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SALEM TIMES-REGISTER

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OurValley.org

Council holds closed session to discuss HopeTree neighbors' suit

Meg Hibbert
Contributing writer

The HopeTree Planned Unit Development request has been approved, but a group of neighbors is suing over the legality of the action.

Salem City Council members went into a closed session at the conclusion of the July 22 meeting to discuss potential litigation. Although the subject was not disclosed, some North Broad Street neighbors at the meeting said the topic was their suit.

The group has started a GoFundMe donation account to help with legal expenses. A local attorney, Nancy Reynolds who represents Emerald Hills' residents, is helping with the suit. Emerald Hills adjoins HopeTree Family Services, founded more than 100 years ago as Virginia Baptist Children's Home.

According to a letter

from Broad Street resident Stella Reinhard, legal fund checks go to the Emerald Hills Section III Litigation Fund.

Planned Unit Development rezoning adopted earlier in June would allow HopeTree's developer Stateson Homes to build up to 340 single family, townhomes and apartments on 34 acres, plus a small hotel, convenience store and coffee shop, and small restaurant.

Even without the zoning change, under existing zoning the acreage could have been developed with up to 200 single family homes. Residents of North Broad Street, Academy Street, Red Lane, Mount Vernon, Carrollton and other nearby streets have expressed concerns about increased traffic and lowered home value of nearby homes.

In the 17-minute meeting Monday night,

Council:

- Adopted a resolution approving the city's participation in proposed settlement of opioid-related claims against Kroger, and directing the city attorney to execute necessary documents;
- Authorized the city attorney to petition for a writ of election for a special election to fill the sheriff's term at the November General Election. Sheriff April Staton has resigned effective Aug. 30.

The public portion of the meeting ended at 6:47 when Council members went into the closed session. Three members – Mayor Turk, Randy Foley and Hunter Holliday – were physically present with the fourth, Vice Mayor Jim Wallace, participating remotely because he was out of town. Councilmember Bill Jones was absent.



PHOTO BY MEG HIBBERT

Ronald Thompson and his son David tell Council how they believe the city has failed them in not stopping runoff from a nearby subdivision the elder Thompson says has ruined his 10-acre farm. Mayor Renee Turk told them city staff has reviewed and this is a civil matter.



PHOTO BY EDMEE CR HASLER

Riley Newsom, co-owner of Shrewd Outdoors, stands in the soon to be retail space in downtown Salem.

Shrewd Archery expands into retail with Shrewd Outdoors

Edmee CR Hasler
Contributing writer

Shrewd Archery, is set to expand with the launch of Shrewd Outdoors, a new retail

store dedicated to archery and outdoor enthusiasts. This venture marks a significant step for Shrewd Archery, a company renowned for

manufacturing high-quality archery accessories used by Olympians and athletes worldwide.

See **Archery**, page 3

Staton announces resignation as sheriff

Salem Sheriff April Staton announced her resignation last week, which will be effective Aug. 31. Staton has served Salem's citizens as a member of the Salem Sheriff's Office since 2003.

"I came to the Sheriff's Office without any knowledge of law enforcement, but once on the job, I fell in love with the opportunities we have to affect someone's life in a positive way," Staton said. "I am very proud I was able to earn the respect of our citizens and build on the traditions of the Salem Sheriff's Office."

In 2006 Staton was selected as the Salem Sheriff Office's master deputy, and she served in this role until she was promoted to the rank of sergeant in 2008. In that position,

Staton provided front line supervision and managed the day-to-day operations to ensure all functions were handled safely and efficiently in the courthouse. In 2014, Sheriff Ric Atkins selected her as chief deputy and she remained second in command until replacing the retiring-sheriff on Jan. 1, 2018.

"My parents instilled a strong work ethic in me along with some grit, but it has been my time in the Sheriff's Office that has taught me the greatest lessons," she said. "I have learned from many throughout my career, but I have gained the most from former Sheriff Atkins."

Atkins took a chance on Staton when she was as green as the trees and shrubs she was assigned to trim as a young employee in the City of



COURTESY PHOTO

Staton

Salem's Beautification Division before her law enforcement career began.

He guided and prepared me along the way for each chapter of my career, but most

precious to me has been his unwavering loyalty and friendship," Staton said.

Staton is a Lexington native who graduated

See **Sheriff**, page 3

Nominations open for 2024 Kendig Awards

Aila Boyd

aboyn@mainstreetnewspapers.com

Nominations are now being accepted for the 2024 Perry F. Kendig Arts and Culture Awards, which recognize individuals, businesses and organizations in the greater Roanoke region that provide exemplary leadership in or support for the arts.

The deadline for nominations is Thursday, Aug. 15, at 4 p.m. The nomination form and other information can be found at kendigawards.com.

Kendig Awards are presented in each of the following categories:

- Individual Artist (selected from all disciplines, including dance, literature, music, media arts, visual arts and theater)
- Arts and/or Cultural Organization
- Individual or Business Arts Supporter

Individuals, businesses and organizations from Virginia's Blue Ridge region (which includes the counties of Botetourt, Franklin and Roanoke; the cities of Roanoke and Salem; and the town of Vinton) are eligible, as are past Kendig Award recipients from 1985-2012. Programs and full-time employees of Hollins University and Roanoke College are eligible to be nominated as well.

"On behalf of all of us at Hollins University, we are honored to be part of the Kendig Awards," Hollins President Mary Dana Hinton said. "The healing power of the arts is vital to our work and mission at Hollins. We are proud to partner with Roanoke College and the Kendig Awards to lift up our creative communities in Virginia's Blue Ridge."

"The creative arts nurture our community spirit, bolster our imaginations, and inspire us to express our authentic selves," said Roanoke College President Frank Shushok Jr. "It is in this spirit that Roanoke College is honored to present the Kendig Awards. Let's celebrate those who bring such remarkable beauty to us all."

Named for the late Perry F. Kendig, who served as the seventh president of Roanoke College and was an avid patron of the arts, the awards were presented by the Arts Council of the Blue Ridge for 27 years.

Celebrating 39 years of honoring excellence in arts and culture, the Kendig Awards has been co-sponsored by Hollins University and Roanoke College since 2013. This year, the awards presentation and celebration will be held at Hollins University on Oct. 1. More details about the event will be announced at a later date.

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Briefly: Salem News In Brief

TOPS (Take off Pounds Sensibly): All ages are invited to participate in the non-judgmental program at the Salem Senior Center on Tuesdays from 5-6 p.m. There is a registration fee and a \$3 per month fee. Call Charlene Lester at 540-293-7753 with questions.

Switchfoot leads trio of rockers: Switchfoot, Blue October and Matt Nathanson are excited to announce a triple headliner Summer Tour dubbed "Help from My Friends". The 30-city-run of dates will make a stop in Salem on Friday night, July 26. Featuring three of the most beloved and genuine artists of the new millennia, the performances will make for an enthralling evening with each performance complementing the other two. Each night a different artist will open and close the show and fill the middle spot. Ticket prices are: Floor \$49.50, \$39.50, \$49.50, & \$59.50. Tickets can be purchased at the Salem Civic Center Box Office Monday through Friday from 8 a.m. - 5 p.m. and online at www.ticketmaster.com.

First Mondays: The family-friendly events are held by Gary John, who manages the "Mason Creek" bluegrass group, and Vicky Sword from the center. The bluegrass/acoustic shows are free, but a tip bucket will be passed around for donations to the musicians. Cake raffles and door prizes will be offered. The event is on Monday, Aug. 5: 7-9 p.m. - Maynard and Lee Palmer. It will take place at the Salem Parks and Recreation Senior Rec Center at 110 Union Street, Salem.

Pickin' In The Park: Bluegrass legend Junior Sisk is returning to Salem's annual Pickin' In The Park concert this summer. This marks the fourth straight year that Sisk and his group of amazing pickers and singers are headlining the

Longwood Park Amphitheater show with their fast playing and uplifting harmonies. This year's free event takes place on Saturday, Aug. 17, and it also features local favorites Wound Tight and New Standard.

First Mondays: The family-friendly events are held by Gary John, who manages the "Mason Creek" bluegrass group, and Vicky Sword from the center. The bluegrass/acoustic shows are free, but a tip bucket will be passed around for donations to the musicians. Cake raffles and door prizes will be offered. The event is on Monday, Sept. 9: 7-9 p.m. - The Guard. It will take place at the Salem Parks and Recreation Senior Rec Center at 110 Union Street, Salem.

ZZ Top: "That Little Ol' Band From Texas" has been at it for well over a half century, delivering rock, blues and boogie on the road and in the studio to millions of devoted fans. ZZ TOP is synonymous with beards, hot rod cars, spinning guitars and that magic keychain, all of which transcend geography and language. The band will perform on Tuesday, Sept. 10 at 7:30 p.m. Tickets are: \$49.50, \$59.50, \$79.50, \$89.50, \$99.50 and \$139.50. Tickets can be purchased at the Salem Civic Center Box Office Monday through Friday from 8 a.m. - 5 p.m. and online at www.ticketmaster.com.

Warren Haynes Band: The Warren Haynes Band, led by GRAMMY® Award-winning vocalist, songwriter, guitar legend, producer, and Gov't Mule front man Warren Haynes, has announced their Million Voices Whisper Tour. The new 16-date fall headlining tour launches Sept. 19 in Fort Lauderdale and stops in Salem Sept. 29, before wrapping Oct. 12 in Boston. The band will perform in Salem

on Sunday, Sept. 29 at 7:30 p.m. Tickets can be purchased at the Salem Civic Center Box Office Monday through Friday from 8 a.m. - 5 p.m. and online at www.ticketmaster.com

First Mondays: The family-friendly events are held by Gary John, who manages the "Mason Creek" bluegrass group, and Vicky Sword from the center. The bluegrass/acoustic shows are free, but a tip bucket will be passed around for donations to the musicians. Cake raffles and door prizes will be offered. The event is on Monday, Oct. 7: 7-9 p.m. - Franklin Station. It will take place at the Salem Parks and Recreation Senior Rec Center at 110 Union Street, Salem.

First Mondays: The family-friendly events are held by Gary John, who manages the "Mason Creek" bluegrass group, and Vicky Sword from the center. The bluegrass/acoustic shows are free, but a tip bucket will be passed around for donations to the musicians. Cake raffles and door prizes will be offered. The event is on Monday, Nov. 4: 7-9 p.m. - Luv Buzzards. It will take place at the Salem Parks and Recreation Senior Rec Center at 110 Union Street, Salem.

First Mondays: The family-friendly events are held by Gary John, who manages the "Mason Creek" bluegrass group, and Vicky Sword from the center. The bluegrass/acoustic shows are free, but a tip bucket will be passed around for donations to the musicians. Cake raffles and door prizes will be offered. The event is on Monday, Dec. 2: 7-9 p.m. - The Bluegrass Brothers. It will take place at the Salem Parks and Recreation Senior Rec Center at 110 Union Street, Salem.

Public meetings:
 The Salem City Council will meet on Monday, Aug. 12 at 6:30 p.m.
 The Salem City School Board will meet on Tuesday, Aug. 13 at 7 p.m.
 The Salem City Planning Commission will meet on Wednesday, Aug. 14 at 7 p.m.
 The Salem City Council will meet on Monday, Aug. 26 at 6:30 p.m.
 The Salem City School Board will meet on Tuesday, Sept. 8 at 7 p.m.
 The Salem City Council will meet on Monday, Sept. 9 at 6:30 p.m.
 The Salem City Planning Commission will meet on Wednesday, Sept. 11 at 7 p.m.
 The Salem City Council will meet on Monday, Sept. 23 at 6:30 p.m.
 The Salem City School Board will meet on Tuesday, Oct. 8 at 7 p.m.
 The Salem City Council will meet on Tuesday, Oct. 15 at 6:30 p.m.
 The Salem City Planning Commission will meet on Wednesday, Oct. 16 at 7 p.m.
 The Salem City Council will meet on Monday, Oct. 28 at 6:30 p.m.
 The Salem City Council will meet on Tuesday, Nov. 12 at 6:30 p.m.
 The Salem City School Board will meet on Tuesday, Nov. 12 at 7 p.m.
 The Salem City Planning Commission will meet on Wednesday, Nov. 13 at 7 p.m.
 The Salem City Council will meet on Monday, Nov. 25 at 6:30 p.m.
 The Salem City Council will meet on Monday, Dec. 9 at 6:30 p.m.
 The Salem City School Board will meet on Tuesday, Dec. 10 at 7 p.m.
 The Salem City Planning Commission will meet on Wednesday, Dec. 11 at 7 p.m.

SALEM MUSEUM SPOTLIGHT

During the 1800s as waves of immigrants arrived in the United States, many people from Germany and Ireland came to the Roanoke Valley.

One remnant of this at the Salem Museum is this jewelry box. It was handmade in Germany by a father for his daughter around 1898. He made it for her before she embarked for America to start a new

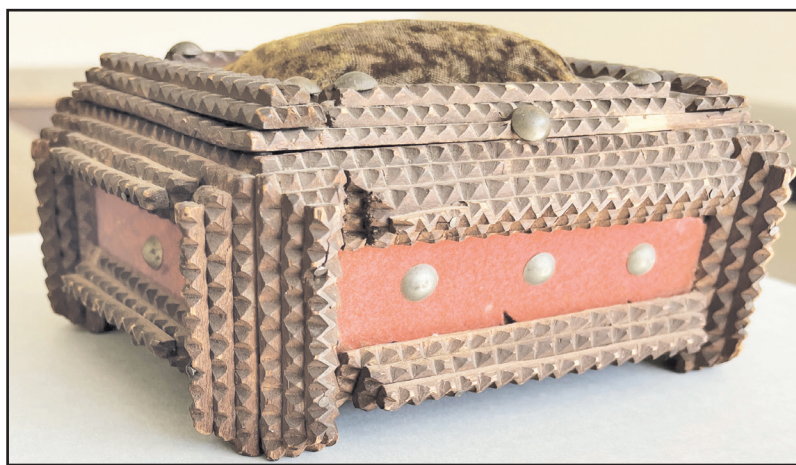
life with her husband. It was beautifully crafted and passed down the family for generations before being donated to the Museum.

Students ages 8-14 can see this handmade German jewelry box, and more, this weekend at the Salem Museum during the Summer Fun program.

This week Summer Fun will explore "Immigration to the Roanoke Valley." Students will learn about

the people who settled in the Roanoke Valley in the 1800s. They will discover where they came from and what their lives were like.

All programs are FREE!! Each hour-long program will be held on Saturdays at 11:00am and again at 2:00pm. The content will be the same at both times each day. Call 540-389-6760 or email garrett@salemuseum.org to register. RSVP Required.



Handmade German Jewelry Box

COURTESY PHOTO

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RECIPE OF THE WEEK

The other day as I watched a baking show on “Food Network,” I remembered all the cooking shows I watched growing up. PBS is where we watched all sorts of chefs, not just Julia Child, great as she was. Jeff Smith on “The Frugal Gourmet, Martin Yan on Yan Can Cook,” Justin Wilson on “Louisiana Cookin’” and Graham Kerr on “The Galloping Gourmet” were shows I watched with great interest. They were all slightly different and even exotic to me. Smith brought fine dining to regular households, Yan brought a sense of fun and was cooking exotic food (at least to me), Wilson asserted the strong personality of a celebrity chef and yet was completely himself “I garantee”, and Kerr was famous for leaping over chairs onstage with glasses of wine to start his show. Since this was all before cable TV networks these cooking shows were often produced locally and then syndicated to public television stations around the U.S.

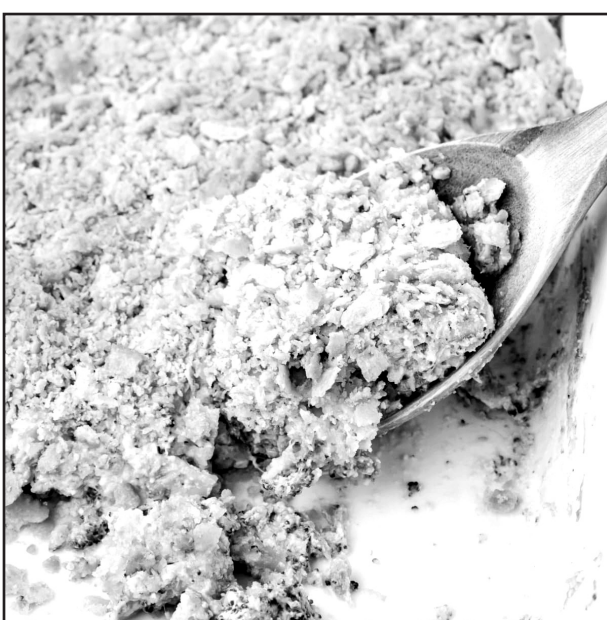
When I moved to Salem in 1983, I was thrilled to learn that one of my favorite cooking shows was produced in Roanoke at Blue Ridge Public Television. “Cookin’ Cheap” starred Laban Johnson and Larry Bly who made dishes from ingredients found in local supermarkets and did not hesitate to show the prep work involved. Doris Ford and Doug Patterson were also on the show. Many of the recipes were sent in by viewers. Laban and Larry often did not know what the recipe tasted like until they cooked it. We all found out together if it was any good. Now, there is a “Cookin’ Cheap” fan page on Facebook and Larry Bly comments often. Mostly to dispel rumors that he is dead. Full of comedy and tasty food with the occasional location shoot, “Cookin’ Cheap” was (and is) a fun show to watch. Luckily, some of the show episodes have been digitized and can be seen on PBS online and on YouTube. There is a “Cookin’ Cheap” cookbook out there, but I have not found one yet. Online they are going for up to \$80. I’ll keep checking thrift stores around town.

This week’s recipe is from an episode of “Cookin’ Cheap.” Doris cooked this dish and both Larry and Laban liked it (episode 1811 Slosh and Squash). My mom noted this on her recipe card, and I found the show on YouTube. As with most of the shows, the title doesn’t suggest what they are cooking.



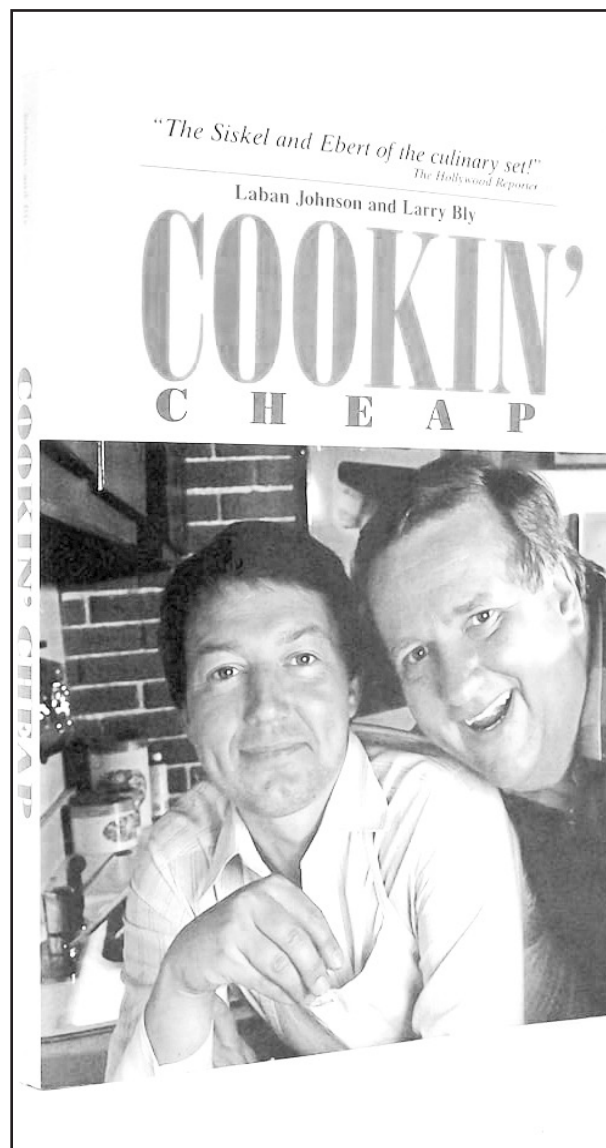
Shelly Koon

Contributing Writer



Broccoli Casserole

- 2 10oz boxes frozen chopped broccoli or 1 20oz bag chopped broccoli
 - 1 stick margarine or butter, divided
 - ¼ lb Velveeta cheese
 - 1 stack ritz crackers
- Cook broccoli according to package directions. Drain off any liquid.
Melt together ½ stick margarine and Velveeta cheese. Stir until melted.
Crush Ritz crackers until fine and mix with ½ stick melted margarine.
Place broccoli in 9x13 pan. Spread cheese mixture



COURTESY PHOTOS

over top. Top with Ritz crackers. Brown in 350° oven for about 30 minutes. Mom added more cheese and more crackers to hers. She would often take this to church potlucks, and an empty dish came home.

\$361M contract awarded for Interstate 81 widening project Design is underway with construction expected to begin in fall 2025

The Commonwealth Transportation Board at its July 16 meeting in Richmond awarded a design-build contract valued at \$361.6 million to Branch Civil Inc. of Roanoke to widen northbound and southbound Interstate 81 to three lanes between exit 143 in Roanoke County and exit 150 in Botetourt County. Project design is still being completed, and construction is expected to begin in fall 2025 and to finish in summer 2031.

Interstate 81 Corridor Improvement Program (CIP), which aims to improve safety, increase reliability and foster economic growth. It is one of the largest and most complex I-81 CIP projects and includes replacing eight bridges on I-81 and installing more than 8,500 feet of sound barrier along the northbound lanes.

“This is a big step forward,” said Dave Covington, I-81 program delivery director for the Virginia Department

of Transportation (VDOT). “It is the largest contract that we’ve awarded for I-81 to date, and it reinforces our commitment to improving this vital corridor.”

“VDOT has a long history of working with Branch Civil, and we look forward to a continued strong partnership to successfully deliver a project of this magnitude,” said Ken King, district engineer for VDOT’s Salem District.

The new lanes will be built on the

existing right and left shoulders of I-81 with most of widening to take place in the median. At exit 150, the ramp from northbound Route 220 (Roanoke Road) onto southbound I-81 will be realigned and the southbound I-81 off ramp will be modified to connect with Route 220 at a new signal at Tinker Mountain Road. Interchange lighting will be installed at exits 141, 143 and 150.

-The Salem Times-Register

Archery

from page 1

“The new store will not only feature Shrewd Archery’s own products but also carry a wide range of archery brands, including those of competitors and other bow manufacturers, said Riley Newson, co-owner. “Additionally, Shrewd Outdoors will stock various outdoor brands like Black Diamond, catering to hikers, trail runners, and other outdoor enthusiasts,” Newsom said.

Despite the expansion into a retail environment, Shrewd Outdoors will remain true to its roots, focusing primarily on archery. “The store will offer an extensive selection of target and hunting archery equipment, including bows, accessories, and apparel,” Newsom explained. Furthermore, customers can benefit from an in-store academy offering lessons, classes, and memberships for range access.

The need for a dedicated archery store in the area has been evident, with limited local options and a growing customer base visiting the manufacturing facility. Recognizing this demand, Shrewd Outdoors aims to become a hub for the archery community, providing not only products but also services such as bow tune-ups and repairs,

handled by an on-site bow technician. Shrewd Outdoors will also host league nights, weekend tournaments, and potentially larger archery events, contributing to the local economy by attracting participants and their families. The facility is designed to accommodate the entire family, with a lounge area and plans to serve refreshments, making it a welcoming destination for all visitors.

Additionally, the store will serve the hiking community by offering drop shipment services for supplies, leveraging its proximity to popular trails and the new shuttle service from McAfee’s Knob to the farmer’s market.

While the primary focus will remain on archery equipment, Shrewd Outdoors plans to include a selection of outdoor gear and apparel, appealing to a broader audience. The staff, consisting of

experienced associates and bow technicians, is being expanded to ensure top-notch service for customers.

Shrewd Outdoors, located on Main Street in Salem, is expected to open its doors by late August or early September, following renovations and coordination with the archery tournament schedule. This new venture promises to be an exciting addition to the community, enhancing the Shrewd Archery brand and providing valuable resources to archers and outdoor enthusiasts alike. “Renovations are currently on schedule and we’re anticipating opening in late August or early September. We’ll be announcing a firm opening date as soon as that is confirmed and we’re anticipating having manufacturers and food trucks on site along with free gear and product specials for customers,” said co owner Laven Newsom.

Sheriff

from page 1

from Rockbridge County High School and Dabney S. Lancaster Community College and attended Columbia Southern University. As sheriff, she manages 12 employees who strive to fulfill the mission of civil process, court security and transportation of inmates and other persons in custody. “I believe we have built a culture of caring and compassion that shows we are truly committed to this city and individuals we encounter each day,” she said.

Staton is the fourth sheriff to lead Salem since it achieved city status in 1968. The office is fully accredited and fully immersed in the community. Members actively volunteer their time with a variety of projects and non-profit organizations ranging from Special Olympics to Sleep in Heavenly Peace.

The next step will involve Salem City Council members. At the meeting on Monday night, they voted to petition the Circuit Court to issue a writ to hold

a special election at the same time as the upcoming November general election to fill the sheriff vacancy. The individual who is elected would begin on Jan. 1, 2025, and finish Sheriff Staton’s current term that expires Dec. 31, 2025.

To ensure a seamless transition of power, the Court also will appoint an interim sheriff from within the current ranks, pursuant to the Virginia Code. This individual will take over right after Staton departs and serve from Sept. 1 until Jan. 1,

2025. “I want to offer my sincere thanks and appreciation to all the citizens, friends, and family members who have supported me throughout my career and through two elections,” Staton said. “There are many people who have shaped me into the leader I have become, and I hope to pay it forward with others and share the knowledge I have gained, as I conquer new beginnings.”

-The Salem Times-Register

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OPINION

Salem Library receives grant from AARP to offer an Aging in Place Speaker Series

Staying in your home as you get older is called “aging in place.” According to the National Institute on Aging (www.nia.nih.gov), many people want to stay in their homes as they get older, maintain their independence for as long as possible, and to turn to family and friends for help when needed. Many older adults and their families have concerns about safety, getting around, or maintaining other daily activities. Living at home as you age requires careful planning. The grant the library received from the AARP (American Association of Retired Persons) is part of a larger effort to educate the public about what they can do to prepare for “aging in place” and the services available for senior citizens to assist them as they age in place.

On Wednesday, Aug. 21 at 11 a.m., Mary Beth Alford from the Enrollment Team at InnovAge Virginia Pace-Roanoke Valley will give information on the services they provide for seniors in our community. InnovAge Virginia PACE - Roanoke Valley provides healthcare and social services to seniors without moving them

Library Corner

Empowering individuals to
build a stronger community
Benita VanCleave

into a nursing facility. The aim of InnovAge PACE is to keep you or your loved one living at home ... for as long as safely possible. InnovAge Virginia PACE is located at 1606 Lynchburg Turnpike, Salem, VA.

This event is the first in a four-part series brought to you by Salem Library and is made possible through a generous grant from AARP. This presentation is for adults aged 18 and older, particularly for seniors and their caregivers, providing essential information to consider for your aging-in-place plan. The first 25

attendees will receive complimentary Aging in Place booklets, AARP HomeFit® Guides, or aging-in-place products.

Attendance is free, but registration is required. Register online at salemva.libcal.com or call the Salem Library at (540) 375-3089. Make sure to check the Salem Library calendar of events in September, October, and November for more in our Aging in Place Speaker Series.

Additional events:
Craft Supply Swap & Art Tool Kit Takeaway! Tuesday, July 30 (while supplies last) The library is still taking art supply donations in preparation for the Art Swap. If you have extras you'd like to rehome, please drop them off at the Circulation Desk. Bring your unwanted craft materials and swap for new ones! Come and create your own art tool kit to take home. All ages welcome!

DMV Connect is at the Salem Public Library on Tuesday, July 30, from 10 a.m.-4 p.m. (Closed for lunch from 12:30-1:30 p.m.). Walk-ins only.

Aging and brain health

From the moment we are born, our brains are constantly changing. In infancy and adolescence, the neural networks in our brains experience periods of enormous growth. These brain networks are essential- they help us learn, think, remember, and organize our memories. As we age and learn, we develop larger vocabularies and greater knowledge from our accumulated experiences. Yet, by the time we are 30-40 years old, our brains typically start to shrink in different places, and we may experience more challenges finding words, recalling names, multi-tasking or paying attention.

We have learned that the brain maintains its ability to change and adapt so that as we age, we can manage new challenges and tasks. Just as we take care of our heart to live a long life to our best potential, we need to take care of our brain for our cognitive health. While brain health can

Health Column

Christie Wills, Roanoke City and
Allegany Health Districts

be affected by age-related changes, other causes of change can include injuries such as stroke or traumatic brain injury; mood disorders such as depression or substance use disorder; and diseases such as Alzheimer's and related dementias, some of which have genetic predispositions.

Dementia

Dementia is a general term referring to a loss of cognitive function—remembering, thinking, and reasoning—severe enough to interfere with everyday life. Dementia is not a specific disease, but an overall term describing a wide range of symptoms. It is not part of the typical aging process, rather it is caused by damage to the brain from disease or trauma. Alzheimer's disease is the most common cause of dementia. Other causes include vascular dementia, Lewy body dementia, and frontotemporal dementia.

Ways to Protect Your Brain

While we cannot control our genes, there are many environmental and lifestyle factors that we can control to reduce our risk of cognitive decline.

- Preventing or controlling high blood pressure in midlife- ages 40s to 60s- helps both our heart and brain.
- Being physically active (adults are recommended to get at least 2-3 hours of walking or other physical activity each week) also helps our hearts and brains.
- Participating in programs that teach people how to move more safely and help prevent falls, a common cause of serious injury, including injuries to the brain.
- Improving specific skills appears to help maintain cognitive health in older adults. While current available evidence does not support claims that playing certain computer or online games can improve your memory and thinking, research does support that some activities such as music, dance, creative

writing or learning new skills such as quilting or photography can improve cognitive health.

- And one of the most important things: Staying connected.

Staying Connected with Social Activities

Data from studies with more than 7,000 participants ages 65 and older determined that social engagement, such as visiting with family or doing volunteer work, was associated with better cognitive health. To strengthen your social connections, consider volunteering or joining a group focused on an activity you enjoy, such as walking.

Taking Care of Yourself and Your Loved Ones

If you have concerns about your own cognitive health, or you suspect your loved one may be affected, learn about normal changes with aging and those that indicate the need for a checkup:

- Ask your loved one to obtain a complete medical checkup. If they have Medicare, ask their health care professional for the Medicare Annual Wellness exam that includes screenings such as detection of cognitive impairment.
- Learn how hearing loss can affect memory loss.
- Make it a priority to complete legal, financial, and advance care planning, including essential planning documents.
- If you are a caregiver, taking care of yourself is one of the most important steps you can take.

When your needs as a caretaker are taken care of, your loved one will benefit too. The person experiencing the cognitive changes, caregivers, and other companions on this journey will need information, support, and guidance along the way. Contact your local Area Agency on Aging, the Alzheimer's Association, or visit the Virginia Family Caregiver Solution Center at vf.virginiannavigator.org to find resources.

Sources:

- <https://www.nia.nih.gov/health/brain-health/how-aging-brain-affects-thinking>
- <https://www.vdh.virginia.gov/content/uploads/sites/156/2023/01/Dementia-Road-Map-GuideHyperlinks2FINAL.pdf>
- <https://www.cdc.gov/falls/prevention/index.html>
- <https://www.nih.gov/news-events/nih-research-matters/hearing-aids-slow-cognitive-decline-people-high-risk>

SALEM TIMES-REGISTER

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

USPS 631-140
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www.ourvalley.org

Michael Showell, *Publisher*

Aila Boyd, *Executive Editor*, aboyn@mainstreetnewspapers.com

Brian Hoffman, *Sports Editor*, bhoffman@ourvalley.org

Wendi Craig, *Advertising Consultant*, advertise@ourvalley.org

Debbie Nixon, *Graphic Designer*, dnixon@mainstreetnewspapers.com

aboyn@mainstreetnewspapers.com

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CROSSWORD

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	51	52		53	54	55	56	57
58				59			60	61
62			63				64	
65				66			67	

CLUES ACROSS

1. Droop
4. Rested in a chair
7. Thai (var.)
10. Draw out wool
12. Coatis genus
14. Taxis
15. Beige
16. Supplementing with difficulty
17. Capital of Norway
18. A personal written history
21. Cologne
22. Australian flightless bird
23. Lowest freeman; early Eng.
25. 18th C. mathematician
33. More scarce
35. Before
36. Swiss river
37. Actress & director Lupino

CLUES DOWN

1. Point midway between S and SE
2. Genus of birds
3. Personal spiritual leader
4. Japanese rice beverage
5. Eared owl genus
6. Wood oil finish
7. Hyphen
8. Competently
9. Equal, prefix
11. Broad-winged soaring hawks
12. A collection of star systems
13. Be in accord
14. Links subject & predicate (linguistics)
19. Paddles
20. Asian river between China and Russia
23. Physicists Marie or Pierre
24. Excessive fluid accumulation

CLUES ACROSS

38. Edges
41. Thousand Leaves prefecture
44. Soldier hero of Spain
45. Gains through work
47. To the front
49. I (German)
50. Price label
51. Barack's 1st lady
58. Drench with liquid
59. Child (scot.)
60. "Aba ___ Honeymoon"
62. Disappearing shade trees
63. Cricket frog genus
64. Union busting worker
65. A priest's liturgical vestment
66. Previously The Common Market
67. Upper left keyboard key in tissues

CLUES DOWN

26. ___ Dunlap, pageant titleholder
27. Made again
28. Norse goddess of death
30. A waterproof raincoat
31. Express pleasure
32. ___ Lanka
34. Radioactivity unit
39. Clay blocks for building
40. Linear unit
42. Conductor tools
43. Whale ship captain
46. Queen who tested Solomon
48. Good Gosh!
51. A gangster's girlfriend
52. Unstressed-stressed
53. Draw through holes
54. Old Italian monetary units
55. Musician Clapton
56. Ceremonial staff of authority
57. Fabrics of camels or goats
58. A very large body of water
61. Basics

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Warren Haynes Band coming to Salem on September 29



COURTESY PHOTO

Warren Haynes Band

The Warren Haynes Band, led by GRAMMY® Award-winning vocalist, songwriter, guitar legend, producer, and Gov't Mule front man Warren Haynes, has announced their Million Voices Whisper Tour. The new 16-date fall headlining tour launches Sept. 19 in Fort Lauderdale and stops in Salem Sept. 29, before wrapping Oct. 12 in Boston.

Performing alongside Haynes (vocals, guitar) for the new all-star lineup of the Warren Haynes Band is Gov't Mule bassist Kevin Scott, veteran WHB member and two-time Grammy Award winning drummer Terence Higgins, recognized for his work with the Dirty Dozen Brass Band, Ani DiFranco and others, and the venerable Greg Osby on sax, with Matt Slocum on keys for the summer tour. Longtime friend and famed keyboardist John Medeski (most notably known as one-third of the groundbreaking trio Medeski, Martin & Wood) returns to the fold for the band's fall tour.

The band will perform in Salem on Sunday, Sept. 29 at 7:30 p.m. Tickets

go on sale Friday, July 26 at noon. They start at \$42.50 and go up to \$72.50.

Tickets can be purchased at the Salem Civic Center Box Office Monday through Friday from 8 a.m. – 5 p.m. and online at www.ticketmaster.com

A limited number of specially curated fan packages will be available for the fall tour. Packages include one Ultimate Guitar Player Package per show, featuring a Les Paul Classic, Translucent Cherry guitar to be played at the show by Warren and signed and delivered in a private post-show meet & greet with a photo with Warren, premium reserved seats, and more, and the Guitar Player Package, which includes an autographed Gibson Les Paul Standard Pickguard, a set of custom Warren Haynes guitar picks in collector box, a Dunlop guitar slide and set of GHS strings (items as used by Warren), plus priority access and more. Visit www.warrenhaynes.net for all ticketing and VIP information and to purchase.

-The Salem Times-Register

POLICE REPORT

City of Salem Police Department



Weekly Arrest Report

Week of July 09, 2024 – July 15, 2024

DATE	NAME	AGE	OFFENSE
7/9/2024	Jose R. Rodriguez-Perez	59	DUI
7/9/2024	Artis D. Johnson	55	Violation of Probation
7/9/2024	Lawrence D. Crowder	37	Failure to Appear
7/10/2024	Derrick A. Goad	40	Public Intoxication
7/10/2024	Mariah R. Richard	53	Failure to Appear
7/10/2024	Roger L. White	56	Possession of Controlled Substance
7/11/2024	Michael A. Plucker	28	Conceal Merchandise
7/11/2024	Keenya S. Webb	51	Grand Larceny
7/11/2024	Eduar G. Alvarado Nolasco	24	Conceal Merchandise
7/11/2024	Robert J. Munsey	22	Violation of Protective Order
7/12/2024	Delana M. Doss Conner	54	Possession of Controlled Substance, Petit Larceny
7/12/2024	Matthew C. Waltz	31	Sexual Assault, Strangulation of Another, Violation of Protective Order
7/13/2024	Joseph P. Sutphin	23	Failure to Appear
7/13/2024	Santana M. Meredith	30	Obstructing Court Order
7/13/2024	Asira Nimukuze	37	DUI
7/14/2024	Rasheed M. Whorley	28	DUI
7/14/2024	Cathryn G. Farrow	39	Public Intoxication
7/15/2024	Lester W. Zobel	46	Public Intoxication
7/15/2024	Wilfredo F. Valenzuela	33	DUI
7/15/2024	Andres A. Palacios Meza	28	Failure to Appear
7/15/2024	Ernest J. Kiser	57	Shoplifting
7/15/2024	Misti A. Moore	51	Possession of Controlled Substance

City of Salem Police Department



Weekly Crime Report (Felony Cases)

Week of July 09, 2024 – July 15, 2024

DATE REPORTED	LOCATION	OFFENSE REPORTED
11-JUL-2024	1800 BLK W Main St	Grand Larceny
12-JUL-2024	1800 BLK W Main St	Possession of Controlled Substance
12-JUL-2024	1400 BLK W Main St	Forgery/Uttering, Obtain Money By False Pretense
12-JUL-2024	2500 BLK Romar Dr	Damage Property
13-JUL-2024	1600 BLK Springfield Ave	Burglary
15-JUL-2024	500 BLK 8 th St	Possess Vehicle With VIN Removed

FROM THE ARCHIVES

LOCAL LAND COMPANIES OF BOOM PERIOD LISTED; TRANSACTION REACH MASSIVE PROPORTIONS

Thousands Of Acres Sold In Roanoke County To Outside Individuals Interested In Real Estate

From the 1938 centennial edition of *The Times-Register*

When the boom struck this section in 1889 much real estate changed hands on Salem but also in Roanoke many outstanding realty deals were made. In Roanoke real estate companies sprang up by the dozens and often the same men were interested in several different companies. Many of the real estate operators came to Roanoke from outside the state.

Land that was in the city of Roanoke received a big play as those tracts offered attractive inducements of the city. Some of the local court records indicate the business done. Recorded on November 5, 1889 was a deed to 1135 acres of land sold by Mrs. E. S. McClanahan to the South Roanoke Land Company for a stipulated price of \$60,000. From the description of this property it seems that it was near the city and the land company intended to sell it in small tracts or even in lots.

Large Tract
Another transaction was entered on record at the Salem courthouse on August 24, 1889 when the Linwood Land Company purchased a good sized tract of land from the Roanoke Stock Yards Company for \$61,400 with a down payment of \$10,039. This property was said to adjoin the stock yards and was described as being "near the city of Roanoke."

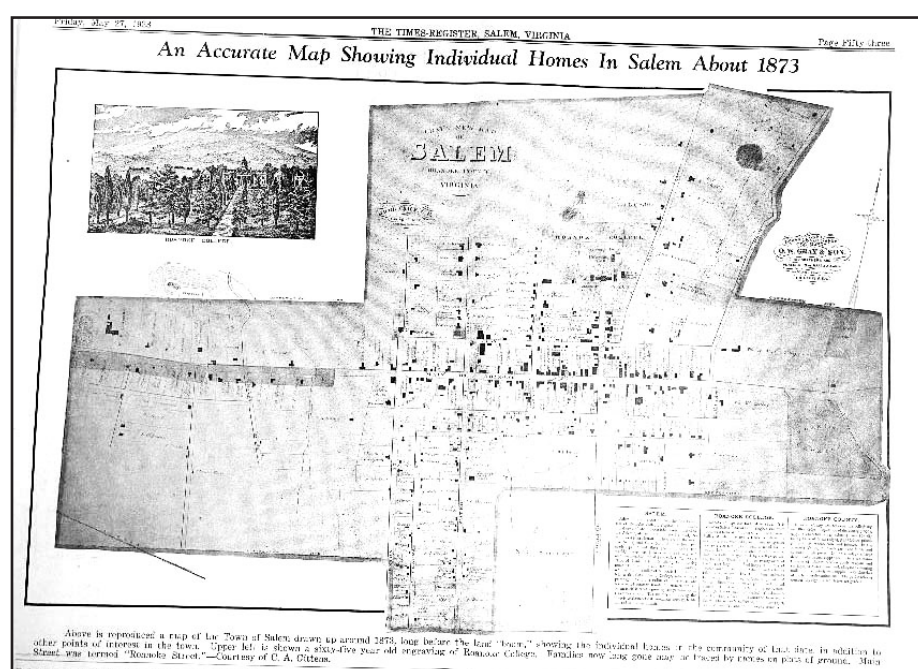
In 1882 the records show that Jacob Trout purchased

46.57 acres of land from Thomas Snyder for a consideration of \$3,225.30. This land appears to have been suburban Roanoke property and it was sold by Mr. Trout to the West Roanoke Land company on August 4, 1890 for \$22,837.00.

While there were any number of land companies in Roanoke which were buying and selling land the records in the local courthouse show that the following companies were probably the most active in their line: The Melrose Land Company, The Hyde Park Land Company, the Linwood Land Company, the South Roanoke Land Company.

Many Companies
These were but a few of the many companies chartered, others being: The Commercial Land Company, Hambrick Land Company, Fidelity Loan and Trust Company, Riverton Land Company, Iron Belt Building and Loan Company, National Investment Company, Independent Investment Company, Fidelity Investment Company, Terry Building Company, Cloverdale Iron and Land Company, Maryland Real Estate and Investment Company, James S. Simmons Real Estate Company, The Wall Street Investment Company, Prudential Investment Company, The Cooperative Land Company, The Vinton Land and Improvement Company, The Mechanics Home Land Company, Union Land Company,

Roanoke Real Estate Syndicate, Piedmont Investment Company, Security Investment Company, Phoenix Land and Improvement Company, Louisa Investment Company, Beall Investment Company, Northwest Land Company, Roanoke Land and Improvement Company, United Investment Company, Arcadia Investment Company, Buchanan Investment Company, Woodland Park land Company, State Investment Company, Columbia Land Company, Salem-Buchanan Investment Company, Pleasant Valley Land Company, Mechanics Mutual Aid Investment Company, Roanoke Development Company, The Land Investment Company, Roanoke Real Estate Company, Randolph Investment Company, Roanoke Banking and Investment Company, Miller Investment Company East Roanoke Loan, Trust and Investment Company, Artisans



FROM THE TIMES-REGISTER ARCHIVES

Investment Company, Highland Terrace Land Company, The Buena Vista Land Company of Roanoke, Hill City Investment Company, H. Webster Crowl Real Estate Company, Valley Investment Company, Crozier Investment Company, Commonwealth Land Company, Southwestern Investment and Trust Company, Bridgewater

Investment Company, Oaklands Improvement Company, Powell Real Estate Investment Company, Tidewater Investment Company, Roanoke and Salem Building and Conveyance Company, Magnolia Land and Building Company, Enterprise Building and investment Company, Jefferson Land Company, Baltimore Investment Company, Emerald Land

and Investment Company, Inside Property Company, Union Investment Company, Parkersburg Investment Company, Suburban Home Land Company, Sterling Investment Company, Washington Investment Company and the New York Building and Improvement Company of Roanoke.

- Prepared by Lingjie Gu



In Memory of Debra McMillion Weeks 1963-2023

Child of my heart,
My daughter, my best friend. My world changed the day you left me, but I promise I will see you again.

I love you, Mom

Treasury's Unclaimed Property Program Returns Millions to Citizens Each Year!

Look for the 2023 list of unclaimed properties in next week's newspaper.

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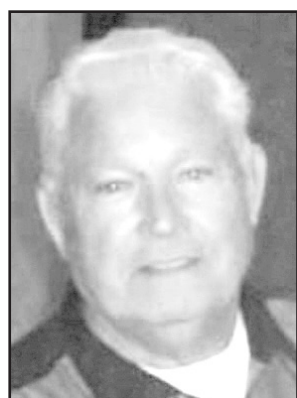
OBITUARIES

Correll, William James

William James Correll, Sr. "Pete", 84 of Salem, VA went to be with the Lord on July 15, 2024.

William was preceded in death by his parents, Willie James Correll and Dora Cooper Correll and his infant daughter, Laura Elizabeth.

William is survived by his wife of 66 years, Nadine Correll; his daughter, Billie Jo DeWeese; son, William James Correll, Jr; and his grandchildren, Ryan Correll, Travis DeWeese, Elisha DeWeese, Wade Correll.



Pete also had four great grandchildren, Rosemary Cuddy, Bradley Cuddy, Tyler Correll, and Damien Correll; four surviving brothers, George, Larry, Charles, and Gary; two surviving sisters, Mary

Anne Drewry and Betty Jean Crumbley; and many nieces and nephews

William liked to hunt and fish. He enjoyed going on football trips to watch NFL games and was a die-hard Pittsburgh Steelers fan. He enjoyed spending time with his grandkids. William worked for Valleydale and Gardner Denver before transfer to Redrill of Sherman, Texas where he retired from. He also worked at First Team Automall.

A celebration of life will be held on July 20, 2024 in Troutville, VA.

Brickey, Virginia Ann

Virginia Ann Brickey, 89, of Amherst, Va., fell asleep in death on Sunday, July 14, 2024.

Virginia, known to many as "Ginger" or simply "Granny", was born on June 11, 1935, in Salem, Va., to Rufus and Evelyn Lucille Abbott. There she was raised alongside her two brothers and one sister. Though during her life she lived in other parts of Virginia, Salem would always be her most beloved home. Virginia married Richard R. Brickey on March 13, 1954. They were married for nearly 51 years until Richard's death and together they raised 4 children. Virginia's favorite job title was that of "Mom" and later "Granny". She adored her children and had a special love for her grandchildren, great-grandchildren, and great-great-grandchildren once they came along. From a young age Virginia's parents encouraged her interest in the Holy Bible.

When she was older, she began a diligent study of the Scriptures and was baptized as one of Jehovah's Witnesses on August 21, 1960. Virginia had an unwavering love for Jehovah God and her determination to imitate Christ was clearly seen in the absolute kindness, generosity, and compassion that she showed to everyone she met.

Virginia was also known for her many other "loves". Her selfless love of people made her a true friend to many. She had a great love for animals, especially her loyal dog Kirby. She was known for her love of ice cream, board games, and red roses. She loved the morning sunshine, the color blue, and enjoying classic Disney movies while enthusiastically singing along to their many cheerful songs.

She was preceded in death by her husband, Richard; her parents; and her brothers, Roderick and Kenneth

Abbott.

Her surviving family includes her dear sister, Janice Allen; her children, Steve Brickey (wife Judy), Sherry Whorley (husband Buster), Mindy McArdle (husband John), and Mark Brickey (wife Jessica); grandchildren, Seth, Marisa, Shalina, Lindsey, Tim, Hailey, Lauren, and Tessa; great-grandchildren Sierra, Logan, Tristan Lianna, Kinley Aron, and Jackson; three great-great-grandchildren and a fourth arriving soon; as well as beloved nieces, nephews, and many faithful friends.

A Memorial Service will be held on Sunday, July 28, 2024, at the John. M Oakey & Son Chapel in Salem, Va., with Marlan Morris officiating. The family will receive friends beginning at 2 p.m. with the service to follow at 3 p.m.

Online condolences may be expressed at www.johnmoakey.com.

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E	C	R	U	E	K	I	N	G
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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). North Campus: 7640 Alpine Road (Roanoke). Español Campus: 1226 Red Lane Extension (Salem). Worship Times: 9:00 AM and 10:45 AM for Salem and North; 10:30 AM for Español. For more information, visit: www.fcclife.org

CATHOLIC

OUR LADY OF PERPETUAL HELP CATHOLIC CHURCH - 314 Turner Rd, Salem VA. 540-387-0491. Mass Times: Saturday 5 pm and Sunday 10:30 am (nursery available). Visit our website: olphsalem.org for our full schedule.

CHURCHES OF CHRIST/CHRISTIANCHURCHES

Salem WORSHIP DIRECTORY

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

CHURCH OF GOD/ANDERSON

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

CHURCH OF GOD/CLEVELAND

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

DISCIPLES OF CHRIST

FIRST CHRISTIAN CHURCH, 712 Front Ave. Salem, Pastor Dan Netting (540) 389-6831. www.firstchristiansalemva.com. Adult and Children Sunday School - 9:30 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 light and sound service is held on the 2nd Sunday of each month at 11:00 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.eckva.org or call 540-353-5365 for other Eckankar programs and 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 for information on services.

FOURSQUARE

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

INDEPENDENT

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

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

FIRST BAPTIST CHURCH - 226 South Broad Street, Salem. Rev. Melton Johnson, 389-9648. 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) via zoom and conference call line. Wednesday Adult Bible Study at 7:00 p.m. in person for adults, children and teens. Adult class is also streamed on Facebook. Men's Bible Study Saturday at 7:00 a.m.(Zoom). Saturday Intercessory Prayer Service at 8:00 a.m. (conference call line). Sunday Women's Bible Study Class at 8:30 p.m. (Zoom). In-person Worship on Sunday at 11:00 a.m. or worship with us on line via Facebook. Church office can be contacted for additional information.

PENTECOSTAL HOLINESS

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STONEGATE WINS CITY-COUNTY SWIM MEET

continued from page 12

- Blake Shaner (17-18) won the 50 freestyle and the 100 freestyle.
- Hunter King (19-24) won the 50 freestyle.
- Zach Easter (19-24) won the 50 backstroke.
- Lacy Cooper (25-39) came in second gold in the 50 freestyle and third gold in the 100 free, 50 butterfly, and 50 backstroke.
- Stephen Cromer (40-49) won four of his events and came in second gold in the 50 butterfly.
- David Cooper (40-49) came in second in the 50 backstroke and breaststroke and third in the 100 IM.
- Chris Tucker (60-69) won the 50 backstroke and came in second gold in all other events.
- Scott Lear (60-69) won the 50 breaststroke.
- Efrén Ontiveros (80&up) won the 50 backstroke, breaststroke, freestyle, and 100 freestyle.

Stonegate also did well in the relay events. In &under the 100 free team of Logan Cromer, Addie King, Wyatt Quesenberry and Logan Bauman: came in first and in the 100 Medley Saige Supanich, Cromer, Bauman and Quesenberry took second. In the 9-10 year old relay Cameron Yeakel, Remington Huffman, Shae Honaker and Izzy Supanich took fourth.

Stonegate also took two second place medals in the 11-18 relays. In the 200 free Riley Miller, Jack Lawrence, Starke Griffith and Blake Shaner took second and in the 200 Medley it was Griffith, Riley Handy, Miller, and Shaner.

Hidden Valley Country Club also participated in the meet and was 13th. Hidden Valley sent a small team to the meet and scored 188.5 points.



PHOTOS BY JON FLEMING

Above, Stonegate's River Whitt leaps off the diving block at the start of the 50-yard freestyle at the RVAA Championship meet. Below, Stonegate's Izzy Supanich won the 9-10 year old 100-yard freestyle. Below middle, Stonegate's Mallory Mangus swims in the 9-10 year-old 50-yard butterfly. Bottom, Hidden Valley's Ada Miller swims in the women's 7-8 year-old 25-yard butterfly.

Christen King is new swim coach at Salem High School

Christen King has been named the new Head Swimming and Diving Coach for Salem High School. The Salem School Board formally approved her appointment at its June meeting. King will replace Marianne Fleenor who coached the program for seven years and is moving away from the Roanoke Valley.

"I'm honored and very excited to be given this opportunity at Salem High School," said King. "I hope to continue the excellent program Coach Fleenor has created."

While this is King's first fall as a head coach at the high school, she likely knows the student-athletes who will comprise her team better than

anyone. For the last 15 years she has coached swimmers of all ages at Salem's Stonegate Swim Club.

"I know most of the kids who competed for the high school team this past year since many of them swim for Stonegate in the summertime," she said. "I've known quite a few of them since they were five years old, so I'm very grateful to know that there will already be relationships built when we begin."

Along with her years of club coaching teams in the Roanoke Valley Aquatic Association, including six as Stonegate's head coach, King swam competitively for four years for the Spartans when she was a student at

Salem High School.

King is a 2020 Bridgewater College graduate with a degree in Elementary Education. She is preparing to begin her second year as a fifth-grade teacher at West Salem Elementary. Prior to joining the Salem School Division, she taught for three years in Roanoke City. Ironically her mother, Jenny, also is a fifth-grade teacher at East Salem Elementary.

In addition, King has all types of sporting roots in the city. Her dad, Chris King, and her grandfather, Dale Foster, were both athletic directors at Salem High School. Both men also served students and the community as coaches, teachers and administrators during their respective careers.



PHOTO COURTESY SALEM HIGH SCHOOL

CHRISTEN KING



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Salem Rec. Department lacrosse camp

The Salem Department of Parks and Recreation lacrosse camp was held at Salem High School's Spartan Field the week of July 8.

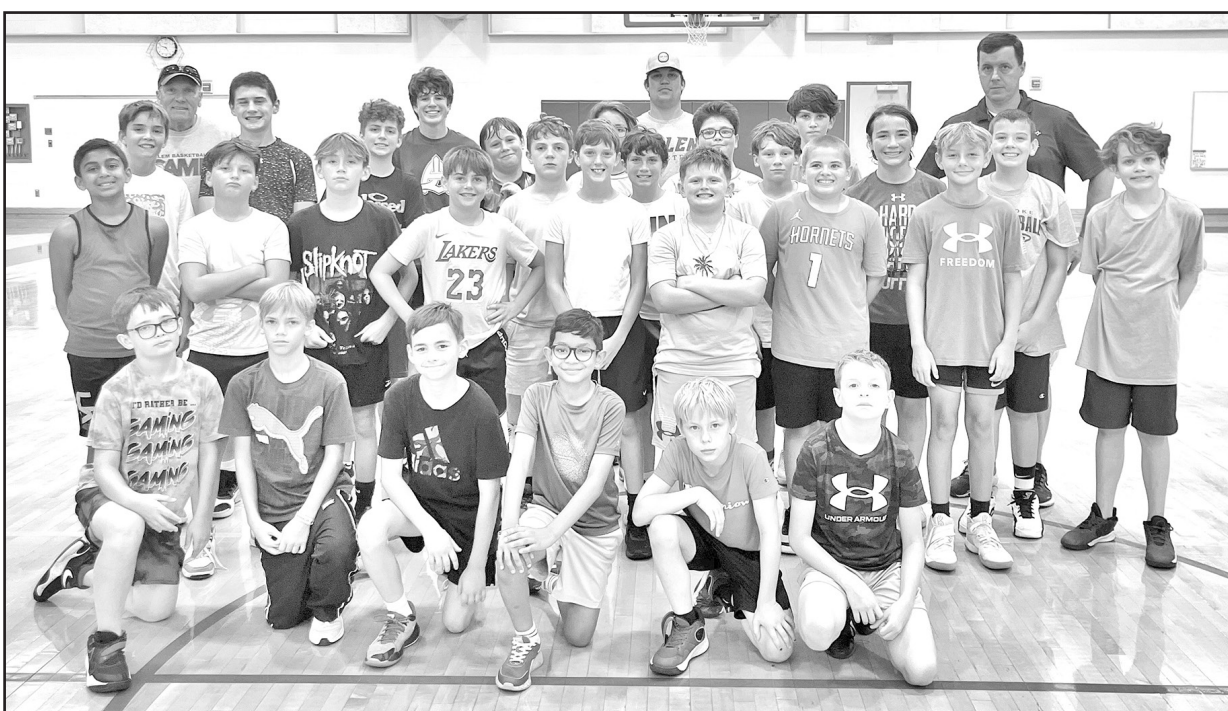
PHOTO BY ZIAN HONAKER



PHOTOS BY ZIAN HONAKER

Salem Rec. Dept. basketball camps

Salem High boys' basketball coach Kevin Garst and his staff and players conducted camps at West Salem Elementary School from July 8-11. There were three camps for kids of various ages.



VHSL meeting at GHS is open to the public

Virginia High School League staff will conduct two-day area meetings throughout the state beginning July 22 and continuing until August 28 to review all aspects of the League's athletic and non-athletic programs before the school year begins. One of the sites chosen for the meetings is Glenvar High School in west Roanoke County.

The VHSL is extending an exclusive invitation to the public to attend the Day 1 meeting in their area, allowing attendees to ask questions, provide input, or share any concerns they might want to share with the VHSL staff. Executive Director Billy Haun, Assistant Director for Compliance Ty Gafford, and other VHSL Assistant Directors will lead the meetings. The public is invited to interact one-on-one with VHSL staff.

The 2nd-day area meetings are for principals, athletic directors, coaches, sponsors, guidance counselors, and others interested in and responsible for interpreting VHSL rules and regulations. In addition, invitations will include school boards, administrative staff, and the news media.

Topics for review will include School, eligibility, VHSL Handbook legislation, sportsmanship, drug use among athletes (fentanyl), and discussion on other issues of interest.

The closest meeting to the Roanoke Valley will be held at Glenvar High School on July 31 and August 1. The public is invited to the July 31 session, which will begin at 6:30 pm in the Glenvar High auditorium. The second day is the strategic planning meeting and it will begin at 9:30 am in the library.

Other VHSL meetings will be held at Heritage High in Lynchburg, Abingdon High School, Sherando High School, South County High in Lorton, Grassfield High in Chesapeake, Heritage High in Newport News, Hermitage High in Henrico County, Massaponax High in Fredricksburg and Monticello High in Charlottesville.

RC's Yetzer is VaSID state wrestling C-o-Y

Roanoke College head coach Nate Yetzer and freshman Lorenzo Pellot were two of the three major award winners with the release of the 2023-24 Virginia Sports Information Directors (VaSID) all-state wrestling team. Yetzer was named state Coach of the Year and Pellot is the state Rookie of the Year.

Yetzer earned Old Dominion Athletic Conference (ODAC) and Southeast Region Coach of the Year honors. He led the Maroons to an ODAC title and a third-place finish in a 22-team field at the regionals. He helped five wrestlers qualify for national competition and saw two earn All-American accolades in just the third year of varsity status for the pro-

gram. Pellot, also a first-teamer at 197 pounds, finished 28-11 overall and placed second at regionals to qualify for national competition. He had six pins on the year and one major decision.

Jude Robson and Mark Samuel joined Pellot on the all-state first team. Robson was 29-10 at 133 pounds and placed fourth in regional action. Samuel took third at the NCAA Division III Nationals at 141 pounds to earn the highest-ever finish for a Maroon. He was 35-6 on the year, with five pins, three technical fall and four major decisions.

Mac Cafurello (125) and David Reid (165) each took home second-team all-state accolades.



PHOTOS BY BRIAN HOFFMAN



Football Clinic

Salem Stadium was the site for the annual Salem Department of Parks and Recreation 3-day football clinic this week. Spartan coach Don Holter, his staff and players instructed future Spartans on fundamentals of the game and the kids had a lot of fun.



PHOTOS BY JOHN WACHER

Left, Salem Red Sox first baseman Freili Encarnacion tags out Cristhian Vaquero of the Fredricksburg Nationals on a sacrifice bunt. Right, Nelly Taylor Jr moves from first to third on a bad pick off attempt in the bottom of the 9th of a tied ball game on Saturday. Nelly would score on Natanael Yuten's single to right to win the game.

Red Sox make up ground with sweep of Fredricksburg

The Salem Red Sox moved within two games of Fredricksburg in the Carolina League's second half North Division standings when the Sox swept a series from the Nationals last week. Salem returned from the all-star break with a three game series against Fredricksburg and won 6-5, 7-6 and 6-3 to improve to 14-10 and jump into second place in the standings.

The Red Sox hope to continue their hot streak as their nine-game homestand continues this week against the Carolina Mudcats. Salem is home to the Mudcats Tuesday through Sunday with weekday games at 7:05 pm, a Saturday game at 6:05 pm and a Sunday game at 3:05 pm.

Salem didn't have a game at Salem Memorial Ballpark for 18 days to begin July, as they went on a 12 game road swing with the Salem Fair in town, then had four days off for the Major League Baseball All-Star game. The Sox were five games behind Fredricksburg when they returned to the home diamond last Friday to host the Nationals and opened the series with the 6-5 win, scoring twice in the bottom of the 10th for a thrilling extra innings win.

Salem trailed in this one, 4-3, heading into the bottom of the ninth but scored on a fielder's choice by Brooks Brannon to send the game into extra innings. The Nationals scored an unearned run in the top of the 10th but Salem scored two in the bottom of the inning on a Marvin Alcantara RBI single and Natanael Yuten's infield grounder for a walk-off win. Alcantara had three hits and two RBIs.

On Saturday night Salem took a 6-2 lead into the ninth inning only to have the Nats score four in the top of the ninth off Sox reliever Francis Hernandez to tie the game. Hernandez then was awarded an unlikely win when Yuten singled home Nelly Taylor with one out in the bottom of the inning for Salem's second walk-off win in as many nights. Yuten and Andy Lugo had three hits each.

On Sunday afternoon there wasn't as much drama as Salem scored three runs in the second inning and two more in the third to take an early 5-0 lead and cruise to the 6-3 win. Catcher Gerardo Rodriguez had three hits and Alcantara and Nazzan Zanetello had



Salem pitcher Noah Dean flips the ball to first base for the third out of the first inning in Sunday's win over the Fredericksburg Nationals.

two hits each for Salem. Conor Steinbaugh pitched three innings of relief to pick up the win and Luis Talavera pitched no-hit ball in the eighth and ninth to get his first save.

This week's series against Carolina features Margaritaville Night tonight, Thursday, with a Koozie

giveaway Friday for Outdoors Night and Dinos in the Ballpark Saturday featuring "Ed's Dinosaurs Live."

The Sox are off Monday, then they're off to Kannapolis for six games against the Cannon Ballers beginning Tuesday, July 30.

RC's Wall, Murphy named to VaSID All-State baseball team

Roanoke College's Johnny Wall and Jackson Murphy each earned spots on the 2024 Virginia Sports Information Directors (VaSID) All-State Baseball team.

Wall, a senior shortstop, was named to the first team. Wall was also an American Baseball Coaches Association (ABCA) Region 6 First Team selection and First Team All-ODAC. He started all 46 games, making him the only player to see action in every game this season. Wall led the

team in hits (63), RBIs (47), and total bases (100) and tied for the team lead with seven home runs.

Murphy, a junior right-handed pitcher, earned a spot on the second team. He earned the ODAC co-Pitcher of the Year award and was a D3baseball.com All-Region 6 Third Team and First Team All-ODAC honoree. Murphy had a 5-3 record in 13 starts with a 4.86 ERA and a team leading 50 strikeouts. He excelled in ODAC play, going 4-1 with a 3.38 ERA.

Three Maroons all-state in track

Seniors Kaitlyn Nguyen and Grace Fowler along with junior Brady Fowler of the Roanoke indoor track and field team were selected to the Virginia Sports Information Directors (VaSID) All-State teams.

Nguyen was selected to the women's first team for jumps while Grace Fowler made the second team for throws. Brady Fowler made the men's first team for sprints.

Nguyen made her mark on the indoor season this year. Her performance in the high jump garnered her Second Team All-ODAC, Second Team All-American, and All-Region honors. She also took ninth place at the NCAA Indoor National Championships with a top mark of 1.68m.

Grace Fowler also put together a strong indoor campaign as she took second place in the shot put (12.33m) at the ODAC Indoor Championships. The North Carolina native also took home Second Team All-ODAC (shot put), Third Team All-ODAC (weight throw), and All-Region honors.

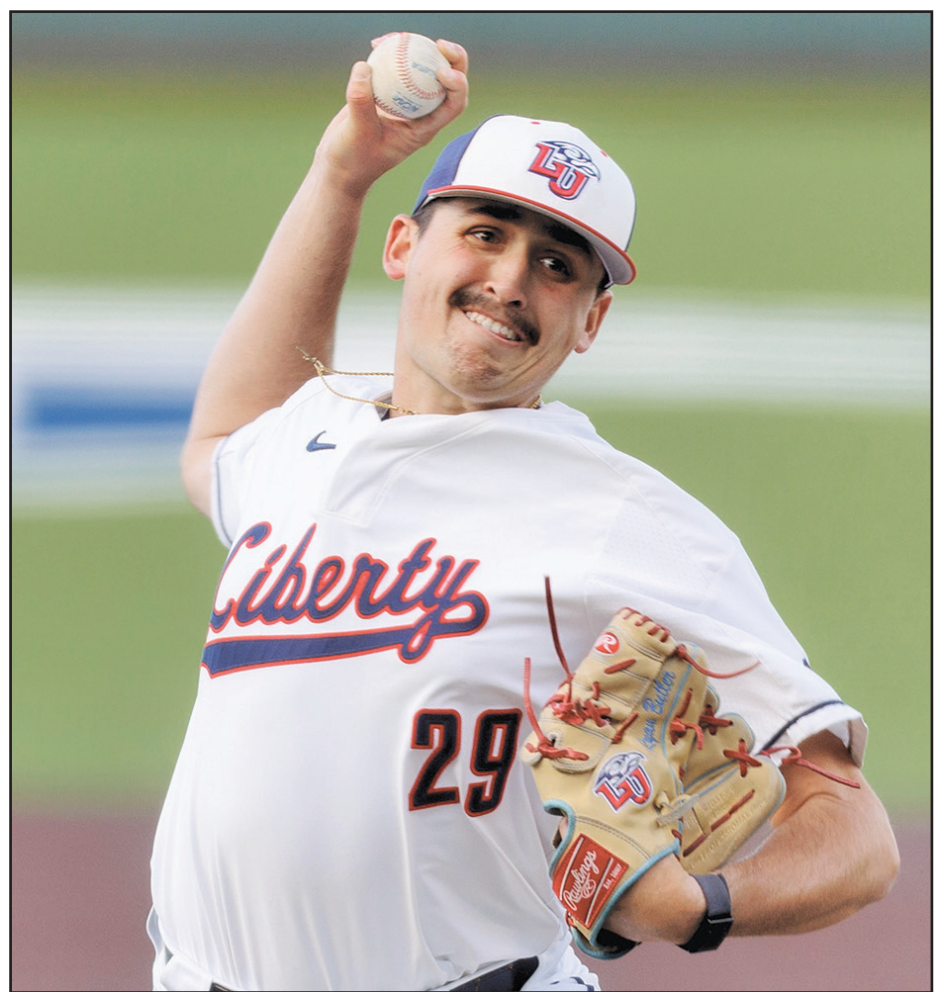
Brady Fowler built off of his outstanding 22-23 indoor season with another spectacular year in the 60m and 200m events. He took home first place in the 200m and second in the 60m to grab First Team All-ODAC and Second Team All-ODAC. Fowler then snagged First Team All-American accolades for the first time in his career at the NCAA Indoor Championships as he finished eighth in the 60m event and fifth in the 200m event.

RC golfer named to All-State 2nd team

Junior Palmer Cuny of the Roanoke College golf team has been named to the Virginia Sports Information Directors (VaSID) Second Team All-State.

Cuny competed in nine tournaments in 2023-24, picking up one win, one runner-up, three top-10's and didn't place outside the top-20 in any tournament. He finished with a 73.7 scoring average and was ranked 104th in the country, 43rd in the highly competitive South Region.

In April, Cuny earned his second All-ODAC selection, being named to the 2nd team after being named to the 3rd team in 2022.



LIBERTY UNIVERSITY PHOTO

Glenvar grad Ryan Butler is headed to Ohio State to pitch after graduating from Liberty University in three years. Ryan has two years of eligibility remaining.

Butler will pitch at Ohio State

Ryan Butler, a 2021 graduate of Glenvar High School, has transferred to Ohio State University to play baseball.

Butler has been on the Liberty University team for the past three years, but entered the transfer portal when Flames coach Scott Jackson resigned after the 2024 season. He graduated in three years at Liberty and will have two seasons of eligibility remaining as a grad student for the Buckeyes.

Ryan was a three time All-Three Rivers District and All-Region 2C pitcher. He was on pace to break the Glenvar record for wins in a career

before missing a full season due to COVID in 2020.

At Liberty he did not see action his freshman season but made the ASUN Academic Honor Roll. As a sophomore, in 2023, he made three starts and pitched in seven games for the Flames, including two scoreless innings against the University of Virginia.

This past season Ryan saw action in eight games with three starts. He was 0-1 with an earned run average of 4.86 over 19.1 innings, striking out 16 batters. He had earned a starting role for the Flames when he sprained his UCL, knocking him out for the rest of the '24 season.

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PHOTO COURTESY OF STONEGATE SWIM CLUB

Above, members of the Stonegate Swim team pose with the RVAA City-County trophy in front of the Salem pool. Below, Logan Bauman of the Gators swims to a win in the men's 7-8 year old 25 yard breaststroke.

Gators rule at City-County

The annual Duane Whitenack City-County Swim Meet was held at the Christiansburg Aquatic Center last weekend, capping off a season that began on June 3, and Salem's Stonegate Swim Club won the championship. The Gators scored 18,335 points over two days to out-swim Olympic Park, who had 16,396. Hunting Hills edged Castle Rock for third, 13,895.5 to 13,596.5.

"We had a ton of fast swims," said Salem coach Christen King, who is also the swim coach at Salem High School.

Two Gators had a "perfect meet," winning all their events. In the 25-29 age group Andy Bauman accomplished that feat and Austin Bauman did the same in six and under.

Some other highlights include the following:

- Catherine Cromer (6& under) won three of her events and came in second gold in the 25 breaststroke.
- Josie O'Donnell (6 & under) came in first silver in the 25 breaststroke and second gold in the 25 backstroke.
- Logan Bauman (7-8) won the 50 freestyle and the 25 breaststroke.
- Logan Cromer (7-8) came in first silver in the 50 freestyle and second silver in the 25 breaststroke.
- Wyatt Quesenberry (7-8) came in first silver in the 50 butterfly.
- Addie King (7-8) came in third gold in the 25 freestyle and first bronze in the 25 breaststroke.
- Jordon Cotton (7-8) came in first bronze in the 25 butterfly.
- Cayden Beach (7-8) came in second bronze in the 50 freestyle.
- Cameron Yeakel (9-10) came in first silver in the 100 freestyle.
- Sarah Yerton (9-10) came in first silver in the 100 IM.
- Izzy Supanich (9-10) won the 50 freestyle and the 100 freestyle.
- Nolan Cooper (11-12) came in first silver in the 50 butterfly and fourth gold in the 50 breaststroke.
- Riley Miller (11-12) came in 2nd gold in the 100 IM and third gold in the 50



PHOTO BY JON FLEMING

- butterfly.
- Riley Handy (13-14) won four of his events and came in second gold in the 100 freestyle.
- Jack Lawrence (13-14) won the 50 butterfly and the 100 freestyle.
- Starke Griffith (15-16) came in first silver in the 50 butterfly and second gold in the 100 freestyle.

continued on page 9



PHOTOS BY JIM & REGINA DEVINNEY

Back in Business

The renovated James I. Moyer Complex in Salem opened on July 8 and last week was the first tournament since the remodeling was completed. The Virginia Phoenix won the USA Softball 14U tournament and the PA Outlaws National team from Pennsylvania won the 18U tournament. "Everybody loved Moyer," said Salem's John Counts of the renovated facility. Counts is the Piedmont Virginia Junior Olympics Commissioner.

