

Senior Lifestyles



67-year-old cyclist pedals across America
Page 5



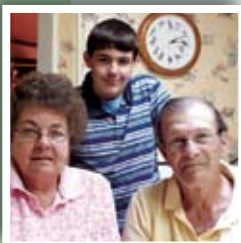
More seniors are going online
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World War II sparked career in journalism
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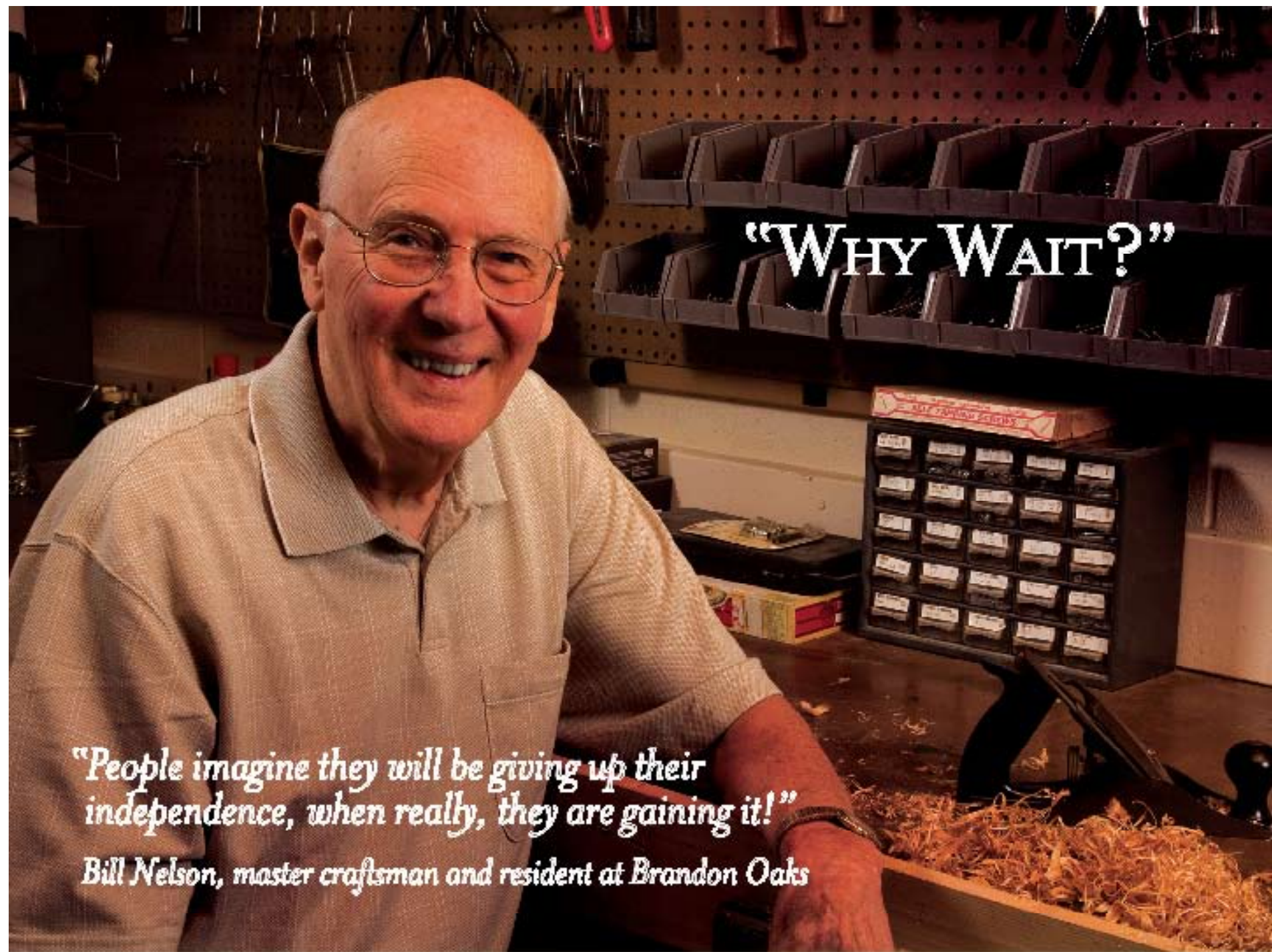
From Winchester to Salem to Craig County and back
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Grandparents raising grandchildren
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Cruising down life's highways for 70 years together
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“WHY WAIT?”

“People imagine they will be giving up their independence, when really, they are gaining it!”

Bill Nelson, master craftsman and resident at Brandon Oaks

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**BRANDON
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Cruising

down life's highways
for 70 years together



J. W. and Almyra Beazley recently rode in a Model T as a special treat from their family.

Meg Hibbert

Salem Times Register

She was a petite teenager. He was a strapping, fellow who grew up on a farm and ambitions to be a Virginia State Police officer.

Their families in the Disputanta and Burrowsville areas of Prince George County had known each other forever, but it took a few years before John Wesley Burrow noticed Almyra Virginia Beazley.

"I went to the high school in which her daddy taught school," J.W. said, "and I was one of his students. I didn't hardly know her when I was in school. She was six years younger."

Almyra picked up the story: "My senior year in high school we were having a party, and any of the men I could think of, I didn't want to go with. I had danced with him at family parties, so I wrote him a little note, asking him to come with me and explaining the guests would all be younger than he," she said.

"He wrote back and said, 'I'll be there in the rough and I think I can take it,' " she recalled, laughing.

They courted off an on for awhile.

He went to college and Virginia State Police training. Even though he was ready to marry her, she made him wait until she turned 20. A month later they got married.

Come September 5, J.W. and Almyra Burrow will have been married 70 years.

"I don't know why she would hang around with me," he said. "I drug her all over the state," he added, referring to his 36 years with the Virginia State Police.

"I wouldn't trade him for the world," she responded, looking at her husband fondly. "I never have wanted to trade him."

The Burrows live an active and independent life in a comfortable two-story apartment in Salem off Academy Street, taking care of each other the way they always have. He still drives. She still cooks – "but not as much as I used to," Almyra admitted. "We like eating out at The Roanoker restaurant."

Aug. 5 was her 90th birthday. J.W. turned 96 in March.

As a birthday surprise her her, their sons – Frank, a retired TVA nuclear engineer who lives in Chattanooga,



Photos by Meg Hibbert

Tenn., and Richard, a Realtor with MKB who lives in Roanoke – arranged for Bob Hudson to take J.W. and Almyra for a spin in a 1924 Model T through the streets of Salem near their neighborhood.

"We also took a turn through the parking lot of their church, First United Methodist," said daughter-in-law Janet Burrow, who went along for the ride with husband Richard.

No matter where they lived over the years, "It was always one of the

first things we did when we moved was to join a church, so we got to know people," Almyra said.

When the two walked out of their home Aug. 5 and saw the Model T truck waiting for them, J.W. remarked, "The first car I drove was a 1924."

He was 14 when he started driving, he recalled, "but I probably drove before that, tractors and so on, living

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Cruising

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on a farm.”

He joined the Navy shortly after they got married, and she took a train all the way across the United States to visit him in California. He served in the Pacific during World War II. His ship was hit by a kamikaze plane, son Richard said. “That generation just came home from the war and went to work,” he added.

The Burrows moved from Franklin, Va., their first home, to Lynchburg, then Alexandria, Richmond and Wytheville. Eventually he was assigned to be captain of the new Salem Division 6 Headquarters.

“Gov. Almond was the governor then,” J.W. recalled. “I had to work long hours. It wasn’t like today, when people work 9 a.m. to 5 p.m. We worked six days a week until

1958, I’d say, and had to go out on calls.

J.W. thought for a moment, and then added, “I would say I didn’t spend enough time with my boys, to go fishing and play ball. Their mother picked up the slack.”

He’s been retired from the Virginia State Police now longer than he worked for the agency, having reported to work the first of January 1940.

His first assignment was in Lynchburg as a license examiner for people getting their drivers’ licenses. “We had nine counties and the City of Lynchburg. A lot of times we had to travel to Cumberland Courthouse, and we worked until we got through everybody that was waiting.”

As to the secret of their long married life, Almyra quickly



John Wesley Burrow, Almyra Virginia Beazley and their wedding party on Sept. 5, 1939.

answered: “Moving, I guess.”

Their sons went to different schools every couple of

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Photos of J. W. and Almyra Beazley in their youth.

years. “The longest the boys lived anywhere was when they went to Tech,” their father said. “Going to different schools added something to their education.”

J.W.’s answer about how they’ve stayed married so long was simple: “I married for keeps. There was never a thought in my head it would be anything else. She is a lovely individual and very comforting, who made a nice home life.”

As for their long lives in good health, they didn’t give away any secrets, either. Genes have something to do with it, for sure.

J.W., who maintains the bearing of a State Police officer, has an older brother who is 99.

He worked until the then-

mandatory retirement age of 60. Almyra worked part-time as a teller filling in at various banks over the years. One of the most recent ones was the triangular building at the intersection of College and Boulevard.

“There was an attempted holdup at the bank where she worked,” son Richard remembered, “and the robber had a real gun. My mother kept him talking for a long time after she set off the silent alarm, and when he came out, the Salem Police were there waiting for him.”

The Burrows have six grandchildren and nine great, great-grandchildren, “all girls.”

“We hadn’t had girls,” Almyra said, “and so they’ve made up for it.”

Cyclist travels across the country for clinic

Gwen Johnson

New Castle Record

He came from New Zealand to New Castle.

Willem Kalkman has pedaled his way 3,746 miles across America.

The 67-year-old cyclist left San Francisco May 15 with his ultimate destination being Washington, D.C., this month.

There he planned to auction his bike and visit with friends before returning home.

He shared his adventure while sitting on the front porch of the Country Squires Inn Bed and Breakfast in Craig County where he took a two-day hiatus before completing the last

leg of his journey that would take him over the Blue Ridge Parkway on up to Front Royal and into the nation's capital.

Kalkman was on a mission to raise \$10,000 for a health clinic similar to the one in New Castle for the rural township of Colville which lies in the northern tip of the Coromandel Peninsula. He said the area needs a strong medical clinic because the area is so isolated and the closest medical facilities are roughly three-to-four hours away.

Currently the only medical service for miles around is a small health clinic located in an old house, he

See **Cyclist**, page 6



Cyclist Willem Kalkman prepares to leave New Castle for the last leg of his fundraising journey across America. Pictured (r-l) Willem Kalkman, David and Therese Squires, owners of Country Squires Inn, and David's brother Jeff Squires.

Photo by Gwen Johnson

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Cyclist

from page 5

said, and staffed with a general practitioner, three Rural Nurses and volunteers who take part in running emergency calls for their first-response ambulance.

In his more-than-two-months on the road, the cyclist experienced only seven flat tires he said. Traveling solo with less than 100 pounds, he pulled a lightweight trailer that carried his one duffle bag. The bag held everything he needed for the trip including tent, cooker, food and clothing that would take him from flatlands and dessert to the highest peaks of the Sierra Nevadas on his journey east.

He did not include a cell phone, a laptop computer or other modern-day conveniences that would have made life easier for him on the road.

Speaking with an intriguing New Zealand accent, the cyclist who appeared more

physically fit than any person 40-50 years his junior said he is no stranger to the road. Kalkman, who has always made physical fitness his No. 1 priority, has ridden a bicycle all of his life and was a cycle racer when he was younger, did marathon running and engaged in all kinds of sports, he said.

After retiring at age 58 after working 40 years as a consulting engineer, when he is not cycling he spends his days back home raising sheep, taking care of trees on his property some of which he said are over 1,000 years old and doing conservation work for endangered species.

"I want to leave the earth nicer than I found it," he said. His hobbies include swimming, fishing, and kayaking.

Kalkman usually traveled about 100 miles a day, mapping out his route in advance

and hoping at the end of the day he would end up in a place that has some kind of accommodations. Most of his nights have been spent camping but he says he has stayed in a motel maybe a dozen or so times and on a few occasions has accepted the offer from a kind stranger or friends to put him up for a couple of days his schedule allowing.

During his short down time periods he restocks his supplies, takes time to catch up on e-mails from around the world and updates the website which is tracking his journey from beginning to end. He usually ends up doing this from a public library along the way.

"The adventure of the trip is never knowing where I'll sleep or end up or what's down the road," said the adventurous Kalkman.

"I get to see and experience

a lot more riding my bike than I ever would in an automobile," Kalkman said. "When you're out in the open you get to smell and taste the country. You sort of become a part of it. My philosophy is to make life an enormous adventure and at the same time work on the width of my life rather than the length of it."

While he finds the people he has met in America to be fantastic, incredibly hospitable and courteous for the most part, that's more than he can say for its roads. "Roads here are not biker friendly. Drivers will try and honk you off the road but there is no where to pull over a lot of times because of rumble strips or no place to go."

Although he travels mostly rural routes and back roads he does recall it was a harrowing times when he accidentally ended up on Rt. 460 around Christiansburg and Blacksburg and even got pulled by a policeman.

Kalkman said that throughout his journey across America he has not solicited funds for the clinic he someday hopes they will have in Coromandel. "It's actually been a word of mouth thing back in New Zealand. I have sponsors there that have pledged a certain

amount for every mile I travel," Kalkman added. "Some of the folks I have met along the way have asked me about the clinic and have donated on line through my web site." Kalkman said that the money raised goes into the Colville Health Trust which has been set up for the clinic.

He recalled one pledge in particular. "A young lady who was about to turn 13 said she would give me \$25 if I would sing Happy Birthday to her in the middle of the street somewhere in America. So I did. I think it was in a small town in Colorado," Kalkman said. "I got someone there to take a picture of me holding up a card saying Happy Birthday, Lauren. If you can make somebody smile that means more than anything."

Kalkman arrived in Washington, D.C., over the weekend, having traveled close to 4,000 miles. He planned to have his picture taken in front of the White House. To date he had raised \$4,003.

To follow Kalkman's journey go to his website and blog page <http://www.fundraisonline.co.nz/bikeusa>. The website is set up through the Successful Online Fundraising Ideas network.

summerville

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helping hands

2 x 3

carilion

full



Photo by Anita J. Firebaugh

From left, Bob Earnest, Irvin Mater and Hugh Walsh are heavy computers users who take advantage of the business center at The Glebe in Daleville. The men, all in their late 70s, are part of a growing trend of older computer enthusiasts who use computers for email, banking and online research.

Computer use rising among elder citizens

Anita J. Firebaugh
Correspondent

Who says older folks never use computers?

As baby boomers age, they are bringing computer use with them. And seniors who are over 65—older than boomers—are also finding out a computer can be useful.

Today, computers are available at most local libraries and some senior centers. Older computers may be purchased for minimal prices, or perhaps a relative who is upgrading will hand over an older model.

The Pew Internet research website reports that from May 2008 to April 2009, broadband use in adults over the age of 65 increased from 19 percent to 30 percent. Among adults ages 50-64, broadband use increased from 50 percent to 61 percent over the same time period.

A broadband connection allows for increased speed in Internet use and makes it easier to perform functions such as uploading or downloading photos and surfing the Internet for information.

At The Glebe in Daleville, many seniors have computers in their apartments. Quite a few also use the business center at the independent living facility. Karen Pierce, residential director at the facility, said folks use computers to play games and send email.

“I think the older people here are really keeping up with the technology,” she said.

Bob Earnest, 77, Hugh Walsh, 78, and Irvin Mater, 79, are three residents of The Glebe who use computers every day.

They used computers in their work prior to retirement and they continue to use them for activities such as record keeping, letter writing, Internet surfing and research.

“Older people are turned off by computers because of the way they teach them,” Walsh said. He believes that computer and software manufacturers are missing a market by not offering a simple computer aimed at senior citizens. A “Windows for Seniors” would be a big seller

See **Computers**, page 9

bethel ridge

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robin smith

2 x 2

Computers

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among the white-haired generation, he said.

Computers teachers have a difficult time getting down to the simple level folks who have never used computers might need, Walsh explained. A simpler computer would make the process easier on everyone.

Walsh is a former engineer for Hercules Inc. He retired in 1989 and went into business consulting, which he continues to do. This requires the use of a computer as well.

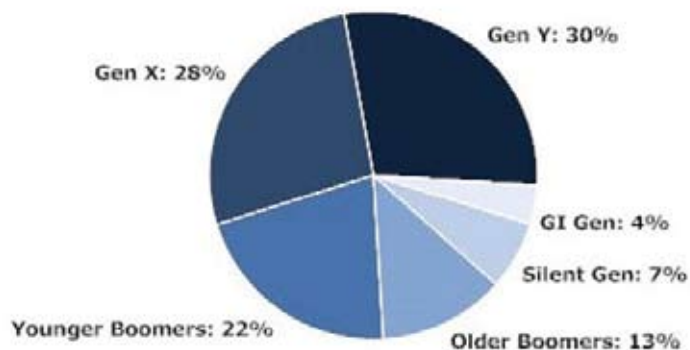
"I remember when I first started (using a computer), it wasn't user friendly to my engineering mind. The hardest thing was not figuring out why it did it, you just have to take it by faith and have confidence in it," he said.

He uses his computer for research, "anything I would

have normally gone to a book for," and finds if a great resource. "If I wanted to can tomatoes, I wouldn't go to my wife's cookbook," he said. "I'd go see what they recommend on the Internet."

Earnest uses the computer in The Glebe's business center for email, banking and checking the obituaries of his hometown paper. He does not have a computer hooked to the Internet in his apartment, though he does have a unit he uses for word processing and "playing Solitaire."

He is a former NASA computer programmer and remembers the days when computers took up entire rooms and used punch cards. A unit in someone's home has "a thousand times" more computer power than many NASA computer



Source: Pew Internet

Makeup of adult Internet population by generation

systems did in the early days of the program, he said.

Mater uses the Internet to keep up with a son who lives in Africa. The computer allows him to read his son's blog and

emails. He also uses the computer for digital photography and for word processing. He is currently writing his autobiography.

He worked for General

Electric as a supervisor before retiring after 34 years.

Senior citizens may want to learn computers so they can keep up with their grandchildren. An article at the AARP website says that older folks can use technology to create bonds between family members, either through communication or because the younger folks are happy to teach Grandma how to look up something on the Internet.

The Pew Internet website says 74 percent of Internet users over the age of 64 send email. It is the most popular use of computers in that age bracket. Over 45 percent of seniors over the age of 70 are using the Internet.

Clearly, computers are not the playthings of the young any more.

rke college

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golden corral

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Child's wartime curiosity led to journalism career

Garnette Helvey Bane

Special Writer

There it was – again! The siren was blaring. The unrelenting noise disturbed the tranquility of the darkness.

“It” was the sound of

Roanoke's emergency alert system signaling that an air raid drill was underway. Night after night, for what seemed like hours, the sound as loud as the Norfolk & Western's Powhatan Arrow passing through Shaffer's Crossing, slowing to a halt at the city's passenger station near Hotel Roanoke.

And, night after night, my family ignored the order that came with a drill to turn out the lights. Instead, we hung blan-

kets and quilts at the windows to block light from shining through the window. We sat



Garnette Helvey Bane

quietly, praying. Once we could afford our Philco radio, station WDBJ-AM Radio, the second station east of the Mississippi to sign on the air (May 1924), updated us with Franklin Delano Roosevelt's weekly “Fireside Chats”, and, eventually, Edward R. Murrow's latest and first-hand news reports

informed us about what was going on in Europe during World War II.

It allowed us to be attuned to the economic disaster that war was inflicting on our nation and city with everything from food-to-gas-to-hard goods. The luxury of early radio allowed us to learn about the havoc the war was having, to our soldiers serving there. My parents tightened their belts, afraid that the economic impact of the war would impose another Great Depression.

It was the early 1940s and I was a pre-schooler in Roanoke's Southeast section, living with my parents and older brother on Tompkins Avenue. We lived in a respect-

homeplace

3 x 5



Writer Garnette Bane during World War II at about age 4 with cousin Al “Algie” Gray who lived on Craig Avenue in Salem. The photo was made at their grandparents' home, a historic house on Cleveland Street.

able little house with a tall front porch, set back among border hedges. New, the house cost my family \$3,000. We weren't wealthy, but we were living the good life, we imagined, even being the first on the block to lucky enough to own the Philco.

To my young ears, the sirens wreaked fear! Fear of what, I did not know. I couldn't fathom what being at war actually meant. I just knew that I was frightened ... that something “bad” was happening from what all the grown-ups said. I often cried, asking questions. I wanted ... no, needed ... to know. That need, as an adult, would become my career.

It could be that same inquisi-

tiveness that showed its face when the neighborhood women gathered on the back porch to help Mother string beans or peel peaches for canning. Again it was dark. Only a hint of light shown through the kitchen window illuminating the area as I sat there, watching the women work and listening to them add their opinions about the war and weaving tales about mystical events.

I was wide-eyed, heart pounding as they told stories of premonitions, ghosts and the like. Again, I wanted to know, but was afraid when I asked questions because fear often arose from the answers I

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Curiosity

from page 10

received.

The answers rolled off their tongues as if they believed them. Recalling some of the women's stories, quite possibly, played a role in my journalistic career.

One neighbor told about the night she was lying on the couch in her front room, while her husband was out late imbibing. Nothing new, there, she said. Then, there was a knock on the door. Mrs. Dudley – that was the neighbor's name – answered the door. A woman or "spirit" in a long white dress held a big black purse underneath her arm. Mrs. Dudley asked her what she wanted. The woman said nothing, and then turned, waved the purse, walked down our street, entered our yard between the hedges – and disappeared! Completely. Just vanished!

The women, including my mother, believed it was a premonition when, the next morning, it was learned that Raymond and Russell Price, two cousins from Salem, had been killed in the war in Europe. Only Roy, another brother stationed with the Army, survived. What devastating news that was for our family.

Sometime later, in December 1941 as my father and I returned home from Sunday School, we stopped at McClarity's Drug Store on Ninth Street. As we entered the pharmacy, people were crying, some were screaming and everyone seemed to be shouting. "What is wrong?" asked my father. "The Japanese bombed Pearl Harbor this morning!" the pharmacist hollered.

Where was Pearl Harbor?

What did it all mean? Those were some of the questions my inquiring mind wanted to know.

"It is in Hawaii," came the reply. "That's hitting closer to home," the pharmacist replied. "Okay," I thought, where is Hawaii? What is Hawaii?"

Needless to say the war got worse before it got better. We continued to listen to Murrow's accounts of the war from his post in France. You could hear his excitement and fear as he told of approaching enemy planes. In the distance you could hear bombs dropping.

"Was Roanoke next?" I wondered. Of course, no one knew. We were told, however, that Roanoke was a prime enemy target because of its extensive rail system that allowed shipping to various points throughout the nation. It was the role the rail system played in transporting goods that warranted scrutiny.

What Roanokers were never

told (or perhaps the government didn't realize) was that Japanese planes could not fly as far inland as Roanoke without refueling. There was no base for those planes to refuel – even if Roanoke was a target. I was well into my journalism career before I learned that fact.

When the war was finally over in 1945, I was 8 years old. I was old enough to know that I had lived through and witnessed a big part of history, albeit in a relatively small city. People were ecstatic. Some danced in the streets, they sang and we all thanked God. But the effects of the war lingered for awhile longer.

The fear had diminished; however, the repercussions were there. Rationing coupons were still a major part of our lives. We were allotted so many coupons for staples like sugar and gas. Unless you lived on a farm, butter was replaced with something akin to lard. It only became yellow, mimicking butter, when a capsule of yellow powder was opened and mixed by hand into the slimy block. Mixing it became my weekly chore.

By the time the war was over, I attended school at Jamison Elementary. Early one morning, with the old Philco blaring out the news from the night before, a reporter told of a robbery-murder at an auto parts location across the street from the school. Again, I didn't know what robbery or murder meant – but, it was news, all the same.

That morning, on the black, asphalt playground bordered by concrete retaining walls, my schoolmates and I watched as policemen in blue uniforms walked around a yellow tape. We watched with big eyes and undivided attention as, perhaps, 10-12 men came and went. Most were in uniform, others not. Some were in police cars, others were on foot. Some looked like they were painting everything within confines of the yellow tape.

My friends watched, not

knowing what was taking place. Me? I wanted to be the BGOC (that's big girl on campus), so I told my friends what had happened the night before and that the police were dusting for fingerprints. I have no recollection how I knew about fingerprints and crime at such an early age, of if I had, in fact, learned to spin my first story. They girls were intrigued, and so was I.

Those early childhood memories held a lasting impression for me. I worked at the Salem Times-Register while attending college, later joined WDBJ as a writer, and was promoted to The Roanoke Times as a reporter. When I married, I became a reporter in Greenville, SC. The rest truly is history.

Over the years, I covered a visit to Roanoke by then-California Gov. Ronald Reagan. At New York's Fashion Weeks, I dined in designers' homes. When the government held maneuvers overseas (without approval, I might add) I fed the Associated Press. It was Dr. Albert Sabin who grabbed my wrist and ordered me not to print that another polio epidemic was imminent. The attorney general sought my help in exposing the medical community to pinpoint the illegal source of laetrile to this country.

"Gol-l-e-e-y," commented Loretta Lynn as she placed her hand around my wrist. "You're as skinny as me!" And, yes, I've covered crime – including when my own home was burglarized. It has been an interesting career, one that had its roots in Roanoke and Salem – both places with fond memories. Places that I will always be "home."

Garnette Bane is a former Roanoke resident and award-winning reporter whose grandparents lived in Salem. Now retired, she continues to write for national publications. Although she and her husband reside in South Carolina, she visits family and friends frequently in the Roanoke area.

john m. oakey

3 x 5

Pavliks return to roots after coming full circle

Gwen Johnson

New Castle Record

From Winchester to Salem to Craig County and back, 27 years later Arnie and Diana Pavlik completed the circle when they moved home to an area just north of Winchester the end of July.

One reason the couple moved from Craig County, they said, was they wanted to be closer to Arnie's aging parents. The main reason for the move, though, was because they knew God had other plans for them.

With Diana's degree in agriculture, the Pavliks came to Craig County in 1982 looking for a small place to farm. Although they ended up with a farm, it wasn't exactly what they had in mind when they started looking. They bought an old state fish hatchery up on Rt. 42 that needed lots of work before they could open it. By 1983 the hatchery was repaired, stocked with Rainbow trout and up and running. Their business fanned out from selling fish locally to stock ponds and creeks, to pay-to-fish businesses in

West Virginia and areas close by.

Arnie recalled one fellow who had not had a good fishing day so he came by the farm with his boat and bought a lot of fish to take home.

"He put them on a stringer and got us to take his picture with the biggest fish before heading out," Arnie said.

One of their business adventures that spanned 18 years was selling fresh fish to Kroger at Tanglewood Mall. "Kroger put them in a tank and people bought them on the spot," Arnie said. Over the years aqua farming got to be really heavy work and left them little time for anything else in life. "We had family all over but we could never go on vacation or visit them," Arnie said. Following several successive years of drought that caused a considerable loss of profit for the Pavliks, they closed the fish hatchery and took other jobs. Arnie went into real estate and Diana became lab manager at Hollins University.

See Pavliks, page 14



Photo by Gwen Johnson

Arnie and Diana Pavlik returned to their roots the end of July but not without making major contributions to Craig County.

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Pavliks

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"The more we farmed the more we realized we control nothing," Arnie said. "This caused us to sink our roots deeper and deeper into Christ and one day we realized God had other plans for us. "He just kept shaking the tree until we quit farming 24/7 and got a life," Diana added with a big smile.

"God brought us to Craig when neither of us had a relationship with Christ," she explained. "One of our neighbors, Crystal Johnston, came by to bring us some tomatoes and she and her husband Roy got us going to Chestnut Grove Church. That's where we first met Christ, and I realized my gift was teaching."

Since that time Diana taught Sunday school at the church as well as in-depth Bible studies

on a junior college level.

During their 27 years spent in Craig, both were extremely active in the community. Arnie volunteered with the Boy Scouts, the Lions Club and the Rails to Trails project to turn former railroad track beds into walking trails.

He was instrumental in forming the Ruritan Club which, in turn, formed the Camp Mitchell Foundation, he said.

It was at Camp Mitchell that the food pantry for Craig County really took root, distributing commodities to people who needed food, from both the United States Department of Agriculture and Southwestern Virginia Second Harvest Food Bank.

"There was a great need for a food pantry here in Craig

County," Arnie said. He recalled back before the current set up it was located in the old jail house where boxes of food were laid out on bunks. "There was a lady who used to come down from Covington to do some educational programs with the elderly," he said. "One day she said to me, 'How can I educate the people when they don't have any food?' She then started bringing food from the Second Harvest Food Bank there whenever she came down to do a program."

Pavlik also remarked that the need for the pantry has grown since its humble beginnings.

Diana was active in Extension Homemakers, the New Castle Garden Club and 4-H and did some in school education programs on aqua

farming. She also served on the Solid Waste Authority Board and the Tourism Committee for five years.

The couple agreed that what they will miss most about Craig County is the people and secondly, the scenery. "We're so used to living cupped in the mountains and seeing 40 turkeys in the field or a couple of bucks fighting along the creek," Arnie said. Where they were moving, he said they would only be able to see mountains in the distance.

"We're looking forward though to being tourists and seeing things we've always been too busy to stop and see," Diana added. She is also hoping to get the chance to do some student teaching so she can complete her master's degree.

Purse thefts strike elders at grocery

A rash of thefts of bill-folds from senior citizens at Kroger on Tuesday senior discount days has prompted Salem Police to urge people to keep a better eye on their money.

A Salem woman reported her wallet was taken from her purse on Aug. 4 evidently while a suspect she described as "a very nice black man" engaged her in conversation in the paper products aisle where there are no cameras, discussing merits of different

See **Thefts**, page 18

glebe

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humana

full

Grandparents discovered nest wasn't empty after all

The mid-50s is the time when most parents have either begun to feel the empty nest syndrome, or can at least see it on the horizon. By that time, most children are out of the home, many with children of their own. For Bob and Joyce Menk of Stewartsville, however, their middle age years brought a new baby, and a whole new lifestyle.

Grandparents raising grandchildren in today's society is not exactly news anymore, but the Menks' story has a different twist. This is a story of sadness and tragedy, but also one of hope, fulfillment—and a whole lot of love.

Bob Menk is originally from New Kensington, Pa., a suburb of Pittsburgh. To say that Bob is from Pittsburgh is to say Rudy Giuliani is from New York. Bob isn't just from the Steel City; he is of Pittsburgh. One whole wall in his den is covered with black and gold

memorabilia of the Pirates and his beloved Steelers, and he indicates he may have to make room for some relics of the Stanley Cup winning Penguins. On the back of his Steelers wrist watch is etched: "Bob Menk, lifetime fan."

Bob's route to the Roanoke Valley was circuitous. After high school, he enlisted in the Army, and after his discharge in Fort Bragg, N.C., he joined the sales force of a large life insurance company, where he earned his living for the next 21 years as a representative and manager, achieving the industry pinnacle Million Dollar Round Table seven years in a row.

Along the way, he met Joyce, and as he says, "I hired her, trained her, married her and then got her out of the business." Joyce has five children by a previous marriage and Bob has a

See **Menks**, page 18



Joyce and Bob Menk in their Stewartsville home with their grandson Jimmy.

warm hearth

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full

Thefts

from page 1

paper towels and chit-chatting.

When she got to the cashier to check out, her wallet was gone.

The Salem Post Office called the owner Aug. 5 to say her wallet had been dropped in the mailbox at Spartan Square where the Kroger she shops is located.

Although her credit cards were still in the wallet, she said, her money was missing.

A Kroger official was quoted as saying it was the third report of a robbery on Tuesday at the Spartan Square store.

Menks

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daughter by his first wife.

As the children were leaving the home one by one and Bob's business was thriving, he was rear-ended in an auto accident, with an impact so hard that the rear bumper of his subcompact car was pushed up against the back of the driver's seat.

What followed was a year of treatment, therapy and medication, none of which worked well.

Finally, at the age of 43, when many in his profession are at their earnings peak, Bob was forced into disability retirement. For an avid golfer who was constantly on the go, the new life was no fun.

Eleven years later, tragedy struck again. Joyce's son and his fiancé were expecting a baby, and shortly after their grandson Jimmy was born, his mother died.

A few months later, Bob and Joyce received custody of Jimmy, and in their mid-50s, parenting started all over again.

The biggest challenge was one of energy. As Joyce puts it, "Most people our age were slowing down, and we had to rev

it up." But to say that Jimmy has been a blessing would be an understatement.

Since entering school, first at Stewartsville Elementary, then at Staunton River Middle, Jimmy has been an excellent student.

He recently completed seventh grade with an all-A average, and is the incoming co-president of the student body for eighth grade.

He has attended a seminar at William and Mary, and has received academic recognition from Johns Hopkins University. While at Stewartsville, he was an honor student as well as president of the Student Cooperative Association.

Jimmy's future plans at the moment center on law enforcement from a forensic point of view (he recently attended a one-week forensic training class in Bedford) or politics.

The latter comes as no surprise to his former Stewartsville teachers, many of whom comment "that kid is going to be President some day."

Bob and Joyce say that "he teaches us as much as we teach him," noting that his grasp of technology is far greater than theirs. His current project is teaching his grandfather about Twitter, about which Jimmy says with a smile, "It's a work in progress."

On the other hand, Bob is teaching Jimmy how to play golf. "Golf builds character," Bob says. "You can tell an awful lot about a man by the way he handles himself on the golf course."

The strongest advice Bob and Joyce can give to parents of any age is, "Be there for your children."

They both admit that, like all parents, there were things they did with their children the first time that they would do differently today. "Whatever mistakes we've made in the past, we've tried to correct," Bob says.

Joyce adds, "If he hadn't been such a great kid, we would never have made it."

Then Bob looked at Jimmy and said, "I love you, son."

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car**

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**delivery
boys**

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NRV events for seniors

The following programs are Co-sponsored by area senior centers and are open to senior citizens throughout the New River Valley:

The Radford Senior Center will offer Brown Bag Bingo on Thursday September 10, 2009 at 1-3 p.m. fee will be \$3 per person.

If you enjoy suspense you will love this new twist on Bingo. Each participant must bring a bingo gift in a brown bag. When you yell BINGO, you will receive the gift of your choice in a brown bag (no peeping). Prior to our Brown Bag Bingo we will enjoy delicious light snacks and drinks.

On Tuesday October 6 at 10 a.m.—noon Montgomery County Parks and Recreation will offer a Medication & Health Management program on improving your health through medication

compliance, blood pressure and glucose screening. Bring your prescriptions, over the counter medications and dietary supplements,

including vitamins to the program for a one-on-one medication consultation. Shirley Huff of Southern Care will also entertain discussion on “How to talk to your Doctor: to get answers you need during your medical

appointments. Fee: \$5.00.

On Thursday October 22 at 11:30 a.m. Blacksburg will host Comedy Central in Blacksburg. Everyone loves a good joke and some like to tell them. You can be the audience or you can compete for the worst or best joke prizes. In the spirit of Halloween, we are also adding a costume element. If you choose to participate, there will be prizes awarded to the best costumes. Event is free but registration

will be required at your home center. (No offensive jokes allowed).

A Wii Bowling Tournament will be offered on Thursday, November 12, 2009 at 10 a.m.—noon at the Radford Senior Center. There will be a women’s and men’s division. Ribbons will be awarded and a free lunch will be provided in addition to Wii shirts that will be given away. This program is co-sponsored by Humana, Radford Parks and Recreation, Christiansburg Parks and Recreation, Montgomery County Parks and Recreation and Blacksburg Parks and Recreation.

The Radford Senior Center will offer a Holiday Luncheon and Concert with Sam Moore and Danny O’Brian Thursday, December 10 at 11:30 a.m. -2 p.m. at Muse Hall fee: \$15. per person. Area Senior Centers may charge a transportation fee.

Radford Senior Center schedule for Aug., Sept.

RADFORD - From van trips to card games, health screenings and more, the Radford Senior Center has a lot on tap for seniors in the city.

Events include:

Van Trips:

Thursday August 27 at 10:00 a.m.: Ft. Chiswell Outlet Mall. Lunch on your own at Shoney’s. Transportation fee: \$3.

Friday September 11 at 10 a.m.: Valley View Mall, Roanoke. Lunch on your own at Olive Garden. Transportation fee: \$3.

See **Schedule**, page 20

richfield

5 x 5.5

Schedule

from page 19

Friday September 18 at 9 a.m.: Hamrick's, Roanoke. Breakfast on your own at Cracker Barrel. Transportation fee: \$3.

Thursday September 24 at 10 a.m.: Tanglewood Mall, Roanoke. Lunch on your own at K&W Cafeteria. Transportation fee: \$3.

Silver Sneakers Fitness Program:

Radford Parks and Recreation offer Silver Sneaker Fitness Classes every Monday and Wednesday at 11:45 a.m.-12:20 p.m.

Fee: \$15 residents; \$25 non-residents. Free to all silver sneaker members. For further information, please contact Audrey Caldwell at 731-5517.

Radford Chapter AARP: The Radford Chapter AARP will be held on the third

Wednesday of every month at 12:30 p.m. until 2:30 p.m. (12:30-1:30 lunch

1:30-2:00 business and special program): Guest Speaker for August 20 meeting: Pat Brown, Women's Resource Center. For further information please contact President Mary Jane Harmon at 639-4571 or Carter Effler at 639-4392.

Triad Meetings:

Triad meetings will be held every second Wednesday of every month at 10:30-11 a.m. Come on out and listen to Sheriff Mark Armentrout and Radford City Police Chief Don Goodman as they discuss the latest issues or scams that involve the senior population. For further information please contact Audrey Caldwell at 731-5517.

Free Blood Pressure and

Blood Sugar Clinic:

Staff from Carilion Home Health Care will be at the Radford Senior Center on the first Friday of every month from 9-10 a.m. to do a blood pressure and blood sugar screening. For further information, please contact Audrey Caldwell at 731-5517.

Bridge:

Stop by the Radford Senior Center and play Bridge every Monday at 10 a.m. Canasta:

Four Deck Canasta will be played every Monday at 1:30 p.m. Also Beginning Canasta Classes every Tuesday at 2 p.m. with instructor Mary Jane Harmon.

Creative Memories

Workshop:

The Radford Senior Center will offer a Creative Memories Workshop on Wednesday, August 5 and 26 and Wednesday, September 2 and 23: 10 a.m. - 5 p.m. with Lynn Wright, Creative Memories Consultant. Fee will be \$15. (per workshop) lunch included. Supplies will be available or you may bring your own.

Walk for Your Health:

Stop by The Radford Senior Center every Monday at 9-10 a.m. and claim back your health by walking. Manage your weight, control your blood pressure, decrease your risk of heart attack, lower your

risk of stroke. Doctor recommended. For further information, please contact Audrey Caldwell at 731-5517.

Free Tatting Classes:

Free tatting classes are held on the second and third Wednesday of every month at 1 p.m. with instructor Marie Archer. For further information, please contact Audrey Caldwell at 731-5517.

Free Financial Advice with Willis Elmore:

If you have questions about your financial investments (IRA'S, Annuities, CD'S, etc.); taxes or what to do when a spouse dies; Willis Elmore may be able to help or he may find someone who can help sort through your information. For further information and to set an appointment, please contact Audrey Caldwell at 731-5517.

Medicare Part D:

Buster Weeks will be available to answer any Medicare part-D questions you may have by appointment only. For an appointment please contact Audrey Caldwell at 731-5517.

Wii Games:

The Radford Senior Center will offer Wii Games on from 1-3 p.m. on Friday August 14, 21, on Thursday September 17, and on Wednesday, September 30. For further information please contact Audrey Caldwell at 731-5517.

Pizza and Movie:

The Radford Senior Center will offer pizza and a movie on Thursday, August 13 at 11:30 a.m. We will watch "Daddy Day Care" Rated PG.

The Senior Center will also offer pizza and a movie on Thursday, September 14 at 11:30 a.m. featuring "The Dog Problem," rated R. All participants are required to pay \$3.00 for the cost of pizza. You may purchase a drink at the center for 50 cents or bring your own from home. Must pre-register in advance with the Radford Senior Center at 731-5517.

Senior Navigator Informational class and free lunch:

Seniornavigator.org would like to introduce a source of information to you and your family. If you are looking for activities in an area that you plan to visit or if you need to find assistance at home then seniornavigator.com can help you find what you are looking for. The Radford Senior Center will offer a Senior Navigator Informational Class on Thursday August 21 at 11 a.m. Grilled hot dogs will be served with potato chips at 12:00 noon. All participants must pre-register by calling Audrey Caldwell at 540-731-5517 or Katie Zawacki at 540-890-0531.

wills on wheels

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NRV fashion show makes a thrifty point



Lauren Page
News Messenger

CHRISTIANSBURG - Members of the Montgomery-Radford Retired and Senior Volunteer Program and several other volunteers looked good for less Thursday at RSVP's first Food and Fashion Show, held at St. Paul's United Methodist Church in Christiansburg.

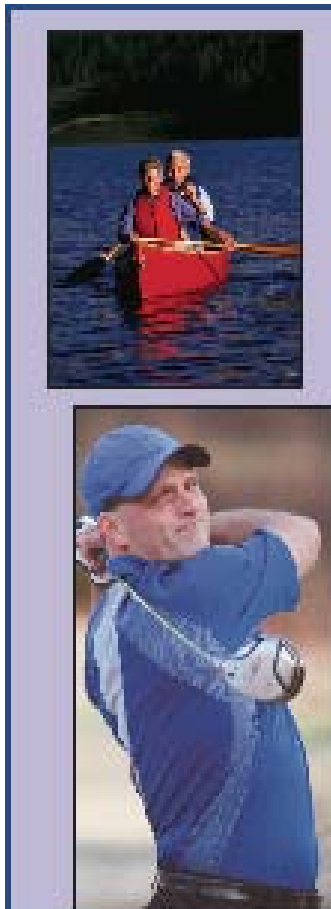
More than 150 people came out to watch the show, which promoted sustainable and economical living through modeling clothes bought at local thrift stores for less than \$10 each.

See **Show**, page 23



Left, RSVP and Heritage Hall nursing home volunteer Lois Wade models a two piece dress, purchased from MCEAP Clothing Bank in Christiansburg for \$3. The Montgomery-Radford Retired and Senior Volunteer Program's first fashion show at St. Paul United Methodist Church Thursday helped promote sustainable and economic living. Kids, seniors, and everyone in between modeled 26 outfits all purchased at local thrift stores for under \$10 each.

Photos by Lauren Page



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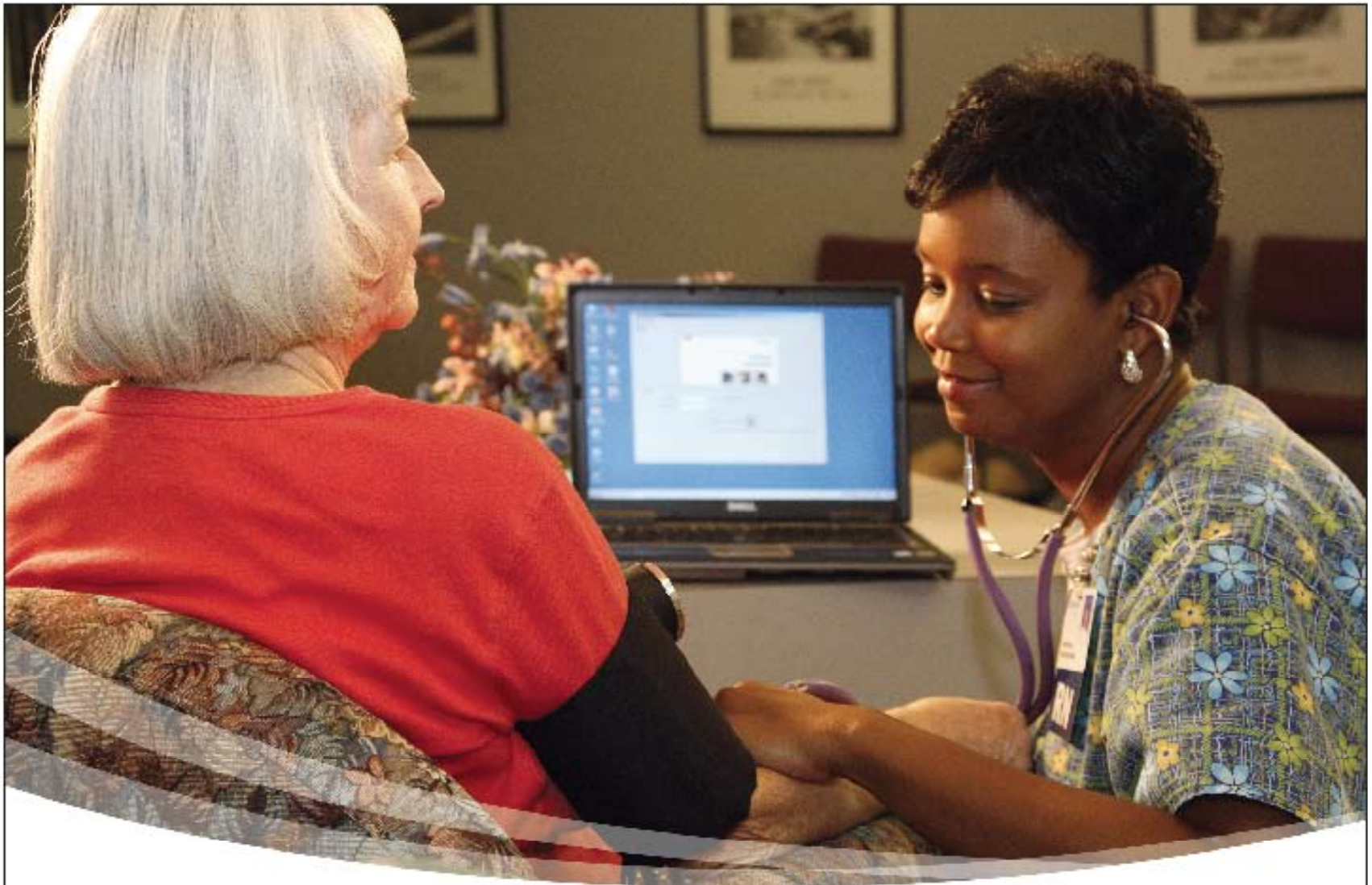
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89-year-old Esther Jones was the oldest model in the show, but her style is timeless. Here, she models a three-piece skirt-suit, purchased from the MCEAP Clothing Bank for \$5. She was escorted by Brandol West.

Photo by Lauren Page

Show

from page 21

“We’re trying to show people that you can still get really great items at a low cost,” said RSVP Program Director Mandy Hayes.

And you can still look fashionable at any age, as the models proved during the show. The 26 models were kids, seniors, and everyone in between, showing off business attire and evening, casual, and swimwear. The most senior models were Eva Sutphin, 84, and Esther Jones, 89. Even RSVP Director Angela Little modeled for the show.

“It is now en vogue to shop at second-hand stores in case you didn’t know,” Little said.

Discovering the thrill of

the bargain at thrift stores was one of her favorite aspects of organizing the show, Little said. The outfits were purchased from the Montgomery County Emergency Action Program Clothing Bank in Christiansburg, The Blacksburg and Radford Clothing Banks, the Salvation Army Thrift Store in Christiansburg, the Humane Society of Montgomery County’s Second Time Around Store in Blacksburg, the YMCA Thrift Shop in Blacksburg, or Goodwill. Tammy Booth of Innovations Salon, Mary Kay Representative Kate Bixby and several other volunteers their services to the show as well.

The clothes were not the only bargains at the fashion show. Shortly before the show began, show-goers ate lunch in the church’s fellowship hall on donated china plates.

The silverware, glasses, table linens, and napkins were also either recycled or donated,

Little said. “We really wanted to promote green living, and what better way than to buy these thrift store clothes and other things?” she added.

RSVP organizers Margie Vitale, Shirley Peterson, and others had been organizing the event since March. The 150

tickets available for the show sold for \$6, and sold out by the time the show took place. All proceeds went to RSVP’s Scholarship Fund, which provides two \$1,000 scholarships each year to outstanding students in Montgomery County or Radford.




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DATE	TOUR	PER PERSON PRICE	DATE	TOUR	PER PERSON PRICE
Aug 12-29	San Francisco, CA & Pacific NW/Yellowstone.....	2,195	Oct 14	Shatley Springs Inn/Lunch/Fresco Paintings.....	45
Aug 12-14	"In The Beginning" & "Abraham & Sarah"/Lancaster.....	395	Oct 15	Greenbrier Hotel Bunker Tour.....	90
Aug 14-17	Elvis/Tupelo/Memphis.....	550	Oct 15	Billy Graham Museum/Stowe Botanical Gardens.....	55
Aug 15-16	Baseball/Atlanta Braves vs Philadelphia/2-Games.....	275	Oct 19-21	Atlantic City/Trump Taj Mahal/3-Day/Boardwalk.....	210
Aug 22-23	Tangier Island/Lunch/Chesapeake Breeze/Monticello.....	260	Oct 20	Andy Griffith's Mayberry/Mt. Airy, NC/Lunch.....	45
Aug 29	"The Color Purple"/Charlotte, NC.....	130	Nov 6-8	Sunshine Tours Family Reunion/Gatlinburg, TN.....	450
Sep 2-4	"In The Beginning" & "Abraham & Sarah"/Lancaster.....	395	Nov 14 "	South Pacific"/Concord Mills/Charlotte, NC.....	115
Sep 5	D-Day Memorial/Smith Mountain Lake Luncheon.....	85	Nov 14	Southern Christmas Show/Charlotte, NC.....	50
Sep 5	North Carolina Zoo/Asheboro, NC.....	50	Nov 14-15	Reading & Lancaster, PA Factory Outlets.....	175
Sep 5-6	VA Tech vs Alabama in Atlanta (Ticket Not Included).....	195	Nov 14	Concord Mills Factory Outlets.....	45
Sep 5	North Carolina Zoo/Asheboro, NC.....	50	Nov 14	"South Pacific"/Concord Mills/Charlotte, NC.....	115
Sep 5-7	Nashville, TN/Music City, USA/Grand Old Opry.....	450	Nov 15-18	Atlantic City/Trump Taj Mahal/4-Day/Boardwalk.....	275
Sep 7-10	Atlantic City/Trump Taj Mahal/4-Days/Boardwalk.....	275	Nov 18	Southern Christmas Show/Charlotte, NC.....	50
Sep 9-11	"In the Beginning" & "Abraham & Sarah"/Lancaster.....	395	Nov 19-22	Biltmore House & Smoky Mountain Christmas.....	675
Sep 11-13	Myrtle Beach, SC/Fun & Sun at the Beach.....	395	Nov 25-28	New York City/Macy's Parade/"West Side Story".....	1,095
Sep 11-13	Washington, DC/Our Nation's Capital.....	350	Nov 27-29	Nashville/Country Christmas/Opryland Hotel.....	695
Sep 13-19	Niagara Falls, Canada/Montreal/Quebec.....	995	Nov 27-29	New York/Radio City Christmas Spectacular.....	895
Sep 13-19	Branson, MO/America's Music Show Capital.....	995	Dec 1	Christmas with "Elvis"/Barn Dinner Theater.....	75
Sep 13-15	Atlantic City/Trump Taj Mahal/3-Day/Boardwalk.....	210	Dec 1	Grove Park Inn/Asheville, NC/Lunch.....	75
Sep 17-20	National Gospel Quartet Convention/Louisville, KY.....	650	Dec 2	"Grease"/Concord Mills/Charlotte, NC.....	110
Sep 18	Greenbrier Hotel Bunker Tour.....	90	Dec 2	Christmas Lights at Tanglewood Park/Hanes Mall.....	40
Sep 23-Oct 4	Nova Scotia, Canada & New England/Fall Foliage.....	1,650	Dec 3-7	Niagara Falls, Canada/Festival of Lights.....	595
Oct 2-8	New England/Fall Foliage.....	995	Dec 4-6	New York/Radio City Christmas Spectacular.....	895
Oct 1-2	"In The Beginning"/2-Day Trip/Lancaster, PA.....	275	Dec 4-6	Nashville/Country Christmas/Opryland Hotel.....	695
Oct 2-8	New England/Fall Foliage.....	995	Dec 6-12	Branson, MO/Ozark Christmas.....	995
Oct 3	Brushy Mountain Apple Festival.....	45	Dec 7-8	Christmas at the Greenbrier Hotel.....	450
Oct 3-4	Maggie Valley, NC/Great Smoky Mtn Railroad.....	295	Dec 7-11	Charleston & Savannah/Christmas/Paula Deen's.....	795
Oct 4-10	New England/Fall Foliage.....	995	Dec 9, 12	Biltmore House & Gardens/Christmas.....	85
Oct 4-10	Branson, MO/America's Music Show Capital.....	995	Dec 9-10	"Miracle of Christmas"/Lancaster, PA.....	295
Oct 5,6,7&8	Cass Railroad/Cass, WV/Fall Foliage.....	75	Dec 11-13	New York/Radio City Christmas Spectacular.....	895
Oct 9-11	Nashville, TN/Music City, USA/Grand Ole Opry.....	450	Dec 11-13	Nashville/Country Christmas/Opryland Hotel.....	695
Oct 10-26	The Great SW & California/Grand Canyon.....	1,995	Dec 12	Biltmore House & Gardens/Christmas.....	85
Oct 11-17	New England/Fall Foliage.....	995	Dec 19	Christmas Lights at Tanglewood Park/Hanes Mall.....	40
Oct 11-26	China and the Yangtze River Cruise.....	4,975	Dec 26-31	Florida/Christmas at Disneyworld/Seaworld.....	850
Oct 12	Andy Griffith's Mayberry/Mt. Airy, NC/Lunch.....	45			
Oct 13	Shatley Springs Inn/Lunch/Fresco Paintings.....	45			
Oct 13	Greenbrier Hotel Bunker Tour.....	90			
Oct 14-15	"In The Beginning"/2-Day Trip/Lancaster, PA.....	275			
Oct 14-28	Hawaiian Islands/Four Island Tour.....	3,695			

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Aug 28	"Mary Poppins"/Concord Mills/Charlotte, NC.....	130



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