

# Salem Community Center @ the Armory Newsletter



Salem Community Center  
**@the Armory**

*November 2017*

Salem Community  
Center @ the Armory  
and Fitness Center will  
be closed for the



Thanksgiving Holiday, Thursday, November 23;  
Friday, November 24; and Saturday, November 25.

**Wishing you a Happy Thanksgiving!!**



Veterans Marathon – Honoring Our Heroes Marathon will be held on Saturday, November 18. All proceeds benefit local Veterans. You can sign up for the marathon at [www.heroesmarathon.com](http://www.heroesmarathon.com).



"All gave some...some gave all." We are free to run, thanks to the men and women who have defended this great country of ours. Join us for our all-charity event to raise funds for local veteran's causes and to honor those who have served. Our course isn't for sissies. It is beautiful, hilly, rural country, but our course is almost entirely paved. We have a free Pasta Party in Salem at packet pick up; our post-race party is legendary; we are small enough to provide personal attention to each runner, walker, sponsor, and volunteer. Plan to join us!



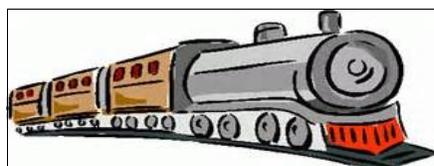
**EVENING BEFORE RACE**  
**AT THE**  
Salem Community Center  
**@the Armory**  
where health, education and community meet  
MORE DETAILS AT HEROESMARATHON.COM

VISIT **ROLLA** MISSOURI  
"A CITY ENGINEERED FOR EVERYONE"  
[www.VisitRolla.com](http://www.VisitRolla.com)

The Salvation Army Christmas Kettle Campaign runs November 22nd to December 23rd. Kettles are located at Wal-Mart, Country Mart and Dollar General. Your support is greatly appreciated. Please stop by the Angel Tree at Wal-Mart and adopt a local child to support this Christmas season. For information about the local Salvation Army call 729-8163.



Trees and Trains exhibit at the Ozark Natural and Cultural Resource Center (ONCRC) begins with an open house on November 19th and will remain open through December 24th. To decorate a tree for the display please call 729-6384 or 453-6091.



# A Look Back at How Far We've Come



Kim Shelton, Community Wellness Coordinator

The grand opening of “Billy’s Playground”, our new all-inclusive playground at the City Park, got me thinking about how far our community has come in the past 4 years since I came into my position of Community Wellness Coordinator at Council for a Healthy Dent County. When I started in December of 2013 we had an outdated play structure with broken teeter totters and swings that were hanging on rusted chains. The ground was covered in donated wood chips from the industrial park that were anything, but playground grade. It was sad. Kids didn’t beg their parents to go play at the park. Parents didn’t feel safe bringing their small children there. Families were traveling to surrounding towns just to play on a decent playground.

At the time, our Parks and Rec department had virtually no money, pulling from general funds every year just to cover costs. Our program participation was decreasing, partially because kids were just less active and partially because our equipment, like basically everything else, was outdated and parents didn’t feel like their kids were safe or that they were getting their money’s worth. It was honestly a very bleak picture.

In 2014, us at Healthy Dent County, knew we had to step in and do what we could to revitalize such a much needed asset to our community. We partnered with the City of Salem to build a new playground. Using limited money from the City and grant funding we installed 4 new play structures and replaced the old, dangerous wood chips with rubber chips that were provided through another grant. Though we wished we could’ve done even more, we did the absolute best we could with what we had.

Since that time, we as a community passed a Parks and Rec sales tax that has created a revenue stream that has allowed so much good work to be done. It is important to note though, that no matter how much money we have, the hard work that needs to be done will only be successful by continuing to strengthen and cultivate partnerships. Our most recent project, Billy’s Playground, was a result of partnerships and people working hard together to make a dream a reality and give our small community something truly remarkable.

Healthy Dent County will continue to be a proud partner of the City of Salem and the Parks and Rec Department. Some exciting upcoming projects that HDC and the City are partnering on are the new splash pad that will be installed this spring. HDC is contributing \$10,000 to the project. We are also contributing \$10,000 to purchase new equipment for the concession stands that will allow more foods to be served and more healthy options to be offered. There are also multiple new programs that we are looking to create and reintroduce into the community.

Though it is so incredible to look back at how far we have come in the past few years, it is even more exciting to think about the future. I for one can’t wait to see what our community looks like four years from now. There are few things in my work as rewarding as creating opportunities for kids to play, imagine, and be healthy. I can only hope that I can continue to be a part of that mission for years to come.

# Healthy Dent County Quilt Raffle

Drawing will be held at Girls Night Out  
on March 22<sup>nd</sup>, 2018



*Vintage Picnic  
Cennie James  
2017*

*Ticket Prices:*

*1 for \$5*

*or*

*5 for \$20*



Tickets can be purchased at the Salem  
Community Center @ the Armory  
1200 West Rolla Road, Salem

*You need not to be present to win the quilt.*

# Lifetime Physical Activity Trends



Susie Cahill, Fitness Director

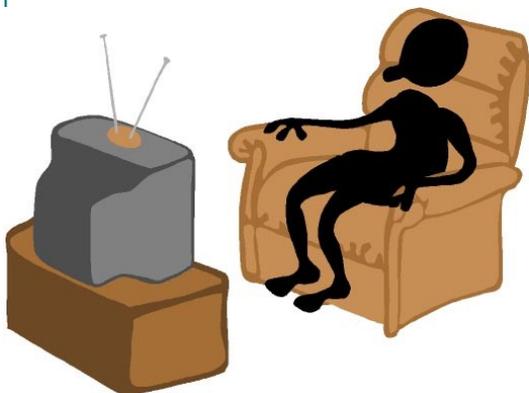
I recently read an article that took me by surprise. The article stated that a 19 year old and a 60 year old both achieve about the same amount of weekly activity. Think about that for a second, a 19 year old and a 60 year old getting the SAME amount of physical activity! I personally have two teenage daughters. What little free time they do have is often spent looking mindlessly at their phones. I know this, but seeing the research in print really disheartened me.

According to the research collected for the article:

- Physical activity levels peak around age 6 and continue to decline into early adulthood.
- Physical activity levels at age 19 mirror levels at age 60
- Physical activity sees an increase at age 20 and begins to decline around age 35.
- Older males are less physically active than older females.

It is suggested that young children become inactive because of school, while higher activity levels in early adulthood might be due to life changes like finishing college or starting a new job. The lasting plateaus that occur in the mid 30's could result from settling into routines once those life changes have been made.

We need to stop this trend! We need to get off the couch, get our kids off of the couch and get moving! We need to teach our children the importance of a lifestyle that includes physical activity. Incorporate family time with physical activity. Make it fun for the family. Hold family challenges after dinner, take family bike rides, enjoy some of our beautiful Ozark trails. Just get off of the couch. I can't imagine what our futures hold if we don't.



Source: *Idea Fitness Journal*; October 2017 Issue  
*Chicago Tribune*; July 21, 2017 Issue

Dr. Ted Ziske, nominated by Dent County Presiding Commissioner Darrell Skiles, was the 2017 Eugene E. Northern Award winner at the MRPC annual banquet on Thursday, October 26.

Dr. Ziske, 91, is a World War II Navy veteran, who has maintained his dental license and served the Salem area since 1954...never retiring. Dr Ziske found his career in dentistry while assigned to the Navy's Dental Corps during World War II. Thereafter, he came home to open a professional dental clinic. During the 1960s, he was the only dentist in the Salem area. Throughout his career, Dr. Ziske has been instrumental in establishing dental care to Dent County and surrounding area and bringing every new dentist to the Salem area. Joined by Dr. Charles Felt, Dr. Ziske established and staffed an oral surgery clinic at the Phelps County hospital, and he arranged for the mining industry to equip a dental facility for Dr. David Johnson in Viburnum.

Dr. Ziske is active in the Ozark Dental Society and the efforts to fluoridate the water supply. He currently supervises the Dental Hygiene School from Missouri Southern State University in Rolla.

Aside from dentistry, Dr. Ziske served 15 years on the Salem R-80 School Board of Education, three terms on the Board of Salem Memorial Hospital, and has been an active member of the Salem Rotary Club for over 20 years...including serving as president. He also volunteers as a first aid instructor for the Boy Scouts.

In the early 1960s, Dr. Ziske was inspired to build a dam on Spring Creek, which spawned a legacy of fishing and recreation that will last for generations. The dam helped to create a 35-acre lake, which Dr. Ziske later donated to the Missouri Department of Conservation to help in establishing the Shawnee Mac Lake area east of Salem. When the conservation agency took it over, they discussed with Dr. Ziske on what to name the area and they decided to name it after Mac, the best bird dog Dr. Ziske ever had, the the Shawnee Indians who used to inhabit the area.

Dr. Ziske is well-known and respected in the Salem area and is always willing to help when needed with a positive attitude.



# FITNESS CENTER



## November Birthdays

Carol Counts	11/1
Sonya Hayes	11/1
Marty Farrar	11/1
Kelsey Nolan	11/1
Beverly Millsap	11/2
Matt Williams	11/2
Hayden Major	11/2
James Gray	11/3
Violet Fulton	11/3
Kathy Schivitz	11/4
Linda Maledy	11/4
Scott Cahill	11/4
Karin Casper	11/4
Cassie Blankenship	11/5
Melissa Wynn	11/7
John Crandell	11/8
Robin Keeney	11/9
Mandy Quick	11/9

Jennifer Deese	11/9
Amber Hogan	11/11
Dannette Nall	11/12
Tyler Sisco	11/12
Rosemary Brys	11/14
Amy Major	11/14
Gabrielle Wisdom	11/14
Deborah Collins	11/17
Daniel Black	11/17
Jonah Gargus	11/17
Michelle Smith	11/18
Gordon Vandivort	11/19
Logan Glenn	11/19
Arlene Cornell	11/21
Keith Inman	11/21
Sonya Watson	11/21
Ashton Mink	11/21
Sam West	11/22

Happy Birthday



Kaela Parker	11/22
Patrick Stephens	11/23
Rob Damouth	11/24
Rosary Warner	11/24
Brian Beck	11/25
Melissa Hardwick	11/26
Sarah Hill	11/26
Pat McCracken	11/26
Troy Hardwick	11/27
Ruth Gilmore	11/29
Randy Link	11/29
Jan Hensley	11/29
Rachel Light	11/29
Aaron Wallis	11/30

Visit our Fitness Library!

Workouts available to use in the classroom:

- High Energy Series –Abs, Thighs & Glutes
- Jane Fonda's Workout Challenge
- Crunch Fitness Dance Party DVD
- P90X DVD's
- Exhale Core Fusion-Pilates Plus, Body Sculpt & Thighs/Glutes
- Core Secrets
- Piyo
- Jari Love-Extremely Ripped
- Biggest Loser Cardio Max

Weekly Classes Offered:

**Monday:**

- Sweet & Low—8:30 a.m.
- Tai Chi—4:00 p.m.
- Power Circuit—5:15 p.m.
- Zumba—6:30 p.m.

**Tuesday:**

- Slow Motion— 10:30 a.m.
- Cardio—12:15 p.m.
- Kickboxing- 5:30 p.m.
- Pilates—6:45 p.m.

**Wednesday:**

- Sweet & Low—8:30 a.m.
- Abs & More—12:15 p.m.
- Yoga—5:15 p.m.

**Thursday:**

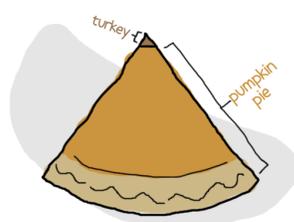
- Power Circuit—12:15 p.m.
- Tai Chi—4:00 p.m.
- Cardio Blast—5:15 p.m.
- Zumba—6:30 p.m.

**Friday:**

- Sweet & Low—8:30 a.m.
- Slow Motion—10:30 a.m.

We are **THANKFUL** for our Fitness Center Members!!!

Thanksgiving Food Pyramid



**REMINDER:** The Fitness Center will be closed for the Thanksgiving Holiday Thursday, November 23; Friday, November 24; and Saturday, November 25.

**Wishing you a safe and happy Thanksgiving!!**

Personal Training:

For Members: \$25 for 1 session or \$80 for 4 sessions

Initial Fitness Assessment FREE- Follow-up evaluations included.

Personal Training Sessions are by appointment only. Please contact Susie Cahill for more information.

**Fitness & Cardio Room Hours:**

- 5 a.m. to 9 p.m. Mon-Thurs**
- 5 a.m. to 7 p.m. Friday**
- 9 a.m. to 12 p.m. Saturday**

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Salem MO 65560

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Fax: 573-729-8393

Fitness Center: 573-739-1127

Email:

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[info@salemfitnesscenter.org](mailto:info@salemfitnesscenter.org)

Find us on the web:

[salemcommunitycenter.org](http://salemcommunitycenter.org)



The Salem Community Center @ the Armory  
provides the following :

Fitness Center

Conference Rooms

Public Computers

Computer Lab

Rural Addressing

Fingerprinting

Continuing Education Classes

Copies & Faxes

Multipurpose/Gymnasium

Health Department Inspected Kitchen

**Reserve your space now @ The Armory for family reunions, wedding receptions, workshops, conferences, and many more events.**

**\*\*BOOK YOUR NEXT EVENT WITH US\*\***

**WE ARE HERE FOR YOU!**

