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Council declares Constitution Week

Meg Hibbert
Contributing writer

Salem City Council has declared Sept. 17-23 Constitution Week, in recognition of the 237th drafting of the U.S. Constitution. Chapter Regent Elizabeth Vincel and three members of the Fort Lewis Chapter of the Daughters of the American Revolution received the resolution at the Sept. 9 Council meeting.

Mayor Renee Turk read the resolution that recognized the work of the Fort Lewis DAR chapter, which includes:

- Sponsoring the annual Ringing of the Bells on July 4, donated 64 books about our country's founding to G.W. Carver Elementary School, made more than 100 Constitution Day bags for local elementary students, sent coupons and cards to active military, and laid wreaths on graves of veterans in East Hill and East Hill North cemeteries.

In other matters at the meeting, Council:

- Heard from resident Carita Nicely who asked Council to adopt the state Maintenance Code so the city can do something about what she termed an unsafe structure at 203 Union Street, next door to Nicely. She said the house has been unlivable in for probably 40 years but electricity and gas are still on. Raccoons, groundhogs and skunks are living in the house, she said, and she has seen a person sleeping on the porch. Nicely said she is concerned wildlife might gnaw on wiring and pipes, and cause an explosion. "I am concerned about the house blowing up 30 feet from me. Community Planning Director Chuck VanAllman said under existing law, the city cannot go inside the house because of property rights;

See **Council**, page 5



CITY OF SALEM PHOTO

Elizabeth Vincel, third from left, chapter regent of the Fort Lewis Chapter of the National Society Daughters of the American Revolution, receives a Salem City Council resolution declaring Sept. 17-23 Constitution Week. With her at the Sept. 9 meeting are Fort Lewis DAR members and, from left, Vice Mayor Jim Wallace, Mayor Renee Turk and Councilmember Hunter Holliday.

Roanoke College plays first football game since WWII



PHOTO BY BRIAN HOFFMAN

Roanoke College played a football game for the first time since World War II before a packed house at Salem Stadium Sunday. Here the Maroons take the field to a thunderous ovation, and they went on to defeat the Hampden-Sydney jayvee team, 34-27, in a game that went down to the last minute. More photos and story in sports.

Chamber celebrates 90th anniversary



COURTESY PHOTO

The Salem-Roanoke County Chamber of Commerce celebrated its 90th anniversary last week at Harbor Creek Farms & Venue.

Aila Boyd
aboyle@mainstreetnewspapers.com

The Salem-Roanoke County Chamber of Commerce celebrated its 90th anniversary last Thursday with an event called "Boots &

Bling" at Harbor Creek Farms & Venue.

The event was catered by Pumpnickel Pickle, with Ridge View Bank serving as the title sponsor. Mason Creek Bluegrass Band performed throughout the event. A live auction provided

entertainment for those present, while also raising funds for the chamber.

During her remarks, Amanda Livingston, executive director, said that it has been her pleasure to

See **Chamber**, page 3



COURTESY PHOTOS

Feedback suggests students, families are supportive of cellphone policy

Aila Boyd
aboyle@mainstreetnewspapers.com

In response to an executive order issued over the summer by Virginia Gov. Glenn Youngkin, Salem City Public Schools communicated its communication device procedures in advance of the start of the 2024-25 academic year. In

the weeks since school started, division officials report that students and their families are largely supportive of the policy.

"As we gain a deeper understanding of the negative impacts that cell phones and social media can have on students, we are compelled to rethink and change how students interact

See **Cellphone**, page 5

Olde Salem Days returning Saturday



PHOTO BY AILA BOYD

A banner in downtown Salem advertises the upcoming Olde Salem Days.

Aila Boyd
aboyle@mainstreetnewspapers.com


The city of Salem will again host Olde Salem Days Saturday, Sept. 14 from 8:30 a.m. to 4:30 p.m. in downtown Salem.

Admission is free and there will be parking

and shuttle service from the Salem Civic Center to downtown Salem.

This is the 44th year of Olde Salem Days featuring over 300 arts and crafts exhibitors from across the country. Food


See **Days**, page 6



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FROM THE ARCHIVES

CLOVER CREAMERY ONE OF LARGEST IN WESTERN VIRGINIA

Recently Motorized Force And First In Territory To Install Modern Pasteurization Methods

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

Dating back to forty years ago when it first opened for business, the Clover Creamery Company, Inc., has in the four decades of its existence been a powerful factor in the development of the dairying interests of Roanoke county, as well as a large section of Southwest Virginia and a portion of the rich Piedmont section of North Carolina, through the establishment of branch plants in the cities of Radford, Va., High Point, N. C. and Greensboro, N. C.

Established in 1898, this firm may well be regarded as the pioneer of this section in modern dairying. The organizers were the late Charles L. Bush and Charles T. Lukens. These gentlemen were leader farmers and stock raisers of the county. With Roanoke growing by leaps and bounds, they realized the necessity of a wholesale milk supply for the community, and while beginning in a modest way, both men lived to see the business which they fostered in its

infancy grow to be the largest and most important enterprise of its kind in the entire western park of the State.

Raise More Cows

Forty years ago in a Roanoke county farmer owned a half dozen cows, and many of them owned a less number, he was looked upon with envy by his neighbors. It was not long after the Clover Creamery company was organized that scores of farmers increased their dairy herds, and in the course of a few years, the production of milk and cream, not only in Roanoke, but surrounding counties, became one of the chief sources of revenue of hundreds of farmers, and the money came to them as ready cash. As a consequence dairy herds were not only increased, but greatly improved through the purchase of improved strains of stock. There are now many dairy farmers with large herds of pure bred registered cows and their efforts are chiefly centered not only in the quantity of rich testing milk produced, but also in a quality product.

With the almost unparalleled growth

of the city of Roanoke and its suburban areas, it was but natural that other dairying plants should spring up, but even under the stress of competition, the Clover Creamery company has maintained its supremacy and has expanded its trade year after year, and this the Centennial years of the county's history and the forty-first year of the company's activities is proving to be no exception.

Progressiveness

The whole history of the company's career has been marked with a spirit of progressivism. It was the first dairying concern in this section to adopt the Pasteurization process in handling and dispensing milk and all kinds of milk products for human consumption. The firm kept fully abreast of the times by the installation of the most improved equipment of all kinds employed by the largest and most modern dairying establishments of the nation. In order to meet the ever growing demands for Clover Brand dairy products, the first, in the past two years, completely motorized its transportation equipment at a cost of approximately \$50,000. This necessitated the erection of a fire-proof garage for the storage and maintenance of the scores of trucks when not in use.

The Clover Creamery company stated in business, January 1, 1898. In 1904 Howard M. Bush, ad some of one of the founders, became a partner in the enterprise and assumed the general management. The firm was incorporated in 1914 with Chas. L. Bush, president; C. T. Lukens, vice-president; Howard M. Bush, general manager. In 1924 William C. Lukens, son of one of the founders, joined the organization, and at his father's death was made vice president. Upon the death of Chas. L. Bush, his son, Howard Bush, succeeded to the presidency and T. T. Harris became secretary-treasurer.

In addition to supplying an immense clientele with its famous Clover Brand Pasteurized dairy products which include milk, cream, buttermilk, creamery butter, the establishment has attained a most enviable reputation throughout a wide territory in the manufacture and distribution of Clover Brand Ice Cream appreciated by connoisseurs for its wholesomeness, quality and purity. All the products of the first are identified by their green clover leaf trade mark consisting of a leaf of clover with the word brand" inscribed underneath.

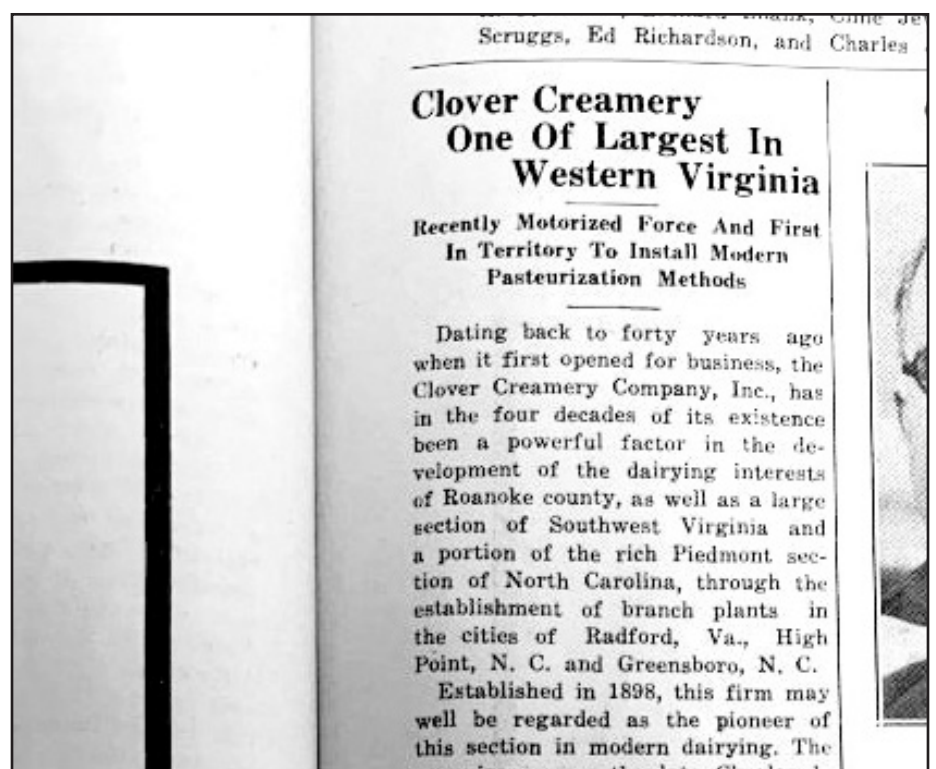
- Prepared by Lingjie Gu

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FROM THE TIMES-REGISTER ARCHIVES

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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.

Presentation on American Railroad Watches: The public is invited to join Chapter 32 of the National Association of Watch & Clock Collectors (NAWCC) at 2 p.m. on Sunday, Sept. 15, for a presentation on American Railroad Watches. It will be held at the Blue Ridge Volunteer Fire Department and Rescue Squad, Inc., 1354 Blue Ridge Springs Road in Blue Ridge. Two local watch enthusiasts, Tommy Hall and Bill Breslin, will do a presentation on American Railroad Watches covering the standardization of railroad watches with examples of these that were developed because of this standardization. There will be a question-and-answer period following.

Book Sale: Friends of the Salem Library will hold their annual book sale the weekend of Sept. 13-15. Sales open on Friday at 9 a.m. for members, followed by the public from 12-7 p.m. The sale continues from 9 a.m.-4 p.m. on Saturday. It ends with a big sale day on Sunday from 1-4 p.m. The sale will include thousands of books, DVDs and CDs.

MEDITATE SOUTHWEST VIRGINIA: A local group of prominent physicians, business leaders, and other professionals who practice the Transcendental Meditation technique will launch MEDITATE SOUTHWEST VIRGINIA during a news conference on Thursday, Sept. 19, at 4 p.m. MEDITATE SOUTHWEST VIRGINIA will highlight the crisis of escalating stress and anxiety among local residents—and showcase the research-proven health benefits of Transcendental Meditation for both adults and children. The news conference will be held at Grandin CoLab in Roanoke and feature local meditating professionals as well as a group meditation. Dr. Karl Saliba,

a Roanoke optometrist says, “I see patients daily who, although they are coming to me for eye treatments, have so much stress, anxiety and depression that I feel compelled to do something. The intensity of the politics, gun violence, family issues, has everyone on edge. The stress level in the community seems to be at an unprecedented level. Meditation is an important prescription that I recommend to my patients. I have been practicing Transcendental Meditation myself for 45 years and know the benefits firsthand.” For more information about MEDITATE SOUTHWEST VIRGINIA, please contact Dr. Leopold Campbell, lcampbell@tm.org, (704) 591-2819. For more information about Transcendental Meditation, please visit TM.org.

Touch-A-Truck: Roanoke County Parks & Recreation will hold its “Touch-A-Truck” event from 10 a.m.-3 p.m. on Sept. 21 at Green Hill Park.

Food Truck Thursday: Roanoke County Parks & Recreation will hold its “Food Truck Thursday” event from 11 a.m.-2 p.m. on Sept. 26 at Green Hill Park.

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.

Glenvar High School Class of 1974 50th Reunion: Glenvar High School, Class of 1974, is having its 50th class reunion on Oct. 11 and 12. The schedule is as follows: Friday, Oct. 11, Parkway Brewery, Salem, 5:30–8:30 p.m. There will be a designated room for those attending. Cash bar only and music on this night. Saturday, Oct. 12, Anello’s Banquet Room at Montano’s Restaurant, Roanoke, 5:00–9:30 p.m. Heavy hot and cold hors d’oeuvres and a cash bar for convenience. The cost of the 50th Class Reunion event is \$50 per person. Please reference “GHS Reunion” in the memo of check. Check out the Facebook page at Glenvar High School Class of 1974 for more details or contact Donna Bushnell Boles at bolesstudio@gmail.com or Roseanne Caligan Bumpass at rcbumpass@aol.com.

Business Advocacy Pathways to Progress: The Salem-Roanoke County Chamber of Commerce is set to hold “Business Advocacy-Pathways to Progress” Business Advocacy Breakfast on Oct. 17 from 8:30-10 a.m. The event will be held in the ballroom of Hidden Valley Country Club, where participants will enjoy a breakfast that is catered by the club chef. Participants will meet and engage with influential leaders from Salem and Roanoke County, including school superintendents, mayors and key economic development figures. “Discover how our local leadership is shaping the future and explore new opportunities for collaboration and growth. Don’t miss this unique chance to connect with the people driving progress in our communities,” the chamber said. Registration can be found at: <https://member.s-rcchamber.org/events/details/business-advocacy-pathways-to-progress-breakfast-with-salem-roanoke-county-leaders-7673>

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, 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.

Chamber

from page 1



Livingston speaking during the event.



The theme of the evening was “Boots & Bling.”



COURTESY PHOTOS

A live auction was held to raise funds for the chamber.

work with the chamber’s members, board, executive committee and ambassadors. She also thanked Regan Tate and Lucie Benevise who have contributed to the organization in recent years. “There is no way that we can execute our program of work without the involvement of each and every one of you here today. That is what makes our chamber so special—Our chamber is a community in and of itself where we lift each other up and support one another,” Livingston said.

She also highlighted the launching of the first annual “Community Day” this year, which aims to support a local organization in the community. This year, individuals, small businesses and large companies came together to do collect over 1,750 pounds of peanut butter to stock the food pantries in Southwest Virginia. Those involved donated food and worked alongside Feeding Southwest Virginia to

help organize, sort and box food.

In addition to our volunteer work, Livingston said the chamber also prioritized professional development. “Our alliance with Cortex Leadership Consultants—a local boutique executive coaching firm enabled us offer EPIC—Our 5-month leadership program. This is a leadership program is designed for emerging leaders or seasoned professionals that want to improve their skills. Our second cohort begins this

month! Look for cohort 3 this spring,” she said.

She later stressed how proud she is of the collaboration the chamber shares with educators, school administrators and businesses to create career pathways for students while helping companies develop new talent. She said, “We support the registered apprenticeship program year-round, and the chamber foundation offers annual scholarships to students pursuing a non-traditional college degree and instead pursuing a vocational career.”

POLICE REPORT

City of Salem Police Department



Weekly Arrest Report

Week of August 27, 2024 – September 2, 2024

27-AUG-2024	Craig A. Williams	56	Public Intoxication
27-AUG-2024	Lulzim Imeri	43	Burglary, Petit Larceny, Damage Property
27-AUG-2024	Noah B. Wallace	46	Petit Larceny, Obtain Money/Goods by False Pretense
27-AUG-2024	Cynthia L. Powell	55	Failure to Appear
28-AUG-2024	Christopher L. Hall	54	Criminal Trespass
28-AUG-2024	Yvonne P. Hunter	49	Violation of Probation
28-AUG-2024	Brett R. Morana	35	Public Intoxication
29-AUG-2024	Phillip E. Stultz	53	Criminal Trespass
29-AUG-2024	Rachel O. Dudley	47	Criminal Trespass
29-AUG-2024	Tyheem J. Brooks	48	Failure to Appear, Violation of Probation
29-AUG-2024	Dorothy L. Bryant	59	Simple Larceny Not From Person
30-AUG-2024	Donald A. Buzik Jr.	61	Failure to Appear
30-AUG-2024	Odel M. Lipscomb III	56	Simple Larceny Not From Person
31-AUG-2024	Randy E. Merchant Jr.	27	Public Intoxication
31-AUG-2024	Andrew J. Dill	36	Public Intoxication
31-AUG-2024	Zachary M. Buck	39	Public Intoxication
31-AUG-2024	James W. Fitzgerald II	51	DUI
31-AUG-2024	Brandi E. Shupe	41	Simple Larceny Not From Person
1-SEPT-2024	Robert D. Snead	51	Public Intoxication
1-SEPT-2024	Maria C. Sublett	42	Violation of Probation
1-SEPT-2024	Mina A. Alamjamil	37	Public Intoxication
1-SEPT-2024	Britt K. Hullender	37	Public Intoxication

City of Salem Police Department



Weekly Crime Report (Felony Cases)

Week of August 27, 2024 – September 2, 2024

DATE REPORTED	LOCATION	OFFENSE REPORTED

NO FELONY CASES TO REPORT FOR THE ABOVE TIME PERIOD.

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OPINION

Protecting Our Pets and Families from Rabies

World Rabies Day is September 28. Rabies is a preventable fatal viral illness, typically transmitted through the bite of an infected animal. The Roanoke City and Allegheny Health Districts (RCAHD) investigate and provide case management of rabies exposures, including arranging for testing of wild animals that have potentially exposed humans or domestic animals to rabies. This year through June had been typical for the RCAHD rabies control program, having tested almost 60 animals for rabies, only two of which tested positive for the virus. However, we have now confirmed an additional six positive cases since July (a fox, kitten, raccoon, and three skunks), including four in the last week of August.

Given this apparent increase, we've been asked why we are seeing more positive cases of rabies in our area recently. To answer that question, some perspective may be helpful. Although confirming four positive cases in a week is unusual, we are on par for an average year, as seen below in the total number of positive cases in recent years:

- 2023: 10
- 2022: 14
- 2021: 12

Regarding the four most recent cases, the wild animals were tested because they had physical contact with domestic animals. The good news is that the pets involved were all up-to-date on their vaccinations. Vaccinating your domestic animals not only protects your pets, but vaccinated pets act as a buffer to prevent the rabies virus from spreading

Health Column

Christie Wills, Roanoke City and Allegheny Health Districts

between wild animals and people. This cluster of recent cases serves as a reminder of the importance of steps to protect yourself, your family, and your pet from possible exposure to rabies:

- Do not approach an unknown animal, either wild or domestic, especially if it is acting strangely. Rabies can present differently in each case: some animals with rabies may appear aggressive, and others may appear abnormally friendly. Others may not have many symptoms at all. Report any sick or unusual-acting wildlife.
- Instruct children to tell an adult immediately if they were bitten or scratched by any animal.
- Do not try to separate two fighting animals. Wear gloves if you handle your pet after a fight.
- Keep family pets indoors at night. Don't leave them outside unattended or let them roam free.
- Vaccinate pets and livestock. Virginia law requires that all dogs, cats, and ferrets be vaccinated against rabies by four months of age. Some local organizations offer affordable vaccines in

- addition to low cost spay and neuter services—contact your local humane society to learn more.
 - Do not feed wildlife or stray animals. Discourage them from seeking food near your home by keeping your property free of stored bird seed or foods that attract wild animals; feeding pets indoors; and tightly capping garbage cans.
 - Board up any openings to your attic, basement, porch, or garage. Cap your chimney with screens. Bats can be particularly difficult to keep out of buildings because they can get through cracks as small as a pencil.
 - Report all animal bites or contact with wild animals to your local health department. If an animal has possibly exposed someone to rabies try to safely capture the animal. Some species can be observed or tested for rabies to avoid the need for rabies treatment. This includes bats that have skin contact with a person or that are found in a room with a sleeping person, unattended child, or someone with mental impairment. Bats have small, sharp teeth and in certain circumstances people can be bitten and not know it.
- The good news is that rabies in humans is 100% preventable. We employ a team of environmental health professionals who work with law enforcement, animal control, and clinical staff to help protect our communities. Thanks to their efforts here and across the country, we now see fewer than 10 human cases from rabies per year in the United States. Learn more about rabies from the Virginia Department of Health or the Centers for Disease Control.

Friends of Salem Library prep for Fall Book Sale: Sept. 13-15

Library Corner

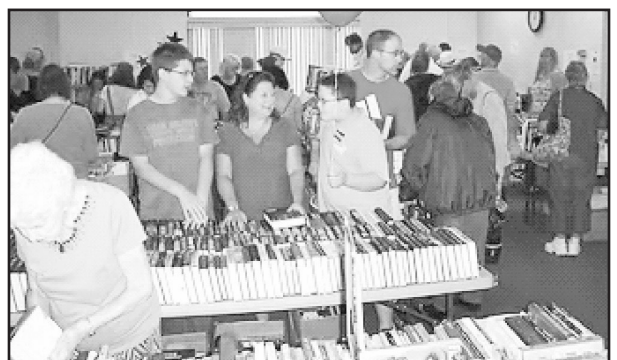
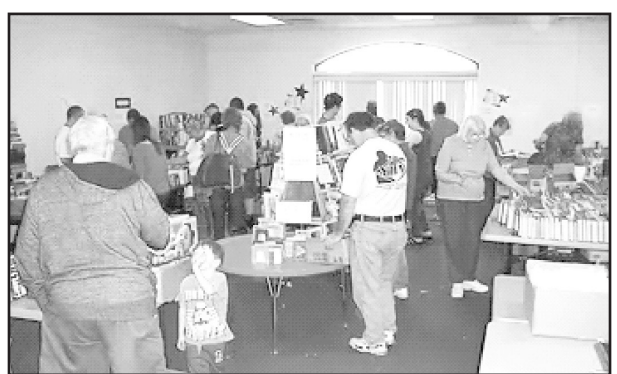
Empowering individuals to build a stronger community
Benita VanCleave

Member of the Friends of the Salem Library (FOSL) members are busy setting up for the book sale for Olde Salem Days weekend. Unusual books and sets will be listed on the FOSL website prior to the sale: www.SalemLibraryFriends.com Be sure to scroll down to the bottom to load additional pages of books. There are two first edition copies of E. B White books and military history books that are usually of high interest.

Friday, Sept. 13, 9 a.m.-noon: FOSL Members Only Sale. If you are not currently a member, you may pay the membership fee and join at the door to get an early look at the sale.

Public sale:
Friday, Sept. 13, 12-7 p.m.
Saturday, Sept. 14, 9 a.m.-4 p.m.
Sunday, Sept. 15, 1-4 p.m.; Bag Sale. Fill a shopping bag for \$5!

The book sales are the largest fundraising method the FOSL's use to provide support to the Salem Public Library. Their focus is on books and reading, but they do so much more. There's more: funding for Community-building events, Storytelling programs, furniture for the library, including the children's area and display fixtures, story time supplies, adult art program supplies, technology needs. They sponsor the Salem Public Library Summer Reading Program for all ages, including prizes, performers, and craft supplies.



Pictures from previous book sale.

Salem Times~Register

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

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Several members of the Friends work together to prep for the September 2024 book sale.

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12	13
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62							63					64

- CLUES ACROSS**

 - Undergarments for women
 - Periods of time
 - Dramatist Henrik
 - Any thick messy substance
 - Examination
 - Japanese city
 - Daze with a blow
 - With fireplace residue
 - Synthetic acrylic fabric fiber
 - Pittsburgh University
 - Scorched
 - Potato state (abbr.)
 - Anger
 - Suitable for use as food
 - To wipe out, obliterate
 - Used of unskilled work, esp. domestic
 - Loose earth, soil
 - Petrol container

CLUES DOWN

 - Pear variety
 - The Sator—Square
 - Light purplish-blue
 - Plants of the genus Cassia
 - Shelf unit for ornaments
 - Live in
 - Arthur ____, Wimbledon champion
 - A thwarting and distressing obstruction
 - Cut off from others
 - Tree trunk outgrowth
 - Tower used for storing silage
 - Br. public boys school
 - __ Ling mountain range
 - Clapton, musician
 - Mild yellow Dutch cheese
 - Peruvian province
 - Diagonal cut of cloth
 - A narrow path or road

CLUES ACROSS

 - Great (60's slang)
 - Conditions of balance
 - Foes
 - Sec. of Energy Steven
 - 6th day (abbr.)
 - Without qualification or exception
 - Sarah's title
 - Leisurely stroll
 - Austr. Army History Unit
 - Bowfin genus
 - S.A. mountain chain
 - __ Scott Case 1857
 - Mound
 - Springfield, IL candy founder
 - Frambesia
 - Reduced price event

CLUES DOWN

 - Fraternal Order of __
 - The boundary of a surface
 - Granular old snow
 - Rt. angle cleaving tool
 - Irreducible material
 - Oldest man-made rayon fiber
 - Affirmative! (slang)
 - Burial cloths
 - Surface layer of grass & roots
 - Not shaky
 - Kidney-shaped nut
 - Nursemaids in India
 - Alkali bee genus
 - Warble
 - A citizen of Denmark
 - Approves food
 - Golf ball supports
 - Pearl Harbor actress Rue
 - Coarse curly-leafed greens
 - Cancer detecting smear

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RECIPE OF THE WEEK



Shelly Koon

Contributing Writer

“Sometimes you need to eat an entire cucumber” is how TikToker @logagm has 5.7 million followers and he posts mostly cucumber salad recipes. Logan eats a whole cucumber as a snack. He mixes a sliced English cucumber with rice wine vinegar, chili oil, MSG, soy sauce, fish sauce, and sesame oil together in his OG recipe and the video that went viral. Now, he has millions of followers on TikTok, Instagram, and Facebook just because of cucumbers. Multiple creators on the platform have followed suit and made their own. I love cucumbers so I made some of his recipes and after many tries, and a little tweaking, I found the ones I like best.

One ingredient Logan always adds to his cucumbers is MSG. First invented by the Japanese biochemist Kikunae Ikeda in 1908 to enhance the flavor of dried seaweed, MSG (monosodium glutamate) is the sodium salt of glutamic acid, one of the most common naturally occurring amino acids. MSG is found naturally in some foods including tomatoes and cheese. MSG isn't bad for you. The FDA recognizes MSG in foods to be “generally recognized as safe” (GRAS), meaning having it in your food is not bad. MSG has been used as a food additive for many years. During this time, the FDA has received many reports concerning reactions that people have attributed to foods that had MSG in them. These reactions — called MSG symptom complex — include headache, flushing, sweating, face pressure or tightness, quick fluttering heartbeats, chest pain, nausea, and generalized weakness. Researchers have found no clear proof of a link between MSG and these symptoms. Although, as with other additives, a few people may have short-term reactions to MSG. Symptoms are often mild and don't need to be treated. The only way to prevent a reaction is to not eat foods that have MSG in them. Not only is MSG safe to eat, but it also improves food taste and can be a healthy option for many, including those who might benefit from a low-sodium diet. Since 1998, MSG cannot be included in the term “spices and flavorings”. However, the term “natural flavor/s” is used by the food industry for glutamic

acid. The following are alternative names for MSG: Monosodium glutamate or sodium glutamate, Glutamic acid, monosodium salt, Sodium glutamate monohydrate, UNII-W81N5U6R6U, flavor enhancer E621. Most home cooks will recognize the brand name “Ac’cent flavor enhancer” as a seasoning in many recipes.

According to Food Network, many fast-food chains including Chic-Fil-A use MSG in some of their foods. Some other foods include Doritos, Pringles, Hidden Valley Ranch, Cheetos, Boars Head Cold Cuts, Parmesan Cheese, gravy, protein powders, pepperoni, popcorn, and potato chips. Msg is usually buried in the ingredients list, so we don't know it's there and we enjoy every bite.

I have two recipes here for eating a whole cucumber, one as a side dish and one as a meal.

OG Tik Tok Cucumber

- 1 whole English cucumber washed (unpeeled) and sliced thinly.
- 3 TBS soy sauce
- 3 TBS fish sauce
- 3 TBS rice vinegar or red wine vinegar
- 1 clove garlic grated (or 1/4 tsp garlic powder)
- 1 tsp sugar (Splenda works too)
- ¼ tsp Accent
- 1/2 tsp sesame oil
- 1 tsp chili oil (I use garlic in chili oil)
- Sesame seeds

Add all ingredients to a large bowl and mix until cucumbers are well coated. Sprinkle with sesame seeds and serve. Store in the refrigerator in a sealed container.

High Protein Cucumber (340 calories and 41 g of protein)

- 1 English cucumber thinly sliced
- 1 or 2 TBSP PB2 powder (peanut butter powder)
- 1 tsp chili crunch oil
- 1 TBSP soy sauce
- Sprinkle of MSG (Ac’cent)
- 1 TBSP rice vinegar
- 2 packets of Sunkist Sweet& Spicy tuna

Mix all together until well mixed and enjoy!



COURTESY PHOTOS

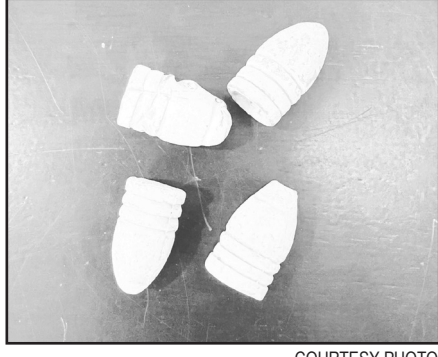
SALEM MUSEUM SPOTLIGHT

Salem Museum Ghost Walk returns October 3-5!

Unlike many communities across the commonwealth, Salem was spared much of the destruction caused by the Civil War. The Union Army marched on Salem twice during the War, in December 1863 and June 1864. After the second visit, the Battle of Hanging Rock took place. When soldiers marched through an area, bullets were often left behind.

You can see these bullets on display this weekend as part of the Salem Museum's Hands-On History Saturday program. This month, Hands-On History highlights “Ghostly Possessions,” items relating to this year's Ghost Walk characters.

To learn more about Salem during the Civil War, including the Battle of Hanging Rock, come to Ghost Walk, October 3-5. East Hill Cemetery comes alive after dark just once a year. Participants tour the historic graveyard and meet notable characters from Salem's past. These walking tours are



COURTESY PHOTO

Civil War Bullets

family-friendly, fun, and informative, but not scary. Tours leave the Salem Museum every fifteen minutes from 6 to 8pm. Advance tickets recommended. Tickets are \$12 for adults, \$8 for students of any age, and free for children three and younger. Tickets are available now at the Salem Museum and online at SalemMuseum.org.

Council

from page 1

- Approved, on second reading, a zoning request for 1590 W. Main Street, Bojangles restaurant, from Light Manufacturing District to Highway Business District;
- After a public hearing, approved on first reading a zoning request to allow Salem Montessori School Inc. to amend the existing special exception to allow for a second elementary school building at 101 Corporate Boulevard. Engineer Barney Horrell, representing Montessori, explained the existing school building on Boulevard is outdated and school officials want to get all the students on one campus;
- Rescheduled the regular Oct. 15 Council meeting to Oct. 7 because Councilmembers will be out of town at a Virginia Municipal League meeting in Virginia Beach;
- Set an Oct. 28 public hearing on

the expiring terms of School Board members Dr. Nancy Bradley and Teresa Sizemore-Hernandez;

- Set a \$6,292 bond for erosion and sediment control for 2640 Franklin St., described by VanAllman as “a large house;”
- Set a \$4,125 bond for erosion and control and landscaping for Savory Ventures of Salem, the new food court planned on Fourth Street at Roanoke Street;
- Added Tuesday, Dec. 24, as a City holiday for employees and closing City offices.

Mayor Turk, Vice Mayor Jim Wallace and Councilman Hunter Holliday attended the Sept. 9 meeting in person, with Councilman Randy Foley attending remotely for medical reasons. Councilman Bill Jones was absent after being injured in a fall earlier that day, city staff said. The meeting adjourned at 7:22 p.m.

Cellphone

from page 1

with these devices during school hours. Early feedback suggests that students and families are largely supportive of our efforts to limit cell phone use at school. While there have been a few instances of noncompliance, most students are meeting our expectations,” Curtis Hicks, superintendent, said.

The policy stipulates that devices must be “off and away” during the school day for students in PreK-8 and “off and away” during class for high school students.

Unlike elementary and middle school students, high school students are allowed to use their devices before and after school, between classes and during lunch. Elementary school students are expected to keep their devices in their cubbies, middle school students are expected to keep them in their lockers and high school students are expected to keep them in the caddie during class. Importantly, students who use devices to monitor their medical conditions are allowed to keep their devices with them after providing documentation from a physician.

Dr. Kelly Linkenhoker, principal of Salem High School, explained, “We are thrilled with the positive response from students, staff, and families to our decision to limit phone use during instructional times. We've noticed that students are more focused and engaged in their classes, which we believe will not only enhance their academic performance but also support their social, emotional, and mental well-being.”

She added, “Our classrooms feel more calm and focused, with students

free from distractions and more eager to collaborate and communicate with one another. It's been a very positive start to our school year.”

In his order, Youngkin noted, “The necessity of implementing cell phone-free education in Virginia's K-12 public schools is increasingly evident. Parents, public health professionals, educators, and other stakeholders across the commonwealth are expressing concern over the alarming mental health crisis and chronic health conditions affecting adolescents, such as depression and anxiety, driven in part by extensive social media usage and widespread cell phone possession among children. Cell phone-free education will significantly reduce the

amount of time students can be on phones without parental supervision.”

The Virginia Department of Education recently released draft guidelines outlining what it means to provide a cellphone-free education in the commonwealth's schools, as required by Youngkin's Executive Order 33.

“These initial guidelines appear to be even more restrictive than our current procedures. The VDOE is currently accepting public comments on these guidelines until September 15th. I encourage parents to review the guidelines and share their feedback to ensure their voices are heard in this important discussion. The guidelines are available at www.doe.virginia.gov,” Hicks said.

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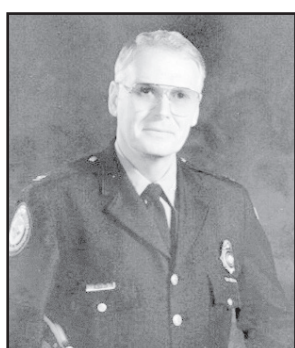


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OBITUARIES

Haskins, Jr., Harry Tucker (Tuck)

Harry Tucker (Tuck) Haskins, Jr. of Roanoke passed away after a long illness and went to be with the Lord on September 1, 2024. Harry was born in Clifton Forge, VA on October 8, 1936 and was preceded in death by his parents Harry Tucker Haskins and Mary Ann Kennedy, brother William Eugene Haskins, sisters Harriet H. Smith and Marian H. Raleigh, and late wife Darlene Terry Haskins. Harry is survived by his loving wife Judith Barrett Haskins, daughters and husbands Melanie and Scott Leweke of Blue Ridge, VA and Kathryn and Kevin Glasgow of Milton, GA and Nadine Kelley of Roanoke, mother of his children. Also surviving are stepchildren Will Abernethy of Roanoke, Nathan and Julie Abernethy of Roanoke, Whitney Miller of Dillwyn, and Steve Wilson and Ken Wilson. Surviving grandchildren are Greg and Sam Glasgow, Emma and Mary Leweke, and step-grandchildren Kaylee and Rachel Goin, Elijah, Nora and Isaac Abernethy.



Harry graduated from Clifton Forge High School in 1955, attended Richmond Professional Institute (now VCU) from 1955-1956, earned an Associate Degree in Applied Police Science in 1971 from Virginia Western Community College and a Bachelor of Arts Degree in Criminal Justice from Roanoke College in 1981. Harry also graduated from the 104th Session of the FBI National Academy in 1976.

His professional accomplishments were many: he founded Cardinal Criminal Justice Academy in Salem in 1983, serving as chairman of its board for ten years and board member until his retirement. Harry also served seven years as Executive Committee member, Vice President and President of the Virginia Association of

Chiefs of Police (VACP). In 1980 Governor John Dalton appointed Harry representing the VACP to The Criminal Justice Services Commission and in 1982 by Governor Charles Robb to the Criminal Justice Services Board, where he served for three years. He was the first chairman of the committee on Training which regulated training for all law enforcement officers in the state. Harry also served on the Emergency Preparedness Committee of the International Association of Chiefs of Police.

Harry enjoyed playing drums and being Drum Major with the Scottish Society of the Virginia Highlands in the Virginia Highland Pipes and Drums. He was active in the Boy Scouts of America on the district and council levels and received the Silver Beaver award and Wood Badge distinction. In 1995 he received the James E. West Fellowship. Tuck was a member of Rotary and was president of the Salem Club in 1994-1995 and was a Paul Harris Fellow. He was also active in Free Masonry and was a member of Taylor Lodge #23 in Salem. He served as Lodge Master in 1985.

Harry worshiped the Lord and was a member of the Salem Church of Christ for many years.

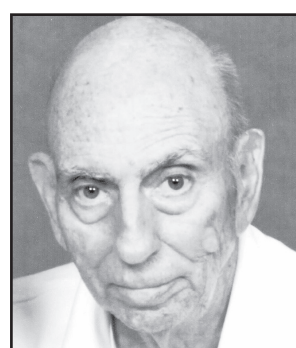
The family will receive friends from 6:00pm until 8:00pm on Friday, September 6 at Lotz Funeral Home in Salem, with services at 11:00 am at Lotz on Saturday, September 7 with the Reverend Mike Flinchum officiating. Graveside services to follow at Sherwood Memorial Park in Salem. In lieu of flowers, please consider donations to the Salem Church of Christ Thailand Mission, 401 West Main St., Salem, VA 24153 or the Salem Police Department.

Powell, Thomas (Tom)

Thomas (Tom) Powell, 81, of Blue Ridge, passed away on Tuesday, September 3, 2024.

He was a member of Colonial Baptist Church, a Veteran of the U. S. Army, and was employed by Coca Cola and Grumman Industries.

Tom was preceded in death by his parents, Ira and Christine Powell; and his sister, Frances Dillon. He is survived by loving wife of 58 years, Ann Powell; one son,



Billy Powell (Lisa); three granddaughters, Danielle Powell, Cassie Powell, Lexi Powell; one sister,

Sue Williams (Freddie); and several nieces and nephews.

A funeral service was held at 10 a.m. on Tuesday, Sept. 10, 2024 at Oakey's East Chapel with Pastor Joel Wegner officiating. Interment followed Fair View Cemetery. The family received friends from 9 a.m. to 10 a.m. prior to the funeral.

Arrangements by Oakey's East Chapel, 540-977-3909.

Turtle brings traffic to a crawl



PHOTO BY AILA BOYD

A turtle brought traffic to a crawl on W Main Street in Salem on Saturday afternoon while crossing the road. Luckily, a motorist stopped to ensure the reptile safely made it across.

Days

from page 1

trucks and music entertainment will be set up in the Farmers Market for the entire family and an auto show for the car enthusiast as well.

Olde Salem Days is one of the premier arts and crafts festivals in Southwest Virginia. Every year, on the second Saturday in September, downtown Salem is transformed into

an outdoor bazaar for some of the most talented artisans and crafters in the country.

“Olde Salem Days is a great chance to enjoy a day with family and friends, an opportunity made possible by the warmth and diverse talents of the people of Salem and the surrounding communities,” organizers said.

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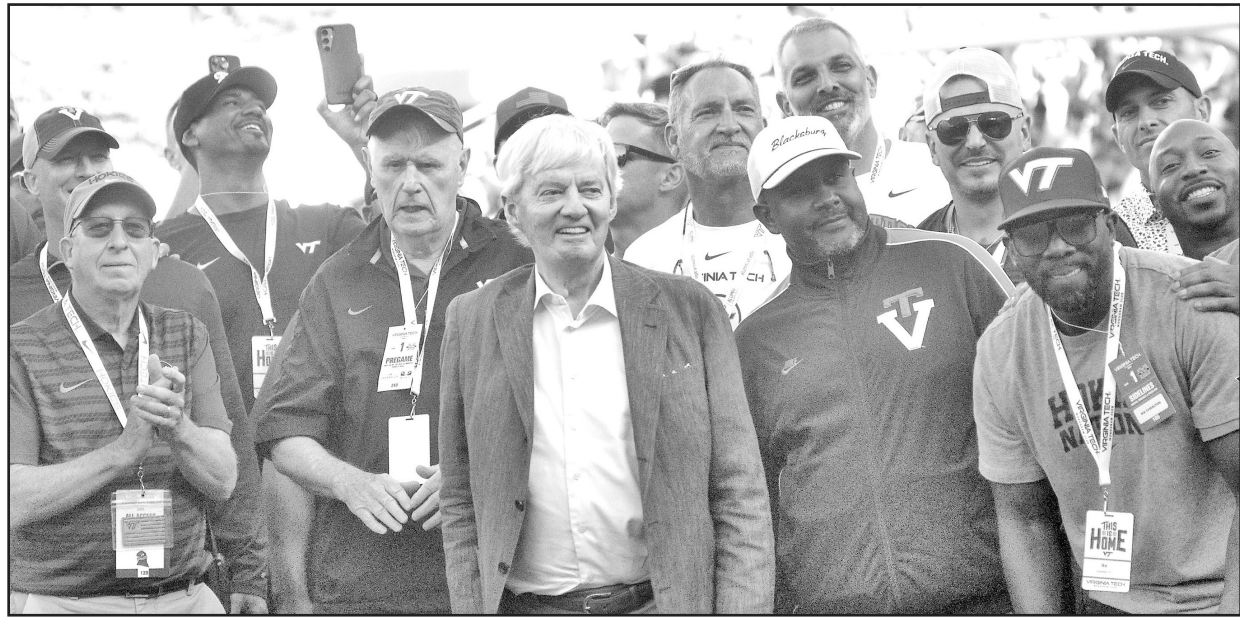


PHOTO BY BRIAN HOFFMAN

Former Virginia Tech football coach Frank Beamer (center with jacket) is all smiles as the 1999 national runner-up Hokies are recognized at last Saturday's game at Lane Stadium. The current Hokies made it a big day as well with a 31-14 win over Marshall. This Saturday Tech will play at Old Dominion at 6 pm.

'99 Hokies return

SALEM FOOTBALL

continued from page 14

Holter. "And it's going to be good to be back home. Any time we play at Salem Stadium its special."

The Spartans are hoping Franklin County, another Class 5 school, wins a lot of games this year now that the Eagles are in Salem's rear view mirror. The Spartans should pick up some points after winning last Friday's game at Cy Dillon Stadium in Rocky Mount.

Last week didn't start out well for the visiting Spartans, as they fell behind 13-0 early in the game. However, the Spartans battled to go up 29-23 at the half, then outscored the Eagles 27-7 after intermission to win going away.

"We got off to a slow start but our kids didn't flinch," said Holter. "Our defense is young and it showed as we spotted 13 points to a good football team, but they grew up in the second half."

The offense was hitting on all cylinders. Senior quarterback Eli Taylor connected with junior receiver Coen Logan five more times Friday night, in which three went for touchdowns. Taylor's perfect touchdown strike to Logan from 42 yards out opened the scoring in the second half and set the tone for the win. In two weeks Taylor and Logan have hooked up for 12 completions for 216 yards and four touchdowns. Of Taylor's 13 completions in the first two weeks all but one have gone to Coen.

"Those two kids work hard at their craft," said Holter. "They genuinely love each other and spend a lot of time together. Coach (receivers coach Viante) Tucker has done a great job with them and they come to work and perfect their trade at a high level."

Salem also rushed for 264 yards against Franklin County. Sophomore Jordan McCadden continues to impress as he rushed for 136 yards on just five carries with two touchdowns, one of 89 yards. He also returned a kickoff for a TD for the second week in a

row, this one from 80 yards away.

Josiah Persinger had 84 yards rushing on 16 carries. Fullback Jordan Burton had 25 yards on nine attempts.

On defense Logan had 11 solo tackles with two for losses. Sophomore DaVon Jones had a game high 16 tackles, of which 10 were solos, and he also had a sack. Jaquan Henderson had seven tackles and John Douglas had six.

"I see us growing up day-by-day on defense," said Holter.

The Salem junior varsity beat Franklin County in overtime last Thursday, 27-20 in overtime, but lost to Liberty Christian Academy in a makeup game Monday, 20-0. Both were at home, and Salem jayvees will play at Fleming tonight.

GLENVAR FOOTBALL

continued from page 14

Glenvar quarterback Brody Dawyot had a good night with seven pass completions, three of which went for touchdowns. He passed for 182 yards and ran three times for 30 for 212 yards of offense.

Cooper Mullins ran 13 times for 170 yards and two scores, an average of over 13 yards per attempt. Jace Forster had two catches for 92 yards, Trey Dawyot had one for 43 and Peyton Deel had one for 31, and all three caught a touchdown pass.

On defense Jacob Campbell led the Highlanders with 13 tackles. Brody Dawyot had eight tackles, with a sack and two for losses, and brother Trey Dawyot had an interception. Rawlin Hanks had eight tackles and a sack.

"They say you improve the most from week one to week two and our team responded," said Clifford. "Liberty isn't an easy team to prepare for, they run 30-some formations. Winning is hard, it doesn't matter who you play."



Rich week on Poor Mountain

The results are in for the second week of our football contest and this was a tough one to win. Several contestants missed just one game so it went to the tie breaker, and when all was said and done Diane Beason of Poor Mountain Road came out on top.

Diane didn't have a poor week, as her only miss was picking the Browns to beat the Cowboys. She got all the high school and college games correct, and for her efforts she'll receive a \$50 gift certificate from Mac & Bob's Restaurant in Salem.

For our 19th hole question I asked you to predict the score of the Washington-Tampa Bay game of the first week of the NFL play. I know there are quite a few Redski. . .er, rather. . .Commanders fans in the area but the entries were split about 50-50. The closest one to the actual score of 37-20 Bucs was Eddie Howard of Salem who predicted a 34-21 Tampa Bay win. So, Eddie gets a free round of golf at the Salem Municipal Course on Academy Street.

For this week's 19th Hole give me your prediction for the Salem-William Fleming game Friday night. It's the Spartans' home opener and Fleming comes in having outscored two foes by a total of 145-0 over the first two weeks. Put your prediction in the space provided and you could be teeing it up at the popular "sand greens" course in the near future, free of charge.

-Brian Hoffman



PHOTO BY BRIAN HOFFMAN

Glenvar's Cooper Mullins is pushed out of bounds after a nice gain in last week's game with Liberty.



PHOTO BY BRIAN HOFFMAN

The stands are packed and the hill behind the end zone is full of Maroon fans at what is believed to be the largest crowd to watch a football game at Salem Stadium.

Brian Hoffman column

continued from page 14

After last Sunday, I expect many of those in attendance will be coming back and wishing it was sooner rather than later. It was a beautiful day and a great atmosphere. I understand Stinespring had quite a few recruits at the game, and what a great show for them to see!

"I want to thank the Salem community and surrounding areas for coming out to support the Roanoke College football team," said RC athletic director Curtis Campbell. "The turnout was amazing, the game was entertaining and I thought our young men performed extremely well given they've only practiced a few weeks. Hat's off to Bryan and the coaching staff for a job well done!"

Maroons beat H-S JV in return to gridiron

In the program's first game since 1942, the Roanoke College football team defeated the visiting Hampden-Sydney College junior varsity squad, 34-27, in front over 9,000 fans at Salem Stadium Sunday. The Maroons are competing this year as a club team before achieving full varsity status in 2025 and becoming a full member of the Old Dominion Athletic Conference (ODAC).

Roanoke took the lead for good on a Blake Moore to Ethan Graves connection for a 27-yard touchdown midway through the fourth quarter to cap an 11-play, 80-yard drive. The Maroon defense sealed the win on a Connor Pleasants interception in the closing seconds.

Roanoke got on the scoreboard first at the 5:43 mark of the first quarter as Tyson Miller caught a Moore pass for an 11-yard score. Hampden-Sydney found the end zone twice to go ahead 14-7 before Moore hit Cole Chizuk for a 37-yard touchdown early in the second quarter to knot the game at 14-all.

The Maroons erased a 21-14 deficit with two touchdowns before halftime. Brayden Andrews ran the ball in from nine yards out and Wyatt Bach took an interception into the end zone to give RC a 26-21 edge at intermission.

The Tiger jayvees went ahead 27-26 with a TD and failed two-point conversion but the Maroons succeeded in their two-point conversion on Graves' touchdown with a pass to Salem's Khamari Garner and the defense made the seven-point lead stand up.

Moore completed 19-of-36 passes for 269 yards, three touchdowns and just one interception while Chizuk caught all seven of his targets for 110 yards receiving. Andrews had a team-high 44 yards on the ground on 10 carries.

The Maroons are off this week, returning September 21 for a game in Winchester against the Shenandoah University jayvee team.



Above, it was a party in the parking lot prior to Roanoke's football game at Salem Stadium Sunday. Above right, Salem High grad Khamari Garner returns the first RC kickoff in 82 years, and right the new Maroon cheerleaders cheer on the team to a win over the Hampden-Sydney jayvee team.



PHOTOS BY BRIAN HOFFMAN

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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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The 19th Hole
(see story)



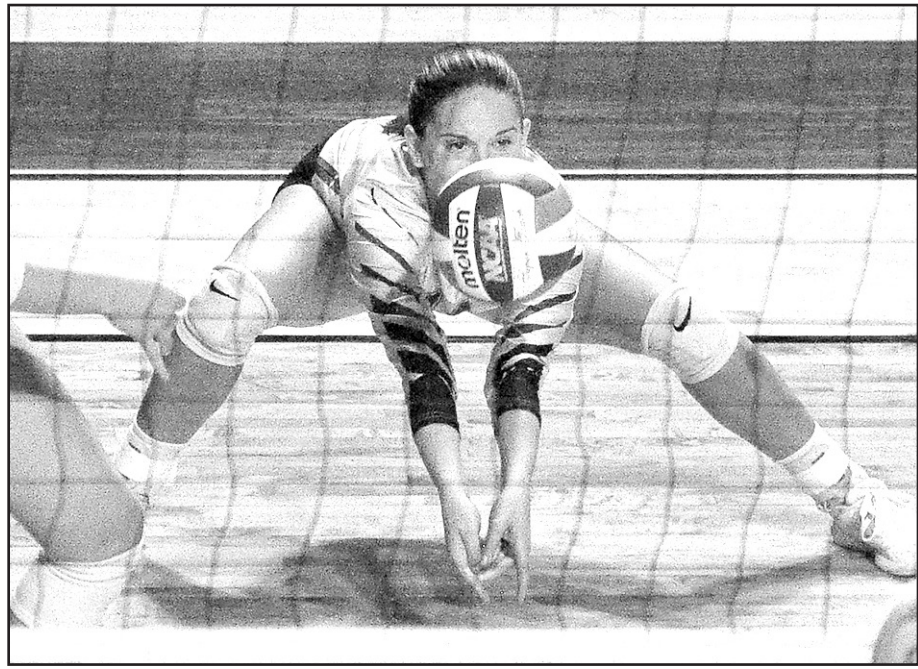
Myah Crews goes to the floor to dig one out for Salem. PHOTO BY SCOTT GARDNER

Unbeaten Spartans host Cave Spring

The Salem High volleyball team will put their unbeaten record on the line tonight when they host Cave Spring in the Spartans' River Ridge District opener. Salem comes in at 6-0 after winning a non-district match at Northside Tuesday night, 25-12, 25-9 and 25-8.

The game was delayed 30 minutes while Northside officials tried to remove a bat from the gym. When the coast was clear Bailey Redford had seven kills to lead the Spartans while Gabby Crawley and Kate Gibson had four each. Tate Thomas had 26 assists.

Last Thursday the Spartans hosted Roanoke Catholic at home and eased by the visiting Celtics in three, 25-4, 25-23 and 25-6, in a "bat free" match. Myah Crews led the defense with 15 digs and Tate Thomas dished out 34 assists. Crawley was high with nine kills and Tinsley Thomas had eight.



Brynlee Burrill of Roanoke College goes low in last week's Maroon Classic. PHOTO BY BRIAN HOFFMAN

Maroons win three in "Classic"

The Roanoke College volleyball team improved to 5-3 on the season after taking three of four matches in the Maroon Classic at the Cregger Center in Salem last weekend.

The Maroons played two matches on Friday and won them both in three sets, defeating Greensboro College and North Carolina Wesleyan. They opened with a 3-2 loss to Methodist University on Saturday but rallied to beat Ferrum in three in their last match of the weekend, 25-18, 25-17 and 25-14.

Peyton Kirchner had a match-high 14 kills with four blocks against Ferrum while Rylee Mayer had nine kills and six digs. Hailey Evans compiled five kills and three blocks and Kylee Draper had 21 assists.

The Maroons were scheduled to host Meredith College on Tuesday but results were too late for publication. On Wednesday they return the trip to Ferrum and Saturday they play Wilson College in Harrisonburg at 2 pm.

Still time to sign up for Pickleball

The second annual Pickleball Spartan Fall Classic will be held at the courts at the Moyer Complex on September 27-29 and there's still time to enter.

The event begins with a Player/Community Fun Night on September 27 followed by tournament play on the 28th and 29th. There are multiple skill levels and age brackets and all proceeds benefit the Salem High School tennis teams. There is prize money for the open divisions, medals for winners in each event and players receive a gift bag and tournament towel.

To register go to pickleballbrackets.com. Deadline is midnight on September 18 and the event has already surpassed the number of players from last year so don't delay.

Lewis football downs PH

The Andrew Lewis Middle School eighth grade football team ran their record to 4-0 with a 27-8 win over the Patriots of Patrick Henry on Monday at Spartan Field in Salem.

The offense was led by the running of Eli Yates, who also caught a pass from Nate McNeill for the first touchdown. Long touchdown passes were also received by Ji'Zaiah Haynes and Jahamere Nance. The defense was led by line-

backers Tristen Tucker, Eli Yates and Jemari Allen.

Last Thursday at Salem Stadium the Wolverines defeated Read Mountain, 39-12. The offense was led by the passing of McNeill, who hit Haynes and Nance with touchdown passes.

"The offensive line play of Takwan Brown, Canaan Kasongo, Easton Barnett, Berkley Gunter, Wyeth Garnett, Cole Motley and Lucas Hutchison provided the protection needed for the passing game to succeed," said coach Brian Hooker.

Haynes intercepted a Read Mountain pass for a touchdown and Yates returned a Starz fumble for a score.

The 7th grade team defeated William Byrd Middle on Monday, 46-28 to run their record to 2-2 on the season. The eighth graders are at William Byrd today while the B team will host Glenvar at Salem Stadium at 5:30 pm.



Ji'Zaiah Haynes of Andrew Lewis takes an interception to the house for a "pick six" against Read Mountain. PHOTO BY BRIAN HOFFMAN

Highlanders down Patrick Co. in Three Rivers District opener

The Glenvar volleyball team opened Three Rivers District play with a win in Stuart against Patrick County Tuesday. With the win the Highlanders improved to 4-1 while the host Cougars went down to defeat for the first time, falling to 5-1.

It was easy, as three of the four sets were decided by two points. Glenvar won 26-24, 25-23, 26-28 and 25-15. Sophia Hammersley had 27 assists and Mahre Swanson had five kills and four aces.

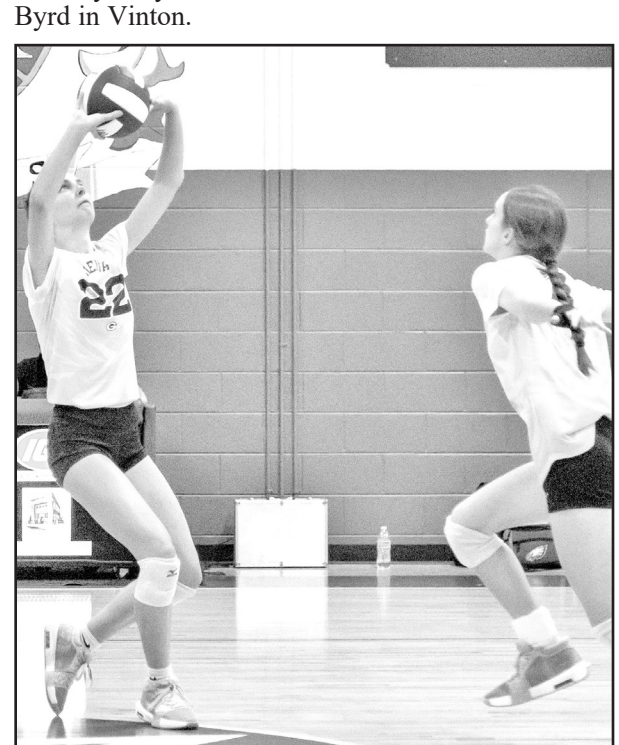
Last Thursday at home Glenvar finished a sweep of their series with Northside by taking the Vikings in three sets. Glenvar won 25-21, 25-14 and 25-12 at Glenvar.

"We served extremely well as a team, with only five errors compared to 12 aces," said Glenvar coach Mark Rohrback.

Individually, Hammersley had 16 serves and 30 assists for Glenvar. Sophie Nicely

also had a solid match, leading the team in aces with four and digs with 14 while adding six kills. Swanson led the team with eight kills, and also added 11 digs and Macy McMahon had four aces, six kills and four digs.

The Highlanders are back home tonight to host Carroll County in a Three Rivers match and next Monday they have a non-district tilt with William Byrd in Vinton.



Glenvar's Sophia Hammersley sets one up for Grace Fiedler in last week's win at Craig County. PHOTO BY JIM DEVINNEY

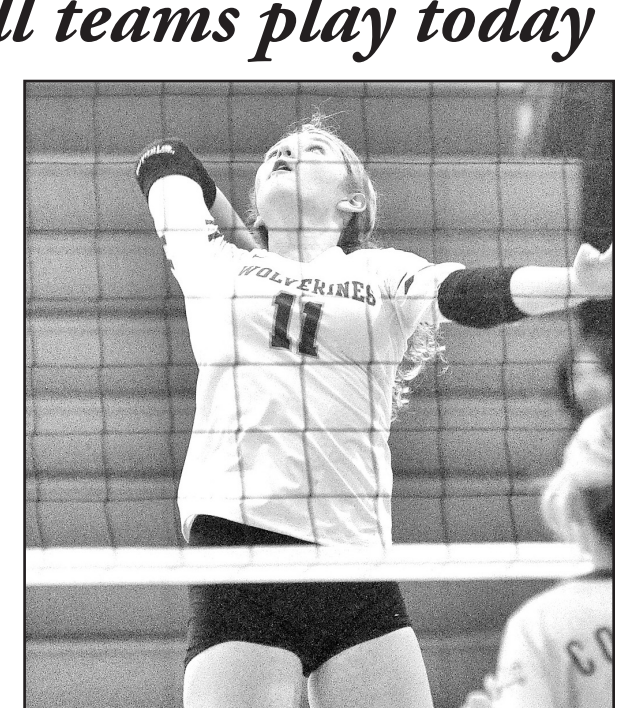
MS V-ball teams play today

The Andrew Lewis and Glenvar Middle School volleyball teams will both be in action today as Lewis will travel to Ben Franklin and Glenvar will host Central Academy.

The Highlanders played at Floyd on Monday and took a two-set win, 25-18 and 25-15. Last week Glenvar beat Blacksburg and Radford.

Lewis hosted Pulaski County on Tuesday and lost in two sets, 25-9 and 25-13. Lewis split two matches last week, defeating Northside and falling to Cave Spring.

Next Monday, September 16, Lewis will play at Read Mountain while Glenvar heads to Vinton to play William Byrd.



Sydney Fry of Andrew Lewis goes up for a spike in Monday's match with Pulaski County. PHOTO BY BRIAN HOFFMAN

RC field hockey team tames Gators

The Roanoke College field hockey team came away with a 6-1 victory over the Allegheny Gators on Saturday in Salem thanks in part to a three-goal hat trick by senior Grace Vernarelli.

The Gators struck first, just under one minute into the game off a penalty corner, but Roanoke answered back after earning a penalty stroke converted by Vernarelli to bring the score to 1-1. Sophomore Ashley Mountcastle found Vernarelli in the arc for her second goal early in the second half to

open the flood gates for the Maroons. Vernarelli snagged her third goal after spin moving a defender and sending the ball into the lower right corner of the goal.

Vernarelli's hat trick was the third of her career. Her previous two occurred against Ferrum in 2022 and 2023.

Now 2-1, the Maroons are in Tennessee this week to play two games in Sewanee, on Saturday against DePauw and Sunday against host Sewanee.

RC cycling team hosts race

The Roanoke College Cycling Team hosted the first race of the Collegiate MTB season last weekend at Explore Park in Roanoke. Aunika Kemp took the top spot of the podium in the Category A women's field with Katie Kluczynski and Arden Rossi rounding out the top three.

Jane McCoy and Caroline Kunkle also raced in their home event, in the Category B/C race, with Jane finishing fifth and Caroline competing in her first ever MTB race.

On the men's side, Kelby Hanson and Samuel Lang put up a hard-fought battle against some of the best collegiate riders in the country, finishing in seventh and eighth. Michael Gallik had an impressive ride on a very heavy bike to finish in 15th.

Highlanders hammer Covington

The Glenvar Middle School football team defeated Covington, 48-20, last Thursday evening at Highlander Stadium.

Money Shaw ran for three TDs and Jay Barnett and Zane Smith each ran for one. Smith also caught a pass for a score from Kiptyn Jones, who was 12 of 26 passing while Smith led Glenvar in receptions with six.

On defense Anthony Cline had a scoop in score and Lyric Adams led the team in tackles with six as Glenvar improved to 3-1 on the season. The Highlanders will take on the Lewis B Team at Salem Stadium today at 5:30 pm.



Glenvar Middle School's Money Shaw sacks the Covington quarterback to deny the Cougars a two point conversion in last week's win at Highlander Stadium. PHOTO BY BRIAN HOFFMAN

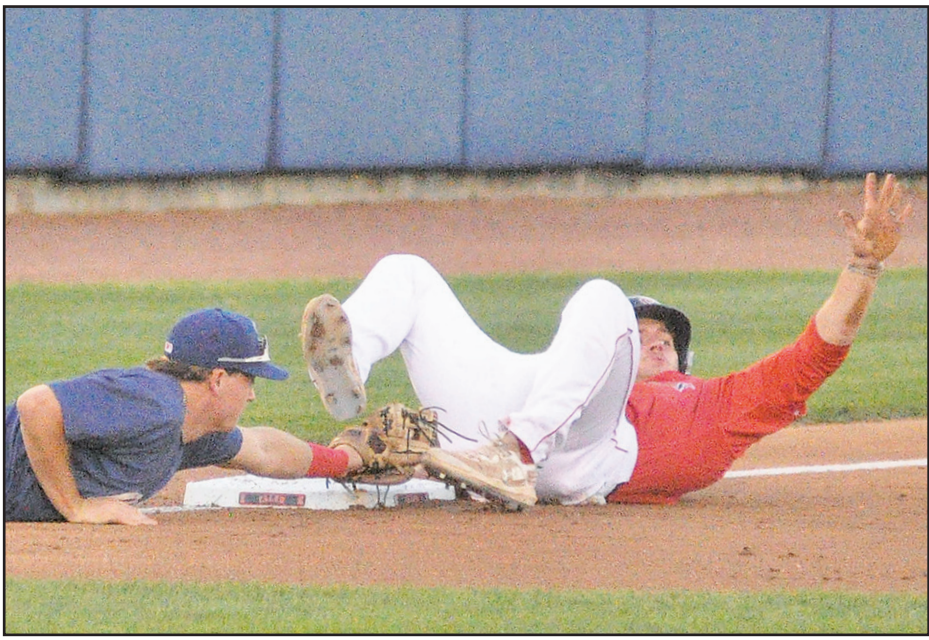


PHOTO BY BRIAN HOFFMAN

Brooks Brannon of the Salem Red Sox calls time after sliding safely into third in a game with Kannapolis last week.

Salem Red Sox miss playoffs but finish season with winning record

The Salem Red Sox split their final home series of the Carolina League season with Kannapolis last week and failed to catch the Fredericksburg Nationals for a spot in the playoffs. Salem won the first two games but then lost three in a row before ending the season with a 13-3 win on Sunday afternoon.

The Sox finished with a winning record, going 34-32 in the first half and 36-30 in the second half for a 70-62 season record. Andy Lugo led the team in batting average among players with at least 100 at bats in Salem with an average of .271. Johanfran Garcia hit .385 but only batted 52 times in the Carolina League. Albert Feliz led the Sox with 11 home runs. Natanael Yuten led with 50 runs batted in and Nelly Taylor had 31 stolen bases for high on the team.

On the mound, Royman Blanco had 10 wins to lead the Sox and he also tied Max Carlson for high with six saves. Matt Duffy pitched the most innings in Salem, 98.2, and led the team with an even 100 strikeouts. Duffy finished the season with a 2.83 earned run average. That was second to Elmer Rodriguez-Cruz' 2.51 ERA for pitchers who threw at least 60 innings for Salem.

Carolina won the first half in the North Division with Fredericksburg winning the second half. In the South Kannapolis won the first half and Charleston won the second half. Playoffs were scheduled to begin Tuesday with Carolina at Fredericksburg and Kannapolis at Charleston. Carolina, a Milwaukee Brewers farm team, had the best overall record in the league at 78-51.

Cross Country season starts in a big way for local runners

The local cross country teams hit the trails last week with two big races. Salem and Glenvar runners competed in the Bengal Clash at the Smith River Sports Complex in Martinsville last Tuesday and the Knights Crossing event at Green Hill Park in Roanoke County on Saturday.

The Knights Crossing drew over 3,000 runners from five states to scenic Green Hill Park. The Salem varsity ran in the Red Division for larger Virginia public schools and out of state teams. Addy Funk was Salem's top finisher, taking 45th out of 331 runners. Following Addy were Harper Rocovich(162), Claire Rollins(187), Caroline Huff(204), Blair Bowers(244), Aubrey Snead(246) and Caroline Loveday(249) The team finished 25th out of 48 schools.

In the boys Red race the Spartans placed 22nd out of 57 schools. The top finisher was Isaac Snow, finishing 94th out of 476. Following Isaac were Austin Prosser(130), John Stovall(166), Thomas Scharp(222), Luke Stovall(258), Grafton Smith(269), Rick



Above left to right, Salem High's Addyson Funk, Harper Rocovich, Caroline Huff and Claire Rawlins lead the Salem Spartans team at the start of the girls' Red race at Knights Crossing. Right, Glenvar's Tyler Davis crosses the finish line in a crowd during the Knights Crossing Red race on Saturday at Green Hill Park.

Rawlins(320) and Yuvraj Singh(433).

"The nice weather allowed Salem to have 11 girls and 10 boys run a season best time," said Salem coach Tom Roth, as Salem also had runners in the White race for runners not entered

in the Red.

Glenvar's girls competed in the Red race and Anna Hall led the team with a 141 finish, followed by Everly Shanks at 144. Tyler Davis led the boys at 102 with Bryce Austin at 123.

Glenvar's middle school boys finished first as a team with three runners in the top 20. Jaxson Kuzmich was sixth, Zac Davis was 11th and Matthew Brennan was 18th.

Andrew Lewis has a team as well this year

and the Wolverines first meet was at the Knights Crossing. Lewis finished 24th in the girls' race as sixth grader Madelyn Eversole finished seventh out of 369 runners.

In the boys' race there were 33 teams and the Wolverines finished

17th. The top finisher for Lewis was Landon Nunley, who placed 13th out of 380 runners.

This Saturday the Glenvar High and Lewis Middle School runners will compete in a meet hosted by Hidden Valley.



PHOTOS BY JON FLEMING

Gustafson is ODAC Defensive Player of Week

Roanoke College goalkeeper Luca Gustafson, a Glenvar High School graduate, has been named the Old Dominion Athletic Conference Defensive Player of the Week as announced by the ODAC on Monday.

Gustafson put together two clean sheets in a 1-0-1 weekend for the Maroons, which included a win over the #20 ranked Emory University. The graduate student made nine saves in 180 minutes of work to help RC win the first annual John P. Salamone Invitational.

Gustafson and the Maroons will be honored during the game as well.



LUCA GUSTAFSON

take on Marietta College at Donald J. Kerr Stadium on Saturday, September 14, in a 2 pm non-conference matchup. Roanoke's 1993 team will be honored during the game as well.

RC soccer women are home tonight

The Roanoke College women's soccer team played its second ranked team in as many days Sunday but fell 2-0 to 18th ranked Hardin-Simmons University of Texas in the fourth and final game of the two-day Roanoke Invitational in Kerr Stadium.

The Maroons controlled much of the second half of play, and outshot the visitors 8-3 in the final 45 minutes, including a 4-1 edge in shots on goal. Hardin-Simmons went ahead early with two scores in the first 26 minutes of action. Sophomore Grace Suchy made six saves on the night for the Maroons.

Roanoke hosted Johns Hopkins on Saturday and dropped a 4-0 decision. The Maroons, now 0-3-1, will be looking for their first win when they host Southern Virginia University tonight at 7 pm.

Titans win County Cup

Hidden Valley edged south Roanoke County rival Cave Spring by two strokes and Glenvar was fourth in the "Roanoke County Cup" golf tournament at the Blue Hills course Monday.

The Titans carded a 313 for low score among the county teams, followed by Cave Spring at 315. William Byrd was third at 322, Glenvar shot 329 and Northside came in at 337.

"We played really well and had two golfers shoot in the 70s," said Glenvar coach Shawn Duff.

Riley Wolk shot a 76 and Tyler Smith carded 78 to lead the Highlanders. Also scoring were Adam Franklin at 85 and Grayson Shepherd with a 90.

"Overall I was pleased with the match and continued improvement," said Duff. "This will hopefully get us some momentum and confidence heading down the stretch as we prepare for the Sub Region match at Botetourt on September 30th."



PHOTO BY SUZANNE WITCHER

Glenvar's Riley Wolk sinks a putt at Blue Hills Monday.

Challenger Golf Tournament is at Ashley Plantation

The Little League "Challenger" golf program will put on a fund-raising golf tournament on Saturday, September 28, at the Ashley Plantation County Club.

Little League Challenger is a 501c non-profit division of Little League Baseball that provides boys and girls ages 4 years of age and older, with mental and/or physical disabilities, the opportunity to experience the fun of play-

ing baseball.

The golf tournament is used to raise much-needed funds for the teams and players. In addition to players the group is seeking help with donated items to be auctioned off or used for the tournament like water, sodas and snacks or any giveaways to be included in the golf bags for the 250 golfers. Also, hole sponsorships are available at various prices.

A "flight shotgun start" will get the tournament underway at 1 pm on September 28 and cost is \$90 per golfer or \$360 for a team. It will be a captain's choice tournament and many prizes will be offered. Also, each golfer receives special tournament complimentary gifts.

To sign up call 540-600-4653. Deadline for registration is Monday, September 23.



PHOTO BY JON FLEMING

Salem's Kathryn Ha, who shot six under at Hidden Valley last week, has committed to Vanderbilt University.

Ha headed to Vandy

The Salem High golfers competed in a match with Northside, Cave Spring and Pulaski County in a four-team invitational last Thursday. Northside hosted the match at the Hanging Rock Golf Course in Roanoke County.

The Spartans had four players in the top 10, including some solid production from Salem's three freshmen. Senior Kathryn Ha finished in first place on the day with a two under par 70 while freshmen Mike Bateman finished fifth, Will Creger finished tied for sixth and Croix Bowen finished tied for eighth.

"I'm thrilled with these young guys playing at a high level," said Salem coach Blaine Hancock. "They are all working hard and it shows."

Also playing for the Spartans were junior Zach Boccock with an 87 and senior Aidan Andrews at 89. Salem finished first as a team with a 318 followed by Pulaski at 327, Cave Spring at 335 and Northside at 344.

Salem also played in a River Ridge District match at Hidden Valley on Tuesday, September 3rd. Blacksburg won the team event by 30 strokes but Salem's Kathryn Ha shot a six under par 65 for medalist honors. She won by three strokes as nine players scored even par or better on the day.

"Kathryn had a spectacular day on the course," said Hancock. "She showed why she is one of the top players in the country. She hit a lot of shots close and took advantage of scoring opportunities, getting eight birdies on the day."

Kathryn recently made the official commitment to Vanderbilt University to pursue her academic goals and continue her golf career at an elite collegiate level. She had previously planned to attend the University of Virginia.

The Spartans were at Draper Valley for a River Ridge match on Tuesday of this week but results were too late for publication.

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Glenvar crushes Liberty, will play Cave Spring Fri.

The Glenvar football team will be looking to make it three in a row Friday night when the Highlanders play Roanoke County rival Cave Spring in football. The 7 pm start is at Dwight Bogle Stadium behind Cave Spring Middle School.

Cave Spring comes in at 1-1 with a 21-14 opening night win over Western Albermarle followed by a 21-14 loss to rejuvenated Northside last week. Glenvar has won the last six games in this series, including defensive battles the past two years. Glenvar beat the Knights 10-3 in 2022 and 7-3 last year. Cave Spring coach Hunter Shepherd, a William Byrd graduate, is in his second year as head coach.

“They’re very ‘Byrdish,’” said Glenvar coach Kevin Clifford. “He runs a lot of (former Byrd coach Jeff) Highfill’s stuff. They want to run the ball and control the clock and they’ll be physical. It will be a tough game, they probably should have beaten Northside.”

Glenvar routed Liberty High of Bedford in the Highlanders’ home opener last Friday, 50-8. It



PHOTO BY BRIAN HOFFMAN

Glenvar's Trey Dawyot(#7) goes high to intercept a pass in Friday's win over Liberty.

was the 29th loss in a row for the Minutemen, who have been outscored 101-14 in the first two weeks of this season. An 80 yard run for a touchdown in the first quarter was the only thing that kept the Highlanders from recording a shutout, and it happened right in front of the Glenvar sideline.

“It was right in front of me,” said Clifford. “We

probably missed six tackles on that run.”

It really didn’t matter because the Minutemen couldn’t stop the Glenvar offense, not even for a minute. Glenvar didn’t send the punt team on the field all game as every possession resulted in a score except the final one, which resulted in “victory formation.”

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Salem hosts Fleming for home opener

Spartans fall behind early but rally to beat Franklin Co., 56-30

The Salem Spartans have their football season home opener this Friday and it should be a good one. The Spartans will host undefeated, and unscored upon, William Fleming at 7 pm Friday night.

Salem comes in at 1-1 after splitting two road games. Salem opened with a loss to Liberty Christian Academy in Lynchburg but bounced back to beat Franklin County last Friday. The Spartans fell behind 13-0 at the outset but rallied to defeat the Eagles, 56-30.

Fleming opened their season with two shutouts. On opening night the Colonels manhandled hapless Hidden Valley, 90-0, taking a 70-0 lead at the half. Last week they shut out Albemarle, 55-0.

There are a lot of ties between the two teams. Fleming coach Nick Leftwich played quarterback for Salem in his high school days and his dad, Jeff, was an assistant coach at Salem and now helps Nick at Fleming. Salem coach Don Holter played for Salem, was an assistant at Fleming, and had Jeff Leftwich on his Spartan staff.

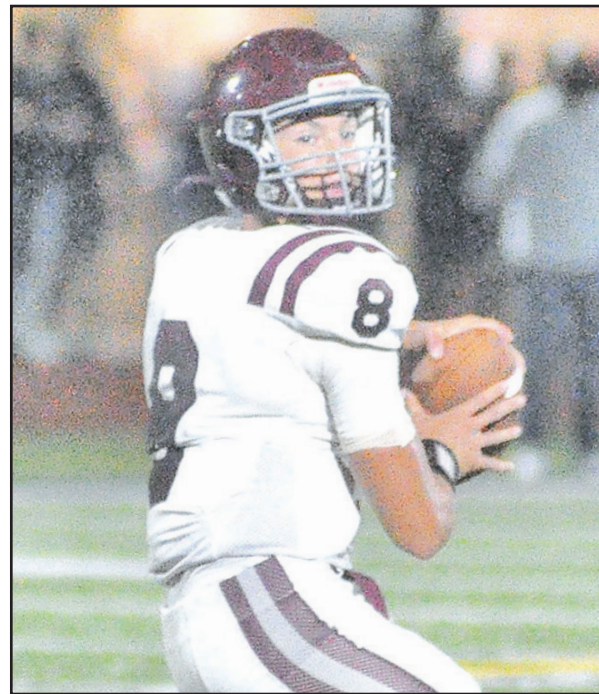


PHOTO BY BRIAN HOFFMAN

Eli Taylor threw three touchdown passes to Coen Logan in Salem's win at Franklin County.

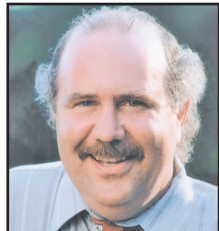
“Coach (Jeff) Leftwich and I are good friends, and I coached against Nick when he played at Salem and I was at Fleming,” said Holter. “You can see a lot of Salem in their program. They do a lot of our stuff.”

You can rest assured the Colonels won’t be putting 90 points on the Salem Stadium scoreboard Friday night, but it should be a good game. Nick Leftwich took a Fleming program that was 8-13 combined in 2021 and ’22 and coached them to an 8-5 record last

year, including playoff wins over Patrick Henry and Douglas Freeman in Region 5C.

A win would be huge for the Spartans in the VHSL point system. Fleming is a Class 5 team, good for extra points for Class 4 Salem, and the Colonels are going to win a lot of games this year. Each win would give Salem “rider points” as the Spartans look to finish high in Region 4D and get some post-season home games.

“It will be huge,” said **continued on page 10**



Brian Hoffman

Welcome Back Maroons

I never thought the largest crowd I’d see for a football game at Salem Stadium would be a jayvee game! The new Roanoke College football team took the field for the first time Sunday and it was a huge success. A large crowd watched the Maroon club team beat the Hampden-Sydney jayvees, 34-27, on an absolutely beautiful day.

I was looking forward to the game, the first since the school abandoned football during World War II. I’d seen a couple practices but I had no idea what to expect on Sunday. The players had no spring practice, as almost all of them were still in high school in the spring, and preseason practice didn’t begin until August 15.

As far as the crowd, I was hoping to see the home side half full. There was no admission charge, but the game was on the first Sunday of NFL football and, after all, the Maroons were playing the Hampden-Sydney jayvees.

Boy was I surprised. I arrived at Salem Stadium about 45 minutes before the game so I could take some photos of the tailgaters. What a scene!! The parking lot was packed, and not just because the Red Sox had a 1 pm game across the way. Cars were parked on the grass on both sides of Texas Street and the parking lots for the businesses where the Lutheran Home property used to be were filling up fast.

I took a quick stroll through the parking lot and it was absolutely a college football atmosphere, with lots of food and drink and people passing the football and playing cornhole, most all clad in the maroon of Roanoke College. My first thoughts were that this was pretty cool.

By the time the game began the home side of Salem Stadium was full and I knew there were lots more fans still in the parking lot. Soon both sides were full and the hill with the big “S” behind the end zone was filling up as well.

“I have been in front of many crowds but none better than what I experienced yesterday,” said Salem head coach Bryan Stinespring, who was an assistant for Frank Beamer teams at Virginia Tech. “The support we received from our students, parents and this awesome community was absolutely amazing. I will never forget bringing our team out of the locker room and seeing the crowd in the stadium. I literally stopped in my tracks and said ‘Wow!’”

Me too. Never in my 40 years of covering games at Salem Stadium have I seen such a crowd. I was at the Salem-Graham game when both teams were undefeated and the ’91 championship game on a beautiful afternoon when the Spartans played Spotsylvania. I remember the Stagg Bowl when Bridgewater was in the game and any number of Willis White vs Joel Hicks coached games when the Salem-Pulaski rivalry was the big thing in the valley. Glenvar won a state



Above left, Tyson Miller of Roanoke College(#24) powers inside the five yard line then, above right, he takes two Hampden-Sydney defenders with him to the pylon and, below, watches as Aiden Wolk(#87) and the side judge make the Maroons' first touchdown in 82 years official. The new Maroons went on to a 34-27 win.



championship at Salem Stadium.

“We had a huge crowd but I think that crowd Sunday was bigger,” said Glenvar coach Kevin Clifford, who was one of the RC estimated 9,000 or so at the RC game. “I’m really happy for the players and community.”

Old Dominion Athletic Conference commissioner Brad Bankston was at the game to check out the newest member of the conference football wars. The Maroons will be a varsity team in 2025 and play a complete ODAC schedule.

“I figured they would have a good crowd to welcome them back to the gridiron but I had no idea they would play that game in front of one of largest crowds in Salem Stadium history,” said Bankston. “I had reflections of the 2001 Stagg Bowl when Bridgewater played Mount Union for the NCAA Division III Championship. Kudos to the Roanoke athletics staff who worked to make the first game such a success. We look forward to their inaugural ODAC game in 2025.”

The new band was playing and the new sideline cheerleaders were cheering as the team took the field. Then the game began and the Maroons had the ball first. On their first play since World War II they had a penalty for having 12 men on the field. Then they moved back five more yards on another penalty and I’m thinking, ‘the last thing we need is a clown show with this many people here to watch.’

But that didn’t happen. The Maroons settled down



PHOTOS BY BRIAN HOFFMAN

and the fans were treated to a very entertaining football game. Neither team led by more than a touchdown and Roanoke rallied to pull out an exciting win. The Maroons had to hold Hampden-Sydney on the Tigers’ final drive and sealed it with an interception on fourth down and less than a minute to play.

The Maroons now have two weeks to sharpen their swords for the next game, which will be against the Shenandoah Jayvees in Winchester on September 22nd. Then it’s another two weeks before an away game against the Bridgewater Jayvees. The next home game is against Fork Union Military Academy on October 20 at Salem Stadium and the Maroons finish up their five game schedule at home against the George Mason University club team on November 3rd.

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