Mannheim Steamroller: Chip Davis, founder and creator of Mannheim Steamroller, will celebrate over 35 Years of his annual Christmas concert tour during a Sunday, Dec. 3 performance at 7 p.m. at the Salem Civic Center. It is the longest running concert tour

in the entertainment industry. Tickets can be found at the Salem Civic Center Box Office or online at Ticketmaster.com.

DMV2Go: DMV2Go will be at the Salem Civic Center from 9 a.m.-4 p.m. on Dec. 18.

Salem Stampede Championship Rodeo: Southwest Virginia's favorite family-friendly event is back for the 56th year. The Salem Stampede Championship Rodeo bucks back into Salem Jan. 5-7 of 2024 with the same non-stop excitement fans have come to love for decades. Tickets are start at \$20 and go up to \$30. They can be purchased at the Salem Civic Center Box Office or online at www.ticketmaster.com.

Riley Green & Tracy Lawrence: Riley Green, the Academy of Country Music's new male artist of the year in 2020, is set to make his first appearance at the Salem Civic Center. Green will be joined by Tracy Lawrence and opening act Ella Langley when he hits the arena's historic stage on March 7, 2024. Tickets can be purchased at the Salem Civic Center Box Office Monday through Friday from 8 a.m. - 5 p.m. and online anytime at www.ticketmaster.com.

Dustin Lynch: "Kill the Cowboy" tour: Country musician Dustin Lynch will perform at the Salem Civic Center on Friday, April 12, 2024, as part of his "Killed the Cowboy" tour with special guest Skeez. Tickets start at \$35.50. Lynch first appeared in Salem in 2015 when he starred on the final day of the Blue Ridge Music Festival at Salem Stadium. He was just starting to crank out hit songs back then, but he now has eight No. 1 songs, four top-5 albums, 10 gold and platinum certified singles, and he has tallied over 5.4 billion cumulative global streams. His sixth studio album is "Killed The Cowboy."

Public meetings: The Salem City Council will meet on Monday, Nov. 13 at 6:30 p.m.

The Salem City School Board will meet on Tuesday, Nov. 14 at 7 p.m.

The Salem City Planning Commission will meet on Wednesday, Nov. 15 at 7 p.m.

The Salem City Council will meet on Monday, Nov. 27 at 6:30 p.m.

The Salem City Council will meet on Monday, Dec. 11 at 6:30 p.m.

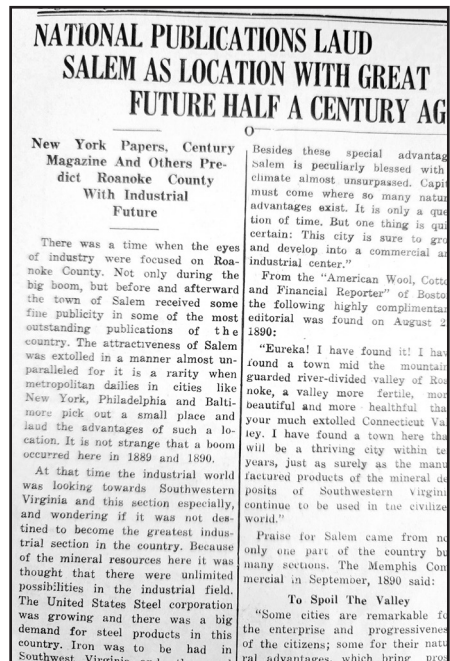
The Salem City School Board will meet on Tuesday, Dec. 12 at 7 p.m.

The Salem City Planning Commission will meet on Wednesday, Dec. 13 at 7 p.m.

FROM THE ARCHIVES

NATIONAL PUBLICATIONS LAUD SALEM AS LOCATION WITH GREAT FUTURE HALF A CENTURY AGO

New York Papers, Century Magazine And Others Predict Roanoke County With Industrial Future



Iron Ore Played Out
However, the iron ore deposits in Northern Minnesota proved to be of a higher grade than the Virginia deposits so that the steel companies turned toward that section for their raw material. If the iron mines here had proved to be of great value, it is probable that this section of the state would have turned out to be the greatest industrial section of the nation and of the world.

From many sources came praise for the natural advantages of Salem as a residential town, a manufacturing center, an agricultural center together with much favorable comment upon the healthful climate conditions here.

The Century Magazine of April 1874 said: "Climbing over the huge grades of the Alleghanies, we came suddenly upon the delicious expanse of the Roanoke Valley, bathed in the splendid shimmer of the afternoon autumn sun, and faded into delicatest colored shadows where the mountain rose gently, as if loathe to leave the lovely and lowly retreat. The vale was filled with wheat and corn fields, and with perfect meadows, through which ran little brooks gleaming in the sun.... Salem, the site of Roanoke College, is surrounded by charming hills, and stands in one of the richest agricultural regions in the United States."

No Scandals Here
From the Hartford Courant of 1883 we read the following:

"Salem has more natural advantages as to health, sightliness, fertility, and picturesqueness, perhaps than Roanoke. It seems to be a salubrious place; its water supply is from one of the remarkable mountain springs of which I have spoken; the meadows are rich, the air is pure and sheltered by the hills, it has a temperate climate with little snow. This outline is enough to show that the region is one of great natural beauty. Observation leads us to say that it is the abode of a hospitable,

industrious and highly moral people. It is a town where the domestic virtues thrive and there are no scandals."

Said the New York Evening World on November 18, 1889:

"Salem presents attractions as a place of location that no other town along the route can offer. From the time of its birth Salem has had just recognition as a place of true refinement and culture. Possessing as it does, a beautiful location, perfect drainage and healthfulness which is proverbial, Salem is sure to be within a few years, on account of these natural advantages, a large and important city. No place offers more attractions to manufacturers or men with brains and capital."

Not to be outdone by its contemporary, The New York Sun gave Salem some most favorable publicity on Jan. 18, 1890, when it said:

"Salem holds out many inducements for the capitalist, investor and settler, chief of which is its peculiar location with reference to the large territory which can be supplied in all lines of manufacturing and trades of all classes. It is located in the rich iron ore, coal, limestone and timbered country, embracing all kinds of timber, which, with the present facilities of transportation can be placed in Salem at low rates and small cost. Besides these special advantages Salem is peculiarly blessed with a climate almost unsurpassed. Capital must come where so many natural advantages exist. It is only a question of time. But one thing is quite certain: This city is sure to grow and develop into a commercial and industrial center."

From the "American Wool, Cotton and Financial Reporter" of Boston, the following highly complimentary editorial was found on August 21, 1890:

"Eureka! I have found it! I have found a town mid the mountain-guarded river-divided valley of Roanoke, a valley

more fertile, more beautiful and more healthful than your much extolled Connecticut Valley. I have found a town here that will be a thriving city within ten years, just as surely as the manufactured products of the mineral deposits of Southwestern Virginia continue to be used in the civilized world."

Praise for Salem came from not only one part of the country but many sections. The Memphis Commercial in September 1890 said:

To Spoil The Valley

"Some cities are remarkable for the enterprise and progressiveness of the citizens; some for their natural advantages, which bring prosperity; and still others for a charming situation in the midst of many beautiful scenes of nature. Salem is remarkable for all of these, and he who interests himself here, either for pleasure or profit can but bless the day of his so doing."

On April 25, 1891, the Baltimore Journal of Commerce expressed regret that the fertile valley in which Salem is located would be filled with the smoke, the dust, the noise and strife of industry within ten years. The charming valley was about to be spoiled, it was said.

Not all of the fine things about Salem were published by out-of-state publications for the Richmond Dispatch said:

"If the future of Salem as a great industrial center is not assured, then hundreds of men of sagacity and capital are blind. To see Salem is to be satisfied, that nothing has been said regarding its present, or predicted touching its future, is exaggerated."

Dozens of other editorials along the same line could be reprinted from New England and Atlantic Coast states but all of them were along the same line. The scenic beauty, the fine climate, the great natural resources of the vicinity were stressed.

-Prepared by Lisa King

RECIPE OF THE WEEK



Shelly Koon
Contributing
Writer

I admit it, I like to Halloweenify my food. By that I mean I like to make food that is fun and sometimes gross looking. I haven't had a Halloween party in years but I used to go all out with the food. Deviled eggs with green filling, red rum (murder) drink, Kitty litter cake, and spaghetti with eye balls. Now, I am satisfied with making ghoulish for dinner. Goulash is an is a traditional soup-stew dish from medieval Hungary, prepared by shepherds. According to britannica.com, herders made this dish before they left for the grazing grounds by slow cooking meats and onions until the liquid had been absorbed. It was then dried in the sun and packed into bags made of sheep's stomachs. At mealtime, water was added to reconstitute it into a stew or soup. Paprika was added in the 16th century for flavoring. Originally a humble peasants dish, this hearty dish starting appearing in cook books and restaurants in the 1830's. Goulash became popular in North America when it was introduced by the first wave of Hungarian immigrants following the failed revolution of 1848. Later, poor Hungarians who couldn't afford the meaty stew in their home country arrived in the United States in the early 20th century found that goulash was widely known. In 1969, a Gallup poll found that goulash was one of the most popular meat dishes in the United States. This recipe is a comfort dish perfect for weeknights when everyone is busy. Everything cooks together in one pot even the pasta. You can use ground chicken, turkey, or ground pork instead of ground beef. You can substitute any good melting cheese for the cheddar cheese. Any short pasta will work; penne, shells, cavatappi, or farfalle. Just watch the cooking time and taste as you go to get al dente pasta. Round out the meal with a salad and garlic bread.

Ingredients:

- 2 Tbsp. extra virgin olive oil
- 1 medium yellow onion chopped
- 2 cloves garlic finely chopped
- 1 lb ground beef
- Kosher salt
- Freshly ground black pepper
- 1 Tbsp. tomato paste
- 1 (15-oz) can diced tomatoes
- 1 (15oz) can tomato sauce
- 1 ¼ cup low sodium beef broth
- 1 tsp Italian seasoning
- 1 tsp paprika
- 1 ½ cup elbow macaroni, uncooked
- 1 cup shredded cheddar cheese

Directions:

In a large skillet over medium heat, heat oil. Add onion and cook stirring occasionally until softened about 7 minutes. Add garlic and cook stirring until fragrant about 1 minute more.

Add ground beef, season with salt and pepper, and cook, breaking up meat until no longer pink, about 6 minutes. Drain fat.

Add tomato paste and stir to coat, then pour in diced tomatoes, tomato sauce, and broth. Add Italian seasoning and paprika, then stir in macaroni. Bring to a simmer and cook stirring occasionally, until pasta is tender about 15 minutes.

Stir in cheese until melted; season with salt and pepper, if needed. Remove from heat and serve.



PHOTO BY SHELLY KOON

Roanoke College selected for experimental learning consortium

Roanoke College is one of 24 higher education institutions nationwide that has been selected to participate in the inaugural cohort of the Council of Independent Colleges' Work-Based Learning Consortium.

In partnership with Riipen, a technology platform that connects students with employers for experiential learning opportunities, the Work-Based Learning (WBL) Consortium will allow more Roanoke College students to access internships and develop professional skills and connections. Throughout the program, which will last three years, the Council of Independent Colleges (CIC) will collect data on work-based learning at the member institutions, as well as study the impact of the projects on students, faculty and employers.

The CIC expects that more than 11,000 students across the country will benefit from the program, which has an estimated value of more than \$65,000 per institution. Consortium members benefit from the partnership at no cost to the school. Funding for the initiative is made possible by the generosity of Strada Education Foundation and Ascendium Education Group.

"Roanoke College wants to provide every student access to meaningful work-related experiences before they graduate, but for a variety of reasons, it can be difficult for some students to take time for internships," said Kathy Wolfe, vice president for academic affairs and dean of the college. "Embedding collaborative projects, completed for authentic audiences, into courses that are taken by all students ensures that access at

scale. We're glad to be in a community of practice with other schools that are doing this work."

Riipen has a network of nearly 30,000 employers who post experiential learning opportunities on its platform. Those opportunities are then matched with students or groups of students, allowing them to work hands-on with real companies, community organizations, government agencies and NGOs. At Roanoke College, those projects will be incorporated into five capstone courses.

The five faculty members who teach those courses, along with one administrator from career services and one from academic affairs, will constitute a team that works with the CIC and Riipen throughout the duration of the program. The faculty members will receive a stipend for their contributions to the work. Roanoke College is grateful to the following faculty members who have agreed to serve as faculty representatives in this project:

- **Michelle Hagadorn**, associate professor and chair of the Business Administration and Economics Department
- **Ivy Kutlu**, lecturer in the Business Administration and Economics Department
- **Dave Nichols**, professor and chair of the Psychology Department
- **Julie Schlegel**, associate professor in the Health and Human Performance Department
- **Nicole Terrill**, visiting instructor in the Sociology and Public Health Department

Meghan Jester, director of career exploration at Roanoke, said membership in the cohort could be especially beneficial to under-represented students who have a difficult time accessing internships. For those who can't afford to take an unpaid internship, already have a time-consuming job, or live in an area with little to no opportunities in their areas of interest, completing work-based projects during class time could be a boon. It could also be beneficial for those with demanding schedules, such as student-athletes.

"The goal of this program is to make sure that every Roanoke College student eventually has the opportunity to be in a class where this is occurring," Jester said, "and to know that they will be doing the kind of work that an employer can value and that builds transferrable skills for today's job market."

Titi Ufomata, senior vice president for academic programs at the CIC, said Roanoke's application for the program showed an impressive commitment to making work-based learning opportunities available to its students.

"This is an exciting opportunity for students to gain valuable hands-on experience through internships embedded in their courses," she said. "That these internships are available to all students regardless of where they are located levels the playing field for all students. We are grateful to our funders for making this possible."

-The Salem Times-Register

Grant from page 1

illuminate connections between infant diet and childhood obesity.

Also supporting the project is Associate Professor Andreea Mihalache-O'Keef, who chairs the Public Affairs Department at Roanoke. Since 2016, Mihalache-O'Keef has been involved with multi-stakeholder efforts in the Roanoke Valley to provide information and resources on breastfeeding and other baby-feeding options to expecting and new parents. In this context, she has used her research training to explore the impact of socio-demographic factors and community culture on infant nutrition choices and outcomes in our area.

"This grant really illustrates the value our community places on cross-sector collaboration to address health inequities," Mihalache-O'Keef said. "I believe Roanoke College's liberal arts mission aligns perfectly with that collaborative agenda, and Liz and I look forward to bringing our very different perspectives together on this project."

One goal of the HCAT is to improve available resources for lactating caregivers or educate them about resources that currently exist. One such resource is The Birth Nurse of Roanoke, which provides educational

programming and trauma-responsive consultation for health care professionals and expectant or new parents, all through a trauma-informed framework. Mandy Irby, founder and CEO of The Birth Nurse, said low-income populations such as those served by CHIP have a higher incidence of past trauma and mental health challenges, so using the trauma-informed approach to lactation training is important.

Irby said she's looking forward to seeing what kind of impact the HCAT can make over the next three years. The group has already convened and formed subgroups that will meet monthly to discuss goals, execution of the project, and outcomes. Initiatives already in the works include creating a lending library of lactation

supplies; establishing an outreach program for community businesses to understand more about breastfeeding and how to support lactating employees and clients; and an educational curriculum for first responders, lactation professionals and other providers.

"I'm excited about a variety of community groups supporting lactation in Roanoke and in the valley in new and powerful ways that I don't think Roanoke has seen before," Irby said.

-The Salem Times-Register

Ridgewood Baptist Church
Christmas Craft Show
Saturday, October 28th
9 AM to 3 PM
703 Hemlock Road, Roanoke
Contact: MJ Kanode at 540-355-5521

NANCY HORN FOR COMMISSIONER

THANK YOU for the opportunity to be your Commissioner of the Revenue for Roanoke County

I APPRECIATE YOUR VOTE
NOVEMBER 7, 2023
I love my job!

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OPINION

Rep. Cline holds higher education roundtable

BUENA VISTA—Last week, Congressman Ben Cline (R-VA) hosted his annual higher education roundtable at Southern Virginia University with higher education leaders from across Virginia's Sixth District to hear directly from them and discuss ways to make higher education more affordable for every family and ensure access to opportunities that fit students' needs best.

Cline was joined by Southern Virginia University Provost Dr. James Lambert, Washington and Lee University President William Dudley, Mary Baldwin University President Dr. Jeffrey Stein, Roanoke College President Dr. Frank Shushok Jr., Blue Ridge Community College President Dr. John Downey, and Radford University Carilion President Dr. Bret Danilowicz.

Last October, Congressman Cline held his higher education roundtable at the Blue Ridge Community College in Weyers Cave.

Rep. Ben Cline said, "I have long believed that no family or student should worry that attending college or university will break the bank, rack up mountains of

debt, or fail to prepare them for good-paying jobs in the real world. With more than 20 colleges and universities within Virginia's Sixth District, we need to do the hard work of finding solutions to improve student performance, boost post-graduation job placement and keep tuition affordable. It was great to be with so many higher education leaders in Buena Vista today to hear their ideas and share my actions to ensure affordability and opportunity for students."

In the 118th Congress, Cline cosponsored the Know Before You Owe Federal Student Loan Act of 2023 (H.R. 1216), which would strengthen loan counseling requirements to ensure colleges are fully preparing their students to take out loans in a responsible manner. He also cosponsored the Family Farm and Small Business Exemption Act (H.R. 1250), which would ensure that students of owners of family farms or small businesses would not be unfairly penalized in the Free Application for Federal Student Aid (FAFSA) process.

In the 117th Congress, Congressman Cline cosponsored the Responsible Education Assistance

through Loan (REAL) Reforms Act (H.R. 8655), which offers commonsense, fiscally responsible reforms that protects students, borrowers, and taxpayers. He also cosponsored the Simplified Joint Consolidation Separation Act (H.R. 8909), which would establish a more efficient process for separating joint consolidation loans to ensure timely relief for borrowers and ensure the Education Secretary's authority is narrowly tailored to help those in need.

In the 116th Congress, Congressman Cline served on the House Education and Labor Committee's Subcommittee on Higher Education, and cosponsored the Higher Education Reform and Opportunity Act of 2019 (H.R. 4098), which revises requirements governing the financing and accreditation of postsecondary education. Congressman Cline also cosponsored the Education Savings Accounts for Military Families Act of 2019 (H.R. 1605), which directs the Department of Education (ED) to establish a tax-exempt Military Education Savings Account to provide children with parents on active duty in the uniformed services with funds to pay educational expenses.



The roundtable was held last week in Buena Vista.

COURTESY PHOTO

SALEM TIMES-REGISTER

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

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Give us your view: 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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Plan from page 1

Accommodations

- Current/Future Land Use and Zoning Regulations

Salem will kick off the process Friday, Oct. 27, at the Salem Farmers Market. The city's Planning and Zoning Department will be staffing a booth at the Pumpkinfest celebration from 5:30 p.m. - 8:30 p.m. and residents are welcome to stop by.

"Our employees look forward to hearing from you regarding those things that make Salem great, components that you feel should be improved upon, and priorities that will best shape the plan moving forward," the city said. Basic information about the planning process, along with a rough timeline for plan creation, completion and adoption will be available.

Comprehensive Plan of the City of Salem, Virginia

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Melinda J. Payne, Director of Planning and Development

Proposed Revision Adopted By the Salem City Council: June 11, 2012

SCREENSHOT

Comprehensive plans are used to enhance the understanding of current conditions and properly address future opportunities. Pictured is the current Comprehensive Plan.

CROSSWORD PUZZLE

CLUES ACROSS

- Unhappy
- Clairvoyance
- One who works under you
- What happens there stays there
- Not ingested
- Got the picture
- One thousandth of a gram
- Breakfast item
- About
- Tall deciduous trees
- Safe keeping receipt
- Cowardly
- Pueblo people of New Mexico
- Herring-like fish
- A very large body of water
- Angle (abbr.)
- Spiritual leader of a Jewish congregation
- White clerical vestment
- Cool!
- Matchstick games
- Thick piece of something
- A state that precedes vomiting
- Burned item residue
- Jaguarundi
- Anno Domini (in the year of Our Lord)
- The home of "60 Minutes"
- Dorm official
- Give cards incorrectly
- One who is learning the job
- Popular R.L. Stevenson novel
- Attentively
- CNN's founder
- Criticize
- CLUES DOWN
- Fijian capital
- Assist
- Elected lord in Venice
- The capacity of a physical system to do work
- People of the wild
- Parent-teacher groups
- Midway between south and southeast
- Moved quickly on foot
- Handheld Nintendo console
- "Top of the Stairs" playwright
- Electronic data processing
- "Dog Day Afternoon" director
- Leaned
- About aviation
- Mountain is a popular type
- Lake along Zambia and Congo border
- Heroic tales
- Soviet Socialist Republic
- "Star Trek" villain
- Hand gesture popular on social media
- Renters have one
- Tubular steel column
- Database management system
- Similar
- Providing no shelter or sustenance
- Death
- What a sheep did
- Midcentury Asian battle-ground
- Horizontal passage into a mine
- Mortified
- Improper word
- No seats available
- Financial obligation
- It can be hot or iced
- Tough outer skin of a fruit
- Spumante (Italian wine)
- Misfortunes
- Negative
- Camper

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V DOT ROADWATCH

Interstate 81
I-81 & ROUTE 11 BORING SCHEDULED - Mountain Valley Pipeline is expected to perform boring across Route 11 near Apgar Drive between September 11 and September 26. In addition, boring is tentatively scheduled across I-81 near MM 130.11 between October 26 and November 17.

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 nighttime 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:

ADDITIONAL TRAFFIC IMPACTS:
TRAFFIC SHIFT ON WILDWOOD ROAD: Expect a traffic shift with narrow width on Wildwood road after exiting I-81 southbound heading towards Salem. Southbound and northbound I-81 exit and entrance ramp narrows possible at Route 311.

WORK ZONE SPEED: With narrow spacing in lanes due to barrier walls, lack of shoulders and lane shifts in various locations, drivers should adhere to posted 60 mph speed limits in the work zone and allow space when following a vehicle.

RAMP CLOSURES: Ramp closures are possible during nighttime hours, 12 a.m., to 5 a.m. Drivers should watch for message boards dates and times the ramp will be closed.

LANE CLOSURES: Alternating left and right lane and shoulder closures during nighttime hours between 8 p.m. and 6 a.m., Sunday through Thursday, are possible. Lane widths will be reduced to 11 feet. Nightly lane closures may be in place along the right lane with possible nightly ramp narrows as needed for guardrail and shoulder strengthening.

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.

I-81 NORTHBOUND AT EXIT 105 NEW RIVER BRIDGE REPLACEMENT IN 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. The old bridge is being demolished. Lane and shoulder closures may be in place near exit 105. Lane closure may be in effect during the week from 8 p.m. to 7 a.m. Shoulder closures may be in effect at any time during the week. Slow rolls may be performed on I-81 in the north and southbound lanes from mile marker 98 to 109. Speed limit is reduced to 60 miles per hour in the work zone. Shoulder closures will remain in place though the duration of the project. Project completion is estimated for Summer 2024.

SLOW ROLLS: A slow roll operation may be in place daily, Monday through Friday, between mile marker 101 and 105 northbound and between mile marker 109 and 105 southbound, between the hours of 9 a.m. and 3 p.m. Slow rolls may be utilized periodically on both the northbound and southbound lanes from mile marker 98-109 for structural steel deliveries and setting beams.

LANE CLOSURES: Nighttime alternating lane closures will be in place on I-81 northbound between mile markers 104-106 from 7 p.m. to 6 a.m. the following morning.

ROUTE 605: Alternating lane closures and flagging operations will be present on Route 605, located under the New River Bridge, for work overhead on the bridge.

I-81 PAVING OPERATIONS - Weather permitting, crews will be performing paving operations along Interstate 81. Right and left lane closures may be in place along northbound and southbound lanes during nighttime hours, 9 p.m. to 6 a.m. Drivers should watch for moving vehicles and equipment. Expect possible delays.

I-81 BRIDGE DECK REPAIRS - Weather permitting, crews will repair bridge decks on Interstate 81. Between mile markers 170 to 89, right and left lane closures will be in place northbound and southbound during nighttime hours, 9 p.m. to 6 a.m. the following morning. Drivers should watch for signs and expect possible delays.

Interstate 581
I-581/220 EXPRESSWAY PAVING OPERATIONS - Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place during nighttime hours, 9 p.m. to 6 a.m. the following morning. Drivers

should watch for signs and expect possible delays.

I-581/220 LANE & RAMP CLOSURES FOR PAVING AND MAINTENANCE OPERATIONS IN ROANOKE COUNTY- Weather permitting, crews will be milling and paving along Interstate 81. Right and left lane closures will be in place along northbound and southbound lanes during nighttime hours. Drivers should expect possible delays.

Roanoke City
13th STREET SE IMPROVEMENTS - A project to improve a portion of 13th Street SE in Roanoke is nearing completion. Once complete, a new roadway will extend 13th Street to Norfolk Avenue and the intersection at 13th Street and Wise Avenue will be reconfigured to include a roundabout. Bike lanes, sidewalks, crosswalks and curb and gutter have been added. Minimal traffic impacts at this time. The project is expected to be completed in late fall 2023.

Roanoke County
SIDEWALK PROJECT ON SOUTHBOUND WILLIAMSON ROAD IN HOLLINS AREA - On weekdays starting the week of October 9, work on a project to construct new sidewalk along the section of southbound Route 11 (Williamson Road) between Plantation Road and Peters Creek Road may cause lane closures. Drivers in the Hollins area can expect periodic right lane closures on southbound Williamson Road between 9 a.m. and 2 p.m. As work progresses, occasional nighttime lane closures also will be scheduled. The sidewalk project is expected to be completed in summer 2024.

STARKEY ROAD AND BUCK MOUNTAIN ROAD ROUNDABOUT - A road project to construct a single-lane roundabout at the intersection of Route 904 (Starkey Road) and Route 679 (Buck Mountain Road) is underway. The new roundabout is now open to traffic and drivers should be aware of the new roundabout configuration. There will be occasional flagging operations in place between the 9 a.m. and 3 p.m. at the intersection of Starkey Road and Buck Mountain Road, drivers should still expect lane closures with flaggers controlling traffic for final paving, additional concrete pouring and pavement marking until the project is finished. Final completion is expected in late spring 2024.

LANE CLOSURES WITH FLAGGING OPERATIONS: Lane closure times of 9 a.m. to 3 p.m. have resumed due to school now being in session.

ROUNDAABOUT: The roundabout configuration has been set up. This means

drivers should continue around the circle without turning left and that drivers in the circle have the right of way.

BLUE RIDGE PARKWAY CLOSURES IN ROANOKE AREA - Blue Ridge Parkway will be repairing slope failures and road closures with detours may be in place. Visit their website at www.nps.gov/blri/planyourvisit/roadclosures.htm for more information.

MOUNTAIN VALLEY PIPELINE - Mountain Valley Pipeline is expected to begin full construction again by mid-July. Temporary intermittent flagging operations will be in place in the county throughout the remainder of the project (with a tentative completion date of February 2024) to load/unload equipment at crossings and construction entrances. Scheduled completion is February 2024.

PAVING OPERATIONS - Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place and flaggers may control traffic at times during daylight or nighttime hours. Drivers should watch for signs and expect possible delays.

Botetourt County
ROUTE 795 CLOSURE FOR PIPE REPLACEMENT - Route 795 (Orchard Drive) in the Daleville area will be closed at house number 62 for a pipe replacement beginning Monday, October 23 at 9 a.m. The road will reopen by the end of the day on Thursday, October 26. Message boards will alert drivers.


ROUTE 650 CLOSURE FOR PIPE REPLACEMENT - Route 650 (Lugar Lane) in the Fincastle area will be closed at house number 822 for a pipe replacement beginning Monday, October 30 at 9 a.m. and reopening by the end of the day on Thursday, November 2. Message boards will alert drivers.

DALEVILLE INTERSECTION PROJECT FOR FIELDSTONE DEVELOPMENT ACCESS - Lane closures northbound and southbound on Route 220 in Daleville will be in place for construction of a median with crossover, a right turn lane and a new traffic signal. The speed limit in this area has been permanently reduced to 45mph. This work is associated with construction of the Fieldstone Development through a permit. Drivers may see the new signal arm and additional signage being added. There is no estimated time for when these will become active as work continues. Lane closures will be set up on various days and noise disturbances may be in place through October 2023.

PAVING OPERATIONS - Weather permitting, crews will pave, patch and repair pavement on various routes. Lane closures may be in place and flaggers may control traffic at times during daylight or nighttime hours. Drivers should watch for signs and expect possible delays.

POLICE REPORT

City of Salem Police Department




Weekly Arrest Report

Week of October 17, 2023 – October 23, 2023

Arrested On	Name	Age	Charges
10/17/2023	Martha L. Ronk	70	Counterfeiting, Obtaining Money by False Pretense
10/17/2023	Anthony D. Dickson	36	Damage Property, Criminal Trespass
10/18/2023	Roberto Diaz Ferrer	27	DUI
10/18/2023	Colin R. Phelgar	19	Domestic Assault & Battery
10/18/2023	Carl D. Ratcliffe	40	Criminal Trespass
10/19/2023	David K. Compton Jr.	35	Contempt of Court
10/19/2023	Devon L. Rich	31	DUI
10/20/2023	Christopher M. Hash	20	DUI
10/20/2023	Brittany A. Hickman	34	Obstructing Justice, Petit Larceny, Public Intoxication
10/20/2023	Amy J. Shelton	42	Conditional Release Violation
10/20/2023	Amanda L. English	42	Assault & Battery, Public Intoxication
10/21/2023	Aiden C. Brinkley	19	False Name or address to Police, Public Intoxication
10/21/2023	Stuart C. Shields	33	DUI
10/22/2023	Matthew P. Murphy	38	Public Intoxication
10/22/2023	Michael L. Cales	54	Petit Larceny
10/22/2023	Timothy L. Harris	34	Shoplifting, Criminal Trespass
10/22/2023	Sherica T. Eggelston	37	Petit Larceny, Criminal Trespass, Public Intoxication
10/22/2023	Paul J. Hastings	47	DUI
10/23/2023	Jessica L. Pannachia	38	DUI


City of Salem Police Department



Weekly Crime Report (Felony Cases)

Week of October 17, 2023 – October 23, 2023

DATE REPORTED	LOCATION	OFFENSE REPORTED
23-OCT-2023	O BLK Red Ln	Vehicle Theft
23-OCT-2023	1300 BLK E Main St	Burglary



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**SUNDAY, OCTOBER 29, 2023
4:00 PM**

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41 E. MAIN STREET SALEM, VIRGINIA**

NO ADMISSION CHARGE/DONATIONS WILL BE ACCEPTED

Concert flyer COURTESY IMAGE

Concert scheduled for Sunday

Members of the Salem Choral Society will sing some of your all-time favorites such as "Sound of Music" and other Rodgers and Hammerstein tunes on Sunday, Oct. 29, at 4 p.m., at Salem Presbyterian Church. The concert is free. Donations will be accepted.

- The Salem Times-Register

Roanoke College prepares to inaugurate its 12th president, Frank Shushok Jr.

The inauguration of Roanoke College's 12th president, Frank Shushok Jr., will occur at 10:30 a.m. Friday, Oct. 27, in the Cregger Center. The Roanoke College community and surrounding community are invited to attend the ceremony and related events scheduled in the days leading up to the inauguration, the college said.

Inaugurations are rare and special events at Roanoke College. In the 181-year history of the institution, the college has had only 12 presidents. The inauguration serves as the official investiture ceremony of Shushok, who began his term as president on July 1, 2022. Related events throughout the week celebrate the history and future of Roanoke College and its people.

Shushok has more than 30 years of experience in higher education and a keen awareness of the issues facing colleges and universities across the nation, including a declining number of college-aged students, increasing costs and political debate over the value of higher education, the college said.

Student success and well-being are the central tenets of Shushok's leadership, which is also focused on cultivating academic innovation and transformative learning experiences; promoting a culture of administrative, financial and operational excellence; advancing access, diversity, inclusion and belonging; and elevating the distinctiveness of Roanoke College.

The inauguration ceremony will feature music by the Roanoke College Wind Ensemble and Roanoke College Choir along with a host of delegates from other institutions, learned societies and student organizations; student athletes; international students; and representatives from the Evangelical Lutheran Church in America and the interfaith community. Several Roanoke alumni will speak at

the ceremony, which will include a historical acknowledgement, poetic and musical tributes, and greetings from students, faculty, staff, alumni, friends, governments, the church and the community.

In addition to the inauguration ceremony, several events are scheduled for the week. On Friday, the day begins with a prayer service in Antrim Chapel. That afternoon, the President's Forum A Community Conversation on Technology, Humanity and the Role of Learning in the 21st Century will be held in Antrim Chapel, featuring special guests Sylvester A. Johnson, founding director of the Virginia Tech Center for Humanities; Nathan O. Hatch, president emeritus of Wake Forest University; Eileen Hulme, chancellor at Indiana Wesleyan University – National & Global Campus; and Robert D. Kelly, 21st president of the University of Portland. That event will be followed by the Dean's Roundtable on Contemporary Liberal Arts Education and a panel discussion about the future of athletics at Roanoke College.

Also on Friday afternoon, Shushok will plant a tree on the John R. Turbyfill Quadrangle, the home of several presidential trees, in a practice that goes back to Roanoke College founder and first president David Bittle, who planted several trees on the campus.

Other inauguration-related events include a talk on Wednesday, Oct. 25, by Rishi Sriram, a higher education administrator at Baylor University, on Talent in College Student Success, and Tuesday evening's historic illumination ceremony, a modern re-creation of a candlelight ceremony at the first president's inauguration.

-The Salem Times-Register




City of SALEM CHRISTMAS PARADE

66th Annual Christmas Parade

Friday, December 1, 2023 - 6:15 pm
Main Street, Salem, VA

Early Registration ends October 31st

\$ 50.00 – non-profit
\$ 60.00 – all others

Registration from November 1st to 15th
\$ 100.00 – all entries

All entries must be postmarked by November 15th.

To register go to
<https://salemvakiwanis.com/city-of-salem-christmas-parade/>

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SALEM MUSEUM SPOTLIGHT



1920s Halloween party

COURTESY PHOTO

Halloween is just around the corner, and children and adults are picking out their costumes for upcoming festivities. This may seem like a modern tradition, but dressing up for Halloween has been around for centuries.

Beginning with the ancient Celtic festival of Samhain, people have been dressing up in costumes to celebrate Oct. 31 for the last 2,000 years. Continuing

through the middle ages and into modern history, people have dressed up on All Hallows Eve.

Halloween began to look like its familiar modern form in the late 1800s, as the emphasis was placed on community gatherings. Halloween parties, for both children and adults, became very popular, featuring festive foods, games, and, of course, costumes.

This image of a young peoples' Halloween Party was

taken in Salem, likely in the 1920s, and is believed to have been taken at Roanoke College. In it, you can see many guests are dressed up in costumes and there are decorations on the walls, including a large balloon in the center of the photo decorated like a Jack-O-Lantern.

To learn more about Salem's history, visit the Salem Museum. The Museum is open Tuesday-Saturday 10 a.m.-4 p.m. and located at 801 E. Main St.

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BAPTIST (INDEPENDENT)

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

LAKESIDE BAPTIST CHURCH - 447 Dalewood Avenue, Salem, 986-0062, Pastor Carl Goodman. Coffee Bar 9:00 a.m., Connect Groups 9:30 a.m., Sunday Worship 10:30 a.m., Children & Student Ministry 5:00-6:30 p.m.; Thursday 7:00 pm Young Single Adults, Wednesday Morning Prayer Service 10:30, Lifegroups meeting throughout the week. www.lbcva.com.

SOUTHSIDE BAPTIST CHURCH, 2721 12 O'Clock Knob Rd., Salem, Pastor: Clay Dalton; Sundayschool, 9:45AM, Sunday morning worship, 11:00AM, Sunday evening, 6:00PM, Wednesday evening, 7:00PM.

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

BAPTIST (SOUTHERN)

BETHEL BAPTIST - 1601 S. Colorado St., Salem, Pastor Hilton Jeffreys, 389-2376, Sunday: 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 Road N.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 Fellowship 6:00 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 - Salem Campus: 1226 Red Lane Extension, Salem, 387-3200, Worship Times: 9:15AM & 11:00AM. North Campus: 7640 Alpine Road, Roanoke, Worship Times: 9:15AM & 11:00AM. Southwest Campus: 3585 Buck Mountain Road, Roanoke, Worship Times: 9:15AM & 11:00AM. www.fcclife.org.

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

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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, 7:00 PM.

CHURCH OF GOD/ANDERSON

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

CHURCH OF GOD/CLEVELAND

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

DISCIPLES OF CHRIST

FIRST CHRISTIAN CHURCH, 712 Front Ave. Salem, Pastor Dan Netting (540) 389-6831. www.firstchristiansalemva.com. Adult and Children Sunday School - 9:30 am, Worship - 10:30 am. Nursery Provided for both. Everyone welcome

FORT LEWIS CHRISTIAN CHURCH - 2931 West Main Street, Salem - Pastor Matthew Cox - 380-4636 - website: www.flccsalem.org. Sunday: 9:30am Adult Study Group, 10:30am Worship, Youth & Children's Church. All are welcome!

ECKANKAR

ECKANKAR, THE PATH OF SPIRITUAL FREEDOM, is a simple teaching that focuses on the Light and Sound of God to help people find more love in their life. The Roanoke Eckankar Center is located at 1420 3rd St. SW, Roanoke, VA 24016. A spiritual event is held on the 2nd Sunday of each month at 10:30 a.m. Since contracting COVID-19 may still be possible, please take the health steps that are best for you. It is appreciated that by attending you are taking responsibility for your own health. Visit www.eck-va.org, www.meetup.com/Roanoke-Spiritual-Experiences * Group* or call 540-353-5365 for other Eckankar programs or for more information about how the teachings of Eckankar can 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 live-streamed on YouTube@StPaulSalemVa.

EVANGELICAL LUTHERAN

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

org for information on services.

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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. Sunday School 9:30 AM, Sunday Morning Worship Service 11:00 AM, Wednesday Bible Study and Prayer Meeting 7:00 PM.

SHILOH BAPTIST - 201 South Market Street, Salem, Rev. Adrian E. Dowell, H) (389-0409). 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, M'pact Girls & Royal Rangers) 7 PM. Nursery Provided. Email: office@clichurch.org. Find us on facebook.

PRESBYTERIAN CHURCH (USA)

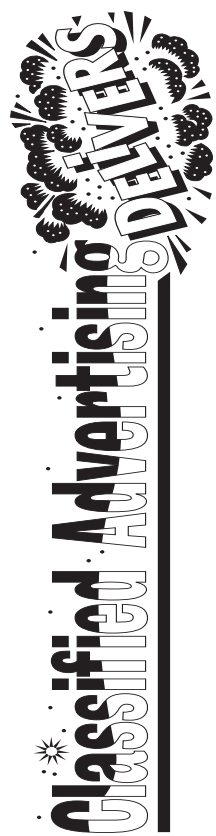
SALEM PRESBYTERIAN CHURCH - 41 East Main Street, Salem, VA . 389-3881. Come worship with us, Pastor, Rev. Chris Vogado, and our Associate Pastor, Rev. Janet Chisom each Sunday at 11:00 AM (10:00 AM from Memorial Day - Labor Day). In- Person Sunday School is 9:30 AM (9:00 AM Memorial Day - Labor Day). You may still worship with us online live at www.salempres.org, or Facebook, or YouTube. During in-person worship, masking 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.

LOCUST GROVE UNITED METHODIST CHURCH - 3415 Locust Grove Lane, Salem, 540-315-0881, Pastor Mike Sanborn. Each Sunday Traditional Worship 9:30 a.m.

To list your church, contact Wendi Craig at 276-340-2445 or email advertise@ourvalley.org



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PHOTO BY BRIAN HOFFMAN

Braxton Winger of the Salem U8 football team scores a touchdown in Saturday's win over North Roanoke at Northside High School.

Sandlot Super Bowl games in all divisions are on Saturday

Several local teams advanced and others were getting ready to play as kids in three Sandlot Super Bowl tournaments hope to be playing in championship games at Salem Stadium on November 4th. Tournaments for 8U, 10U and 12U teams are currently being played.

In the 8U tournament Glenvar and Salem teams both advanced in opening round games at Northside High School last Saturday. The Glenvar team defeated Vinton, 12-6, and the Salem team beat North Roanoke, 24-6. Semifinals are this Saturday on Bogle Field behind Cave Spring Middle School. Glenvar will play Cave Spring at 9 am and Salem will follow with a game against Botetourt at 10:15 am.

In the 12U tournament Hidden Valley downed Salem in last Saturday's quarterfinal round at William Byrd's Patterson Stadium, 32-0. Glenvar does

not have a 12U team, but the semifinals will be held at Highlander Stadium this Saturday. Hidden Valley will play Vinton at 1:30 pm followed by Botetourt against Cave Spring at 2:45 pm.

The 10U tournament had opening round games on Tuesday and Wednesday of this week, but results were too late for publication. Glenvar played Botetourt on Tuesday and the winner will meet the Salem team coached by Bubba Sowers, who had a bye, on Saturday at 11:30 am at Bogle Field. The other Salem team, coached by Gary Abbott, played Cave Spring on Tuesday. The winner of that game will play North Roanoke at Bogle at 12:45 pm Saturday. Semifinals are next Wednesday, November 1, at Northside at 6:30 and 7:45 pm, and the Salem teams or Glenvar would play the early game should they get that far.



PHOTO BY BRIAN HOFFMAN

Glenvar's Colby DeHart (#5) finds room to run in Saturday's U8 win over Vinton.

Hornets sting Maroon hockey

The Roanoke field hockey team dropped a 4-1 ODAC contest in their final home game of the regular season at Kerr Stadium on Saturday afternoon to the Shenandoah Hornets.

The Hornets were able to get on the board first with a pair of goals in the

first quarter to take a 2-0 lead after the first 15 minutes. The second period saw the Maroons control the possession and it paid off at 3:55 when Mary Wisner tapped the ball to Lindsey Keyes who pushed a ball into the goal, cutting the Hornet lead down to 2-1.

After a scoreless third quarter, SU added a third goal in the first five minutes of the fourth for a two-goal lead, then added a fourth goal with less than 30 seconds left to get the final 4-1 win.

Roanoke is on the road for their final two games, beginning with a visit to Washington and Lee on Wednesday. The regular season finale is at Randolph-Macon Saturday.

The loss to Shenandoah dropped the Maroons to 6-7 overall and 4-3 in the conference. The ODAC tournament is scheduled to begin next Tuesday, October 31.

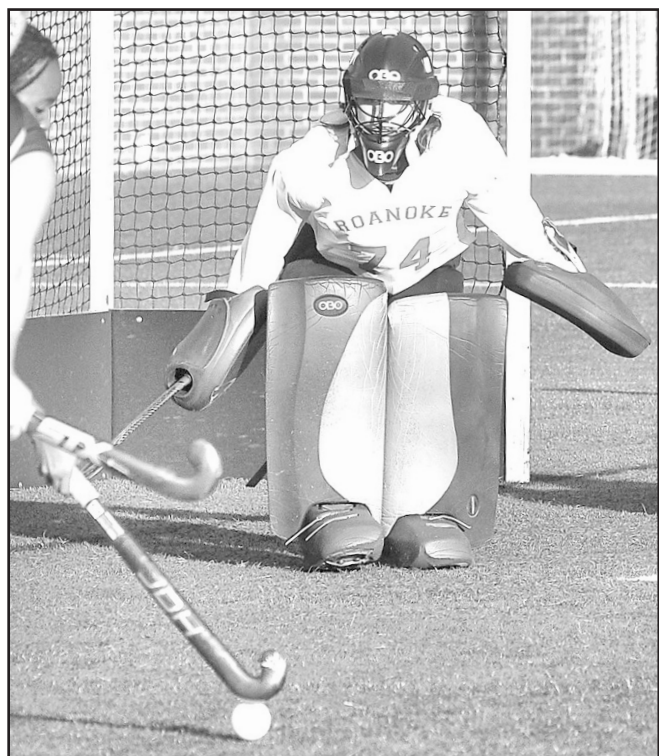


PHOTO BY BRIAN HOFFMAN

Madison Wingerter guards the cage for Roanoke College.



We have a playoff after three way tie for contest prizes

Last week's contest was one of the toughest in recent memory, with some contestants missing more games than they won. In fact, one unnamed contestant missed 11 of the 15 games, including every single one on the second row.

While it usually takes two or three losses, at the most, to win the contest this week no one did better than four losses. And, for the first time I can remember, we have a three-way tie when it came down to the tie-breaker. Cheri Keller, Wayne Sowers and Yogi Roberts all missed four games and tied on the tie-breaker. So, here's what we're gonna do.

For Cheri, Wayne and Yogi, put a big star by your name when you enter this week's contest. The one who does the best this week among those three will be declared the winner of the contest that appeared in the October 16 issue. A playoff, so to speak. AND, that doesn't disqualify you from winning this week. So Cheri, Wayne or Yogi could actually win twice in the same week should one of you do really well.

For last week's "19th Hole" I asked you to pick the score of the big "Big 10" football game between Penn State and Ohio State. The actual score was 20-12 in favor of the Buckeyes and most of you had the score much higher than that. The closest to the actual score was Pam Cassell of Salem who picked THE Ohio State University to win 17-10, so the Little General gets a free round of golf at the Salem Municipal Course on Academy Street.

For this week we'll do our usual Halloween version. Tell me a good sports costume that someone might wear for Halloween, or maybe tell me the name of a sports figure and the costume that would good for them. The funnier the better, and the one I like best will get to dress up like Tiger Woods for a free day of golf at the Salem course.

-Brian Hoffman



RC women's unbeaten streak ends

The Roanoke College soccer women saw their 12 match unbeaten streak come to an end last week with two losses. The Maroons suffered their first Old Dominion Athletic Conference loss to Washington & Lee in Lexington last Wednesday, 2-0, then fell to Christopher Newport in a non-conference match in Newport News Saturday, 5-0.

At Christopher Newport the top-ranked team in the country scored multiple goals in each half enroute to

the win. Hannah Aemisegger started in goal and went the first 45 minutes, making four saves. Taylor Gallik started the second half, making six saves, before Grace Suchy came in for the final 12:49.

With the loss Roanoke fell to 8-4-4 overall. They had a 5-1-2 ODAC record with two matches to go, Wednesday at home with Averett and this Saturday at noon at Bridgewater. The ODAC tournament will begin on October 31.

ODAC men open soccer t-ment Sat.

The Roanoke College men's soccer team fell to 7-8-1 on the season and 5-4 in the ODAC with a 1-0 loss to Randolph-Macon last Saturday in Ashland.

The game was scoreless through the half, and it wasn't until the 78th minute when the Yellow Jackets were able to sneak a goal by the Maroons defense for the 1-0 lead. Neither team was able to score in the final 12 minutes as Randolph-Macon escaped with the victory.

The loss followed a 3-1 win over Randolph College last Wednesday night in Salem. The game was tied 1-1 at the half as Ryan Pidgeon scored for RC with an assist from Jake Berecz. In the second half Berecz scored to give RC a 2-1 lead and Will Fatzinger put some icing on the cake with an assist from Dylan Berk. Glenvar grad Luca Gustafson played the second half in goal but didn't have to make a save.

The Maroons were scheduled to wrap up the regular season on Wednesday of this week against Averett University in Danville. The ODAC tournament begins Saturday at sites to be determined. The Maroons are currently in sixth place in the ODAC.

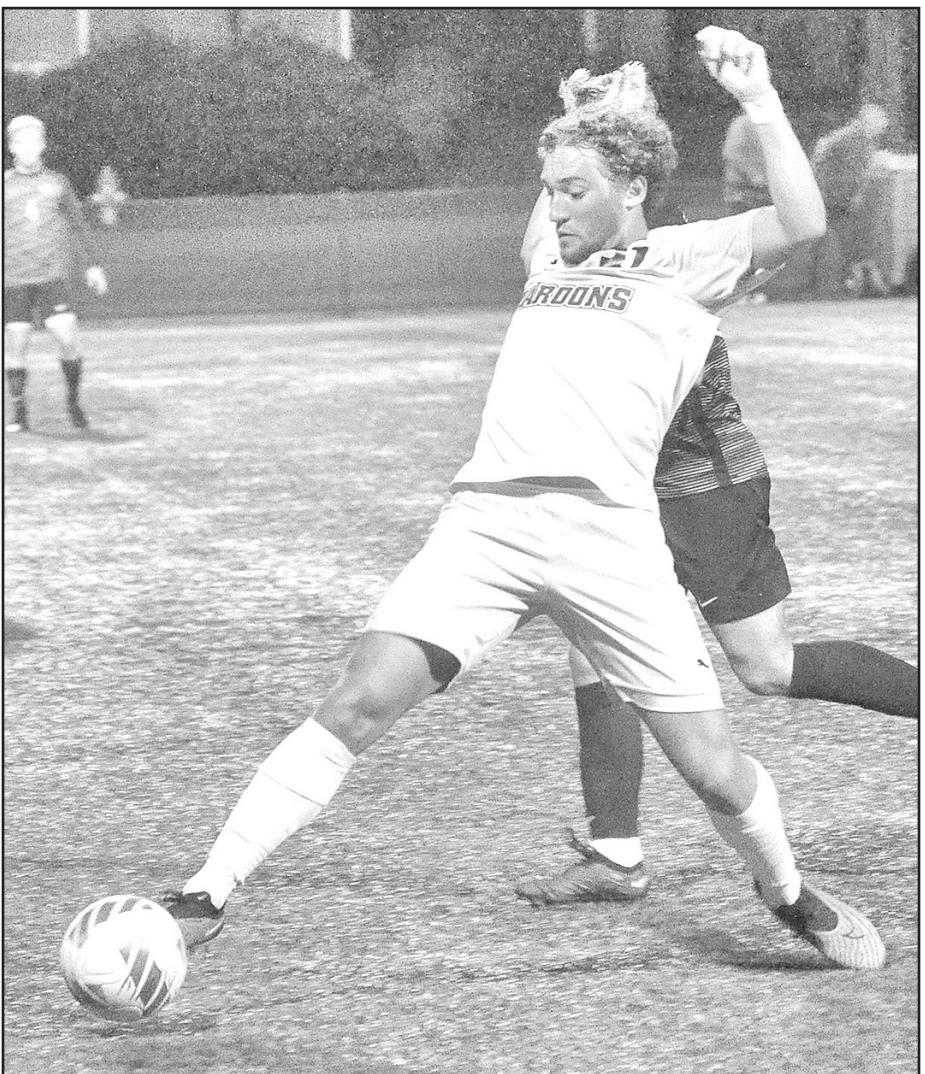
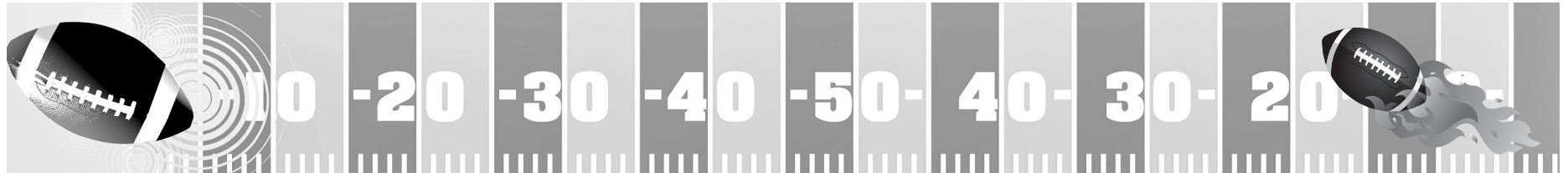


PHOTO BY BRIAN HOFFMAN

Ryan Pidgeon of Roanoke College (white uniform) reaches to control the ball in last week's win over Randolph College at Salem's Kerr Stadium.

WEEKLY FOOTBALL CONTEST



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CONTEST RULES:

-All entries must be on an official Salem Times-Register entry blank. No duplicates please. No limit on the number of entries as long as the current blank is used.
-Each advertisement on this page includes one football game to be played this week. Find the game in the ad and print your predicted winner on the line corresponding to the advertiser in the list included on this page.
-First prize will be awarded to the person who picks the most games correctly.
-Be sure to include your name, address, and high point total for the week. High point total is decided by the most points scored by ANY ONE TEAM in the games listed for the week. High point total is used to break ties only, and all decisions will be final.
-Clip and mail THE ENTRY PART ONLY to Salem Times-Register, Football Contest, P.O. Box 1125, Salem, VA 24153. Entry must be postmarked by 5 p.m. on the Friday immediately following the date of the paper, or bring your entry by the Salem Times-Register office at 1633 West Main Street in Salem. Your entry must be in the box by 5 p.m. Friday.
-All entries not conforming to the rules may be declared null and void. Decisions are final. For questions call Brian Hoffman @ 389-9355. Winners will be announced in the contest story the following week.

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Your Name _____

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I think _____ will be the most points scored

The 19th Hole
(see story)

Pickleball tournament at Oakey Complex is well received

The weather cooperated and the “doink” of paddle hitting ball could be heard for three days at the Oakey Field Complex last weekend as the Salem High tennis teams played host to the first Spartan Pickleball Fall Classic. The first event of its kind in Salem was deemed a big success.

“The event went so well and exceeded our expectations,” said organizer Jill Perez. “It went off without a hitch, and based on the feedback we have received thus far the players feel the tournament was run well with strong competition.”

Proceeds from the tournament benefited the Spartan tennis teams. The Salem players were out volunteering and helping anyway they could.

“Our SHS tennis players worked hard all weekend and made a positive impression on our players,” said Perez. “We received several comments of how engaging and polite all the kids were throughout the weekend. I feel this was a huge success and I’m so glad we took on the challenge.”

“I also want to thank the Salem Parks and Recreation. Without them allowing us to use these courts, we certainly couldn’t have pulled this off.”

The tournament is planned to be an annual event. Results of the tournament were as follows:

Men’s 3.5 (14 to 29)

Gold: Rob Bambara & Matthew Bedwell

Silver: Bryce Miller & Noah Smith

Bronze: James Shelor & Jeremie Shelor

Men’s 3.5 (60 and above)

Gold: Bill Gallagher & Tracy Sledd

Silver: Jon McNally & Hal Brown

Bronze: Jim Mould & Butch Traylor

Men’s 4.0 (14 and above)

Gold: Jake Preston & Quinn Mackey

Silver: JT Ward & Caleb Jones

Bronze: David Preston & Eric Dixon

Men’s 4.5 (14 and above)

Gold: Ryan Morneau & Carter Work

Silver: Kevin Stieper & Sahith Mandala

Bronze: Cameron Cassady & Zachary Williams

Women’s 3.0 and below (14 and above)

Gold: Kimberly Adams & Lisa Hollandsworth

Silver: Susan McLain & Adele Ellington

Bronze: Cindy McNally & Sadi Gilbert



PHOTO BY BRIAN HOFFMAN

Fans watch mixed doubles Sunday morning at the Spartan Pickleball Fall Classic at the Oakey Field Complex.

Women’s 3.5 (14 to 49)

Gold: Alicia Miles & Jennifer Bun Fralin

Silver: Jessica Lawrence & Emily Reburn

Bronze: Anna Fairley & Christy Crouch

Women’s 3.5 (50 and above)

Gold: Deborah Garland & Donna Ludwinski

Silver: Lin Mixer & Susan Barnes

Bronze: Mary Wellington & Penny Goodwin

Women’s 4.0 and up (14 and above)

Gold: Katie Kilcollin & Trish Hammer

Silver: Kayla Richardson & Kathy Waller

Bronze: Young Crosby & Julie Morgan

Mixed: 3.0 and below (14 and above)

Gold: Bailey Divers & Ranny Grubb

Silver: Morgan Grant & Ryan Short

Bronze: Caroline Loveday & Lance Toapanta

Mixed: 3.5 (14 to 49)

Gold: Alicia Miles & Matthew Bedwell

Silver: Kathy Waller & Tony Scialoia

Bronze: Madeline Ellerbrock & JT Ward

Mixed: 3.5 (50 and above)

Gold: Penny Goodwin & Bill Gallagher

Silver: Lisa Grant & Chris Stafford

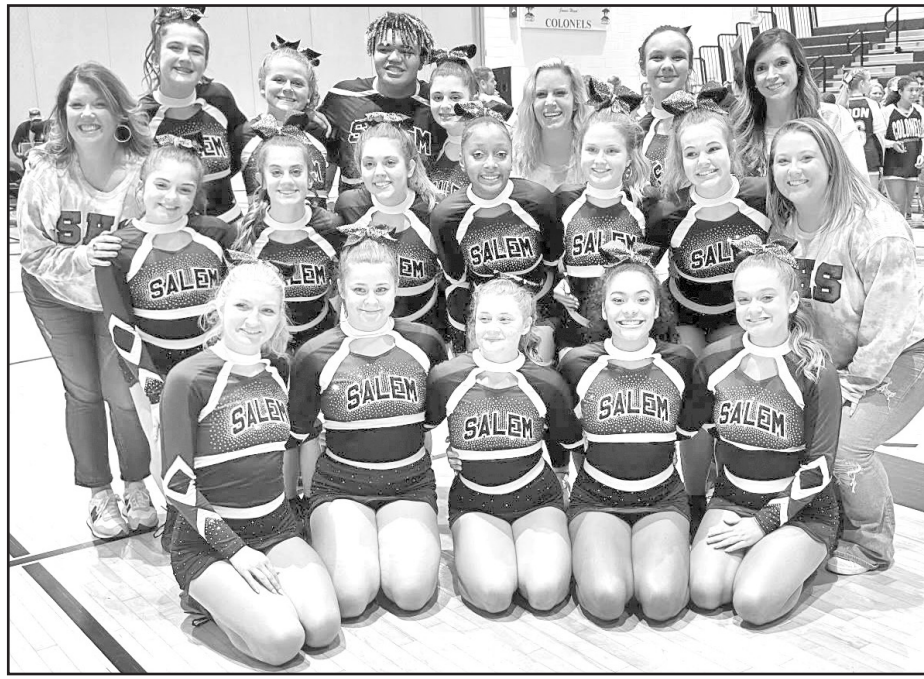
Bronze: Donna Ludwinski & Hal Brown

Mixed: 4.0 and up (14 and above)

Gold: Liz Coffey & Ryan Watson

Silver: Trish Hammer & Kevin Stieper

Bronze: Young Crosby & Thanhan Nguyen



COURTESY PHOTOS

CHEER TEAMS WIN REGION TITLES, ADVANCE TO STATE COMPETITION

It was a big day for the local cheerleaders last Saturday as both Glenvar and Salem punched their tickets to the state cheer competition on November 4 at Virginia Commonwealth University in Richmond. The Glenvar girls (left photo) took first place in the Region 2C/D cheer event at Graham High School in Bluefield. Meanwhile, the Salem girls (right photo) were in Winchester where they took first place in the Region 4D cheer competition.



Bruins sweep Metro

The host Bruins swept the annual Metro Cross Country meet on the Blacksburg High School course on Wednesday, October 18.

The Blacksburg girls won with 38 points while Rockbridge County took second with 82. The Salem girls were sixth among the 12 teams and Glenvar took eighth. The winning time was 18:22 by Chaney Kerrigan of North Cross who beat 115 other girls in the field.

Salem’s top finish was by Addy Funk, who was ninth with a time of 21:35 and earned All-Metro second team honors. Also scoring were Harper Rocovich in 38th place, Callie Conner in 48th, Brooke Bowers in 56th and Claire Rawlins in 61st.

For Glenvar, Valeria Castillo had the best time at 22:23 for 22nd place. Everly Shanks was 23rd and also scoring were Anna Hall in 50th, Joanna Killeen in 57th and Aliyah Allen in 93rd.

In the boys’ race Blacksburg had 61 points to 83 for second place Cave Spring. Salem was fourth with 131 and Glenvar was ninth among 18 schools with full teams.

The winning time was 16:36 by Eric Duncan of Roanoke Valley Christian. There were 159 finishers in the boys’ race and Salem’s Zane Easter finished sixth in 17:25 to earn All-Metro honors. Carson Tucker was 13th for second team All-Metro with a time of 17:39 and also scoring were Austin Prosser in 30th, Grant Horner in 47th and Isaac Snow in 50th place.

Glenvar’s best time was 17:39 by Charlie Horrell, who earned second team All-Metro honors. Also scoring were Spencer Britton in 35th, Aldin Smith in 65th, Tyler Davis in 69th and Evan Harris in 73rd.

“Tough course but we had some good times despite the hills,” said Glenvar coach Madison Bourne.

On Saturday the Highlanders competed in the “Runnin’ with the Wolves” meet in Forest, hosted by Jefferson Forest. The Pacers Homeschool girls and Jefferson Forest boys finished first and Glenvar took fifth among eight girls’ teams and eighth among a dozen boys’ teams. Shanks was the first Glenvar girl across the line, in 19th place, and Horrell was 14th to lead the Highlander boys.

“Again, a tough course but the times look promising for when we get to run the region course, which is very flat and fast,” said Bourne.

The Region 2C meet will once again be held at Green Hill Park in west Roanoke County next Wednesday, November 1. The girls are scheduled to run at 3 pm with the boys to follow at 3:45 pm.

Salem will also run in their region meet next Wednesday. The Spartans will compete in the Region 4D meet at the Kernstown Battlefield course just outside of Winchester.

ODAC Cross Country at Green Hill Saturday

Green Hill will be the site of the Old Dominion Athletic Conference cross country championships this Saturday, October 28. The men’s 8K race is scheduled to begin at 11 am with the women’s 6K championship race at noon.

METRO

Above, Glenvar’s Valeria Castillo (right) and Everly Shanks (#366) lead out their team at the Metro Invitational. The teammates would place 22nd and 23rd in the race hosted by Blacksburg High School. Right, Salem’s Zane Easter (#520) placed 6th at the Metro Invitational (17:25.4).



PHOTOS BY JON FLEMING

Rohrback is named volleyball coach for Roanoke College men

Will continue coaching the girls at Glenvar High School

Glenvar girls' volleyball coach Mark Rohrback is branching out. This week Mark has been named the head coach of the Roanoke College men's volleyball team.

"I'm excited to be part of Roanoke College," said Rohrback. "It's a fantastic institution and this is an exciting time for me. It's been a long road and I'm thrilled to be a professional coach, and very flattered that they reached out to me."

Rohrback has left his teaching post at Glenvar but will continue to be the Highlander girls' coach in the fall. His teams have won the Class 2 state championship at Glenvar for the past two years and he has coached the Highlanders to undefeated state championship seasons in 2006 (28-0) and 2022 (26-0) as well as another title in 2021. Each of the championship seasons, Rohrback was named the VHSL Coach of the Year. While with Glenvar, he also helped coach the Roanoke juniors, Glenvar Juniors, and NRV clubs.

"Coach Rohrback has a reputation of being an excellent teacher of the game of volleyball and is a proven winner," said Roanoke College athletic director Curtis Campbell. "He brings an infectious positive energy to not only our volleyball staff, but our entire department. I look forward to watching him build a championship winning culture to the men's volleyball program and bring home several conference titles."

Rohrback replaces Matt Reinsel, who coached the Maroons to a 7-17 record in their first varsity season last winter.

"We have 18 guys on the team and some fantastic talent, I can't wait to get started," said Rohrback. "On behalf of myself and my family, I want to say thank you to Curtis Campbell, John Farmer, Blair Trail and all of the coaches and players that supported me during the application and interview process. I also want to say thank you to family and friends, several of whom are Roanoke College graduates, for their support and advice over the last month. Lastly, I want to thank the assistant coaches for doing a fantastic job of keeping the program running smoothly during the search process. My family feels blessed for this opportunity."

Rohrback played volleyball on a USAV Men's Adult league for three years from 2002 to '04 with players from southwest VA. His team finished third nationally in 2003 and fifth in 2004. Mark earned his bachelor's of science in business admin-



PHOTO BY BRIAN HOFFMAN

Glenvar's Mark Rohrback was named RC men's volleyball coach this week.

istration degree from Susquehanna University in Pennsylvania in 1998.

Rohrback currently resides in Roanoke with his wife Jen along with

his daughter Emily and son Luke. Jen is his assistant on the GHS team and Emily played for the Glenvar Middle School team during the fall season.

Spartans win season finale

The Salem High volleyball team went out with a win last week as the Spartans defeated Pulaski County in their final match of the season. Salem beat the Cougars in three sets, 25-13, 25-8 and 26-24, at the Salem High gym.

Senior Makenzie Board had 20 assists in her final match for the Spartans, also serving up a pair of

aces. Junior Tate Thomas had 11 kills, sophomore Emme Custer had 10 kills and two blocks and junior Myah Crews had seven serving aces.

The win gave Salem a 7-13 record for the season. The River Ridge District is holding a tournament this week but only the top four of the seven district teams is participating. Salem also did not qualify for the Region 4D tournament next week, but coach Beth Denton is optimistic about the future with a young and improving team of Spartans. Salem has just three seniors, Board, Katie Johnson and Anne Hayden Hall.

"We had a very young program led by three dedicated seniors," said Denton. "Our JV and varsity teams had a total of 13 freshmen this season. It was absolutely a season of rebuilding and growth for our entire program."

"This coaching staff is really looking forward to taking this program to the next level. We spent a lot of time this year teaching skill development and basic strategy. Our athletes are fast learners who have an extreme passion for this game. We are excited about their potential."

The Spartans played a difficult schedule this season with an eye to the future. Denton expects it to pay off in coming years.

"We upgraded our schedule to take on new opponents that we face in our region, including Jefferson Forest and EC Glass," she said. "We played these teams very well and are a better team for having the experience. Now we have very clear growth goals for next year."



PHOTO BY JIM DEVINNEY

Makenzie Board sets one up for Salem in last week's win over Pulaski County.

Davis is 26th in VA state girls' golf

Salem High senior Taylor Davis finished tied for 26th in the girls' state golf tournament at the Twin Lakes Golf Course in Clifton Tuesday. The tournament included girls from all classifications in the state of Virginia and included a very talented field of players.

"The top three finishers are all D1 commitments," said Salem coach Blaine Hancock. "Taylor had a few big numbers on the scorecard that kept her from being down lower. Overall she had a solid day, making three birdies on her way to post 83."

The medalist was Katie Vu of Robinson High School, a University of North Carolina commit who shot five-under-par 67. UVA commit Elsie MacCleery of Western Albemarle was runner-up at four-under 68 and Virginia Tech signee

Alina Ho of Langley was next at 69.

"I couldn't be any more proud of Taylor," said Hancock. "She kept fighting back all day. Things didn't fall her way, but she never gave

up and she kept fighting all round and that's all I can ask for out of any of our players. She represented Salem well and we are excited to see her continue her career at the next level."



PHOTO BY BRIAN HOFFMAN

Taylor Davis represented SHS among the state's best.

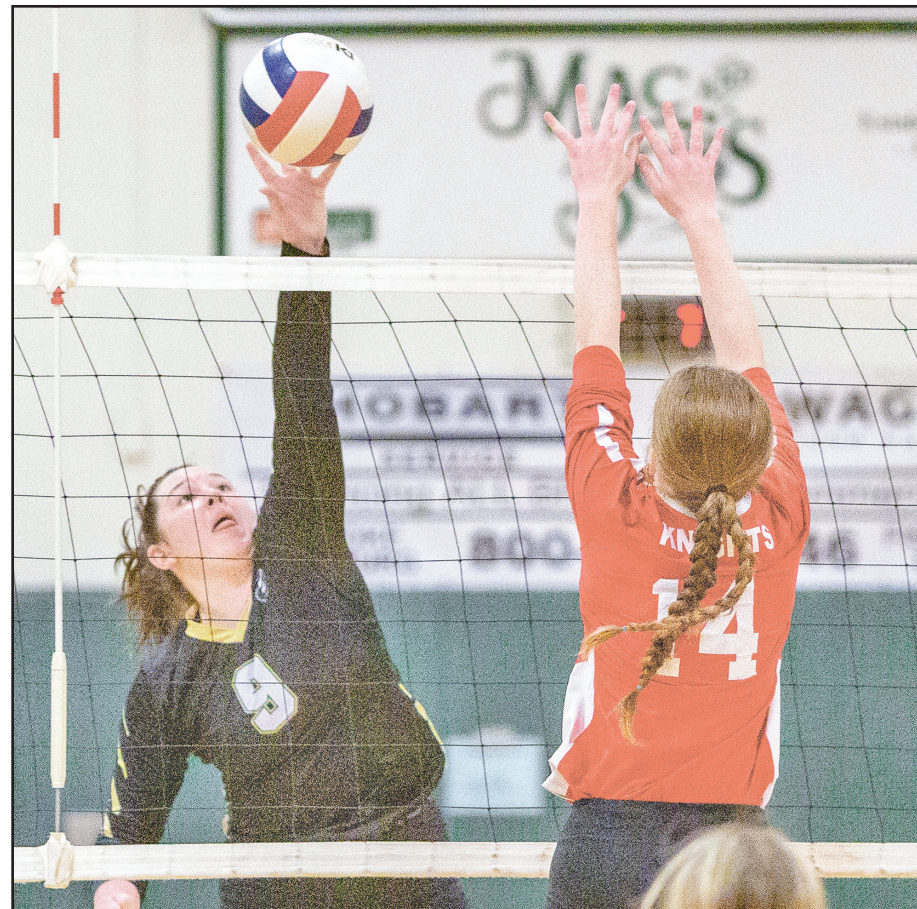


PHOTO BY REGINA DEVINNEY

Natalie McMahon goes high for a spike in last week's win over James River.

GHS will play for district crown tonight

The Glenvar volleyball team will play for the Three Rivers District tournament championship tonight at Carroll County. The fourth seeded Highlanders upset top-seeded Alleghany on the road Tuesday to earn a spot in the final and second seeded Carroll defeated Radford.

Glenvar lost the first set, 25-22, but won the next three by scores of 25-20, 25-17 and 25-12. Audrey Conner had 38 assists, Daisy Ann Dawyot had 13 kills and Natalie McMahon had a dozen in the victory.


The win lifted Glenvar to 11-10 on the season as the Highlanders prepare for next week's Region 2C tournament. Glenvar will likely open on the road when the tournament begins on Monday.

The Highlanders earned a spot in the district tournament with a win over James River last Thursday. Only the top four teams in the Three Rivers were invited to the tournament and Glenvar and River came into that match with identical 6-5 district records, tied for fourth place. Glenvar grabbed the berth by winning in three sets, 25-20, 26-24 and 25-18.

"I'm really proud of how our girls played last week," said coach Mark Rohrback. "We beat Alleghany, who was undefeated in the district, and then we beat a solid James River team. I feel like we're playing our best volleyball of the season right now."

Conner had 27 assists to lead the Highlanders in the win over River. McMahon had seven kills, Dawyot had six kills and a match high seven blocks and Sophia Hammersley had eight kills and 15 digs.

Glenvar will find out later in the week when and where they play to open the region tournament. Eight teams are included and the Highlanders most likely will be the fifth seed, sending them on the road for the first round.






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Spartans will host Christiansburg in big game Friday

The Salem High football team will have their biggest game in a month when they play host to River Ridge District rival Christiansburg at Salem Stadium Friday at 7 pm. The Spartans will be looking for their eighth win in a row as they attempt to climb the Region 4D standings.

The Spartans haven't been challenged since they beat Patrick Henry in Salem on September 22nd. Since then they've beaten Hidden Valley, 51-0, Pulaski County, 49-13, and last week they beat Cave Spring at Bogle Field in Roanoke County, 51-3. Those three teams are a combined 6-19 and a few of the wins are only because they played each other.

Christiansburg, on the other hand, is 7-2 and ranked third in the Region 3D rankings. Salem needs a win to try and pick up some ground on Jefferson Forest in the Region 4D race. The Cavaliers are 8-0 with a 29.7 rating and Salem is second at 27.8. Jefferson Forest has two road games remaining, at Amherst this week and at undefeated Liberty Christian to end the regular season so Salem has a punchers' chance of catching the Cavs.

"We have a chance, but we have to get some help," said Salem coach Don Holter. "Our focus is on winning this week."

The Blue Demons' have been led by quarterback Tanner Evans, one of the best players in the area, but he's out with a knee injury. Christiansburg coach Alex Wilkins, a former assistant at Glenvar under Kevin Clifford, had the Demons ready to go without Evans last week. They barely lost to a strong Patrick Henry team, 30-21, with sophomore Izaiah Cotto filling in for last year's River Ridge District Offensive Player of the Year.

"I hate for that to happen to the Evans kid but their backup quarterback is a good athlete," said Holter. "He's had another week to prepare and they're going to be a challenge. They have tremendous size up front."

The Spartans had one of their toughest games of the year at Christiansburg last season, pulling out a 6-0 win. Tomorrow is Senior Night and the final home game of the regular season, so this is shaping up to be a big one.

Last week, at Cave Spring's Bogle Field, the Spartans got off to a slow start before cranking it up in the second half to beat the homestanding Knights, 51-3.

"They tried to slow the game down on



PHOTOS BY JIM & REGINA DEVINNEY

Left, Khamari Garner catches a pass in Friday's win over Cave Spring. Right, Dorian Vance(#67) battles in the trenches.

us before we exploded in the second half," said Holter.

Salem welcomed back quarterback Eli Taylor, who broke his non-throwing collarbone in the third game of the season and was cleared to play last Friday. He had a solid game upon his return with 161 yards passing while completing eight of 10 attempts. Khamari Garner had three catches for 100 yards and Jaelyn Allen had two receptions for 43 yards.

"To be off for several weeks and throw the ball the way he did is a testament to how hard he works," said Holter.

Senior Peyton Lewis had another big night, rushing for 194 yards and four touchdowns on just 10 carries, including one jaunt of 58 yards. He also returned a punt 65 yards for a score.

"Our offensive line got after Cave Spring up front," said Holter. "They had a good game."

On defense, Allen had 20 total tackles to lead the Spartans and he also had an interception and three tackles for losses. Chris Cole had 14 tackles, Quinton Dillard had 10 and Coen

Logan had another interception.

Salem's jayvee team shut out Cave Spring at Salem Stadium last week, 36-0. This week the jayvees will be at Christiansburg, and it will be a Wednesday night game since Virginia Tech is playing at home on Thursday night.

Jersey presentation for Cole, Lewis

Salem High School will be presenting senior Spartan football players Chris Cole and Peyton Lewis their Under Armour NEXT All-American jerseys at the conclusion of the game against Christiansburg on Friday night at Salem Stadium.

Chris and Peyton have been selected to play in the UA NEXT All-American Game on Wednesday, January 3rd, 2024 at Camping World Stadium in Orlando, Florida. Cole has signed to play for the University of Georgia in college and Lewis is headed to the University of Tennessee.

After Friday's game the team will run in to the locker room for a quick speech after the game from Salem coach Don Holter, then come straight back out to do the jersey presentation. The jerseys will be presented in front of the student section on the field.

Highlanders rout River to keep the chair

The Virginia Media Rocking Chair will remain at Glenvar High for another year. The Highlander football team made sure of that with a dominating 52-7 win over James River in football last Friday night at Highlander Stadium.

The chair is the annual prize that goes to the winner of the Glenvar-James River football rivalry. Started

in 1996, it's now been at various locations at Glenvar High for the past 10 years as the Highlanders have dominated the rivalry in recent years. It's been in the lobby, the fieldhouse and even the concession stand over the years.

"I'd like to see it in the front office," said Glenvar coach Kevin Clifford. "It's a trophy and a source of

pride for our team, and I want it somewhere where people are going to see it. I think I'm going to come in early some day and put it in there. That's where it belongs."

The Highlanders left no doubt as to who will be sitting in the chair for the coming year. They jumped to a 17-0 lead in the first quarter on a Carl Muse 24 yard field goal, a one yard TD run by Shane Gibson and a score when Gibson recovered a River fumble in the end zone.

Reed Hutchison caught two second quarter touchdown passes to make it 31-0 at the half, both from Brody Dawyot. The first went for 28 yards at the 9:39 mark of the second quarter and the second, also from 28 yards out, came with 50 seconds left in the half.

Cooper Mullins scored on a 26 yard run with just under four minutes gone in the second half and the rout was on. River temporarily stopped the clock from running continuously on a 67 yard pass play against Glenvar's second team defense early in the fourth quarter, but the Highlanders finished strong. Dawyot scored on a two yard run just a minute and a half later to keep the clock moving again and Peyton Deel returned a punt 51 yards for a score and some icing on the cake.

"I think overall that was the most complete game we've played," said Clifford. "They've had a lot of injuries but we haven't been 100 percent either. Any time you can beat them it's a good night. Keeping the chair was a point of emphasis all week."

Statistically, Dawyot completed nine of 13 passes for 141 yards, including five to Hutchison for 85 yards and two scores. Mullins had 65 yards on 12 carries and Gibson had 58 on six attempts.

Defensively, Dalton Shoemaker made an impact with 10 tackles, including a sack. Nate Johnson had eight tackles, two going for losses, while Ben Holiday had eight and a sack and Gibson had eight with two for losses.

Glenvar's jayvee also won, 69-0. The jayvees have lost just once and have scored over 60 points in two different games.

This week the Highlanders are off to Floyd, where the Buffaloes are 3-5. Floyd lost their first four games but they've won three of their last four to move up to sixth place in the Region 2C rankings. Glenvar is currently third, behind Radford and Gretna, and this is a big game if the Highlanders want to finish in the top three, or possibly even second.

"It's a huge game for us," said Clifford. "We're 6-2 and Floyd is always tough, especially when you play there. It's going to be a challenge."



PHOTO BY KENNY FORD

Glenvar's Reed Hutchison scores on a touchdown pass from Brody Dawyot in last Friday's win over James River.