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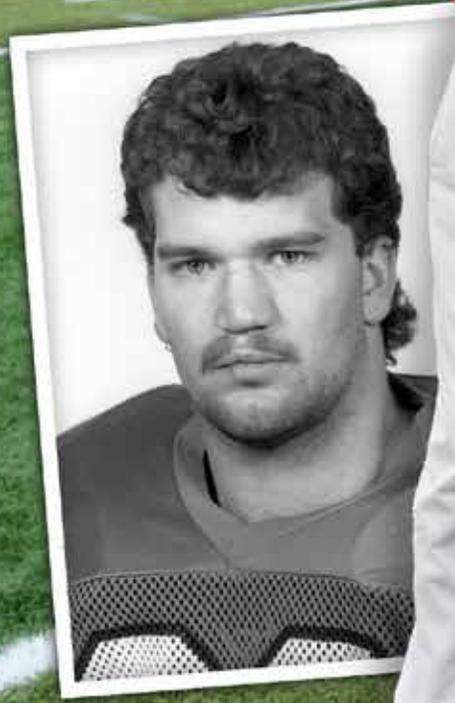
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HOOOS

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20 YEARS AGO...



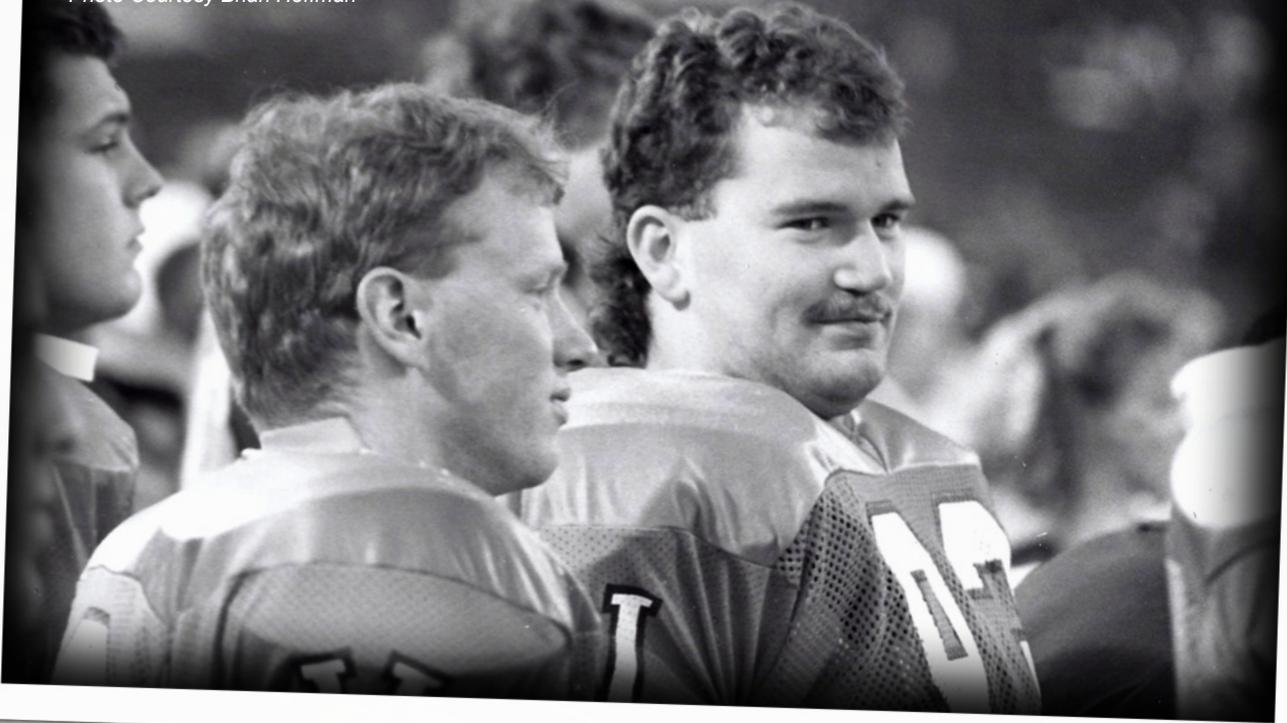
David Sweeney



Randy Foley

Sweeney and Foley on the Virginia sideline

Photo Courtesy Brian Hoffman



Twenty years ago the Virginia Cavaliers did something no one in the Commonwealth ever dreamed possible as they rose to the top of the college football world passing the likes of Michigan, Oklahoma, Florida and Nebraska to earn the number one ranking in the nation.

Never before, and not since, has a team from the state made it all the way to the top.

“Going into the year there wasn’t a lot of hype surrounding the team and really most of the people were just wondering if we were going to beat Clemson,” says former Cavalier defensive back and special teams stalwart Randy Foley, who is now the Mayor of Salem.

Foley was a redshirt junior on that 1990 team that was loaded with talented, homegrown in-state players like David Sweeney, Foley’s good buddy and fellow Salem Spartan. Sweeney was a redshirt sophomore in 1990 playing fullback on the offensive side of the ball with the likes

of Shawn Moore, Terry Kirby, Herman Moore, Mark Cooke, Nikki Fisher and Aaron Mundy.

That team also featured locals David Ware of William Fleming and William Byrd’s Charles Keiningham along with current Tennessee Volunteers head coach Derek Dooley and a big time national prospect in defensive end Chris Slade, who later went on to play nine seasons in the NFL.

“I think that is one of the reasons we were so successful,” says Foley. “I believe Kirby and Slade were listed in the top five players in the nation coming out of high school back then.”

Despite that rich talent and the fact that Virginia had won 10 games and earned a share of the ACC title the previous year, there still wasn’t any reason for these players to even remotely think about attaining a number one ranking. After all, the schedule makers had placed the Cavs’ Achilles heel, Clemson, as the second

opponent of the season. Virginia had lost 29 straight games to the Tigers dating back to 1955, but on September 8, 1990 the Cavaliers set their unlikely march to number one in motion with a 20-7 win over Clemson at Scott Stadium.

“For me that was the greatest experience I had at UVA up to that point in my career,” says Sweeney. “The crowd was unbelievable that game and to beat Clemson and their benchmark program was a big deal.”

“That game really propelled us onto greatness,” says Foley. “Even though it was early in the year that was the most important win we had.”

After disposing of Clemson, the Cavs went on a tear averaging nearly 60 points a game in their next three wins over Navy, Duke and William and Mary, and after shutting out N.C. State 31-0 they were ranked number one when the new polls came out on October 16, 1990.



“There was a lot more energy in the practices and the campus was buzzing, but I specifically remember reading something in Sports Illustrated about us and that really let me know it was a big deal,” says Foley.

Back then both Virginia and Virginia Tech filled their schedules with in-state and regional opponents, so even though the Cavaliers were unbeaten and steamrolling the opposition, they still needed some help to leapfrog the so-called “Big Boys” of college football.

As luck would have it, 1990 was an extremely rough year for number one teams.

Preseason number one Miami lost to BYU in the second week of the season. That setback allowed Notre Dame to move to the top of the rankings for a couple of weeks, but the Irish also would tumble after they were upset by Stanford. Michigan then assumed the top spot, but just for a week as the Wolverines lost to rival Michigan State 28-27 on October 13, 1990. That outcome coupled with Oklahoma’s loss to Texas on that same weekend propelled the Cavs into the number one spot in the polls.

“You could tell things were big because the media coverage really started to ramp up,” says Sweeney. “Being a glorified lineman, all of my interviews were with local reporters, so I knew something was going on when I had people wanting to talk to me that I had never heard of before.”

Things got even bigger the following week, but only by 1990 standards. When the Cavs rolled into Winston-Salem to play Wake Forest the Rev. Jesse Jackson, whose son Yusef was a reserve linebacker for the Cavaliers, cheered on the Cavs from his front row seat at Groves Stadium, but he was about the only celebrity in attendance.

ABC Sports did do an interview with emerging Heisman candidate Shawn Moore after the game for its college football scoreboard show that aired that same afternoon, but there were no satellite trucks lined up in the parking lot to deliver live reports on the game and ESPN was nowhere in sight.

In 1990, there was no such thing as Game Day and contractually all ESPN could do back then was carry one or two Big Ten and SEC games every Saturday. The World Wide Web didn’t exist 20 years ago

The game jerseys Foley and Sweeney wore in the Sugar Bowl game again Tennessee.



either and most TV stations actually signed off the air at midnight, but even without the around the clock coverage, chat rooms and internet access the hype in Charlottesville was starting to reach epic proportions.

“They talk about national championships at Florida and Texas all the time, but to be somewhere where it was unexpected and never crossed anyone’s mind was very different,” says Foley. “We were on cloud nine and certainly very excited.”

The Cavs’ fairytale stayed alive into the last month of the season as they made it out of October with their ranking intact. Next up on November 3 was a battle with fellow ACC unbeaten Georgia Tech. The nationally televised game on CBS turned out to be one of the most exciting contests of the entire college football season, but for Virginia it also was the beginning of the end.

Virginia lost to the eventual national champs from Georgia Tech 41-38 inside what was for that day known as “Scott Sisson Stadium.” The Georgia Tech place kicker hit a 37-yard field goal with eight seconds left in regulation to shatter the glass slipper Virginia had worn so well for first seven weeks of the season.

“I have the game on tape, but I still haven’t watched it all the way through,”

says Sweeney. “The Georgia Tech game was very painful, and I really believe had we won that game, the rest of the season would have turned out much differently than it did.”

The Cavs lost three of their final four regular season games, including a humiliating setback to the Hokies in Blacksburg in front of several stunned Sugar Bowl officials. Their starting quarterback Shawn Moore dislocated the thumb on his throwing hand on Senior Day, the team came up short in its Sugar Bowl battle with Tennessee by a single point and eventually finished ranked 15th and 23rd in the final polls of the season with an 8 and 4 record.

“To be so high in that season, it really turned into a low and was very disappointing. But for me and many of the other guys to have that kind of experience was amazing,” says Foley. “Looking back on it, now 20 years removed, being a part of something like that, even for a short time, really was incredible.”

Both Foley and Sweeney have fond memories of their playing days in Charlottesville and especially the ones they had in Salem, even though both men took unconventional paths through Salem Stadium.

Foley began his football career playing sandlot ball for East Salem before showcasing his speed at Andrew Lewis Middle School. He also was a serious basketball player at the time and actually decided not to play football his 9th and 10th grade years at the high school.

“I became a big basketball guy in middle school and just decided not to play football anymore, but in the end, I really missed it,” says Foley.

Sweeney missed his 9th and 10th grade years, as well, but for much different reasons. His dad worked for the railroad and the family moved from the Blue Ridge area of Botetourt County to Bluefield when David was in 9th grade. As a result, he began his high school football career playing for the legendary Glynn Carlock at Graham High School before moving to Salem for his final two years.

“I was fortunate enough to play for two really good high school coaches in Coach Carlock and Coach Willis White,” says Sweeney. “I didn’t want to move down here to Salem at the time because I was doing well at Graham and I had a good group of friends, but it turned out to be one of the best things that ever happened to me.”

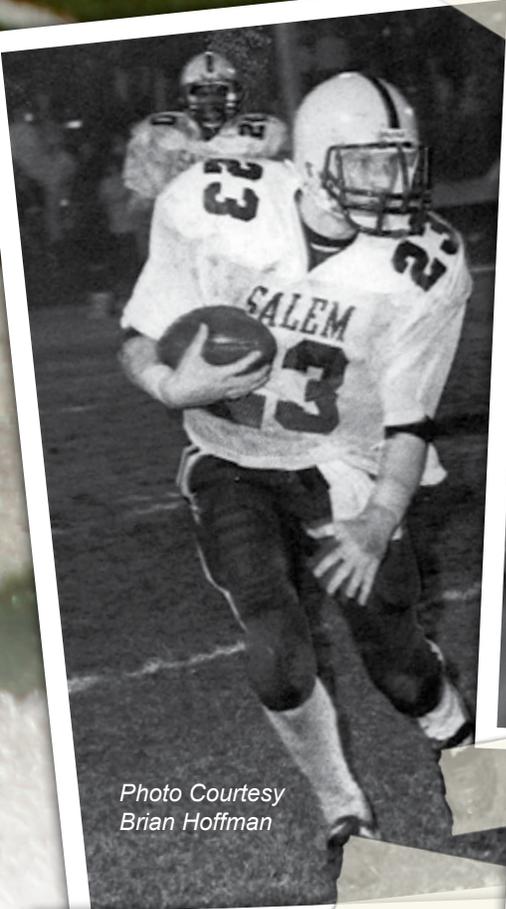


Photo Courtesy
Brian Hoffman

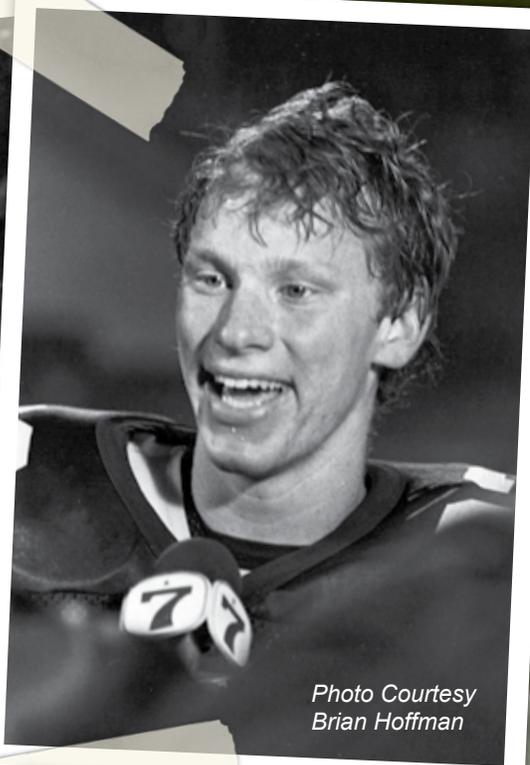


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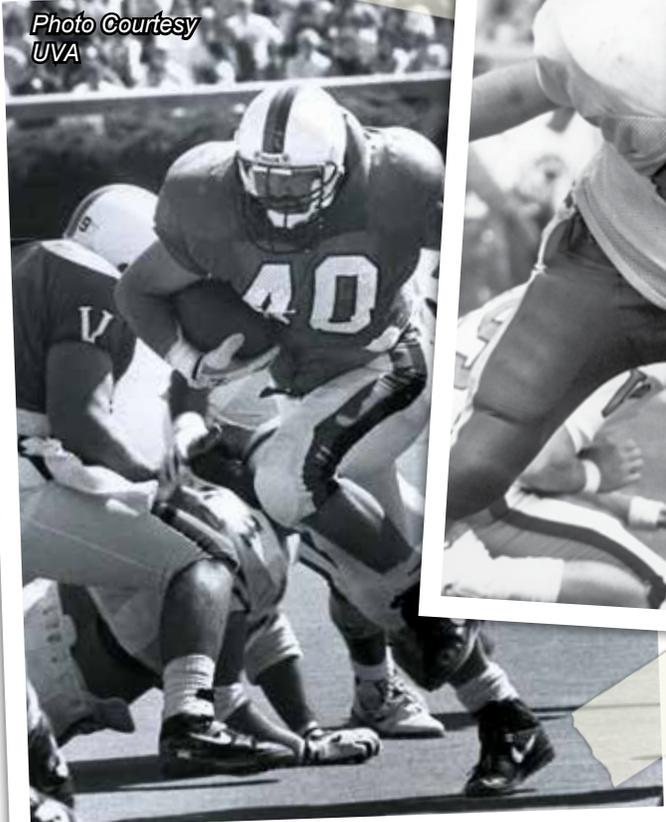


Photo Courtesy
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Both were key members of Salem's march to the Group AAA championship game in 1986 that the Spartans lost to Hampton 14-0. Because they played at the highest level possible in the state, college recruiters who may not have seen them got an eyeful of their talents.

"By the grace of God I was at Salem High School and the success of the team my senior year in 1986 no doubt contributed to the attention I received from Virginia," says Foley.

"No offense to Graham, but if I had finished out there, I would have gone on to play at Emory and Henry with my buddies and would never have played at UVA," says Sweeney.

Both men credit the coaching staff at Salem for molding them into college calibre players and they also have a great deal of admiration for former Virginia assistant coach Danny Wilmer who saw their potential and recruited them.

"Coach Wilmer looked at the intangibles instead of just the numbers," says Sweeney. "Too many times the recruiters are worried about how much weight you can lift or how high you can jump, but Coach Wilmer looked at more than just what you could put down on paper."

"Coach Wilmer understood that coming from a winning program was important," says Foley. "He recruited guys who knew how to win and were familiar with winning."

Sweeney and Foley shake their heads when they look back on their gridiron accomplishments and describe them as out of body experiences or something you watch in a movie, but no matter how it feels today, the 1990 season is a memory and an accomplishment no one can ever take away from them.

"We had great leadership on that team and great camaraderie," says Foley. "It was a very fun and interesting year not only because we made it to number 1, but because of the collection of guys and personalities on the team."

A team that for three weeks knew exactly "Hoo was Number One."

- MS

BEHIND THE SCENES

Salem's Director of Secondary Education had a unique view of Virginia's rise to the top of the polls in 1990. Curtis Hicks was a freshman linebacker, who was being redshirted and held out of game action by the coaches that season.

"When I was being recruited by Virginia, I don't think in my wildest dreams that I ever imagined they would be number one in the nation," he says.

Hicks was a highly recruited all-state linebacker out of Alleghany high school in Low Moor who had plenty of college options before selecting the Cavaliers. He was courted by Penn State, Tennessee, Virginia Tech, West Virginia and Wake Forest before deciding to take his skills to Charlottesville.

"I went to Virginia because I felt like it was the best school with the best football program I could go to locally," he says. "They were ranked in the top 10 my senior year in high school and it was an honor to be recruited by a program like that."

Hicks was part of a star-studded freshman class at Virginia that featured future NFL players Charles Way, Keith Lyle and Mike Frederick. The coaching staff decided to redshirt a number of recruits from that group during the 1990 season, including Hicks.

"When you're being redshirted you practice every day and the only things you miss are the position meetings," says Hicks. "Your responsibility during those meeting times is to get in the weight room and get bigger and stronger. Once practice starts your job is to emulate the opposition and give your teammates a good look as far as what they are going to face on Saturdays."

Hicks embraced his first year role on the team and did his best to suit up and perform as the opposition's best linebacker each and every week.

"Every day I practiced against Shawn Moore and Herman Moore and I learned a lot, but it was a bit surreal at the time, especially when we kept rising in the polls," he says. "I never felt like the guys

who were redshirted or the freshmen were looked down upon, in fact it was the exact opposite. Those guys were always encouraging to me and coaching me up."

Hicks would benefit from that experience and become a starting linebacker for the Cavaliers the following season, but in 1990 his job was to practice hard, travel with the team and soak in as much of the moment as he could.

"The combination of not having any real responsibility toward the game plan, yet being a part of it each week was really neat," he says. *-MS*

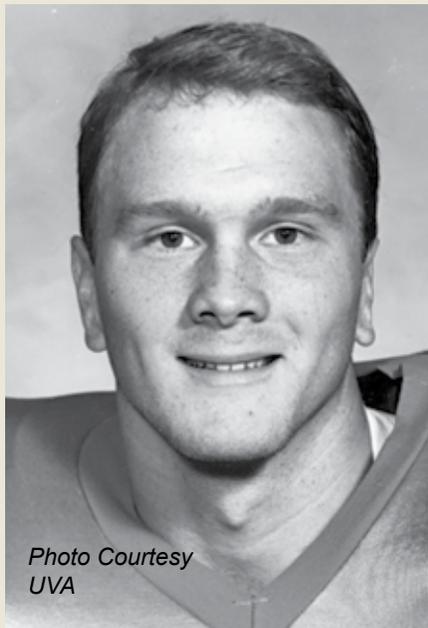


Photo Courtesy UVA



Hicks redshirted in 1990 and was a starter in 1991



Curtis Hicks

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Time Management



Councilman
Bill Jones



HopeTree Family Services, better known to most Salemites as the old Virginia Baptist Children's Home, has seen hundreds of young athletes showcase their talents over the years on the hardwood at the facility's historic gymnasium.

But let's face it, no player, young or old, likes to compete without a working scoreboard to keep the time and most importantly the score.

"The scoreboard we had was about 30 or 40 years old and last year it broke

down during the season," says Larry Hicks, HopeTree's Activities Director. "Time Technologies came to repair it, but the parts no longer existed, so they had to hunt and peck and solder it the best they could to get it working."



HopeTree Activities Director
– Larry Hicks

Despite their best efforts the scoreboard was anything but reliable, something that wasn't lost on Salem City Councilman, Bill Jones.

“Billy officiates in the gym and he noticed that the scoreboard was in bad shape,” says Hicks. “Out of the kindness of his heart he went to the folks at Time Technologies and sure enough I got a call six months later saying they were coming out to put a brand new scoreboard up for us.”

Jones and his wife, Mary Ann, covered the costs for the new \$3,200 scoreboard that is used for basketball, volleyball and any other sport that takes place in the gym. Along with the HopeTree children, young aspiring players in the Salem Parks and Rec. basketball leagues also benefit because the gym hosts more than 100 recreation league games each winter.

“We have a great relationship with the city and as far as I know no one has ever charged a penny for the kids to play here,” says Hicks.

The scoreboard completes a major renovation to the facility in the past year. The aging, warped floor was repaired to the tune of \$35,000 and new windows that cost an additional \$20,000 also were installed in the old gym at the top of Mount Vernon Lane.

- MS

THE beauty OF EACH SEASON

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Something Old...



SOMETHING NEW

The Museum's new "Green" roof offers a spectacular view



Don't worry about any holiday gifts for John Long. The Director of the newly renovated Salem Museum got the best present ever back on September 25 when he opened the doors of the museum to the public - once again proving that if you build it, they will come.

"We have been very proud to show off the building and in the first month we had over 200 people visit the facility," he says. "Many of them have been driving by it for two years watching it come up out of the ground, and to be able to see it in real life has generated a lot of enthusiasm."

That enthusiasm has been evident in citizens of all ages from all walks of life.

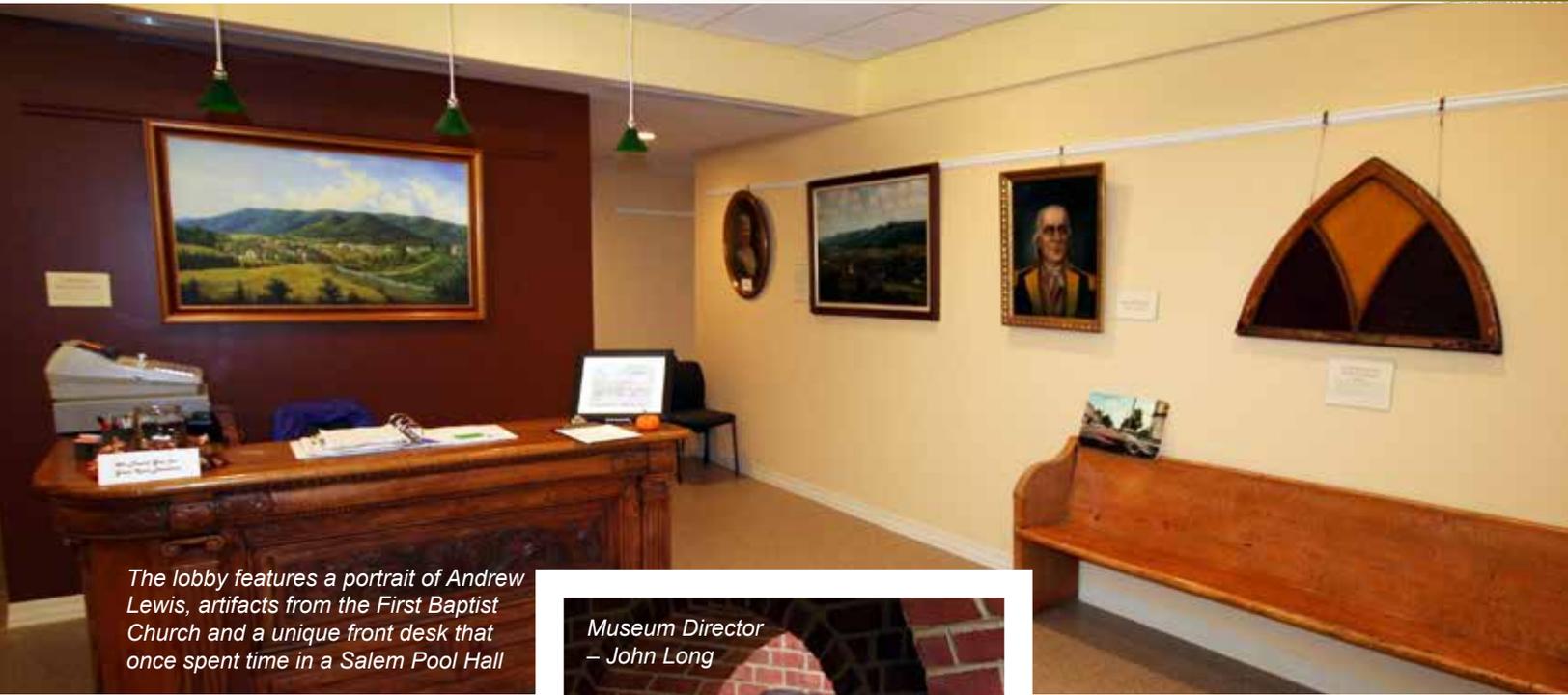
"People love the exhibits and the most popular one is Lakeside," says Long.

"But honestly, the main exhibit right now is the building itself and people are just anxious to see the finished product."

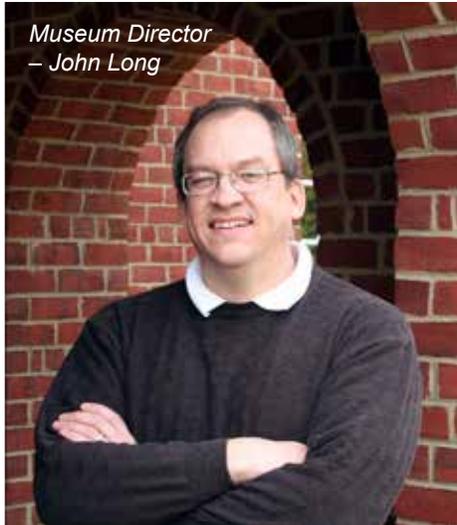
That finished product is actually still a work in progress. While the two years worth of renovations and additions took the museum's display space from 3,000 square feet to more than 13,000, phase two of the project will complete the facility even more.

"We have an unfinished basement and in phase two it will be made into an art gallery and offices for the Salem Fine Arts Commission," says Long. "On the third floor we have a research library that will be finished in that phase, as well."

The museum has raised over \$2.6 million in funds and pledges and Long says that, ideally, another half a million dollars is



The lobby features a portrait of Andrew Lewis, artifacts from the First Baptist Church and a unique front desk that once spent time in a Salem Pool Hall



*Museum Director
– John Long*

need to complete things in the “style that Salem deserves.”

Still, for the addition to be completed and the money to be raised during such poor economic times is a testament to the vision and determination of the museum’s Board of Directors and staff members.

“We have had great success because Salem is Salem,” says Long. “Even in a challenging economy people recognized the value of what we’re doing and they wanted to see it accomplished. The city and the state helped us, but individuals, businesses and foundations have really put their money where their mouths are.”

And people outside of the city are taking note. Two other museums have contacted Long to simply ask him, “How did you do it?”

“My answer is simply – it’s Salem,” he says.
- MS



Replica of the “Shooting Star” in the Lakeside room





Pete Ballard

THE Doll Man

Pete Ballard is a Renaissance man if there ever was one. He's rubbed elbows with the rich and famous, shaken hands with Picasso and taught school children all around the world, yet somehow the Peterstown resident is as comfortable in the rural mountains of West Virginia as a pig is in slop.

"People always ask me 'what do you do in Peterstown?'" he says with a chuckle. "I am so grateful that I am there because everything I need is within two-blocks of my home, and to me, it is pure heaven."

Ballard's creations are as close to heaven as you can get in the newly renovated Salem Museum. His designer dolls, outfitted in unique period costumes covering the 19th century, occupy the entire top floor of the facility.

"I think every historical society in America will be pea green with envy of the Salem Museum," says Ballard. "It's really quite a touchy because they added onto it without touching the old facility, and the way they've done it is extraordinary. Honestly, it's the hottest facility in America."

And his dolls are one of the reasons why. Pete donated his one-of-a-kind works of art to the museum during the city's bicentennial celebration in 2002. His dolls have been valued anywhere from \$6,000 to \$14,000 each, yet Ballard has never sold one of them.

"I'm not interested in selling them because I'm just not commercial," he says. "I make them when I want to and I do it for whomever I wish to do it. Everything I've done in the arts has been free."

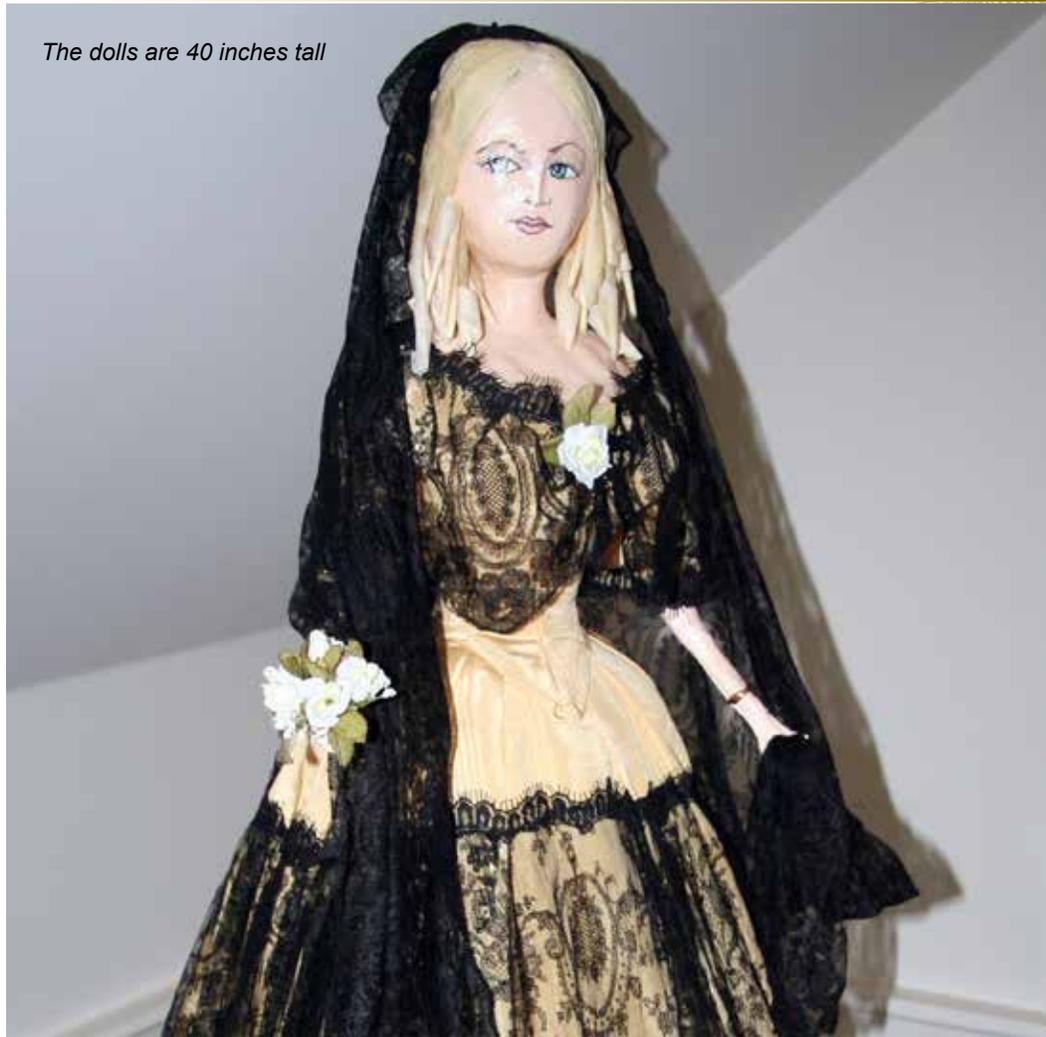
And you can rest assured that his pro bono contributions to the arts in Virginia, West Virginia and North Carolina have been extensive. He is a writer, painter, costume designer and teacher who looks and sounds like someone right out of the golden age of Hollywood with his flowing white hair, gravelly voice and brightly colored clothing.

“The arts have always been a sideline for me and nothing ever intrudes on my teaching,” he says. “I had a whomping, fascinating career all over the world and I still stay in touch with about 300 to 500 of my students.

“I decided that I wanted to see the United States and on a teacher’s salary the only way I could do that was to teach in all 48 states,” he says. “But I got waylaid in Montana and ended up in Saudi Arabia on what I call the ‘gravy train job’ teaching English as a second language.”

He would later teach in Vietnam and China before returning home and eventually making his signature dolls. He has no idea how many dolls he’s done over the years because he’s never kept records. He actually quit making them several years ago until a friend dropped some \$150 a yard silk in his lap. That fabric is now being used for dolls that are targeted for the Monroe County historical society in Union, West Virginia.

The dolls are 40 inches tall



It normally takes between 250 and 300 hours to create one doll

This "Scarlet" doll took six years to create



"I learned never to say never because when God gives you talents he gives you more than one and he expects you to use all of them or he will make your life a merry chase until you do,"

- Pete Ballard



"I learned never to say never because when God gives you talents he gives you more than one and he expects you to use all of them or he will make your life a merry chase until you do," he says.

Ballard is now 80-years-old and doing his best to put those talents to use every single day.

"Age is nonsense. It's for cheese and not people," he says. "You should never retire or complain. If you don't feel great just don't tell anybody, because when you complain about aches and pains you become the biggest bore there is."

Trust me – neither Ballard nor his work has ever been labeled boring. His dolls normally take anywhere from 250 to 300 hours to make, but one of his most famous creations - a Vivian Leigh doll from "Gone With the Wind" - actually took six years to complete. The hang-ups involved duplicating the claret dress she wore to Ashley's birthday party in the movie.

"That dress is in the movie and on the screen for about 45 seconds," he says. "It was shot from the waist up when she and Clark Gable went to the house and full length from the front only when she walked in, and that was the end of it."

Ballard is a stickler for detail and he was determined to find the exact color of velvet he needed to make the dress authentic. Just when he was about to give up all hope, he happened onto the fabric in an obscure catalog in a Peterstown fabric shop. He ordered an entire bolt of the fabric and soon found the elusive rhinestones at a costume house in what he calls "a seedy, drug and prostitute infested section of lower Las Vegas." He eventually got the feathers he needed dyed the correct shade in Long Island, New York, but still needed to use his imagination to finish the dress. Since the back of the dress was never photographed or filmed he had to create the bustle based on 1872 fashion. He finally got it finished and got a friend to replicate Leigh's face.

"I don't like to do movie dolls and dolls whose faces are recognizable," he says. "I am not a portrait painter and I hate painting the faces," he says. "When I started out, artist Armand de Navarre, who was a good friend of mine, thought it was a hoot to paint doll faces and he did Vivian."

Those faces are one dimensional, but there are those who have spent time in the

midst of the display who swear the dolls' eyes are following them around the room.

"Sometimes the eyes follow you," he chuckles. "I don't paint them that way, but it is a painting trick if you know how to do it. We didn't try for pretty with all of the dolls because everybody isn't pretty."

"Most people love the dolls and while I've never heard anyone say the eyes are following them around the room like Mona Lisa, I do know that people love his work and are always fascinated with the dolls," says Salem Museum Director, John Long.

And Pete's work isn't just appreciated in Salem. Over the years, Ballard has raked in more honors from cultural and educational organizations than he can remember. This past April he was presented the Order of the 35th Star in the state of West Virginia by Governor Joe Manchin and his wife, Gayle for his lifelong contributions to the state.

"It's always nice to have your work appreciated and I've gotten some very nice prizes, as I like to call them," he says. "Vivian Leigh always told me to put all your honors and awards in the bathroom, so people can enjoy them. She did, I do and my bathroom is full to overflowing, as it were."



TUESDAY – FRIDAY
10am – 4pm
SATURDAY
Noon – 5pm
SUNDAY – MONDAY
Closed
FREE ADMISSION



"Renaissance Man – Pete Ballard"



Starting January 1, you'll need a license to be considered a "cool cat" in Salem.

For the first time in the city's history, Salem is requiring cat owners to license their felines and purchase tags just like dog owners have been doing for years.

Back in February, City Council unanimously approved amending the City's Code as it pertains to the licensing of animals, to include cats. Cat owners will now need to bring a valid rabies vaccination certificate from their veterinarian to the Treasurer's office inside City Hall

to purchase a license for their cats once the animals are four months old. The tags will cost \$5 for animals that are spayed or neutered and \$10 for all others, but the main purpose of the change is not to make money.

"While tags do produce a small amount of revenue for the city, more importantly, they are the most effective tool our Animal Control division has when it comes to returning a pet to its owner," says Salem Police Chief Jeff Dudley.

"Nine out of 10 cats that come through the Animal Shelter never get claimed by their owners because there's no identification on the cat," says Rebecca Hall, Salem's Animal Shelter Manager. "The staff here is very compassionate, but we also get frustrated when we can't track down an owner."

The statistics certainly back-up what Dudley and Hall witness on a daily basis. In 2009, the Salem Animal Shelter took in 863 cats and only 23 of those were returned to or claimed by their owners. Conversely, of the 534 dogs impounded at the shelter, 192 were returned to their owners thanks largely to the ability to identify them through their city licenses.

"The majority of the dogs we pick up running at large are returned to owners because we can track down the owner fairly easily," says Dudley. "Now having this in place for cats should help us do our job better and give cat owners some peace of mind."

Currently Roanoke County and the Town of Vinton have the same type of licensing law, while Roanoke City, Botetourt County and Craig County do not require cat owners to purchase a license.

I need a license!



***New Tag Law takes effect
January 1, 2011***

Senior Animal Control Officer Brian Hicks brings a cat into the shelter



Salem Police Chief Jeff Dudley is flanked by Animal Shelter Manager Rebecca Hall, and Animal Control Lt. Bill Bandy



“We’ve talked about the possibility of licensing cats for several years since we take in more cats than any other animal here at the Shelter,” says Animal Control Lt. Bill Bandy. “In the 24 years I’ve been running the shelter we rarely have cats reclaimed by owners. In fact, two years ago we took in 774 cats and only eight were returned to their owners.”

There are many more stray cats than there are stray dogs in Salem and Animal Control is hoping that this new license law will help bring these numbers down and significantly reduce the disparity that currently exists.

“We get a large number of complaints concerning stray cats and we have a significant number of people who will come into the shelter and tell us they’ve been feeding a cat for 10 years, but that it’s not their cat,” says Bandy. “People don’t always want to take responsibility for the animals and we hope in some way this will help them take ownership.”

That ownership comes with responsibility and expense because pets need to be kept up to date on their shots, especially the all important rabies vaccination.

“Cats are now the number one domestic animal that is susceptible to rabies because



many of them are out mingling with the raccoons and skunks,” says Bandy. “When people get a pet they need to understand there’s more to it than feeding and watering and that keeping these shots up to date and securing a license are both important parts of the process.”

-MS



Year	CATS Impounded	Returned to Owner
2008	774	8
2009	863	23
2010 (Through October)	784	20

Year	DOGS Impounded	Returned to Owner
2008	644	189
2009	534	192
2010 (Through October)	579	211

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Members of the Eastern States Consortium gather inside the Central Office Board Room
Salem Superintendent - Dr. Alan Seibert

OUTSIDE Influences



Earlier this fall, many of you may have noticed a group of highly interested educators walking the halls of Salem's schools and peeking in the classrooms. Don't worry - they were all signed-in, and in fact after observing our teachers and students many of them also were ready to enroll.

"Wow, you really have some dynamic leaders in Salem who are pushing the envelope and really getting out of the box," says John Buchanan, School Superintendent in Petal, Mississippi. "There are programs and opportunities in place here that benefit kids on all levels, and I'm just glad we had the opportunity to be here."

Buchanan and the rest of these visitors were part of the Eastern States Consortium travel group that set up shop in Salem for the better part of three days in late September to share ideas and glean information with the goal of improving education in their respective communities.

"We are always looking to move forward and help kids achieve at higher levels," says Dawn Jacobi, an Advanced Math teacher from Louisiana. "We're all lifelong learners and if we can steal ideas to make our programs better while we're sharing ours we want to do that, because it's for the greater good of all of our students."

The Eastern States Consortium was developed in 2006, thanks in part to the

efforts of former Salem Superintendent Wayne Tripp. It is a unique educational organization that brings together schools that are not only similar in size, but also have a history of excellence.

“It’s all about sharing, but more than sharing, it’s about saying ‘How can we do this better,’ and we get those ideas from each district we visit,” says Rodney LaFon, Superintendent of the Lake Charles Parish in Luling, Louisiana.

“When I go to Virginia conferences, I could be in groups with superintendents from very large or very small divisions, and sharing best practices always becomes a question of scalability,” says Salem Superintendent Dr. Alan Seibert. “But with this Eastern States group virtually every idea we have is adaptable.”

The current Eastern States members include the Greeneville City School District in Greeneville, Tennessee, Newark City Schools in Newark, Ohio, the Petal School District from Petal, Mississippi, the St. Charles Parish Public School District in Luling, Louisiana and Westfield, Indiana’s Westfield Washington School District.

“There is some reassurance knowing that other people are going through the same things we’re going through,” says Kelli Brown, an elementary school principal from Pell, Mississippi. “I’ve learned a lot of things just observing how Salem’s elementary schools are set up, so just being around other teachers where they are having some success is always a good thing.”

“It is definitely affirming when you have leaders and representatives from exceptional school divisions around the country like these come and say ‘Wow you’re really doing great things,’ but the nice thing about the Eastern States Consortium is when we share ideas – they are easily replicated,” says Seibert.

Besides playing the host role this fall, Seibert has traveled to four of the other Eastern State districts, and will



*Salem assistant Principal
Scott Habeeb*



*Andrew Lewis Math
Teacher and Instructional
Coach Beth Swain
helped with the Math
sessions at G.W. Carver.*

complete his tour next fall with a trip to Mississippi.

“The ideas that we have been able to pick-up when visiting these schools have been substantial,” says Seibert. “I take pictures of facilities and notes regarding instructional practices, operational routines and food services trying to gather as many good ideas as I can.”

While the six superintendents have some obstacles to overcome that are unique to their respective districts, they also share many of the same challenges



Salem Director of Elementary Education, Diane Washenberger

and that is a massive undertaking and actually a mind-shift for our country, as a whole,” says Seibert.

“I think we are at a state of crisis for a lot of kids to be quite honest, and the expectations have really changed tremendously in the last 30 years,” says Jacobi. “Kids who do not go beyond Algebra II in high school aren’t college ready, and this readiness applies to apprenticeship programs and other career opportunities, as well as college.”

“The challenge sometimes is that parents will say ‘I wasn’t very good at math, so it’s no wonder my child isn’t either,’ but that’s the wrong mindset” says Seibert. “By the time a student graduates from Salem High School we want them to have had four or five rigorous years of secondary instruction in mathematics finishing with International Baccalaureate, Advanced Placement and dual enrollment caliber math courses. As we make this effort, we are fortunate to have our math teachers from kindergarten through 12th grade making sure we’re sending the same message to our young people.”

There’s no question education has changed drastically since the participating superintendents were students themselves, and while they all agree the actual business of educating students is no different than it was in the 1970s or 80s the process of doing so is often quite different.

“As long as you have kids you are going to have challenges and as long as you have kids with parents you certainly are going to have challenges, and that applies to 1965, 1995, 2005 and beyond,” says Buchanan. “Our challenges now are related to the advances in technology and knowing that we can’t bore them when they walk into the school. Our predecessors may have used an overhead projector whereas today you see kindergarteners using iPods in the classroom.”

“I think the most important thing is that if we are all about the children we are going to succeed, and honestly this

country probably needs to put more emphasis on education that it does right now,” says LaFon. “We need the politicians to understand that the most important thing we have going on in this country is our kids.”

All of the participating school divisions have had to cut back on conferences and trim their travel budgets in recent years, but the Eastern States professional development opportunity has remained a critical initiative for all involved.

“The temptation in a terrible economy is to eliminate professional development all together, but that would be shortsighted,” says Seibert. “While we have made significant budget reductions, we continue to support tuition assistance and professional meetings because in these very difficult times we need to be looking outward for the ideas and strategies that will help us continue to improve in spite of the *Great Recession*.”

“I can read a lot in a magazine or on a website, but when I can go to a district and talk face to face with an administrator or a teacher and then actually go into the classrooms and ask those folks questions, it’s priceless,” says Buchanan.

And those visiting Salem’s classrooms were extremely impressed with the division’s young people as a whole. The Eastern States educators couldn’t say enough good things about the students they came in contact with during their travels.

“It was very gratifying to hear their comments and we were really pleased with the feedback we received,” says Seibert. “They were very impressed with our students and teachers and the results we are getting in the classroom.”

- MS

when it comes to meeting federal benchmarks and surviving in a bad economy.

“We’re all in about the same boat moneywise, so even though we’re miles apart geographically, we are very similar in what we do and how we approach these challenges,” says Doug Ute, Superintendent in Newark, Ohio.

“The challenges all of us are facing are very similar, so there isn’t a lot of ego involved when you’re helping one another and focusing on children and learning,” says Seibert.

The meetings in Salem focused on math and how mastering what is often considered a nasty four-letter word is essential for success in the global economy and a gateway to career and college readiness.

“Some people think that we’re picking on math teachers, but on the contrary we are committed to helping every child be successful at a very high level with rigorous course work,



Lynn Simmers congratulates School Board member William Sinkler on the high marks the Division earned from the accreditation team

National

The Salem City School Division recently earned National Accreditation, but in reality the division's employees received more than just high marks.

"I like the fact that they bragged on our terrific teachers and specifically recognized their commitment to our children," says Salem Superintendent, Dr. Alan Seibert.

The six-member accreditation team was comprised of three educators from the state of Virginia who represented Carroll Co., Russell Co. and Powhatan, as well as individuals from Indiana, Michigan and Alabama. These AdvanceED review members spent three and half days in Salem visiting all of the division's schools and talking to 229 people, including all five board members, 20 administrators, 72 teachers, 20 support staff members, 58

AFFIRMATION

students and 54 parents, community and business partners.

"Most of the work in the accreditation process is internal and done ahead of time gathering the evidence to show the evaluation team what we do and how we do it," says Seibert. "Being here allows them a chance to interact and talk to the School Board, the parents, our students and our teachers."

The leader of the review team, Lynn Simmers, an assistant superintendent of schools in Waterloo, Indiana, presented the group's findings to school officials at the Central Office board room on November 4, and it was obvious that the evaluators were truly impressed with Salem's classroom teachers.

"Their praise of us for having not just talented and skilled teachers, but committed employees who are personally investing their hearts in the lives of these young people really touched them," says Seibert. "And I'm really glad they saw that because that is one of the core strengths of this school division."

"My impression is that this school division truly does keep children first every day," says Simmers. "The stakeholders have really embraced that vision for the entire school community and the review team members never had a question or a doubt that the kids were first. And we're not just talking about the academic needs, but educating the whole child."

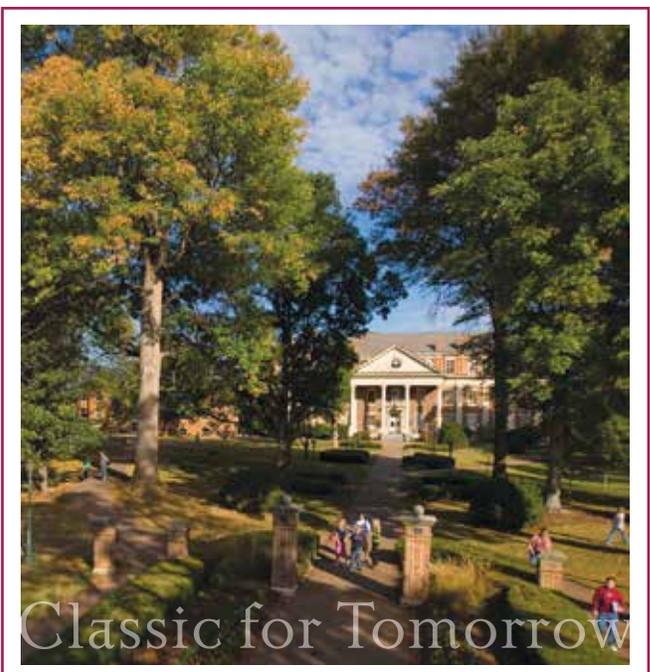
District accreditation is a process that began many years ago through what was known at the time as the Southern



Sinkler and School Board Chair Sally Southard talk with a member of the accreditation team



Accreditation team members Pamela Pena from Detroit, Michigan and Dr. Brenda Hess from Russell Co. Schools




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Association of Colleges and Schools. The group's purpose was to make sure that all schools met certain standards and afforded their students certain opportunities. Those guidelines continue to this day with AdvancED with the focus on continuous improvement.

division because that bodes well for them in the eyes of colleges," says Seibert. "They were very impressed with Salem and the entire process was very affirming."

- MS

"We want Salem students graduating from an accredited



The Ikenberry Orchards cabin dates back to 1790

STANDARD Learning Outside



The children take a hayride through the orchards

Trust me - nothing raises a teacher's blood pressure like the good ol' SOLs.

The Standards of Learning tests that are prescribed by the Commonwealth of Virginia's Department of Education to measure a child's yearly learning have put a premium on class time, and in many places around the state forced the elimination or reduction of field trips.

But for the past two years, students in Salem and other parts of the greater Roanoke Valley have found a way to infuse their excursions with valuable SOL material by simply taking a trip down on the farm.

"Learning about history and any subject for that matter can seem very remote and abstract for our students," says Salem's Director of Elementary

Education, Diane Washenberger. "But, when we can provide an opportunity to step back in time, engage their senses through lifelike simulation or representation of a time or event in history, it becomes real to them. Then the learning is more concrete and takes on far greater meaning."

In 2009, the folks at Ikenberry Orchards in Daleville decided to utilize some of their land and an historic cabin located in their apple orchards for something other than an occasional hay ride or gathering. They knew they had the facilities and the setting, but

they still needed to figure out how to get students to leave their school buildings when learning time was already on a tight schedule.

Enter Lee and Gretchen Greiner.

The couple had moved to Botetourt County several years ago from their home in Harpers Ferry, West Virginia where they had operated a



East Salem teacher Mary Dick and some happy first graders



“Ikenberry Orchards does a phenomenal job of connecting the apple orchard and pumpkin patch to our SOLs,” says East Salem first grade teacher Mary Dick. “My children could really visualize what plants need in order to live after this field trip.”

More than 3,000 students in grades preschool through third grade entered the orchards this fall. Each child spent time learning about apples, pumpkins and life in the days before there was plumbing and electricity.

The students sit on wooden apple crates in the teaching sessions and also take hayrides through the orchards where they encounter real live characters dressed in period costumes. Before they get back on the bus and head home, they each get to take a pumpkin from the patch and the entire experience costs each child just \$5.

similar learning experience for students at their own farm for 20 years. The former teacher and her husband were quickly hired to help get the program up and running along with the help of two more retired teachers, Beverly Shade and Lyn Burton.

“I really don’t believe that someone who teaches can ever stop,” says Gwen Ikenberry. “That’s just not a skill you can turn off, and getting these retired teachers was the key.”

“On the first grade level they have a past and present concept that is hard to teach in the classroom,” says Ikenberry. “It’s hard for the children to comprehend something that old, but when they come in that cabin where they can actually see it, touch it, feel it and be in that environment, then it makes it more real to them and in their minds they start to comprehend the past versus what their lives are today.”

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The cabin experience is without question an eye-opener. No lights, no heat, no TV, no video games and no bathrooms.

“It is amazing to see my students’ faces light up when they walk into the 200-year-old log cabin,” says Dick. “They truly feel like they are going back in time to a place with no running water or electricity. What a memorable way for kids to learn about life long ago.”

And make it relevant in the present.

- MS



SALEM VA
2010 HOLIDAY TRASH
COLLECTION SCHEDULE

CHRISTMAS WEEK (12/20-12/24)

MONDAY & THURSDAY ROUTES COLLECTED MONDAY (12/20)

TUESDAY & FRIDAY ROUTES COLLECTED TUESDAY (12/21)

WEDNESDAY ROUTES UNCHANGED (12/22)

NEW YEARS WEEK (12/27-12/31)

MONDAY ROUTES UNCHANGED (12/27)

TUESDAY ROUTES UNCHANGED (12/28)

WEDNESDAY & FRIDAY ROUTES COLLECTED WEDNESDAY (12/29)

THURSDAY ROUTES UNCHANGED (12/30)

SALEM VA
2010-2011 LEAF
COLLECTION SCHEDULE



THE STREET DEPARTMENT BEGAN COLLECTING LOOSE LEAVES AT THE CURBSIDE ON OCTOBER 25, 2010 AND WILL CONTINUE THIS PICK-UP PROCESS THROUGH THE END OF DECEMBER 2010.

STARTING JANUARY 1, 2011, CREWS WILL PICK LEAVES UP ON AN AS NEEDED BASIS ONLY UNTIL APRIL 1, 2011.

RESIDENTS MUST NOTIFY THE STREET DEPARTMENT AT 375-3039 TO SCHEDULE A PICK-UP TIME.

LOOSE LEAVES WILL NOT BE PICKED UP AFTER APRIL 1, 2011

STREETS & MAINTENANCE 540-375-3039

Paula Deen was all smiles at the Salem Civic Center

Anything but BLAND



Chef Jeff Bland

When Paula Deen invaded the Salem Civic Center back in early October, many expected the aroma of fresh pies, homemade bread and country fried steak to envelope them in the parking lot and lead them straight to their seats inside the arena.

But as it turned out, the only person doing any cooking that night was US Foodservice chef Jeff Bland. Chef Jeff whipped up two of Paula's signature dishes onstage and played the role of straight man for the "Queen of Southern Cuisine" to perfection.

"The whole process was really surreal and more like being at a comedy club than in a kitchen," says Bland.

Many of you know Jeff from his entertaining demonstrations at the Chef's Circle on the Salem Farmers Market each of the past two summers. He's also a frequent guest on WDBJ's "Weekend Diner" and someone who is very comfortable in front of a camera.

"It's a lot different being on camera than it is standing in front of 3,000 people, I can tell you that" he says. "I could barely see anything due to the spotlights."

Outback Concerts, the promoters of Paula Deen's tour, felt like Jeff's stage presence as much as his prowess in the kitchen would make him the perfect compliment for Paula and her husband, Michael, when the tour rolled into Salem.

"I arrived at the Civic Center at Noon that Saturday and the promoters kept telling me that Paula and I were going to be spending some time together in the green room and going over the details of the show," he says. "She arrived around 4:15pm that day and came out to look over the stage set-up around 5:30. When she was coming down off the stage we finally met and literally talked for about one minute."

She told Jeff not to worry and that everything would be done "off the cuff" during the performance. Early in the show, the true straight man of the performance, Paula's husband, told the audience that keeping his wife on track was like "herding cats."

"I was a Paula Deen fan before and I'm an even bigger fan now, but I absolutely agree that it was completely like herding cats," he says. "Everything was so impromptu. Nothing on my part was planned or rehearsed."

In fact, the only things that were rehearsed were the recipes. The promoters wanted Chef Jeff to practice them several times before the big show to make sure he was completely at ease with the ingredients

and the process. Bland used some of his co-workers at US Foodservice to try the finished products and offer up critiques. They all determined that the pan-fried pork tenderloin was better when the pork wasn't coated in flour.

But Paula had never heard of such a thing and on stage she let Jeff know it!

"My wife said 'I can't believe you made Paula Deen mad,' but she wasn't really mad - just serious," he says. "Hey, I know better than to make the boss mad."

In Paula's recent TV commercial for Smithfield Pork Tenderloin she tells viewers, "You can do some of the work or none at all...you know, that's a pretty good choice if you ask me."

Many in attendance thought she took that advice to heart while in Salem and they were surprised that she didn't cook a lick during her 90 minute show at the Civic Center. But Bland says he completely understands the design of her performance and that he has no problem with her decision to interact with her fans on a more personal level.

"From my experiences doing the Chef's Circle and being on WDBJ, I can tell you

that it's extremely hard to stand up in front of a crowd and cook and entertain at the same time," he says. "You really need to pick one or the other, and at this point in her career she's all about telling stories and interacting with her fans."

Working with cooking royalty is nothing new for Bland. Back in 1987, when he was a student on the Providence, Rhode Island campus of Johnson & Wales University, he ended up serving as the Sous Chef for the one and only Emeril Lagasse before Emeril was world famous.

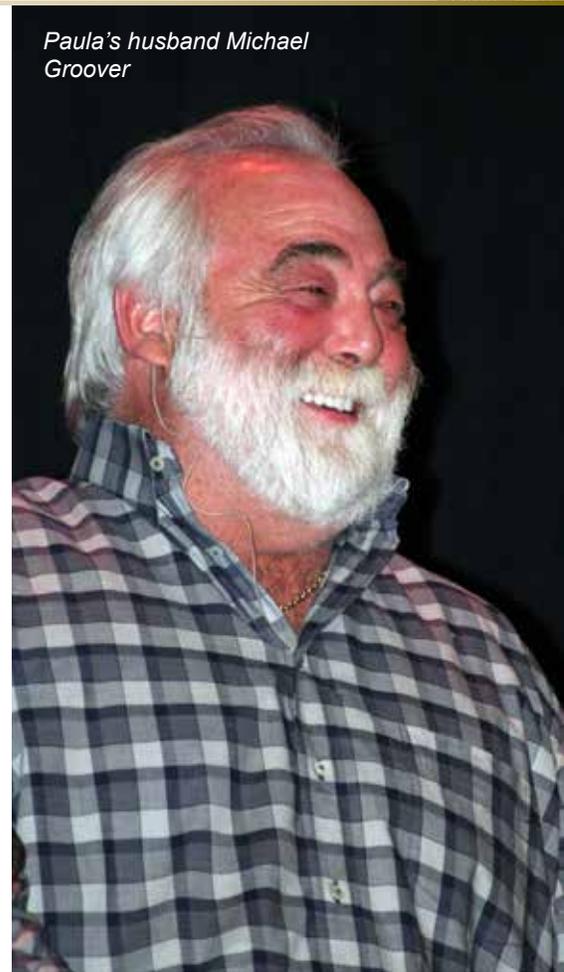
"He came to the Providence campus to do a distinguished visiting chef presentation and originally I told them I couldn't help because I had a big paper due the next day," he says. "But one of my instructors made me go.

"Usually, when they did these types of events they would have 10 or 12 students helping out, but that particular night I was the only student who showed up, so it was me and Emeril one-on-one."

Now that's what you call kickin' it up a notch...yaw!

-MS

Paula's husband Michael Groover





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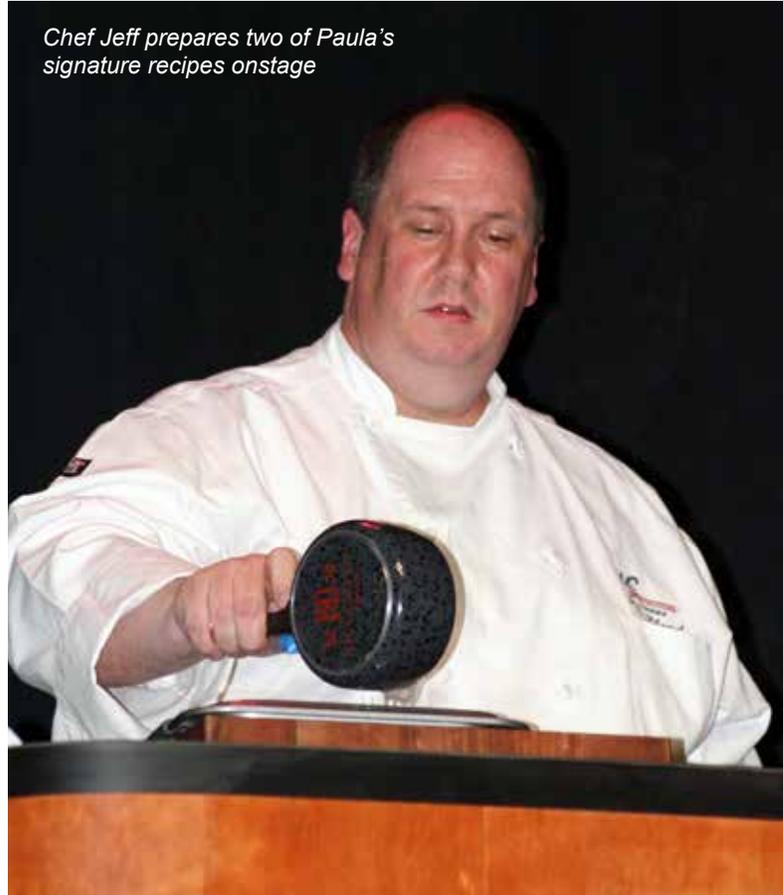









Chef Jeff prepares two of Paula's signature recipes onstage



HONORING OUR OWN

When the Roanoke Valley decided it was time to turn back the clock to the 1930s and bring back a parade honoring our veterans, the City of Salem was anxious to be a part of the festivities.

There are currently more than 50 veterans who work for the City of Salem and a number of them were on hand as the parade made its way through the streets of downtown Roanoke on Saturday, November 6. Salem turned one of the Street



SALEM  VIRGINIA
U.S. AIR FORCE

SALEM  VIRGINIA
U.S. ARMY

Department's flatbed trucks into a float that not only carried these Salem veterans, but also a number of World War II veterans from various branches of the service, including a gentleman who fought in the Battle of the Bulge.

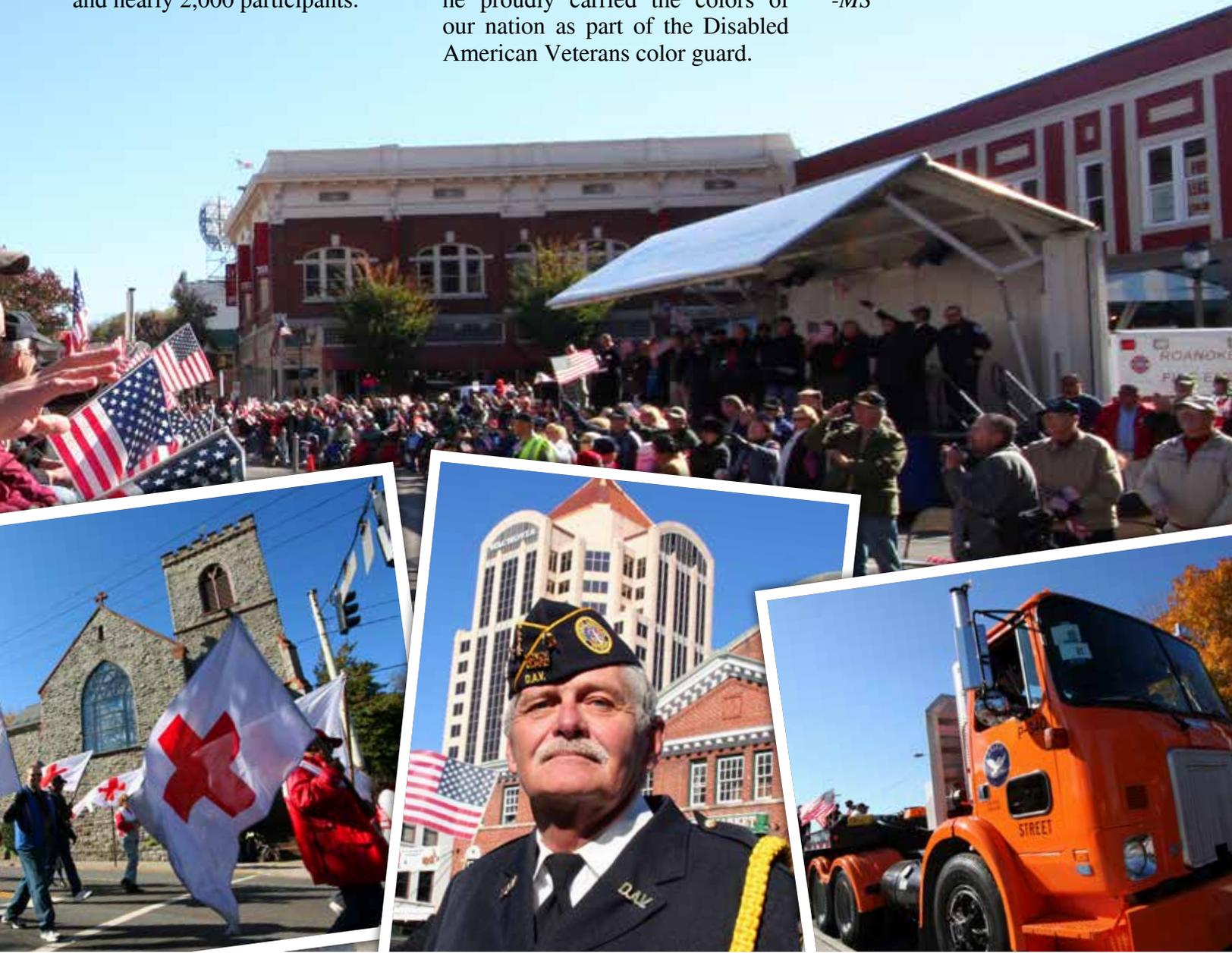
The Roanoke Valley Veterans Council and the Virginia's Veterans Parade Planning Committee organized the event that even on short notice attracted over 75 groups and nearly 2,000 participants.

"I was thinking that since this was the first year that it would be a real learning experience, but the parade was really well organized, and I hope that the crowds will continue to grow in the coming years," says Jim Fender, Salem's Director of Solid Waste.

Fender served in the Navy for 10 years and later retired from the Army after also serving in the National Guard. During the parade, he proudly carried the colors of our nation as part of the Disabled American Veterans color guard.

"From our Colonels to our Corporals, Salem is very proud to have veterans make up about 10 percent of our workforce," say City Manager Kevin Boggess, a Marine Corps veteran. "When we talked with our vets about participating in the Virginia's Veterans Day Parade we got a great response and we viewed this as a great opportunity to recognize our veteran's service and say thank you."

-MS



SALEM 
VIRGINIA
MARINES

SALEM 
VIRGINIA
NAVY

SALEM



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vsword@salemva.gov

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

This class offers a complete introduction to ballroom dancing. It's perfect for beginners and those looking to polish their techniques. No previous dance experience or partner is necessary.

Fridays: 7 - 9 p.m. (Begins January 8th)

Location: Salem Senior Center Activity Hall
Instructors: Bonnie & Rick Schmitt
Fee: \$7/person/per lesson (Class limit: 30)
Class is ongoing.
Make checks payable to Rick Schmitt.

BASIC CAROLINA SHAG I – PREFERRED

A beginner shag class featuring the basic step, basic turns and the start step

Mondays, 7 – 8:30 p.m.

(Classes begin January 24th) (4 weeks)
Location: Florida Street Center
(620 Florida Street)

Instructor: Donna Richardson
Fee: \$30/person/couples preferred
Call 375-3054 to register
Class limit: 12
*Make checks payable to Donna Richardson

BASIC CAROLINA SHAG II – REQUIRED

Learn turn variations, dance patterns and the belly roll.

Mondays: 7 - 8:30 p.m.

(Classes begin March 7th) (4 weeks)

Location: Florida Street Center (620 Florida Street)

Instructor: Donna Richardson
Fee: \$30/person/couples required
Register: Call 375-3054
Class limit: 12

* Make checks payable to Donna Richardson

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.

Mondays: 6:15 - 9:15 pm

Location: Salem Senior Center Multipurpose Room

Instructor: Sharon Braden (Certified Duncan Instructor)

Fee: \$50/10 weeks

Class begins: January 3rd

Class limit: 12

*Make checks payable to: Sharon Braden



HAND-BUILT CERAMICS: (BEGINNERS)

Learn how to form original works of art in clay. Basic skills will be taught through the pinch coil and slab methods using low fire clays and glazes.

Wednesdays: 6 – 8 p.m.

Instructor: Julie Hamilton

Location: Salem High School – Spartan Drive
Fee: \$120/10 weeks, includes, clay, tools, and glazes

Class begins: January 19th

List of supplies students will need to bring:
paper towels, old towel or apron, small plastic container with lid and several plastic grocery bags.

*Make checks payable to Julie Hamilton

CHESS: (ALL LEVELS)

All ages and all levels of strength.

Tuesdays: 7 – 11 p.m., (7 – 8 p.m., beginner instruction)

Location: Salem Senior Center Multipurpose Room

Instructor: David Vecellio

Fee: FREE, Class Limit: 12

Class is ongoing – show up and observe

CROCHETING/KNITTING

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

Thursdays: 7-9 p.m.

Location: Salem Senior Center Multipurpose Room

Instructor: Norma Harris

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

Class begins: January 20th

Class limit: 10

*Make checks payable to Norma Harri

**GUITAR FOR “ABSOLUTE” BEGINNERS (Ages 12+)**

Students will learn tuning, playing chords, reading tablature, flat picking, simple folk and blues songs.

No experience required

Wednesdays: 6 – 7 p.m.

Instructor: Randolph Walker

Location: Salem Senior Center Multipurpose Room

Fee: \$45/8 weeks

Class begins: January 19th (Class limit: 10)

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

*Make checks payable to City of Salem

GUITAR FOR “ABSOLUTE” BEGINNERS LEVEL 2 (AGES 12+)

For anyone who has taken Guitar for Absolute Beginners with Randolph Walker, or had two to four months of previous guitar study. Expand your skill in playing chords, reading tab, and fingerpicking. Required materials: guitar, pick, tuner.

Wednesdays: 7 – 8 p.m.

Instructor: Randolph Walker

Location: Salem Senior Center Multipurpose Room

Fee: \$45/8 weeks

Class begins: January 19th (Class Limit 10)

Required materials: guitar, pick, tuner

*Make checks payable to City of Salem

EXCITING MEAL OPTIONS FOR A “HEALTHIER YOU” BY MICHELE CARDER

Join Chef Michele as she instructs participants on how to prepare healthier meal choices delicious and exciting for the whole family.

Learn about new creative seasonings and preparation ideas for early Spring vegetables and delicious new chicken and fish recipes that will keep everyone’s taste buds happy!

Saturday, April 16th, 12 – 1:30 pm

Location: Salem Senior Center Multipurpose Room

Instructor: Michele Carder

Fee: \$25 includes all ingredients

Class limit: 15

*Make checks payable to Michele Carder

THE ART OF GRILLING BY MICHELE CARDER

Chef Michele will teach you delicious seasoning tips and grilling techniques for perfectly cooked steaks along with the rest of your meal: grilled breads, sides, and even dessert! No pots and pans to scrub!

Saturday, May 14th, 12 – 1:30 pm

Location: Salem Senior Center Multipurpose Room

Instructor: Michele Carder

Fee: \$25 includes all ingredients

Class limit: 15

*Make checks payable to Michele Carder



HEALTH AND WELLNESS

***All health and wellness class participants make checks out to the City of Salem**

(except for all Tennis classes)

TENNIS (all levels)

For information, contact Scott Gibson at 397-1257 or gibson@roanoke.edu

LADIES GOLF

Learn all the basics: grip, swing, putt, chip, and more.

Tuesday, March 22; Tuesday, April 5;

Tuesday, April 12; Tuesday, April 19;

Wednesday, May 4

3:30 – 5 p.m.

Instructor: Sandy Hadaway

Location: Salem Municipal Golf Course

Fee: \$35 (does not include green fees or driving range balls) Participants must bring their own clubs.

*Make checks payable to Sandy Hadaway

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 4:30 pm and join the fun!

Mondays and Wednesdays:

4:30 pm - 5:15 pm

Instructor: Kelly Stevens

Location: Salem Senior Center Activity Hall

Fee: \$25/10weeks

Begins: January 17th

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.

Mondays & Wednesday: 5:30 - 6:30 p.m.

Instructor: Sherry Stinson

Location: Salem Senior Center Activity Hall

Class limit: 30

Fee: \$25/10 weeks

Begin: January 17th

YOGA (INTERMEDIATE)

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

Mondays: 4:30 – 5:30 p.m.

Location: Florida Street Center, 620 Florida Street

Instructor: Becky Swanson

Fee: \$40/10weeks

Class begins: January 17th

Class limit: 12

YOGA (BEGINNER)

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

Thursdays: 6 - 7 p.m.

Location: Florida Street Center, 620 Florida Street

Instructor: Suzanne Karen Ughetta

Fee: \$40/10weeks

Begins: January 20th

Class limit: 10



YOUTH/TEEN PROGRAM

BATON (BEGINNER-INTERMEDIATE). (AGES 4-10)

Participants will learn basic twirling techniques.

Thursday, 6:30 - 7:15 pm

Location: Salem Senior Center Activity Hall

Instructor: Natasha Dowdy

Fee: \$40/Month, pay instructor directly monthly

*Instructor will order all batons

Class begins: January 20th

Class limit: 12

TENNIS (all levels)

For information, contact Scott Gibson at 397-1257 or Gibson@roanoke.edu

Salem Senior Center

Vickie Sword

vsword@salemva.gov

Jane Pendleton, Site Supervisor

jpendleton@salemva.gov

110 Union Street: 375-3054

MONDAYS

9 am - 12 noon- Bridge, Lois Hurdle,

Coordinator

12:30 pm – “Senior Mountain Pickers”

TUESDAYS

9 am – Exercise

10 am – Chair Caning, Basket Weaving

12:30 pm – Computer Tips with Tammy

Computer Training – call ahead for an

appointment

2 pm – Ballroom Dance the first and third

Tuesdays each month: Tea Dance the second

and fourth Tuesdays

WEDNESDAYS

9 am - Beginning Tap

10 am - 12 noon – General Ceramics

10 am – Needlework

1 pm – Line Dance

3:15 pm – Round Dance

THURSDAYS

9 am – Exercise

10 am – Art & Bridge on your own

10 am – Quilting with Norma

12:30 noon - Canasta, Senior Singers Practice

FRIDAYS

9 am – Exercise

9 am – Men’s Breakfast Club - Last Friday of the month (no meetings in November or December)

10:30 am – Tai-Chi

10:30 am – “Senior Mountain Pickers”

7 - 9 pm – Ballroom Dance

THE BOB ROSS METHOD OF OIL PAINT CLASSES with PHYL.

Classes are on the

second Monday afternoon; 1- 4:30 p.m.,

Samples are available at the Senior Center.

Cost is \$35; you need to sign up if you wish to

attend.

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

Squad and the American Red Cross.

MONTHLY POT LUCK LUNCHEONS are always a fun well-attended event, with a program that follows the meal. These are held on the last Thursday of each month. Participants are asked to bring a dish that serves 6-8 people, Blood Pressure Screenings, 11 a.m., courtesy of our Lady of the Valley Retirement Community.

THE SECOND AND LAST TUESDAYS, the Ballroom Dance class meets in the form of “Tea dances”. This is at the regular time, 2 - 4 p.m. with taped music provided. There is no fee, you are asked to bring a snack food to share.

THE “SALEM SENIOR SINGERS” practice on the first Thursday of the month at 12:30 pm, and sing on a regular basis for Snyder Nursing Home, and other places when invited. Like to sing? Then this is the group for you!

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

A MONTHLY NEWSLETTER WITH A CALENDAR AND NEWS OF OUR ACTIVITIES AND OUTINGS; this is ready for distribution at the Monthly Luncheons for the following month. We’ll be glad to mail you one, just call the office with your request. Many festivities will be listed that you won’t want to miss!

A 2011 TRIP LIST WILL BE AVAILABLE AT THE FIRST OF JANUARY CALL THE CENTER TO HAVE ONE MAILED OR DROP BY AND PICK ONE UP.

Clubs:**U.S.A. Dance**

All levels of Ballroom Dance and variations, 4th Sunday of the month, 4 – 6 p.m.

Winter meeting dates: January 23, February 27, March 27, & April 24

Location: Salem Senior Center Activity Hall

Minimum fee. Go observe a class and join the fun.

Italian Descendants

Second Sunday of each month – 3 - 6:30 p.m.
 Winter meeting dates: January 9, February 13,
 March 13, and April 10
 Location: Salem Senior Center Activity Hall

Twined Hearts Garden Club

Third Tuesday of each month – 7 – 8 p.m.
 Winter meeting dates: January 18, February
 15, March 15, and April 19
 Location: Salem Senior Center
 Come observe a meeting.

T.O.P.S. (Take Off Pounds Sensibly)

Tuesdays, 5:45 pm
 Location:
 Salem Senior Center Multipurpose Room
 Come observe a meeting.

SPECIAL EVENTS

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

“Winterfest Beach Bash”

Friday, January 14th - 6 – 10 pm
 Dancing and music, featuring the summertime
 party sounds of “Domino” and “Holiday Band”
 at the Salem Civic Center.
 Sponsored by Salem Parks & Recreation, Q99-
 FM, and Pepsi.
 Tickets: \$12 in advance or \$15 at the gate.
 On sale December 6th at Salem Parks &
 Recreation Department, 620 Florida St., Salem
 *Cash or Check Only!

“Easter Egg Hunt”

Saturday, April 16th
 1 pm (ages 3 – 6 years)
 1:30 pm (ages 7 – 12)
 Longwood Park
 Come visit the Easter Bunny and hunt for
 Easter Eggs with lots of prizes and candy.

**Salem After Five Summer
Concert Series**

April 29th, May 20th, June 24th, July 22nd,
 August 19th, 5:30 – 9 pm
 Salem Farmers Market
 Admission \$5/Children 12 and under are free
 Food Court, Children’s Play Area

**60th Annual Ernest “Pig” Robertson
Fishing Rodeos**

April 30th - Children Ages 3 – 8, 9 a.m. – Noon
 May 3rd - Children with Disabilities Day,
 10 a.m. – Noon

May 4th - Nursing Home Patient’s Day,
 10 a.m. – Noon
 May 7th - Children ages 9 – 12, 9 a.m. – Noon
 Lake Spring Pond

“Movies at Longwood”

May 29th, June 25th, August 20th, September
 10th.
 Movies: TBD
 Movies are free and begin at dark. Free
 popcorn for the 1st 50 families courtesy of
 Frito Lay.
 Sponsored by Kiwanis Club of Salem.

March of Dimes, March for Babies

Sunday, May 1st
 Five (5) mile walk
 Registration begins at 8 a.m. at the Salem Civic
 Center, Walk begins at 9 a.m.

**Relay for Life: American Cancer
Society**

June 17th & 18th, Salem High School Track
 Begins at Noon on June 17th and ends at Noon
 on June 18th

“Jazz in July”

Saturday, July 16th
 4 – 9:30 pm, Longwood Park Amphitheatre
 Bands TBA, Presented by Salem Parks and
 Recreation & Q99-FM

“Salem Distance Run”

Saturday, August 13th, 8 a.m.
 Longwood Park



JAMES I. MOYER SPORTS COMPLEX

Manager: Eric O’Brien,
eobrien@salemva.gov
 Supervisor: Scott Scharnus,
sscharnus@salemva.gov
 1000 Union Street, Phone: 375-4021

March 12-13 Roanoke Valley Showdown
 Roanoke College and Ferrum College
 Invitational College Fast Pitch Tournament

March 18-20 West Virginia Wesleyan College
 Fast Pitch Tournament

April 15-17 31st Annual Chance Crawford
 Benefit Adult Slow Pitch Tournament

April 22-24 ODAC Conference Tournament
 Softball Championship

May 18-24 NCAA DIII Women’s Softball
 National Championship

May 24-30 NCAA DII Women’s Softball
 National Championship

June 10-12 X ISF Senior World Cup Adult Slow
 Pitch National Tournament

July 21-26 Dixie Boy’s State Ozone Baseball
 Tournament

August 3-7 ASA Girls Youth Fast Pitch 10U,
 12U, & 16U Class “A” Eastern
 National Championship

Sept 2-5 ASA Hooters Men’s Class “D” Eastern
 Slow Pitch National Championship

SALEM KIWANIS FIELD

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

YOUTH AND ADULT ATHLETICS

Manager, Scott Hall,
shall@salemva.gov
 Supervisor, Jed Roberts,
jroberts@salemva.gov
 925 Union Street, Salem (540) 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.

Youth Baseball

Registration Dates February 1st – 24th

Youth Softball

Registration Dates February 1st – 24th

Youth Soccer

Registration Dates February 1st – 24th

Adult Softball

Registration Dates March 22 – April 22

Great Beginnings Program

For our future Salem athletes we offer a Great Beginnings program. Great Beginnings is a great program for children 4-6 years old. The goal is to help prepare young children for

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

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

Check Box	Sport	Dates	Day	Time	Location	Cost
	Football	Sept. 19 - Oct. 17	Sundays	2:00 PM	West Salem Elem.	\$65
	Basketball Session 1	Jan. 9 - Feb. 6	Sundays	1:45 PM	Carver Elementary	\$65
	Basketball Session 2	Jan. 9 - Feb. 6	Sundays	3:00 PM	Carver Elementary	\$65
	Soccer	April 3 - May 1	Sundays	2:00 PM	West Salem Elem.	\$65
	Teeball/Softball	May 8 - June 5	Sundays	2:00 PM	Baptist Home	\$65
	Pre Season Basketball Camp	Oct. 31, Nov. 3, 7, 10, 14	Sundays	2:00 pm - 3:30 pm	West Salem Elem.	\$80
			Wednesdays	6:00 pm - 7:30 pm	West Salem Elem.	\$80
	Post Season Basketball Camp	March 8, 10, 15, 17, 22	Tues/Thurs	6:00 pm - 7:30 pm	West Salem Elem.	\$80

REGISTRATION DEADLINE IS ONE (1) WEEK PRIOR TO FIRST SCHEDULED MEETING

Participant Name _____

Age _____

Address _____

Parent/Guardian Name _____

Phone _____

Please return form and make checks payable to:

Ed Green, Great Beginnings
 c/o Salem Parks and Recreation
 620 Florida Street
 Salem, VA 24153
 (540) 387-9516
Email: egreen@mail.mcps.org

Refunds will be made if minimum participant totals are not met.

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ALUMINUM - MIXED PAPER

WHAT'S MIXED PAPER?

CEREAL BOXES - MAGAZINES
JUNK MAIL - OFFICE PAPER - CATALOGS

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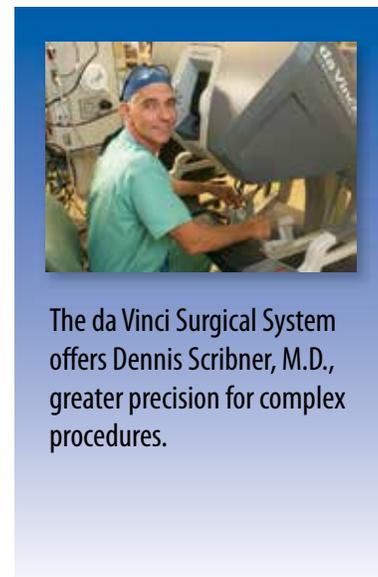
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www.CarilionClinic.org/davinci



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