



# Briefly: Salem News In Brief

**The Losers Club:** Held at the Salem Center but not just for seniors. All adults are welcome. Every Tuesday 5 – 6 p.m. No registration fee with \$3/month dues. Contact: Charlene Lester 540-293-7753.

**Parent Advocates for Salem Kids (PASK):** Join us for our first bi-monthly parents meeting where we connect, share insights, and empower each other to support our children's educational and athletic journeys. Let's be champions for our kids, together! Date: Jan. 29 at 6:30 p.m. at 28 E. Main Street in Salem. Please RSVP to parentadvocatesforsalemkids@gmail.com or join the PASK group so we can plan accordingly.

**Sam Barber:** Rising country sensation Sam Barber will bring his heartfelt lyrics and soulful sound to the Salem Civic Center on Thursday, Feb. 5, 2026.

**Winterfest Beach Bash:** Salem's annual Winterfest Beach Bash will return in February 2026, featuring the Band of Oz at the Salem Civic Center. The indoor beach party is scheduled for Friday, Feb. 6, at 7 p.m. inside the Salem Civic Center arena. The 2026 event marks the 19th consecutive year the Band of Oz has been selected to headline the popular gathering. This

year's concert is sponsored by Renewal by Andersen. Tickets went on sale at 8 a.m. Tuesday, Dec. 16, at the Salem Parks and Recreation Department, 620 Florida St. Advance tickets are \$10, with tickets priced at \$12 on the day of the show. Tables seating eight are available for \$80. Cash, check and credit cards will be accepted from 8 a.m. to 5 p.m. weekdays from Dec. 16 through Feb. 5. Organizers note the event typically sells out.

**Lambda Craft and Vendor Fair:** The Lambda Craft and Vendor Fair will be held Saturday, Feb. 7, from 9 a.m. to 3 p.m. at Andrew Lewis Middle School, 616 College Ave. in Salem. Hosted by Lambda, a chapter of Alpha Delta Kappa, the annual fundraiser supports scholarships for students pursuing careers in education. The event features wall-to-wall crafters and vendors, food, door prizes and a new Kid Zone with face painting, balloon animals, games and hands-on activities for children. Admission is free and open to the public.

**The Candidates by Robert Munford - A Staged Reading at the Salem Museum:** The Salem Museum is excited to host a staged reading of Colonel Robert Munford's "The Candidates; or, The Humours of a Virginia Election - A Comedy in Three

Acts." Written and set in the early 1770s on the eve of the American Revolution, this farcical tale about a Virginia House of Burgesses election satirizes the corrupt campaigning culture of the day. With stinging critiques of electioneering and witty dialogue to boot, Munford's three act comedy will be put on in the Roanoke Valley for the first time ever through a staged reading at the Salem Museum. Volunteer Steve Aaron will lead this production, and is actively seeking participants to read for numerous characters. If interested in reading a part or volunteering on the project, please contact the Salem Museum via phone at 540-389-6760 or via email at info@SalemMuseum.org.

**Black Label Society:** Heavy metal powerhouse Black Label Society will bring its blistering riffs and high-energy performance to the Salem Civic Center on Tuesday, May 12. The band will be joined by openers Zakk Sabbath and Dark Chapel. Tickets can be found at the Salem Civic Center box office and through Ticketmaster.

## Public meetings:

The Salem City Council will meet at 6:30 p.m. on Feb. 9.

The Salem City School Board will meet at 7 p.m. on Feb. 10.

The Salem City Council will meet at

6:30 p.m. on Feb. 23.

The Salem City Council will meet at 6:30 p.m. on March 9.

The Salem City School Board will meet at 7 p.m. on March 10.

The Salem City Council will meet at 6:30 p.m. on March 23.

The Salem City Council will meet at 6:30 p.m. on April 13.

The Salem City School Board will meet at 7 p.m. on April 14.

The Salem City Council will meet at 6:30 p.m. on April 27.

The Salem City Council will meet at 6:30 p.m. on May 11.

The Salem City School Board will meet at 7 p.m. on May 12.

The Salem City Council will meet at 6:30 p.m. on May 26.

The Salem City Council will meet at 6:30 p.m. on June 8.

The Salem City School Board will meet at 7 p.m. on June 9.

The Salem City Council will meet at 6:30 p.m. on June 22.

The Salem City Council will meet at 6:30 p.m. on July 13.

The Salem City School Board will meet at 7 p.m. on July 14.

The Salem City Council will meet at 6:30 p.m. on July 27.

## POLICE REPORT

### City of Salem Police Department

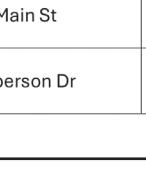


#### Weekly Arrest Report

Week of January 13, 2026 – January 19, 2026

1/13/2026	Holly E. Dean	41	Domestic Assault & Battery
1/13/2026	Logan N. Gabrielson	29	Disorderly Conduct, Obstruct Justice
1/13/2026	David M. Cheresnowsky	46	Fail to Appear
1/14/2026	Clarence O. Anderson	37	Assault on Emergency Services Personnel
1/16/2026	Harold Taylor	67	Fail to Appear
1/17/2026	Avery C. Scaggs	21	Public Intoxication
1/17/2026	Jeffery M. Phillips, Jr.	22	Public Intoxication
1/17/2026	Brittnie M. Hughes	40	Damage Property, Trespassing, Obstruct Justice
1/17/2026	Laura M. Brunk	45	Domestic Assault & Battery
1/18/2026	Brittany N. Howard	28	DUI
1/19/2026	Christopher A. Lindamood	64	Petit Larceny, Public Intoxication, Trespassing

### City of Salem Police Department



#### Weekly Crime Report (Felony Cases)

Week of January 13, 2026 – January 19, 2026

DATE REPORTED	LOCATION	OFFENSE REPORTED
1/13/2026	400 BLK E Main St	Assault on Emergency Services Personnel
1/15/2026	2000 BLK Apperson Dr	Obtain Money By False Pretense

## Cline-backed funding for I-81 improvements passes House

WASHINGTON — The U.S. House of Representatives last week passed the fiscal year 2026 Transportation, Housing and Urban Development appropriations bill, advancing \$17 million for safety and capacity improvements along Interstate 81.

The funding, secured by Rep. Ben Cline, R-Va., would support critical upgrades and potential widening along the I-81 corridor in Virginia's Sixth Congressional District. The bill now awaits consideration in the U.S. Senate.

"For years, residents of Virginia's Sixth District have told me how dangerous and congested I-81 has become," Cline said. "This bill's passage out of the House puts us one step closer to critical improvements that will make I-81 safer, more efficient, and better equipped to serve commuters, families and the truck drivers who keep our regional economy moving."

Interstate 81 carries significant freight and passenger traffic, with more than 12 million commercial trucks traveling the corridor each year and transporting more than

\$300 billion in goods. As traffic volumes continue to increase, the need to modernize the highway has grown, according to federal and state officials.

Originally constructed more than 50 years ago, I-81 has struggled to keep pace with current traffic and freight demands. A 2018 state report identified urgent needs along the corridor, and while Virginia has taken steps to address those issues, additional federal investment has been cited as necessary to complete major improvements.

Travel delays along the interstate have become more frequent and unpredictable, affecting both commercial freight movement and personal travel. Virginia's Interstate 81 Corridor Improvement Program includes plans to widen the highway from two to three lanes in key sections, a move aimed at reducing congestion, improving emergency response access and lowering crash risks.

Cline represents Virginia's Sixth Congressional District.

*The Salem Times-Register*

## Bill

from page 1

anti-bullying policies for many of our local districts, I can tell you that our schools are struggling with a lack of definitions, training and consistency," McCracken said.

McCracken said his doctoral research found that many school policies are outdated and fail to adequately address cyberbullying. Even when policies exist, he said educators often feel ill-equipped to identify bullying or respond consistently.

"One of the most consistent concerns expressed by educators was that, with the tools and training they have available, they are ill-equipped to differentiate between teasing, play and bullying," McCracken said.

McCracken said the bill's use of the word "aggravated" was intentional, distinguishing severe, intentional harm from normal childhood behavior.

"This separates normal child play, teasing, roughhousing and banter from behavior designed to intentionally harm another, often involving an imbalance of power," he said.

Stanley emphasized that the bill is narrowly tailored and does not criminalize ordinary student conflicts.

"The bill explicitly states that bullying does not include ordinary teasing, horseplay, argument or peer conflict," Stanley said. "Those situations remain in the school discipline realm where they belong."

He added that the legislation includes First Amendment protections and preserves prosecutorial discretion.

Supporters of the bill say consistent statewide standards are needed. McCracken said allowing each school or district to handle bullying

## Storm

from page 1

into Tuesday. School officials said hazardous road conditions remain a concern and urged families to prioritize safety.

Roanoke College also closed campus Monday because of winter storm impacts. College officials advised students and employees to remain indoors and avoid travel. Sutton Commons operated on a limited schedule from 10:30 a.m. to 7:30 p.m., while other campus dining venues, the Campus Store and Health Services remained closed. Community leaders were supplied with blankets, flu and COVID-19 tests and basic medications in case of emergency.

The storm also affected city government operations. Mayor Renée Ferris Turk canceled Salem City Council's work session and regular meeting scheduled for Monday due to weather conditions.

The Virginia Department of Transportation continued around-the-clock operations across western Virginia, including the Salem District, as crews worked to clear snow and ice from roadways. VDOT reported that after snow ended overnight, one to three inches of sleet accumulated beginning early Sunday morning, with snow transitioning to sleet and freezing rain across the region late Saturday into Sunday.

## Chamber

from page 1

recognized Woodward's leadership and looked ahead to the year to come.

"This morning we honor outgoing Chair April Woodward. We thank April for her dedication and enthusiasm as she led the chamber," Livingston said. "As we look ahead, I am thrilled to have Matt Pumo lead this thriving chamber in 2026. Our chamber will continue to focus on supporting business and growing our region."

During the meeting, Member One/Virginia Credit Union announced it

As of Monday, interstates and primary routes were in generally good condition, though some minor slick spots remained. Crews working 12-hour shifts had shifted focus to secondary routes, including residential roads and subdivision streets. While these roads are being plowed, officials cautioned they will not be fully cleared and motorists should not expect bare pavement.

VDOT said significant improvement on secondary roads will depend on cold temperatures and sunshine throughout the week. With extremely low temperatures forecast to continue, snowpack and ice are expected to remain on many surfaces, and refreeze will be an ongoing issue.

Motorists are urged to avoid travel if possible, particularly on secondary and neighborhood roads where snow and sleet can become compacted by vehicles, making plowing more difficult. Officials warned that roads appearing wet could still be icy, especially on bridges, shaded areas and higher elevations where ice tends to form first.

Ahead of the storm, VDOT applied brine to major roads and prepared for a multi-day response. Depending on temperatures and lingering winter conditions, some subdivisions may not see significant improvement for several days.

will serve as the chamber's registration sponsor, helping subsidize programming and reduce costs for members. Northpoint Insurance Advisors also distributed branded ice scrapers to attendees in anticipation of an upcoming snowstorm.

The cover of the 2026 "Around Salem" annual magazine was displayed, and attendees were invited to contact Tom Field of Berryfield about advertising opportunities ahead of the magazine's March release.

# RECIPE OF THE WEEK

While waiting for a snowy weekend to get here my coworkers and I discussed what food we would be making while snowed in. Most of us were making chili. This led to a discussion about the beans in our chili. While most use kidney beans and I usually use black beans, our graphic designer Debbie prefers white beans in her chicken chili.

Are white beans the little black dress of the pantry? Maybe! They are quite versatile, and their pale color lets them blend into some recipes where the color bleed from red or black greens wouldn't look so good.

White beans are a general term for cannellini beans (a white Italian kidney bean), great northern beans, and navy beans. While these beans are fairly interchangeable, most recipes will call for cannellini beans (unless it's a recipe for navy bean soup!), and that's generally the type of white bean you'll find in cans.

White beans are very healthy, serving as a nutritional powerhouse packed with plant-based protein, fiber, complex carbs, and essential minerals like iron, folate, copper, potassium, and magnesium, supporting heart health, digestion, blood sugar, and bone strength while being low in fat and cholesterol. They are a versatile addition to diets, promoting satiety and overall well-being. A half-cup of cooked white beans provides nearly 7 grams of fiber and 9 grams of protein. They are considered "slow carbs," contributing to a steady rise in blood sugar rather than spikes.

White beans tend to have thinner skins, so they cook a bit more quickly, get more tender, and work wonderfully in soups, sauces, and casseroles.

Some of the common varieties of white beans include cannellini beans (white kidney beans) that are large and meaty with a nutty flavor and creamy texture, ideal for salads and pasta. Great Northern beans are medium-sized with a delicate flavor, known for holding their shape well in stews and cassoulet. Navy beans (pea beans) are small and fast-cooking, these become very creamy, making them perfect for soups, mashes, and baked beans. Baby Lima beans (Butter Beans) are small and creamy with a buttery texture, often used in soups and casseroles.

Before I get to four of my favorite white bean recipes, here are a few more tips and tricks for where you can slip in some white beans. Add to soups, stews, and chilis. Mash into dips (like hummus) or onto toast. Blend into smoothies for added protein. Roast with spices for a crunchy snack. Replace 1 cup flour in your blondie recipe with pureed white beans. Mix white beans with



**Shelly Koon**

Contributing Writer

some garlicky sautéed greens and top with a fried egg and some grated Parmesan cheese for a nutritious breakfast. Replace half of the ricotta cheese in your lasagna with pureed white beans. Heat white beans, broth, canned diced tomatoes and chopped fresh greens or other veggies to make a quick soup. Add mashed white beans to your mashed potatoes for a fiber and protein boost. Or just throw some on a salad.

### Easy White Chicken Chili

#### Ingredients

- 1 tablespoon olive oil
- 3 skinless, boneless chicken breast halves
- 1 large onion, chopped
- 2 cloves garlic, minced
- 5 1/4 cups chicken broth
- 3 (15 ounce) cans cannellini beans, rinsed and drained
- 2 (4 ounce) cans chopped green chiles
- 1 tablespoon dried oregano
- 1 teaspoon ground cumin
- 2 pinches cayenne pepper, or to taste
- 1/4 cup chopped fresh cilantro, or to taste (I left the cilantro in the list but I NEVER use it)
- 1/2 cup shredded Monterey Jack cheese, or to taste
- salt to taste

#### Instructions

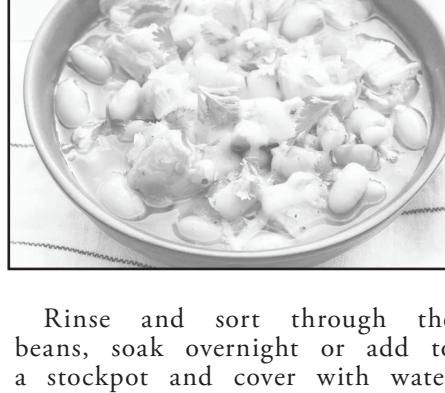
Heat olive oil in a Dutch oven over medium heat. Cook chicken, onion, and garlic in hot oil until chicken is browned on both sides, about 5 minutes. Transfer chicken to a cutting board; cut into 1-inch pieces. Return chicken pieces to the Dutch oven. Add chicken broth, cannellini beans, green chiles, oregano, cumin, and cayenne pepper. Bring the mixture to a simmer and cook until the chicken is cooked through, 30 to 40 minutes. Divide cilantro among 4 bowls. Ladle chili over cilantro and top with cheese. Season with salt to serve.

### Classic White Beans

#### Ingredients

- 1 pound package dried white beans (Great Northern or Navy)
- 1/2-pound smoked meat (ham bone, pork hocks, turkey)
- 3 quarts water, or enough to cover
- 2 cups chopped onion
- 1 tablespoon chicken base or bouillon
- 2 teaspoons seasoned salt (like Lawry's)
- 1 teaspoon each onion powder and garlic powder
- 1/2 teaspoon freshly cracked black pepper

#### Instructions



COURTESY PHOTOS

- 3 tbsp lemon juice
- 3 tbsp white or red wine vinegar
- 1 tbsp honey
- 1 tbsp Dijon mustard
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp salt
- 1/2 tsp coarsely ground black pepper

#### Instructions

Master Vinaigrette: Combine all the ingredients in a medium jar with a lid, seal and shake till well combined. Alternatively, you can whisk them all in bowl and then transfer to a container and store in the fridge till needed. If you make this well in advance, you will need to bring it to room temperature before using. To Assemble Salad: Add the drained beans and tuna in a large bowl. Use as much of each vegetable or briney condiment, etc till you have a good serving bowl filled nicely. You should have about 1.5 cups or more per person. Drizzle with dressing and toss gently. This can be a side salad if you are grilling kebabs, sausages, lamb etc. Seal and store in the fridge and bring to a get-together. Leftovers will keep for a few days in the fridge. Feel free to add cooked and cooled pasta (toss the drained pasta with a little of the dressing and then let it cool).

### Mediterranean White Bean and Tuna Salad

#### Ingredients

- 1 cup chopped red onions or shallots
- The zest and juice of 1 lemon or 2 limes (can sub a tablespoon or two of cider vinegar)
- 2 (5- to 6-ounce) cans tuna packed in olive oil
- 2 (15-ounce) cans cannellini or Great Northern white beans, rinsed and drained
- 1/2 cup (loosely packed) chopped parsley or arugula, or 2 tablespoons thinly sliced mint
- 1 can sliced Kalamata olives
- 1 can quartered artichoke hearts
- Master Vinaigrette, whisk all together and make in advance
- 2/3 cup olive oil

#### Instructions

Add all ingredients to a food processor. Blend until you reached the desired consistency. Taste and adjust seasonings per preference

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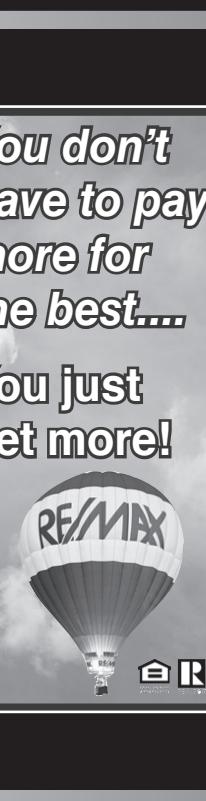
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## OPINION

## From District 4

The 2026 Virginia General Assembly is underway and I am quickly reminded of Gideon J. Tucker's historic observation that, "No man's life, liberty, or property are safe while the legislature is in session."

The Commonwealth was already running a \$1.2 Billion surplus, or 8.6% ahead of original projections just six months into the current fiscal year when Governor Glenn Youngkin exited the Executive Mansion. Despite the Commonwealth's robust revenues, Democratic legislators are introducing bills that would give Virginia the nation's highest state income tax, extend the sales tax to services for the first time, create a new tax on streaming services, and raise the existing sales tax on goods. These unnecessary taxes would be economically damaging to working Virginians if enacted, but just the proposals damage efforts to recruit new businesses and high-paying jobs to Virginia.

## Helping Virginians Keep More of



**David Suetterlein**  
Senator

## Their Paycheck

My focus this year is helping you keep more of your paycheck, fighting electric bill overcharges, and expanding career and technical education opportunities.

I introduced Senate Bill 7 to extend the enhanced standard deduction so Virginians are not hit with a \$661 tax increase next year. I also introduced Senate Bill 9 to fully eliminate the grocery tax like forty other states. Unfortunately, Senate Democrats provided initial defeats to both tax relief proposals on party-line votes. Despite this setback, Delegate Joe McNamara and I are continuing the fight for these important efforts to let working Virginians keep more of their paychecks.

## Fighting Electric Bill Overcharges

This week I was joined by bipartisan coalition of Senator Creigh Deeds and Delegates Sam Rasoul, Joe McNamara, and Mitchell Cornett to end electric bill overcharges by Appalachian Power. Most businesses become more profitable when they maintain quality while becoming more cost efficient. Current law makes it so electric monopolies are the rare businesses that become more profitable by increasing their own costs. This flawed incentive is among the reasons Appalachian Power customers are being overcharged for electricity and why I introduced Senate Bill 691 to fix it.

## Expanding Career and Technical Education

With the rapid advancement of artificial intelligence, it is critical that we expand career and technical education opportunities to help Virginia students learn how to acquire skills in a professional setting. My Senate Bill 10 would allow more workplace learning opportunities for high school upperclassmen and my Senate Bill 203 would make it easier for career and technical education dual enrollment

teachers to achieve licensure.

## Track Legislation

My Senate Bill 538, to ensure prosecutors are notified when the Parole Board is considering granting early release to an inmate, advanced from the Senate Rehabilitation Committee on a bipartisan 10-3 vote last week. You read every bill and keep up with votes through the Legislative Information System located at <https://lis.virginia.gov>.

## Share Your Views

With two thousand votes a year, I do not expect us to always agree, but I always want to hear from everyone. You can share your views with me by taking the legislative survey at: <https://tinyurl.com/2026VASurvey> or by emailing [David@Suetterlein.com](mailto:David@Suetterlein.com) or calling 540-302-8486.

Thank you for the opportunity to serve our Commonwealth.

Senator David Suetterlein represents the Roanoke and New River Valleys in the Virginia Senate. He and his wife Ashley live in Roanoke County where their children attend public schools. David works as a Realtor at MKB Realtors.

## SIXTH DISTRICT PERSPECTIVE

Two bipartisan bills passed the House to uplift Main Street

The House completed all 12 critical appropriations bills

I joined Tim Young to discuss the newly released Reconciliation 2.0 platform

Helped a constituent navigate IRS loopholes and secured the tax return she was owed

## Strengthening Main Street and Local Economies

Main Street is the backbone of America and the heart of our local communities. Supporting small businesses and ensuring their voices are heard in Washington has always been a priority of mine. Last week, the House advanced two important bipartisan bills designed to strengthen Main Street, expand opportunities for entrepreneurs,

## 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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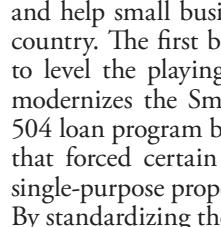
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The Times-Register (USPS 631-140) is published weekly for \$49 a year in Salem and Roanoke County, \$55 in adjoining counties and \$57 out of state by Virginia Media Inc., P.O. Box 429, Lewisburg, WV 24901. Periodical postage paid at Salem, VA. POSTMASTER: Send address changes to THE SALEM TIMES-REGISTER, P.O. Box 1125, Salem, VA 24153



**Ben Cline**

Congressman

and help small businesses grow and compete across the country. The first bill, the Main Street Parity Act, aims to level the playing field for small business owners. It modernizes the Small Business Administration's (SBA) 504 loan program by removing an outdated requirement that forced certain businesses operating on limited or single-purpose properties to contribute additional equity. By standardizing these requirements, the bill ensures fair and equal treatment for all industries, lowers barriers for new entrepreneurs, encourages investment in local infrastructure, and strengthens businesses in towns and cities nationwide. This legislation is about giving small businesses the ability to succeed without unnecessary hurdles standing in their way.

The second bill, the AI for Main Street Act, prepares small businesses for the future of our economy. It directs the SBA's Small Business Development Centers to provide guidance, training, and resources to help entrepreneurs responsibly adopt and use artificial intelligence in their operations. This legislation ensures that small business owners are not left behind as new technologies reshape the economy, providing them with the tools to grow their businesses, create jobs, and better serve their communities. It is about empowering people and businesses to leverage new technology while maintaining the personal touch and human leadership that define Main Street. By enacting these bipartisan measures, Congress is reaffirming a clear commitment to America's small businesses and to the job creators who drive our local and national economy.

## House Delivers Full-Year FY26 Funding with 12 of 12 Appropriations Bills Passed

House Republicans have achieved a major victory by completing all twelve Fiscal Year 2026 appropriations bills without a bloated omnibus or another continuing resolution. These bills provide full-year funding, lower overall spending compared to the current continuing resolution and deliver real savings for hardworking Americans. Following a 43 day government shutdown last October, Republican lawmakers restored regular order and returned the appropriations process to a committee-focused, member-driven system, led by members who have consistently advocated for their constituents and

worked for the betterment of their local communities.

H.R. 7147 provides approximately \$92 billion to the Department of Homeland Security, an increase of \$3.27 billion over Fiscal Year 2025. It funds agencies such as Customs and Border Protection, ICE, the Coast Guard, TSA, FEMA, and CISA. The bill reinforces President Trump's border security policies, removes programs that previously contributed to the border crisis, and equips frontline agents with the tools they need to keep Americans safe. H.R. 7148 strengthens our military, fully funds a 3.8% pay raise for troops, invests in shipbuilding and next-generation weapons, and ensures multiyear procurement of critical munitions.

These bills fight wasteful spending from the previous administration and uphold conservative priorities. They remove harmful Biden-era restrictions on immigration enforcement, and direct resources where they are most needed, including to border, law enforcement, education, health care, and infrastructure. They advance the America First agenda by empowering frontline agents, revitalizing our military, and modernizing transportation, biomedical research, and rural health care. Legacy protections remain in place to defend unborn children, support livestock haulers, and prevent illegal aliens from receiving housing assistance. This is responsible and accountable governance achieved through careful negotiation between House and Senate Republican leaders to advance core priorities and put Americans first. Passing these appropriations bills is not just good policy, it fulfills a promise that was made to the American people.

## Reconciliation 2.0: Renewing a Cornerstone of the American Dream

Congressional Republicans are taking a serious, policy-focused approach to affordability. Last week I joined podcaster Tim Young to discuss how the Republican Study Committee's Reconciliation 2.0 framework can help deliver meaningful results for Americans across the country. For four years, the Biden Administration imposed federal housing regulations that artificially raised construction costs. These costs were passed on to American families, driving up housing prices. The American Dream of homeownership slipped further out of reach, with the average age of a new home buyer now exceeding 40 years old, not because families are unwilling to work hard, but because Democrat policies have made it harder and more expensive to build and buy a home. Federal red tape has quietly added thousands of dollars to the cost of new construction, and those costs are inevitably passed on to first-time buyers.

As President Trump said in his 2025 address to

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## CROSSWORD PUZZLE



# Cline

from page 4

Congress, Americans have always done whatever it takes to defend their children, their country, and their freedom. Renewing that commitment means one thing: pursuing policies that make homeownership, health care, and energy affordable again. As Vice-Chair of the RSC, we are advancing a common sense framework that expands housing supply, unlocks underutilized federal property for private-sector housing and removes tax barriers that discourage home sales and first-time ownership alike. This approach empowers families to save for a home, protects American buyers from foreign speculation, and ensures parents are not penalized for choosing to raise a family on a single

income. By removing unnecessary federal barriers that drive up costs, this legislation helps put homeownership back within reach for millions of Americans. I hope that this framework will come before the House for a vote so it can deliver meaningful results for the American people.

### Energy Choice Act Expanding Affordable Energy for Families

American energy dominance is essential to keeping costs down, the lights on, and our economy moving. That is why I am cosponsoring the Energy Choice Act,

a commonsense bill that pushes back against extreme, top down mandates that restrict access to affordable and reliable energy. Across the country, families and small businesses are paying the price when politicians block energy connections based on ideology instead of reality. This legislation prevents state and local governments from banning the installation or expansion of energy services based solely on disagreement with the energy source.

When the government interferes and picks winners and losers, energy prices

rise, reliability suffers, and grid stability is put at risk. By protecting access to proven energy sources like natural gas, the Energy Choice Act helps ensure dependable power during peak demand and extreme weather, including the severe winter conditions our Commonwealth has experienced. It also gives communities the flexibility to choose what works best for their unique needs. At a time when household budgets are already stretched thin, this bill helps put consumers back in control of their energy choices. I will continue fighting for policies that

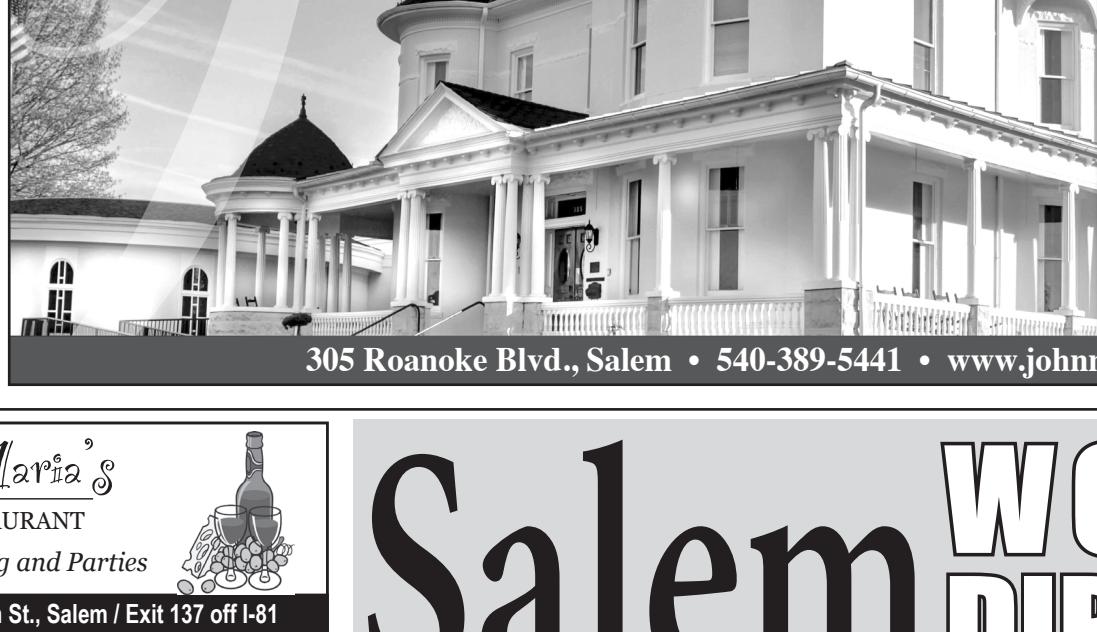
strengthen American energy security and put working families first.

### Celebrating National School Choice Week

In Congress, I have been a strong advocate for school choice policies that put parents at the center of their child's education. Every child learns differently, and families should have the freedom to choose the school that best meets their child's unique needs, whether that option is a public, private, charter, or homeschool setting. During National School Choice Week, we highlight the importance of embracing these

alternative educational opportunities and ensuring every family has the ability to make the choice that is right for them. In honor of this week, I was proud to cosponsor a resolution recognizing National School Choice Week. I will continue to fight for policies that give families the tools and resources they need to make the best decisions for their children's future.

Thank you for the opportunity to serve as your Congressman. If my office can ever be of assistance, please contact my Washington office at (202) 225-5431.



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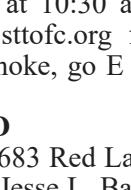
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**CALVARY BAPTIST CHURCH** - 7th and Florida Streets, Salem VA. Pastor: Roger D. Counts, 540-389-3818. Sunday School 10:00 a.m., Morning Worship 11:00 a.m., Sunday Evening Service 6:30 p.m., Wednesday Night Prayer Service, 6:30 p.m.

**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](http://www.lbcva.com)

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**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.

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### UNITED METHODIST

**FIRST UNITED METHODIST CHURCH** - 125 W. Main St, Salem, VA. 540-389-5459. Pastor Alan Combs, Sunday: Genesis Contemporary Service at 8:45 a.m., Traditional Service at 11:00 a.m., Sunday School classes meet at 9:50 a.m. [www.fumcsalemva.org](http://www.fumcsalemva.org).

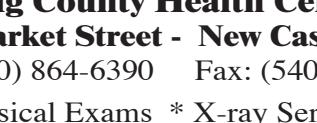
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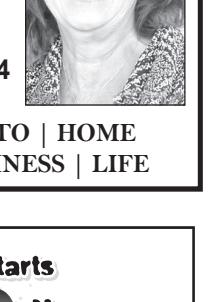


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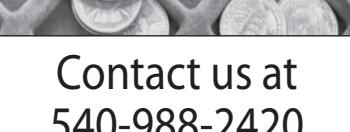


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## STATEWIDE ADS

# RC grads inducted into Long Island lacrosse Hall of Fame

Roanoke College's Sean Smith '83 and John Sullivan '79 were inducted into the Long Island Men's Lacrosse Foundation's Hall of Fame last Saturday, January 24. The ceremony was held at the Long Island Marriott in Uniondale, N.Y.

As a player at Roanoke College, Smith was named a USILA Division III second-team All-American in 1982 and First Team All-America in 1983. In addition, Smith was honored as a first team member of the All-Old Dominion Athletic Conference team in 1981, 1982 and 1983. He was named Conference Player of the Year following the 1983 season.

Smith concluded his college career as Roanoke's leader with 145 goals. Smith also ranked third in career scoring with 208 points in 43 games at the end of his three-year career and still holds the record at Roanoke with 4.8 points per game. In 1986 Smith was inducted into the Roanoke College Athletic Hall of Fame.

Following graduation from Roanoke, Smith began his coaching career in 1985 when he served as an assistant coach at Ohio Wesleyan University. In 1986 he moved on from Ohio Wesleyan and joined the lacrosse coaching staff at the United States Military Academy at West Point where was an assistant coach from 1986 through 1990.

In 1990 Smith returned to Long Island and served as the head varsity lacrosse coach and physical edu-

cation teacher at Levittown Division Avenue High School until 1998 when he moved on to Hofstra University to join John Danowski's staff as a graduate assistant and obtained his Administration Degree. Following the completion of his course of study, Smith was asked to stay on at Hofstra by John Danowski and remained on his staff until 2006. He finished his career working with current head coach Seth Tierney through the 2012 season.

Smith is retired from a 35-year career in the Levittown School District and he and his wife Carol now live in Calabash, NC. They have three sons, JP who lives in Tampa Florida, Brendan who lives in West Islip, NY, and Conor who lives in West Babylon NY.

Sullivan transferred to Roanoke after winning the MVP award of the Junior College Lacrosse National Championship at SUNY-Farmingdale. He was also named MVP of the 1978 National Championship after making 18 second half stops in a 14-13 RC win over national-power Hobart. In 1978, he made 92 saves for a 68.1 save percentage enroute to capturing the championship.

"Sully" helped the Maroons return to the NCAA Tournament in 1979 and a No. 1 ranking during the middle of the season. By season's end, he was nationally recognized as a Second-Team USILA All-America selection along with a North-South All-Star



Sean Smith(left) and John Sullivan were inducted into the Long Island Men's Lacrosse Foundation's Hall of Fame on Saturday night.

SUBMITTED PHOTO

game appearance.

Sullivan won the 1979 Paul S. Griffin Award for "dedication and leadership."

This is Sullivan's fourth Hall of

Fame induction, also joining the SUNY Farmingdale College Hall of Fame, National Jr. College Lacrosse Hall of Fame and the Roanoke College Hall of Fame.

## Roanoke College indoor team will host track meet this week

T.K. Toney of the Roanoke College indoor track team won the high jump, and the Maroons produced several other strong finishes in a loaded field at Liberty University last Friday.

Toney won his flight of the high jump with a mark of 2.00m. That height ranks second in Roanoke history, and Toney is currently tied for 18th in NCAA Division III. Cody Roupe logged a jump of 1.85m to finish in fifth place.

Toney also set a personal record in the triple jump, landing in 26th place at 12.72m. That mark ranks ninth all-time for the Maroons.

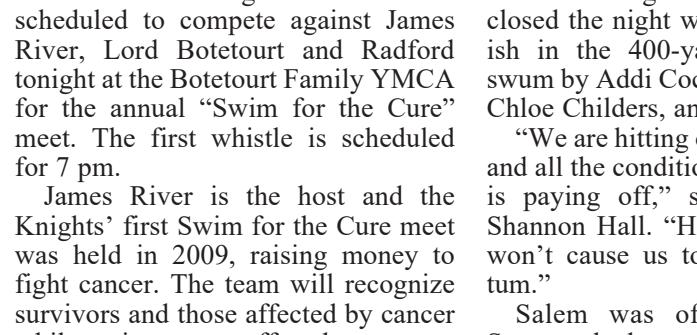
DeShawn Austin, a freshman from William Byrd High in Vinton, came in ninth in the long jump, landing at 6.68m. His mark ranks fourth in program annals, and he now sits in eighth place in the South Region.

Salem's Mitchell Taylor narrowly missed out on a spot in the finals of the 60m hurdles, placing ninth overall in the prelims at 8.39 seconds.

For the women Maya Herndon placed seventh in the 5,000m with a personal-record time of 19:29.37. That mark ranks eighth in program history.

The Maroons' 4x400 relay team of Lindsey Hobin, Mae Kaufman, Maryrose Molina-Shuman and Ophelia Ladner landed in 13th place overall with a season-best time of 4:01.16, which is good for sixth in Roanoke annals. The quartet finished second among Division III relays in the race, and their mark currently leads the ODAC and ranks third in the South Region.

This weekend the Maroons are back home to host the Bast-Cregger Multi Invite at the Kerr-Cregger Indoor Fieldhouse in Salem. It's scheduled for Friday evening and Saturday.



Salem's Zippy Elliott swims breaststroke during the 200 yard IM, placing third in a time of 3:03.67 at Blacksburg.

PHOTO BY JON FLEMING

## Weather plays havoc with swimmers

The Glenvar High swimmers are scheduled to compete against James River, Lord Botetourt and Radford tonight at the Botetourt Family YMCA for the annual "Swim for the Cure" meet. The first whistle is scheduled for 7 pm.

James River is the host and the Knights' first Swim for the Cure meet was held in 2009, raising money to fight cancer. The team will recognize survivors and those affected by cancer while swimmers, staff and spectators are encouraged to wear pink.

Glenvar had a meet at the Bedford YMCA last week against Liberty, Appomattox and Altavista. The meet started strong for the boys, as the 200-yard medley relay team of Darren Delby, Nikita Larin, Cooper Ermel, and Brendan Miller finished first. In individual events, Landon Cairns won the 50-yard freestyle and later took first place in the 100-yard breaststroke. Avery Thompson had a great meet, winning both the 100-yard freestyle and the 100-yard backstroke. Glenvar also swept the relays late in the meet, winning the 200-yard freestyle relay and the 400-yard freestyle relay.

The girls' team also had several standout performances. Macy McMahon placed first in the 200-yard individual medley and later won the 100-yard freestyle. Chloe Childers dominated the 500-yard events, taking first place in the 500-yard freestyle. In sprint events, Chloe Childers and Addi Cockram helped Glenvar earn strong

finishes throughout the meet. The girls closed the night with a first-place finish in the 400-yard freestyle relay, swum by Addi Cockram, Evelyn Gard, Chloe Childers, and Macy McMahon.

"We are hitting our stride in practice and all the conditioning and hard work is paying off," said Glenvar coach Shannon Hall. "Hopefully the weather won't cause us to lose that momentum."

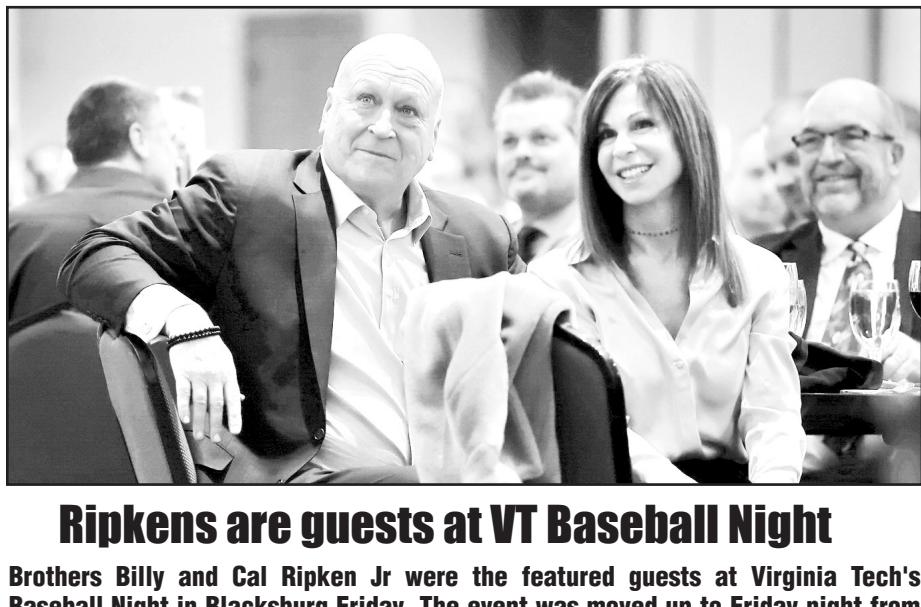
Salem was off last week. The Spartans had a meet in Christiansburg postponed on Tuesday of this week and a Wednesday meet at the Alleghany YMCA was also in jeopardy at press time.

Salem's last meet was January 16 in Blacksburg. The boys won 432 to 351 but the Bruins took the girls' meet, 516 to 301.

For the boys, Spartan 200 medley relay teams came in first and second. Jack Lawrence came in first in the 200 free and the 100 fly. Riley Handy won the 200 IM and came in second in the 100 breast. Carter Biscotte came in first in the 500 free with Austin Prosser and Garrison James coming in second and third. Mike Bateman came in second in the 200 free, Starke Griffith was third in the 100 back and Isaac Snow came in third in the 100 free.

For the girls Aubrey Sneed came in third in the 200 free. The girls' 400 free relay was second.

"Overall the kids had a great meet," said coach Christen King.



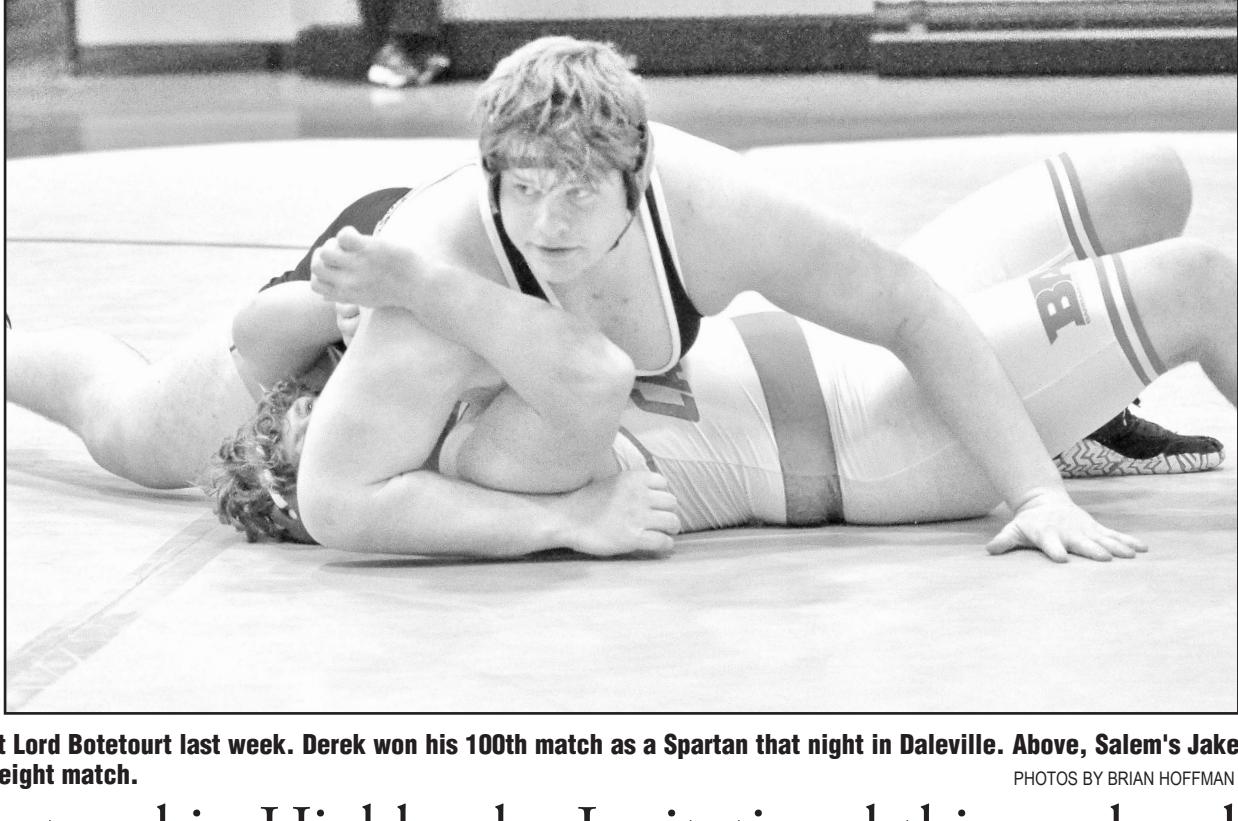
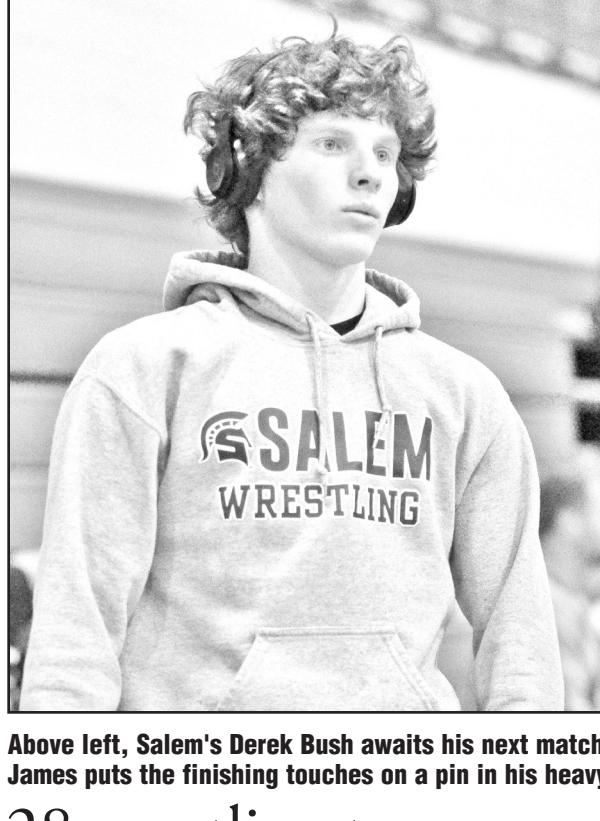
Ripkens are guests at VT Baseball Night

Brothers Billy and Cal Ripken Jr. were the featured guests at Virginia Tech's Baseball Night in Blacksburg Friday. The event was moved up to Friday night from Saturday due to the impending snow storm. Here Baseball Hall of Famer Cal Ripken Jr., pictured with wife Laura Kiesling, visits with Hokie fans.

PHOTO BY JON FLEMING

Brothers Billy and Cal Ripken Jr. were the featured guests at Virginia Tech's Baseball Night in Blacksburg Friday. The event was moved up to Friday night from Saturday due to the impending snow storm. Here Baseball Hall of Famer Cal Ripken Jr., pictured with wife Laura Kiesling, visits with Hokie fans.

PHOTO BY JON FLEMING



Above left, Salem's Derek Bush awaits his next match at Lord Botetourt last week. Derek won his 100th match as a Spartan that night in Daleville. Above, Salem's Jake James puts the finishing touches on a pin in his heavyweight match.

PHOTOS BY BRIAN HOFFMAN

## 28 wrestling teams are entered in Highlander Invitational this weekend

### Bush wins his 100th high school match in January of his junior year

Wrestling teams in the area and across the state are hoping for nice weather this weekend with Glenvar High School scheduled to host the annual Highlander Invitational wrestling tournament. The tournament is scheduled to begin at 4:30 pm Friday and pick back up at 9 am Saturday.

Salem High is one of 28 teams planning to attend, weather permitting. Others joining host Glenvar will be Christiansburg, William Byrd, Hidden Valley, Northside, Galax, William Fleming, Rural Retreat, Union High, Central of Woodstock, Holston, Lebanon, Chatham, Parry McCluer, Grayson County, Floyd County, George Wythe, Heritage of Lynchburg, Liberty of Bedford, Pulaski County, Grundy, Carroll County, Patrick County, Jefferson Forest, Martinsville, Radford and Washington High of West Virginia.

Glenvar has not been on the mats in competition since the "Big Blue" in Christiansburg on January 16 and 17. Salem had a tri-match last week against Lord Botetourt and Jefferson Forest in Daleville. The Spartans beat host LB, 47-30, and took down JF, 73-6. In the process junior Derek Bush picked up his 100th win as a Spartan. At this pace Bush would be Salem's



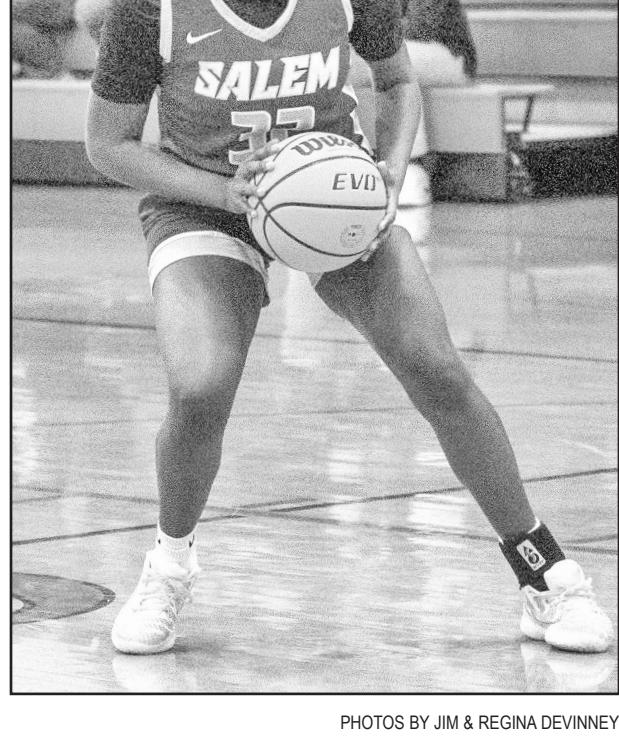
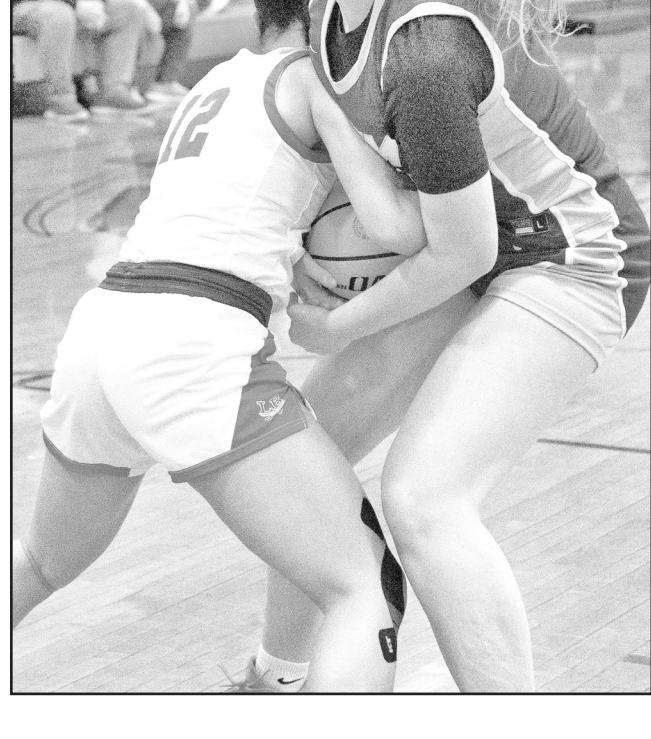
Salem's Anthony Baudanza is on top and in control in a win over his LB opponent at 132 pounds.

all-time winningest wrestler by the time he finishes his senior year.

"We had a ton of exhibition matches and saw many successes there as well," said Salem coach Lawrence Van Liew.

The Spartans were scheduled to wrestle in a tournament in Orange County last weekend but that was cancelled due to the weather. The Spartans had a tri-match scheduled for Cave Spring on Wednesday but that was also in jeopardy due to the weather.

## Salem girls win two more to go 17-1 on the season



PHOTOS BY JIM & REGINA DEVINNEY

Left, Salem's Kourtney Goens ties up a Cavalier in last week's win in Daleville. Right Aniyah Fox looks to pass.

### Glenvar girls go to Carroll Friday

The Glenvar girls were scheduled to host Giles on Wednesday night hoping to break a losing streak that has now reached 56 games going back to the post-season of 2023. Giles comes into the week at just 2-11 after losing to Class 1 Bland County by 25 points last week.

The Highlanders have come up

empty 14 times this season and were

weathered out of a home game with

Martinsville on Tuesday. Giles is a

team the Highlanders have an even-

money chance to beat but continued cold weather and ice put that game in jeopardy at press time.

Last Wednesday Glenvar host William Byrd and fell 56-25. Ryan Jones had seven points and Reagan Duncan led the team with eight rebounds.

On Friday at Floyd the always tough Buffalo gals stampeded the Highlanders to the tune of 70-19. Audrey Moles had nine points and Zella Hayes had seven points and 14 boards.



Reagan Duncan(left in white) and Halie Watkins defend William Byrd's Sky Williams in last week's game at Glenvar High.



PHOTO BY BRIAN HOFFMAN

Ashley Fowler of Roanoke College had 19 points against Randolph-Macon.

### RC women host Randolph College at Cregger Center

The Roanoke College women fell to 1-7 in Old Dominion Athletic Conference games with a 77-71 loss to Randolph-Macon in Ashland last Friday evening. It was the fourth straight ODAC loss for the RC women, who fell to 7-10 overall.

The Yellow Jackets built an eight point lead in the first half at 34-26. The Maroons cut the lead to 57-53 in the third quarter but Roanoke couldn't catch the Jackets down the stretch.

RC's Ashley Fowler led the RC scoring with 19 points. The junior was one of three players to break double figures on the evening as Alicea Farmer had 17 points and Paige Breuer hit for 13. Mariah Cain led the way in rebounds, grabbing six boards.

The RC women were scheduled to return to the court on Wednesday and they had their work cut out for them against undefeated Washington & Lee in Lexington. Results were too late for publication.

This Saturday the Maroons will host Randolph College at noon.

# SPORTS

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Left, Salem's Tanner Overstreet shoots a three-pointer in last Friday's game at Cave Spring. Right, Elijah Paddyfote saves the ball in.



PHOTOS BY BRIAN HOFFMAN

## Spartans look for revenge against Hidden Valley Friday

The Salem High boys' basketball team lost for just the third time this season when Cave Spring swept the season series from the Spartans last Friday night. The Knights took a 60-55 win in a packed Cave Spring High School gym.

With the loss Salem dropped to 13-3 on the season and all three losses have been to South Roanoke County teams, two against Cave Spring and one to Hidden Valley. The Spartans are scheduled to host

Hidden Valley at SHS this Friday.

The Cave Spring gym was alive Friday in an exciting high school game. The Knights led 12-11 after the first quarter and 30-19 at the half, but the Spartans cut the lead to 47-41 after three periods and got as close as two points in the fourth quarter but never could draw even.

"I thought the difference was offensive rebounding," said Salem coach Kevin Garst. "We had some

pretty good possessions defensively that we couldn't finish with the rebound. They hit a couple threes in the second half off offensive rebounds that kept us from getting over the hump."

Braylon Smith led Salem with 13 points and Tanner Overstreet had a dozen and a team-high seven rebounds. Cave Spring outrebounded Salem 40-16 for the game with 16 offensive rebounds to just three for

**continued on page 8**



PHOTOS BY REGINA DEVINNEY

## Highlanders get big win over Floyd

The Glenvar boys knocked off a solid Floyd County team last Friday at GHS for a signature win. The Buffaloes were 11-2 before losing to Glenvar, 69-66.

"Great defensive performance by our guys," said Glenvar coach Hank Luton. "We were in control throughout."

Floyd turned a double digit game into a one possession game late but the Highlanders were able to hang on. Ryder Francisco led Glenvar with 23 points

followed by 21 for Parker Doolan and 17 for Jax Bolling.

"Really proud of the collective leadership of our group against one of top teams in AA," said Luton. "Floyd is so well coached, we are fortunate to get a W."

It was the second close game of the week for Glenvar. Last Wednesday in Vinton the Highlanders battled Class 3 Roanoke County rival William Byrd into overtime before falling 78-71. Glenvar was up by three points with five seconds to go but Byrd hit a three to send the game

## Maroons are in race for 1st place in ODAC

The Roanoke College men's basketball team went 2-0 in Old Dominion Athletic Conference games last week to hang tough in the conference race. The Maroons are one of three teams with two ODAC losses, close on the heels of 6-1 Virginia Wesleyan.

Roanoke hammered the University of Lynchburg, 92-68, behind a 31 point performance by Jackson Bell last Wednesday, January 21, in Lynchburg. Caleb Franze scored 18 points and Marcus Morgan had 13 points, five assists and three steals for the Maroons.

On Friday evening Roanoke was back home to play a game originally scheduled for Saturday afternoon, but moved up due to the impending winter storm. A balanced scoring attack and stingy defense led the number 22 ranked Maroons to a 74-57 win over visiting Bridgewater College. A total of 10 Maroons got in the scoring column, including seven with six points or more.

The Eagles led 5-1 in the early going before a 17-2 run by the Maroons gave them an 18-7 lead with 11:37 left in the first half. Zach Rosenthal had a personal 9-0 surge within that run, nailing three successive shots from behind the three-point arc. Roanoke led 36-21 at halftime and scored the first seven points after intermission. The Maroons led by as



PHOTO BY BRIAN HOFFMAN

**Jackson Bell scored 31 points against Lynchburg.**

many as 27 points in the second half.

Franze scored a

game-high 15 points, hitting four three pointers.

Morgan netted 12 points

game winning streak to Randolph College

Wednesday, then host Averett University this Saturday at 2 pm. Averett is 11-4 overall and 4-3 in the conference.

After this weekend the Maroons will make trips to Washington & Lee and Eastern Mennonite on February 4 and 7, then finish the regular season with four straight home conference games.



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Jax Bolling drives to the bucket between two Terriers.