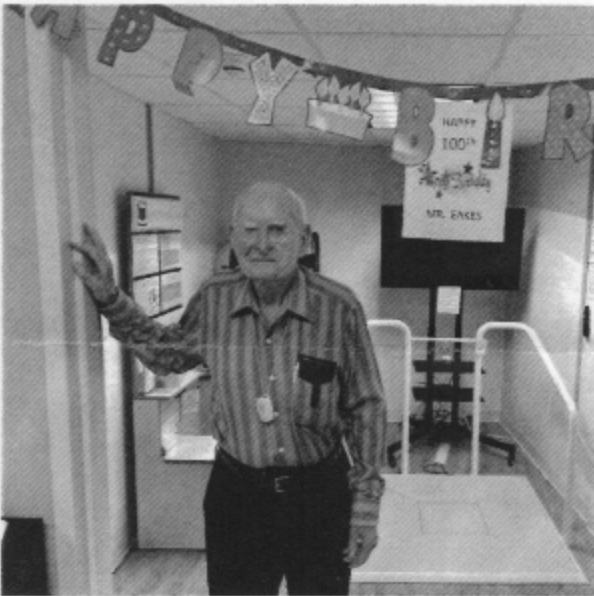


Health & Wellness

FITNESS STAR OF THE MONTH



Our star this month is Mr. Kendall Eakes. He recently turned 100 on July 18th. His entire family celebrated this milestone at WC with him, and some arrived from as far as Australia.

Born and raised on a tobacco farm in North Carolina, Mr. Eakes was the youngest of three children. He kept busy with school work, helping with the chores, including caring for the hogs, pigs, and cows.

In 1940 Mr. Eakes attended the University of Alabama, majoring in pre-med. In 1943 he assisted with the war effort and volunteered for the Army Air Corps. One-and-a-half years later, he graduated from aviation cadet school and then flew 29 missions over Germany as a co-pilot aboard a B26 bomber.

Upon returning to the states, he attended North Carolina State, graduating in 1948 with a degree in Agronomy (the science of soil management and crop production). In college, Mr. Eake's roommate introduced him to Lee Clark. Lee and Kendall have been married for 76 years and have been blessed with a daughter and a son, six grandchildren, and seven great-grandchildren.

Directly after his graduation, Mr. Eakes obtained employment with the Smith-Douglass Fertilizer Plant in Norfolk and remained there for over 30 years. In 1980 he became the president and general manager of Elizabeth River Terminals of Chesapeake where he remained until his retirement. In 2002 they made the move to our resort lifestyle at WC on the Bay.

As for his fitness journey, after retiring, Mr. Eakes played golf for 30 years and **never** rode in a golf cart. In his early 90s, he started riding a bike, especially enjoying the scenic views of First Landing State Park. Now at 100, he stretches and lifts weights in his apartment, and most days of the week, you can find him on the Nustep and/or the treadmill in the Fitness Center.

When asked what he best likes about living in our community, he says there is comfort in knowing they will be cared for. When asked what he attributes his longevity and good health to, his answer was one word..."EXERCISE." So, let's be inspired by WC's amazing centenarian. And don't forget to wish Mr. Eakes a happy belated 100th birthday!