

ISSUE 13 • WINTER 08

# SALEM

A MAGAZINE FOR THE PEOPLE OF VIRGINIA

## New Sox for Christmas

**Red Sox Excite Fans  
New Colors & New Hopes for 2009  
Fenway Sports Group Promises Change**  
Page 20

## 2009 CALENDAR EDITION

**REAL ESTATE REALITY**  
Salem's Assessor Discusses Current Climate  
Page 12

**NON-RESIDENT STUDENTS**  
Superintendent Seibert Breaks down the Numbers  
Page 14

**SALEM'S PLACE AT THE POLLS**  
Historic 2008 Election hits home in Salem  
Page 6



R.N.s on call for you any time  
of the day or night.



### Introducing Consult-A-Nurse<sup>®</sup>, A Free Healthcare Hotline

Whether you need to locate a physician in your area, register for one of our classes or programs, or find an answer to a health-related question, Consult-A-Nurse provides convenient support for you and your family. Our registered nurses do not diagnose conditions, but are available 24/7 to offer support, consultation and valuable health information.

**Call Consult-A-Nurse toll free at 877-2HCA DOCS (877-242-2362)**

*Event Registration: Monday-Friday, 7 a.m.-7 p.m., Weekends, 7 a.m.-3:30 p.m.*



*Lewis-Gale Medical Center, Alleghany Regional Hospital, Montgomery Regional Hospital, Pulaski Community Hospital  
HCAvirginia.com*

HCA Southwest Virginia is a family of hospitals and outpatient centers that share a single priority:  
*putting our patients first.*

# Your Hometown Real Estate Company



David Barker  
389-3860



George Barker  
389-6727



Lewis Barker  
389-6451



Alex Brown  
389-1334



Diane Davis  
384-7003



Pat Dew  
389-1048



Nancy Duffy  
387-9196



Ginny Fisher  
312-3009



Sarah Goodman  
989-6542



Wayne Goodman  
989-6542



Russ Gwaltney  
293-7877



Mike Helvey  
562-2435



Egon Hofmann  
389-1527



Hamp Maxwell  
353-2194



Clark Owen  
761-9092



David Pollock  
312-5174



Doug Roberts  
392-7770



Bob Saunders  
389-4397



Bill Senter  
389-9963



Doris Smith  
389-2596



Peter Stocki  
354-3308



Phyllis Throckmartin  
389-3340



Brandy Walker  
330-5085



Judy Webb  
520-3632



Joan Wimmer  
365-2470

## Main Office

13 East Main Street  
Salem, VA 24153  
540-389-1100

## Branch Office

310 Main Street  
New Castle, VA 24127  
540-864-1100



# BARKER REALTY CO.

[www.barkerrealtyco.com](http://www.barkerrealtyco.com)

Welcome to Salem –  
*A Magazine for the People of Virginia.*



Many of you know me from my days at WDBJ-7, and let me first of all say what a pleasure it has been to meet many of you in person on the streets of Salem. I can't thank you enough for the warm welcome you've extended to me now that I'm inside City Hall. It is truly an honor to be a part of Virginia's Championship City.

One of my new responsibilities as Communications Director for the city is to oversee the publication of this magazine. I always have enjoyed writing stories for both broadcast and print over the years and there certainly are plenty of interesting people and topics in Salem.

I am fortunate to have graphic artist and web developer **Darryl McCoy** by my side to enhance my writing and photography and at the same time amplify the overall look of the publication with his incredible talents. Together, we have tried to create a magazine that exemplifies "The Salem Way" of doing things.



Besides the annual pullout calendar, you'll also find a new special section devoted to the Salem Parks and Rec. department giving you a complete listing of the programs that are available for the winter months. You'll also find plenty of sports and community profiles along with some food for thought from both City Manager, Kevin Boggess and School Superintendent, Alan Seibert.

We trust you'll find the magazine to be informative, entertaining and maybe even worthy of a spot on your coffee table.

Happy Holidays,  
 Mike Stevens

TABLE OF CONTENTS

**DEPARTMENTS**

**EDITORIAL REMARKS**

Welcome to Salem.....4

**GOVERNMENT**

Inside City Hall.....5

**YOUR SALEM**

Election 2008.....6

Teaching Life Lessons With  
 Brush Strokes.....9

Goodwill Glass.....11

**IT'S YOUR BUSINESS**

A Taxing Decision.....12

**EDUCATION**

Non-Resident Reasoning.....14

Salem's Finest.....17

Word Wizards.....18

**SPORTS**

New Game in Town.....20

Salem Salute.....23

Sand Art.....25

Parks & Rec Winter Program Guide..28

**INSERTS**

2009 Calendar

**PUBLISHER**

City of Salem  
 Communications Department

**EDITORIAL, LAYOUT & DESIGN**

Communications Department

**ADVERTISING**

Contact the City of Salem Communications Department  
 540-375-4112

All photos taken by *Mike Stevens* and are the property of the City of Salem, unless otherwise noted.

*Thanks to Countryside Classics for providing the backdrop for the cover shot. See their ad on page 34.*



Kevin Boggess - City Manager

Economic Development is one of the lynchpins of any community's existence, but what happens to that development when the economic wheel is struggling to stay on track, much like it is today?

Well, there's no denying that when times are tough all of that much needed development becomes more difficult to attract and secure. Yet, we should remember that this is also the time when growth is most important and needed.

When you get right down to it, the heart of economic development for any prospective business is people, namely the ones who already reside in our community. If a developer sees and meets citizens who enjoy living here, he knows others will more than likely find Salem appealing, as well.

During my short tenure here in the city, I have developed a great appreciation for the tremendous amount of community spirit that exists within our city limits.

# KEVIN'S CORNER

That "Salem Pride" isn't just something you see and feel at athletic events, rather, it's exactly what gives me so much confidence that Salem will weather this economic storm.

We all need to remember that helping to develop the economy in Salem isn't just one person's job, but rather each individual must play a role in creating a place where business leaders feel both comfortable and confident when setting up shop. The quality of life that you the citizens have created here in Salem turns out to be one of our greatest recruitment tools.

Each of us should also keep in mind that true economic development is not just about attracting the large "big box" retailer and massive manufacturer. Acquiring and then retaining small businesses with our support should always be priorities, as well.

I hope that everyone will make an effort to support local businesses in the coming year. We are going to pay taxes on whatever we buy anyway, so let's make an effort to keep those dollars in Salem.

Fortunately, we generally are not subject to the drastic swings in economic fortunes that we so often hear and read about in other areas of the country. Traditionally, our peaks and valleys are not as turbulent and resemble more of a subtle ebb and flow.

As 2009 approaches, it's clear that there will be a number of economic factors out of our control, but we should take comfort in knowing that Salem has great people, and that businesses are continuing to recognize this important strength of ours more and more.





# ELECTION 2008

*The historic 2008 Presidential campaign certainly made its mark on Salem from the registrar's office on Clay Street to the Taliaferro Complex off of Boulevard as Sarah Palin, new voters and new polling places all contributed to the election excitement.*

For much of the fall it looked like getting the word out about the consolidation of three of Salem's voting precincts within the walls of the Salem Civic Center would be the biggest challenge facing election officials, but by November 4th those voting venue changes were hardly the most pressing issues.

Vice-presidential candidate Sarah Palin created the biggest stir when the Republican National Committee decided to hold a rally at Salem Stadium on Monday, October 27th. The largest crowd in the history of the stadium, an estimated 16,000 people, turned out to see and hear the Governor of Alaska just eight days before the election.



Jeanna Duerschler - R.Times

Her appearance also forced the City's police and fire and rescue personnel to go into overdrive and offer their expertise to the Secret Service. Salem Police Lt. Mike Green was the point man for the coordination of Palin's visit.

"We had to meet with State Police, Secret Service and all of the other entities involved and put together a

site assessment for the Civic Center," says Lt. Green. "It took the better part of a day to get that in place and then they decided to move it to Salem Stadium."

While Green immediately shifted gears to a much more challenging outside stadium security plan, Salem police Sgt. Todd Clayton continued working on all of the external issues that the department would be facing on that Monday night, namely parking and traffic.

"This was a joint operation with the Secret Service and we furnished everything they requested to get her in and out of Salem safely," says Salem Police Chief James Bryant.

In fact, Salem did more than just that.

Various personnel from Civic Facilities and Parks and Rec. blended their talents to assist in the set-up and successful execution of the event, prompting the advance people working for the McCain-Palin campaign to call Salem, "The best and most accommodating spot of a very long campaign season."

No one knows how long this campaign was better than Registrar Dana Oliver. Voter registration numbers were way up and 1,412 absentee ballots were cast in Salem, the most in the history of the city.

"We thought 2004 was wild, but it wasn't anything compared to this election," says Oliver. "The

*Continued on pg. 8...*



The line to get into the Palin Rally stretched all the way to Boulevard at one point.



Registrar Dana Oliver greets first time voters from Roanoke College.



South Salem students used the Election to stock the Salem Food Pantry.

Continued from pg. 7...

interest in the candidates and all of the first time college voters really brought out a lot more people.”

Elementary school students couldn't vote, but they too were involved in the political process. At South Salem, students learned valuable lessons in Civics and community service at the same time. For several weeks, the boys and girls brought in boxes of “Macaroni for McCain” and “Oatmeal for Obama” to show their support for the candidates, and at the same time help stock the shelves of the Salem Food Pantry.

The Food Pantry wasn't the only place to benefit from the election fervor. The city was also able to bill the Palin campaign for the use of the stadium, certain personnel and services for more than \$15,000, and there's no way to put a price tag on the media exposure Salem received nationwide.

“We exposed another segment of

the population to Salem and when we're able to excel and succeed at hosting challenging events like that one, it just opens you up to so many possibilities in the future,” says Carey Harveycutter, Salem's Director of Civic Facilities. “We were very pleased because it all came together just the way it was supposed to.”

- MS





# Teaching LIFE LESSONS with Brush Strokes

A lot of people these days claim that the education system isn't what it used to be.

They're right.

It's so much more than it once was thanks to people like Chris Tucker.

Tucker is an Indiana native who has been treating injuries and teaching

anatomy classes at Salem high school for 20 years. Since 2001, the school's Certified Athletic Trainer also has taken up painting – house painting.

Each school year as the flowers start to bloom and the grass begins to turn green; Tucker mobilizes his anatomy students to find a needy family in the Salem area. They

aren't looking for ones that needs a handout or some hand-me-downs, but rather the family that needs its house painted the most.

“That's why we're here,” says Tucker. “We all want to be givers and not

*Continued on pg. 10...*

...Continued from pg. 9

takers in this world and I think teaching is an avenue to get in front of the kids and influence them the right away.”

Tucker started calling businesses around Salem looking for donations for this fledgling paint project and immediately Sherwin Williams chipped in with the paint while Mac and Bob’s furnished the food to keep the student volunteers fed. Tucker and the kids provide the labor, the love and a scrapbook of the finished product for the owner.

“It’s Extreme Home Makeover, not in a week, but in a day,” says Tucker.

But in truth, it’s much more than that for all involved. In a day and age when selfishness more often than not wins out over selflessness, Tucker has taught his 100 member “brush brigade” the true meaning of serving one’s fellow man.

“I tell the kids ‘This day is not for you and this is a time you’re going to realize that there are a lot of people in this world who have a lot less than you do,’” he says.

Recently, one of Tucker’s students who heard that message loud and clear nominated his teacher for Spirit FM’s Teacher of the Week Award, an honor he won with ease from the Lynchburg-based Contemporary Christian radio station.

When he’s not painting houses or wrapping ankles before practices, Tucker also likes to run, but not without a purpose. His daily jog

almost always takes him past one of more of his students’ homes. He gives them a “heads up” that he’s coming by and no matter how early his run takes place, he yells out the kids’ names as he passes by their homes.

Recently he rolled by one of his students streets at 6:30am on a Sunday and blurted out his name at the top of his lungs. The young man may not have heard the shout-out, but he did leave Tucker a doughnut on the porch with a note that said, “Run Coach Tucker, Run.”

“I run by every single one of my student’s houses during the school year and it not only shows me where they live, but it shows them that I care about them,” he says. “I know this is above and beyond my contract, but when you go above what they say you’re supposed to do that’s when you really reach the kids and begin to see successful citizens.”

Caring and running seem to go hand-in-hand for Tucker. He’s currently part of a team raising money for the late Paul Newman’s Hole in the Wall Gang camps that host children with serious and often life threatening illnesses. His work for the camps will not only give some kid a new lease on life, but it also earns him an entry pass into the 2009 Boston Marathon.

“I’m in the medical field and I’ve taught adaptive physical education at Salem high, so I know those who have special needs can be costly,” he says. “So what could be better than working for something that’s free for these kids who can’t do

for themselves? Blood counts get better and at least for a week these kids have fun.”

As an undergraduate student at Indiana University, Tucker met his wife Kathy. She’s a Salem native who graduated from Andrew Lewis, was an all-American athlete at Roanoke College and is currently the director of Health and Physical Education for Roanoke City Schools. They’ve been married 30 years and have two adult children and a grandson.

While at IU, Tucker also met another pretty important all-American in former Hoosier basketball center Kent Benson. “I was big in the Fellowship of Christian Athletes at my high school and then in college Kent Benson and I started the FCA chapter on the Indiana campus back in 1976,” he says.

The First United Methodist Church member also is big in Salem’s current FCA effort, leading many to believe that starting projects is his calling card, but those who run with him and especially those who’ve been painted by him know that in truth, Tucker’s really a much better finisher.

And there are eight latex coated houses in Salem that can prove just that.

- MS

### THE TUCKER FILE

**AGE:** 53

**WIFE:** Kathy

**CHILDREN:** Matt (29) JULIE (27)

**GRANDSON:** CARSON (2)

**FIRST YEAR AT SALEM HS - 1989**

When Goodwill Industries of the Valley unveiled plans for a \$7.7 million dollar face lift to its facilities in Northwest Roanoke, Salem native Kathy Hudson was in many ways providing those in attendance a window of opportunity.

“When we approached Kathy about our plans for an art project to commemorate the construction of Goodwill’s Melrose Jobs Campus, she came up with some great ideas and some practical advice,” says Jim Shaver, Goodwill’s Vice-President for Marketing and Development.

Hudson, who is the owner of Custom Originals in Stained Glass located on West Main Street, used individual pieces of surplus glass to create a one of a kind groundbreaking ceremony. Instead of turning soil with a shovel



we needed, she told us the best way to use the glass and she gave us answers to questions we did not even know to ask. We will continue to seek her help as our project unfolds,” Shaver says.

Hudson’s unique stained glass art can be found throughout the area in a number of churches and restaurants. She’s also designed custom glass windows for the tour buses owned by both Barry Manilow and Reba McIntire, and when it comes to Goodwill and its mission, she’s been a lifelong supporter of both

“I’ve done a lot of shopping at Goodwill, myself, because I’m a starving artist,” she says. “This was a good opportunity for me to help them and support art in the schools, so it’s a good thing for all involved.”

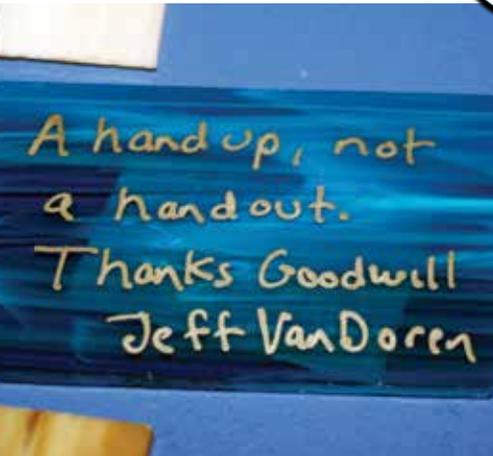
- MS

# Goodwill Glass

turn into pieces of art for Goodwill to hang in their new facility,” she says.

Hudson grew up on a farm at the site of the old West Salem Plaza. After graduating from Andrew Lewis High School she attended Mountain Empire College in Big Stone Gap and graduated with a degree in art. For the past 20 years, she’s been creating custom stained glass art at her West Main studio.

“Not only did she have the materials



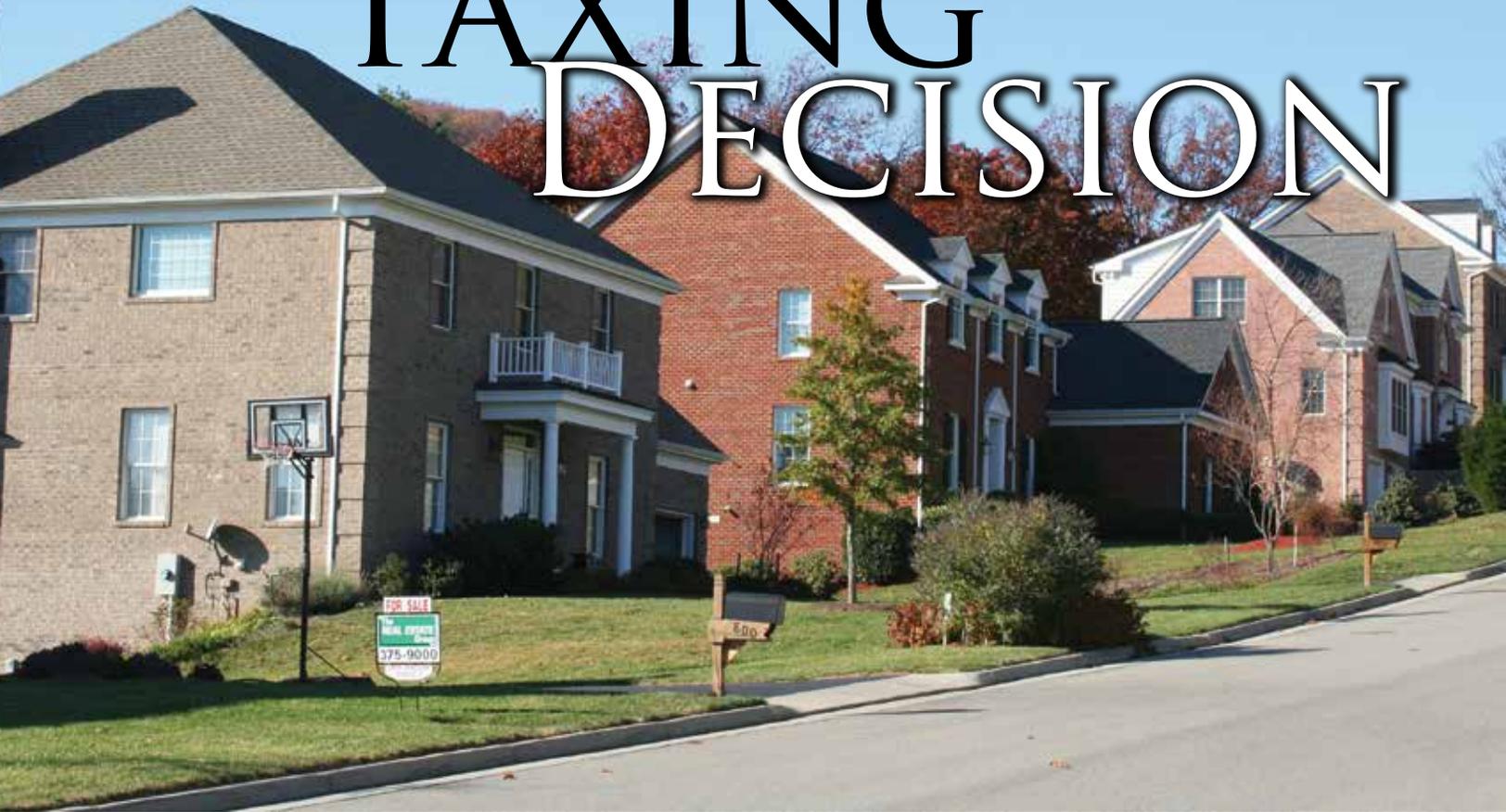
or jack hammering pavement, supporters of the Goodwill effort used paint pens to write messages of hope on the pieces of colored glass.

“Those pieces will end up in mosaics that area school children will



Salem Artist Kathy Hudson

# A TAXING DECISION



**F**annie and Freddie are broke, the stock market has been on life support, and the real estate market is experiencing a wicked period of correction that has been long overdue. Fortunately, citizens in Salem and the greater Roanoke Valley have been insulated from much of this erratic behavior.

“If you read the papers today you often times find a negative viewpoint on the real estate market, and while I won’t disagree that the market has slowed a bit, we’re not as vulnerable as some of the larger metropolitan areas in the United States,” says Wendel Ingram, Jr., Salem’s Real Estate Assessor.

“Even though it may take a little longer to sell a property, the property values are still pretty stable, especially in the city of Salem,” he adds.

Ingram and the other five staff members in Salem’s Real Estate office are responsible for determining the values of 10,419 properties within the city limits. It’s a daunting task and one that the Commonwealth of Virginia mandates.

“We are dictated by the state code of Virginia to assess property based on 100 percent of fair market value,” says Ingram. “That is the price that the property would sell for if it

were on the market today between a willing buyer and a willing seller.”

That 100 percent figure is somewhat of a “pie in the sky” number, especially for those assessors hoping to give their citizenry a true snapshot of property values. In some areas of the state, namely, Northern Virginia, those property values were so inflated in recent years that many homeowners are now seeing their biggest investment – their personal homes - take the kind of body blows their 401k funds have been deflated by in recent months.

“Northern Virginia’s median sale prices were much higher than anything in the Roanoke Valley and in those areas they’ve had to see a dramatic decline in property values,” he says.

In Salem, on average the current assessments are running just under 85 percent of actual sales prices. That conservative figure benefits both the homeowner who is in the process of selling a home and the one hoping to stay in his or her house long term.

“This indicates that even if the market has slowed down somewhat our property assessments are still quite a bit under the true market values,” says Ingram.

Salem does its assessments on an annual basis and residents receive their statements in mid-January. In recent years those printouts have reflected a five to six percent increase. This year Ingram estimates they will be less than that with

commercial properties seeing more of an increase than residential homes.

“Within the last few years our real estate market was growing at a faster pace than normal, but I think the assessments for the upcoming period will reflect a more stable real estate market,” he says.

Each year between 500 and 600 property transfers takes place in the city and the price figures for those transactions stretch from one end of the spectrum to the other. In 2008, the highest residential sales price for a home in Salem was \$699,000, while the lowest was \$53,500. The total value of all the real estate in the city is just over \$2.34 billion, a number that generates the city \$22.5 million in real estate tax revenue annually based on the current tax rate of \$1.18 per \$100.

“I think Salem and the Roanoke Valley as a whole is still a very affordable place to live, and our property values are still pretty

reasonable,” he says. “Salem’s median property sales price is still under \$170,000 which is pretty affordable when it comes to the overall state market.”

Ingram encourages residents to carefully review their assessment statements and then compare them with similar homes that have recently sold in their general neighborhood. Residents can find these sales comparisons on the real estate property search section of the city’s web site:

**www.salemva.gov.**

“If you still feel like the property has been assessed incorrectly, you can call our office and make an appointment with the appraiser who reviewed your property,” he says. “He or she will be glad to speak with you and even come back out to your property and take another look at the factors that determined your assessment.”

- MS

**SALEM SNAPSHOT**

Wendel Ingram, Jr.  
 • Married – Wife, Sharon  
 • Real Estate Assessor  
 -30 Years of Service in Real Estate Office  
 -Appointed Assessor in Oct.1991

Andrew Lewis HS Graduate  
 Roanoke College Graduate



Salem Real Estate Appraisers Tom Lander, Kathy Fitzgerald and Lisa Carroll.



# Non-Resident Reasoning

## *Why Accept Applications for Non-resident Students?!*



**By Alan Seibert**  
Superintendent of Schools

**G**et ready to make a prediction. Which of the following statements is true?

- By no longer accepting select non-resident students, the Salem City Schools can save money and provide better educational opportunities for children who reside in Salem.
- By no longer accepting select non-resident students, the Salem City Schools will lose \$1.6 million in funds from the Virginia Department of Education and reduce the number, variety, and quality of educational opportunities for children who reside in Salem.

Before providing the answer, let's consider why there is a question. When we budget for our families and businesses, there are generally only two considerations...total revenue and total expenditures. The natural inclination is to apply this thinking to a school division, which is why I am frequently asked the question, "Why do Salem City Schools accept applications from non-resident students...shouldn't we only spend Salem money on Salem children?"

The answer is often unexpected because people do not fully understand how school divisions in Virginia are funded. The first clue is in the term "school division." In most states, Local Education Agencies (LEAs) are "districts" not "divisions." In Virginia, however, LEAs are a "division" of the State Board of Education. Most all of our policies and procedures are mandated by the State Board of Education

including the Standards of Quality (SOQ) that set staffing requirements, the Standards of Accreditation (SOA) that set curriculum and graduation requirements, and the more widely known Standards of Learning (SOLs).

The City of Salem School Board is the policy-making body for our division, but our local Board may only make policies and regulations that enact state policy or involve a relatively small number of local options. One responsibility granted to the local School Boards is the development of the recommended budget for the local appropriating body, in our case the Salem City Council. On the revenue side of the school division operating budget are local, state, and federal funds. Unless the current economy results in a reduction in aid this school year (2008-2009), the Commonwealth of Virginia will reimburse the City

of Salem \$4531 for every student, regardless of where the child resides.

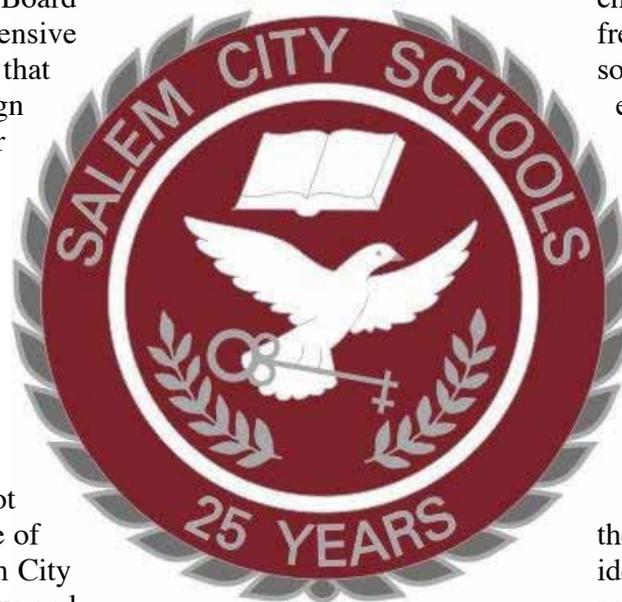
This year, Salem City Schools received and approved applications for 369 children from 270 families to attend Salem City Schools (87% of whom were returning non-resident students who attended our schools last year.) Multiplying the state's reimbursement by the number of non-residents provides more than \$1.6 million in additional state revenue. When added to approximately \$95,000 in tuition from non-resident students the total is more than \$1.7 million that the Salem School Board allocates to provide a comprehensive and rigorous curriculum that includes five different foreign languages, a variety of Career and Technical programs, and an array of intervention and enrichment opportunities in grades K-12 that are far exceed what is expected for a school division of slightly less than 4000 students.

Our choice to accept select non-resident students is not just about increasing our share of revenue from the state. Salem City School Board Policy is selective and requires that non-resident student applications are considered only when space is available and that acceptance be determined based on the applicant's attendance, conduct, and academic achievement.

In the spring of each year, all non-residents are required to re-apply and principals re-evaluate space availability and review the attendance, conduct, and student achievement of each applicant. These policy provisions are in place so that the number of non-resident students in any one grade-level, school, or program do not result in additional

cost as they are accepted only when there is space in an existing program. Further, the application process and annual review helps ensure that our non-resident students are good citizens with strong achievement who contribute to the life of our schools and the quality of our programs.

An especially well informed reader may ask, "If having a limited number of selectively chosen non-resident students is such a good thing, why then did Roanoke County Schools stop accepting non-residents in 2008?" The answer involves



economies of scale. Roanoke County has five high schools and five middle schools. This significantly larger number of schools and teachers provides greater flexibility when staffing programs and responding to the natural ebb and flows of student enrollment. If one high school has a smaller-than-usual ninth grade class or student interest in an advanced math course or a foreign language dips at one school, the teacher's time can be split between two or more schools by assigning the teacher to teach part of the day at a school where numbers are up and reducing

their assignment at a school where numbers are down.

In Salem, we do make good use of teachers who have licenses and experience that permit them to teach at multiple levels (elementary, middle, and high). For example, our elementary schools began using a new schedule this year so that shared staff can spend less time traveling and more time teaching by no longer splitting a day between two schools and instead varying the number of days each week that itinerant staff serve in different buildings. The only other way to control for subtle changes at the elementary level is to frequently adjust attendance zones so that in a year that kindergarten enrollment is down a little at one school, children on an attendance boundary who would attend a school with slightly larger numbers could be reassigned to a different elementary school.

This approach across our four elementary school could conceivably result in some savings (perhaps one teacher in some years and none in others) but the significant impact on the strong identity of our four elementary schools, the potential separation of siblings in the same family who happen to live near a boundary, and the complication of current strong partnerships with Parks and Recreation, Booster Clubs, etc. far exceed the minimal savings that could be achieved.

The challenge is even greater at the secondary level. As a one high school and one middle school division, we cannot maintain our high quality teaching staff by reducing contracts of special area teachers in any one school year. By selectively accepting non-resident students in grade-levels with space available,

we are able to insulate our programs from the naturally occurring ups and downs in enrollment and ensure that Salem students have reliable access to quality programs and courses.

You also may be wondering why we do not charge non-residents more to participate in our quality programs. This is a valid question that your School Board members and I are occasionally asked, and the answer is quite simple. An increase in tuition could actually reduce revenue for the school division. One would expect that a \$100 increase in tuition would increase revenue by \$36,900, but if just ten children elected not to attend because of the increase in cost to their families, the school division would realize a corresponding reduction in state aide of \$45,310. For this reason, the School Board must carefully consider tuition increases like the one enacted this school year.

As a school leader who is also a parent and a tax payer, I can best boil the issue down to a matter of return on investment. In fiscal year 2006 (the last year that state-wide numbers are available, Salem City Schools spent \$1116 less than the state average per student, yet Salem consistently recruits and retains an exceptional instructional staff who help the students we serve achieve at very high levels. It is precisely our history of high achievement when compared to what is expected based on per capita income that has resulted in our designation by Standard and Poors as an "Outperforming School Division."

Please note that our selective inclusion of non-resident students is not solely responsible for this considerable return on Salem's investment. We are also a very efficient school division, expending only 3.5% of our annual budget on

central administration and making great use of our partnerships with the city to maintain buildings, recreational fields, and transportation operations without a duplication in services by the two separate legal entities. The reality is, however, that an additional \$1.6 million in state revenue is approximately 4% of our total budget (the equivalent of approximately 30 teaching positions).

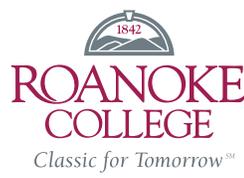
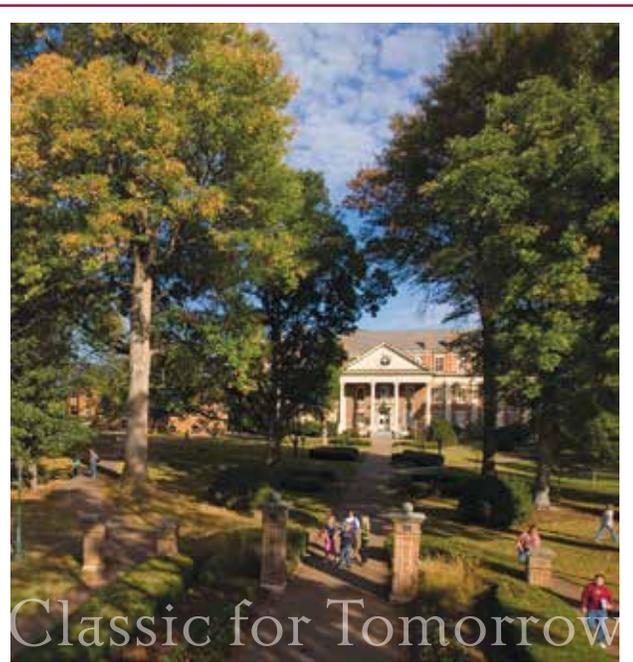
To arbitrarily stop accepting non-resident students would require either a reduction in the variety

and quality of programs available for students who live in Salem or an increase in local expenditures to make up for the loss in state revenue. To date, our School Board has considered all of these variable (and more) and determined that by selectively accepting non-resident students in grade-levels that have space available, we increase revenue without increasing cost, and serve a number of remarkable children who maintain good attendance, conduct, and achievement.

Hopefully, our tradition of good results and fiscal responsibility translates into a measure of trust that we will seek to continually improve by monitoring this and other issues facing school divisions in Virginia and make well reasoned and prudent decisions accordingly.

Citizens who may have additional questions are encouraged to review the "Non-Resident Fact Sheet" that is revised annually in October and is available from my web page (<http://salem.k12.va.us/salemdiv/superintendent/index.html>) or to contact my office either by email at: [aseibert@salem.k12.va.us](mailto:aseibert@salem.k12.va.us) or by calling 389-0130.

- AS



Roanoke's classic college experience combines valuable **Personal Connections** with **Firsthand Learning** to prepare students to rise to challenges and accomplish the things they want in life.

**NON-RESIDENT FACTS:**

- 369 Students in 2008-09
- \$200 Tuition fee per Student
- \$1.7 Million generated in Tuition and State Funding
- Only quality Students are Accepted
- More Programs are offered for all Students

**Kristyn Shepherd**

was recently named 2008's Outstanding Teacher of the Year by the Virginia Chapter of the Council for Learning Disabilities. For 10 years, Kristyn was an integral part of the South Salem Elementary school family before being the named the Coordinating Teacher for Elementary Special Education in the entire Salem School division before the start of this year.

"I think the rewards outweigh anything else you can ever get in life," she says. "When a kid tells me he can read and that he couldn't have made it through without me,



*Kristyn Shepherd*

it makes it all worth it."

Kristyn is a Radford University alum who earned her master's degree at RU in 1998. She received this honor in September in Winchester and later attended the International Council for Disabled Learners conference in Kansas City, Missouri in October.

"I get graduation notes from my former students and I'm able to develop such a rapport with them that you get to know them for their whole life," she says. "The relationships you build with these kids can never be replaced."

# SALEM'S Finest

**Susan Bowman**

also knows about the rewarding feeling that one gets from guiding a student in a positive direction. She recently was named the winner of this year's David Cox Excellence in Foreign Language Education Award.

F.L.A.V.A – the Foreign Language Association of Virginia - picks just one secondary education teacher each year for this prestigious honor.

"I just feel very humbled to win this award because it comes from many of the people I've respected and learned tricks and methods from over the years," she says.

Bowman is Salem's lone Latin teacher instructing students at both Salem high and Andrew Lewis



*Susan Bowman*

middle schools each day. She actually began teaching math and Latin at old Andrew Lewis high

school and she has been a fixture at Salem high ever since it opened.

"Since I'm the only Latin teacher, my students become my children," she says. "I get to know them well and enjoy them as young people."

Bowman graduated from Radford College with a double major in math and Latin and later earned her Master's in Education from William and Mary. Right now she is in the midst of her 34th year of teaching.

"One of the most wonderful outcomes of teaching is when I have a student major in Latin and teach, and I've had several major in it and two who have now gone on to teach," she says.

- MS



Photo by Salem High School

**T**hey not only can walk the walk, but they sure can talk the talk!

Salem High school's Forensics team is currently marching toward what it hopes will be its fourth straight Virginia High School League State Championship. The wizards of word phrasing have proven that you don't need a ball to bring home the gold.

"There is a wealth of talent at Salem high school and it goes beyond athletics," says Mark Ingerson, the team's Head Coach. "Forensics has become the niche for a number of our kids."

Ingerson's teams are traditionally very eclectic. It's not unusual for a squad to consist of a football player, some swimmers, a soccer player or

two and a couple of lacrosse players mixed in with some very talented students who never even thought of playing sports.

The coach has found a way to blend these diverse backgrounds perfectly, although in the process he's created one of the most difficult teams in the school to join.

"Our team is exceptional, and this year we had to cut 16 of the 25 students who tried out for the team," he says.

When Henrickson took over the Forensics program his goal wasn't to win multiple state team titles or even score consistently high in the 10 different disciplines of competition, but rather to first develop a culture and some history for the students when it

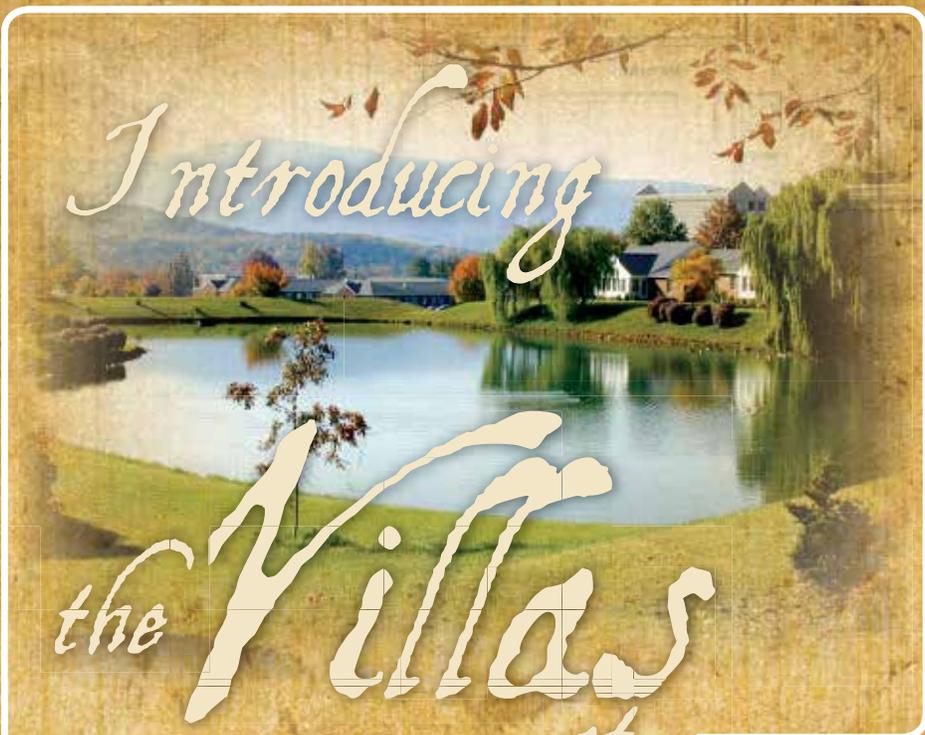
comes to the academic competition of speech.

"I championed and trumpeted every single accomplishment of the students by acting as the number one cheerleader for my kids, because honestly no one really knows a lot about forensics," he says.

They do now thanks to those back to back to back state team titles and the 14 other individual state championships that have been won in the past three years.

"Now I'm not even sure that the kids feel pressure," he says. "I just think they know that they're good and that they're going to make each other better, and so far they've done just that."

- MS



*Introducing*

*the Villas*

*at*

**Richfield**  
RETIREMENT



**A new  
Independent  
Living  
project at  
Richfield**

**SPACES STILL  
AVAILABLE!  
CALL (540) 444.2631  
TODAY FOR YOUR FREE  
INFORMATION PACKET**



**Richfield** *inspired*  
RETIREMENT

3615 W. Main Street • P.O. Box 3240 • Salem, VA 24153 • [www.richfieldretirement.com](http://www.richfieldretirement.com)



LEWIS-DALE  
MEDICAL CENTER FIELD

SALEM MEMORIAL  
BASEBALL STADIUM

# New Game in Town

*Salem's Carolina League entry in baseball's advanced Class A league is generating enough excitement to knock the chill off of these cold winter nights.*

Fenway Sports Group's decision to put the Salem Red Sox in Salem Memorial Stadium this coming spring is a minor league move that gives the entire Roanoke Valley some major marquee power.

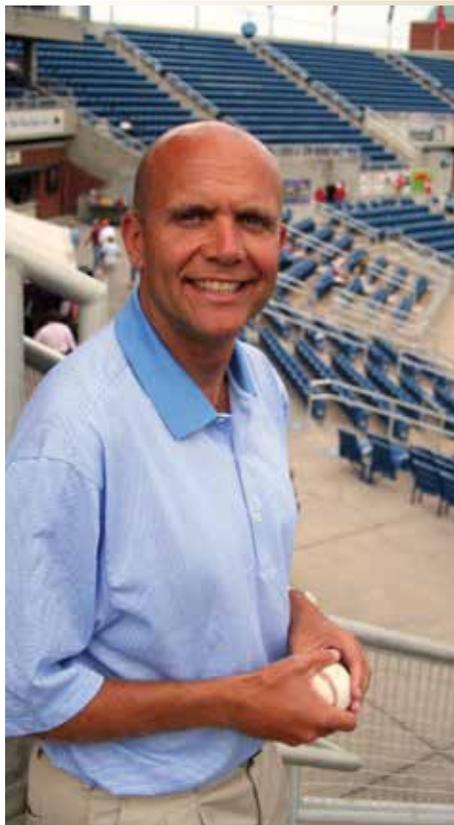
The two-year player Development contract was signed in September and the team's name, colors and uniform designs were all unveiled last month in a ceremony at Tanglewood Mall that was attended by several hundred red and blue clad fans.

"We have recognized that this is an unbelievable sports community," says Mike Dee the Boston Red Sox Chief Operating Officer and President of Fenway Sports Group. "Salem in some ways is really a microcosm of what we have in Boston when it comes to your love for sports.

In August, Dee and six members of his brain trust flew in from Boston to take in an Avalanche game at Salem Memorial and evaluate everything from fan seating habits to the configuration of the stadium. The design team included several management members and architects who have more than proven their worth by making some creative upgrades to Fenway Park over the past five years that few thought were possible,

Now they want to make Salem Memorial more fan-friendly and intimate, as well.

There are great places to roam at the ballpark in Salem, but I also think there are opportunities to bring the



Red Sox Chief Operating Officer - Mike Dee

fans closer to the game and make the park even warmer, more hospitable, more community oriented, more focused on families and something that fans can really be proud of," says Dee.

The Fenway Group loves the history of Salem minor league baseball, the passion the fans possess and even the vistas that are accessible from the top rows at Salem Memorial, but the desire is to

figure out a way to get sports fans in the valley to buy those views on something other than an occasional general admission basis.

"We will always have a dependence on walk-up attendance, but there has to be a better balance when it comes to selling more season tickets," he says.

The Red Sox are not increasing the cost of the popular \$ 7.00 general admission ticket for this upcoming season and, in fact, management actually has cut the prices on all season tickets. The General Admission season ticket package is down \$15 to \$300, while the box seat bundle for the entire season has been reduced \$35 to \$350.

*Continued on pg. 21...*

*Your Partner Beyond the Plate™*

Roanoke Division • 40 Fort Lewis Blvd. Salem, VA  
 WE FOODSERVICE • 540-387-1151  
 Roanoke.USFoodservice.com

Custom Cut Steaks  
 Fresh Meats & Seafood  
 Produce & Eggs  
 Canned Foods • Frozen Foods • Bakery Products  
 Chemicals • Beverage Program • Paper Products  
 Equipment & Supplies

HARBOR BANKS  
 Stock Yards  
 Devonshire  
 NEXT DAY GOURMET  
 HILLTOP HEARTH  
 CLEAN FORCE  
 CROSS VALLEY FARMS  
 GLENVIEW FARMS  
 MONARCH  
 PATUXENT FIELDS



Hundreds of fans attended the Sox Celebration at Tanglewood Mall.

“The key thing is doing this incrementally when you’re dealing with an existing facility. Fans get used to coming to the ballpark, so the goal isn’t to change the ballpark overnight and then pull the curtain back with a ‘Ta Dah here it is’” he says.

Whether the changes will be cosmetic or something greater remains to be seen, but

one thing for certain is that there will definitely be a focus on the family in 2009.

“We’re just happy to have a place in this great baseball history and tradition that dates back 60 years, and we certainly want to add to it and make it bigger and better by building on the great passion that already exists here,” says Dee.

For once getting some new “Sox” for Christmas actually sounds pretty good.

- MS

Continued from pg. 21...

“The life blood of a baseball team on any level is its season ticket base and we want to offer a variety of packages that feature corresponding benefits that aren’t currently offered, and it’s important that we show value,” Dee says.

To that end, Dee and his group are considering a number of modifications to the game day experience in Salem, but he says any changes will take place just as they did at Fenway Park, gradually and in stages.



Mayor Randy Foley, Salem Red Sox General Manager John Katz, and Fenway Sports Group Vice-President Tim Zue pose with the 2004 World Series Trophy.

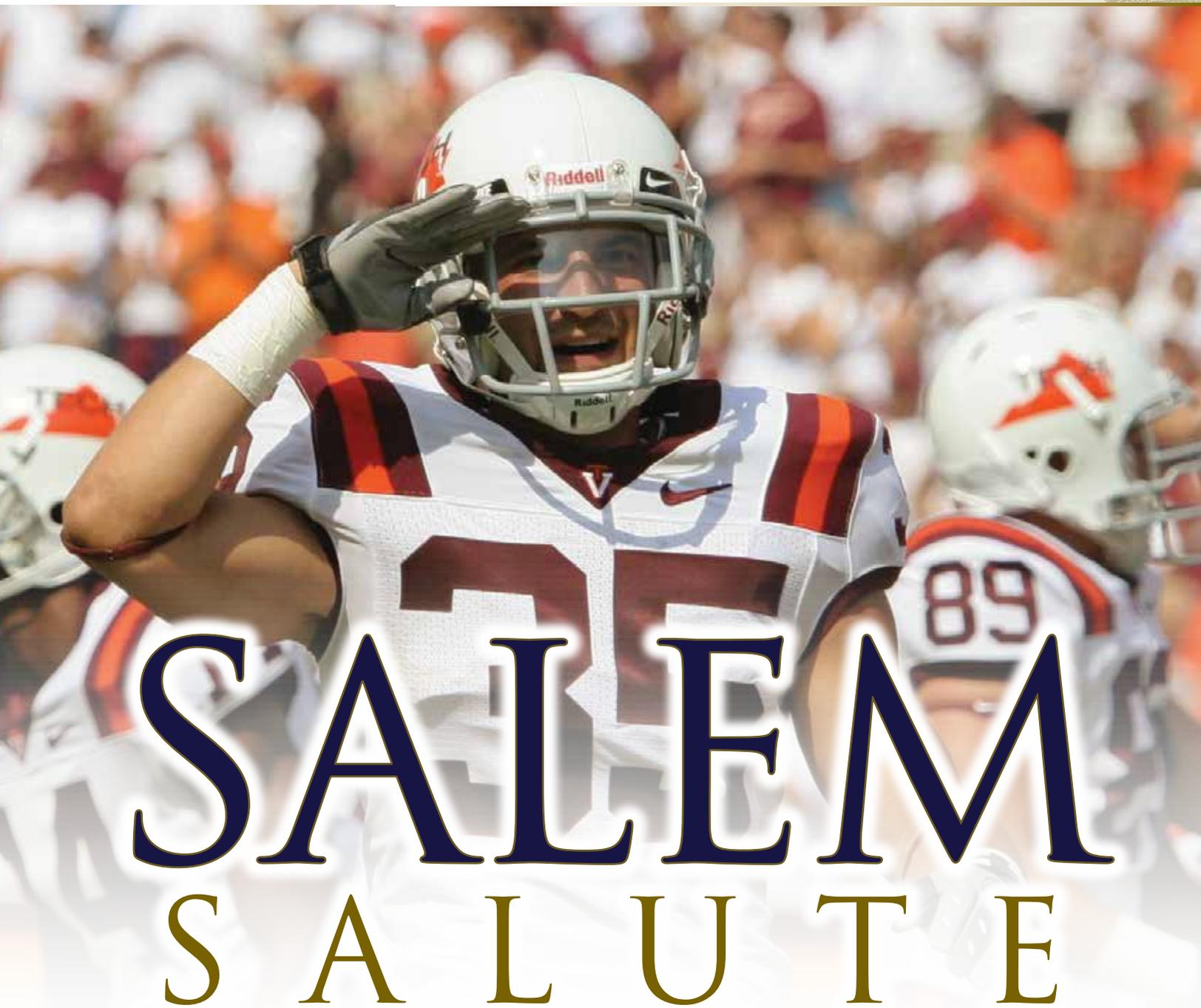
**R.M. JOHNSON & SONS**  
JEWELERS

10 South College Avenue, Salem VA 24153  
540.389.4783 www.rmjohnson.com

*Not all ornaments are for the Christmas Tree®*

Present this coupon and receive \$25 off your regularly-priced purchase of \$75 or more!





Photos by Greg Moore

The dictionary defines a salute as an act or gesture made out of respect. For Virginia Tech senior captain Dustin Pickle it's that and a whole lot more.

The young man known for his hard work, selfless nature and respect for authority entered Lane Stadium for each home game during the 2008 season with a traditional sprint

out of the tunnel punctuated with a one of a kind salute to the Corps of Cadets.

"I've always had an interest in the military and I noticed that the Corps guys just get extra crazy during the games," he says.

Pickle feels a kinship with the members of the Corps of Cadets

partly because he knows that like the members of the football team, the Corps members have to rely on one another and be disciplined. He also saw the salute as a way to pay tribute to his dad and his grandfathers, all of whom were in the United States Air Force.

*Continued on pg. 24...*



*Continued from pg. 23...*

“I asked a couple of the Corps guys I knew if it would be okay for me to salute them as I came out onto the field,” he says. “They said it would be awesome if I would do that for them, and it just really got me

pumped up to play, as well.”

The ultimate team player, who went from walk-on status to scholarship athlete during his stay in Blacksburg, Pickle distinguished himself as the guy who would do anything for the betterment of the team.

“I like to make everyone’s job easier,” says Pickle. “I like to be that person who helps somebody else out whether it’s in the classroom or on the field.”

Pickle played his first three years of high school football at Glenvar before transferring to Salem and helping lead the Spartans to the Division Four State Title his senior year in 2004. Throughout high school and during his stay in Blacksburg, he has been a solid member of the Fellowship of Christian Athletes, and often he delivers his witnessing message with girlfriend, Lauren Barnette, by his side.

The former Miss. Virginia Teen USA winner from Wise is a Virginia Tech graduate and she is currently one of the models on the hit NBC show “Deal or No Deal.”

“God has blessed me with more than I could have possibly ever asked for,” says Pickle.

Amen Brother.

- MS



ROANOKE, MONTGOMERY & PULASKI COUNTIES



**24** HOUR EMERGENCY SERVICE

**FIRE & WATER CLEANUP & RESTORATION**

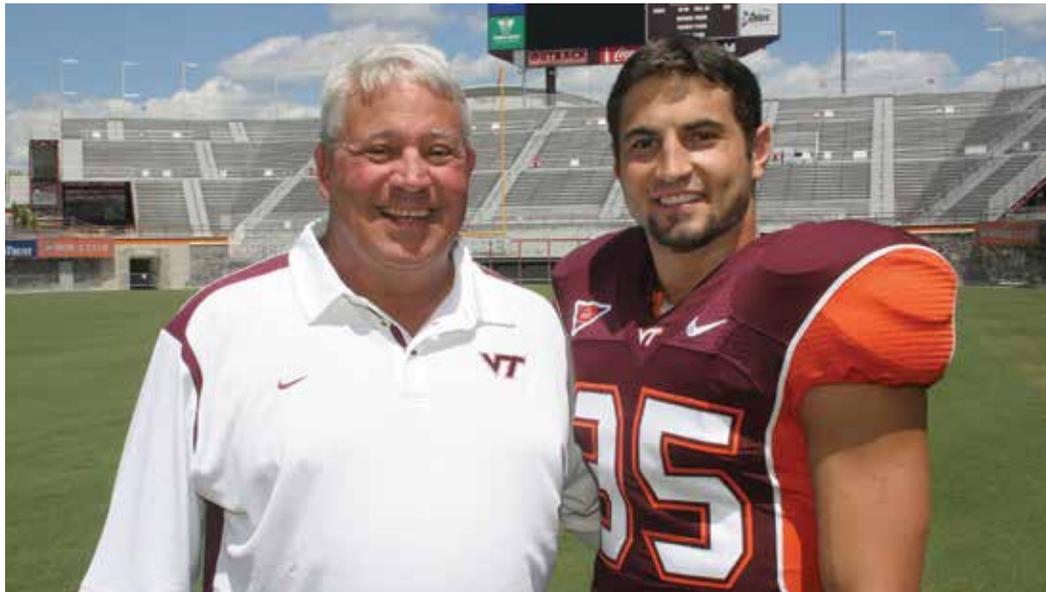
- EMERGENCY WATER EXTRACTION
- SMOKE & SOOT CLEANUP & RESTORATION
  - MOLD REMOVAL
- DEODORIZATION AIR DUCT CLEANING
- CARPET & UPHOLSTERY CLEANING
- BIOHAZARD & CRIME SCENE CLEANUP
- VANDALISM CLEANUP
- TRUSTED BY INSURANCE COMPANIES



Like it Never Even Happened.®

WWW.SERVPRORMP.COM

**389-5818**



Dustin Pickle and VT Assistant head coach Billy Hite.

## SALEM



PARKS &amp; RECREATION

## WINTER PROGRAM GUIDE

COMMUNITY  
ACTIVITIES

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

**ADULT PROGRAMS 14+****NEW! AMATEUR PHOTOGRAPHY**

This class is for the amateur to intermediate photographers of all ages. In the first class, we will discuss different types of cameras that are on the market today and which ones would be the best suited for the type of photography you will be doing. Different prices of cameras and lenses will also be discussed.

**Saturday, 1:00p.m.-3:00p.m.**

Location: Salem Senior Center – 110 Union Street. The first class will be held at the center, remaining sessions will meet at the Center to depart for field trips.

**Instructor: Laura Tucker**

Fee: \$20/4weeks

Make checks payable to: **Laura Tucker**

Class limit: 15

**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: \$5/person/lesson – Partners not required. Make checks payable to:

**Rick Schmitt**

Class is ongoing. Attend and pay instructor.

Class limit: 30

**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: \$41/10 weeks

Make checks payable to: Sharon Braden.

\*Class begins: January 5<sup>th</sup>

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: January 20th

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.

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

Location: Salem High School Parking Lot

**Instructor: Darr Graham**

**DOG OBEDIENCE Cont...**

Fee: \$75/6weeks if paid before or at organizational meeting, \$85/6weeks on or after 1<sup>st</sup> 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, APRIL 23<sup>RD</sup>, 7:00P.M., SALEM SENIOR CENTER. (110 Union Street) DO NOT BRING YOUR DOG!**  
 Class begins: April 25<sup>th</sup>

**NEW! 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: \$15/4weeks  
**Make checks payable to: David Vecellio**

Session: April 4<sup>th</sup> – 25<sup>th</sup>  
 \*Students must provide fly rods  
 Class Limit: 6

**NEW! GUITAR FOR 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: \$40/8weeks

**Make checks payable to: Randy Walker**

Session 1: January 21<sup>st</sup>- March 11<sup>th</sup>  
 Session 2: March 18<sup>th</sup> – May 6<sup>th</sup>  
 \*Required materials: acoustic guitar(steel string or classical) or electric guitar; pick, capo, tuner.  
 Class limit: 10

**NEW! 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: \$95/8 weeks, 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: January 21<sup>st</sup>

**NEW! BOB ROSS PAINTING**

Learn basic strokes and complete a project to take home.

**Fridays, 6:00p.m. – 10:00p.m.**

January 23<sup>rd</sup> – “Winter Sun”  
 February 20<sup>th</sup> – “Wintertime Discovery”  
 March 20<sup>th</sup> – “New Dawns Day”  
 April 17<sup>th</sup> – “Graceful Waterfall”  
 May 22<sup>nd</sup> – “Rowboat On the Beach”

Location: Salem Senior Center – 110 Union Street

**Instructor: Bobby Wood**, Certified Bob Ross Instructor  
 Fee: \$45/project – includes all supplies  
 Make checks payable to Bobby Wood  
 Class limit: 13

**NEW! COOKING WITH MICHELE**

Learn from the best! Michele Carder (former owner and chef at Michele's On Main). Participants will learn the art of canning, using traditional and contemporary sauces, dry rubs & bastes, how to make the low-carb diet work (and have cheesecake too!)  
 Cooking within a budget; including making your own from-scratch amazing pizza! Learn the tricks of how to save double by using store and manufacturer coupons together and several other money saving tips.

**Saturdays, 12noon-1:00p.m.**

January 24<sup>th</sup>, February 7<sup>th</sup>, February 21<sup>st</sup>, March 7<sup>th</sup>  
 Location: Salem Senior Center – 110 Union Street  
**Instructor: Michele Carder**  
 Fee: \$90/ for all four sessions and includes all supplies  
**Make checks payable**

**to: Michele Carder**  
 Class limit: 15

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

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

**Instructor: Alyson Chaisson, NETA**  
 Location: Salem Senior Center - 110 Union Street  
 Fee: \$20/10weeks

**Make checks payable to: Alyson Chaisson**

Session 1: January 19<sup>th</sup> – March 23<sup>rd</sup>  
 Session 2: March 30<sup>th</sup> – June 1<sup>st</sup>  
 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.

## STOCKS ■ BONDS CDs ■ IRAs MUTUAL FUNDS

- How much will you need to retire? Let's talk.
- Financial strategies. One-on-one advice.
- Free investment reviews.
- Earn income free from federal and state income tax.

**Paul J. Curran, CFP®**

Investment Representative  
 23 W. Calhoun St.  
 Salem, VA  
 389-2450



[www.edwardjones.com](http://www.edwardjones.com)

Member SIPC

**Edward Jones**  
 MAKING SENSE OF INVESTING

**TOTAL SCULPTING Cont...****Monday, 5:30p.m.-6:30p.m.****Instructor: Christy Sloan, NETA, Personal Trainer**Location: Salem Senior Center - 110 Union Street  
Fee: \$20/10weeks**Make checks payable to Christy Sloan**Session 1: January 19<sup>th</sup> – March 23<sup>rd</sup>Session 2: March 30<sup>th</sup> – June 1<sup>st</sup>

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, 5:45p.m.-6:30p.m.****Instructor: Sherry Stinson, AFFA, Personal Trainer**Location: Salem Senior Center - 110 Union Street  
Fee: \$20/10weeks**Make checks payable to: Sherry Stinson**Session 1: January 21<sup>st</sup> – March 25<sup>th</sup>Session 2: April 1<sup>st</sup> - – June 3<sup>rd</sup>**MID-POWER**

This class is composed of cardio and boxing exercises.

**Tuesday and Thursday,****5:30p.m.-6:30p.m.****Instructor: Christy Sloan, NETA, Personal Trainer**Location: Salem Senior Center – 110 Union Street  
Fee: \$40/10weeks**Make checks payable to: Christy Sloan**Session 1: January 20<sup>th</sup> – March 24<sup>th</sup>Session 2: March 31<sup>st</sup> – June 2<sup>nd</sup>

Class limit: 30

**NEW! 50+ ULTRA SCULPT**

One hour of strength training geared to reduce body fat and reshape the muscles hidden by “baby fat”. Body bars, free weights, bands and more will be used.

**Saturday, 8:30a.m.-9:30a.m.****Instructor: Christy Sloan, NETA, Personal Trainer**Location: Salem Senior Center - 110 Union Street  
Fee: \$20/10weeks**Make checks payable****to: Christy Sloan**Session 1: January 24<sup>th</sup> – March 28<sup>th</sup>Session 2: April 4<sup>th</sup> – June 6<sup>th</sup>

Class limit: 30

**NEW! CRUNCH TIME**

Spring break and beach trips are just around the corner. Time to lose the winter spare tires. Class will concentrate on the core group of abdominal muscles.

**Saturday, 9:30a.m.-10:00a.m.****Instructor: Christy Sloan, NETA, Personal Trainer**Location: Salem Senior Center - 110 Union Street  
Fee: \$20/10weeks

Make checks payable to Christy Sloan

Session 1: January 24<sup>th</sup> – March 28<sup>th</sup>Session 2: April 4<sup>th</sup> – June 6<sup>th</sup>

Class limit: 30

**NEW! MEN'S FITNESS AND HEALTH**

Start the New Year with this new and exciting program that will improve muscle strength, promote weight loss, build strong bones and improve energy throughout the day. We will use free weights, elastic bands and body weight exercises to improve the look and feel us men have always wanted to achieve. I will also provide easy to follow nutritional tips during this 10 week program that will improve your health and weight loss. Are you ready for the challenge to become the new you?

**Tuesday and Thursday,****5:45a.m.-6:30a.m.**

Location: Salem Senior Center - 110

**Instructor: Ronny Angell, Personnel Trainer, Cycling Instructor, Fitness Coach**

Fee: \$40/10weeks

**Make checks payable to: Ronny Angell**

Session 1: January

20<sup>th</sup> – March 26<sup>th</sup>

Class limit:30

**NEW! WOMEN'S TARGET ZONE**

Ladies START NOW on shaping the body you would like to have for the beach season. This new program will target your triceps, glutes, thighs and mid section. We will be working the total body but these areas will be targeted for fitness. We will use free weights, elastic bands and body weight exercises along with cardio to achieve the look and feel you want for

**NEW! WOMEN'S TARGET ZONE Cont...**

2009. I will also provide easy to follow nutritional tips during this 10 week program that will improve your health and weight loss. Don't miss out! Bring your friend and get fit together.

**Tuesday and Thursday,****6:45a.m.-7:30a.m.**

Location: Salem Senior Center

**Instructor: Ronny Angell, Personnel Trainer, Cycling Instructor, Fitness Coach**

Fee: \$40/10weeks

**Make checks payable to: Ronny Angell**Session 1: January 20<sup>th</sup> – March 26<sup>th</sup>

Class limit: 30

**NEW! 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, March 31<sup>st</sup>, April 7<sup>th</sup>, April 21<sup>st</sup>, April 28<sup>th</sup>, and May 5<sup>th</sup>**Location: 1<sup>st</sup> 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: \$30.00 (does not include greens fee or driving range balls)

**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: March 19<sup>th</sup>**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**

**NEW! 50+ TENNIS (BEGINNERS)  
Cont...**

College Girls Tennis Coach

Fee: \$8/class

To register, contact Scott Gibson at 397-1257 or gibson@roanoke.edu

Begins: March 16<sup>th</sup>

**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: \$35/10weeks

**Make checks payable**

**to: Robyn Zamorski**

Session 1: January 19<sup>th</sup> – March 23<sup>rd</sup>

Session 2: March 30<sup>th</sup> – June 1<sup>st</sup>

**NEW! EAT FOR LIFE SERIES**

EAT FOR LIFE, provides education, motivation and accountability in a support group setting. Classes cover topics that go hand-in hand with the principles of homeostasis, which teach that when the body is balanced, it is in self-healing mode. When the body is out of balance, it is on a degenerative disease path. Making important dietary decisions and taking care of yourself from the inside out puts your body back in balance.

**January 27<sup>th</sup>, 6:45p.m.-7:45p.m.****"Detox the Body from the Holidays"**

Internal toxicity occurs when poor diet, exposure to environmental toxins, and extensive use of antibiotics compromise our health. Learn how these toxins lead to weight gain and fatigue and what you can do about it.

**February 10<sup>th</sup>, 6:45p.m.-7:45p.m.****"Licking the Sugar Habit"**

Learn how sugar upsets your body chemistry and setups you up for the degenerative disease process. Does it control you or can you control it? If not, you may be a sugar-holic. Discover self-help techniques to licking the sugar habit. Find out how healthy carbs keep our blood sugar and energy levels stable and control cravings.

**March 10<sup>th</sup>, 6:45p.m.-7:45p.m. "Fiber:**

**The Missing Ingredient"** A diet high in fiber increases energy, contributes

to healthy skin, and protects us from disease. Discover how the carbohydrates that are high in fiber and have a lower glycemic index are the ones that keep our blood sugar and energy levels stable. Plus, gain knowledge on how a lack of fiber puts us at risk for colon cancer and increases our risk of high cholesterol.

Location: Salem Senior 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: \$25/class, \$65/3 classes, includes a salad bar dinner

**Make checks payable to:**

**Eat For Life**

## 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: \$35/month

**Make checks payable**

**to: Natasha Dowdy**

Begins: January 22<sup>nd</sup>

\*Instructor will order

all batons – cost \$26

Class limit: 12

**NEW! GUITAR FOR KIDS****(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: \$40/8weeks

**Make checks payable**

**to: Randy Walker**

Session 1: January 21<sup>st</sup>-March 11

Session 2: March 18<sup>th</sup> – May 6<sup>th</sup>

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

Class limit: 10

**NEW! KRAFTY KIDS PARTIES****THE PENGUIN AND POLAR BEAR PARTY:**

Kids will have the opportunity to make 2 arts and crafts

projects, enjoy story time and

eat a theme appropriate snack!

**Saturday, January 10<sup>th</sup>**

Penquins - ( ages 3-5) 10:00a.m.-

10:30a.m. Class limit: 10

Polar Bears - ( ages 6-8)

11:00a.m.-12noon Class limit: 15

Location: Salem Senior Center

**Instructor: Stacey Shelor Owen**

Fee: \$15

**Make all checks payable to:**

**Stacey Shelor Owen**

**WILL YOU BE MY VALENTINE PARTY?**

Kids will have the opportunity to make 2 arts and crafts projects, enjoy story time and eat a theme appropriate snack!

**Saturday, February 7th**

Little Hearts - (ages 3-5)

10:00a.m.-10:30a.m. Class limit : 10

Big Hearts - (ages 6-8)

11:00a.m.-12noon Class limit : 15

Location: Salem Senior Center

**Instructor: Stacey Shelor Owen**

Fee: \$15

**Make all checks payable to: Stacey**

**Shelor Owen**

**LUCK OF THE IRISH ST. PATTY'S PARTY**

Kids will have the opportunity to make 2 arts and crafts projects, enjoy story time and eat a theme appropriate snack!

**Saturday, March 7th**

Clovers - (ages 3-5) 10:00a.m.-

10:30a.m. Class limit: 10

Lucky Charms (ages 6-8)

11:00a.m.- 12noon class limit: 15

Location: Salem Senior Center

**Instructor: Stacey Shelor Owen**

Fee: \$15

**Make checks payable to: Stacey**

**Shelor Owen**

**MOTHER'S DAY FUN**

Kids will have the opportunity to make 2 arts and crafts projects, enjoy story time and eat a theme appropriate snack!

**Saturday, April 25<sup>th</sup>**

Tulips – (ages 3-5) 10:00a.m.-

10:30a.m. – Class limit: 10

Daisies – (ages 6-8) 11:00a.m.-

12noon – Class limit: 15

Location: Salem Senior Center

**Instructor: Stacey Shelor Owen**

Fee: \$15

**Make checks payable to: Stacey Shelor Owen**

**NEW! TUMBLE TIME**

These new and exciting classes will allow your child to move and groove through music and motion. Activities are designed to develop participant's social and gross motor skills through interesting and exciting play. Participants will be exposed to balance, introductory tumbling, hop and skip. These activities are also designed to build confidence, work with early communication skills and provide a building block to prepare participants for the primary years. Ramps, slices, tubes, a jump house and more will be used.

**TUMBLEBABIES**

**(ages 18-22 months)**

Tuesday, 10:00a.m.-10:30a.m.

Location: Hopetree Family

Services Gymnasium

**Instructor: Stacey Shelor Owen**

Fee: \$50/10weeks

**Make checks payable**

**to: Stacey Shelor Owen**

Session: January 20<sup>th</sup> – March 24<sup>th</sup>

\*Parent /Guardian required

to stay during class.

Class limit: 12

**TUMBLEBIDDIES (ages**

**22 MONTHS-3 YEARS)**

Tuesday, 10:30a.m.-11:00a.m.

Location: Hopetree Family

Services Gymnasium

**Instructor: Stacey Shelor Owen**

Fee: \$50/10weeks

**Make checks payable**

**to: Stacey Shelor Owen**

Session: January 20<sup>th</sup> – March 24<sup>th</sup>

\*Parent/Guardian required

to stay during class

Class limit: 12

**TUMBLEBUDDIES (ages 3-5)**

Wednesday, 12:30p.m.-1:15p.m.

Location: Hopetree Family

Services Gymnasium

**Instructor: Stacey Shelor Owen**

Fee: \$50/10weeks

**Make checks payable**

**to: Stacey Shelor Owen**

Session: January 21<sup>st</sup> – March 25<sup>th</sup>

Class limit: 15

**NEW! LITTLE CHEFS (ages 5-10)**

Play with your food (how to make edible play dough). Magic apples, all about chocolate and more.

Participants will learn why we need and how we get proper nutrition. Enjoy a from scratch pizza party!

**Saturdays, 10:30a.m.-11:30a.m.**

January 24<sup>th</sup>, February 7<sup>th</sup>,

February 21<sup>st</sup>, and March 7<sup>th</sup>

Location: Salem Senior

Center – 110 Union Street

**Instructor: Michele Carder, (former owner and chef of Michele's on Main)**

Fee: \$65/for all four classes

– includes all supplies

**Make checks payable**

**to: Michele Carder**

Class limit: 15

**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.ed

Begins: March 21st

**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: March 16<sup>th</sup>

**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: March 18<sup>th</sup>

**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 muscles. 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!

**Monday & Wednesday,**

**3:45p.m.-4:30p.m.**

Location: Salem Senior Center

**Instructor: Ronny Angell, Personal**

**Trainer, Cycling Instructor,**

**Fitness Coach**

Fee: \$40/10weeks

**Make checks payable**

**to: Ronny Angell**

Session: January 19<sup>th</sup> – March 25<sup>th</sup>

**NEW! 6 WEEKS TO FITNESS**

**AND SUCCESS (ages 13-18)**

This class will cover physical attributes, improving tone, flexibility, endurance, strength, self confidence, goal setting, and leadership skills. Self defense training will be covered with topics such as, setting better boundaries and avoiding conflict. The class will be exciting and packed with new and great information to improve your ability to work out while having fun.

**NEW! 6 WEEKS TO FITNESS AND SUCCESS (ages 13-18) Cont...****Monday, 4:00p.m.-4:45p.m.**

Location: Super Kicks  
– Spartan Square

**Instructor: John Bryant**

Fee: \$80/ 6weeks

**Make checks payable**

**to: Super Kicks**

Session: January 19<sup>th</sup> – March 25<sup>th</sup>

Class limit: 15

**NEW! BOB ROSS PAINTING****For Teens (ages 11-17)**

Learn basic strokes and complete a project to take home.

**Fridays, 4:00p.m.-8:00p.m.**

February 6<sup>th</sup> – “Wintertime Discovery”

March 6<sup>th</sup> – “New Dawns Day”

April 3<sup>rd</sup> – “Graceful Waterfall”

May 8<sup>th</sup> – “Rowboat On the Beach”

Location: Salem Senior  
Center – 110 Union Street

**Instructor: Bobby Wood,**

**Certified Bob Ross Instructor**

Fee: \$35/project – includes all supplies

**Make checks payable**

**to: Bobby Wood**

Class limit: 13

**NEW! THE TEEN CHEF (ages 11-17)**

Impress your friends with food (learn great recipes before you go to college). Great ideas on fixing your parents a meal for a change (caution: this may increase your weekly allowance). Magnifying sauces! Should I boil or broil? What exactly is broil anyway? Sweets for my sweet: including all you need to know about chocolate and hand-made candies! Amazing easy from scratch pizza! Save your money: learn to make impressive edible gifts.

**Saturdays, 1:30p.m.-2:30p.m.**

January 24<sup>th</sup>, February 7<sup>th</sup>,  
February 21<sup>st</sup> and March 7<sup>th</sup>

Location: Salem Senior  
Center – 110 Union Street

**Instructor: Michele Carder (former  
owner and chef of Michele's  
On Main)**

Fee: \$65/ for all four classes

– includes all supplies

**Make checks payable**

**to: Michele Carder**

Limit 15

**STAR-TER GOLF CAMP (ages 9-13)**

This class is designed for the child who has never had formal lessons and does not own a set of golf clubs. Participants will receive instruction from the pros at Hanging Rock on grip, swing, chipping, putting and more. Open to the first 25 who meet the above criteria. Not open to previous participants.

**June 15<sup>th</sup> – 18<sup>th</sup>, 8:00a.m.-11:00a.m.**

Location: Hanging Rock Golf  
Course – 1500 Red Lane

**Instructors: Hanging  
Rock Golf Course Pros**

Fee: \$15, includes,  
clubs, lessons and more

**Make checks payable to:**

**Salem Parks & Recreation**

Camp limit: 25

**SPARTAN SPIRIT DAY (ages 6-14)**

Come join the Salem High School Cheerleaders in a fun exciting day of cheers, chants and dance. Contests will also be held.

**Saturday, February****21<sup>st</sup>, 10:00a.m.-1:00p.m.**

Location: Salem High School,  
Small Gym – Spartan Drive

**Instructors: Salem High School  
Cheerleaders and Sponsors**

Fee: \$5.00

**Make checks payable to: Salem  
High School Cheerleaders**

Camp limit: 30

# SPECIAL EVENTS

**Manager: Kathy Murphy,**  
kmurphy@salemva.gov

**Supervisor: Kristen Finley,**  
kfinley@salemva.gov

620 Florida Street, Phone: 375-3057

## JANUARY 2009

**Friday, January 30th - “Winterfest  
Beach Bash”,** Salem Civic Center,  
6 - 10 p.m., featuring “**Domino**”  
and “**Coastline**”. Come enjoy a  
little summertime fun on a cold  
winter’s night!! Food included. Ticket  
information coming soon.

## APRIL 2009

**Saturday, 4th - “Easter Egg Hunt”**,  
Longwood Park, 1 - 4 p.m., Come visit  
the Easter Bunny and hunt for Easter  
eggs filled with candy and prizes!!

**New this year - times for the Easter  
Egg hunt:**

1 p.m. - 3 & 4 year olds, 5 & 6 year  
olds

2 p.m. - 7 & 8 year olds, 9 - 12 year  
olds

We will also have caricature artists,  
fingerprinting with the police, and  
snacks including popcorn, ice  
cream, milk, and cheese!! For more  
information call (540) 375-3057.

**Friday, 24th - “Salem After Five”**

**Summer Concert Series,** Salem  
Farmers Market,

5:30 - 9 p.m., Band TBA, Admission:

\$5, Children 12 and under are free!!

Children’s play area and food court.

Sponsored by Q99-FM, Re/Max Real

Estate One of Salem,

Graham-Thomas, and

Pepsi. All proceeds benefit

charitable organizations.

(540) 375-3057

# COMMUNITY ACTIVITIES REGISTRATION JANUARY 5<sup>TH</sup> – 16<sup>TH</sup>

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, the Salem Library, Super Kicks and the Hopetree Family Services and program instructors harmless from and against all liabilities of any injury or lose 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.**



# SALEM SENIOR CENTER

**Assistant Director: Teri Atkins**

tatkins@salemva.gov

**Site Supervisor: Jane Pendleton**

jpendleton@salemva.gov

**Maintenance Supervisor: Glenn Byrd**

Address: 110 Union Street.

Phone: 375-3054

*Activities for 2009*

*Classes resume on Monday, January 5*

## Mondays:

\*Bridge, 9AM to 12 noon, Lois Hurdle, coordinator, you may call her at 389-6794 to be sure she knows if you are playing OR if you are new to this group.

\*Quilting at 10AM with Norma Harris

## Tuesdays:

\*Exercise, 9-10AM, with Sherry Stinson

\*Crafts at 10AM with Jane Pendleton

\*Chair caning and Basket weaving, 10AM to 12noon and 12:30- 2PM with Gene Bennett.

\*Tap dance, 10-11AM with Sharon Dickenson, meets at the Linda Watkins School of Dance

\*Tai chi, 10:30-11:30AM with Lieven Verkruijsen, meets at College Lutheran Church.

\*Ballroom dance, 2-4PM (NOTE change of time, from 2:15PM) with Walt Robins. A class setting is held on the 1<sup>st</sup> and 3<sup>rd</sup> weeks, and also the 4<sup>th</sup> week, when there are 5 Tuesdays in the month. On the 2<sup>nd</sup> and LAST Tuesdays, we have "Tea dances," more of a social, you are asked to bring snack foods to share; no fee is charged, taped music is used.

## Wednesdays:

\*Ceramics, 9AM to noon with Anne Andrews, we travel to Annie's Ceramics in Blue Ridge, usually on the 1<sup>st</sup> Wednesday, for supplies.

\*Needlework, 10AM to noon with Norma Harris. Norma can do any kind of needlework, come learn to knit, crochet or any other needlework you are interested in with her!

\*Line dance, 1-3PM with Walt Robins.

\*Card games, 1-5PM, this started with "99" and now includes "Phase 10" and "Po-ke-no." You can play any card or board game that you wish. NOTE, we have increased the time as well, starting at 1PM instead of 3PM!

## Thursdays:

\*Exercise, 9-10AM, with Sherry Stinson.

\*Art & Bridge, 10AM-12noon, "on your own."

\*Canasta, 12:30PM, "on your own."

## Fridays:

\*Exercise, 9-10AM, with Michele Sites or Robbin Walker.

\*Tai chi, 10:30-11:30AM, with Lieven Verkruijsen.

There is no fee for Bridge, Ballroom, Line or Tap dance, T-Th-F Exercise, Canasta or other card playing. Tai chi is \$2/person/session. A suggested amount of \$5/person/month is given to Norma Harris for quilting and needlework. Materials fees only are the cost for chair caning, basket weaving and ceramics.

\*The "Senior Mountain Pickers" meet on Mondays at 12:30PM and Fridays at 10:30AM, playing music for 3-4 hours. Musicians come with their guitars, banjos, fiddles and usually a bass, as well. You are welcome to come and play along, sing and dance or just sit around and enjoy the variety of country, gospel and bluegrass that is played!

\*Our "Salem Senior Singers" practice on the first Thursday of the month at 12:30PM, sing regularly for Our Lady of the Valley on the 2<sup>nd</sup> Tuesdays and for Snyder Nursing Home on the 4<sup>th</sup> Tuesdays. Other requests are received and scheduled as possible. You are welcome to come and sing with this group!

\*Regular meetings held at the Senior Center include:

TOPS, weekly on Tuesdays at 5:45PM, Twined Hearts Garden Club on the 3<sup>rd</sup> Tuesdays at 7PM and Forest Lawn Garden Club on the 2<sup>nd</sup> Thursdays at 7PM.

\*AARP's Mature Driving Course will be offered in the Spring, dates are not confirmed at this time, call the Senior Center if you are interested. This class meets twice, 4 hours each day, has a \$10 materials fee.

\*Trips being considered for the New

Year include: Niagara Falls, Wytheville (Wohlfahrt Haus Dinner Theatre,) and Abingdon (Barter Theatre.) We will also be scheduling destinations such as Paint Bank, Ft. Chiswell, Floyd, Smith Mountain Lake and others in our new 23-passenger bus. A separate mailing is being prepared with the trips listed, this should be ready early in January. If you would like to receive this and are not already on our mailing list, be sure to call our office with your name and address; we will also have extra copies printed that you can pick up when you are here at the Senior Center.

In the event of inclement weather, when Salem City Schools are closed, all activities are cancelled for the day.

# YOUTH & ADULT SPORTS

**Manager: Scott Hall,**

shall@salemva.gov

**Supervisor: Jed Roberts,**

jroberts@salemva.gov

**Supervisor: Bob Gray,**

bgray@salemva.gov

Address: 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.

## **2009 Registration Dates:**

Youth 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](http://www.salemva.gov) then by clicking on the Parks and Recreation link.

SPORT	SIGN-UP DATES	LEAGUE DATES	AGES	COST
Spring Soccer	February 2 - 27	April – May	Boys 6-12	Free
Baseball	February 2 – 27	April – June	6-18	*\$35.00
Softball	February 2 – 27	April – June	6-18	*\$35.00
Fall Soccer	May 11 – June 26	August – October	Boys 13-15, Girls 6-15	Free
Football	May 11 – June 26	August – October	6-12	*\$35.00
Cheerleading	May 11 – June 26	August – October	6-12	Free
Basketball	October 1 – October 30	November – February	6-18	Free

**\*Participation Fee:** Participants will receive a personalized uniform (baseball/softball) or jersey (football) that is theirs to keep at the conclusion of the season.

## Spring Sports League Descriptions:

Spring Soccer (Boys Only)
<p><b>U8: 6 and 7 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Must turn 6 on or before Sept. 30, 2009</li> <li>• First year 7 yr. olds must play in the U8 league.</li> <li>• No score kept in games.</li> <li>• League focus in on basic soccer fundamentals and fun. Bylaws are modified to promote skill development and participation.</li> <li>• Teams play 4 v 4 on a 30x50 field.</li> <li>• Size 3 soccer ball.</li> </ul>
<p><b>U9: 7 and 8 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 9 on or before Sept. 30, 2009</li> <li>• First year 7 yr. olds must play in the U8 league.</li> <li>• No score kept in games.</li> <li>• League focus in on basic soccer fundamentals and fun. Bylaws are modified to promote skill development and participation.</li> <li>• Teams play 5 v 5 on a 30x50 field.</li> <li>• Size 3 soccer ball.</li> </ul>
<p><b>U11: 9 and 10 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 11 on or before Sept. 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun. Bylaws have been modified to promote skill development and participation.</li> <li>• Teams play 8 v 8 on a 50x80 field.</li> <li>• Size 4 soccer ball.</li> </ul>
<p><b>U13: 11 and 12 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 13 on or before Sept. 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun. Bylaws resemble traditional soccer.</li> <li>• Teams play 11 v 11 on a 50x100 field.</li> <li>• Size 5 soccer ball.</li> </ul>
<p><b>U16: 13-15 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 16 on or before Sept. 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun. Bylaws resemble traditional soccer.</li> <li>• Teams play 11 v 11 on a 50x100 field.</li> <li>• Size 5 soccer ball.</li> </ul>

Baseball (Dixie Youth League)
<p><b>Tee Ball: 6 and 7 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Must turn 6 on or before April 30, 2009</li> <li>• First year 7 yr. olds must play in this league.</li> <li>• No score kept in games.</li> <li>• League focus in on basic fundamentals and fun. Bylaws are modified to promote skill development and participation.</li> <li>• Reduced Injury Factor ball used.</li> <li>• Bases are set at 60'.</li> </ul>
<p><b>Machine Pitch: 7 and 8 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 9 on or before April 30, 2009</li> <li>• First year 8 yr. olds must play in this league.</li> <li>• No score kept in games.</li> <li>• League focus in on basic fundamentals and fun. Bylaws are modified to promote skill development and participation.</li> <li>• Reduced Injury Factor ball used.</li> <li>• Bases are set at 60'.</li> </ul>
<p><b>Minors: 9 and 10 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 11 on or April 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional baseball with some slight modifications.</li> <li>• Bases are set at 60', Pitching Rubber at 46'.</li> </ul>
<p><b>O-Zone: 11 and 12 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 13 on or April 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional baseball with some slight modifications.</li> <li>• Bases are set at 70', Pitching Rubber at 50'.</li> </ul>
<p><b>Dixie Boys: 13-14 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 13 on or April 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional baseball.</li> <li>• Bases are set at 80', Pitching Rubber at 54'.</li> </ul>
<p><b>Dixie Pre-Majors: 15-16 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 17 on or April 30, 2009</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional baseball.</li> <li>• Bases are set at 90', Pitching Rubber at 60'.</li> </ul>

Softball (RAYSA League)
<p><b>Tee Ball: 6 and 7 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Must turn 6 on or before April 30, 2009.</li> <li>• First year 7 yr. olds must play in this league.</li> <li>• No score kept in games.</li> <li>• League focus in on basic fundamentals and fun. Bylaws are modified to promote skill development and participation.</li> <li>• Reduced Injury Factor ball used.</li> <li>• Bases are set at 60'.</li> </ul>
<p><b>Machine Pitch: 7 and 8 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 9 on or before April 30, 2009.</li> <li>• First year 8 yr. olds must play in this league.</li> <li>• No score kept in games.</li> <li>• League focus in on basic fundamentals and fun. Bylaws are modified to promote skill development and participation.</li> <li>• Reduced Injury Factor ball used.</li> <li>• Bases are set at 60'.</li> </ul>
<p><b>12 &amp; Under: 11 and 12 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 11 on or before Jan. 1, 2009.</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional softball with some slight modifications.</li> <li>• Bases are set at 60', Pitching Rubber at 40'.</li> </ul>
<p><b>14 &amp; Under: 13-14 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 11 on or before Jan. 1, 2009.</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional softball with some slight modifications.</li> <li>• Bases are set at 60', Pitching Rubber at 40'.</li> </ul>
<p><b>18 &amp; Under: 15-18 yr. olds</b></p> <ul style="list-style-type: none"> <li>• Cannot turn 19 on or before Jan. 1, 2009.</li> <li>• League focus is on continued enhancement of fundamentals, player development, basic instruction and fun.</li> <li>• Bylaws resemble more traditional softball with some slight modifications.</li> <li>• Bases are set at 60', Pitching Rubber at 40'.</li> </ul>

### Pitch, Hit & Run Competition

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. 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 in New York at the 2008 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. Date: April 2009.

### 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 17. 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. For more information please visit our website at [www.salemva.gov/depts/parks\\_rec/](http://www.salemva.gov/depts/parks_rec/), then Adult Sports link.

### Great Beginnings

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 kids 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.

WINTER BASKETBALL				
AGES	DATES	TIME	SITE	COST
4,5,6	JAN. 11, 18, 25, FEB. 1,8	Session 1 – 1:45-2:45 Session 2 – 3:00-4:00	G.W. CARVER	\$60
SPRING SOCCER				
4,5,6	APRIL 5, 19, 26 APRIL 9, 23	2:00 - 3:00 6:00 - 7:00	HOPE TREE (BAPTIST HOME)	\$60
SPRING BASEBALL/SOFTBALL				
4,5,6	MAY 17, 24, 31, JUNE 7, 14	2:00 - 3:00	HOPE TREE (BAPTIST HOME)	\$60

**INSTRUCTOR:** Ed Green and Staff

**PHONE:** 387-9516

**MAKE CHECKS PAYABLE TO:** Ed Green

Online registration will be taken on the dates listed below by accessing our website at [www.salemva.gov](http://www.salemva.gov) then by clicking on the Parks and Recreation link.

# These are Good People to Know



## *Especially when you need health care*

What does it take to attract some of the most sought-after physicians to our region? When you're recruiting leading specialists with extensive experience, you need to offer them more than a nice place to live. What it takes is a focus on patients.

That's why physicians are coming to Carilion Clinic after building distinguished careers at other medical centers. They're meeting new colleagues who share their own sense of compassion and commitment to patient care. And, with a new medical school on the horizon and a clinical research institute being built, these innovative physicians still have the opportunity to find better ways to heal.

1-800-422-8482  
[www.carilionclinic.com](http://www.carilionclinic.com)



# WELCOME TO SALEM

THE VALLEY'S LEADER WHEN IT COMES TO PROGRESSIVE GOVERNMENT AND INNOVATIVE SERVICES HAS THE PERFECT MIX OF THE PAST AND THE PRESENT FOR RESIDENTS AND VISITORS ALIKE.

NESTLED BETWEEN THE ALLEGHANY AND BLUE RIDGE MOUNTAINS SALEM IS KNOWN FOR ITS SMALL TOWN HOSPITALITY AND ITS BIG CITY AMBITION.

OUR AWARD WINNING CIVIC FACILITIES ALLOW US TO HOST EVERYTHING FROM A SATURDAY NIGHT COMMUNITY CONCERT ON OUR FARMERS MARKET TO AMERICA'S LARGEST FREE GATE FAIR TO MORE THAN 50 NCAA CHAMPIONSHIPS.

SALEM'S COMMUNITY PRIDE IS EVIDENT FROM MAIN STREET TO THE MOUNTAINS, SO COME SEE FOR YOURSELF WHAT WE LIKE TO CALL -

*"THE SALEM WAY."*



RESPONSIVE

INNOVATIVE

SALEM

VIRGINIA



PROGRESSIVE

EFFICIENT

WHERE IT'S EASY TO BE IMPRESSED

WWW.SALEMVA.GOV OR CALL 540.375.3016

