



Oct. 16 Chapter Meeting

Transportation Options in the New River Valley

Did you know that there's an award winning transit system right here in the New River Valley that not only provides bus service but also specialized transportation for elderly and people with disabilities? Did you know that our region has a Mobility Coordinator who can direct you to transportation resources for non-emergency medical transportation, personal shopping and other related trips? Did you know that the New River Valley has a service that partners with citizens and businesses to connect them with commuting options beyond the single-occupancy vehicle?

Join us on October 16 when we will have staff from Blacksburg Transit, New River Valley Agency on Aging, and the New River Valley Regional Commission to share information on the many transportation options available in the New River Valley and beyond.

Chapter meeting drives Oct 16, Nov 20

Fall Food Drives

Since our Mother's Day Food Drive was such a success and our annual September Food Drive did not make it into the busy September schedule; the Community Service Committee would like to try for success again and have two Fall Food Drives. These will be held during the **October and November Monthly Chapter Meetings**.

The October Food Drive will be held October 16. We will be collecting for Micah's Backpack. Micah's Backpack is a Blacksburg sponsored program that provides healthy meals and snacks to children

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President's Column *by Wendy Baldwin*

From a golden fleece to a golden goose!

How often has this happened to you? Some silly-sounding project that the government is funding gets public attention, and the headline is that your tax dollars are being wasted. In past years, Senator Proxmire used to award "golden fleece" awards for projects that caught his eye. Well, now there is a "golden goose" award which celebrates federally funded research that initially was ridiculed, denied funding, or hard to publish (goldengooseward.org). Why? Because these projects went on to reinvent a field, bring a lifesaving drug to market, or become an economic powerhouse. OK, full disclosure. I have been a member of the selection committee since 2011. Over those years I have read the nominations for weird-sounding projects that make you ask, "Why would anyone do that?" But, the wheels of science grind on and eventually the beauty of the work could be broadly appreciated.

Just recently, Walter Mischel died, best remembered for his marshmallow study. In that study very young children were left alone in a room, with a marshmallow on the table. They could have it, or they could wait until the researcher came back into the room (15 minutes) and then they could have two. As silly as it might seem to have researchers playing with marshmallows, it launched research on the origin of resilience and the importance of resilience that expressed itself in young children for their later accomplishments in school and work. This is not a case of how nature influences the behavior of young children; it is a story of how to identify children who are "low delayers" and help them build the skills to be "high delayers": a much more useful skill. Before the years



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Upcoming Events

- Oct. 15, Award nominations due (see October issue)
- Oct. 16, Fall Food Drive (p. 1, 3)
- Oct. 20, Rotary Club Blood Screening (p. 4)
- Oct 23-24, sale of Jordi Calvera's oil paintings (p. 4)
- Nov. 1, Wine tasting, Whitebarrel Winery 5-7:30 pm (p. 1)
- Nov. 6, General Election (p. 5)
- Dec. 4, AARP Holiday Luncheon, 11:30 am, Warm Hearth Village

Wine tasting, Whitebarrel Winery

Co sponsored with LLI
Thursday, Nov. 1, 5:00-7:30 pm
4025 Childress Road,
Christiansburg
Cost: \$25 (payment to Whitebarrel Winery whitebarrel.com/product/aarp-lli-1_nov_2018/)

Join LLI and AARP members for a fun time at Whitebarrel Winery. The winery will provide either a wine tasting or a glass of wine plus three hot appetizers and a salad. Connect with LLI classmates and AARP members and get to know them better.





Jennie Reilly led a group of about 100 volunteers to plan and implement the fair.

The 2018 Health and Wellness Fair took place at the Christiansburg Recreation Center on Wednesday, September 19. Approximately 130 exhibitors and 435 visitors participated. In addition to health information and screenings, the fair offered exhibits on community services and volunteer organizations. Visitors could learn a lot about the community as well as about their health.

Exhibitor evaluations included the following comments:

The best things about the fair: Delicious food, expansive definition of wellness, friendly helpful volunteers, well planned and organized.

Truly excellent, Best year ever, improves every year.

All exhibitors completing the evaluation want to exhibit in 2020.



Relaxing with a massage

Isabel Berney and Sandy Schlaudecker promote the Funeral Consumers Alliance



Ruth Anne Niles and Sally Anna Stapleton host the AARP table.



Peter Magolda lets Ben Crawford take his picture; with Carolyn Rude



VCOM medical students help with health screenings.

President's Message, continued

when his work was heralded as important, creative, breakthrough work, he was ridiculed for studying kids and candy.

In 2002 researchers were struggling to find a way to describe and make use of an algorithm, or the set of rules, that could make sharing work across internet clients efficient and effective. Turns out that by talking with a colleague, Cray Tovey stumbled on a wildly different way to think about the problem. Why not look at a model in nature that might answer their questions? The model was right in front of them in some 1990s work on honey bees. Honey bees have an elaborate system to ensure that they are efficiently foraging for honey; the core of that work was ideally suited for the challenge of computers sharing hosting services.

Would you want your tax dollars to support studies of how rats respond to massage? Doesn't sound like a good investment, but it certainly was when Tiffany Field began her work. She overcame the reticence to provide support for it. Intensive study of the reactions of rats to stroking laid the groundwork to our understanding of how to treat premature babies. Early work on rats and their growth hit a wall when the researchers could not understand why some rats thrived. The difference was that mother rats licked their pups; if researchers mimicked that touch, the pups would thrive. The breakthrough was recognizing that analogous behaviors (no licking!) with premature humans had an amazing impact. With the massage intervention, premature babies grew faster; that saved \$10,000 per infant in neonatal care costs. Not enough details? I am compressing decades of work into a paragraph! Once research findings become mainstream it is sometimes hard to remember how that work started. Who was the researcher who first

asked questions about why rats thrived and laid the groundwork for an intervention that has impact on babies, families, and hospital costs? In this case, Saul Schanberg.

One more story? How about bone grafts. In the 1960s Jon Weber was a marine geologist at Penn State University studying the chemical composition of coral that he had collected in the South Pacific. He found a colleague (Eugene White) who was using a scanning electron microscope to study materials. He also was a scuba diver interested in coral reefs. With no particular purpose he made molds of the corals in different materials. These were pretty amazing pictures and molds since coral has pores that are uniform and interconnected. All this "curiosity driven" work seemed to just be waiting for a graduate student in 1971 to draw the connection between the coral structure and the needs in bone grafts. Well, you can't actually use coral in the body, but another researcher developed a substitute that retained the coral's microstructure. These coralline bone grafts are compatible with the body; since they do not provoke an immune response they are widely used.

There are so many of these stories, I can share just a few. But there is a unifying theme: research doesn't move in a straight line. When scientists can follow leads, engage their speculative side, and be curious, we all benefit. It is not unusual for scientists to face criticism that their work is not practical or, even worse, that it is silly. We should thank them for staying with their instincts so we can all benefit. This story wouldn't be complete without a shout out to the American Association for the Advancement of Science and Representative Jim Cooper of Tennessee who launched the Golden Goose awards and the other members of Congress who have joined in to celebrate game-changing research.

October food drive, Oct. 16

in need of weekend nourishment. St. Michael Lutheran Church sponsors this program. Let's make this another great success for our Chapter!

Food Items Needed in Individual Serving Sizes

- 100% juice Boxes 8 oz
- Shelf Stable Milk Boxes 8 oz
- Small Fruit Cups
- Chicken or Vegetable Soup 10.75 oz
- Fruit Chews and Granola Bars
- Macaroni & Cheese Singles 2.05 oz
- Oatmeal (Boxes with individual envelopes)
- Canned Vegetables 8 oz
- Spaghettios or Ravioli 14.75 oz
- Tuna 5 oz

The article on the food drives was contributed by Sally Anna Stapleton, sanna418@gmail.com.

November food drive, Nov. 20

For the November Food Drive on November 20, we will be collecting pet food (dog and cat) for homebound seniors. This program is being sponsored by the Agency On Aging. The pet food will be distributed by the drivers for Meals on Wheels.

We are collecting pet food for the first time, but since the need has been identified as being so great, we thought it was time to step up to the plate. "Animal Lovers Unite." Shannon Hammons, Marking Rep for Agency On Aging will attend our November 20 meeting to kick off this drive. Let's show them how successful our Chapter can be. The meeting falls during the week of Thanksgiving. If you are unable to attend but would like to participate, please contact Sally Anna Stapleton, Chairperson, Community Service Committee (sanna418@gmail.com), or Wendy Baldwin, Chapter President.

Items Needed

- Bags of dry dog or cat food
- (Most Seniors have small dogs so buy accordingly)

last sale

Jordi Calvera's Original Oil Paintings for Sale Oct. 23-24 10 am-6 pm, German Club Manor

Jordi Calvera was born in Barcelona, Spain, and emigrated to Venezuela where he met and married Elizabeth (Libby) Cure. In 1979, they moved to Blacksburg where Libby began teaching Spanish at VT and Jordi painted on a daily basis, inspired by the beautiful landscape of the area he had loved at first glance.

Jordi's subjects include barns, snow, ballet dancers, farms and fields, sunsets, nature, horses, streams, rivers, farming, flower still life, seasons, mountains, birds, bull fighters, still life, bison, berry picking, children, clown, landscapes, running, gold, guitar, sheep, cows, basket weavers, fishing, soccer, coffee break, baseball, lawn mowing, figures both stylish and surreal.

Framed or unframed, the paintings will be sold for 50 cents per square inch. Prices range from \$40 to \$600. All are signed, and the provenance of each painting was recorded in Jordi's own hand on the back of each canvas.

Jordi was a member of the Blacksburg Regional Art Association until his death in 2016. This sale is intended for AARP member Libby to honor Jordi and share his collection of over 200 pieces with those who loved him, and with art lovers in general. Libby, her friends, and members of the BRAA will be holding this event, the last sale of Jordi's paintings, in the beautiful German Club Manor in Blacksburg.



Jordi with some of his paintings

HD Broadcasts in Christiansburg Opera, Ballet, Theatre, Classic Movies

The Regal Cinema in Christiansburg (110 New River Road) shows HD broadcasts of Metropolitan Opera, ballet, and theatre performances and classic movies.

Metropolitan Opera (tickets \$22 senior)

Opera synopses and cast listings are available for each performance at metopera.org/season/in-cinemas/ Scroll down, hover over the opera title, then click on "synopsis & cast sheets" in the upper right.

2018 Encore performance 6:30 pm the following Wednesday

Oct. 6	<i>Aida</i>	12:55 pm
Oct. 20	<i>Samson et Dalila</i>	12:55 pm
Oct. 27	<i>La Fanciulla del West</i>	12:55 pm
Nov. 10	<i>Marnie</i>	12:55 pm
Dec. 1	<i>The Magic Flute</i>	12:55 pm no encore
Dec. 15	<i>La Traviata</i>	12:55 pm

2019 Encore performance 6:30 pm the following Wednesday

Jan. 12	<i>Adriana Lecouvreur</i>	12:55 pm
Feb. 2	<i>Carmen</i>	12:55 pm
Mar. 2	<i>La Fille du Régiment</i>	12:55 pm
Mar. 30	<i>Die Walküre</i>	12:00 pm
May 11	<i>Dialogues des Carmélites</i>	12:00 pm

Bolshoi Ballet (\$15 senior)

Nov. 11	<i>La Sylphide</i>	12:55 pm
Dec. 2	<i>Don Quixote</i>	12:55 pm
Dec. 23	<i>The Nutcracker</i>	12:55 pm
Jan. 20	<i>La Bayadere</i>	12:55 pm
Mar. 10	<i>The Sleeping Beauty</i>	12:55 pm
Apr. 7	<i>The Golden Age</i>	12:55 pm
May 19	<i>Carmen Suite/Petrushka</i>	12:55 pm

National Theatre Live

Oct 22	<i>Frankenstein</i>	7 pm
Oct 29	<i>Frankenstein</i>	7 pm
Dec. 6	<i>Antony and Cleopatra</i>	7 pm

Classic Movies 2 pm, 7 pm

Oct. 14, 17	<i>Mr. Smith Goes to Washington</i>
Nov. 11, 14	<i>Die Hard</i>
Dec. 9, 12	<i>White Christmas</i>

For more information and titles, see www.fathomevents.com.

Rotary Club Blood Screening

LewisGale Hospital-Montgomery Lobby

6:30-10:00 am Cost \$40

For an appointment, please pre-register online at

www.rotary7570.org/blood or call 540-951-8988

Legislative Report *by Val Coluni*

1. School Safety: Armed Teachers? The recent national tragedies in our schools have caused a few school boards/school districts to believe the only available solution to the problem is to arm a voluntary cadre of teachers and other school staff to carry their arms onto school property. One of our boards/counties(Lee) has recently made such a proposal and they had community support. Such a plan requires State approval. Our State Attorney General has already ruled that such a plan is unlawful. The District/School Board still wanted to proceed further even though many of our top law enforcement staff are also against it along with gun control advocates, the largest State Teacher's Union and others. This District has considered other actions such as more effective security building access systems, hiring more resource officers as well as hiring more health care staff. But they allege the budgets do not provide the necessary funds to do this. They also came up with another proposal that if they considered some of the armed teachers as "special conservators of the peace" that would eliminate the current objections of their plan. Some other states have done just that. But once again a state agency (Criminal Justice) rejected their application. This District/School Board is now considering other options. There is currently a committee in the Virginia House reviewing previous recommendations on this subject but none of those include arming teachers; they will make their recommendations when the Assembly resumes in January 2019.

2. Redistricting (Gerrymandering) The special session of the General Assembly (GA) failed to agree on a solution to the problem (racial gerrymandering) in 11 counties of eastern Virginia. The court has ruled that the GA must submit a plan to correct the deficiencies and submit it to the court no later than October 30. In the meantime, both GA parties submitted new plans, but again they could not come to an agreement. If the Governor feels that it is unlikely that the two parties will come to an agreement, he then could ask the court to come up with their suggested plan and then submit it to the GA for their approval. More than likely that plan would be approved by the GA and the Governor.

3. Uranium Mining in Virginia? The for and against arguments will now be heard in the U.S. Supreme Court as a result of several interested parties (Virginia Uranium, the Nuclear Energy Institute, U.S. Chamber of Commerce) charging that the mining moratorium against such mining passed by our General Assembly in 1982 is not proper. They state that it undermines the Federal Governments regulatory power, encroaches on the Atomic Energy Act, adversely affects the advancement of clean energy and threatens the U.S. nuclear industry. The economic consequences of this issue are enormous: our southern border is the nation's richest source of the mineral used in nuclear reactors (Pittsylvania County near the Town of Chatham) One estimate is that the deposits are worth \$10 billion dollars and the land is privately owned. Lower courts have not ruled against the moratorium and our current Governor supports it. We also have here the issue of states rights vs. federal rights--who should be in charge?

Environmentalists worry that mines and waste deposits are risky in land that is subject to earthquakes and floods. Uranium mining also threatens health.

November 6 General Election

US Senate Tim Kaine, D (incumbent)
Corey Stewart, R

US House District 9 Anthony Flaccavento, D
Morgan Griffith, R (incumbent)

Virginia General Assembly District 8 (Greg Habeeb's seat)
E. Carter Turner III, D
Joseph McNamara, R

Blacksburg Town Council Jerry Ford (unopposed)

Proposed constitutional amendments

1. Partial tax exemption for real property that is subject to recurrent flooding
2. Partial tax exemption for certain veterans and their surviving spouses

For the text of the amendments, see

<https://www.elections.virginia.gov/election-law/proposed-constitutional-amendment-2018/index.html>

If you need a **Voter ID**, you can get one for free at the Office of Voter Registration. In Montgomery County, go to 755 Roanoke Street, Suite 1F, Christiansburg.

Flaccavento-Griffith Forum: Salem, Oct. 22

Salem Civic Center, 7 pm. Reserve tickets at www.s-rcchamber.org. Go to Events, then Events Calendar. Tickets are free.

Morgan Griffith declined invitations by the Leagues of Women Voters in Montgomery and Washington Counties for forums in Blacksburg and Abingdon, preferring forums organized by Chambers of Commerce.



Blacksburg Chapter #2613

Chapter meetings are the third Tuesday of each month at the Blacksburg Community Center, Patrick Henry Drive at 11:30 am. There are no meetings in July or August. Board meetings are the first Tuesday of each month at the Blacksburg Community Center at 10:00 am.

Chapter Officers 2018

President • Wendy Baldwin, wendybburg@gmail.com
Vice President • Jerry Niles, niles@vt.edu
Secretary • Pat Hyer, hyerp@vt.edu
Treasurer • Pat Ballard, pballard@vt.edu
Assistant Treasurer • Ruth Anne Niles, rniles2@icloud.com

Board of Directors

- 2018—Wendy Baldwin, Ryan Martin, Lisa Moose
- 2019—Tamara Hodsdon, Peter Magolda, Jim Montgomery, Wanda Smith
- 2020—Isabel Berney, Jeananne Dixon Bame, Hugh VanLandingham


Newsletter editors: Carolyn Rude, Sandra Griffith

AARP Website: www.blacksburgaarp.org



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 Wendy Baldwin, President
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**Nonprofit
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Blacksburg Chapter  Member Application for 2018

Name: _____

Spouse/Partner: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Annual (Calendar Year) Dues: **\$15.00** (includes spouse or partner)

New ___ Renewal ___ 90+ years old (free) ___

Please consider an additional donation to support our AARP chapter and its projects. \$10___ \$25___ \$50___ \$100___ Other \$___

Donations to the Blacksburg Chapter help us carry out our mission and community service activities while keeping member dues as low as possible. However, donations to the chapter are not tax deductible.

Please make your check payable to "Blacksburg AARP Chapter #2613."
 Mail the check and this form to: .

Ryan Martin • P.O. Box 10082 • Blacksburg, VA 24062