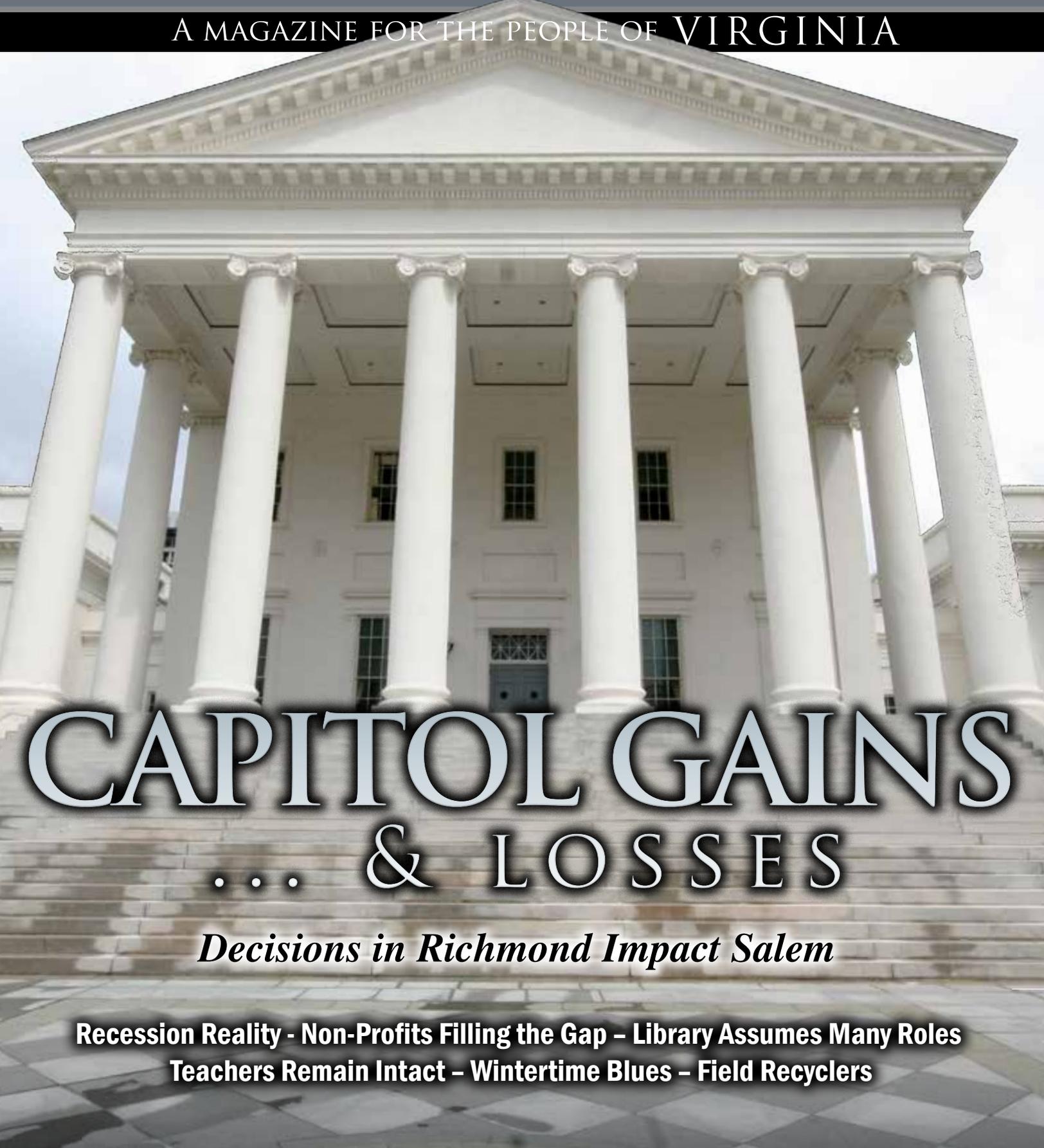


ISSUE 18 • SPRING 10

SALEM



A MAGAZINE FOR THE PEOPLE OF VIRGINIA



CAPITOL GAINS ... & LOSSES

Decisions in Richmond Impact Salem

**Recession Reality - Non-Profits Filling the Gap - Library Assumes Many Roles
Teachers Remain Intact - Wintertime Blues - Field Recyclers**

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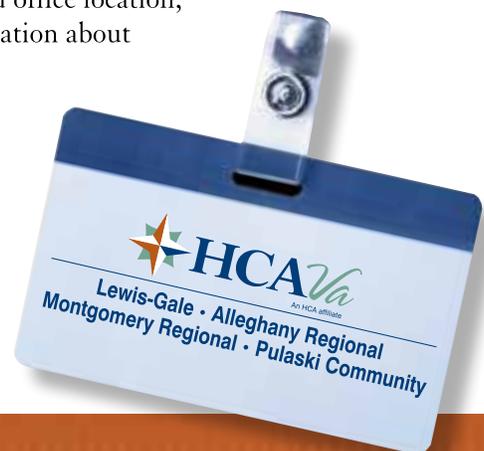


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The Historic Salem Farmers Market began a brand new program in the summer of 2009 called "The Chef's Circle." From June through August, some of the best chefs in Southwest Virginia put on cooking demonstrations each Saturday morning using fresh locally grown products supplied by our Market vendors. The weekly segments turned out to be a huge success for the Market, the chefs and those who attended the Saturday sessions.

**See you in the Summer of 2010!
THE KITCHEN OPENS JUNE 5th!**

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MUNICIPAL Management



City Manager Kevin Boggess

Tough Decisions in Tough Times

Kevin Boggess took over as Salem's City Manager two years ago in March of 2008. Since leaving Vinton and moving to the top floor of City Hall, Boggess has watched the national, state and local economies all take a turn for the worse. The recession has shown him that while it is a tough time to be in a position of leadership, it also is an incredibly important time to be a public servant.

If you had to categorize your two years in Salem, how would you describe them?

I'm actually surprised that it has been two years already because it has been a whirlwind. Salem is great place to be, although my timing probably could have been a little better. Coming in right at the start of a recession and having to deal with the situation we find ourselves in now with declining revenues and the inability to give our employees pay raises has been challenging, but there is nowhere else I'd rather be.

You've indicated that there will be some more difficult decisions that have to be made in the coming months. Could you see some of this on the horizon before you arrived in Salem?

Perhaps I should have seen it coming, but to be perfectly honest, I did not think the recession would be this deep nor did I think it would last as long as it has. I think we are still at least a year away from seeing any real positive change in the city's revenue stream. That being said, it's important to understand that Salem is starting from a position of

strength and that we are really head and shoulders above many other cities our size. While this has been long and painful, I think the city of Salem is going to weather it as well or better than any other city that is our size.

The perception outside the city is that Salem gets stuff done so efficiently because it is "rolling in the money," but when you get here you find out the city is rich – not in cash – but in its hard working people and, in particular, its city employees. Is that a fair assessment?

Corny or not, the reason Salem gets everything done is because of the culture of the workforce and the community. We always find a way to get things accomplished and the fact is that the department directors and the employees the city has are the resources we count on, not the dollars.

Folks all across the entire nation got to see that "culture" in action on December 19, when the city somehow managed to pull off the Stagg Bowl despite 16 inches of snow that began falling less than 12 hours before the scheduled kick-off.

To see the dedication, the long hours and the lack of complaining from the folks I was out there with was absolutely amazing. The attitude that the men and women, who worked so hard to make that game happen for the NCAA and ESPN, possessed that weekend is really what Salem is all about.

Salem residents are used to seeing that kind of effort, but they aren't used to seeing some of the tough cuts that may have to be made to meet budgets in the city right now. You've indicated that it could be another year or so before Salem emerges from this recession, so how are you approaching things?

Salem always budgets conservatively which gives us some flexibility when things go bad, but there are going to be some changes here in Salem that folks aren't accustomed to seeing. Those changes will be a reflection of the greater nationwide economy, but what we didn't want to do, and what we haven't done, is overreact and have a knee jerk reaction to all of this bad economic news. We have intentionally tried to stay calm and not scare employees or citizens.





Salem Electric Dept.

Salem Water Dept.



Real Estate taxes are flat, personal property taxes on vehicles are down and sales tax is also on a decline, so how do you combat a triple whammy like that one?

Part of the problem with our recovery is that the revenue streams you just mentioned have stopped growing, and when that happens we can't keep up with inflation or new demands that are put on us by the state and federal governments. When these sources

of revenue level out or even decline then we begin to have trouble keeping up with the things we need to get done. The reason that local governments will be slower to come out of this recession is that all of these things need to gain momentum again. Real estate is our largest single revenue source and I think everybody can look at that area and see that we're not bouncing back as quickly as we would like.

Salem owns its own water plant and electric plant, and when the rates for those services go up citizens are going to believe it has to do with all of those other revenue streams that you just described being flat, but in truth, any rate increase is much more complicated, isn't it?

When we look at the things that the city provides that are fee-based like electric and water and sewer services, unfortunately, the costs of providing those things hasn't slowed with the economy. While we expect citizens will see increases in these areas in the near future, it won't be because the economy is bad and we need to make more money, but rather because we need to keep up and maintain the systems that we rely on to provide water and sewer and electricity to our citizens.

You mention the new electric department, and folks who routinely drive down Main St. have been able to keep up with its progress and no doubt have noticed that it is almost finished. The building has stimulated a mixed bag of reactions amongst citizens.

Our elected officials and I have fielded a number of questions about “why the building is so big” and “what could possibly be in there.” There are several reasons it is located where it is and why it takes up the amount of space it does. It was built on that corner because much of the infrastructure to support an electric plant already was in place and it just wasn’t economically feasible to move it. Aesthetically, the building is designed to provide a nice physical break between the very commercial West Main corridor and very different and quaint downtown area.

It is a very nice looking building, but most of it is warehouse space. Before this building was constructed, the electric company had its trucks and equipment spread out at five different places around the city. Now, it’s all under one roof and the trucks are also parked in climate-controlled bays that enhance the department’s ability to respond. The electric department employees have offices in the building and the technology hub of the city is located on the top floor.

Getting the Data Center inside the \$10.7 million dollar building wasn’t in the original plans, but many believe that might turn out to be the best decision of all for the 30,000 square foot facility.

All of the city’s network and fiber optic lines now originate from the Data Center and certainly having the Technology Systems staff and all of this technology on one site with dependable backup power makes sense and saves money. The computer servers that operate the city, school division and police department have been integrated under one roof.

Right across the street is another new addition to that “Hot Corner” - the new Lowe’s Home Improvement Warehouse. I understand Salem was the last community to get one of these stores before the economy turned sour, is that right?

The 117,000 square foot store is creating 175 new jobs



Salem is incredibly fortunate, that we managed to get in under the wire with the Lowe’s. There is no question we were right on the edge of the recession and that we could have lost that particular investment in the city. Also, if you look at the list of businesses we’ve done ribbon cuttings for along with the Salem-Roanoke Co. Chamber of Commerce it is very encouraging. People are still willing to invest and it’s been very reassuring to see those spaces filled by a diverse group of businesses coming in and creating jobs. We should be proud that business people believe this is the place to be.

Boguess was known as a good listener long before he arrived in Salem



I know you are counting on Salem citizens to support not only these new businesses, but also the ones that have been an integral part of the city's landscape for years. Since you arrived in Salem, you've been a big proponent of "shopping local."

The city gets one percent of the sales tax collected in Salem back from the state of Virginia, so that means a penny of every dollar will come back to the community and help offset what would otherwise be part of your real estate or personal property taxes. Eating your meals here in Salem actually returns even more to the city, plus I strongly believe it's important to support these merchants, so they can stay here in Salem.

Your even keeled manner of leadership has been called the perfect style for what Salem is going through right now, but I know you sense people are still very nervous about what's going on with the economy and that you share some of their concerns.

The biggest concern for me right now is a hiccup or a delay in the recovery that causes this to continue much longer. It's easy to crisis manage for a year, but we're pulling into the second and third year of this recession and if we have to stay in crisis mode, I think many localities will have problems managing that.

There also is a fear that the state could continue to remove our ability to control our own destiny when it comes to tax revenue and economic development, but I have faith that the people in Salem are going to make it through all of this just fine.

-MS



Downtown Shopping

MINDING THEIR BUSINESS

Salem's economy is far from bulletproof, but a number of new businesses have successfully set up shop inside the city limits in recent months. Others have also viewed the recession as an "opportunity" to relocate and even expand their respective businesses.



New Businesses

- Carilion OB/GYN
- Encore Consignment
- Hibachi Express
- Holiday Inn Express & Suites
- IHOP
- ITT Technical School
- Jefferson Surgical
- Kroger Fueling Center
- Lowe's
- Mamma's Pizza
- Nancy's Candy Company
- O'Reilly
- Salem House Restaurant
- Teaberry's on Main

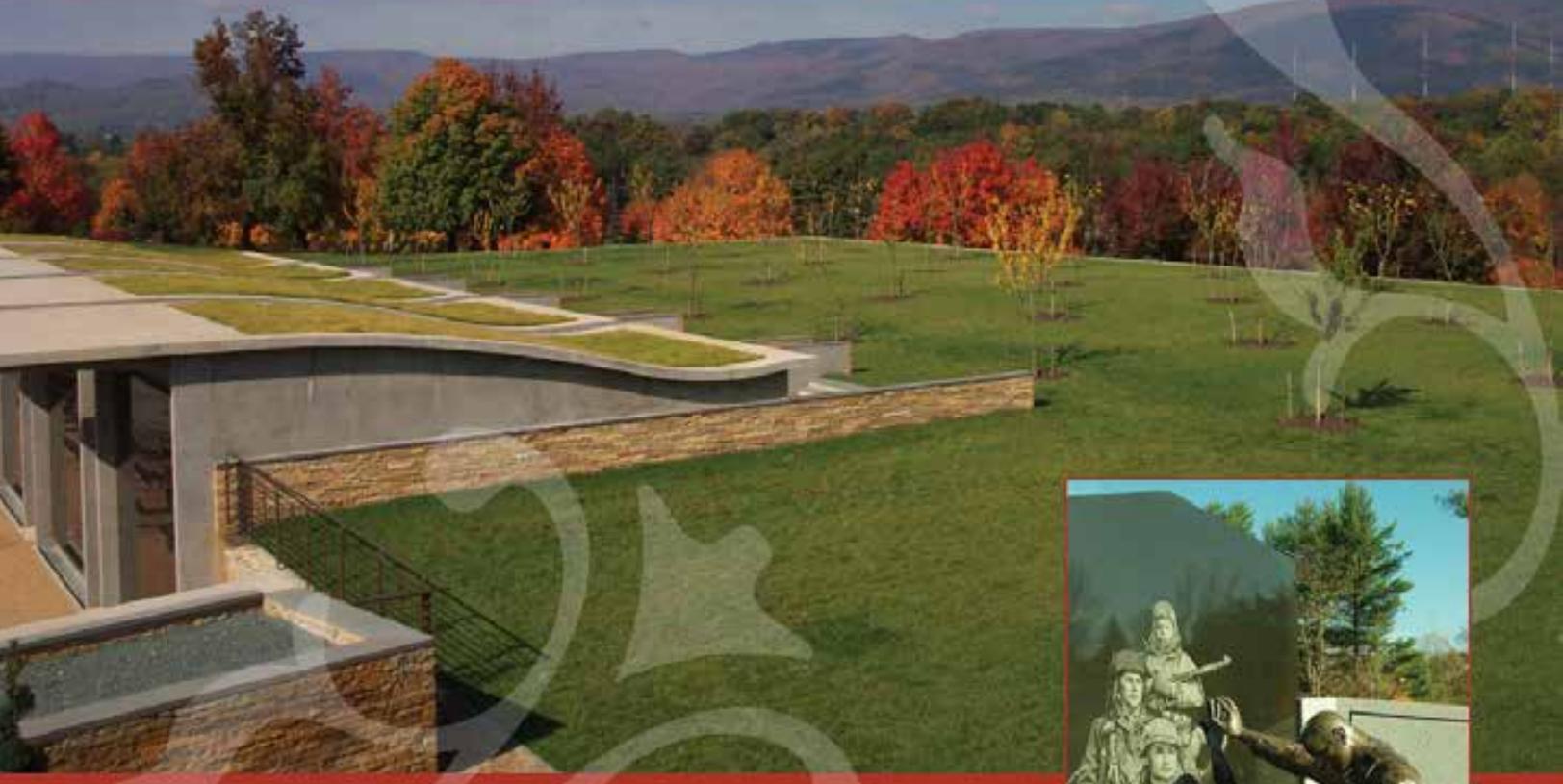


Relocations

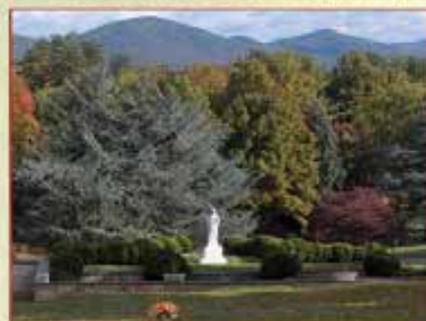
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LIBRARY STAFF MEMBERS (L to R)

Benita Van Cleave, Maureen Harrill, Gina Polster, David Butler, Lisa Dinkle, Carol Glosch, Janis Augustine, Nancy Collins



Recession Readers

When times get tough and money gets tight everyone is looking for a deal, and the current recession has taught many citizens that the best “bang for the buck” on Main St. is the Salem Public Library.

“The internet usage is way up right now with people who have unhooked their internet service at home to save money or with folks who are looking for jobs,” says Janis Augustine, the Salem Library’s Director. “Plus, people are simply trying to save money when it comes to their entertainment dollars.”

The library had 239,745 visitors last year who used the public internet computers 50,711 times, but these individuals are doing more than just surfing the web. The number of card carrying library patrons went up 15% in 2009 to 18,065, and the numbers show that these people are checking out more books, more music and definitely more DVDs.

“I won’t say we put Blockbuster out of business, but we probably made a big dent in their rentals,” says Augustine.

The participation numbers for the library’s various activities also are up significantly.

Everything from the highly popular afternoon teen programs to the morning reading times for toddlers and preschoolers have shown increases. Nearly 50 children attend reading sessions twice a week to enjoy puppets, books and songs.

“The problem when you’re busier is that you’re often handling the needs of folks from other localities,” says Maureen Harrill, a Salem librarian for 13 years. “It’s great for the patrons and we try to be very positive about it, but it can be very stressful on the staff.”

Right now, the Salem Library is open more than 67 hours a week and it is the only library in the Valley that has

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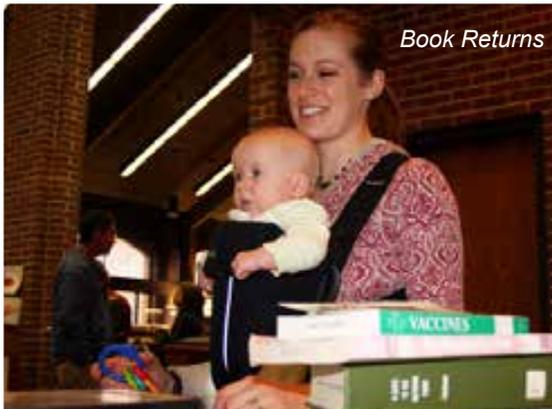
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- DEDICATION

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Internet Usage



Book Returns



Main Lobby

SALEM PUBLIC LIBRARY



Computer Classes



Teen Room



DVD Checkout

Sunday hours in the summer. Seven full-time librarians, 2 full-time paraprofessionals and 9 part timers do everything from check-in books to teach senior citizens how to use a computer.

“I think the fact that we are able to be a resource for people who do not have much money is a wonderful service,” says Augustine. “We help them hunt for jobs, handle their information and entertainment needs, provide them with tax forms and we also have 4 full-time notaries on staff.”

In many ways, the library has become a non-traditional form of outreach for citizens. In 2009 alone, 865 documents were notarized for visitors free of charge by licensed staff members and the library staff also proctored a number of exams for people who were enrolled in online courses. The library also has beginning genealogy classes, a monthly book club for adults and an active “Friends” group that will be sponsoring an art show for Salem’s

elementary school students this May and organizing the book sale that has become a much-anticipated feature of Olde Salem Days. In addition, the meeting room plays host to a menagerie of non-profit organizations during the year.

“We really are a community meeting place, and that goes for our teen program, as well” says Augustine.

The teen room at the Salem Public Library opened in September of 2007 and averages about 25 teens a day. Youth ages 11 to 16 visit the library after the school day is over to socialize, play video games, and enjoy computer access in a controlled environment.

“The circulation of teen materials has increased almost 20 percent over the past year,” says David Butler, the Library’s Teen Program Coordinator. “We are determined at the Salem Public Library to serve the teen population to the best of our

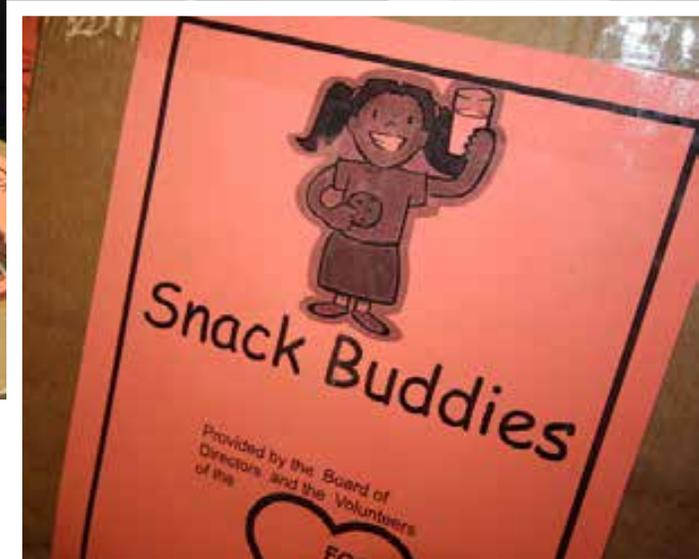
abilities by offering relevant programming, a well designed web page and materials that will inspire life-long learning and reading enjoyment.”

In January, the library teamed up with the Parks and Recreation department to do a Winter Social at Andrew Lewis Middle School and a summer reading program for Salem’s youth is currently in the works, but just like many libraries across the country, the Salem Library must find ways to do all of these things with fewer resources. Money from the state government has dropped from more than \$200,000 just a few years ago to \$150,000 for this upcoming fiscal year.

“It makes it very difficult for us because you have to be more selective in your purchases,” says Nancy Collins, Salem’s Senior Librarian. “We’re stretched very thin both in resources and personnel, but we still try to provide that customer service that Salem is famous for giving its citizens.” -MS



Volunteers Pack Snack Buddies Boxes



FOOD for Thought

SALEM FOOD PANTRY

With the General Assembly taking more and more money away from localities, it's reassuring to know that the good folks at the Salem Food Pantry are doing their best to pick up the slack for adults and school children throughout the Roanoke Valley.

"In 2007, we helped about 6,300 people, but just two years later in 2009 we supplied food to more than 12,000 folks," says Jenny McCormick, the Director of the Salem Food Pantry. "I think what we're seeing are people not only losing their jobs and then not being able to find a new one, but a good majority of people are having their hours cut back, and that really hurts."

Fewer jobs and fewer hours mean less take home pay and unfortunately less food on the table and certainly less in the school book bag. Many students in our very own city don't have parents with the financial ability to send something as simple as a snack to school with them each day.

"When I got into this line of work my church was basically middle class and the people I worked with were basically middle class, and I had no idea there were people out there in need who looked like us and dressed like us," she says. "If you see these people walking down the streets or in the mall you have no idea they're in such need,

but they are really there, so we always have to be mindful of others."

Fortunately, the Pantry's "Snack Buddies" program fills that void for children in need. Started in 2005, the program supplies nutritious snacks to 21 elementary schools and 19 preschools in Salem and Roanoke County. Last year alone, the program provided 28,600 snacks.

"The Salem Kiwanis Club gives us about \$3000 a year for this program and they really do a good job of supporting it," says McCormick. "The schools are very particular about what I give them for these snacks and the monetary donations allow us to purchase the proper kinds of snacks."

Volunteers pack a "Snack Buddies" box with 100 individual snacks ranging from apple sauce to fruit cups to breakfast bars. A box will usually last each school about a month, but at one school the need is so great the children there consume 4 boxes of the snacks in just one month.

"I have school nurses at my church who tell me they have kids who come to school with a stomach ache or a headache because they haven't had breakfast, and they'll give them one of our snacks and let them lie

down for 20 minutes and they're ready to go back to class and learn," she says. "Just being able to get them to focus on their school work instead of their empty bellies gives them a leg up."

G.W. Carver principal, Trula Byington, has been with the Salem School Division since it began in 1983. She also has witnessed the evolution of this "Snack Buddies" initiative since its inception 5 years ago, and she gives it nothing but very high marks.

"This program provides an invaluable service to our school and many others," she says. "We are so appreciative of this generosity and the way it provides us with another example of the 'Children First' mentality that exists in Salem."

The program is successful largely because it is accomplished in a completely anonymous fashion. Teachers keep the donated snacks on hand in their classrooms and provide them to those in need – no questions asked – in order not to embarrass the child.



Jenny McCormick
Salem Food Pantry Director

“When the kids get their snacks they’re not wrapped up in a ‘Snack Buddies’ wrapper, so there’s no way for the other kids to know who is participating and benefitting from this program,” says McCormick.

Even before the current recession began taking its tolls on families in the area, the Salem Food Pantry was filling a big void. The pantry gives a week’s worth of food to families who come through its doors in need of assistance. The Pantry gladly accepts monetary donations from the public and it even has a list of acceptable food items that can be donated. In 2009, Salem citizens, churches and civic groups donated 94,444 pounds of food to the Pantry, valued at \$283,300.

“Salem is the most remarkable city that I have ever seen and I’ve lived a lot of places,” she says. “The need is always great even when the economy is good,”

McCormick knows that fact better than most.

She is a college graduate with a business administration and marketing degree from Ohio University. She was working for a mortgage company 9 years ago when she was unexpectedly laid-off. After losing her job, she began volunteering for the Presbyterian Community Center in southeast Roanoke. She eventually spent 5 years there, serving as the center’s volunteer coordinator, before taking over as the only paid employee at the Salem Food Pantry.

“I definitely feel like God put me here and that this is where I’m supposed to be,” she says. “There’s no doubt this was divinely inspired for me to be doing this right now.”
- MS



Volunteer Larry Nash stocks
peanut butter



HEARTH W.A.R.M.ing



For most of this just completed winter, the volunteers of Project W.A.R.M. were either up to their ankles in mud or up to their knees in snow, yet neither situation kept them from reaching out to folks in the Roanoke Valley with their unique brand of kindness.

“It has been our hardest winter since we started doing this in 1996,” says Marc Wilson. “The weather has been a challenge, and the economy has made it particularly tough for our clients.”

Those clients are the poor and needy who depend on Wilson and his all-volunteer

army of splitters and cutters to keep their homes heated in the winter. The six-month long program runs from October through March and provides those in need with free loads of firewood. Without this program many of these people would have no heat, and worse yet, no hope.

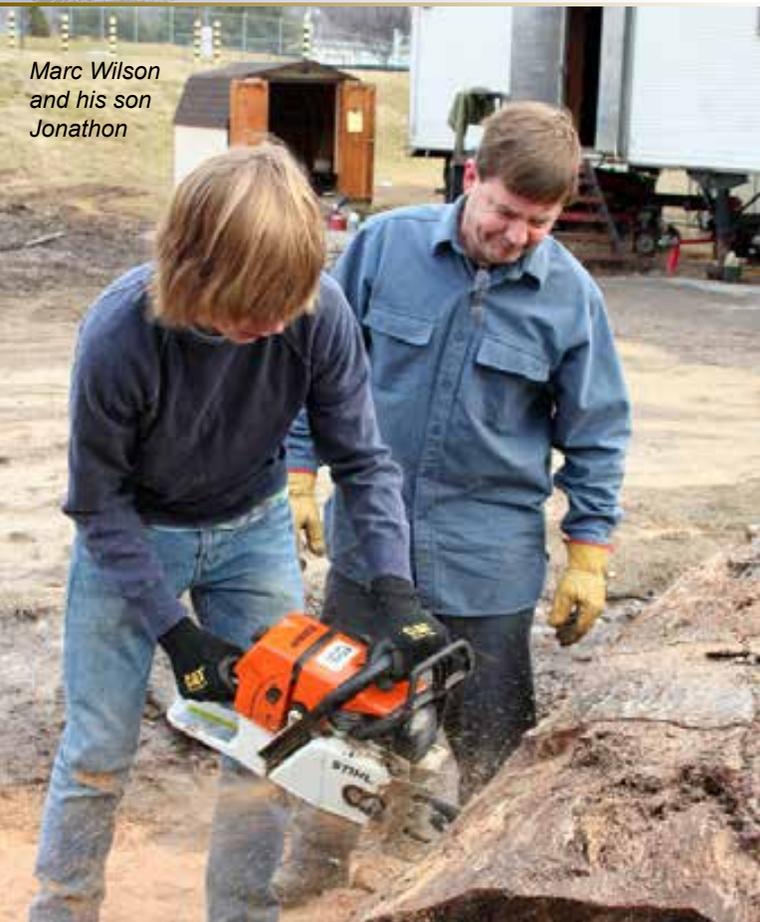
That kind of desperation is what inspired Wilson’s dad, Lou Wilson, to start up Project W.A.R.M. in Richmond back in 1976. One night he was watching the news on TV when a story came on about a mother who was reduced to burning her summer clothes just to keep her kids and their home warm in the winter. That story not only inspired Lou, but it has since warmed

hundreds of homes and touched the hearts of just as many volunteers.

“The firewood is the common element that gets people involved, but that is really just the beginning,” says Marc Wilson. “It’s so much bigger than just free firewood and in the end, those making the deliveries feel more blessed than those in need.”

Wilson is a Glenvar resident who runs the program each fall and winter. His wife and 3 children all help out at the wood lot along with the congregations from 13 different Brethren churches in the area. Project W.A.R.M. – which stands for Wood Association of Roanoke Metro - is

Marc Wilson
and his son
Jonathon



headquartered inside of a worn out tractor trailer that is situated on a small piece of low-lying, city-owned property behind the old Animal Shelter on Indiana St. Each Thursday night the lock comes off of the chain link fence and the wood splitters and chain saws come to life. The goal each week is to split enough wood on Thursdays to cover the deliveries that take place on Saturday mornings.

“I love the hands-on stuff and when you can drive up to someone’s house and leave something that you know is going to sustain them, you feel a real connectivity to the community and to that person,” says volunteer Jim Shaver.

Shaver knows all about helping those at a disadvantage. As the vice-president of marketing for Goodwill Industries of the Valley he sees the value of a program like Project W.A.R.M. from a number of angles.

“I really believe that we are in a situation right now where we are going to have to look after each another more than ever,” he says. “For too long we’ve depended on other places for this and the chickens have come home to roost. Project W.A.R.M. is an excellent example of taking care of our fellow man.”

Perhaps the most amazing part of this firewood frenzy, that averages 275 deliveries each winter, is the fact that there is absolutely no funding for the program. The members of the Church of the Brethren congregations who show-up to work each week provide their own trucks for the deliveries, often their own chain saws to cut the wood and they end up paying for the gas to operate both.

“I just enjoy meeting the needs for people who otherwise would be cold if I wasn’t up at the wood lot working for

Vote Tuesday, May 4

Randy Foley

Salem City Council



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Vision

- Continue to promote fiscal responsibility through common sense principles.
- Maximize funding for schools to effectively educate and train students for life after high school.
- Encourage economic growth and business retention throughout the city.
- Implement technology advancements to better serve businesses and residents.
- Revitalize and enhance downtown Salem.
- Improve Salem's infrastructure to better provide essential community services to citizens.

Paid for by Randy Foley for City Council
Dr. Nate Stephens, Treasurer

them,” says Buddy Crumpacker. “When you see children standing out on the porch when you drive up saying ‘you got wood for me because I’m cold’ it really touches your heart.”

Crumpacker lives on the Roanoke side of Bedford Co. and drives 40 minutes each way to volunteer his services twice a week. If Project W.A.R.M. had an official logo his face would be on it, but he’s certainly not alone in his commitment to the program.

“I was at the first meeting when this project started and every time I go out and make these deliveries it makes me feel good,” says Bill Whitlow. “Most of these people barely have any food and very little heat, and to be able to give them a load of wood to make them a little more comfortable is our reward.”

Crumpacker and Whitlow are retired, but the volunteer workforce on a given Saturday at the wood lot crosses all types of race, gender and age categories. In fact, Wilson’s son and 2 daughters are now doing their best to carry on the family tradition by regularly volunteering their time.

“I can’t really put that feeling of pride into words, but it’s not much different than watching other workers bring their kids and grandkids out to help,” says Wilson. “There have been times when I’ve had 4 generations on the woodlot at the same time.”

Salem provides Project W.A.R.M. with a small piece of property and in return the city is able to put trees and branches into the woodlot instead of paying to dispose of the material.

“We could not ask for more support than we get from the City of Salem,” says Wilson. “Salem is a small part of the delivery process, but the city is just phenomenal and really does so much for us and others.”

And that should be heartwarming for every resident.

- MS



BUSTED IN RICHMOND

Legendary Revolutionary War hero Andrew Lewis was finally able to stick his head inside the state capitol thanks to the efforts of the Salem Educational Foundation. Seventy-eight years after the Virginia General Assembly passed an act to put a bust of General Lewis in the Old Hall, the man who is buried in East Hill cemetery finally made it to capitol square.

The 250-pound sculpture was designed by artist Anne Bell and paid for by many generous donations. Richard Fisher and Wayne Tripp, the past and current

presidents of the Salem Educational Foundation spearheaded the 13-month fundraising campaign that raised \$25,000 to cover the costs of sculpting and casting Lewis' likeness. Salem's Betsy McClearn organized the hour-long dedication ceremony that featured a treatise about Lewis delivered by Salem High School forensics champion Michael Robertson and period music performed by 5 members of the Roanoke Youth Symphony representing Salem, Glenvar and southwest Roanoke County.

Gov. Bob McDonnell, former Governor and State Senator Chuck Robb, Salem Delegate Morgan Griffith and each

member of the Salem City Council attended the packed ceremony that officially placed the General's likeness alongside those of John Marshall, Patrick Henry, George Mason and Robert E. Lee.

Tripp officially presented the bust to Gov. McDonnell and later Roanoke Delegate Onzlee Ware closed the ceremony by presenting Mayor Randy Foley and Vice-Mayor John Givens with the state flag that flew at the capitol that morning.







GOOD Riddance!

Who would have ever guessed that a flock of chubby robins, making a stopover in downtown Salem in mid-February, would have the ability to generate so much hope for so many?

No one seemed the least bit concerned that their frenzied congregation in the treetops appeared to be orchestrated by Alfred Hitchcock, because after dealing with 40-inches of snow - a sign is a sign - and let's face it - Salemites were desperate to emerge from the grips of Old Man Winter no matter how small or bizarre the indicator of spring might have been.

No group was as excited to see the red breasted creatures more than the city employees at the Streets and Maintenance Department. Despite getting more media attention than ever before for their heralded snow removal exploits, the guys on Indiana St. had seen enough of the white stuff long before the robins ever showed-up.

“When you get into the middle of a big



storm it just becomes kind of numbing,” says Mike Tyler, Salem’s Director of Streets and Maintenance. “There were times this winter when our guys were like zombies.”

Salem’s snow removal team was held up as the model of excellence for others around the area and the region this winter. The plan for their incredibly efficient plowing was developed about 15 years ago when Tyler first joined the Streets Department.

“Council and the city manager decided back then that they wanted to attack the city differently and provide the citizens with better service,” says Tyler. “They wanted us to get the streets open faster and get the children back to school as soon as possible for the sake of the kids and parents, and we’ve really gotten to the point that we’re a well-oiled machine.”

Tyler’s plan to move the snow quickly and efficiently consists of a team approach that involves about 100 individuals, 2 work shifts and 25 trucks equipped with snow



Jason Raterink and Wayne Dooley secure a plow blade

removal blades. Six of those trucks are actually garbage trucks, something that caught the fancy of area media members this winter and the attention of other municipalities who had not thought that far outside of the box.

“We got that idea after seeing garbage trucks do the same thing in New York City, and we also have two trucks equipped with wing blades, that fold out, so they can clear two lanes at a time, but really the difference is that our people are just more dedicated to clearing the streets than anyone else,” he says.

That pride is evident from the most-skilled plow driver to the guys who wash the salt and grime off of the trucks when they return to the garage.

“We actually do preventive maintenance on our salt spreaders in the heat of July because you have to always plan for winters like this one, and you can’t wait until November to get ready,” says Tyler.

The severity of this winter put a premium on equipment and took its toll on tire chains and the hardened steel blades that attach to the plows. By early February, a mountain of busted chains and broken plow blades, that had literally snapped in-half, covered a corner of the garage.



Broken steel blades



Terry Turner checks the tire chains

Ricky Spangler washes off a truck rim

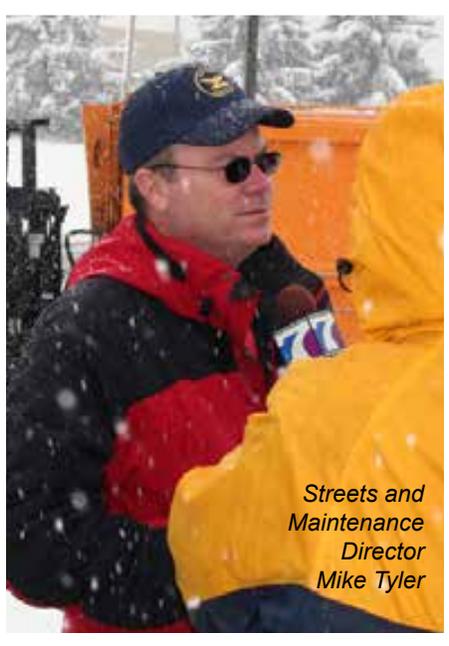


Snow plow driver Donald Francisco



“My biggest concern in a winter like the one we just had is equipment failure,” he says. “We keep a good stock of chains and cutting edges on hand, but everyone ran out of 10-foot blades and the only thing left in the valley were 11-foot ones that we actually had to cut-off before we could use them.”

Snow removal also can get expensive in a hurry. Salem gets about \$3.3 million from the State of Virginia to maintain its roads. Out of that amount, \$90,000 was set aside for snow removal, but because this winter was so harsh and so unique that money barely covered the \$69,654.40 that was spent on 1000 tons of salt. By the start



Streets and Maintenance Director Mike Tyler

of March, \$317,500 had been spent to keep Salem’s roads clear, making it easy to see why some warm weather projects will have to be scrapped or at the very least scaled back.

The snow removal efforts also have made the Streets Department a victim of its own success. Simply put, residents have gotten spoiled by the city’s speedy efforts and some of them don’t mind picking up the phone to voice their displeasure.

“We try to always get a path into the neighborhood streets, so people can at least get home from work or get out in an emergency until we can completely



1000 tons of road salt was used this winter



clear them. For some folks that isn't good enough, but we feel good about what we've accomplished this winter," he says.

Tyler isn't alone in his admiration for the men and women in his department. Every storm they get a couple of calls from residents – not to complain – but to let them know that their nourishment is ready.

"A couple of families in Salem make soup and chili for our workers every time it snows," he says. "They really appreciate that type of kindness."

The generosity didn't stop once the snow ended either. Zaxby's on West Main was so impressed with the snow removal efforts of the city's workers that the restaurant's management offered free lunches to all 100 employees who gave their all to move nearly four-feet of snow this winter.

-MS

Wayne Adkins for Salem City Council

Wayne Adkins has been an active and influential part of the Salem community for over 30 years. He has spent the past 12 years as a member of the Salem City School Board and was instrumental in establishing a financial literacy class as a graduation requirement for high school students. This fall, the requirement will be implemented in all Virginia high schools.

For Salem City Council, Wayne Adkins is the candidate that wants to use his knowledge, experience, and logic for the community's benefit.

Adkins values our public schools and recognizes that they are a key ingredient in keeping property values high. He believes we need to find the best use for unused land in our area, as they are potential sources of revenue. In addition, Adkins wants to work to maintain the high level of public services that residents of Salem have grown accustomed to.



He also believes tax dollars should be carefully evaluated so we know where and how those funds are being spent. And finally, Adkins wants to initiate proactive measures to prepare and ensure the City's future success.

For a candidate with Salem's best interests at heart, vote for Wayne Adkins on May 4th.



The Adkins Family

About Wayne Adkins

- Resident of Salem since 1978
- Married to wife Sandy for 29 years
- Founding member of Fellowship Community Church

Community Involvement

- Salem City School Board
- Junior Achievement
- Salem Parks & Recreation
- Virginia Jump\$tart Coalition for Financial Literacy

Vote On May 4th

Paid for and authorized by Friends of Wayne Adkins

ICE

FROSTY

Jeff Bannon was living large with his creation. "Frosty" took Jeff and his son, Steven, about 25 hours to build and maintain. They packed snow in a 24-gallon cooler and five-gallon pickle bucket to create their base blocks and then just kept piling snow on with a shovel. They also used a couple of ladders to help them reach new heights with their masterpiece that eventually topped-out at 15-feet.

Once the snow body was in place their ingenuity and resourcefulness really kicked-in. A tailgate extender off of a Toyota Tacoma served as the snowman's mouth and soon he was donning a patio table as a hat. Weights popped up out of nowhere to serve as eyes, but nothing could top the pair of automotive utility ramps that Bannon slapped on his snowman for ears.



ESKIMO PIE

Matt Thomas was tired of sitting around inside his house on W. Burwell St., so he decided to put his construction skills to good use by building an igloo. It took him about 9 hours to build the 10-foot wide by 7-foot high structure using snow blocks he formed by packing the white stuff in a cooler.



AGE

LAWN ORNAMENT

Perhaps nothing turned heads in the downtown area like the massive expression-filled snowball that Dr. Jim Reinhard and his daughter, Paris Eve, built in their front yard on Broad St. The Andrew Lewis Middle School student accented the massive mound of snow with charcoal eyebrows and a black dinner plate for a mouth.



RETURN OF THE REBELS

Ice hockey hasn't been in Salem since 1984, but this winter a number of youngsters did their best to revive the sport in the shadow of the Salem Civic Center where the likes of Claude Piche and Pierre Paiement used to skate circles around the competition in the Eastern Hockey League. An unusually wet winter coupled with a wicked string of sub-freezing days and nights created a natural ice rink in what is normally a storm water retention pond at the corner of Idaho St. and Texas St.



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A LEARNING EXPERIENCE



Dr. Seibert addresses teachers at G.W. Carver

IN MY OPINION:
By Mike Stevens

If you've ever heard Superintendent Alan Seibert talk about Salem's school children, you already know that you don't hear his words - you feel them. For months, Salem's impassioned leader fought for funding to protect Salem's children and its valuable teachers.

Throughout this arduous process, which often appeared at the state-level to be all about dollars and very little sense, Seibert maintained that Salem would weather the storm better than most, if not all, because of its people. Seibert knows that it's not the bricks and mortar or the fancy smart boards that make the school a success, but rather it's the committed individuals who enter the doors of those buildings each day who put the Salem School Division on another level.

During the first two months of this year, Seibert personally entered those same doors to engage the city's talented educators in some tough talk about the financial hardships that were about to hit the division and, in particular, their respective classrooms. The after-school budget talks



Dr. Seibert supports School Board Chair Sally Southard as educational leaders in the Roanoke Valley send a unified message to Richmond on March 10 asking legislators to make their education cuts "reasonable but temporary"



Mike Crew, Director of Business Services, talks with teachers at G.W. Carver

with teachers and staff members at each of Salem’s 6 schools not only gave Seibert a chance to define the seriousness of the situation, but the talks also gave teachers a chance to voice their opinions and offer some cost-cutting ideas of their own.

I attended two of these sessions this winter and several of these events last year when the first round of state cuts sliced through the Commonwealth’s classrooms. What I took away from each stop was our Superintendent’s incredible passion for teaching and learning and our teachers’ unbelievable compassion for one another.

That all too familiar “I’m going to get what’s mine—the heck with yours” mentality didn’t exist anywhere as selfishness took a backseat to selflessness. The hearts of these educators were exposed, in plain view, and not surprisingly, they were as big and giving as ever. Veteran teachers and relative newcomers were sitting side-by-side in the library and finding it easy to relate to the current plight. Those who had been with the school division since its inception in 1983 were now mentally turning back the clock and imagining just how devastating it would be to, in effect, have one’s teaching career derailed before it even got started.

At the end of the face-to-face meetings, Seibert instructed those in attendance on how to take an online survey that would help the Central Office staff prioritize any looming reductions in personnel, salary

and benefits. The survey offered 7 budget reduction options and the staff members were asked to rank the items from 1 to 7 with 1 being the “most tolerable” option and 7 being the “least preferred” option.

Now, I was never a math whiz, but when you’re talking about cutting your state revenue by more than 10% and salaries and benefits make up nearly 85% of that same budget – it’s easy to see that none of the 7 choices on the survey was palatable.

This stuff is tough to stomach in every locality across the state, but just because something tastes bad doesn’t mean you have to spit it out. At school board meetings in Bedford Co., salary reductions were suggested as a way to combat the state reductions yet save jobs, but several teachers indicated they would not be in favor of such action because “they couldn’t afford it.”

Maybe so, but Salem’s teachers understood that they couldn’t afford *NOT* to take one if they wanted to preserve the effectiveness of our schools and protect as many jobs as possible. The survey results indicated that after retirements and attrition our teachers would be way more willing to pay additional money toward their health insurance premium and/or take a 1% salary reduction than they would to see fellow employees laid off.

A reduction in force was seen as the last option by those surveyed with 100%



Dr. Seibert answers questions from teachers at West Salem

ranking layoffs, in any form, at the bottom of the survey.

“Their selflessness and willingness to do whatever it takes not to sacrifice our students reveals the true caliber and character of the people who have answered the call to serve Salem’s children,” says Seibert.

The survey results, which catalogued

the opinions of 349 employees, can be broken down and displayed in a number of statistical fields, but for Seibert the results were something much more than numbers.

“It is inspiring and instructive to reflect on the feedback given by our employees. It is inspiring that our school division is staffed by people with hearts so big that,

even though there were no increases in pay this school year, that they are willing to earn less while doing more because still more vacant positions will go unfilled next year.

“It is instructive because our employees recognize that the biggest difference-maker in the life of a child is the presence of skilled, caring, and committed people. For this reason, the best way to help safeguard Salem’s

children from these unprecedented reductions is to help save as many jobs as possible so that people who change lives are still here to do just that,” he says.

In the end, the final budget numbers out of Richmond submitted by the conference committee were bad, but far better than they could have been. On March 23, the school division’s director of business services, Mike Crew, presented a reduced, yet balanced budget to the Salem School Board that was adopted unanimously.

The \$42 million budget, which features a 5 percent reduction in revenue in the amount of \$2.2 million, includes no layoffs and amazingly no salary cuts, pending City Council’s approval.

“Other organizations have adopted vision statements similar to “*Children First*” but the good people who serve in Salem Schools have stepped up as the state has backed down to put their money where their hearts have always been.”

And that passion is something each of us can feel in our teachers and see in our classrooms.

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 Rita Bishop – Roanoke, Lorraine Lange – Rke Co.,
 Alan Seibert – Salem

MUSIC MAN

You'll have to excuse this year's Teacher of the Year in Salem for "tooting his own horn" because that's how he makes his living.

Andrew Lewis Middle School's highly skilled and ultra-popular band director, Chris Wilkes, has been named the 2010 Teacher of the Year for the entire City of Salem School Division.

"It's unbelievable to receive this honor," says Wilkes. "With so many great teachers in Salem, I never thought anything like this would ever happen to me."

Wilkes began teaching at ALMS in 2001 after stints at Staunton River middle and high school. He received his Bachelor of Music degree from James Madison University and his Masters in Administration from the University of Virginia, but his love of music was instilled in him by his own high school band director – his father - Carlton Wilkes.

"My Dad was a band director for 39-years and just retired from Franklin Co. high school," says Wilkes. "He gave me my passion for music, and I have really grown to develop a passion for teaching and understanding that it's all about the children who make up the band."

In addition to his assignment as the ALMS band director, Chris also supervises the Jazz Band, Indoor Drum-Line and the Basketball Pep Band, plus he serves as the assistant band director at Salem High School.

"I love coming to work every day here at Andrew Lewis Middle School," says Wilkes. "Our band is so big that my main goal, especially on field trips, is just to finish with the same number of kids I start with."

*Salem's Teacher of the Year
Andrew Lewis Middle School's Chris Wilkes*



Wilkes and his dad, Carlton, playing in "Sunset Drive"



Since he took over the Wolverines 9 years ago, the music program has grown from 163 students to nearly 250, and the band isn't just getting bigger, it's continuing a tradition of excellence. Under Wilkes' leadership, the band has produced 20 all-district band members and, as a whole, it has consistently received superior and excellent ratings at band festivals and competitions.

"I have a big load of students, 70 just in first period alone, but it is an awesome experience to work with them each and every day," says Wilkes.

In addition to his "normal" classroom load, Wilkes arrives early and stays late to support his students' interests in the Jazz Band and Drum Line. During his tenure at Andrew Lewis, he also has supported his co-workers and welcomed new personnel in the profession by supervising interns and

mentoring new teachers. This past year, Wilkes was one of three administrative interns who supervised Summer School in Salem, and in the spring he also serves as the Salem High School girls' varsity tennis coach.

"The Andrew Lewis Middle School administration believes that Mr. Wilkes' contributions to the ALMS Band program have positively impacted the culture of the entire school," says Andrew Lewis Principal Jerry Campbell. "Chris is a positive role model for students and staff and he is always willing to help tackle challenges in a positive and professional manner."

Wilkes has been recognized by his peers as the Virginia Band and Orchestra Directors representative for District 6 and he is frequently called upon to be a clinician or conductor for area bands. His trumpet

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The Wilkes Family



Salem's Teachers of the Year



playing prowess has also put him front and center in the horn section for Rock and Roll Hall of Fame member, Percy Sledge.

"It's good to be on the performance side of things sometimes and when he got inducted into the Hall of Fame, our band, *Sunset Drive*, got to play with him on *Good Morning America*," says Wilkes

Wilkes started playing in *Sunset Drive* when he was just 15-years-old. His Dad was a founding member of the group that began playing professionally in 1969. They primarily serve as Sledge's band, but they also have played with rhythm and blues legends Eddie Floyd, Jerry Butler, Dee Dee Sharp, The Impressions and Archie Bell.

"Playing in the band has allowed me to travel the country and spend time with my dad. We have gotten to meet all sorts of people including Will Ferrell, Diane Sawyer, Jerry Lee Lewis, and many others," he says. "A couple of years ago we played a private party for Kyle and Richard Petty."

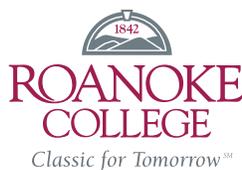
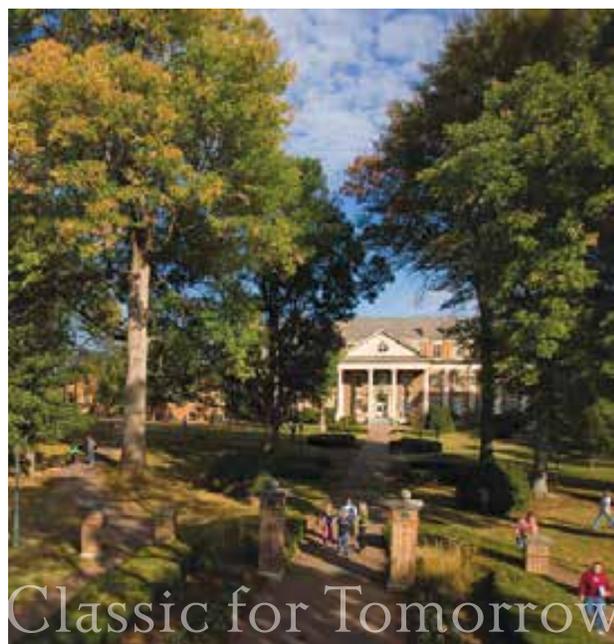
Wilkes' wife Kristen is a teacher at East Salem. The two met while they were students at JMU and now have two children, Andrew and Jenna.

Wilkes was chosen from a list of nominees representing each of Salem's 6 schools. All 6 finalists were honored by the School Board and the Salem Educational Foundation during a special reception on March 23.

-MS

Salem's Teachers of the Year: (L to R)

- Jenny Kidd – South Salem,**
- Debbie Stanley – East Salem,**
- Lewis Armistead – Salem High School,**
- Vickie Trumbower – West Salem,**
- Chris Wilkes – Andrew Lewis,**
- Sheri Smith – G.W. Carver**
- Salem School Board Chair, Sally Southard**



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The James I. Moyer Complex has hosted everything from NCAA Champions to Olympic gold medalists, but not until this year have those gracing the facility's diamonds had the opportunity to "Go Green" before heading for home.

"From my years of working at the Moyer Complex, I knew that 80 percent of what we clean up involved plastic water and Gatorade bottles," says John Shaner, Salem's Parks and Recreation Department director.

So, Shaner and his staff got to thinking about how they could advance the city's green initiatives in a big way with a very small investment. They settled on outfitting The Moyer with recycling bins in each of its dugouts and throughout the complex in an effort to keep plastic bottles out of the landfill.

It seems like a rather insignificant gesture and somewhat of a minor recycling effort until you consider the staggering numbers.

On the weekends alone in 2009, the four-diamond complex played host to 990 teams and 15,936 athletes and coaches. During a day-long tournament, many of those athletes swallow as many as 6 recovery drinks. Add to that what is consumed in the stands by the fans and what the sandlot, high school and college teams put away Monday through Friday and you're talking about tens of thousands of recyclable bottles.

"An awful lot of the people who pass through this facility are repeat customers, and I think within a month we're going to see some great results from this program," says Eric O'Brien, the Manager of The Moyer Complex.

The Salem Parks and Rec. department is so excited about the program's potential at the Moyer that already they have expanded the effort to include both Spartan Field at Salem High School and historic Kiwanis Field. Not counting what took place during weekdays with Roanoke College's baseball team and the squads from Salem

High and Andrew Lewis Middle, Kiwanis played host to 5,296 athletes last year just on Saturdays and Sundays,

"We know this is a good idea, but if our customers, who are the public attending and participating in all of these tournaments, don't embrace it, then it's not going to work," says Shaner.

The Moyer is again hosting a number of national-caliber events this summer including the International Softball Federation's Senior World Cup and two American Softball Association National slow-pitch championships. Plus, the annual Chance Crawford benefit tournament returns April 16-18.

"I think it's a good thing for our complex because it shows that we're trying to give back and help out the community," adds O'Brien. "I expect the younger players who have grown up around recycling all their lives to take the lead with this program."



The James I. Moyer Complex

The Salem Parks and Rec. department plans to extend this program beyond the playing fields this spring and summer by placing both plastic and aluminum recycling containers at the popular “Salem After Five” music events that are held on the city’s Farmers Market.

“Plastics and aluminum make up only a small amount of weight in the “waste stream,” but they take up a lot of volume,” says Jim Fender, Salem’s Director of Solid Waste. “Recycling them will potentially save 60 percent in energy costs as these plastic bottles are recycled into more plastic bottles and even items like carpet and insulation.”

“The big thing for us was after we collect it - where are we going to take it,” says Shaner. “Our Solid Waste department is going to pick it up and weigh it, so we’ll know at the end of the year how much of a difference we’ve made.”

Don’t be surprised if their batting average is off the charts.

-MS



Parks & Rec. Director John Shaner



Moyer Complex Manager Eric O'Brien

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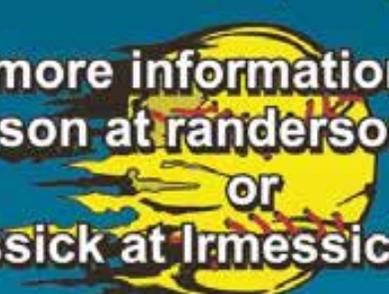
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SALEM



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SUMMER PROGRAM GUIDE

COMMUNITY ACTIVITIES

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

ADULT PROGRAMS 14+ 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: June 8th

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 is ongoing – show up and observe
Class limit: 12

NEW! CROCHETING

Learn the basics of crocheting and complete a couple of different projects in class.

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

Begins: June 28th

Location: Salem Senior Center

Instructor: Norma Harris

Fee: \$25/5weeks, includes all materials

Class limit: 10

FOLK DANCE

**1ST and 3rd Wednesday of the month,
7:00p.m.-9:00p.m.**



Location: Salem Senior Center

Instructor: Laurie Platt

Fee: Free *attend a session and sign up with the instructor

Class limit: 30

GUITAR FOR “ABSOLUTE” BEGINNERS (Ages 12+)

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

Fee: \$45/8weeks

Class begins: June 23rd

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

Class limit: 10

BOB ROSS PAINTING **(Adults & Teens)**

Learn basic strokes and complete a project to take home.

Fridays, 6:00p.m. – 10:00p.m.

June 18th - "Enchanted Falls"

July 16th - "Windy Ways"

August 29th – "Evening's Glow" Location:
Salem Senior Center

Instructor: Bobby Wood, Certified Bob Ross
Instructor

Fee: (Adults)\$50/project (Teens)

\$40/project – includes all supplies

Class limit: 13

Seasoning, Marinating and Grilling **Meats and Vegetables**

Join Michele Carder (former owner of Michele's on Main) as she instructs participants season and marinate meats and vegetables.

Saturday, July 24th,

11:00a.m. – 12:30a.m.

Location: Salem Senior Center

Instructor: Michele Carder

Fee: \$25 includes all ingredients

Minimum: 5



Preparing the Classics, Meatloaf, **Meatballs and Sheperds' Pie**

Yet another marvelous class with Michele Carder. This hands on class will instruct students in preparing classic dishes along with a variety of potato options.

Saturday, August 7th ,

11:00a.m.-12:30p.m.

Location: Salem Senior Center

Instructor: Michele Carder

Fee: \$25 includes all ingredients

Minimum: 5

HEALTH AND WELLNESS **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! Leave work at 4:30p.m. and join the fun!

Monday and Wednesday, **4:40p.m.-5:25p.m.**

Instructor: Roy Jackson

Location: Salem Senior Center

Fee: \$45/10weeks

Begins: June 14th

Class limit: 30

TOTAL SCUPLTING

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

Fee: \$25/10weeks

Class limit: 30

Begin: June 14th

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

Class limit: 30

Begins: June 15th

NEW! Pilates and Cardio

Class designed for core and cardio training

Wednesday, 5:30p.m. – 6:30p.m.

Location: Salem Senior Center

Instructor: Kelly Stevens

Fee:\$25/10weeks

Class limit: 30

Class begins: June 16th

TENNIS (all levels)

For information, contact Scott Gibson at

397-1257 or gibson@roanoke.edu

YOGA (BEGINNER)

Yoga is a great way to increase joint mobility, improve muscle tone and flexibility, and build balance. It also improves memory, focus, attention, and promote an overall sense of well being.

Thursday, 6:00p.m.-7:00p.m.

Location: Salem Senior Center

Instructor: Suzanne Karen Ughetta

Fee: \$40/10weeks

Begins: June 18th

Class limit: 10

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

Location: Salem Senior Center

Instructor: Tom Ramsey, 3rd degree Black Belt
in Wado-Ki style

Fee: \$35/6weeks

Class limit: 20

Begins: June 26th

YOUTH/TEEN PROGRAMS **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 – Does not include supplies -
Class limit: 10

Begins: June 28th

Supplies needed: Needles - 1-16" circular size

8 (US not metric), 1 set-double pointed size

8 Yarn – 10 skein worsted weight 4 for hat or

backpack, Book – " I can Knit" * If you want

a second color on your hat a second skein of

yarn may be purchased.

SALEM ART CAMP

Salem Art Camp is a Summer camp where students experience art! Artists, art techniques and the use of various mediums will be experienced.

July 12th – 16th

Session 1: 10:00a.m.-12noon –

ages 8-11 Session 2: 1:30p.m.-3:30p.m.

- ages 11 – 14

Instructors: Darlene Marshall, Mike Gibson –
Salem City School Teachers

Location: Salem High School Art Room

Fee: \$40/student and includes all supplies

Class Limit: 22

TENNIS (all levels)

For information, contact Scott Gibson at

397-1257 or Gibson@roanoke.edu

NEW! YOUTH 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, 10:00a.m.-11:00a.m.

Location: Salem Senior Center

Instructor: Tom Ramsey, 3rd degree Black Belt

in Wado-Ki style
 Fee: \$30/6 weeks
 Begins: June 26th
 Class limit: 20

NEW! ART CAMPS WITH ROBIN RICHARDSON (5th – 9th grade) LEARNING TO SHADE

Learn to realistically shade the 5 basic forms and objects related to these forms. Become familiar with highlights, shadows and shading light to dark.

June 21st-25th, 8:30a.m.-11:30a.m.

Location:
 Andrew Lewis Middle School Art Room
 Instructor: Robin Richardson
 Fee: \$35/includes all materials
 Class limit: 20

LEARN TO DRAW THE HUMAN FACE

Students will learn to draw and shade the human face using correct proportion and shading elements.

June 28th-July 2nd, 8:30a.m.-11:30a.m.

Location: Andrew Lewis Middle School Art Room
 Instructor: Robin Richardson
 Fee: \$35/includes all materials
 Class limit: 20

PAINTING SIMPLE LANDSCAPES AND SEASCAPES

Learn to paint simple landscapes, (ex. Snow scenes), simple seascapes in watercolor, and sunrises/sunsets

July 5th-9th, 8:30a.m.-11:30a.m.

Location: Andrew Lewis Middle School Art Room
 Instructor: Robin Richardson
 Fee: \$45/includes all materials
 Class limit: 15

PAINTING SIMPLE FLOWERS

Learn to paint simple flowers such as daisies, lilies, pansies, anemones, etc. in water color

July 12th-16th, 8:30a.m.-11:30a.m.

Location: Andrew Lewis Middle School Art Room
 Instructor: Robin Richardson
 Fee: \$45/includes all materials
 Class limit: 15

HANDBUILT CERAMICS

Create hand built ceramic pieces using four methods of hand building: pinch, slab, coil, and drape.

July 19th-23rd, 8:30a.m.-11:30a.m.

Location:
 Andrew Lewis Middle School Art Room
 Instructor: Robin Richardson
 Fee: \$45/includes all materials
 Class limit: 20

ONE AND TWO POINT PERSPECTIVE

Create realistic 3-D pictures of rooms, building, and cities using one and two point perspective.

July 26th-30th, 8:30a.m.-11:30a.m.

Location: Andrew Lewis Middle School Art Room
 Instructor: Robin Richardson
 Fee: \$35/includes all materials
 Class limit: 20

NEW! POINTE SHOE DECORATING WORKSHOP (7-15years old)

Decorate your ballet shoes to make them look like a master piece.

Monday, June 28th, 10:00a.m.-11:00a.m.

Location: Salem Senior Center
 Instructor: Kay Huffman
 Fee: \$20/shoes provided, bring your own shoes, \$10
 Class limit: 10

NEW! MAKE YOUR OWN BALLET TUTU (7-15years old)

Be creative and design your own dance tutu in this exciting workshop

Monday, June 28th, 11:30a.m.-1:30p.m.

Location: Salem Senior Center
 Instructor: Kay Huffman
 Fee: \$10/includes all materials
 Class limit: 10

ONLINE REGISTRATION FOR ALL CLASSES WILL BE HELD MAY 31ST-JUNE 11TH. GO TO:

WWW.SALEMVA.GOV/PARKS_REC

Clubs:

Roanoke Dance: All levels of Ballroom Dance and variations, Sundays, 4p.m.-6:30p.m.
 Location: Salem Senior Center. Minimum fee.
 Go observe a class and join the fun. Meets the last Thursday of the Month

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

Twined Hearts Garden Club: Third Tuesday of each month – 7:00p.m. – 8:00p.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
 Supervisor: Jane Pendleton,
 jpendleton@salemva.gov
 110 Union Street, 375-3054

MONDAYS

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

TUESDAYS

9AM – Exercise- Sherry Stinson
 10 AM – Chair Caning, Basket Weaving
 11AM-1PM - Tips with Tammy Computer Training – call ahead for an appointment
 2 PM – Ballroom dance, the first and third (and fifth, when there is one) Tuesdays in the month, second and fourth
 Tuesday – Tea Dance

WEDNESDAYS

9AM – Muscle Time
 9AM-Beginning Tap – Sharon Dickenson
 10AM - 12 NOON – General Ceramics-Anne Andrews
 10 AM – Needlework with Norma Harris
 1 PM – Line Dance
 2 PM – Card Games

THURSDAYS

9AM – Exercise- Kelly Stevens
 10 AM – “Art” & Bridge “on your own”
 12:30 PM - Canasta, Senior Singers Practice

FRIDAYS

9AM – Exercise – Michele Sites or Robbin Walker
 9AM – Golf – Salem Golf Course
 10:30 AM – Tai-Chi with Leiven Verkruijsen 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 the second Monday afternoon; 1-4:30 PM, 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 our Lady of the Valley Retirement Community

****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 festivities will be listed that you won't want to miss!

****TRIPS FOR SUMMER INCLUDE:**

Wohlfart House, Barn Dinner theatre, Paint Bank and more.

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

APRIL

Friday, April 23rd - "Salem After Five"

Salem Farmers Market, 5:30 p.m.,
Featuring "The Kings",

Adults - \$5, Children 12 and under are free, Food Court, Children's Play Area, Sponsored by Q99-FM, Re-MAX/Real Estate One of Salem

and Pepsi, Proceeds to benefit Total Action Against Poverty. (540) 375-3057.

MAY

59th Annual Ernest Pig Robertson Fishing Rodeos

Lake Spring Park, presented by Salem Parks & Recreation, Kiwanis Club of Salem, RE/Max-Real Estate One

Saturday, May 1st - 9 a.m. - Noon,
Children ages 3 -8years

Monday, May 3rd - 10 a.m. - Noon,
Disabled Children's Day

Wednesday, May 5th - 10 a.m. - Noon,
Nursing Home Patient's Day

Saturday, May 8th - 9 a.m. - Noon,
Children ages 9 -12 years

Saturday, May 15th - "Walk with Me" Easter Seals Event.

Salem Farmers Market,

Registration: 9 a.m., Official Walk Start Time: 10 a.m. For more information please call the Easter Seals at (540) 777-7325 or visit us at www.va.easterseals.com.

Saturday, May 22nd - "Movies at Longwood"

Longwood Park, featuring "Up", begins at dark. Free!! Bring your chairs and blankets and enjoy a movie under the stars. The first 50 families will receive a complimentary bag of popcorn from Frito Lay. Concessions will be available to purchase from Fun Times. Sponsored by Salem Parks & Recreation. (540) 375-3057.

Friday, 21st - "Salem After Five"

Salem Farmers Market, 5:30 p.m., Featuring "Ministers of Soul" & "Super Hold", Adults - \$5, Children 12 and under are free, Food Court, Children's Play Area, Sponsored by Q99-FM, Re-MAX/Real Estate One of Salem and Pepsi. Proceeds benefit the Community Christmas Store. (540) 375-3057.

JUNE

Friday, June 18th & Saturday 19th -

"Relay for Life", Salem High School Track, begins at Noon on Friday and ends at Noon on Saturday (540) 375-3057.

Friday, June 25th - "Salem After Five"

Salem Farmers Market, 5:30 p.m., Featuring "The Tams", Adults - \$5, Children 12 and under are free, Food Court, Children's Play Area, Sponsored by Q99-FM, Re-MAX/Real Estate One of Salem and Pepsi. Proceeds benefit the Needlework Guild of America. (540) 375-3057.

Saturday, June 26th - "Movies at Longwood"

Longwood Park, featuring "Cloudy with a Chance of Meatballs", begins at dark. Free!! Bring your chairs and blankets and enjoy a movie under the stars. The first 50 families will receive a complimentary bag of popcorn from Frito Lay. Concessions will be available to purchase from Fun Times. Sponsored by Salem Parks & Recreation. (540) 375-3057.

JULY

Saturday, 17th - "Jazz In July"

Longwood Park, 4 - 9 p.m., Bands: TBA, Presented by Salem Parks & Recreation, Q99-FM, and Salem Merchants Association. Friday, 23rd - "Salem After Five", Salem Farmers Market, 5:30 p.m., Featuring "Holiday Band", Winner - Group of the Year Award at the CAMMY Awards which promotes Carolina Beach music!! Adults - \$5, Children 12 and under are free, Food Court, Children's Play Area, Sponsored by Q99-FM, Re-MAX/Real Estate One of Salem and Pepsi. Proceeds benefit Special Olympics. (540) 375-3057.

Friday, July 23rd - "Salem After Five"

Salem Farmers Market, 5:30p.m. Featuring: Holiday Band, Winner Group of the Year Award at the Cammy Awards which promotes Carolina Beach music! Adults-\$5, children 12 and under are free, food court, children's play area. Sponsored by Q99-FM, Re-Max/Real Estate one of Salem and Pepsi (540)375-3057.

AUGUST

Saturday, 14th - "Salem Distance

Run", Longwood Park, 8 a.m., 5K, 10K & 3-Mile Walk, For more information call Health Focus of Southwestern Virginia at 774-4022.

Friday, 20th - "Salem After Five"

Salem Farmers Market, 5:30 p.m., Featuring "Domino", Adults - \$5, Children 12 and under are free, Food Court, Children's Play Area, Sponsored by Q99-FM, Re-MAX/Real Estate One of Salem and Pepsi. Proceeds benefit the Salem/Roanoke County Food Pantry. (540) 375-3057.

Saturday, 28th - "Movies at Longwood"

Longwood Park, featuring "Shrek", begins at dark. Free!! Bring your chairs and blankets and enjoy a movie under the stars. The first 50 families will receive a complimentary bag of popcorn from Frito Lay. Concessions will be available to purchase from Fun Times. Sponsored by Salem Parks & Recreation. (540) 375-3057.

SUMMER SPORTS CLINICS – SAVE THE DATES! INFORMATION WILL BE DISTRIBUTED TO THE SCHOOLS THE FIRST OF APRIL AND WILL INCLUDE DATES FOR NEW ONLINE REGISTRATION – FOR INFORMATION CONTACT KATHY MURPHY OR KRISTEN FINLEY AT 375-3057.

Lacrosse Clinic – June 21st- 25th

Cheerleading Clinic – June 16th-18th

Soccer Clinic – June 28th-July 2nd

Track & Field – June 29th – July 15th

Wrestling Clinic – July 5th-9th

Boys Basketball Clinic – July 26th-30th

Girls Basketball Clinic – June 21st-24th

Football Clinic – August 2nd-4th

Golf Clinic – June 28th-July 2nd

Girls Volleyball – June 14th-18th

Baseball Clinic – June 21st-24th

JAMES I. MOYER SPORTS COMPLEX



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

April 3-4 USSSA Hi/Low Adult Slow-Pitch Softball Tournament (Roanoke County)

April 9-10 Botetourt Bash High School Fast Pitch Softball Tournament (Botetourt)

April 10-11 NSA Pre-Chance Adult Slow-Pitch Softball Tournament (Burton)

April 10-11 NSA Youth Challenge Fast-Pitch Tournament (Moyer, Civic Center)

April 10-11 Baseball Nation Youth Baseball Tournament (Huff Lane)

April 16-18 NSA/ASA/USSSA The Chance Crawford Benefit Adult Slow-Pitch Softball Tournament (All Fields)

April 23-25 Old Dominion Athletic Conference Women's Fast-Pitch Softball Championship (Moyer)

April 24-25 Softball Nation Youth Fast-Pitch Tournament (Roanoke County)

May 1-2 NSA Adult Slow-Pitch Tournament (Roanoke County)

May 1-2 USSSA Batter Box Stampede Baseball Tournament (Moyer, Civic Center, Oakeys)

May 8-9 NSA Youth Kick Off Girls Fast-Pitch Softball Tournament (Moyer, Civic Center)

May 8-9 Baseball Nation Youth Baseball Tournament (Huff Lane)

May 8-9 USSSA Jay Estacio Adult Benefit Slow-Pitch Tournament (Roanoke County)

May 15-16 USSSA Have a Heart Support a Child Adult Slow-Pitch Softball Tournament (Moyer, Civic Center, Oakeys)

May 15-16 USSSA Baseball State Warm-Up (Roanoke County)

May 21-23 USSSA Baseball Western VA AA/ Global State Warm Up (Botetourt)

May 22-23 ASA Men's "Hooters" Adult Slow-Pitch Softball Class C & D & E Qualifier – 3 game format (Roanoke County)

May 28-30 USSSA Best of the West NIT Adult Softball Tournament (Moyer, Botetourt, Burton, Huff Lane)

May 29-30 NSA Youth Softball Memorial Day Tournament (Civic Center, Oakeys, Green Hill)

June 5-6 NSA Youth Girls Fast-Pitch Auto Plus Classic Softball Tournament (Botetourt, Roanoke County)

June 5-6 NSA Commonwealth Games Adult Slow-Pitch (Roanoke County, Huff Lane)

June 11-13 ISF Senior World Cup Adult Slow-Pitch Softball Championship (Moyer, Burton, Botetourt)

June 12-13 USSSA Baseball Big Dawg Classic (Civic Center, Oakeys)

June 19 Chicago Bandits National Tour (Moyer)

June 18-20 NSA Youth State Girls Fast-Pitch Softball Championship (Moyer, Civic Center, Oakeys, Botetourt, Roanoke County)

June 19-20 USSSA Baseball Swing Fest Tournament (Roanoke County)

June 19-20 Softball Nation Adult Slow-Pitch Tournament (Huff Lane)

June 25-27 ASA Gold Territory National Qualifier Youth Fast-Pitch Tournament (Moyer, Botetourt)

June 26-27 USSSA Blake Thompson Benefit Adult Slow-Pitch Tournament (Roanoke County)

June 26-27 USSSA Youth Commonwealth Baseball Tournament (Northside, Civic Center, Oakeys)

July 3-4 NSA BC League Kickoff Showcase Adult Slow-Pitch (Roanoke County)

July 3-4 NSA Fast & Furious Youth Girls Fast-Pitch Softball Tournament (Moyer, Civic Center, Oakeys, Roanoke County)

July 3-4 NSA Salem Fair Adult Slow-Pitch Softball Tournament (Roanoke County)

July 10-11 ASA Eastern National Qualifier Youth Fast-Pitch Tournament (Moyer, Botetourt)

July 10-11 USSSA Hit A Home Run For Freedom Adult Slow-Pitch Tournament (Roanoke County)

July 17-18 NSA Commonwealth Games Girls Fast-Pitch Class "A" and "B" Softball Tournament (Moyer, Botetourt, Oakeys, Civic Center, Roanoke County)

July 17-18 USSSA Ted Lamar Benefit Adult Slow Pitch Tournament (Roanoke County)

July 24-25 NSA Western State Adult Slow-Pitch Softball Championship (Moyer, Oakeys, Civic Center)

July 31-Aug 1 USSSA Last Chance Adult Slow-Pitch Tournament (Moyer)

Aug 7-8 USSSA State Class "E" Adult Slow-Pitch Softball Championship (Moyer)

Aug 7-8 ASA Men's "Hooters" Adult Slow-Pitch Softball Class C & D & E Qualifier – 3 game format (Whispering Pines)

Aug 7-8 NSA Youth Summer Finale Fast-Pitch Softball Tournament (Botetourt, Roanoke County)

Aug 14-15 USSSA State Class "C" "D" and "Rec" Adult Slow-Pitch Softball Tournament (Moyer, Burton)

Aug 21-22 USSSA Baseball Fisher Financial Services Invitational Tournament (Moyer, Civic Center, Oakeys)

Aug 21-22 NSA State Adult Slow-Pitch All Classes Tournament (Botetourt)

Aug 28-29 NSA Regional Adult Slow-Pitch Tournament (Roanoke County)

Aug 28-29 USSSA Class "C" Adult Slow-Pitch National Tournament (Botetourt)

SALEM KIWANIS FIELD



Manager, Eric O'Brien,
eobrien@salemva.gov
Supervisor, Josh Brown,
jbrown@salemva.gov
731 Indiana Street, Phone: 375-3013

April 3 Roanoke College Baseball Game (1pm DH)

April 3 Virginia Tech Club Baseball Game (7pm)

April 4 Virginia Tech Club Baseball Game (12noon DH)

April 17 Roanoke College Baseball Game (1pm DH)

May 1-2 USSSA Batter Box Stampede Baseball Tournament

May 14-16 7th Annual Central Virginia AAU Middle School Baseball Tournament

May 22-23 USSSA Baseball VA State AA/AAA Tournament

May 27-29 VHSL Three Rivers District Baseball Championship Tournament

June 3-5 VHSL Region C Baseball Championship Tournament

June 12-13 USSSA Baseball Big Dawg Classic Tournament

June 19-20 American Legion College Showcase Tournament

June 25-27 USSSA Baseball Virginia 14U Open State Championship Tournament

June 29-30 TPX Top 96 Baseball Camp – Sponsored by Roanoke College

July 3-4 USSSA Baseball Firecracker Challenge Tournament

July 8-11 Commonwealth Games High School All-Star Baseball Showcase

July 16-25 American Legion District Baseball Championship Tournament

Aug 7-8 USSSA Baseball King of Swing Tournament

Aug 14-15 USSSA Baseball Back to School

Bash Tournament

Aug 21-22 USSSA Baseball Fisher Financial Services Invitational Tournament

Aug 28-29 USSSA Baseball Sluggers Ball Invitational Tournament

Sept 11-12 USSSA Baseball Star City Challenge NIT Tournament

Sept 18-19 USSSA Baseball Get Up and Hit Classic Tournament

Oct 2-3 USSSA Baseball Virginia Fall State Championship Tournament

YOUTH AND ADULT ATHLETICS

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

Youth Sports Mission Statement:

The purpose of youth recreational athletic leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship and promoting good will among all teams and individuals. Although sports are competitive by nature, the City of Salem Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting the building of lifetime physical activity and health for each participant.

2010 Registration Dates:

Sports provide a fun and exciting way to cultivate a child's physical and mental development. Team sports are particularly beneficial in teaching a child how to operate in a group dynamic and positively participate with others. The City of Salem's Recreation Department currently manages multiple sports programs, including those listed below. Please browse the league descriptions below to discover a program which will fit your child's interests. Online registration will be taken on the dates listed below by accessing our website at www.salemva.gov then by clicking on the Parks and Recreation link. Leagues

require a \$35 participation fee in addition to a \$50 non-resident fee for all tuition paying students that currently attend a City of Salem school. Fees must be paid in full upon registering for any league.

MLB Pitch, Hit & Run Competition

MLB Pitch, Hit and Run provides youngsters across the county with an opportunity to participate in an exciting baseball skills competition. This national initiative gives boys and girls, ages 7-14, the chance to showcase their pitching, hitting and running abilities. The competition tests three of the most fundamental aspects of baseball and softball. PITCH: Participant is tested throwing strikes to a designated "Strike Zone" target. HIT: Participant hits a ball off a tee for distance and accuracy. RUN: Participant is timed, starting from second base, touching third then home. All of the events are individually scored and converted to a total point score through the use of conversion tables. Boys and girls compete together at all levels of competition. Winners of the local competition advance to a sectional competition and from there to the team championships. The culmination occurs at the National Finals held at the 2010 MLB All-Star Game. This is a FREE event open to all children who live in the City of Salem or attend a City of Salem school. Event Date: April 25, 2010 at the Moyer Sports Complex, times have not yet been set.

Youth Football Combine

The City of Salem Parks and Recreation Department along with Parisi Speed School will conduct a Youth Football Combine for all boys and girls ages 7-18 on Saturday, May 22 at Salem Stadium.

Over the last nine years, the Parisi School has been the nation's authority in preparing college football players for the NFL Combine. Parisi have produced the fastest 40 yard dash at 10 different positions, including the overall fastest man at the 2001, 2004, 2005 and 2006 Combine. These impressive results have helped over 125 of the players trained get drafted over the past nine years. Participants will learn the cornerstone to the Parisi Speed School's Combine Training methods. Each running and jumping test will be broken down to specific teaching points of instruction

SPORT	AGE	SIGNUP DATES	LEAGUE DATES	FEE
GIRLS FALL SOCCER	GIRLS 6-15	MAY 17-JUNE 25	AUGUST-OCTOBER	\$35
BOYS FALL SOCCER	BOYS 13-15	MAY 17-JUNE 25	AUGUST-OCTOBER	\$35
FOOTBALL	6-13	MAY 17-JUNE 25	AUGUST-OCTOBER	\$35
CHEERLEADING	6-13	MAY 17-JUNE 25	AUGUST-OCTOBER	\$35

to help maximize results. Testing events include: 10, 20 & 40 Yard Sprint, 60 Yard Shuttle, Vertical Jump, Standing Broad Jump, 5-10-5 Pro Agility Test (20 yard shuffle), and L Drill. Cost: \$25.00

Adult Summer Softball

The registration deadline for any team interested in participating in The City of Salem Adult Summer Softball league will be Friday, April 22. Leagues will be offered at a cost of \$350.00 for Men's Open, Women's Open, Church Open and Church Co-Ed. Only team registrations will be accepted. Games will be played on Tuesdays and Thursdays beginning in May at the James I. Moyer Sports Complex. Teams will compete in a round robin schedule followed by a single elimination tournament. Leagues use NSA sanctioned rules, and games are officiated by certified NSA umpires. Leagues will not be formed until after the registration deadline.

Great Beginnings Program

For our future Salem athletes we offer a 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.

For more information please call Instructor: Ed Green and Staff –
(Make checks payable to Ed Green)
Phone: 540-387-9516

DETAILED DESCRIPTIONS OF ALL PARKS & REC PROGRAMS AS WELL AS ONLINE REGISTRATION INFORMATION IS ONLINE :
WWW.SALEMVA.GOV/PARKS_REC



PARISI FOOTBALL COMBINE
Saturday, May 22

AGES 7-12 9 - 11 a.m.
AGES 13-18 11:30 a.m. - 2 p.m.

held in the Salem Football Stadium

Parisi Speed School (PSS) is the national leader in fitness and sports performance training for youth ages 7+. Over 125 of the PSS trained players have been drafted. When you train with Parisi, you get RESULTS!

Combine testing includes the 10, 20 and 40 Yard Sprint, 60 Yard Shuttle, Vertical and Standing Broad Jumps, 5-10-5 Pro Agility Test and L Drill.

Cost is \$25 per athlete. Rain site is the Andrew Lewis Middle School gymnasium. Reserve your spot at www.salemva.gov or call Parks and Recreation at **375-3057!**



4035 Electric Rd., Suite C Roanoke, VA 24018 • 540-772-0123 • www.parisischool.com/roanoke



ROANOKE VALLEY HORSE SHOW
June 21 - 26
Salem Civic Center

SALEM CIVIC CENTER
Festival Complex
23rd ANNUAL SALEM FAIR
JULY 1 - JULY 11, 2010

ShrimpFest
June 5
Salem Civic Center

www.salemcivilcenter.com 540.375.3004 www.salemcivilcenter.com

2010 Great Beginnings Dates

Sport	Dates	Days	Time	Location	Price
Football	Sept. 20-Oct. 18	Sundays	2:00pm	West Salem	\$65
Soccer	Mar. 28-May 2	Sundays	2:00pm	West Salem	\$65
Teeball	May 9-June 6	Sundays	2:00pm	Baptist Home	\$65



Your Body is Leaving You an Urgent Message

Don't ignore the signs of a stroke

Numbness or weakness, especially on one side of the body, is one of the five warning signs of a stroke. If you have any of the signs, acting fast improves your chances for recovery. If you get help soon enough, the new interventional treatments and fast-track Stroke Alert program available at Carilion Clinic can lessen the effects of a stroke or eliminate them altogether. **So, when your body talks, listen. If you are having any one of the five signs of a stroke, call 911 immediately.** For more information, visit KnowTheFive.com or call 540-266-6000 or 800-422-8482.

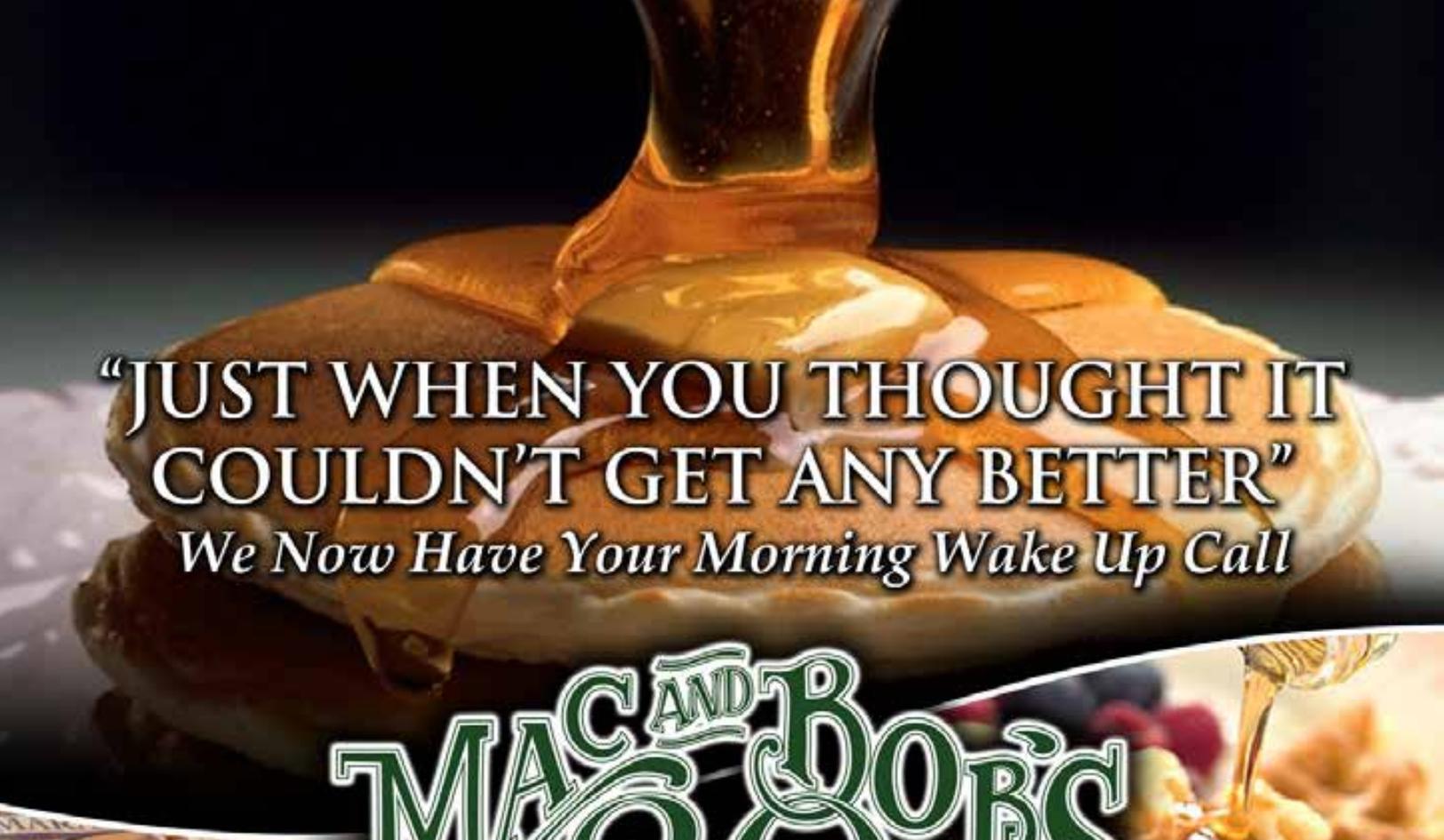
Know the five. Stay alive.

1. **WALK** - Loss of balance
2. **TALK** - Slurred speech or droopy face
3. **REACH** - Numbness or weakness of the face, arm or leg, especially on one side of the body
4. **SEE** - Impaired vision or difficulty seeing in one or both eyes
5. **FEEL** - Severe headache with no known cause



Signs of Stroke

KnowTheFive.com | Call 911



**“JUST WHEN YOU THOUGHT IT
COULDN'T GET ANY BETTER”**

We Now Have Your Morning Wake Up Call



MAC AND BOB'S
30th

Anniversary



Serving Breakfast and Brunch Beginning This Spring

Mac and Bob's
316 E. Main St. Salem

(540) 389-5999

www.macandbobs.com