

Lowman Residents Join Facebook

The Heritage at Lowman continues its exciting partnership with BeWell and the University of South Carolina in offering computer classes for residents and members of the community.

The students from USC who organized this year's classes decided to stretch the limits of what is expected from a computer class. In fact, some of our residents will soon be on Facebook – but more on that later.

Students from Dr. Karen Patten's Senior Computer Class at USC came to the Heritage at Lowman to meet with Mary Bendziewicz, director of independent programming, and visit the BeWell Computer Lab. They decided that a new approach was needed to coax more people into participating in the classes this year.

Dr. Patten and her students scheduled a "Kickoff and Open House" event to highlight the program. They sent invitations out to all current residents and even some prospective ones in the community. The Open House was held in the Computer Lab so that all who were interested could see where the classes would be held. Six students were on hand that day to help visitors begin their understanding of the personal computer (PC). The students had also prepared a list of

upcoming classes along with sign-up sheets for each class.

Three computer classes for beginners were offered during the month of February, and most of the Computer Lab's PCs were occupied during each class. Each class member received individual attention and instruction from the USC student-instructors. By the end of classes, each resident had learned how to set up an e-mail account and browse the Internet. DaySpring residents Tom Culbertson and Joe Maurer assisted by opening up the Computer Lab each Thursday afternoon to give residents time to practice on the computers.

In addition to the regular beginner classes, Dr. Patten and her students developed ten individual workshops covering a variety of computer-related topics. The workshops began in March and will run through April 15. Topics include Basics of Microsoft Word, Computer Security, Shopping Safely Online, and Facebook Parts 1 & 2.

Basics of Microsoft Word teaches how to create, store and send Word doc-

uments by e-mail. Computer Security instructs users on how to keep their PCs safe from viruses, spyware, and other threats. Shopping Safely Online shows how

to take advantage of the convenience of shopping online in a safe and secure manner that protects credit card and other personal information. Many residents and community members who have been using computers for years are excited about the opportunity to expand their knowledge of PC use that the workshops provide.

And then there's Facebook, the new social networking Web site that allows people to interact with family and friends, and meet new friends along the way. Offering a workshop on Facebook was Mary Bendziewicz's idea. She uses Facebook to stay in touch with her son, Sam, who is at Georgia Tech, so she knew this free service would be a great



Residents explore all that Facebook has to offer

way for residents to communicate with grandchildren in college or family and friends who reside out of state.

Time magazine recently carried an article entitled "Facebook is for old fogies." Of course, the "old fogies" the author was referring to were other middle-aged folks such as he, but Facebook is for senior citizens as well. Learning about Facebook will give residents at the Heritage at Lowman the opportunity to introduce a whole new demographic to the online community!

Learning how to use a personal computer can open up a whole new world for you. For more information or to sign up for a computer class, please call Mary Bendziewicz at 451-7420.



Page 2 – Points of Progress

Features

Page 3 – Golden Eagle Evening



the Heritage at Lowman Village Messenger

VOL. 7, NO. 4, APRIL 2009

PUTTING IT TOGETHER: Volunteer Programs Don't Just Happen

It may appear that volunteers just happen to drop by the Heritage at Lowman on a whim and start "doing their thing," but that's not the way it happens.

The volunteer program at the Heritage at Lowman has historically been very well-organized, with a professional coordinator on staff. The Volunteer Coordinator directs a host of willing and motivated groups and individuals in the seemingly endless opportunities for volunteer service that a continuing care community such as ours provides.

For example, Don Wicker so ably assists Chaplain Lyerly with the Wednesday morning chapel services that you would think he was professionally trained for this duty. In reality, Don was retired from the U.S. Navy and the S.C. Department of Transportation and looking for a way to do something for others. His pastor led him to Lowman, and Don found that the role of lay minister was just what he was looking for. Don has been faithfully fulfilling that volunteer role for over six years now.

The volunteer services program was started in the mid-1960s under the leadership of the Rev. Kenneth Webb (then President of Lowman Home) and Mrs. Bernice Moose, a pastor's widow who had moved into a Lowman cottage in 1963. The program continued to grow as congregational women's groups responded to

the invitation to participate.

Visiting with the residents in assisted living and the nursing center, putting on entertainment events, taking residents on trips to local points of interest, sewing aprons and tablecloths—these and whatever else was needed became the activities of volunteer women and men who regularly came to enhance the lives of residents, while enriching their own. Some of the original congregational groups are still visiting our campus over 40 years later!

The Bernice Moose Activities Center was dedicated in May 1977 as the campus focal point for volunteer activities. As time went on, volunteer activities were shifted over to the Daily Life Center, where Frances Derrick took on volunteer coordination as one of her various responsibilities.

One of the ladies who made regular monthly visits during those years was Mary Elizabeth Honeycutt of Columbia. After Mrs. Honeycutt reached age 95, her daughter, Kathy, started accompanying her on visits. Mrs. Honeycutt now resides in the Rehabilitation and Healthcare Center, and Kathy not only continues to make monthly visits with her group but she also plays piano for worship services in her mother's building as well as in Taylor Building. Betty Park is another volunteer who started visiting with her mother. Why do these daughters continue with their volunteer activities when they have so much else going on in their lives? Kathy's answer sums it up for most of our volunteers: "I come to the Heritage at Lowman because there is a real need for volunteers here," says Kathy. "Plus I really enjoy doing it!"

Francis Derrick eventually retired, and Diane Trantham took over as Volunteer Coordinator. During this time, volunteer activities were coordinated through the activities directors in each building. But in January 2002, David Lever, Administrator of Active Lifestyle and Residential Care, invited Betty Park to take on the Volunteer Coordinator role. One of Betty's first initia-



Residents always enjoy when Levi the Great Dane comes to visit for Pet Therapy

tives was to create a virtual Santa's Workshop, a group of volunteers she organized to handle the Christmas project, which provides gifts for residents in assisted living, nursing care, and the Bethany Building. By taking on the Christmas project, Betty was able to relieve the activities directors and their staff from those responsibilities and free up their time for their regular duties. Betty believes it is the role of volunteers to complement the work that the staff are doing.

Betty's uncanny ability to match a volunteer with a particular need helps make the volunteer program so successful. About six years ago, Bob Newhart, who lives near Lowman's campus, came to the volunteer office looking for a "job." Bob's wife had recently died and he needed something to fill his days and relieve the loneliness. Betty asked him to take a walk—that is, to take a walk with Doug, one of our blind residents. Apparently, Bob liked his assignment because twice a week for six years now, he and Doug have taken their walks around the lake.

(Continued on page 2)

Volunteers Come In All Ages

On March 1, a group of twenty-one children from Redeemer Lutheran Church and their chaperones arrived at the Heritage at Lowman to visit with residents and sing a few songs for them. Their first stop was at the DaySpring home of Fred "Tiny" Meeh and his wife, Dot.

From previous visits, the young folks remembered Mr. Meeh as "The Candy Man" because he is known for always having candy on hand for his visitors. The

kids sang "Jesus Loves Me" for the Meehs and spent time talking and reminiscing. As they were leaving, each child received a bag of candy from the Meehs along with a hug of thanks for the visit.

The little ones then headed to Boliek Apartments and Bethany Memory Support to visit with residents and share the joy and sense of wonder that only children can bring. The children of Redeemer Lutheran Church show that anyone can volunteer their time and talent regardless of age.



Children from Redeemer Lutheran Church visit with DaySpring Residents Fred and Dot Meeh

the Heritage at Lowman • P.O. Box 444 • White Rock, SC 29177

Residential 803-732-8800
Rehabilitation & Healthcare Center 803-732-3000

Contributing Writers
Nancy Minard-Bowie
Mary Bendziewicz
Cathy Long
Helen Sanders

Editor
Sandy Wright

Photography
Mary Bendziewicz

Publication Designer
Nancy Minard-Bowie

300 Ministry Drive
Irmo, SC 29063

If you no longer wish to receive the Village Messenger, please call 732-8800 ext. 7414

Non-Profit Org.
US POSTAGE
PAID
Columbia, SC
Permit No. 1212



Master Gardeners Share Growing Experience

Margaret Zeigler's DaySpring neighbors know very well that she is a master at gardening. Jim Mooneyhan, who lives in the Boliek Apartments, has been a Master Gardener since 1982, having worked through the Clemson Extension Service to earn that designation. These two were among a group of Lowman residents who attended the "Essentials of Gardening" classes presented by Master Gardeners of Lexington County over four consecutive Saturdays in February and March.

The South Carolina Master Gardener Program is a volunteer training program administered by the Clemson University Cooperative Extension Service. Participants receive at least 40 hours of intensive, practical horticultural training, after which they are expected to donate at least 40 hours of service either in the Extension office or in the community. One of the ways that Master Gardeners share their knowledge and skills is by presenting to senior groups, which is how the Master Gardeners of Lexington County came to the Heritage at Lowman.

A variety of gardening topics were covered over the

four-day period, including such subjects as composting, developing a habitat yard, container gardening, and pest control. Despite her extensive gardening experience, Margaret was still eager to attend the classes. "You never can know enough about gardening," she said. "And these classes provide a wealth of information."

Dr. Bill Carson, registrar for the four sessions, was pleased with the turn out. "We do this as a public service," he said. "Our goal is to reach out to a community for the benefit of new and experienced gardeners who are eager for help and new information. And I always learn something new from the attendees."

Fred Merrill joined Jim Mooneyhan for the classes because they are planning a summer project for the courtyard at Boliek. They are going to dedicate one of the raised planters to flowers and one to vegetables. This is an opportunity for Jim to put his ten years' of experience on James Island as a test planter for a national gardening magazine to good use. Friends and neighbors are eagerly



Lowman residents attend the Master Gardeners of Lexington County program

awaiting the results!

Four Saturday mornings, twelve captivating topics, and gardeners of all stripes eager to exchange experiences and information—it all adds up to a successful spring series of gardening classes here at the Heritage at Lowman. The community is most grateful to the Master Gardeners of Lexington County for giving of their time and talent to help our budding plant enthusiasts flower

Wellness Wednesday Takes Residents Back On The Road to Victory!



Barbara Mooneyhan presents 'Road To Victory' documentary to residents

On February 25 and March 11, the Heritage at Lowman presented a two-part series called "Heart & Soul of War" as part of the Wellness Wednesday program. The series was hosted by Barbara Mooneyhan, who is the daughter of Boliek resident, Jim Mooneyhan. "This program came about as the result of encouragement from my father," said Barbara.

Back in 1995, as the country was celebrating the 50th anniversary of the end of World War II, Barbara Mooneyhan and husband, Everett Davis, felt that something needed to be done to honor heroes like her dad, something more than the speeches and fireworks that were part of the celebration.

During the centennial celebration, the sacrifices of WWII veterans and their families were in the forefront of the minds of American audiences, and veterans everywhere were being encouraged to share their experiences from the great conflict. This inspired Everett to write a stage play called "Road to Victory," which he based on a radio program from the period. It was a musical enhanced with archival video and audio from the WW II era. Everett wrote the play as a tribute to the sacrifices of the men, women, and families who were separated by war.

During the process of writing and producing the play, Barbara learned that her own father and mother were sepa-

rated after only 2 1/2 weeks of marriage when Jim was deployed overseas. "I never knew he had taken part in the assault on Omaha Beach on D-day, or that he had helped build the reviewing stands for the liberation of Paris, or that he had taken over for a wounded captain at the Battle of the Bulge."

"Road to Victory" has now been performed on stages in Columbia, Sumter, Charleston, Augusta, Charlotte and Washington, DC, and for such events as the 60th anniversary of the Doolittle Raiders, the visit of the Merchant Marine Ship *The John W. Brown* and the dedication of the World War II Memorial in Washington, DC.

Jim knew that his daughter had filmed her stage production, and he was eager for his Lowman friends to have the opportunity to see the video version of the stage show. Needless to say, they were both very pleased to see the room filled to capacity on both afternoons the film was presented.

"This is a very special generation of people," Barbara told the audience. "We salute their endeavors on both the battlefields and at home. It was truly an honor and a privilege for us to bring this production to the Heritage at Lowman."

Everett encourages anyone who is interested in sharing his or her own experiences from WW II to call him at 803-345-3092.

Volunteer Programs

(Continued from page 1)

But as often happens, Bob's volunteering did not stop there. He enjoys riding along on the bus that takes residents on their weekly grocery shopping trips. Bob helps shoppers on and off the bus and carries their packages to the bus and into their homes. He also visits residents in the Rehabilitation and Healthcare Center. Betty knows a good volunteer when she sees one, and she sure found one in Bob Newhart.

One volunteer program that Betty Park would like to see expanded is the "petting project," which arranges for companion animals and their humans to visit residents here at the Heritage at Lowman. There are currently five actively visiting pets: Lucy, who comes with Jondy Loveless; Lucky, a standard poodle who visits with a local sheriff's

deputy; Linda Davis' retired greyhound, Rita; Levi, the Great Dane who loves hugs and kisses; and India, a trained service dog. The bond of friendship that pet therapy provides is proven to be mutually beneficial to pet and person alike. The volunteer office would welcome a call from anyone who is interested in bringing their pet to visit with residents here on campus.

Appreciation is expressed to all the faithful volunteers at the Heritage at Lowman, including Mrs. Park who works as a volunteer, for giving selflessly of their time and talents to enrich the lives of Lowman residents and staff.

As part of the National Volunteer Week celebration, the Annual Recognition for Lowman Volunteers is scheduled for Tuesday, April 21 at 3:00 p.m. Invitations with more details will be in the mail soon.

DAYSRING APRIL ACTIVITIES

■ Tai Chi for Arthritis

Monday and Wednesday mornings in April at 8:15 a.m. in the Hoefler Gallery (moving outside to the Picnic Pavilion when warmer weather comes). Tai Chi is one of the most effective exercises for physical and mental wellbeing and is especially effective for arthritis relief. Please call Mary Bendziewicz at 451-7420 to register and start enjoying the benefits of Tai Chi. Members of the community are welcome to participate.

■ Tour of Georgia Pacific and Trip to Plant & Flower Show

Friday, April 3 leaving at 9:30 a.m. from the Daily Life Center. We will be heading to Prosperity for a tour of the Georgia Pacific Plant, which processes pine trees into chips, pulp, and other products. Following our tour, we will enjoy a Dutch treat lunch before returning to Columbia to attend this year's Plant & Flower Show at the State Farmer's Market. Just in time for spring planting! Please call Mary Bendziewicz at 451-7420 to sign up for the trip.

■ Sailing on Lake Murray

Tuesday, April 21, leaving at 4:00 p.m. from the Daily Life Center. Winward Point Yacht Club has invited residents to join them for a sail on Lake Murray. Members of the Yacht Club will take us out on their personal sailboats for a wonderful evening on the lake. Rain date will be April 28. Call Mary Bendziewicz at 451-7420 to sign up for the trip.

■ Book Club

Thursday, April 23 at 10 a.m. in the

★★★ Please check your DaySpring Calendar for changes ★★★

Points of Progress

In an effort to keep our readers updated on the campus redevelopment effort, we will be including a Points of Progress article in each issue of the Village Messenger until major construction has been completed. This ongoing feature will inform readers on near-future construction matters, especially those that affect residents at The Heritage at Lowman.

Last month's Village Messenger featured a front-page article on the Groundbreaking Ceremonies that provided various specifics of the redevelopment plan. Since the groundbreaking, substantial demolition has taken place in the Daily Life Center, including the removal of interior walls, doors, ceilings, duct work, and floor coverings.

With the interior demolition nearly completed, the contractor expects to begin work on new walls, electrical service, plumbing, and heating and air in the Wellness Center within the next two weeks. The Beauty Salon is the first area scheduled for completion and should be accessible to residents within eight weeks.

A new system of underground pipes has been constructed between the Daily

Hoefler Gallery. Our selection this month is "Woman of the Frontier" by Zane Grey. Chuck Pfeiffer, world-renowned authority on Zane Grey, will be leading the discussion. Come hear one of our favorite facilitators paint the picture that goes along with the story!

■ Game Night

Monday, April 27 at 6:00 p.m. in the Hoefler Gallery. Come join us for our usual Bunko and some new games as well. As always, we will be playing Wii.

■ Wellness Wednesday – Life Line Screening Program

Wednesday, April 29 at 2:00 p.m. in the Hoefler Gallery. Christine Ahrens from Life Line Screenings will present this educational program about these life-saving screenings that are effective in preventing most strokes. She will also be scheduling appointments for screening day, Friday, May 8 at Bethel Lutheran Church. Members of the community are welcome to participate. For more details, please call Mary Bendziewicz at 451-7420.

■ Columbia Museum of Art and State House Tour

Thursday, April 30, leaving at 11:30 a.m. from the Daily Life Center. After a Dutch treat lunch, we will head to the Columbia Museum of Art to view the "Turner to Cezanne" exhibit. We will then venture to the State House for a tour of our historic capitol building. The cost is \$12 in advance for the museum's entry fee. Please call Mary Bendziewicz at 451-7420 to sign up for the trip.



Workers dig trenches to put in new waterlines for the pool and spa

Life Center and the front of Boliek to divert water away from the area. This is necessary to install the foundation for the new building, which will house the pool. An additional waterline is being run from the city's main line on Highway 76 through the Haltiwanger parking lot and across the front lawn of the Daily Life Center to the site of the new pool.

A camera has been installed on the front of the Boliek building to feed live pictures of the pool construction to our Web site and to monitors placed in buildings throughout the campus. Residents should find it especially interesting to watch as the new pool is being built.

For now, please excuse the temporary inconveniences as we continue Building for a Second Century here at the Heritage at Lowman!

Easter Changes All Things

— BY CHAPLAIN LYERLY

My mother had this thing about Easter. To her, the scientific realities of calendar date and seasonal temperature meant nothing. What truly mattered to her was the theological reality that the world, and especially her world completely changed with the arrival of the Easter season.

For instance, my mother believed that short-sleeved shirts, Bermuda shorts, sandals, and certain colors simply should not be worn before Easter. However, come Easter Sunrise Service this became my designated wardrobe despite any frantic protests I might make about the freezing temperatures and frost on the ground. Her answer was always, "It is not cold. It is Easter!" In fact, she had already packed up our woolen coats and sweaters in the mothballed closet where they would remain undisturbed until next fall,

no matter how the weather might change.

By the same token, she insisted that the windows of our home be washed inside and out, draperies and Venetian blinds taken down and cleaned, throw rugs thoroughly beaten, and lawn furniture hosed down by Easter. It was almost as if she wanted us to prepare for the Risen Lord's appearance in our home.

To my mother, Easter was the turning point that changed all of life, even down to daily routine. This testament of faith prevailed even over my St. Thomas-like earthly experiences of seeing with eyes only and touching goose bumps with my hands. Of course, theologically she was correct, and she taught me a great lesson—Easter does change all things. It changes how we experience life and how we experience death. It changes not only what we shall experience in the world to

come, but also how we experience life in the here and now.

The Risen Lord will most certainly greet us at the Golden Gate, but He wants to greet us each new day here on Earth as well. Because He lives within us, we are able to live in a rich and meaningful way. Because Christ triumphed over all the adversity that this sin-filled world could heap upon him—even death, the ability to triumph over adversity and death has been given to each and every one of us.

Easter changes things for us in this world! Easter changes losers into winners, victims into victors, despair into hope, tragedy into triumph, and death into life. Our annual Easter celebration reminds us of these facts and serves to reinforce our faith. Come celebrate the greatest of gifts, and know that Easter changes all things for those who believe.

Chapin High School's Golden Eagle Evening is Out of This World!

On the evening of March 7, residents from the Heritage at Lowman attended the Chapin High School Golden Eagle Evening. For over a decade, the school's student government has sponsored this annual event where senior adults in the Chapin community are invited to come and enjoy a delightful evening of dinner, dancing, and entertainment. The event is funded entirely by donations from student organizations and local Chapin businesses.



Bill and Sandra Lewis enjoy an evening under the stars at the Chapin Golden Eagle Evening

As residents arrived, they were escorted to their tables by members of Chapin High School's ROTC. For the

rest of the evening, student volunteers attended each table acting as servers and wait staff. The theme for this year's event was "Out Of This World," so the students had decorated the entire room

with stars and planets.

The residents thoroughly enjoyed mingling and dancing with the high school students and other senior adults from the Chapin community. The Heritage at Lowman's own Sarah Sammons demonstrated her dancing talents, showing that even using a walker, "you can still shake a leg." The residents truly had an "Out of This World" experience that night, and they are all looking forward to next year's event.

Welcome NEW RESIDENTS

Geneva Baker – Deems Haltiwanger
Louise Gamer – Boliek Apartments

MARK YOUR CALENDAR APRIL EVENTS

The following are highlights only. Check your distributed monthly calendar for a complete listing of activities and trips. Any changes will be announced or posted on bulletin boards.

Residential & Independent Living

■ 1 Luncheon at St. Luke Lutheran Church in Summerville, leaving at 9:00 a.m. with pick-up at Haltiwanger and Boliek and return around 3:30 p.m. Space is limited so please reserve your seat early.

■ 2 Luncheon at Good Shepherd Lutheran Church in Columbia, leaving at 11:15 a.m. with pick-up at Haltiwanger and Boliek. Space is limited so please reserve your seat early.

■ 6 Town Hall Meeting at 4:00 p.m. in the Hoefler Gallery

■ 7 Columbia Area Community Jazz Band at 7:15 p.m. in the Hoefler Gallery

■ 8 SCANA Program - Green Initiative at 2:00 p.m. in the Hoefler Gallery

■ 9 Maundy Thursday Service at 10:00 a.m. in the New Life Chapel

■ 9 Luncheon at St. Peter Lutheran Church in Chapin, leaving at 11:00 a.m. with pick-up at Haltiwanger and Boliek. Space is limited so please reserve your seat early.

■ 10 Good Friday Service at 10:00 a.m. in the New Life Chapel

■ 12 HAPPY EASTER!

■ 12 Wal-Mart Shopping, leaving at 9:30 a.m. with pick-up at Haltiwanger and Boliek

■ 25 Luncheon at St. James Lutheran Church in Lexington, leaving at 11:15 a.m. with pick-up at Haltiwanger and Boliek. Space is limited so please reserve your seat early.

■ 27 Monthly Birthday Party w/Lake Murray Elementary School Tone Chimes Performance at 2:30 p.m. in the Hoefler Gallery

■ 29 Memorial Service at 10:00 a.m. in the New Life Chapel

■ 30 Dutch Fork Choral Society at 6:30 p.m. in the New Life Chapel

Please note the following changes in the schedule for grocery shopping trips in April:

■ 1ST WEEK – no shopping due to recent trip on Monday, March 30

■ 2ND WEEK – shopping on Monday, April 6

■ 3RD WEEK – shopping on Friday, April 17

■ 4TH WEEK – shopping on Friday, April 24

■ All grocery shopping trips leave at 9:30 a.m. with pick-up at Haltiwanger and Boliek.

REMINDER: It is important to sign up for all trips as soon as possible to reserve a seat on the bus. You are not guaranteed a seat unless you call Cathy Long at 451-7406 to register!



Holy Wednesday—April 8
New Life Chapel—10:00 a.m.

Maundy Thursday—April 9
Holy Communion and Cleansing of the Altar in all worship venues:
• New Life Chapel—10:00 a.m.
• Taylor Building—11:15 a.m.
• Bethany Building—1:30 p.m.
• Rehabilitation and Healthcare Center—3:00 p.m.

(Remembering that Christ served us and gave his life for us, a special **Maundy Thursday Offering** will be collected to help us serve others through our Subsidized Care Fund, helping residents continue to live at the Heritage at Lowman if their financial resources dwindle)

Good Friday—April 10
Tenebrae Services (shadows of darkness falling upon the "Old Rugged Cross")
(Same times and venues as Maundy Thursday services above)

Easter Sunday Holy Communion Amid the Beauty of the Lilies
• Taylor Building—9:00 a.m.
• New Life Chapel—10:00 a.m.
• Rehabilitation and Healthcare Center—11:15 a.m.
• Bethany Building—2:30 p.m.

Thanks to those who purchased and dedicated lilies to enhance our worship services. Special thanks to the many volunteers who take time away from families and home congregations to share their musical talent in helping us make a joyful noise unto the Risen Lord through our Easter music selections.

APRIL BIRTHDAYS

- 3 – Betty Lowry
- 4 – Winona Blackburn, John Yost
- 6 – Lucille Harris
- 7 – Mary Hopkins
- 8 – Liberty Geronimos
- 9 – Sybil Dowda
- 10 – Ruth Cannon
- 12 – Mildred Whelms
- 13 – Clarence Blalock
Thelma Counts
- 15 – Lois Middlebrooks
Fred Wood
- 20 – Lora Duke
- 21 – Lessie Summer
- 22 – Fred Merrill, Fances Seback
Carolyn Whelless
- 23 – Gerald Cummings
- 24 – Charles Nicol
- 25 – Ella Cooke
- 26 – Luetta Dreher
- 30 – Helen Byars, Virginia Kemp