How to live your best life in Columbia over 50

PROFILES
Read the stories of remarkable people in Columbia who are making their mark as they age.

GUIDES
Learn how to navigate the resources available to older Missourians throughout this section.
BOOMTOWN

Columbia is a welcoming community for older adults, who find it a stimulating place to engage in service, find new pursuits, change careers and share their talents with others. For those over 50, the city can be a place to sink roots and discover a fulfilling quality of life. Inside you’ll find out how others are doing it.

WILLIE TRENT
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PAT ETIENNE
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She has been living a rich life of service, despite a diagnosis of Alzheimer’s disease seven years ago.

HEATHER FOOTE
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A sculptor and registered nurse, she was determined to play the bagpipes.

VALERIE DUEVER
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On top of their day jobs, she and her husband run a thriving business keeping bees.

ON THE COVER
BRENDA SELMAN
finds that art keeps her mentally healthy. See Page 24

Photo by Jennifer Mosbrucker

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CARE CONSULTATIONS
A care consultation is a free, one-on-one planning meeting for families living with Alzheimer’s or another form of dementia. A social worker provides information and support, enabling families to better understand the disease, manage care, and make decisions regarding services and treatments.

1st Tuesday & 3rd Thursday each month
Alzheimer’s Association Columbia Office
Register at alz.org/greatermissouri, or call 314.801.0399

RESpite
The Alzheimer’s Association provides modest financial assistance to caregivers to help with the cost of respite support (time off) and/or products, equipment, safety services, and legal guidance. Specific respite needs and level of assistance available are identified during a care consultation. For more information, call 314.801.0399.

TELEPHONE SUPPORT

Dementia Mentors
Caregivers receive monthly confidential calls from an experienced dementia caregiver who can share coping strategies and also details on resources available.

Let’s Talk
People with early-stage dementia are linked through a supervised peer support program to share information and coping strategies, reduce social isolation, and provide emotional support.

EDUCATION
Living with Memory Loss
Four-part evening class May 14, 15, 21, and 22 (free dinner May 22)
MU Adult Day Connection, 137 Clark Hall, Columbia, MO
This class is open to people with early-stage memory loss/dementia of all types. Family/friends are encouraged to attend. Topics covered include disease basics, safety, coping strategies, and available resources. For more information, class times or to register, call 800.272.3900.

SUPPORT GROUPS
A support group is a safe place to learn, offer and receive tips, and meet others coping with Alzheimer’s or another form of dementia. Groups are free, open to the public, and meet monthly.

GENERAL CAREGIVER GROUPS
Missouri Veterans Home
3rd Wednesday | 1:30 p.m. Mexico
Provision Living
2nd Wednesday | 6:30 p.m. Columbia
First Presbyterian Church
3rd Tuesday | 11 a.m. Fulton
Capital Region Medical Center
2nd Thursday | 12 p.m. Jefferson City

SPECIALIZED GROUPS IN COLUMBIA
Adult Children
3rd Tuesday | 5:30 p.m.
Alzheimer’s Association office
Women Caregivers
4th Tuesday | 1:30 p.m.
Lenoir Woods
Men Emerging as Caregivers
3rd Thursday | 1 p.m.
Lenoir Woods
Breakfast Club for Caregivers
Last Wednesday | 9:30 a.m.
Lenoir Woods
Early Stage Memory Loss Group
3rd Wednesday | 3:30 p.m.
Unitarian Universalist Church

For information on any Alzheimer’s Association program or service, call our 24/7 Helpline - 800.272.3900, or visit alz.org/greatermissouri.

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03.22.18 | Columbia Missourian | BOOMTOWN 3
Barbershop quartets may seem old-fashioned novelties in 21st-century America, but some listeners find them the most beautiful sound in the world.

It’s the overtones in a quartet of a cappella voices that create the close harmonies characteristic of barbershop music.

“What so many people don’t understand about barbershop is that we sing with just temperament. And we sing that way to produce these overtones,” said Tarry Koutz, a member of the Columbia quartet, A Work in Progress.

“Or at least we try to sing that way,” fellow member Tom Palis added with a chuckle.

Barbershop quartets typically feature four distinct parts with each singer responsible for holding up his or her own end. In the group A Work in Progress, Koutz, 70, sings bass and provides the low notes. Greg Grote, 58, sings baritone, which fills out the sound in the frequencies between the bass and tenor singers.

“What so many people don’t understand about barbershop is that we sing with just temperament. And we sing that way to produce these overtones.”

TARRY KOUTZ
Quartet member
Palis, 62, sings tenor and supplies the quartet’s higher harmonies, while Walter Coplen, 63, sings lead. Coplen’s job is to sing the melody.

Music scholars have traced the roots of barbershop back to the 1800s as a folk art with close, unaccompanied, four-part harmonies — three voices harmonizing with the melody.

Singing in a quartet offers both challenges and rewards not found in other types of musical groups, the quartet members say. The limited number in the group forces each member to contribute equally.

Grote said he is particularly fond of the format. “When I moved to Missouri, I wanted to sing in a quartet,” he said. “The barbershop sound is a big part, but I like singing with three other guys. In a quartet you have to keep your part up.”

While the harmonies may be at the center of barbershop style, performing live is a cornerstone for the men in the group.

“I enjoy singing and performing; it’s sort of a natural high,” Palis said. “I’m trying to get these guys to go compete one last time just to see how we do.”

He is referring to competitions held by the Barbershop Harmony Society every year at regional and international levels. While the quartet was active in competitions earlier, it has stuck to local, non-competitive performances over the last several years.

The group’s repertoire features heavy doses of show tunes and religious songs, with “Amazing Grace” a particular favorite.

All four joined the Boonslick Chordbusters, Columbia’s vocal ensemble, in the late 1990s. Koutz was the first to join in 1996 and served as director until 2011. Coplen joined in 1998, with...
"I enjoy singing and performing; it’s sort of a natural high. I’m trying to get these guys to go compete one last time just to see how we do."

TOM PALIS
Barbershop singer
Palis and Grote following in 1999. Palis also served as the assistant director from 2000 until 2011.

Many members of the Chordbusters assemble quartets on the side. A Work in Progress came together in the fall of 2003 when Koutz, Grote, and Palis wanted to form a new team. The group originally featured Palis singing lead, Koutz singing bass, Grote singing baritone and Ned Horner, an MU master’s student, singing tenor. Horner remained with the group for only one year.

This trend of tenors leaving has been a common struggle for the group. The group featured four different singers at the position between 2003 and 2007. Following the 2007 competition season, the group entered a hiatus for a year after the departure of their tenor, Derek Gilbert.

In 2008, however, A Work in Progress returned with Palis switching to tenor to make room for Coplen to sing lead. Coplen was enthusiastic about joining the group.

“I’ve always enjoyed singing,” he said. “When I moved to Columbia, I wasn’t familiar with barbershop at all. So, it was new experience for me, but I enjoy singing and finding those harmonies.”

The group is currently preparing to perform in the Boonslick Chordbusters’ spring show on April 14. They also have a website that allows people to contact them for possible performances.
When Lora Blair decided to open a horse-boarding facility in northern Columbia, all that stood on the 135 acres of land was a small shed. A year later, Blair can point to a barn that can hold 24 horses, an indoor and outdoor arena, a cross-country jumping field and a galloping field. She designed everything herself.

“I did the layout of this barn on graph paper,” she said.

Blair, 56, founded Fox Run Horse Boarding and Equestrian Events in 2004. The facility provides 24-hour horse care and boarding, deworming services, lessons and easy access to two dozen horses. Blair runs the business with just one other full-time employee, along with four part-time employees. They care for the horses twice a day, feeding, cleaning and treating them for injuries, as well as cleaning the barn.

Lora Blair handles horses at her stables at Fox Run Horse Boarding and Equestrian Events, where she is the founder. The 135-acre property consists of a 16-stall barn, outdoor and indoor arenas and trails for trail riding.

By Naomi Klinge
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“I take great pride in making the facility such that the rider can come and ride any time.”

LORA BLAIR
Fox Run Horse Boarding and Equestrian Events founder

“I take great pride in making the facility such that the rider can come and ride any time,” Blair said.

The business has grown to include special events, such as the Haunted Hunter Pace. Each year, 60 to 70 people ride the trails on the Blair’s property, which is filled with Halloween decorations. Many guests show up in costume, and chili is shared afterward.

There is no shortage of riders. The horse community in Columbia is relatively large, Blair said, with 15 to 20 stables in the area. The riders attend these events together, and they have grown close. “We’ve become family,” Blair said.

With little turnover, some clients keep their horses at Fox Run for years, a few boarding horses since its founding. Blair said she has gotten to know the horses and clients personally, and she...
sometimes goes to the barn late at night to care for a sick horse.

“I consider each horse one of my own,” Blair said. Just as you can’t have a favorite child, she said, you can’t have a favorite horse.

Blair was introduced to horses on her family’s cattle farm in Kentucky, but as a student at Eastern Kentucky University, she studied deaf education. She taught at public and private schools in Kentucky, North Carolina, Pennsylvania and Wisconsin for 15 years while her husband traveled for his medical training.

Once the family moved to Columbia in 1995, Blair became a stay-at-home mom and got involved in her daughters’ riding lessons. The family began learning about horses and horse management with the Hinkson Valley Pony Club, and Blair and her children acquired their own.

When they decided to build their own stable for the horses, they began to take in other horses to help pay for it. While the Hinkson Valley Pony Club helped, Blair said she had to learn much of the business herself.

“There was a learning curve, so I went to books,” she said.

Blair uses many of the skills she gained as a teacher to run her facility.

“I sort of seem to quite often find myself dealing with special circumstances,” she said. “Every horse is an individual, just like those students that I used to teach.”

LORA BLAIR
Fox Run Horse Boarding and Equestrian Events founder
Learn the warning signs of depression

By Hannah Black

Nearly one-fifth of Americans over the age of 65, or 6.5 million older adults, are affected by depression. Many have experienced depression throughout their lives, but some first develop symptoms late in life.

RISK FACTORS

Older adults are at a higher risk of depression than other age groups because of increased disability or dependence on others. It can also stem from a loss of professional identity after retirement or from another major life transition, like a recent diagnosis or loss of a spouse.

However, it’s important to know that depression is not just a part of aging and is something that can be treated in older adults, said Kelli Canada, assistant professor at the MU School of Social Work and a former clinician.

Depression is also more common in people who have other chronic illnesses — about 80 percent of older adults have at least one chronic health condition, and 50 percent have two or more.

WARNING SIGNS

Symptoms of depression can also be mistaken for other illnesses common in older adults, including Alzheimer’s, arthritis and heart disease.

Due to its prevalence among older people, it’s important to know the warning signs of depression, many of which are similar to symptoms present in younger people. Some of the most common are:

- Sadness or anxiety that lasts for several weeks at a time
- Noticeable changes in mood, energy level, appetite or normal behavior
- Trouble feeling positive emotions or feeling “flat,” or loss of interest in activities you once found exciting or pleasurable
- Feelings of hopelessness, guilt, worthlessness or helplessness
- Difficulty sleeping or sleeping too much
- Fatigue
- Anger, irritability and aggressiveness, feeling restless or on edge
- Difficulty concentrating, remembering details or making decisions
- Ongoing aches or pains, headaches, cramps or digestive problems that don’t get better, even with treatment
- Suicidal thoughts or attempts

Signs of depression that can be specific to older people include confusion, social withdrawal, vague complaints of pain, delusions, hallucinations, help-seeking, moving in a slow manner and demanding behavior.

MEDICAL RESOURCES

Although identifying these symptoms can help diagnose depression, a psychiatrist or geriatric health care provider should first determine that they are not being caused by side effects of medication or other chronic diseases, Canada said.

If you see any of these symptoms in a loved one, have a sensitive conversation with that person about why this might be. “Follow up on those instincts and don’t back away,” said Erin Robinson, assistant professor at the MU School of Social Work.

Naming these feelings and helping to normalize them are a way to help ease the stigma around mental illness, and could help the person identify a group of symptoms as depression, Robinson said.

MORE INFORMATION

National Suicide Prevention Lifeline:
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Every Sunday afternoon, the Rev. Hanjoo Park steps before members of his congregation and delivers messages he hopes will help inspire them — messages about hope, love, faith and peace.

Park, 60, who came to the United States in 1996, is pastor of the Korean Presbyterian Church on Hitt Street. He said he views himself as a servant who aims to guide people to the Presbyterian faith.

This message and the lessons that come from the Bible serve as the key components of his sermons.

Kathie Jackson, an associate pastor for the English-speaking congregation at the church, speaks highly of Park and his work.

“Pastor Park is truly a joy and a blessing to partner in ministry,” Jackson said. “He has done so much to not only build the Korean congregation, but also to build an interaction between his congregation and the English-speaking one.”

The Korean Presbyterian congregation had fewer than 20 people when Park arrived in Columbia in 2009. Under his leadership, the congregation has grown to around 100, with 35 children in Sunday school. The church also averages 10 baptisms a year, said Park, which he said is an encouraging sign.

The congregation primarily consists of students from South Korea who attend MU, resulting in a high turnover every year. Yet, the stream of new worshippers has been one of the most rewarding aspects of his career, Park said.

His goal is to inspire believers and offer a message close to that of the Bible. Disliking megachurches and their messages, Park said he tries to deliver a message that emphasizes the values of the church.

“Nowadays megachurches in South Korea have a bad reputation,” Park said. “In my opinion, it’s because they are making changes to their messages to tell people what they want to hear.”

Korean churches are imitating the megachurches in America, he said: “They succeed in converting people, but they fail to make disciples.”

Although Park grew up Presbyterian, he didn’t set out to make religion his profession. He was born in Gyeonggi-do, a northern province of South Korea on the border with North Korea. His father worked as a military police officer in the country’s demilitarized zone, while his mother stayed home to raise Park and his three siblings.

In 1976 he enrolled in Chong Shin University, a Presbyterian college in Seoul. After graduating with a degree in education in 1980, he served as a member of the military police, just as his father had.

After his discharge in 1982, Park began to work as a certified middle school teacher in Seoul. In 1995, after spending over a decade working in the Seoul school system, he came to the United States to pursue a Ph.D. in adult education.

In 1998, he began to develop teaching strategies for middle school teachers at the Educational Leader Academy in St. Louis. He returned to South Korea in 2001 to work again in the Seoul school system, but returned to the U.S. after just

“Pastor Park is truly a joy and a blessing to partner in ministry. ... He has done so much to not only build the Korean congregation, but also to build an interaction between his congregation and the English-speaking one.”

KATHIE JACKSON
Associate pastor, First Presbyterian Church
two months to look for teaching positions. It was at that point when Park found his faith calling him. The call came while he was looking for a teaching job 17 years ago.

“When I left the seminary, I pledged to God that if he called me back, I would go back,” he said. “But I don’t know when. Something inside called me to go back to seminary work.”

Park said the most important sign came from a familiar face. While looking for teaching positions in Seattle, Park met a fellow alumnus from Chong Shin.

“He said to me, ‘I thought you were a pastor.’ So for the next two days he kept challenging me and telling me that I should be a pastor,” Park said.

Later that year, Park joined the Covenant Theological Seminary in St. Louis. He graduated from the seminary in 2006 and became an associate pastor at the Korean Presbyterian Church of St. Louis. He then moved to Columbia to fill the vacant pastoral position in the Korean Presbyterian Church where he has worked since.

Park has sought to serve people throughout his life and perhaps no time greater than in his current role. With his heart and his passion for the church, Park looks to continue serving.

“I try not to lose my heart in what I do. I think that’s crucial to be a pastor,” he said. “One thing I try not to lose is my sense of purpose to be here. I believe I heard a calling from God and that is how I keep going.”

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For 80 years, the Trent family has owned the Empire Roller Rink on Business Loop 70. Willie Trent runs the roller skating venue, succeeding his parents, Frank and Arvilla Trent, who opened it in 1938 and managed the rink for 25 years. When Trent’s father died of cancer in 1946, his mother took over the skating rink and operated it until she died in 1963. Trent then began operations. He was 19.

In 2000, when the original rink was demolished to build a new one at the same location, an updated apartment was included in the design. He also owns a farm near Columbia, where he spends part of his time.

Depending on the day, Trent can be found changing lightbulbs, running the concession stand or supervising public skate sessions. He primarily spends his days in the office, making sure the bills are paid and the seven part-time employees receive their checks.

At 74, Trent still manages to skate almost every week with a group of roller hockey players. Since 1957, the roller rink has fielded a team at the annual national tournament held by the USA Confederation of Roller Skating.

His roller hockey teams have won national championships for their division every year from 1998 to 2000. The group didn’t compete again until 2013, when they won the division’s national championship again. The average skater on the 2013 team was 55, and Trent is the only continuous member since its start.

The Empire Roller Rink also sponsors an artistic skate team, which is like figure skating on roller skates. Trent’s 23-year-old daughter, Emma, is a national champion artistic skater who has been competing since 2009. Since her debut, she has won awards in figure skating, solo dance and team dance performances.

“She’s been in skates since she could walk,” Trent said. “All of our kids and grandkids were.
That tends to happen when you own a roller rink.”

In over the half a century he’s been at the helm of the rink, Trent has collected a multitude of stories. One of his fondest memories involved a little girl and her skates.

“This little girl was tying up her skates, and I noticed she had them on the wrong feet, so I said ‘Miss you have your skates on the wrong feet.’ She looked down at them and said, ‘But these are the only feet I got.’ I always liked that story,” Trent said.

His wife, Lisa, said her husband is important to many children in the community.

“When I met him, I had no clue that he was so important to people in the town,” she said. “We have all these kids come in and all of them will say “Hi Willie!” as they are passing by.”

Trent said he doesn’t want to do the job forever and his three kids aren’t interested in stepping into his shoes. But, he said if someone wants to buy it and still run it as a roller rink, he wouldn’t object.

“My kids do not want to run the roller rink, and I’m 74,” he said. “I don’t want to do it if I’m 85 or 90. So if someone comes in and buys it and wants to still run it as a roller rink I would do that.”

Yet, he speaks fondly of his time as owner: “I’ve had a wonderful adventure,” he said.
Steve Calloway never thought he'd go to work for the state when he was 59. For nearly 37 years, Calloway was a pharmacist at University Hospital. He served on boards for Medicaid agencies assisting with drug policy. He used to joke that he wouldn't mind working for the state full time, and when a job opened up, he actually began to consider it.

After a conversation with his wife, he went for it.

“That’s at the top of the list of things I wouldn’t have been able to tell you I’d do after the age of 50,” Calloway said.

Calloway, now 62, retired from University Hospital in December 2014 and joined the Missouri Department of Social Services three years ago. He became the director of pharmacy for Missouri’s Medicaid program, called MO HealthNet Division.

“What I really like about the job is to be involved in something that involves about one-sixth of people in the state of Missouri,” Calloway said. According to the Kaiser Family Foundation, 13 percent of Missouri residents were covered by Medicaid in 2015.

His job no longer involves actually handling drugs, but as director, Calloway helps Medicaid recipients get their medication, he said. Every day on the job, he said he asks himself: “How can I work smarter and better to manage the state’s resources to better serve the citizens of Missouri?”

That’s his life in Jefferson City. Calloway also serves as president of the Minority Men’s Network and Educational Foundation, an organization formed by late community leaders Eliot Battle and Arvarh Strickland in 1998. The network’s mission is to “improve the lives of ethnic minorities through leadership and service,” according to its website.

The group funds scholarships, promotes minority economic development and coordinates a reading program for the Nora Stewart Early Learning Center.

Calloway’s involvement began in 2000 when Battle, an educator who worked to desegregate Columbia’s public schools, invited him to a meeting. Calloway then became involved because of the value he found in working closely with other African-American men.

Robert Ross is the immediate past-president of the network and serves as a co-chair of the network’s scholarship committee, which currently awards a scholarship to a graduating senior at each of Columbia’s public high schools. Ross has worked alongside Calloway and shares the same passion for eliminating achievement disparities in education between white and minority students.

“Steve is a great collaborator and as a leader he sets the pace,” Ross said. “He is not afraid to roll up his sleeves and take risks as the network implements its plans.”

Now an empty-nester with two grown sons, Calloway said he can devote more of his free time to working in the community.

“As long as you have the energy and interest, I think it’s a great thing to get more involved in the community than you had been previously,” he said.

This included serving on the Columbia School Board from 2006 to 2009. During his term, he wanted to focus on the achievement gap highlighted by the No Child Left Behind Act of 2001.

Calloway’s term on the school board was rewarding, he said, but it didn’t yield as many concrete results as he hoped. Yet, he still believes he can point to the appointment of Superintendent Chris Belcher, who is credited with restoring confidence in the district, as a significant accomplishment of the 2006-2009 term.

Aside from his state job and community service, Calloway values the time he gets to spend with his three grandchildren.

“Grandchildren are a special gift — so precious,” he said. “They give you a reason to be on Facebook.”

COURTESY OF STEVE CALLOWAY

Steve Calloway, left, stands with Simon Wanyonye, the 2017 Ron Marley Memorial Scholarship recipient of the Minority Men’s Network and Educational Foundation, at the MU Reynolds Alumni Center University Club in June. Calloway has been involved with the group since 2000.

“Steve is a great collaborator, and as a leader, he sets the pace. He is not afraid to roll up his sleeves and take risks as the network implements its plans.”

ROBERT ROSS
Past-president, Minority Men’s Network