

ISSUE 16 • FALL 09

SALEM



A MAGAZINE FOR THE PEOPLE OF VIRGINIA

THE Green Effect



“Going Green in Salem”

Companies and Individuals Creating Change

PLUS

Changing of the Guard at Salem PD – The Sports Foundation Wants You

Salem’s Quality of Life Cycle

**Parks & Rec Fall
Program Guide
Page 46**

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Kevin Boggess - City Manager

KEVIN'S CORNER

On July 31st Salem City Council and other dignitaries broke ground on the newest section of the Roanoke River Greenway, the second portion of the valley-spanning trail to be built in Salem. The pathway will extend 1.2 miles from the Colorado St. Bridge, which is now under reconstruction, to Rotary Park on Electric Rd. - Rt. 419.

This is the first of three new sections in Salem that will be a part of the Roanoke River Greenway, a more than 30 mile long trail along the river through Salem, Roanoke County, Vinton and Roanoke City. Most of the project is funded through highly competitive grants by the state and federal government, and our community is fortunate to have been awarded these prestigious projects to enhance the quality of life of our residents.

But this section is only the first step. The next will be extending the Greenway westward from Eddy Ave. along West Riverside Dr. to Riverside Park near Mill Lane. After that, it will be extended in the opposite direction, eastward, from Rotary Park to Roanoke City. In both instances when the trails reach the city limits, they will be met with similar trails built by Roanoke City and County, making one continuous system.

These new sections of the Roanoke River Greenway combined with the existing David Smith Trail will give us three miles of continuous trail along the river. A third project, the Mason Creek Greenway, is being planned near General Electric on the Boulevard. It too is funded with federally earmarked funds.

Eventually the Mason Creek Greenway will link the existing Hanging Rock Battlefield Trail with the Roanoke River Greenway as well. Once completed, the entire system will provide over ten miles of walking and biking trail in Salem for the enjoyment of our citizens.

Greenways have many benefits. They are linear parks that provide not only recreation, but also alternative transportation options, stream bank protection and increased values to neighboring property.

Greenways will help us capitalize on the Roanoke River as a natural resource. For those of you with an adventurous spirit there is nothing like a canoe or kayak trip - with helmet and life vest of course - down the river from Green Hill Park to Rotary Park to appreciate the beauty of the river scenery. The greenway will open up the opportunity for many more citizens to enjoy the river that so defines our valley.

Our engineers have skillfully refined the design to eliminate expenses such as costly river crossings, making the project about as frugal as it can be. But most importantly, this gives us the opportunity to bring this money back into our community to create jobs, enhance our community lifestyle, and provide healthy recreational activities for children and adults, something that's always money well spent.

YOUR CITY COUNCIL



Bill Jones



John Givens
Vice Mayor



Randy Foley
Mayor



Jane Johnson



Lisa Garst

SALEM 
VIRGINIA

Walmart  SM

The City of Salem has discovered first hand that working with a corporate giant isn't impossible, after all.

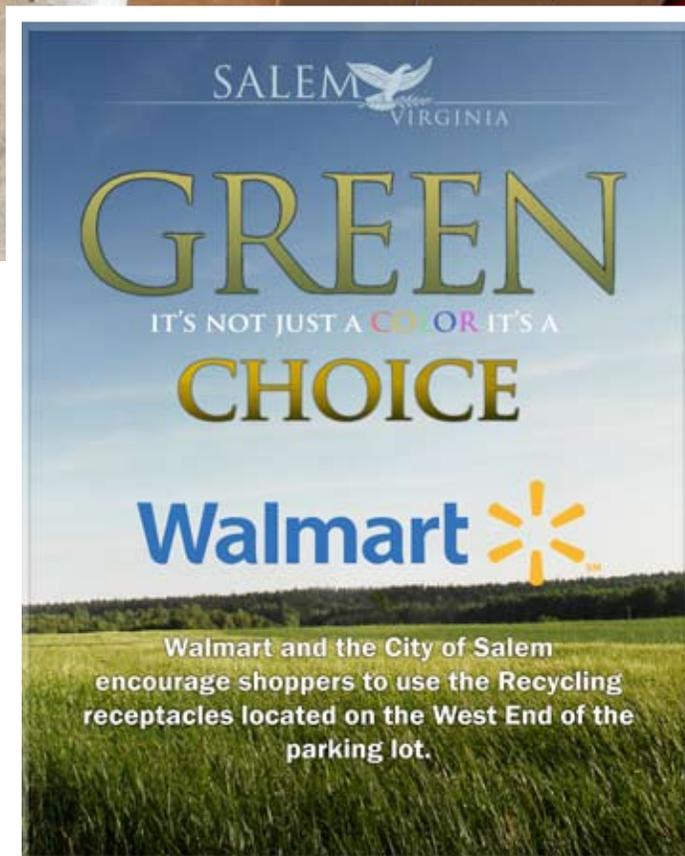
THE

GREEN



The "Walmart Recycling Sandwich"

Like many municipalities around the Commonwealth, the city is always looking to expand its recycling choices for citizens and make drop-off receptacles more accessible. What City officials didn't know is that they would be able to join forces with retail juggernaut Walmart to accomplish that goal.



Salem's Director of Solid Waste, Jim Fender, worked hand-in-hand with local Walmart executive Chris Forbes to secure a portion of the store's parking lot to house recycling bins. The original agreement called for Walmart to furnish the site, while the city would handle the bins, signage and any maintenance.

“We think this is a win-win situation for Walmart, the city and the residents,” says Forbes, the manager of the West Salem Walmart. “We have over 360 associates at our store and they are excited to be involved with this initiative.”

Thanks to this partnership, Salem residents have had a full service recycling center on the west end of town since January where they can recycle newspaper, aluminum cans, steel cans, and number one and two plastics.

“Without Walmart we would have had to lease property in the area. Then to develop it and set it up could have cost us about \$30,000 or more,” says Fender. “The entire Walmart Corporation has initiated a “Green” policy and we’re excited about this partnership.”

The City’s Communications Department developed the slogan for the project and artwork for the recycling center that was formally christened on January 5 by Walmart employees and members of Salem City Council. The large “GREEN – It’s Not Just a Color, it’s a CHOICE” posters greet shoppers as they enter the store at both entrances.

“We want to make an impact on the community and we think people will like the idea of being

able to come to Walmart to drop off their recyclables and make their purchases in one stop,” says Forbes.

So far that prediction has been dead on. Fender says the drop-off center has been popular since it was set up last winter, but during the just completed summer months, the amount of recycled items citizens brought to the site tripled in number.

Walmart Manager
Chris Forbes and
Councilwoman Lisa Garst
at the recycling center
ribbon-cutting ceremony



Director Solid Waste
Jim Fender



This good news came out at just about the same time Walmart Stores Inc. announced an ambitious plan to give customers an easy way to rate the sustainability of the products they purchase. Walmart wants to give shoppers a rating system that will show not only how an item is made, but how it will breakdown once it’s recycled or ends up in the landfill.

“Customers want products that are more efficient, that last longer and perform better,” says Mike Duke, Walmart’s President and CEO. “And, increasingly, they want information about the entire lifecycle of a product so they can feel good about buying it.”

Forbes and the folks at the West Salem Walmart contributed a number of items to the first “Salem After Five” event of the season that had a “Going Green” theme. Besides the increasingly popular Nature’s Source cleaning products, Walmart displayed a new hybrid plastic storage tote that is made from 95 percent post-industrial material. The reusable Walmart shopping

bags are also really starting to catch on and get repeated use in Salem.

Plus, the city’s Walmart is making some of the biggest recycled sandwiches you’ve ever seen these days, just don’t try to eat one of them. 20 inches of cardboard becomes the bread, if you will, while the meat of the “Super Sandwich Bale” consists of a variety of raw recyclable materials like plastic bottles, aluminum cans, plastic bags, plastic coat hangers and large medicine jars.

“All of this gets baled and picked up by a company that hauls

it away and breaks up the various raw materials and then sends them in different directions to be recycled,” says Forbes. “We make a profit off of the waste, but most importantly we save resources and have the satisfaction of knowing we have greatly reduced the amount of trash that has to be hauled away.”

- MS



Mayor Randy Foley drops off some newspapers



West Salem students played a major role in the Yokohama Forever Forest Project



CAN YOU DIG IT?

If you can dig it – they can plant it – and all you need to do is drive down Indiana St. to see proof of that firsthand. Yokohama Tire, one of the largest employers in Salem, brought its “Forever Forest Project” to town earlier this year and planted over 2000 seedlings on a very visible strip of land right in front of the plant.

This ambitious project is committed to creating forest areas at its domestic and overseas production sites. This concept began in 2007

and will continue until 2017 with 500,000 trees being planted at 7 facilities in Japan and 11 others worldwide. The “big dig” in Salem was the first for the company outside of Asia.

“Yokohama Tire Corporation’s slogan is ‘excellence by nature,’” says Takao Oishi, president and CEO of Yokohama Tire Corporation. “I’m very pleased to see so many people help us in this important and beneficial effort.”

Indeed. An estimated 250 volunteers of all ages helped plant the seedlings that help absorb carbon dioxide from the atmosphere while creating a woodland area at the Yokohama facility. One of the largest groups of helpers was made up of green-thumbed third-graders from West Salem Elementary school.

“Partnering with Yokohama and having the opportunity to participate in this project has been very beneficial to our students,” says West Salem Principal John Millard.”



These youngsters had a true vested interest in making sure these seedlings were properly placed into the ground. These same children were the ones who actually planted the original seeds in Yokohama's on-site greenhouse at the end of 2008.

"Being good stewards of our environment is certainly a lesson that all students should learn in their educational careers," says Millard. "Our students learned why we need to protect our environment through class discussions and hands-on activities in their science classes, and then these opportunities provided by Yokohama helped them tie it all together."

West Salem's 5th graders also worked on an environmental project with Yokohama this year.

These students created awareness posters based on the theme, "How Can You Protect The Environment?" and their works of art were then displayed at the main entrance of the plant for workers to admire.

Former Yokohama Health and Safety Manager and current Salem City Councilman, Bill Jones, returned to his old stomping grounds to welcome those in attendance and take part in the ceremony. Jones worked at the Tire Plant for 21 years from 1977 to 1998.

"It was an honor to go back to the place where I started, and kids are always first in my mind," says Jones. "To see them get involved with things that will help us



Councilman Bill Jones spent 21 years at Yokohama

tomorrow is just terrific, and being hands-on, they really feel like they are a part of the whole process."

- MS





PAPER CUT

Lewis-Gale Medical Center is one of the largest employers in the entire Roanoke Valley and recently the Salem-based hospital instituted some new initiatives through its Information and Technology department that have not only increased efficiency, but drastically cut down on paper consumption.

HCA Healthcare corporate offices in Nashville came up with a print minimization process that moved a high percentage of patient information off of the paper and printer and into the computer on an electronic health record. Things such as vital signs, lab results and medication administration records are now real time and up to the minute.

“Anything that is printed is out of date as soon as it comes off of the printer,” says Matt Chisholm, Lewis-Gale’s Senior Clinical

Analyst. “We want people to go to the electronic health records, so they are getting everything up to the second.”

And so far patients have been doing just that. Lewis Gale was selected to pilot this program for HCA’s Capital Division starting in May of this year. In just over four months, the product has proven itself to be a huge success.

“I think the biggest challenge with the project was just change in general,” says Chisholm. “We took our medical, nursing and clinical staff members through a big educational program and for the most part it has been very smooth.”

Lewis-Gale also introduced a new patient registration process

back in May. The upgrade has had similarly successful results when it comes to improving the service and attention given to patients. Before May, hospital workers had to make multiple copies of a patient’s insurance card, driver’s license and other such forms. Now, these items are scanned as high resolution color images and signatures are obtained electronically. All of this information is then entered into the same database, so many different areas of the hospital can have easy access to it.

“Not only does it reduce our paper consumption, but it also reduces our operating costs, and in today’s economy if you can go green and save money, you just can’t find a better combo,” says Chisholm.



Lewis-Gale Medical Center

HCA Virginia Health System

An HCA affiliate

Roanoke College has been around since 1842, but some of the energy saving and environmentally friendly practices taking place on campus are cutting edge.

“The current focus is on modifying our recycling program,” says Larry Walker, Roanoke College’s Planning and Projects Manager. “The need is not to reinvent, but to enhance the existing program and one major change will be the transition from student volunteers to paid student labor in administering the program.”

Recycling often gets the most attention in any “green” initiative, but lately, LEED Certification has been one of the most used phrases on campus. *Leadership in Energy and Environmental Design* certification is a coveted distinction, but one that takes some serious work and diligence to achieve. The Lucas Hall renovation project that is scheduled to open in the fall of 2010 is a prime example of this effort.

“Lucas will feature building systems that optimize energy performance and approximately 82% of the demolition material has been recycled,” says Walker. “It will be one of only a few LEED Certified educational facilities in the area.”

One of the most unique devices Roanoke College uses to cut down on landfill waste is a “Bulb Eater” that literally devours fluorescent bulbs. Housed at the College’s Maintenance Department, the “Bulb Eater” can crush a four-foot fluorescent light bulb in one second. A 55 gallon drum that is attached to the device can hold the remains of more than 1,300 bulbs.

“We were very interested in seeing this machine work when we first heard about it,” says Mike Vaught, Roanoke College’s Maintenance Director. “This saves us from throwing all of this stuff into the landfill, makes it easier on our electricians and truly helps the environment.”



RC Electrician Roger Waddell and the “Bulb Eater”

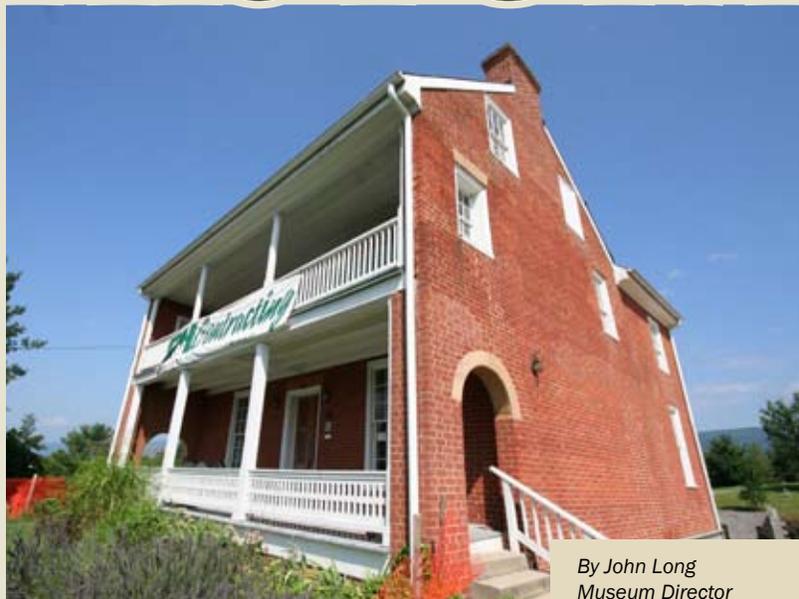




Making HISTORY

Around Salem it's usually called the Brown House. But despite that name it will soon be the greenest building in town.

Since 1992, the Salem Museum has resided in the old 1845 Brown House--officially the Williams-Brown House-Store. The venerable local landmark, the first building in Salem placed on the National Register of Historic Places, was moved in 1987 from its original location at Craig and Main to the eastern end of Longwood Park. There the Salem Historical Society has worked for years to "preserve the past and inform the future," through exhibits, publications, and historical programs. From humble beginnings, SHS soon became one of the most



By John Long
Museum Director

were paramount: to preserve the historical integrity of the Brown House, and to preserve the environment with groundbreaking ecological design. One of the oldest buildings in town, the group agreed, should also become one of the most forward-thinking!

"Green" building--designing a structure with the environment in mind-is

active historical societies in the state of Virginia.

But with success a problem soon appeared: the historic building quickly became too small to house the expanded programs and growing collection of the Museum. Accordingly, the Board of Directors envisioned a building program. From the beginning, two goals

the buzzword in construction today, and the new Salem Museum will be the city's first truly green facility. From the energy-efficient heating to the "intensive use" green roof to the rain water reclamation system, the expanded Museum will have as small an impact on the environment as possible. In fact, a goal for the project is LEED certification.

LEED—Leadership in Energy and Environmental Design—is a recognition that a structure meets rigorous criteria in energy efficiency. This project will be the first in Salem (and likely the only museum in Virginia) to achieve such a designation.



Also on the cutting edge for the project is the cooperation between the Historical Society and the Salem Fine Arts Commission. This City Council-appointed group has existed for years to encourage the visual and performing arts in Salem, but has never even had a physical address, much less exhibit space. Soon SFAC will maintain an art gallery and house its offices in the new museum. Nationwide, as non-

Of course, such an ambitious project requires the right personnel. For architect and builder, the Historical Society needed to look no further than Salem. The award-winning firm of SmithLewis Architecture of Salem leads the wave of green building in western Virginia. Jennifer Smith Lewis, a Salem native, is principal architect for the project.

“It is our view that the renovated Salem Museum building will become a model for subsequent projects in Salem,” notes Lewis. “Building green is rapidly becoming the new national standard because, from an ecological standpoint, it really is the only way to build.”

The most noticeable--and most controversial--part of the project is the green roof terrace overlooking Longwood Park. Alive with plantings and available for use for programs and receptions, the green roof will control runoff from the building, retain heat inside the building, and purify the air outside. No structure in the Roanoke Valley features such an “intensive use” green roof.

But some Museum supporters initially expressed concern. Familiar with first generation green roofs, their first thought was a potential disaster for a museum: roof leaks.

“A typical membrane roof uses a single layer of waterproof material,” notes Lewis. “Our green roof uses three, including one to prevent the roots of the plantings penetrating the roof. If anything, the modern green roof systems are more reliable than standard roofs.”

The general contractor for the Museum expansion is also a Salem neighbor: G&H Contracting. Sheldon Henderson, president, is excited about participating in such a visible and significant green project.

“When it comes to building green from a general contractor’s standpoint you can do one of two things...get on board or get left behind,” says Henderson. “The Salem Museum is our third project currently seeking LEED certification. It’s obvious to us that going green isn’t just for larger markets and the west coast.”

profit budgets have tightened, such collaboration between groups has become a worthy goal.

Phase I of construction is well underway, and is slated to be completed in March 2010. Meanwhile, the staff of the museum is working out of a trailer and concentrating on offsite programs that can be carried out without a museum.

Funding for the expansion of the Williams-Brown House has already been provided by the City of Salem, the Commonwealth of Virginia, and dedicated supporters of the Historical Society. To cover the rest of the costs, SHS is conducting a \$3.5 million dollar capital campaign.

If you would like to do your part in providing Salem with a cultural center that will be the envy of other communities, please call 389-6760 for details.

The Roanoke Valley Cool Cities Coalition is a non-profit organization passionate about slowing down global warming by educating the public, but when you start talking about greenhouse gas emissions and the carbon footprint the average Joe can get lost in the conversation in a hurry.

But tell this same guy he can save big bucks on his electric bill, and suddenly he's all ears.

"That first approach is kind of like telling someone you want to give them a lecture on astrophysics, but when you tell them they can save \$75 on their lightning bill everyone is suddenly interested," says Diana Christopulos, the organization's Principal Officer and Board Chair.

Cool Cities is big on educating citizens with public outreach. Its members have done over

125 community presentations for civic clubs, church groups and larger gatherings like "Festival in the Park" and "Salem After Five." Christopulos estimates she

and others within the organization have passed out over 6,500 energy efficient CFL light bulbs.

"In some ways this is a small part of the population, but I think we've really done a good job of working with the public and local governments," says Christopulos.

Christopulos heads up the all-volunteer organization out of her home in Salem. Cool Cities doesn't have a formal office or headquarters or a single paid staff member. She and fellow Salemite Mark McClain, Cool Cities' Director and Treasurer, make up a formidable team that spearhead the public outreach efforts by relying on their high energy motors and business backgrounds.

"We just want people to look at the science with us," says Christopulos. "It's only prudent that we do something."



COOLCATS



Cool Cities - Mark McClain and Diana Christopulos

U.S. Foodservice President Rob Lee



Beyond the Plate



U.S. Foodservice Show at the Salem Civic Center

When U.S. Foodservice rolls into the Salem Civic Center each year, patrons from all over the region get an opportunity to meet vendors and taste their latest offerings. Lately, they've also had a chance to see the newest environmentally responsible products designed for restaurant owners and consumers.

Granted, there's nothing unusual about seeing corn, sugar and potatoes at a food show, but these crops are

now being used in ways that your grandmother never imagined. No longer are these items just ingredients in a "dish," but rather they are the dish, as in actual plates and take-out containers.

"Our line of eco-conscious plates, cups and take-out containers use renewable resources such as corn, sugar cane and potato starch and they are compostable, biodegradable, petroleum-free, non-allergenic and

nontoxic," says Michael Mulvaney, a Category Manager for U.S. Foodservice's local division based out of Salem.

U.S. Foodservice launched this *Monogram Sustain* line of products less than a year ago. The hope is that instead of using Styrofoam or petroleum-based containers, food vendors and consumers will begin switching to these new products that are designed to disappear in the landfill or the compost pile.

“We take a lot of pride in offering our customers environmentally responsible products, and we know that *Monogram Sustain* plays an important role to many of our operators’ commitment to greener operations,” says Mulvaney. “We are seeing a lot of demand for sustainable products from our customers and in addition to requests for our *Monogram Sustain* line and we’ve been working with our customers to source more antibiotic-free, organic and locally grown products.”

These *Monogram Sustain* products also offer even more performance features that traditional “disposable” plates and take-out containers can’t come close to matching.

The sugarcane products can handle foods that are nearly 200 degrees Fahrenheit, while the paper products made from potatoes won’t get soggy even if they are covered with a liquid, grease or gravy. Plus, the plastic cups and containers that are made from corn use 65% less fossil fuel than traditional plastics.

“U.S. Foodservice’s commitment to sustainability is woven into the fabric of our enterprise and extends into every aspect of the way we do business,” says Mulvaney. “Even in these tough economic times, sustainability is continuing to grow in importance as a key business driver.”



Michael Mulvaney



One Person CAN M



Tracy Divers



Cool Cash



Air Handler on G.W. Carver

save thousands of dollars for the city by simply flipping a few switches.

couldn't interrupt the set temperatures for personal preference. He worked to maximize the efficiency of the massive air handlers that are found mainly on the roofs of each school and he was able to monitor the building temperatures and gauge the efficiency of the changes through a computer program designed by Trane Heating and Cooling.

Tracy Divers was one of 50 City of Salem employees who took part in a 10-month-long Leadership Development Program during the recently completed fiscal year that was aimed at making Salem a greener community.

Divers, the city's Building and Maintenance Superintendent, got to thinking about how he could save money and energy for taxpayers by adjusting thermostats and heating and cooling schedules in the city's six schools when the buildings are virtually empty.

By the time the program reached its conclusion in May of 2009, everything from green construction techniques to rain water collection systems were studied, researched and evaluated as possible additions to the city's green initiatives.

"Just scheduling the thermostats differently and tweaking a few things here and there has really opened our eyes," says Divers. "The savings are significant."

One group's efforts in the areas of energy conservation got an unexpected immediate shot in the arm when Divers figured out a way to

Divers started cutting back the heat and air in November of 2008 and he and his fellow workers also took the override feature off of the thermostats, so the custodial staffs

In less than a year's time, a savings of \$50,000 has been realized in the electric and gas bills just in Salem's six schools.

"We're also looking at the Court House where some of the controls are very old and, hopefully, we'll be able to eventually replace those and save even more on our citywide energy costs."

Make A Difference



Animal Shelter Manager
Rebecca Hall and Tamara Bates

Homemade Suds

Let's face it dogs can be dirty Land cats too, for that matter. So when the good folks at the Salem Animal Shelter started thinking about ways they could save the city some money they went straight to the laundry room.

"Everybody watched me go through the leadership program here at the shelter and with all of the talk about 'going green' one of my co-workers suggested we make our own laundry detergent," says Rebecca Hall, the Salem Animal Shelter's Manager.

That employee was Tamara Bates, who already was making these homemade soapsuds at home and saving money. She knew that based on the volume of laundry the shelter does on a daily basis that the potential for saving hundreds of dollars was tremendous.

"We do 6 to 8 loads of laundry a day at the shelter and this detergent really works better than Tide to be honest," says Bates. "It is really

remarkable how well it cleans."

The homemade detergent is environmentally friendly and compatible with today's new high efficiency washing machines because it doesn't suds up. It consists of just four simple ingredients; water, grated Ivory soap, Borax and Sodium Carbonate or a product used in pools or aquariums called pH Up .

The start-up cost for buying these items was right around \$15, and since each load of pet beds and blankets takes just a quarter of a cup of detergent, each load costs no more than 3 to 5 cents. Hall and Bates estimate that they can do a year's worth of laundry, over 2,000 loads, for just \$30.

"This is an excellent way we can participate in Salem's green efforts, says Hall. It's extremely satisfying when we can continue our efforts to make a difference and save money in the process.



SOAP RECIPE:

1 Quart Boiling Water
2 Cups Ivory Soap (grated)
2 Cups Borax
2 Cups Sodium Carbonate
of pH-Up

- Add finely ground Ivory Soap to boiling water and stir until melted
- Pour the soap water into a large, clean 5 gallon bucket and add other ingredients
- Stir until dissolved
- Add 2 gallons of water and stir until well mixed
- Cover pail and use ¼ cup for each load of laundry
- Stir mixture before each use



The City of Salem turned the first shovels of dirt on the last day of July at Rotary Park. The ceremonial digging marked the start of the latest phase of the Roanoke River Greenway that will eventually tie into the existing Greenway Trail at Salem's Moyer Park.

House Majority Leader Morgan Griffith, Senator Ralph Smith and Dana Martin from the Commonwealth Transportation Board joined local dignitaries from both Salem City government and area greenway commissions to officially break ground on this project that is scheduled to be finished by December.

"The groundbreaking represents the first step in more than 10 miles of planned trails in the city between the Roanoke River Greenway and the Mason Creek Greenway," says Salem Planner Ben Tripp. "This step is the first link that eventually will connect with pieces in Roanoke City and Roanoke Co. making it possible to walk from Botetourt



County to Montgomery County along the Roanoke River."

This 1.2 mile long phase of the project will be the longest trail the City has constructed to date. Eventually, the greenway in Salem will extend to Mill Lane to the west and Apperson Dr. to the east. This will provide a continuous link to trails in both Roanoke City and Roanoke County.

"You can walk the kids or your dog, stroll the baby and also bike along these trails while enjoying all the views of the river, plus there eventually will

be other amenities like benches and canoe launches," says Tripp.



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SALEM HIGH SCHOOL JV FOOTBALL 2009 FOOTBALL SCHEDULE

DATE	OPPONENT	LOCATION	TIME
Sept. 3rd	Lord Botetourt	Salem Stadium	6pm
Sept. 10th	Franklin Co.	Salem Stadium	6pm
Sept. 17th	William Byrd	Vinton	6pm
Sept. 24th	Northside	Salem Stadium	6pm
Oct. 1st	William Fleming	Roanoke	6pm
Oct. 8th	Cave Spring	Southwest County	6pm
Oct. 15th	Blacksburg	Salem Stadium	6pm
Oct. 22nd	Christiansburg	Salem Stadium	6pm
Oct. 29th	Hidden Valley	Southwest County	6pm
Nov. 5th	Pulaski Co.	Salem Stadium	6pm



SALEM HIGH SCHOOL

DATE	OPPONENT	LOCATION	TIME
September 4th	Lord Botetourt	Daleville	7:30pm
September 11th	Franklin Co.	Rocky Mount	7:30pm
September 18th	William Byrd	Salem Stadium	7:30pm
September 25th	Northside	North County	7:30pm
October 2nd	William Fleming	Salem Stadium	7:30pm – Homecoming

ANDREW LEWIS MIDDLE SCHOOL 2009 FOOTBALL SCHEDULE

DATE	OPPONENT	LOCATION	TIME
Aug. 20 th	William Fleming	Salem Stadium	5pm
Aug. 27 th	Hidden Valley	Southwest County	5pm
Sept. 2 nd	Northside	North County	5pm
Sept. 10 th	Christiansburg	Christiansburg	5:30pm
Sept. 14 th	Franklin Co.	Salem Stadium	6pm
Sept. 17 th	Dublin	Salem Stadium	5pm
Sept. 24 th	Blacksburg	Blacksburg	5:30pm
Oct. 1 st	Clifton Forge	Salem Stadium	5pm
Oct. 8 th	Pulaski	Dublin	6pm

VARSITY SCHEDULE

DATE	OPPONENT	LOCATION	TIME
October 9th	Cave Spring	Salem Stadium	7:30pm – Sandlot Night
October 16th	Blacksburg	Blacksburg	7:30pm
October 23rd	Christiansburg	Christiansburg	7:30pm
October 30th	Hidden Valley	Salem Stadium	7:30pm
November 6th	Pulaski Co.	Salem Stadium	7:30pm – Parents Night



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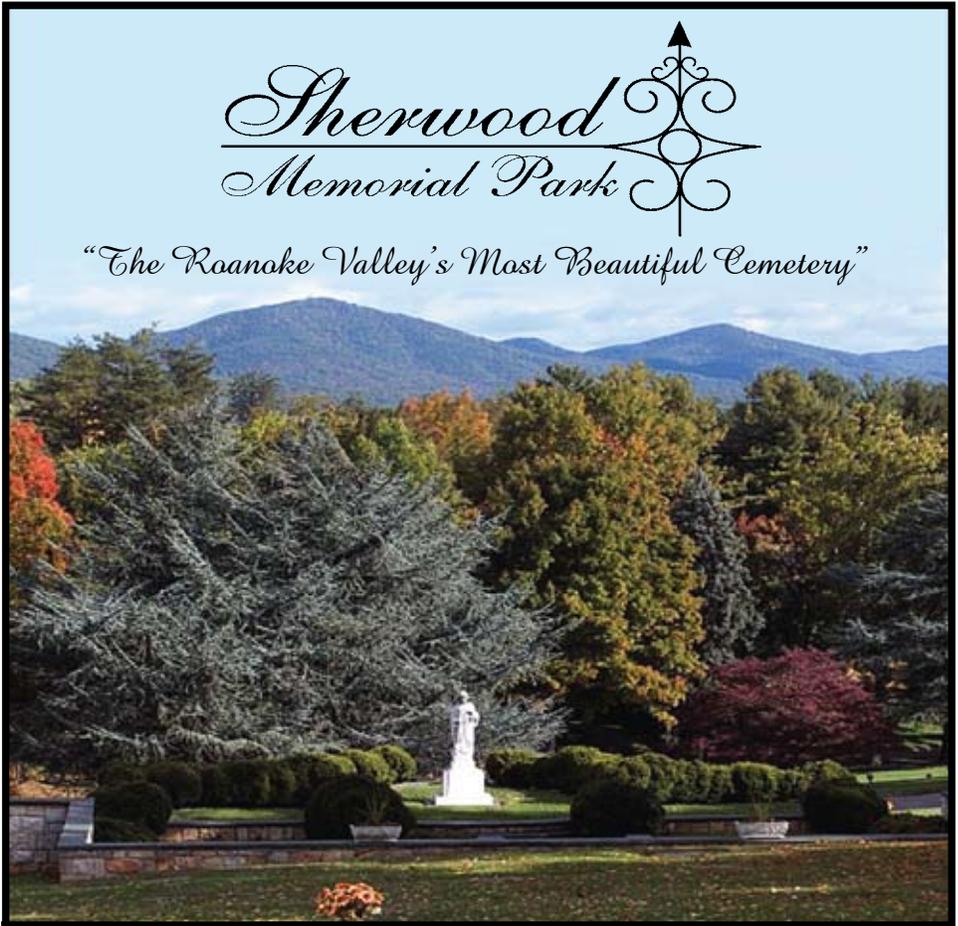
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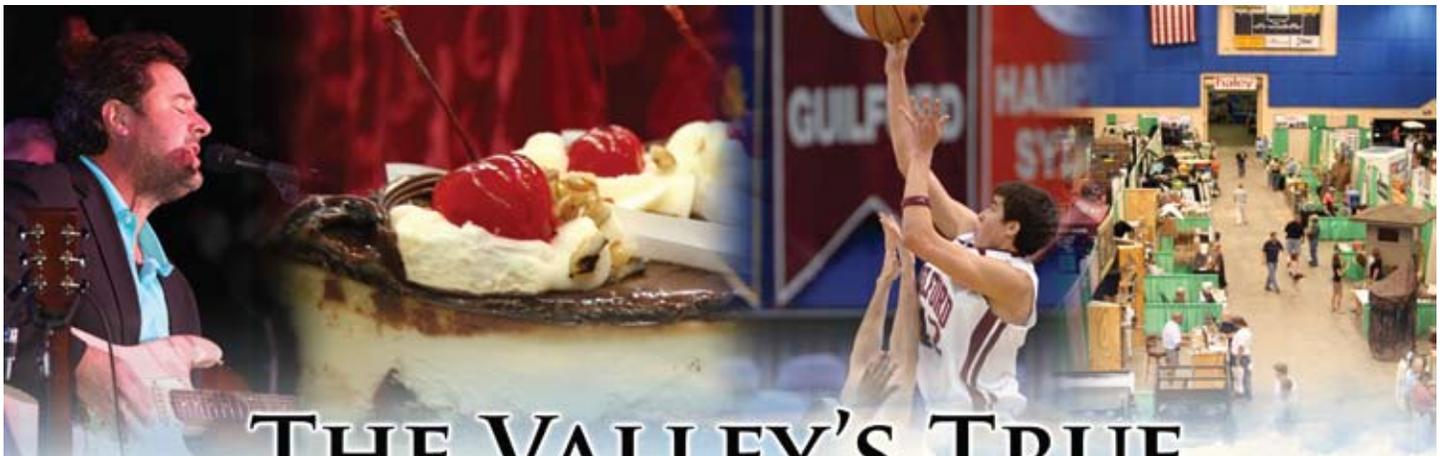
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The Quality *of* Life Cycle

By: Dr. Alan Seibert





2009 Salem High School Graduation

It's been 15 years since the Disney movie *"The Lion King"* captured the imaginations of millions of people worldwide with its timeless story that depicts the amazing circle of life. Simba's family members, those natural and extended as well as those traditional and eccentric, shaped his upbringing and eventual emergence from cub to young adult, even when he thought he had failed.

It's no different here in Salem.

The guiding hand that parents, coaches, scout leaders, Sunday school teachers and certainly those who serve in Salem's schools extend to our children on a daily basis is just as powerful as the guidance Simba received from his fictional community.

And just like in the Pride Land of the Serengeti, as it was depicted in the film, Salem is a community that values its young people.

The City Council and Administration put those values into action by providing resources necessary for quality schools, numerous parks and recreation programs and other city services such as a police department that sponsors Camp D.A.R.E. for all 6th grade students. In turn, quality schools and outstanding services attract families to Salem who desire to live in a community that values its young people.

Our community, which enjoys a vibrant and self-renewing *"Quality of Life Cycle,"* begins with our young people...Salem's children.

These days it's not uncommon for 25-to-44 year olds to come back to Salem, in fact, it is our fastest growing demographic segment (*Roanoke Times*, May 14, 2009). This is the age group that desires a quality community where they can raise their children. These individuals choose Salem, because it is a city that not only has values, but lives them.

You are welcome to test this hypothesis.

As you travel farther from here and meet more people from other places, I encourage you to examine what you have lived. I suspect that when you do, that you will marvel at what you are provided with right here in Salem. It's something that was established before your time and something that everyone should be very serious about preserving.

In his book *"Salem: A Virginia Chronicle,"* Salem's historian, Norwood Middleton describes how the "Salem First" model of governance emerged beginning in the mid-1970's and identifies the ensuing generation of leaders as the "Salem Loyalists." Middleton documents how the "Salem First" movement established Salem as a community that places great value

on its young people, specifically citing the establishment of an Independent School Division in 1983 as the epitome of Salem's "full stature" as an independent city.

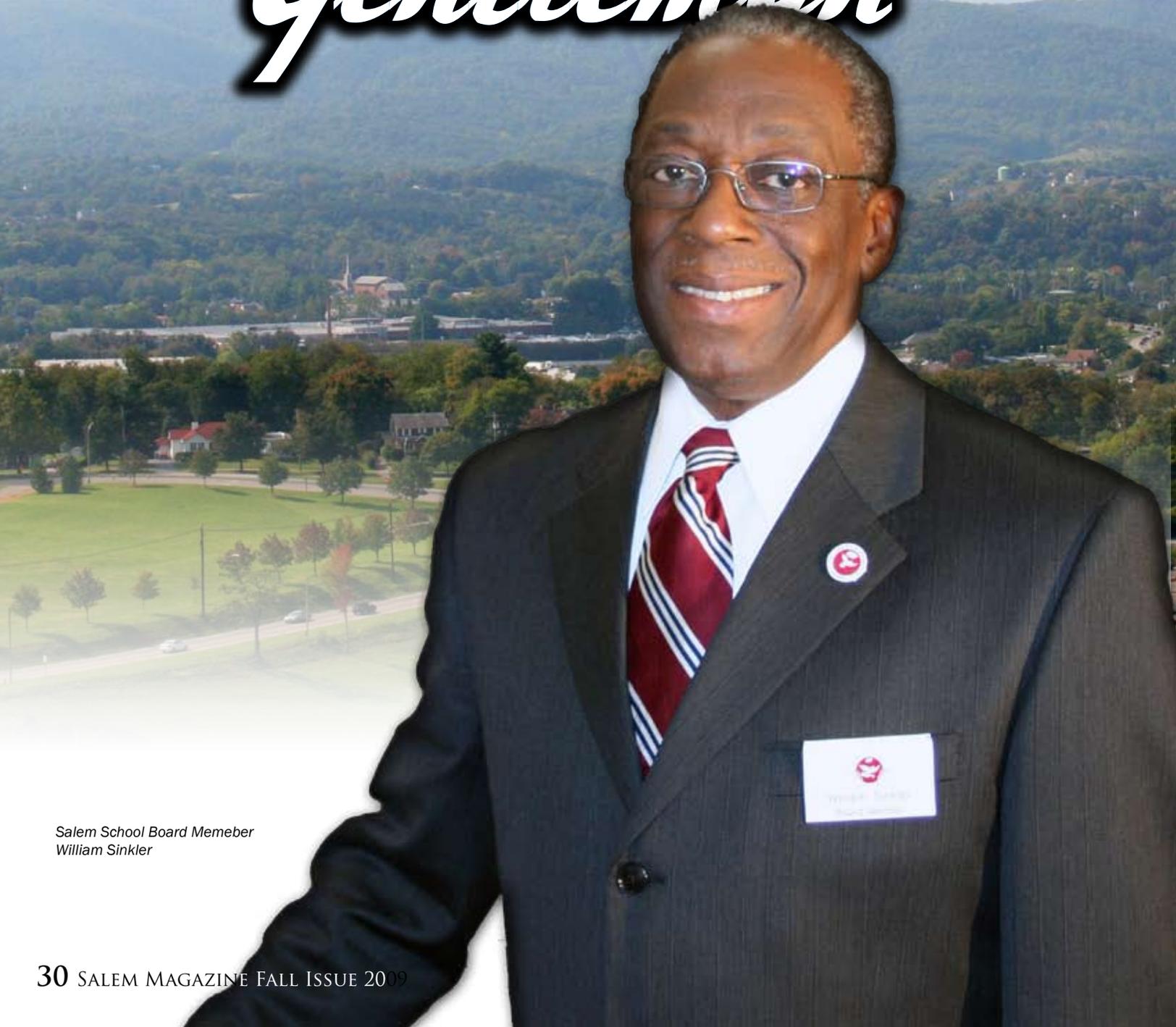
Today, 35 years later, we can see what Salem's willingness to sacrifice for the sake of its children has accomplished. That sacrifice has established a "Quality of Life Cycle" for our entire city that continues to put our young people first and even safeguards our property values since the demand to reside here remains high to this day.

By placing great value on its children, our City attracts other families who share the same values and this perpetuates and even enhances our "Quality of Life" cycle. These new adults with children soon become similarly invested in Salem, and the cycle continues.

Without the commitment of these citizens – both the new ones and the established ones, and the resolve of our leaders, we would struggle to maintain our focus of keeping "Children First."

In a recent survey, the top three reasons for living in Salem were the people, the schools, and the small-town feel (*So Salem*, April 2009). All of these reasons provide evidence of Salem's unique *"Quality of Life Cycle"* – something that is remarkably rare and certainly something each generation should treasure and resolve to perpetuate for the next.

The Valley's Gentlemen



Salem School Board Member
William Sinkler

Salem School Board member William Sinkler grew up dirt poor in the tiny town of Eutawville, South Carolina, so you'll have the pardon the usually eloquent one if he was at a loss for words when the Virginia General Assembly recognized him earlier this year.

"I was deeply touched by this, and it really was a total shock to me," says Sinkler.

Sinkler was commended for his lifelong dedication to educating young people in Roanoke, Lynchburg and Salem. Each of the area's five state legislators put their name to House Joint Resolution #25 that was initiated by Roanoke Delegate Onzlee Ware.

"I have known Bill for more than 20 years and he is a very quiet and humble man who gets things done without raising his voice or showboating," says Ware. "He just exemplifies the highest marks of honesty integrity."

Sinkler is one of those rare educators who has the ability to convey both knowledge and compassion to those he comes in contact with on a personal basis. You don't just hear the passion for young people in Bill Sinkler's voice, rather you feel it.

Salem School Division Superintendent Alan Seibert was at an early stage in his teaching career at Salem High School when he first came in contact with Sinkler. He dropped by the classroom one day to observe as part of his school board duties, and Seibert remembers being struck by the way he carried himself.

"What I remember most vividly is that he was the epitome of a Southern gentleman," says Seibert.



Del. Onzlee Ware

"I have since observed that his former students still revere him and visit him to this day."

"You have to like people and be willing to share with them and encourage a change in young

Sinkler was recognized by his School Board peers, including Chairwoman Sally Southard



people, so they can become the best that they can be," says Sinkler. "When people feel special they will not disappoint you."

Sinkler knows all about handing disappointment. His father died when he was just two years old leaving him in a small home with three sisters, two brothers and a loving, yet no-nonsense mother.

"We worked hard and my mother did not tolerate foolishness," he says. "She shared information with us about what she would like to be done, and we did it."

Momma kept him straight, but it was another lady, a librarian named Miss Obertha Lisbon who set his illustrious career as an educator in motion. She hand-picked William and five other students and then made them her special projects, requiring

them to read a classic literary work every week. They would get their books on a Friday afternoon and have until the following Wednesday to get them read.

“She would purchase lunch for all of us and then we would meet in the library and discuss the good and bad points of the books each Wednesday afternoon,” he says.

But she did so much more than buy a few sandwiches and books for the kids. She also took it upon herself to call a number of colleges in South Carolina to let them know that she had some mighty dedicated students who sure could use some scholarship money.

Her persistence paid off handsomely when William, his mother and Miss Lisbon were invited to the President’s home at Morris College in Sumter, South Carolina. After making the 50

mile trek from Eutawville, they had barely exchanged greetings when Sinkler was given a scholarship and a job working in the chemistry lab of the private institution.

Four years later, in 1960, he graduated Cum Laude from Morris with a Bachelor of Science degree in biology and a minor in chemistry. He later went on to study at Virginia State before earning his Master’s in Education from the University of Virginia.

For 40 years he shaped and molded hundreds of children as either a teacher, assistant principal or principal doing the majority of his work in the Roanoke City school system. He taught during segregation and kept the peace in the halls after integration, all the while doing his best to be a calming inspiration to his students.

“I felt as though I had something to offer young people and I got a lot of satisfaction myself out of working with the students and seeing them become successful,” he says.

At the age of 71, Sinkler continues help students in Salem where he has

been a vital member of the city’s school board since 1993.

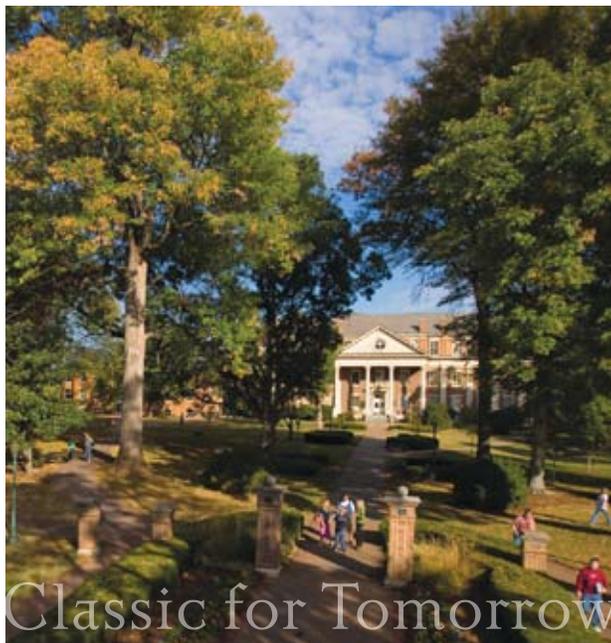
“He is a fantastic member of our School Board team,” says Seibert. “He brings a wealth of experience and perspective to the Board from his experience as a teacher and an administrator, and his perspective is always student centered. It’s about what’s best for the children and how to touch their lives, as well as holding them to very high standards of rigor and achievement.”

Sinkler and his wife Marzetta have been married for 44 years. They have two grown sons, William and Wayne, who live outside of the area. William resides in Fredericksburg while Wayne makes his home in Sweden. Fortunately, for the Salem community, Bill and Marzetta have kept their roots local, electing to serve their church family at Shiloh Baptist and their fellow citizens and neighbors throughout the city.

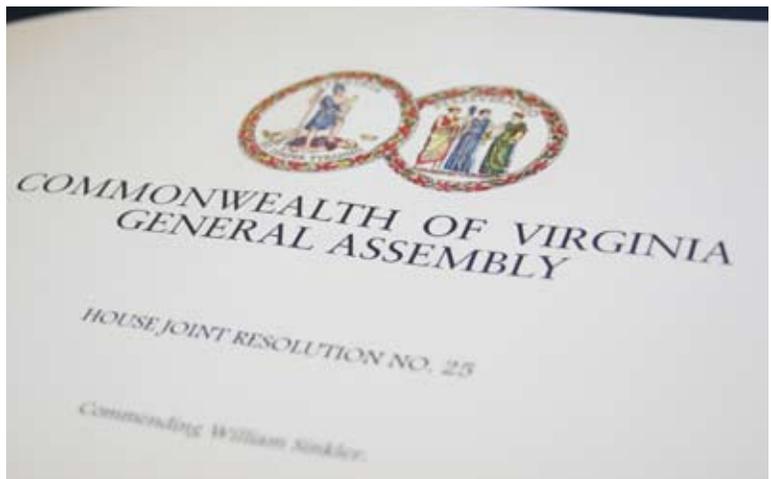
“The students have said to me on several occasions that they are pleased that I’m on the school board because they feel comfortable talking to me, and that comfort level makes it all worthwhile,” he says.

Miss. Lisbon would be so proud.

- MS



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2nd Chance



Jacob Tyree and Chance Crawford

Earlier this summer, I spent a week at our annual beach outing on the Outer Banks with my wife's family. We've been making this annual trek to Nags Head and Kill Devil Hills for more than 20 years, and I usually can count on two things; eating way too much seafood and reading one book...just one.

My wife always makes sure I actually read something of substance on the vacation instead of those supermarket tabloids her older brother likes to torment her with while she's trying to relax down by the ocean.

"Did you know Brad and Angelina were splitting up because of an alien from Mars?"

This year she suggested that I get with the program and finally read the wildly popular #1 New York Times best seller - *"The Shack"* - even though she knew it had nothing to do with my favorite "Shaq" - Shaquille O'Neal.

I had actually planned to read the book months earlier, but for some reason had put it off.

Now, I realized there was no putting it down.

“*The Shack*” is about relationships, healing, getting one’s priorities in order, learning how to love and mainly about understanding that no matter whom you think you are or what you do...God is in charge.

As I was reading the book, it struck me that I had just witnessed many of these same things firsthand inside the Salem Civic Center’s Community Room at the annual Chance Crawford Scholarship presentation. Back in June, nearly \$25,000 was handed out to individuals from within the greater Salem area who struggle with health problems, physical limitations or educational needs.

If you need a reality check – any many of us do – I suggest that you peek inside the Civic Center next June. What you’ll find are good folks from all walks of life who’ve been dealt a hand they never expected to receive, much like the awards’ namesake.

Jason Williams – a 2009
Northside valedictorian



In the fall of 1980, Chance Crawford suffered a spinal cord injury while playing football for Salem High School. In the spring of the following year, people in the community started a benefit softball tournament that simply took on a life of its own. In the beginning, organizers just hoped the softball tournament would raise enough money to help Chance with his college expenses, the renovation of his home and physical therapy bills.

But it did way more than that, and after Chance graduated from college and was elected Clerk of the Circuit Court for the City of Salem, the Chance Crawford Committee decided to take the proceeds from the tournament and put the money back into the community. In the past 18 years, over \$325,000 has been raised and distributed to help fund a variety of worthy causes in the Roanoke Valley.

Many of those “worthy causes” were in attendance at this year’s awards ceremony to pick up their checks and, most importantly, say thanks to Chance, and while there were enough tears to fill a swimming pool, please don’t for a minute think this was a “pity party.”

Young people in wheelchairs, some of whom couldn’t speak a word and yet another who was a valedictorian at Northside, were joined at the podium by a man battling Lou Gehrig’s disease, another who had gone blind, one who had fallen off a roof and suffered a brain injury and several who had young children battling diseases and odds of recovery that you wouldn’t wish on your worst enemy.

But you see that’s just the point.

Just like Mack in “*The Shack*” these people have made their peace.

To a person, each recipient thanked God for his blessings and gave thanks for what he or she had – refusing to



Mike Gentry suffered a
brain injury in Feb. 2009

dwell on what was missing. That goes for the young dad whose daughter was born with spinal muscular atrophy last November to 16-year-old Jacob Tyree, a senior at Glenvar High School.

Jacob was a talented 9-year-old athlete when doctors found a five inch cancerous tumor on his spinal cord. A year later he underwent a rare surgery to have over half of that spinal cord removed, knowing it would leave him paralyzed from the waist down.

Tyree has an amazing smile and an even better left-handed shot on the basketball court, but his greatest strength is his personal testimony. When he speaks about his journey from a normal 9-year-old boy through intense, stomach-churning radiation treatments to his risky surgery you don’t feel sorry for him, but rather inspired by him to make one’s self a better person.

It’s the kind of realization folks come to when someone is kind enough to give them a *Chance*.

- MS



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Standing up for Roanoke Valley workers

Morgan Griffith increased economic development funding, while expediting state building projects to create new jobs. He also voted to extend unemployment benefits to 59 weeks and reduce COBRA health insurance costs for unemployed workers by two-thirds.

Cracking down on sex offenders

Morgan Griffith wrote laws that strengthened Virginia's Sex Offender Registry and kept sex offenders who remain a danger after the completion of their sentence off the streets. During the next General Assembly session, Morgan will introduce



The Griffith family

legislation to toughen Virginia's anti-stalking laws.

Holding the line on taxes

Morgan Griffith always fights to

protect your hard-earned money. He helped block repeated efforts to raise the gas tax. Morgan helped pass Virginia's Back-to-School sales tax holiday. And now Morgan is working to enact constitutional amendments to provide the elderly and disabled veterans with property tax relief.



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Roanoke Valley families can always count on Delegate Morgan Griffith

Re-elect Delegate Morgan Griffith on Tuesday, November 3

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SOLID FOUNDATION

Fifty years ago the Salem Sports Foundation received its charter from the State of Virginia and elected its first board members. Back then the organization was known as the Salem Quarterback Club, and while the name has changed, the mission of the group has always been the same.

“The reason that we exist is to make sure that the student-athletes at Salem High School get what they deserve for all the hard work they put into athletics and academics,” says Van Gresham, a longtime Foundation member who has served as its President multiple times.



Salem Sports Foundation's
Van Gresham

That mission has been accomplished many times over. In 50 years there's no telling how many banquet meals have served to the high school athletes of Salem, but the Foundation does know that in five decades it has handed out 100 scholarships worth \$175,000 to everyone from Jeff Highfill and Billy Sample to Heather Moore and Ryan Rotanz.

“I guess the thing we're most proud of is the fact that we're able to sponsor scholarships in the amount of \$10,500 each and every graduation year,” says Gresham. “Ours are different because you cannot apply for them. You're nominated by coaches or administrators and the criteria are tough.”

Besides scholarships, the Salem Sports Foundation has been filling in the gaps for athletes for years when it comes to providing the 31 varsity sports at the high school with financial support. Unlike most schools that have multiple boosters clubs tied directly into the athletic director's office, Salem's

**Salem High School's
Varsity Teams that
Participated in
Virginia High School League
State Team Championships
in the 2008-09
School Year**

**Girls Soccer
Forensics
Volleyball
Boys Basketball**

**Team Photos Courtesy:
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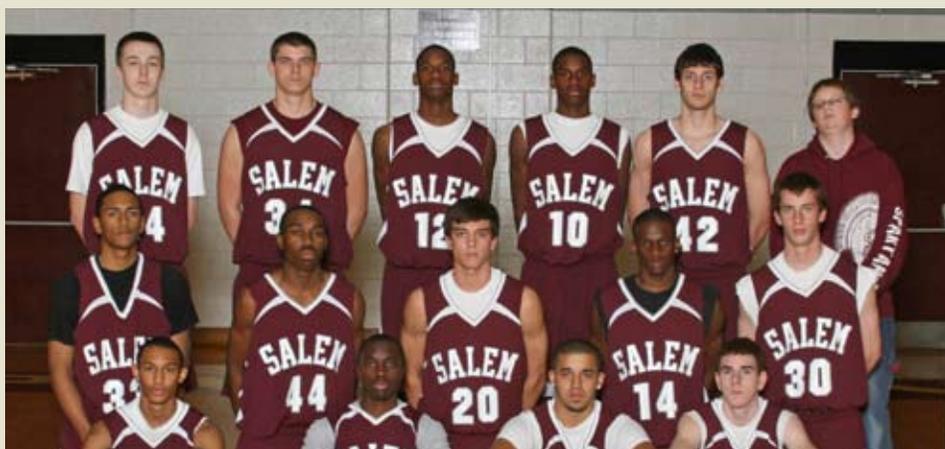
Foundation is a separate entity, and everything it does is approved by the high school.

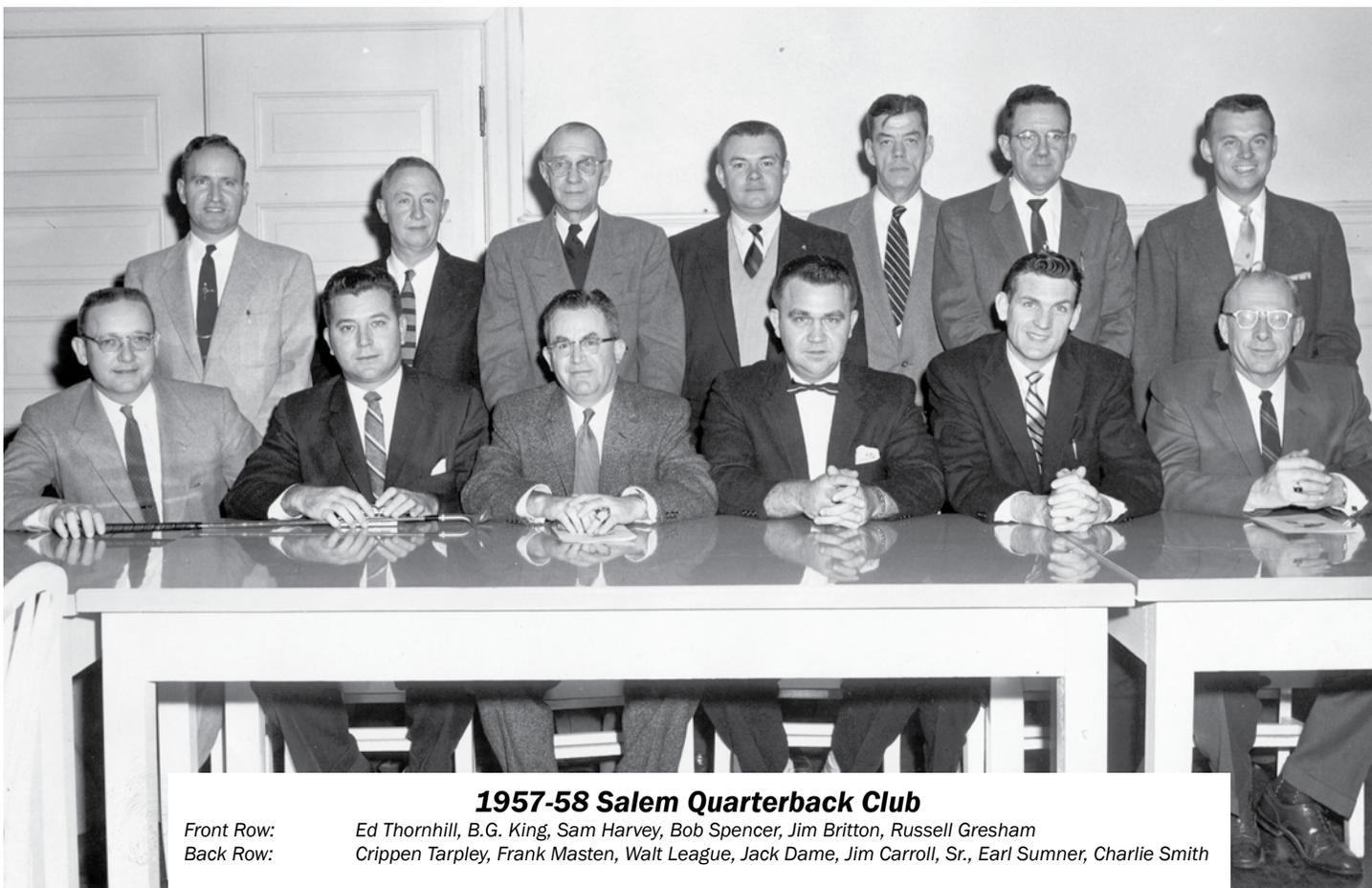
“You can’t go without having some other type of support these days,” says Salem High School Athletic Director Sandy Hadaway. “They have just been great supporters. A lot of people think it’s just football, but they have done a great job helping all of the athletes at Salem.”

Hadaway has been Salem’s athletic director for 25 years, and she knows she can always count on the Foundation to fund everything from sports banquets to the championship banners that hang in the gym.

“What we do is absolutely for every sport, and the amount of money we contribute is getting close to \$50,000 a year, including the banquets and scholarships,” says Gresham.

The Salem Sports Foundation makes its money by working beer





1957-58 Salem Quarterback Club

*Front Row: Ed Thornhill, B.G. King, Sam Harvey, Bob Spencer, Jim Britton, Russell Gresham
Back Row: Crippen Tarpley, Frank Masten, Walt League, Jack Dame, Jim Carroll, Sr., Earl Sumner, Charlie Smith*

concessions at “Salem After Five” events and at the Salem Fair. The members also collect a large portion of their funds through the 50-50 drawings at home football games, and while the cash is plentiful, the volunteers and members are not.

“Finding enough willing volunteers is the major problem we’re facing these days,” says Gresham. “I guess we’ve done such a good job over the years of spoiling people that some things like this are taken for granted, but at this point in time it’s getting very critical that we get new members, or down the road there won’t be a Salem Sports Foundation.”

This is a direct contradiction to the way Salem is viewed by those outside of the city. Salem is supposed to be that “sports crazy” community where everyone supports what’s happening on the field, but Gresham

estimates that 90 percent of the club’s active members haven’t had a child in an athletic program in 15 or so years.

“In terms of membership we need for the parents of students who are presently participating in athletics to be part of the program,” says

Gresham. “Right now, I would say that number is less than 10 percent.”

In some communities that figure would be disappointing. In Salem it should be unacceptable.

- MS

SALEM SPORTS FOUNDATION CONTACT INFORMATION:

Salem Sports Foundation
P.O. Box 642
Salem, VA 24153
(540) 389-1088

HAIL TO THE CHIEF



*Do Something...
Lead, Follow, or
Get Out of the Way!*

Chief Bryant's Motto

After 43 years of distinguished public service, Salem Police Chief James R. Bryant is all set to retire on November, 1st - marking the end of an era for the City.

“I’ve had a great career and I’ve really enjoyed coming to work each and every day, but police work is a young man’s job, and it’s just time,” says Bryant.

Bryant, who is now 64-years-old, was appointed Salem’s Police Chief in 1995 almost 30 years after he came to work for the department. Back in 1966, Bryant was fresh out of the Marine Corps, all of 21-years-old and in search of a job. Upon returning to the Roanoke Valley he found several opportunities for employment, but chose the Salem Police Department for its job security.

“After being in the Marine Corps for four years and moving around so much, I was looking for a job that would guarantee me a

paycheck every two weeks, so I could settle down, get married and buy a home,” says Bryant.

When he began his career as a patrol officer in 1966, George Eades was the Police Chief and Frank Chapman was the Town Manager. Bryant’s letter of recommendation for employment came from then Lt. Glen Peterson and was honest as you can get.

Dated October 24, 1966, the matter-of-fact correspondence describes a young man in good health “who is clean cut, well-mannered, well dressed and who looks younger than his 21 years of age.” But the same letter also points out that young Jimmy Bryant was a C student at Lord Botetourt and Northside who didn’t graduate from high school, wasn’t a registered voter and didn’t have an established credit rating.

“It’s absolutely amazing that I was even offered the position because at the time I applied for the job I had taken the GED test, but I didn’t have

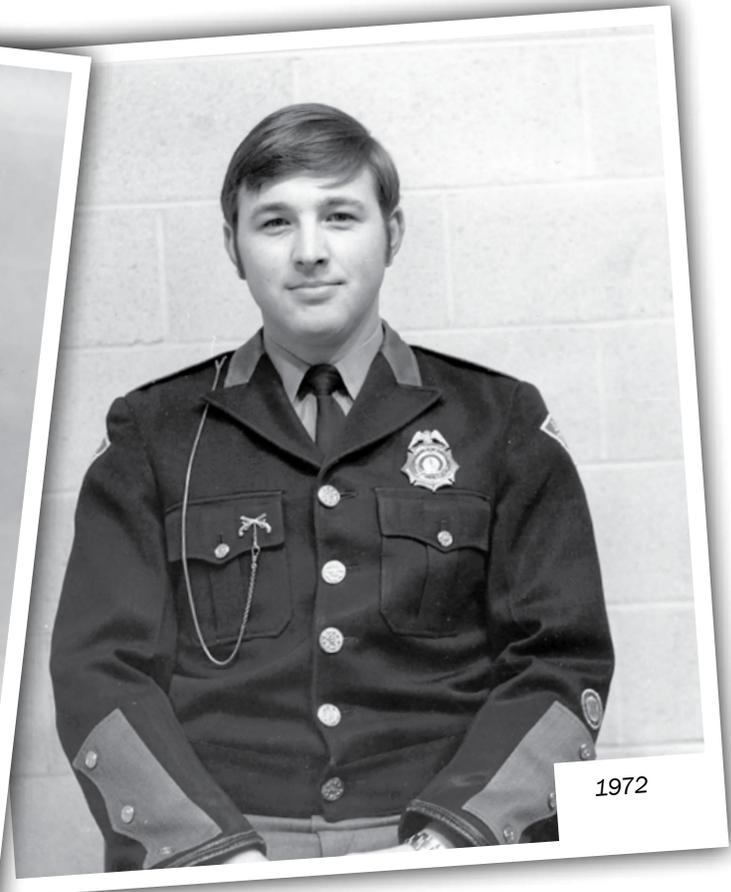
the results yet,” says Bryant. “

Bryant soon got the news that he had passed the test and was in the clear, but back then he wasn’t even issued a gun his first day on the job. Instead, he had to buy his own, a used .38 caliber Smith & Wesson that he still has in his possession today.

“When I first came to the police force the cars didn’t even have air conditioning, now they’re equipped with laptops, in-car-cameras and radar machines, so I’ve seen it all in 43 years,” he says.

But in 1969, some wondered if he’d even make it 4 years, much less 43. During his third year on the job as a Patrol Officer, Bryant ticketed his boss’s son for reckless driving, after Chief Eades’ boy was involved in an accident on Pennsylvania Avenue.

“I had to do my job the way I felt it needed to be done and I treated him the way I would have treated any other citizen in Salem,” says



Bryant. "I felt like he needed to have a summons and then the judge could make the determination about his guilt or innocence. In my heart and mind I made the right decision, even though it cost me in the long run."

Bryant's promotions may have been delayed after that day, but the self-made man with dogged determination would eventually climb the ladder in not only the Salem Police Department, but also in the Marines Corps.

"Three years after I was on the force I could see that I needed more of an education to progress in police work, so I got an Associate degree from Virginia Western and eventually a four-year Bachelor of Science degree from Bluefield College in Managing Human Resources," he says.

As a result, Bryant holds a unique distinction among many of his contemporaries in other law enforcement agencies in that he is the only City employee to start as a patrolman and rise to the level of Chief of Police, while simultaneously rising through the enlisted and non-commissioned officer ranks from Private to Sergeant Major in the Marine Corps. Both are inspirational stories and real life examples that living the American Dream is possible.

Chief Bryant enlisted in the United States Marine Corps and was on active duty from 1962 through 1966. He later resumed his military service with the USMC Reserve and was called to active duty during Operation Desert Shield- Desert Storm in 1990. He participated in all phases of the campaign to liberate Kuwait and received personal commendations and decorations including the Combat Action Ribbon and Navy Commendation Medal. He retired from reserve service status on July 1, 1995.



Chief Bryant and his wife Lois Ann will celebrate their 43rd Anniversary this November



Chief Bryant, Mayor Randy Foley and School Superintendent Alan Seibert at the 2008 Camp D.A.R.E. graduation at Camp Bethel

"Respect has to be earned, because it's not something you can demand, and if there are others in this department or other law enforcement officials who respect me for what I've done, I appreciate that and certainly try to honor that respect," he says.

Bryant, who also is a graduate of the prestigious F.B.I. National Academy in Quantico, picked up some of that respect recently when he was named the state of Virginia's D.A.R.E. Administrator of The Year for 2008. In 1991, he became the first director of Salem Camp D.A.R.E. – an eight week-long program that recently wrapped up its 19th summer of

educating the city's young people with a successful combination of fun in the sun and life lessons.

"We are very proud of the Salem Police Department and Chief Bryant's programs like D.A.R.E. Camp and the Citizen's Police Academy," says Kevin Boggess, Salem City Manager. "These programs have fostered a great trust that exists between the Department and Salem's citizens."

"I sometimes wondered if I worthy of being the Chief of Police as a man with my background, but I always tried to do the job with hard work," says Bryant.



“He has improved on all of the accomplishments made during my term and he’s certainly made his mark on our city,” says former Salem Police Chief Harry Haskins. “I recognized his abilities early on to move to the core of any problem and get the job done without generating a lot of friction. The city has been blessed to have his service over the years.”

Many things have shaped Bryant’s tenure, but perhaps nothing has stuck with him more than the events that took place on April 5, 1970.

“The day Bill Thompson got shot is a moment in time that I will never forget,” he says. “

Thompson was a police officer who had just worked a 3pm to 11pm shift and was in the office filling out an accident report. Bryant and another officer had been sent to Springfield Ave. to serve a warrant on Abe Quarles. As they were about to serve the arrest warrant, Quarles shot through the window at them.

“We withdrew behind a vehicle and called for backup,” says Bryant. “Bill Thompson had gotten off and didn’t have to respond, but he had talked to Quarles earlier in the day and he returned hoping he could help. He stood up

behind a little cinder block wall and Abe Quarles shot him in the head.”

That fatality showed Bryant that even though Salem is a relatively safe place, bad things can happen at any time, and that safety must be paramount.

“The retirement of Chief Bryant will be a loss for both the city and me personally,” says Boggess. “His wisdom and 43 years of Salem experience cannot be replaced. He has truly been one of the great leaders in this city’s history, and I feel fortunate to have been able to work with him.”

Bryant has overseen the expansion of the Salem Police Department both from a structural and personnel standpoint. There were only 16 officers on board when he started in 1966. Today there are 66 on the force, plus the physical plant for public safety on Calhoun St. has almost doubled in size to 23,500 square feet.

“Jimmy was one of those people who came up through the ranks and he did a good job of building the department during the time when technology was changing rapidly,” says Randy Smith, the former Salem City Manager who appointed Bryant as the Chief of Police in 1995. “I think it was clear that he had leadership skills and he had seen every side of the department. He was

tested and Jimmy was the right person for the job at the time.”

“Dealing with change has often been mind-boggling, but we’re in better shape today than we ever have been,” says Bryant. “We have young, talented police officers coming to work for the city of Salem who are dedicated and truly want to do the job.”

Bryant has served under three City Managers during this 14 years as Salem’s Police Chief, including Forest Jones. The two men actually had an unwritten pact that when one retired the other one would follow suit. “Jimmy and I have always been good friends, but we never let that get in the way of doing a good job for the city,” says Jones, who retired February 29th of 2008. “He’s just one of those people who did his job extremely well, and yes, we did have a pact.”

Jones, much liked Bryant, worked his way up the ladder in Salem going from the man in charge of the School Division’s maintenance department all the way to the top spot in the City’s administration.

“I think that’s a good thing because you get to know the people and they get to know you, and that just makes for good relationships,” says Jones. “He’s done a good job of getting outstanding people in the police department, and I know he’s really going to enjoy his retirement.”

Bryant is an avid outdoorsman who plans to spend more time hunting and riding his ATV when he and his wife of 42-years, Lois Ann, aren’t traveling.

“In an occupation like this you can get caught up playing favorites, but I always tried to treat people fairly and the way that I would like to be treated,” says Bryant. “If people just remember me as being a fair man, then I’ve accomplished everything I set out to do.”



Tim Guthrie and Jeff Dudley assume their new posts on November 1

If James Bryant's rise to the Chief's office shows it's still possible to live the American Dream, Jeff Dudley's ascension to the top of the Salem Police Department is proof that a person can still climb a professional ladder with good ol' hard work.

Dudley began his career with the Salem Police Department back in 1977 as a 19-year-old dispatcher. Prior to that he had spent 5 years working for the Salem Volunteer Rescue Squad and gotten to know some of the officers on the police

force pretty well, but he probably landed his entry level position because of his car washing skills, of all things.

"Jeff used to wash my State Police cruiser at the Hershberger Exxon when he was just a teenager," says former Salem Police Chief Harry Haskins. "He has always been a hard worker who could take a job, dig in and see it through, no matter how challenging."

City Manager Kevin Boggess has never witnessed Dudley's washing

and waxing prowess, but he does know a good leader when he sees one. On August 12th, he officially appointed Dudley Salem's newest Police Chief, effective November 1, 2009 when retiring Chief James R. Bryant steps down.

"Filling the Chief of Police position is rarely an easy task, but in this case it may have been one of the easiest decisions I have had to make," says Kevin Boggess, Salem City Manager. "Capt. Dudley has an excellent reputation both inside and outside the Police Department.

He has worked in the Department for over 30 years and during that time he has built a relationship with the staff and community that makes him the perfect person to lead the Salem Police Department.”

“I appreciate the confidence the City Manager and City Council have shown in me for this position,” says Dudley. “The Salem Police Department has very dedicated and qualified individuals working for it and this is a once in a lifetime opportunity to lead them. I cannot express in words how this opportunity feels.”

Dudley is a Roanoke County native who graduated from Northside High School and picked up an Associate degree from Virginia Western before earning a Bachelor’s degree in General Studies and a Master’s degree in Criminal Justice from

Radford University. Dudley also is a graduate of the Virginia Forensic Academy and the FBI National Academy in Quantico.

“I feel like I’ve grown up at the Police Department and having risen through the ranks, I know that the experiences I’ve had at each level will prove to be very beneficial to me as we move forward,” says Dudley.

When Dudley was encouraged to apply for the dispatcher’s job back in 1977 by many of the officers he had become friends with over the years there were only four dispatchers in the whole department, one for each platoon. He and one other person were hired that year expanding the Communications portion of the Police Department to 6 individuals.

After spending a year as a dispatcher, Dudley was sworn in

as a Police Officer in April of 1978 and assigned to the Patrol Division. In July of 1983, he moved to the detective division where he spent 6 years as a general investigator and crime scene technician. During this time he worked on two of Salem’s most high profile cases.

He was involved in the Dennis West case where West was convicted of the brutal murder of his wife in their Salem home in 1988, and the case of Dennis Eaton, who went on a crime spree in 1989 killing Virginia State Trooper Jerry Hines in Rockbridge Co. along with 2 others in the Shenandoah valley and one in Salem where he was apprehended by Salem Police.

In April of 1989, Dudley was promoted to the rank of Sergeant in the Services Division where he was instrumental in the development of

Bryant, Former Chief Harry Haskins and Dudley in 1995



Salem’s popular Camp D.A.R.E. He also served as a Sergeant and first line supervisor in the Patrol Division before rising to the rank of Lieutenant in January 1994. On November 1, 1995, he was appointed Deputy Chief of Police, a position he has held to this day.

“I am very grateful for the support and words of encouragement I have received over the last week from members of the department and city staff and employees,” says Dudley. “I feel like the experiences I have had with former Chief Haskins for 18 years and with Chief Bryant for the last 14 years will prove to be invaluable as we move forward with the future of the department.”

“It’s personally gratifying to know that you’ve trained someone who can step into this position,” says Chief Bryant. “I know that when I leave things will be in good hands because Jeff is very capable and knowledgeable.”

Boggess and Dudley conferred with one other over the appointment of Salem’s new Deputy Chief and both are pleased to announce that Lt. Tim Guthrie will assume that role and rise to the rank of Captain on November 1st.

Guthrie has been with the department since 1981 and during that stretch he has served as a Patrol and Traffic Officer, Narcotics and General Investigations Detective, Detective and Services Division Sergeant and the department’s Services Division Lieutenant, his current post.

The William Fleming graduate holds a Bachelor of Science Degree in Administration of Justice and is currently attending Hollins University pursuing a Masters Degree. Guthrie also is a graduate of the FBI National Academy.

“Over the years I have worked with many people who have made this opportunity possible,” says Guthrie. “The guidance and support given to me by Chief Bryant and Captain Dudley will always be valued and respected not only by me, but by every member of the department. It is indeed a pleasure to serve the citizens of this great city.”

A majority of the promotions that both Dudley and Guthrie received prior to this appointment took place when Harry Haskins was Salem’s Police Chief.

“I am very proud of these two men and we’re very fortunate to have them in Salem,” says Haskins. “They are great leaders and I look forward to seeing their accomplishments. I’m

so pleased with the City Manager’s decision.”

“Salem has a reputation for outstanding leadership development, and Captain Dudley and Lt. Guthrie are examples of why that reputation is well deserved,” says Boggess.

**SALEM SNAPSHOT –
JEFF DUDLEY**

Wife: Drema

Married: 31 Years

Hobbies: Traveling, NASCAR, Day Trips in his Jeep Wrangler

DID YOU KNOW?: Jeff earned his private pilots certificate in 2007



SALEM



PARKS & RECREATION FALL PROGRAM GUIDE

COMMUNITY ACTIVITIES

Assistant Director: Teri Atkins
tatkins@salemva.gov
110 Union Street. Phone: 375-3054

ADULT PROGRAMS 14+BALLROOM DANCE: (ADULT & TEEN)

This class offers a complete introduction to ballroom dancing. The class is perfect for beginners and those looking to polish their ballroom technique. Participants will learn the techniques necessary for moving with style and grace. No previous dance experience or partner is necessary.

Friday, 7:00p.m.-9:00p.m.

Location: Salem Senior Center - 110 Union Street
Instructors: Bonnie & Rick Schmitt
Fee: \$7/person/lesson - Partners not required. Make checks payable to: Rick Schmitt
Class is ongoing. Attend and pay instructor.
Begins: September 4th
Class limit: 30

BASIC CAROLINA SHAG 1 (couples only)

Learn the basic shag, turns and start steps of the Carolina Shag...all you need to dance the night away!

Tuesday, 6:30p.m.-7:45p.m.

(October 20th - November 17th)
Location: Parks and Recreation Main Office - 620 Florida Street
Instructor: Donna Richardson
Fee: \$30/person/5 weeks
Make checks payable to: Donna Richardson
Class limit: min. 4 couples, max. 8 couples



CERAMICS: (INTERMEDIATE)

This class is designed for the student who has prior experience with ceramics. Painting on resin, dry brushing and other techniques will be introduced.

Monday, 6:15p.m.-9:15p.m.

Location: Salem Senior Center - 110 Union Street
Instructor: Sharon Braden (Certified Duncan Instructor)
Fee: \$50/10 weeks
Make checks payable to: Sharon Braden.
*Class begins: September 14th
Class limit: 12

CHESS: (ALL LEVELS)

This class is for all levels of playing strength. Everyone welcome regardless of age.

Tuesday, 7:00p.m.-11:00p.m.

(7:00p.m.-8:00p.m. - beginner Instruction)
Location: Salem Senior Center - 110 Union Street
Instructor: David Vecellio
Fee: FREE
Class begins: September 15th
Class limit: 12

DOG OBEDIENCE

Dogs will learn to sit, stay, walk on a lead and socialization skills. Dogs must be 5 months or older.

Dog Obedience Cont. on pg. 47

Saturday, 9:00a.m.-10:00a.m.

Location: Salem High School Parking Lot
Instructor: Darr Graham

Fee: \$80/6weeks if paid before or at organizational meeting, \$90/6weeks on or after 1st class
Make checks payable to: Darr Graham – instructor of dog obedience for over 27 years for Salem Parks & Recreation. He is a member of the Virginia Police Work Dogs Association and SW Virginia Police K-9 training group. *ORGANIZATIONAL MEETING, THURSDAY, September 17th, 7:00P.M., SALEM SENIOR CENTER, (110 Union Street) DO NOT BRING YOUR DOG!
Class begins: September 19th

FLY FISHING (BEGINNER)

Learn the basics of fly fishing. Great pre-tune up for the fishing season.

Saturday, 11:00a.m.-12noon

Location: Salem Senior Center – 110 Union Street
Instructor: David Vecellio

Fee: \$20/4weeks
Make checks payable to: David Vecellio
Session: September 19th – October 10th
*Students must provide fly rods
Class Limit: 6

GUITAR FOR“ABSOLUTE” BEGINNERS

Students will acquire a basic foundation in guitar including tuning, playing chords, reading tablature, flat picking, and simple folk and blues songs. No previous musical experience required.

Wednesday, 6:30p.m.-7:30p.m.

Instructor: Randy Walker
Location: Salem Senior Center – 110 Union Street
Fee: \$45/8weeks

Make checks payable to: Randy Walker
September 16th– November 4th
*Required materials: acoustic guitar(steel string or classical) or electric guitar; pick, tuner.
Class limit: 10

**HAND-BUILT CERAMICS(BEGINNERS)**

Come stretch your creative muscles as you learn how to form original works of art in clay! The basic skills of hand-built ceramics will be taught through the pinch, coil, and slab methods using low fire clays and glazes.

Wednesday, 6:00p.m.-8:00p.m.

Instructor: Julie Hamilton
Location: Salem High School – Spartan Drive
Fee: \$100/8weeks, includes clay, tools and glazes.

*List of supplies students will need to bring: paper towels, old towel or apron, small tupperware container with lid and several plastic grocery bags.
Class begins: September 16th.

BOB ROSS PAINTING (Adults & Teens)

Learn basic strokes and complete a project to take home.

Fridays, 6:00p.m. – 10:00p.m.

September 11th - “Indian Summer”
November 13th - “Before the Snow Falls”
December 11th - “Christmas Eve Snow”
Location: Salem Senior Center – 110 Union Street
Instructor: Bobby Wood, Certified Bob Ross Instructor
Fee: (Adults)\$50/project (Teens) \$40/project – includes all supplies
Make checks payable to: Bobby Wood
Class limit: 13

HEALTH AND FITNESS NEW! 20/20 WORKOUT

This is a 20 minute cardio/ 20 minute toning (finish up with Abs) Class. Weights. Bands and body bars will be used!

Monday, 4:40p.m.-5:25p.m.

Instructor: Roy Jackson
Location: Salem Senior Center - 110 Union Street
Fee: \$25/10weeks
Make checks payable to: Roy Jackson
Begins: September 14
Class limit: 30

TOTAL SCULPTING

This class is designed to reduce body fat and sculpt muscles through a series of strength training exercises using bands, free weights and more. Great program for a beginner level participant.

Monday, 5:30p.m.-6:30p.m.

Instructor: Sherry Stinson
Location: Salem Senior Center - 110 Union Street

Fee: \$25/10weeks
Make checks payable to: Sherry Stinson
Begin: September 14th
Class limit: 30

TOTAL SCULPTING

This class is designed to reduce body fat and sculpt muscles through a series of strength training exercises using bands, free weights and more. Great program for a beginner level participant.

Wednesday, 5:30p.m.-6:30p.m.

Instructor: Sherry Stinson, AFFA, Personal Trainer
Location: Salem Senior Center - 110 Union Street
Fee: \$25/10weeks
Make checks payable to: Sherry Stinson
Begins: September 14th
Class limit: 30

MID-POWER

This class is composed of cardio and boxing exercises.

Tuesday and Thursday, 5:30p.m.-6:30p.m.

Instructor: Roy Jackson
Location: Salem Senior Center – 110 Union Street
Fee: \$45/10weeks
Make checks payable to: Roy Jackson
Begins: September 15th

NEW! COED-CONDITIONING

Come join me with your coed counterparts for cardiovascular and strength training in this fun and dynamic exercise program that will make you sweat, lose weight, become strong, all the while learning nutritional tips by a certified Holistic Lifestyle and Nutrition Coach

Tuesday and Thursday, 6:00a.m.-6:45a.m.

Location: Salem Senior Center - 110
Instructor: Ronny Angell, Personnel Trainer, Cycling Instructor, Fitness Coach
Fee: \$45/10weeks
Make checks payable to: Ronny Angell
Class limit:30
Begins: September 15th

LADIES GOLF

Ladies, have you always wanted to learn the game of golf? Now's your chance. Learn all the basics; grip, swing, putt, chip and more.

Tuesdays, September 15th, 22nd, 29th, October 6th & 14th (3:30p.m.-5:00p.m.)

Location: 1st class Salem Golf Course. Students will be going to Glen Acres to the driving range for 3 lessons and finish at Salem Golf Course with a round of golf.

Instructor: Sandy Hadaway
 Fee: \$35.00 (does not include greens fee or driving range balls)
 Participants must bring their own clubs.
 Make checks payable to: Sandy Hadaway
 Class limit:15

TENNIS (BEGINNERS)

Learn grip, serving, correct swing and more.
Thursday, 6:30p.m.-7:45p.m.

Location: Salem Civic Center Tennis Courts
 Instructor: Scott Gibson, Roanoke College Women's Tennis Coach
 Fee: \$45/5weeks
 To register, contact Scott Gibson at 397-1257 or gibson@roanoke.edu
 Begins: September 17th

New! 50+ TENNIS (BEGINNERS)

Get into the swing! Learn the basics and get into shape!
Monday, 10:00a.m.-11:00a.m.

Location: Salem Civic Center Tennis Courts
 Instructor: Scott Gibson, Roanoke College Girls Tennis Coach
 Fee: \$8/class
 To register, contact Scott Gibson at

397-1257 or gibson@roanoke.edu
 Begins: September 14th

YOGA (BEGINNER-INTERMEDIATE)

The benefits of yoga includes strengthening muscles and joints, stretching the entire body, improved balance and focus, relaxation, stress reduction and a healthier, happier you.

Monday, 4:15p.m.-5:15p.m.
 Location: Main Recreation Office
 Instructor: Robyn Zamorski, Certified Yoga Instructor
 Fee: \$40/10weeks
 Make checks payable to: Robyn Zamorski
 Begins: September 14th

NEW! ENGINE 2 DIET

The Engine 2 Diet is a groundbreaking plan to change your lifestyle and become physically fit! Texas Fire Fighter, Rip Esselstyn's book, "The Engine 2 Diet" offers a save your life 28 day plan to lower cholesterol and burn away fat. Rip's father, Dr. Caldwell Esselstyn, has developed a wellness clinic at the Cleveland Clinic with profound evidence based research that heart disease can

be reversed on a plant-based diet. Join together to eliminate the fat with step-by-step and week-by week guidelines based on this life-changing book.

Week One – September 22nd

Week Two – September 29th

Week Three – October 6th

Week Four – October 13th

6:45 - 7:45pm - Salem Civic Center

Instructor: Jeanie Redick, CN.
 Jeanie is a board certified holistic nutritionist, trained in assessing and analyzing a client's health history and lifestyle in order to create a nutritional program that meets the client's needs and targets key goals. She is a graduate of Ohio Wesleyan University, the American Health Science University and the National Institute of Nutritional Education.
 Fee: \$75 per person, for 4 class series.
 Make checks payable to Eat for life, book optional – can be purchased at Barnes & Noble, "The book, "Engine 2 Diet", is optional and can be purchased at Barnes & Noble. Cost is \$25.

NEW! COED ADULT SELF DEFENSE CLASS (AGES 13 AND UP)

This 6 week class offers a combination of stretching and conditioning as well as simple and effective self defense techniques. The class will reduce stress, build self confidence and increase energy and fitness.

Saturday, 10:00a.m.-11:00a.m.

Location: Salem Senior Center
 Instructor: Tom Ramsey, 3rd degree Black Belt in Wado-Ki style
 Fee: \$35/6weeks
 Make Checks payable to: Tom Ramsey
 Limit: 20
 Begins: September 19th

YOUTH/TEEN PROGRAMS

BATON (BEGINNERS), (ages 4-10)

Participants will learn basic twirling techniques.

Thursday, 6:30p.m.-7:15p.m.

Location: Salem Senior Center
 Instructor: Natasha Dowdy
 Fee: \$40/month
 Make checks payable to: Natasha Dowdy
 Organizational Meeting: September 24th
 *Instructor will order all batons – cost \$26
 Class limit: 12
 Classes begin Oct. 1st

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GUITAR FOR KIDS ("ABSOLUTE" BEGINNERS) (ages 8-13)

Students will acquire a basic foundation in guitar including tuning, playing chords, reading tablature, flat picking, and simple folk and blues songs. No previous musical experience necessary. Required material: appropriately sized guitar (steel string or classical) or electric guitar, pick, tuner.

Wednesday, 4:30p.m.-5:30p.m.

Location: Salem Senior Center

Instructor: Randy Walker

Fee: \$45/8weeks

Make checks payable to: Randy Walker

Begins: September 16th

*Required materials: acoustic guitar(steel string or classical) or electric guitar; pick, capo, tuner.

Class limit: 10

NEW! KRAFTY HOLIDAY KIDS PARTIES SPOOKTACULAR HALLOWEEN BASH:

(ages 5-7)

This is no trick! It's a TREAT! Children will enjoy an afternoon of decorating and designing trick or treat bags, participating in organized games and spooktacular storytelling.

Saturday, October 24th

,1:00p.m.-2:00p.m.

Location: Salem Senior Center

Instructor: Stacey Shelor Owen

Fee: \$20

Make all checks payable

to: Stacey Shelor Owen

Class limit: 10

**SANTA'S CRAFT WORKSHOP: (ages 5-7)**

Santa Claus is coming to town! We will be working like the elves in the North Pole as we decorate ornaments for the holiday season. Your child will also prepare a snack to enjoy while listening to traditional Holiday stories.

Saturday, December 12th

10:30a.m.-11:30a.m. (ages 5-7)

Location: Salem Senior Center

Instructor: Stacey Shelor Owen

Fee: \$20

Make all checks payable to:

Stacey Shelor Owen

Class limit: 10

NEW! GYM BIDDIES 1: (ages 2-3)

Parents, if you have an active toddler, then this class is a must! This session will offer a series of beginner tumbling skills along with fundamentals of sport and play. We will challenge your little one as they hop, run and jump through various stations that implement their fine and gross motor skills. Gymbiddies allows your toddler to learn organized play as well as provide the a building blocks he or she needs throughout the preschool years.

Tuesday, 9:00-9:30a.m.

Location: Hopetree Family

Services Gymnasium

Instructor: Stacey Shelor Owen

Fee: \$60/6weeks

Make checks payable

to: Stacey Shelor Owen

Begins: September 15th

Class limit: 12

*Parent or guardian is required to stay during class. Wear comfortable clothing and tennis shoes.

NEW GYMBIDDIES**II: (3 ½ - 5 YEARS)**

Gymbiddies II is designed for children with high energy and excitement for active play. This second series of classes will offer more advanced tumbling skills, an introduction to the

fundamentals of sports and a super challenging obstacle course. We will learn the importance of working together, implementing skills through balance and coordination while preparing your child for the early stages of elementary school physical education.

Tuesday, 10:00a.m.-10:45a.m.

Location: Hopetree Family

Services Gymnasium

Instructor: Stacey Shelor Owen

Fee: \$60/6weeks

Make checks payable to: Stacey Shelor Owen

Begins: September 15th

*Parent/Guardian required to stay during class. Wear comfortable

clothing and tennis shoes

Class limit: 12

**NEW! GINGERBREAD HOUSE WORKSHOP** (ages 5-10)

Build a wonderful holiday house to use for many years to come. Finished houses may also be entered in the Salem/Roanoke County Chamber of Commerce Gingerbread House Competition held December 5th.

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Saturday, November 14th – 12noon-2:00p.m. Location: Salem Senior Center
Instructor: Michele Carder, (former owner and chef of Michele's on Main)
Fee: \$20/ includes all supplies
Make checks payable to: Michele Carder
Class limit: 15

NEW! KNITTING AND CROCHETING (ages 8-14)

Learn basic knitting and crocheting stitches and how to read patterns.

Monday, 4:00p.m.-5:00p.m.

Location: Salem Senior Center
Instructor: Norma Harris
Fee: \$15/5weeks – includes starter kit
Make checks payable to: Norma Harris
Class limit: 10
Begins: September 14th



TENNIS (BEGINNERS) (ages 5-12)

Learn how to grip a racket, serve, keep score and more.

Saturday, 11:00a.m.-12:15p.m.

Location: Salem Civic Center Tennis Courts
Instructor: Scott Gibson, Roanoke College Women's Tennis Coach
Fee: \$12/class
To register, contact Scott Gibson at 397-1257 or Gibson@roanoke.edu
Begins: September 19th

TENNIS ACADEMY (INTERMEDIATE & ADVANCED PLAYERS)

Girls Middle School (Beginners)

Monday, 5:30p.m.-7:30p.m.

Location: Salem Civic Center Tennis Courts
Instructor: Scott Gibson, Roanoke College Women's Tennis Coach
Fee: \$12/class
To register, contact Scott Gibson at 397-1257 or gibson@roanoke.edu
Begins: September 14th

Boys Middle School & High School Wednesday, 5:30p.m.-7:00p.m.

Location: Salem Civic Center Tennis Courts
Instructor: Scott Gibson, Roanoke College Women's Tennis Coach
Fee: \$12/class
To register, contact Scott Gibson at 397-1257 or gibson@roanoke.edu
Begins: September 16th

Girls High School Intermediate/ Advanced Sunday, 1:30p.m.-3:00p.m.

Location: Salem Civic Center Tennis Courts
Instructor: Scott Gibson, Roanoke College Women's Tennis Coach
Fee: \$12/class
To register, contact Scott Gibson at 397-1257 or gibson@roanoke.edu

NEW! TEEN FUN FITNESS (ages

13-18)Want to look good, be fit and have lots of energy? This new program will help trim unwanted extra pounds and firm up your body in all the right places. Learn to workout with free weights, elastic bands and cardio exercises in a fun and social atmosphere. We will work on proper form and do it yourself programs that will start and create a healthy lifestyle to last a lifetime. Nutritional tips will be an added bonus to this class. Be prepared to sweat!

Tuesday and Thursday, 4:00p.m.-4:45p.m.

Location: Salem Senior Center
Instructor: Ronny Angell, Personal Trainer, Cycling Instructor, Fitness Coach
Fee: \$45/10weeks
Make checks payable to: Ronny Angell
Begins: September 15th
Class limit: 30

NEW! RED DRAGON'S SELF DEFENSE CLASS (AGES 7-12)

This six week class is a great way to introduce your child (boy or girl) to the Martial Arts. Emphasis will be on proper attitude, respect and self confidence. This healthy activity teaches your child readiness, focus and will increase their mind and body coordination and will improve their attention span. Even though the student will learn real self defense techniques and escapes, there will be NO sparring or contact fighting allowed in this class.

Saturday, 9:00a.m. – 10:00a.m.

Location: Salem Senior Center
Instructor: Tom Ramsey, 3rd

degree Black Belt in Wado-Ki style
Fee: \$30/6 weeks
Make checks payable to: Tom Ramsey
Begins: September 19th
Class limit: 20

NEW! INTRODUCTION TO SPEED AND AGILITY (ages 7-11)

Learn how to get faster with proper mechanics and techniques. Instruction provided by certified strength and condition specialists at The Edge Performance Center.

Location: The Edge Training Center (3710 Tom Andrews Road, Roanoke)
Instructor: The Edge Staff

Fee: \$65/4weeks, Salem Residents special rate, \$55
Make checks payable to The Edge Performance Center

Choose one of the following classes:

Class 1: Monday & Wednesday – 5:30p.m.-6:30p.m. Class 2: Tuesday & Thursday, 5:30p.m.-6:30p.m. Session 1: September 14th – October 8th Session 2: October 12th – November 5th

NEW! INTRODUCTION TO SPEED AND AGILITY (ages 12-18)

Learn how to get faster with proper mechanics and techniques. Instruction provided by certified strength and condition specialists at The Edge Performance Center.

Location: The Edge Training Center (3710 Tom Andrews Road, Roanoke)
Instructor: The Edge Staff

Fee: \$65/4weeks, Salem residents special rate, \$55
Make checks payable to: The Edge Performance Center

Choose one of the following classes:

Class 1: Monday & Wednesday – 6:30p.m.-7:30p.m. Class 2: Tuesday & Thursday, 6:30p.m.-7:30p.m. Session 1: September 14th – October 8th Session 2: October 12th – November 5th Class limit: 20

NEW! SPORTS FUN DAY – NOVEMBER 3RD (ages 7-18)

Come spend the day at The Edge (8a.m.-5:00p.m.). Basketball, volleyball, soccer, dodgeball, Wii sports and more! Pizza, soda and chips available to purchase.
Fee: \$10

Location: The Edge Sports Performance Center (3710 Tom Andrews Road, Roanoke) To register, contact The Edge – 265-8585.

NEW! STRENGTH AND SPEED CLINIC – DECEMBER 28TH – 30TH

Tips on becoming stronger and faster. Great clinic to prepare for the start of Spring sports. Time: ages 7-11 (9a.m.-12noon), ages 12-18 (1:00p.m.-4:00p.m.) Fee: \$35

Location: The Edge Sports Performance Center (3710 Tom Andrews Road, Roanoke)
To register, contact The Edge – 265-8585.

Clubs:

Roanoke Dance: All levels of Ballroom Dance and variations, Sundays, 4p.m.-6:30p.m. – Fall meeting dates September 27th, October 25th, November 22nd. Location: Salem Senior Center. Minimum fee. Go observe a class and join the fun.

Italian Descendants: Second Sunday of each month – 3:00p.m.-6:30p.m. Location: Salem Senior Center.

Twined Hearts Garden Club: Third Wednesday of each month – 5:15p.m. – 6:30p.m. Location: Salem Senior Center. Observe a meeting.

T.O.P.S. (Take Off Pounds Sensibly): Tuesdays, 5:45p.m. Location: Salem Senior Center. Observe a meeting.

SALEM SENIOR CENTER

Assistant Director: Teri Atkins
tatkins@salemva.gov
110 Union Street. Phone: 375-3054

Jane Pendleton - Site Supervisor
jpendleton@salemva.gov
110 Union Street. Phone: 375-3054

MONDAYS

9AM TO 12 NOON- Bridge, Lois Hurdle, coordinator
10 AM – Quilting with Norma Harris
10:30 – Bowling – Lee Hi Lanes
12:30 PM – “Senior Mountain Pickers”

TUESDAYS

9AM – Exercise with Sherry Stinson
10 AM – Chair Caning, Basket Weaving

10:30 AM – Tap dance with Sharon Dickenson at The Carter Center (North Cross School)

10:30 AM – Tai-Chi with Leiven Verkruisen at College Lutheran Church
2 PM – Ballroom dance, the first and third (and fourth, when there is one) Tuesdays in the month, second and fourth Tuesday – Tea Dance - Bill Ewing

WEDNESDAYS

10AM TO 12 NOON – General Ceramics with Anne Andrews
10 AM – Needlework with Norma Harris
10 AM - Walking
1 PM – Line Dance - Ski Shelton
2 PM – Card Games

THURSDAYS

9AM – Exercise with Sherry Stinson
10 AM – “Art” & Bridge “on your own”
12:30 - Canasta, Senior Singers Practice

FRIDAYS

9AM – Exercise with Sherry Stinson
9AM – Golf – Salem Golf Course
10:30 AM – Tai-Chi with Leiven Verkruisen at the Senior Center
10:30 AM – “Senior Mountain Pickers”
7-9 PM – Ballroom Dance

**WE WILL CONTINUE WITH THE BOB ROSS METHOD OF OIL PAINT CLASSES with PHYL. Classes are on Monday afternoon; 1-4:30 PM, Following are the dates and projects: Sept. 14th – Red Covered Bridge, Oct. 12th – Autumn Snows, Nov. 9th – Majestic Winter Falls. Samples are available at the Senior Center. Cost is \$35; you need to sign up if you wish to attend.

**“49ERS PLUS” CLUB meets on the 1st and 3rd Thursdays at 11 AM, and eat lunch out on the 2nd week at various restaurants. They also preside at our Monthly Luncheons. This is a group that meets for fun; they make donations to organizations such as the Salem Rescue Squad and the American Red Cross.

**MONTHLY POT LUCK LUNCHEONS are always a fun well-attended event, with a program that follows the meal. These are held on the last Thursday of each month. Blood Pressure Screenings, 11AM courtesy of Heartland Health & Rehabilitation.

**THE 2ND AND LAST TUESDAYS, the Ballroom dance class meets in the form of “Tea dances”. This is at the regular time, 2 to 4 PM, taped music is

provided. There is no fee, you are asked to bring a snack food to share.

**WE HAVE A CHOIR CALLED THE “SALEM SENIOR SINGERS” who practice on the first Thursday at 12:30 PM, and sing on a regular basis for Snyder Nursing Home, plus other groups when invited.

**“SENIOR MOUNTAIN PICKERS” are a group of musicians (string instruments) who play informally on Mondays at 12:30 PM and Fridays at 10:30 AM at the Senior Center. You may join them with an instrument if you play or you may attend as a part of the audience of the 50+. This group is REALLY great!!!

** A MONTHLY NEWSLETTER WITH A CALENDAR AND NEWS OF OUR ACTIVITIES AND OUTINGS; this is ready for distribution at the Monthly Luncheons, for the following month. This can be mailed to you if you call and request. Many holiday festivities will be listed that you won’t want to miss!

**TRIPS FOR FALL INCLUDE: Dayton, VA. The Roanoke Symphony, Virginia Dare. and more. On Fridays we frequently make outings in our van to local malls, shops and restaurants, as well as out of town destinations such as FORT CHISWELL OUTLET MALL and the NEW RIVER MALL. *Fees do apply.

If you are interested in traveling with us, please call the Senior Center to make your reservation.



SPECIAL EVENTS

Manager: Kathy Murphy,
kmurphy@salemva.gov
Supervisor: Kristen Finley,
kfinley@salemva.gov
620 Florida Street, Phone: 375-3057

SEPTEMBER 2009

Saturday, 12th - "Movies at Longwood"
- Longwood Park, Begins at dark,
"Bedtime Stories", Bring a blanket and
chair and come join us for a movie under
the stars!! The first 50 families will
receive a free bag of popcorn from Frito
Lay!! Concessions will be available to
purchase Fun Times. (540) 375-3057

OCTOBER 2009

Saturday, 31st - "Pumpkinfest" - Salem
Farmers Market, 10 a.m. - 2 p.m.
Presented by Salem Parks & Recreation
and Q99-FM. Admission: \$1, kids
wearing costumes get in free. There will
be lots of activities going on throughout
the day. Trick or treating on Main Street
is from 10 - 11 a.m., Carnival games,
pumpkin give-away, costume contest,
hay rides, etc. We will also hold a
pumpkin auction and all proceeds
benefit C.H.I.P. (Child Health Investment
Partnership)



DECEMBER 2009

Friday, 4th - "Lighting of the Salem Christmas
Tree" - Salem Farmers Market, 6 p.m.(540)
375-3057

Friday, 4th - "Salem Christmas Parade"
- Main Street. To enter a float contact
the Salem Roanoke County Chamber of
Commerce at (540) 387-0267

Saturday, 5th - "Breakfast with Santa" - Mac-
N-Bobs, 9 - 10:30 a.m., Proceeds benefit
Salem Lacrosse Foudation. (540) 375-3057

Saturday, 5th - "Gingerbread Festival" -
Longwood Park, Salem Farmers Market,
Salem Library, and throughout Main Street!!
11 a.m. - 5 p.m., Presented by Salem Parks
& Recreation and Salem/Roanoke County
Chamber of Commerce .

* **Longwood Park** - food and craft vendors,
performances by different groups throughout
the Roanoke Valley, everyone can visit and
vote for their favorite gingerbread house, and
roast marshmallows throughout the day!!

* **Salem Library** - come get your picture
made with Santa Claus and listen to stories
from Mrs. Claus. Delicious hot cider and
yummy roasted chestnuts will be served
outside!!

* **Main Street** - visit downtown Salem's
finest merchants! Open houses and
demonstrations will be going on throughout
the day.

* **Salem Farmers Market** - Carraige rides
throughout Salem and Model-T car rides that
can take you to the festivities at Longwood
Park!

Admission is free.
Sponsored by Q99-FM. To sign up to be a
vendor contact the Chamber of Commerce at
(540) 387-0267.

JAMES I. MOYER SPORTS

Manager: Brad Epperley,
epperley@salemva.gov
Supervisor: Eric O'Brien,
eobrien@salemva.gov
1000 Union Street, Phone: 375-4021

Sept 3-7 ASA Men's Class "D" and
"E" East Adult Slow-Pitch National
Championships (Moyer, Oakey's, Burton,
Whispering Pines, Green Hill, Botetourt,
Huff Lane, Wasena, Norwich, Fallon)



Sept 5-6 USSSA Church of God
Adult Slow-Pitch Softball Tournament
(Civic Center East, Baptist Home,
Breckenridge, Jackson, Maher, Highland,
Straus, Rick McCoy)

Sept 12-13 USSSA Class "E" National
Adult Slow Pitch Tournament (Moyer)

Sept 12-13 USSSA NIT Baseball
Tournament (Burton, Whispering Pines,
Civic Center, Oakeys)

Sept 12-13 NSA Youth Thunder Valley
Challenge Girls Fast-Pitch Softball
Tournament (Botetourt, Northside)

Sept 19-20 NSA Youth Salem
Show Case Girls Fast-Pitch Softball
Tournament (Moyer, Civic Center,
Oakeys, Northside)

Sept 19-20 NSA Class C & D Adult
Slow-Pitch World Series (Botetourt)

Sept 26-27 ASA JO Girls Fall Ball
Bash (Hall of Fame) Fast-Pitch Softball
Tournament (Moyer)

Sept 26-27 USSSA Baseball Get Up and
Hit Classic (Botetourt)

Sept 26-27 USSSA Adult Slow-Pitch

Softball Fall Tune Up (Burton, Whispering Pines)

Oct 3-4 Ferrum/Roanoke College Women's Fall College Tournament (Moyer)

Oct 3-4 NSA Youth Fall Ball Festival Girls Fast-Pitch Softball Tournament (Moyer, Civic Center, Oakey's, Green Hill)

Oct 3-4 USSSA Baseball Fall Cool Down Tournament (Burton, Whispering Pines, Northside)

Oct 3-4 USSSA Adult Slow-Pitch Fall Ball State Softball Tournament (Botetourt)

Oct 10-11 ASA JO / Scrappers 18U & 16U College Show Case Girls Fast-Pitch Softball Tournament (Moyer, Civic Center, Oakey's, Northside)

Oct 10-11 USSSA Baseball Fall State Tournament (Botetourt, Burton, Whispering Pines)

Oct 17-18 USSSA Blue Ridge Fall Brawl Youth Baseball Tournament (Moyer, Civic Center, Oakey's)

Oct 17-18 NSA Fall State Adult Slow-Pitch Softball Tournament (Burton, Whispering Pines)

Oct 17-18 NSA Youth Fall State Fast-Pitch Softball Tournament (Botetourt)

Oct 24-25 USSSA Baseball Halloween Havoc Tournament (Burton, Whispering Pines, Northside)

SALEM KIWANIS FIELD

Manager, Brad Epperley,
bepperley@salemva.gov
Supervisor, Josh Brown,
jbrown@salemva.gov
731 Indiana Street Phone: 375-3013

Sept 12-13 USSSA Baseball Star City Challenge NIT Tournament

Sept 20 - Sept 21 USSSA Baseball Get Up and Hit Classic Tournament

Oct 3-4 USSSA Baseball Virginia Fall 15U State Championship Tournament

YOUTH AND ADULT ATHLETICS

Manager, Scott Hall, shall@salemva.gov
Supervisor, Jed Roberts, jroberts@salemva.gov, Bob Gray,
bgray@salemva.gov
925 Union Street, Phone: 375-4094

Our youth football, cheerleading and girls' soccer programs will begin practice

August 3rd for their season. Games will begin after Labor Day and we will be holding our second annual Punt Pass and Kick Competition on August 23rd.

Last year one of our winners qualified for the state finals and had the opportunity to compete before a Washington Redskins game at FedEx Field!

SANDLOT NIGHT - SALEM VS CAVE SPRING FOOTBALL GAME AT SALEM STADIUM OCTOBER 9TH, 7:30P.M. All youth soccer, football and cheerleading participants get in FREE! Please wear jerseys and cheerleading uniforms. SEE YOUR COACH FOR MORE DETAILS!

GREAT BEGINNINGS PROGRAM.

Great Beginnings is a great program for children 4-6 years old. The goal is to help prepare young children for the challenges of organized sports in a non-threatening atmosphere without the worry of competition. Each child along with his or her parent work together to learn the basic motor skills needed to successfully move to more organized sports in years to come. The Great Beginnings Readiness Test helps objectively measure kid's abilities. As the program progresses and children show improvement, the skill stations are altered so that each child remains challenged. Parents spend quality time together with their child while learning how to properly teach and support them in sports.

Football - Great Beginnings

Ages: 4,5,6

Dates: September 20, 27, October 4, 11, 18

Time: 2:00p.m.-3:00p.m.

Location: West Salem Elementary School
Fee: \$65

Basketball - Great Beginnings

Ages: 4,5,6

Dates: January 10, 17, 24, 31, February 7

Time: 1:45p.m.-2:45p.m.

Location: Carver Elementary School Gym
Fee: \$65

Instructor: Ed Green and Staff - (Make checks payable to Ed Green)
Phone: 540-387-9516

PRE-SEASON FUNDAMENTAL SKILLS BASKETBALL CAMP (ages 7-13)
Sharpen your skills prior to the start of basketball season.

Dates: November 1st ,(2:00p.m.-3:30p.m.), November 4th, (6:00p.m.-7:30p.m.), November 8th, (2:00p.m.-3:30p.m.), November 11th, (6:00p.m.-7:30p.m.), November 15th, (2:00p.m.-3:30p.m.)

Location: West Salem Elementary School Gym

Fee: \$80

Instructor: Ed Green and Staff. Make all checks payable to Ed Green

Sign ups for youth basketball will be held September 23rd-October 23rd, for ages 6-18. To sign up on line go to: www.salemva.gov/parks_rec/youthsports or go to the Youth Sports office located at 925 Union Street to sign up on line.

For the adults athletic programs we will be offering our adult touch football league. Registrations will run throughout the month of August with games being played at Salem Stadium and Spartan Field. League play will begin mid-September. Also, we will be offering our Adult Basketball league. Registrations will run throughout the month of August. Leagues available will be: men's open, church open and women's open. League play will begin in September. For more information on any of our programs please feel free to call the Salem Sports Office: 375-4094.

New Cancellation Line: 966-9600



2009 Stagg Bowl
Saturday December 19th, 2009

ONLINE REGISTRATION CHANGES

Beginning in October with our youth basketball registrations, the City of Salem Department of Parks and Recreation will be unveiling some new software along with minor changes to our website. This technology will allow citizens the flexibility and convenience to register and pay for programs and leagues at any time, from anywhere. In less than five minutes, you can setup your account and enroll in the program of your choice. Just click on PROGRAM REGISTRATION to get started.

COMMUNITY ACTIVITIES REGISTRATION AUG. 31st - SEPT. 11th, 2009

Mail or Bring in person to Salem Parks & Recreation Senior Center, 110 Union Street

NAME: _____ PHONE: H: _____ W: _____

ADDRESS: _____ EMAIL: _____

ACTIVITY: _____ FEE: _____

Participant Waiver: I, the undersigned, parent or guardian, do hereby agree to allow the individual(s) named herein to participate in the aforementioned activity and I further agree to indemnify and hold the City of Salem Parks and Recreation Department, and the Hopetree Family Services and program instructors harmless from and against all liabilities of any injury or loss of property which may be suffered by the aforementioned individual(s) arising out of or in any way connected with his/her participation in this activity.

Signature: _____ (under 18, parent/guardian signature required)

Participant: _____ *Must have daytime phone number>

Policies for Registration and Payment for Classes and Activities: Checks or money orders for all classes must be made payable to the instructors or as noted in class descriptions. NO CASH WILL BE ACCEPTED! Classes are limited to a certain number of members. A class that lacks enough members, will be cancelled and refunds will be automatic. A waiting list is available when a class is filled. NO TELEPHONE REGISTRATION! City of Salem residents are given priority over any program the first week of registration. Youth classes are for children ages 6-13 unless otherwise noted. NO CHILDREN UNDER 14 ARE ALLOWED TO ATTEND ADULT CLASSES.

If you would like more information about classes, please contact **Teri Atkins - 375-3054**.



Another Move in the Right Direction

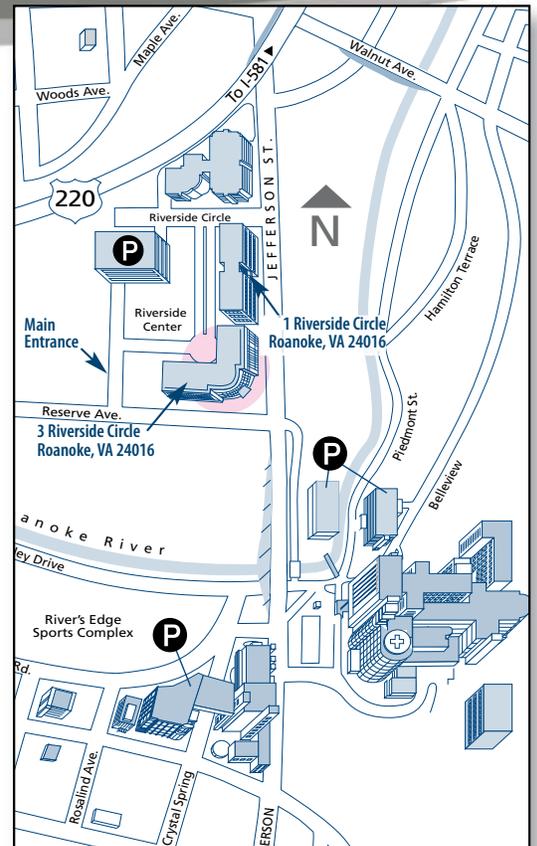
More physician offices to relocate

Carilion Clinic is making a move toward better healthcare. By placing our physicians together in a central location, they can work collaboratively to improve care and outcomes. That's just one of the ways we're putting the patient at the center of our organization. The move begins in September and continues through October with these Roanoke practices relocating to a new building in the new Riverside Center:

- Bone and Joint Center*
- Internal Medicine*
- Rheumatology*
- Endocrinology*
- Gastroenterology*
- Neurosurgery*
- Physical Medicine*
- Neurology*
- General and Breast Surgery*
- Trauma Surgery*

Several other practices have already relocated to an adjacent building. They are Otolaryngology (ENT), GYN Oncology, and Dermatology and Mohs Surgery.

For more information, please contact Carilion Clinic at 540-266-6000.



Riverside



BEST PLACE TO WATCH THE GAME

According to the readers of the Roanoke Times



22 TV'S AND 2 WIDESCREENS AROUND THE RESTAURANT

Watch your favorite NFL and College teams



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