Cape Hatteras

THE MAINTENANCE BEACON

The Monthly Newsletter of the North Carolina Public School Maintenance Association

Volume 52, Number 8
August 2015

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MEETING DATES

The districts of NCPSMA meet twice yearly.

District 1
January, July
Pres.
Phone:

District 2
January, July
Pres. Kevin Sandlin
Phone: 910.592.8688

District 3
February, August
Pres. Mark Letchworth
Phone: 252.399.7822

District 4
February, October
Pres. Donna Fields
Phone: 910.678.2539

District 5
March, September
Pres. David Burge
Phone: 336.593.8146

District 6
April, October
Pres. Sam Watkins
Phone: 980.343.0832

District 7
May, November
Pres. Jeff Adams
Phone: 336.679.3138

District 8
March, November
Pres. Adam Robinson
Phone: 828.456.2402

Meeting Dates & Locations
Should be sent to The Maintenance Beacon two months in advance for publication.

Deadlines
Publication deadline for articles and advertisements is first day of the month prior to month of publication.

DISTRICT FOUR ANNOUNCES DISTRICT SCHOLARSHIP WINNERS

Winners of the District IV Scholarships ($500 each) are Madilyne Weatherholt of Cumberland County Schools and Kyle Kidd of Moore County School. Congratulations! We wish you much success in life.

SEVENTH ANNUAL NCPSMA WESTERN CONVENTION/WORKSHOP

Workshop

Larry Curico

Workshop

Steven Bishop

Workshop

Workshop

The Seventh Annual NCPSMA Western Convention/Workshop was held May 27 & 28, 2015. Regular member registration was up some from last year. 16 LEA's participated in the event with just under 100 maintenance employees registered. The LEA's included: Avery County; Buncombe County; Caldwell County; Clinton City; Davie County; Guilford County; Haywood County; Jackson County; McDowell County; Moore County; Nash Rocky Mount; Public Schools of Robeson County; Rowan-Salisbury; Union County; Wilkes County; Swain County and Yadkin County. Those who were able to attend seemed to really enjoy the facility at Ridgecrest, the meals, the classes and the fellowship. The weather was nice this year. There were around 57 vendors present and 30 display spaces.

The first morning of the event workshops were held from 8:00-10:00. "Electrical" part one was presented by Todd Mobley, Engineer, NCDPI Plant Operation Section. "Wastewater" part one was presented by Bob DeWeese, Engineer, NCDPI Plant Operation Section. "Structural Pest Control" was presented by Patty Alder, Training Coordinator, NCSU. "Asbestos Refresher" part one was presented by John Tucker, Engineer, NCDPI Plant Operation Section. "How to Develop a PPE Plan" was presented

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MEETINGS & EVENTS

DISTRICT 3 MEETING
August 6, 2015 at 4 PM. Place: Southern Vance High School. 925 Garrett Rd, Henderson, NC 27537
For more information contact Sue Farmer at 252.399.7822

DISTRICT 4 MEETING
October 22, 2015
Place: TBA, Public Schools of Robeson County to host
For more information contact Donna Fields at 910.678.2539

43RD ANNUAL NCPSMA EASTERN CONVENTION WORKSHOP
September 23-25, 2015 Place: Double Tree by Hilton 2717 West Fort Macon Rd, Atlantic Beach, NC 28512
For more information contact Roxie Mack at roxiermack@gmail.com or 336.366.4939

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THE WISDOM OF SIRI

My wife, Judy, is not one of those people who hold back their feelings and thoughts. If she has an opinion, you're going to hear it. Not only are you going to hear it, you're going to hear it for a while. Some people call it a "rant", as a husband I call it nagging.

One day Judy had a disagreement with her daughter, Renea, about something to do with the grandchildren. Renea, used to hearing the rants, took it in stride for a while. When she had heard enough, Renea picked up Judy's new iPhone, and pressed the button to activate the "Siri" function. After the customary two dings the screen displayed the usual "How can I help you?" Renea asked Siri "How do I get my mother to shut

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43RD ANNUAL NCPSMA EASTERN CONVENTION REGULAR MEMBER REGISTRATION FORM

September 23-25, 2015
DoubleTree by Hilton, Atlantic Beach, NC

***Regular Member or Retired Regular Member Registration Form**

Please Print

Name _____
Address _____
City, State, Zip _____
Name of School System (LEA) _____
Office Phone #_____Fax #_____
E-Mail Address_____

Registration Cash, Check or Money Order ($70 each)
$_____
Debit or Credit Card ($72 each) $_____

Banquet tickets must be purchased separately.
Banquet Tickets (members and guests)
Cash, Check or Money Order ($10 each) $_____
Debit or Credit Card ($11 each) $_____

Preregistration deadline is August 15, 2015

Late Registration Fee (After August 15, 2015)
Cash, Check or Money Order ($80) each _____
Debit or Credit Card ($83) each $_____

Banquet tickets must be purchased separately.

Cash, Check or Money Order ($10 each) $_____
Debit or Credit Card ($11 each) $_____

Total Enclosed
$_____

There will be no refunds after (August 30, 2015)

Please make checks payable to NCPSMA and mail to:
NCPSMA, 630 Adams Ridge Road, State Road, NC 28676

If you wish to use a **Debit or Credit Card**, please call Roxie Mack at 336.366.4939 and the transaction will be completed online during the call. We do not retain any card information.

LEA's with multiple registrations need not fill out individual registration forms. A single sheet listing the individual names of those they wish to register along with the LEA name, address, phone number, fax number and contact person will be sufficient.

* Employed by or retired from a NC Public School System. All others must register through Roxie Mack at 336 366 4939 or roxiermack@gmail.com.

READ ME

Room Reservations
Do not forget to make your own reservations for the eastern convention/workshop. We have a contract DoubleTree by Hilton. The rate is $129.00 per night. You can make your reservations online at http://doubletree.hilton.com/en/dt/groups/personalized/O/OAJDTDT-NCP-20150921/index.jhtml. The phone number for reservations is 1-800-222-TREE or 252-240-1155.

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2717 West Fort Macon Road
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Fax: 252-222-4065

43RD ANNUAL NCPSMA EASTERN CONVENTION TENTATIVE AGENDA

DoubleTree by Hilton / Atlantic Beach, NC
September 23-25, 2015

Wednesday 23rd

8:00-5:00	Registration	*Foyer*
8:00-10:00	Locksmith License Renewal	*Sandcastles*
	Wastewater	*Cape Lookout*
	(2 CEU's -must attend all 3 classes)	
10:00-11:00	Elevators 101	*Cape Fear*
10:00-12:00	Ornamental Pest Control (2 CEU's)	*Bogue Sound*
10:15-12:15	Locksmith License Renewal	*Sandcastles*
	Wastewater	*Cape Lookout*
	(2 CEU's -must attend all 3 classes)	
12:00-1:45	Advisory Council Meeting	*Atlantic*
Noon	Lunch on Your Own	
2:00-3:00	Opening Session and Business Session	*Atlantic*
3:30-5:30	Ornamental Pest Control (2 CEU's)	*Bogue Sound*
	Preventative Maintenance for Roofing & Waterproofing Systems	*Pamlico*
	Mechanical Code Updates & Fuel Gas Code Updates	*Cape Fear*
	Bleacher & Athletic Equipment Safety and Maintenance	*Hatteras*
	Wastewater	*Cape Lookout*
	(2 CEU's -must attend all 3 classes)	
	Locksmith License Renewal	*Sandcastles*

Thursday 24th

7:00	31st Annual Handi-Clean Jay Palmer Memorial Scholarship Golf Tournament, Sponsored by Handi-Clean Products, Inc.	
	Fishing Tournament	
7:00-9:00		
	Electrical (for 2 credit hours)	*Sandcastles*
	Structural Pest (2 CEU's)	*Bogue Sound*
8:00-9:00	Floor Care-Sustainable Solutions	*Cape Fear*
	Proper Bleacher Care and Safe Operations	*Cape Lookout*
9:00-9:30	Exhibitor Display Selection	*Atlantic*
9:30-11:00	Exhibitor Display Setup	*Atl/Fear/Lookout Pam/Hatt*
9:30-11:30	Electrical (2 CEU's)	*Sandcastles*
	Structural Pest (2 CEU's)	*Bogue Sound*
	Drain Cleaning/ Pipe Inspection and Locating	*Core Sound*
11:00-12:00	Superintendents & Directors/Supervisors visit with Exhibitors	
12:00-1:00	Lunch on Your Own	
	State Officers, Superintendents & Directors/Supervisors Lunch	
1:00-2:00	Leadership	*Sandcastles*
2:00-5:00	Visit with Exhibitors	

Friday 25th

8:00-4:00	Registration	
8:00:10:00	Breakfast with Exhibitors	
10:00-12:00	Electrical (2 CEU's)	*Sandcastles*
	IAQ and Energy Conservation Living in Harmony	*Core Sound*
	Leadership	*Bogue Sound*
	Exhibitor Display Breakdown	
12:00	Lunch on Your Own	
1:30-2:30	Environmental Health & Safety Considerations	*Bogue Sound*
1:30-3:30	Electrical (2 CEU's)	*Sandcastles*
2:00-3:00	Leadership	*Pamlico*
6:00-Until	Banquet	

GUIDELINES FOR TOP AWARDS

Nominations are being sought for the 2015 NCPSMA Maintenance Supervisor of the Year, Maintenance Employee of the Year and Superintendent of the Year. The Maintenance Supervisor of the Year and Maintenance Employee of the Year awards were established 28 years ago by Milt Saffelle and are sponsored annually by Saffelle, Inc. This is the 19th year the Superintendent of the Year award has been sponsored by Saffelle, Inc.

Should you wish to nominate a candidate, please supply the information outlined below and return to the chairman of the NCPSMA Awards Committee by August 10, 2015. To qualify as a candidate for Superintendent of the Year, candidates may be superintendents, associate/assistant superintendents, who have the responsibilities for maintenance. They must be current members of NCPSMA.

Maintenance Supervisors are defined as those who serve as direct heads of maintenance departments. Maintenance Employees are defined as other members of maintenance staffs.

1. Nominees for Supervisor of the Year or Employee of the Year awards must be currently employed as a maintenance person in an educational system in the state of North Carolina.
2. The nominee must have been an active member of the NCPSMA for the last five consecutive years.
3. The nominee cannot be the current state president.
4. Nominations must be made by an active member of NCPSMA. There should be a letter of nomination signed by the active member. Only one nominee may be submitted from each LEA, not one per category, one period. If more than one nominee from an individual LEA is submitted, all nominations from said LEA will be disqualified. This decision was passed unanimously by the selection committee, August 2001.
5. Nominees must be from the school system making the nomination.
6. The following data must be supplied for each candidate:

- A photograph of the nominee must be included and placed on a separate sheet of paper.
- A biographical sketch, preferably in narrative form and no more than two pages in length, including the nominee's achievements that have contributed to success in NCPSMA and other professional involvement.
- Two letters of recommendation—no more or less.
- No other information on nominee will be accepted.

The Awards Committee is comprised of the NCPSMA One Year Advisory Council Members and Milt Saffelle, chairman. Saffelle serves in an exofficio capacity and does not have voting privileges. In case of a tie the current state vice president will have voting privileges. All nominations must be submitted no later than August 10, 2015 to: Milton Saffelle, Chairman, NCPSMA Awards Committee, PO Box 1499, Hillsborough, NC 27278.

SEVENTH ANNUAL NCPSMA WESTERN CONVENTION/WORKSHOP

continued from page 1

Alan Meyer

Bob DeWeese

Cliff Ruth

Workshop

by Michael Nance, Safety Consultant, NC Industrial Safety Commission. NC Locksmith Renewal "School Security & Access Control-Rapidly Changing Credential Technology" was presented by Kevin Shaw, ASSA/Abloy. The exhibitors chose their displays spaces and setup their displays. The opening session got underway at 10:00 am. NCPSMA State President Ken Goforth welcomed everyone to the event. He thanked all those present for their support. The vendors introduced themselves and invited participants to visit them at their displays following the opening session. A delicious lunch was provided, sponsored in part by Nelson Hall & Associates.

This year the "door prizes" were presented during the Exhibitor Visitation time slots. There were many exciting prizes awarded. Ken Goforth and Kristie Keener tried to keep a record of the prizes and winners. The are listed as follows: Reggie Long of Moore County Schools won $25 donated by Weeks, Williams & DeVore and $50 donated by Cook & Boardman, LLC.; Michael Spillman of Davie County Schools won $25 donated by Seating Safety Solutions and a gift card donated by CMH; Gerald Hill of Buncombe County Schools won a chair donated by Handi-Clean Products and an ACE Hardware gift card donated by All Season HVAC; Charlie Huffman of Wilkes County Schools won $25 donated by Facili-Serv (Ken Staley Company) and a bag of goodies donated by Staples Advantage; Steve Minish of McDowell County

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GUS

Gus and Sam have had a busy summer. They have had somewhere to go almost every day during the week. His CAP worker has done a great job keeping up with them. They go swimming, bowling, see movies, and do crafts at the park. If Gus is good, sometimes they go by the truck stop to look for big, red trucks or go by the John Deere store to climb on tractors. His helper knows some people at a local trucking company so they have visited there a few times. It just so happens they have lots of Gus' favorite trucks: big, red, Peterbuilts. Of course he gets to blow the air horn and even "drive" the big truck around the lot.

As I have said before, Gus tends to see things differently from most folks. He was helping me with supper one evening and found a very unique hat. As I began the process to make coleslaw and I pulled the outer leaf off a head of cabbage to discard it. Gus saw the large leaf and said "Look, a hat." Next thing I know Gus has the cabbage leaf on his head and a small carrot in his mouth. Gus loves his vegetables so this photo moment was appropriate for him. The "hat" even ended up on Sam before it was all over. He's such a good sport.

In July, Gus attended his special camp, Happiness Retreat. Of course he had a great time socializing with all the special folks there. His favorite things at camp are the music and dancing, swimming and a kayak ride on the lake. Chris and I got some down time by hiking the trails around camp while Gus was in class. It was a great time for all of us but we were ready to come home at the end of camp.

By Red Blanton

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SEVENTH ANNUAL NCPSMA WESTERN CONVENTION/WORKSHOP

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Todd Mobley

Workshop

Justin Dyson and Michael Spillman

Scott Peeler

Rick Benton and Wes Lee

1st Place, Scott Peeler and Wes Lee

2nd Place, Michael Spillman and David Earley

3rd Place, Justin Dyson and Kristie Keener

Schools won a $50 Lowe's gift card donated by Lewis Boiler Supply & Service and a prize donated by Bradford Sales; Scott Peeler of Rowan-Salisbury Schools won a paint tray and a hat and shirt donated by PPG; Brandon McGaha of Haywood County Schools won a $50 gift card donated by CMH; Michael Pollard of Davie County Schools won a $25 Wal-Mart gift card and a $50 Outback gift card donated by Forbo Flooring; David Earley of Haywood County Schools won a Portfolio donated by Correction Enterprise. Tim Johnson of Buncombe County Schools won cleaning supplies donated by Staples Advantage; Anthony McNeil of Moore County Schools won a $25 gift card donated by Saffelle, Inc.; Bergie Speaks of Wilkes County Schools won a Subway gift card donated by Hoffman & Hoffman; Jeff Robbins of Moore County Schools won a Subway gift card donated by Hoffman & Hoffman; Jason Carter of Wilkes County Schools won an ACE Hardware gift card donated by All Seasons HVAC; Jacob Leatherwood of Haywood County Schools won a Portfolio donated by Correction Enterprise; Allen Sherrod of Nash Rocky Mount Schools won a fishing pole donated by Handi-Clean Products; Mike Andreucci of Buncombe County Schools won a backpack full of goodies from Staples Advantage; Tim Pruitt of Wilkes County Schools won a shirt and hat donated by PPG; William Key of Wilkes County Schools won a $25 Red Lobster gift card donated by Seating Safety Solutions; Rick Edwards of Buncombe County Schools won a $25 Wal-Mart gift card donated by Duro-Last Roofing; Darryl Wagoner of Wilkes County Schools won a $25 VISA card donated by Facili-Serv (Ken Staley Company).

Following lunch and display visitation, classes resumed at 2:30 pm with part two of "Electrical Review" presented by Todd Mobley. Part two of "Wastewater" was presented by Bob DeWeese. "Structural Pest Control" was presented by Patty Alder. "Asbestos Refresher" part two was presented by John Tucker. "Food Service/Combo Ovens & Steamers" was presented by Dale Richardson, Whaley Food Service. NC Locksmith Renewal "School Safety-Fire Doors-Code Compliance & Inspections" was presented by Scott Shipton, ASSA/Abloy.

At the conclusion of the afternoon classes a Cornhole Tournament sponsored by The Vendor Association was held. The companies who sponsored the event include the following: BIRS, Inc., Cook & Boardman Group, LLC, Forbo Flooring Systems, Hardware Distributors, Inc. & MSM Global One. Even though it was warm outside, it was a lot of fun. Wes Lee, retired from Haywood County Schools, provided the boards and bags for the game, organized and directed the event. Many thanks to the sponsors and to Wes for all his work on the tournament and providing the equipment. Since his retirement Wes started a business making Cornhole boards and the boards he

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SEVENTH ANNUAL NCPSMA WESTERN CONVENTION/WORKSHOP

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Luncheon

Luncheon

Closing Session

Ken Goforth

makes are amazing! Winners for the event are as follows: Wes Lee and Scott Peeler (Rowan-Salisbury Schools) won first place and split $150; David Earley (Haywood County Schools) and Michael Spillman (Davie County Schools won second place and split $100; Kristie Keener (Haywood County Schools) and Justin Dyson (Davie County Schools) won third place and split $50.

Classes got underway again early Thursday morning. “Electrical Review” part three was presented by Todd Mobley. “Ornamental Pest Control” was presented by Cliff Ruth, NCSU Cooperative Extension Area Agent, Henderson County. “Wastewater” part three was presented by Bob DeWeese. “Indoor Air Quality” was presented by Lawrence N. Curcio, Ph. D, President, The Solutous Group. NC Locksmith Renewal “Door Hardware, Maintenance & Installation” part one was presented by Alan Meyer, ASSA/Abloy. “Bleacher Safety & Liability” was presented by Stephen Bishop, Seating Safety Solutions.

After a short break, classes resumed. “Electrical Review” part four was presented by Todd Mobley. “Ornamental Pest Control” was presented by Cliff Ruth. “Preventative Maintenance for Roofing and Waterproofing System” was presented by Scott Hinesley, President, REI Engineers. NC Locksmith Renewal “Door Hardware, Maintenance & Installation” part two was presented by Alan Meyer. “Drain Cleaning/ Pipe Inspection and Locating” was presented by Matt Hedrick, Spartan Tool.

Classes finished up at noon and a luncheon was provided. The closing session got underway around 1:30 pm. State President Ken Goforth thanked everyone for attending. Raffle prizes were awarded. Milt Saffelle donated a Blu Ray DVD Player, which was won by Andy Johnson of Buncombe County Schools. Ron & Roxie Mack donated a $25 Visa Card, which was won by Todd Mobley of NC DPI. Ken & Jan Goforth donated $30 cash, which was won by Scott Peeler of Rowan-Salisbury Schools, Carl & Bobbie Jobe donated an RCA Tablet, which was won by Jason Kelly of Jackson County Schools. Randy Swicegood of Swicegood Supply donated $25 cash, which was won by David Earley of Haywood County. NCPSMA District Eight donated at $50 Lowe’s Card, which was won by Kevin Sandlin of Clinton City Schools. The raffle prize drawing raised $422.00 toward convention expenses. Many thanks to all who donated prizes and purchased tickets.

We offer a special thank you to all the vendors who participated in the event. They include the following: Allegion; All Seasons HVAC Sales; ASSA Abloy/DSS Carolinas; BIRS, Inc.; Bradford Sales; Cook and Boardman, LLC; Correction Enterprises; Davidson Sash & Door, Inc.; Duke Energy, DNVGL Energy Services, USA, Inc.; Duro-Last Roofing; Facili-Serv (Ken Staley Company); Forbo Flooring; Handi-Clean Products, Inc.; Hardware Distributors, Inc.; Heat Transfer Solution, Inc.; Hoffman & Hoffman; Lewis Boiler Supply & Service; MSM Global One; Nelson Hall & Associates; PPG-Glidden Porter Paints; Playworld Preferred; Saffelle, Inc.; Seating Safety Solutions; Seven Oaks Supply Company; Spartan Tool; Staples Advantage; The Garland Company, Inc.; Weeks, Williams & DeVore.

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THE IDES OF MARCH

Now that it’s mid-summer and too hot to fish, my wife just reminded me that having a boat is pointless when we don’t get out on the water and enjoy summertime! Maybe I should get adventurous and uncover the boat, take the wife and dog and act as if sweating and being miserably hot is a good thing. On second thought, it ain’t happening! I find it much harder to pretend I am enjoying something, when in reality I am actually not. So much for these negative vibes, allow me to share pleasant memories from our spring vacation.

The countdown leading to departure day began about March and continued till the twenty-first of the month, the day Willy and I left home. We made excellent time as we traveled to St. Andrews State Park, arriving mid-day. The weather was nice and by late afternoon the camper was set up and I got to enjoy a meal with friends from North Carolina and Georgia. Before the evening ended we had our first Cornhole bag ‘slang’n’ at Mike and Eleanor’s campsite. After returning from church Sunday morning we pulled our fishing carts to Sandy Point in hopes of catching Spanish mackerel. Only a few fish were caught but prospects for Monday seemed to excite me.

Monday certainly fulfilled all expectations as we caught plenty and had a wonderful time. Tuesday had everyone trying to figure out where all the fish had gone, since we caught plenty the day before and none the next day but limits were caught on Thursday. That night we began being hammered by wind blowing out of the North! For three days temperatures dropped and the nights were chilly. The Spanish retreated to warmer waters in the Gulf and would not return until Wednesday of the next week. Finally, the cold

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- *Precision Hardware, Inc.*
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SEVENTH ANNUAL NCPSMA WESTERN CONVENTION/WORKSHOP

continued from page 5

Thanks to D H Bruch Marketing, Inc., for sponsoring the nametags and to the Vendor Association for sponsoring the Cornhole Tournament. Thank you to Nelson Hall & Associates for cosponsoring a luncheon.

A big thanks to all the volunteers who helped in so many ways which include the following: Kristie Keener, Immediate Past State President; Cecil Arthur, Past State President; Ron Mack, Past State President; Jim Hall, Past State President; Ken Goforth, State President; Wes Lee, retired Haywood County Schools; Wayne Worley, Brandon McGaha, Wayne Frady, Adam Robinson, David Earley, Justin Best and KR Brooks of Haywood County Schools; Carl Jobe of Guilford County Schools; Rick Benton of Union County Schools. I truly appreciate your help. Thank you to all the members of the planning committee and the advisory council members who have spent time and some spent their own money to attend the meetings. Special thanks to all the presenters who taught workshops during the convention. Most were presented free of charge. We sincerely appreciate everyone's support and feel all our efforts were well spent, as the Seventh Annual Western Convention/Workshop was a success, despite the tough economic times.

Roxie

THE WISDOM OF SIRI

continued from page 1

up?" The voice of Siri replied, "Let me check on that." In a few seconds the voice of Siri returned, "This is what I found on how do I get my mother to shut up"? The quick search of the Internet displayed a list and the first thing on the list read "How rude," followed by a quotation "Don't tell your mother to shut up. One day you'll want her advice and she won't be around to ask". Renea had no choice but to concede defeat and both had a good laugh. We have tried a few times since then to duplicate that response on Siri, but have always come up with less appropriate responses. It seems like Siri found the correct answer for that point in time. I guess they don't call them "Smart Phones" for nothing.

By Greg Miller
Thomasville City Schools

A FUN DAY

Roxie and I took a "Fun Day" in July, which basically means I didn't get up and start working on my 'to do' list that keeps getting longer by the month. Well it's not quite that bad.

Anyway, we left home early and headed north on Hwy 21, up the mountain leaving behind our county of Surry and passing through Wilkes and into the small town of Sparta in Alleghany County. We have just recently been introduced to of one of Sparta's best restaurants, Brown's. We have often visited another restaurant in Sparta but we had not heard of Brown's. Roxie recently joined the Facebook crowd and she saw "Brown's Restaurant" on there as a suggested place to eat. She looked it up online and we went for breakfast one Saturday morning. After our first meal there, we were hooked. We both enjoyed a country ham, eggs, biscuit and gravy breakfast occasionally. As before, breakfast there was great.

After breakfast we headed to the Blue Ridge Parkway. Every time we ride on the parkway we always ask ourselves "Why don't we do this more often when we live so close?" I guess it's like you never want a drink of water

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LIFE AND TIMES
NORTH TO ALASKA PART TWO

Last month I left off making it to Colorado and heading to bed:

Fine Home in Vail

Fine Home in Vail

Vail Colorado

I got up around seven and thought I was getting an early start, but Rupard had already been up for a while sorting some of his stuff in his car. We had a continental breakfast at the hotel, loaded our bags and headed to the apartment complex where he lived during the winter. He was able to rent a storage closet in the basement to store the items since he flew home. He made several trips up and down the stairs sorting through his stuff and then we packed the car together. Did I say pack? It was packed everywhere we could put something. After loading we gassed up the car and Rupard washed it because it had been sitting in a parking lot the month while he came home to State Road and it was pretty dirty. Rupard drove me around and showed me where he worked during the winter, driving a shuttle for Colorado Mountain Express (CME). He gave me a tour through some of the neighboring areas. Wow, what expensive houses. Later we met two of his co-workers/friends from CME for lunch at E-Town in Edwards, Colorado. The food was good. After lunch it was get on the road to Alaska or bust! I was more than ready to embark on the longest road trip I had ever taken in my entire life - eight days on the road.

We headed out. There was still some snow on the shoulders of the road. As we rode along we encountered wide-open plains and huge rock formations scattered about - like you see on western movies. I saw Angus Cattle herds, and some Hertford as well. We rode for miles and miles in open plains without seeing a house or barn. We passed through several small towns like Phippsburg, Oak Creek, Steamboat Springs and Hayden. The Aspen trees were just awakening from their long winters nap and they really looked pretty with their bark as white as the snow. We saw coalmines and one Power Company in Yampa Valley. I saw my first jack rabbit (other than pictures or TV). That rabbit was as big as a cat! I also saw a herd of

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THE IDES OF MARCH

continued from page 5

front pushed onward and the water temperature climbed several degrees allowing bait fish and Spanish more comfort in the bay. Each day after, the fishing became more consistent which gave everyone thrills and excitement, not to mention sore backs, aching muscles and exhaustion at the completion of each day.

It seemed as if each passing week more friends arrived to join us. Jane flew into Panama City first week of April and Willy as well as myself were excited to have her with us. We would be shopping for a freezer soon after in order to safely store our catch. Each week we gathered for a fish fry at neighboring campsites with friends. Everyone brings scrumptious dishes of food and delightful desserts. The fire pit was crackling as the flames danced through the wood skillfully placed there by the fire keeper. Across the bay the lights from the Yacht Club and waterfront restaurants glistened with a mirrored reflection upon the calm water and presented a spectacular visual worthy of the artist canvas.

The weather was fantastic, the water clarity was very good and each day brought interesting folks together sharing fish tales and stories of years past. This year brought more interesting and likable personalities my way. What a wonderful setting for making friends and sharing fishing tips. Several fishermen asked for my advice and wanted to know what I might be doing differently than they do. Hope the information shared with them made a difference.

The camping experience always presents challenges or obstacles of one sort or another! Willy and I were gaining a reputation as the "Outlaws from North Carolina," as we went about hiking the trails behind our campsite, properly known as "The Dunes," by a campground host whom had a word of prayer with us concerning our ignorance of the protected nature and status of these "Dunes." Next thing we got slapped on the wrist again for discarding fish waste in the Bay. Some campers would complain about a urinating dog that was encroaching on their "No Trespassing" sign or boundary surrounding their campsite. The warden also stressed to me that I should make certain not to possess more fish than allowed. He had examined my cooler of fish a couple of times but always in parting said, "Don't get caught with more than a limit." "Fair enough" I replied as he drove away. Another encounter occurred days later with Mr. Leonard. He told me he heard about an altercation I had with an irate fellow on a fishing boat that unfortunately blew past us, close to shore as we cast our lures - which sailed onboard their vessel nearly injuring a young lady onboard. They immediately came back and as they approached the shore an angry fellow jumped into the water and came ashore cursing and acting very aggressive. We then had a 'man-to-man' conversation where I assured him there was no intent or malice to harm anyone on my behalf. He finally got back onboard the boat but moments later leaped from the boat, waded to shore and began arguing with a friend of mine and a shoving match ensued. I quickly separated them and soon Mr. Meathead left with his 'fishing' or best said 'drinking' buddies. Seems

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AUGUST WORD SEARCH

G E G N R D B X S J T W G U G G P R T A F H B U R V C F J
L S N E W V G N Q H L A N D H O X O S L L J Y A Q A P A U
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R J L B C A C N U J C E P L E A X W B U E Q A T O Y I D R
S U N V T I D Q U T B R M Z T M E Q R D R F A J C B R I G
X C V N L E R A J O W M A O H R O I T K I L D Q O C E A N
M X U S R X L R S R S E C D S C T N N W O U I J W M H L B
F O S S I I X W U H L L H S D T D O A U B Z Y Y U L T F A
M Z T H Y Y I W I H T O W O H X O U P D N J H Q H H X X L
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A I Y F V U A C T H E Q B C E P T T G J R O L I S O U D G
R Y L O E N C W R R T C Z O U F D J O R U Q R I Y F T E C
H S E B K G L Z L V R P R C X Q J J R X D F C O D A E H F
I A W Y L P N E P H K X Q E S T C I X P R L N S J C M M C
V X U G F F V M S R M Z E E A K K U C Z E I Z F L I W V N
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T I S V I O I K V P Q I N U A U A W P P H T T W B A U F X
O L T H U E N M K G Z M R A Z N U B A J J E T R X K K L X
I M U H P F W H P B C Q Y G S Z T K H S P A B D A U S V O
O B E D T G P F S U A B B H X J N I W C L S L Q Z V Q F T
D W X E N U B Y T T M G Q V B H K B C G A J Z E O Z E U F
D H W E R Q H F E S U N U J I Q V N M O Y E N L Y F Z L T
V R K N P R I B L A Y O B D D M Y Z K M S F B C M S P G N
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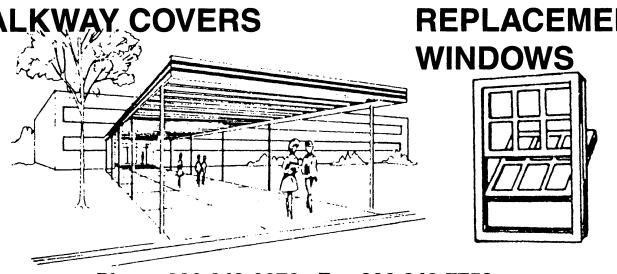
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LIFE AND TIMES
NORTH TO ALASKA PART TWO

continued from page 6

Vail Colorado

Beaver Creek, CO

Wyoming

Wyoming

Aspen Trees

Plains in Wyoming

Fencing along the highway

Antelope grazing out in a pasture and just a mile or two away were two cow Elks grazing in Craig, Colorado.

We crossed into Wyoming in the town of Baggs, Wyoming. It is a small town with State Highway789 serving as the Main Street. All the side streets are dirt. I noticed that the pasture fences along this stretch of highway are eight feet high. I guess that is to deter antelope from jumping them. There were natural gas wells dotting the landscape on both sides of the road. We met many cattle trucks and trailers along the way. They must have been going through a drought because I saw a lot of dry creek and riverbeds throughout this area. Rupard was running 70 miles per hour in a 65 zone and we met our first state trooper. He flashed his lights at us, but thank the Lord he didn't turn around.

We started seeing snow fencing that had been constructed for miles along one side of the highway which must have been 10 feet high or more. It would be a full time job keeping up the maintenance on the snow fences. They continued for miles and miles. We made our first stop for gas in Wamsutter, Wyoming - population 451 and elevation 6,930. Shoshone and Ute Indians originally inhabited this area. As we exited the highway, we crossed an approximately 80 foot wide cattle guard. Let me explain a cattle guard, for all of you that aren't familiar with them. It is a steel pipe grid covering a ditch that will allow vehicles and pedestrians to cross. However all types of farm animals will not cross because their legs will fall between the pipes. I was surprised by the brands of gas out west; it was like stepping back in time. There was ESSO and Sinclair with Dino gas. After filling up we got back on Interstate 81. A train track was running parallel with the interstate and a freight train just happened to be going the same way we were, at the same time. The speed limit was 80 and we could not keep up with the train running the speed limit. I saw several freight trains in Wyoming and Montana and they were real long and had tractor-trailer cargo boxes stacked two high and many cars carrying coal and iron ore. Some had as many as five engines and the black diesel smoke was rolling out of them all. In some areas we saw another train coming in the opposite direction and from our point of view it looked scary, but they passed each other just fine. Their timing has to be precise for that to happen with them going so fast. We saw so many different rock formations and an Iron Ore Mine. We made really good time running 80 miles per hour on I-81. We began seeing the flat top mountains, which is what I call them. They are actually called Mesa's or Buttes. There were so many different rock sculptures. All formed by the hands of God. It was like I was looking through a picture book at all the beautiful scenery.

We made it to Rock Springs Wyoming by 5:00 pm. The temperature was 70 degrees. On Highway 191 and I saw a sign that read " Warning Loose Livestock." This highway is a three-lane highway. The 'third' lane is a pass-

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AUGUST RECIPES

The Three Cheese Rigatoni Pie takes some time to prepare but it is worth the effort. Great with garlic bread and a lettuce wedge salad. I got the recipe from Pinterest. It was posted from onelittleproject.com. I got the Wedge Salad Recipe from Allrecipes.com. I hope you will give them a try.

Three Cheese Rigatoni Pie

Ingredients

- 1 pound Rigatoni
- 1 jar of your favorite pasta sauce (approximately 2.5 cups, give or take).
- 2 Tablespoons Paul Prudhomme's Spaghetti Seasoning (or your own version)
- ½ cup of water
- 2 tablespoons olive oil, divided
- 1 pound ground beef or ground pork
- 1 cup parmesan cheese (freshly grated is best)
- 1 container cottage cheese (I used ricotta cheese)
- 1 large egg
- 1-1/2 to 2 cups mozzarella cheese

Instructions

Preheat the oven to 400 degrees Fahrenheit.

Cook the Rigatoni in a large pot of salted, boiling water. Make sure you use enough water because the rigatoni soaks up a lot. Cook it about one minute less than the package directions states, so it is still hard enough to stand up. Drain the pasta and rinse under cold water.

Toss pasta with one tablespoon of oil to prevent it from sticking. Then add the Parmesan cheese and toss until the cheese is evenly distributed. Set aside.

In a large frying pan, brown the ground beef in one tablespoon of oil. Drain away the fat once it's cooked. Add the jar of pasta sauce, spaghetti seasoning and water and bring to a boil. Reduce heat. Cover and simmer for at least 20 minutes. The longer you simmer the better. Just make sure you add more water if it all boils off. Remove from heat and let it cool for 10 minutes.

Mix together the container of cottage cheese (or ricotta) and the egg. Set aside.

Grease a 9-inch spring form pan. Take the cooked rigatoni and stand each piece up on its end in the pan. Continue until the whole pan is tightly packed.

Pour the cottage cheese (or Ricotta) mixture over the rigatoni and spread evenly over all the noodles.
Pour the (cooled) meat mixture over top and spread evenly over the noodles. Use your finger to poke the meat and cheese mixture down into the noodles. The more patience you have with this step, the better it will be. Bake for 15 minutes at 400F. Remove from the oven and top with the mozzarella cheese. Bake for another 15 minutes at 400F. Let stand for 10 minutes then run a knife around the edge of the pan to help remove the spring form pan.

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TO THOSE WHO SERVE

I have been so blessed in my life. I have always had a father and then a husband that I knew would take care of me and protect me. I've never gone hungry and I have never been without shelter. I've never experienced the fear and sorrow of having a loved one leave home to serve in the military. When Rupard left for Alaska the first time and I knew it would be months before I saw him again, I took comfort in the fact he was not going off to basic training or active duty. I was grateful he was not going off to war. However, I am thankful for the men and women who leave home to serve our country as well as those who serve in law enforcement, both putting their lives on the line for us everyday.

I recently read an article about a public address given by C. S. Lewis during WWII. He described the hardships a soldier has to face, "All that we fear from all the kinds of adversity….is collected together in the life of the soldier on active service. Like sickness, it threatens pain and death. Like poverty, it threatens ill lodging, cold, heat thirst and hunger. Like slavery, it threatens toil, humiliation, injustice, and arbitrary rule. Like exile, it separates you from all you love."

Whoa! I read his words over and over. As I sit here in my air-conditioned office listening to my favorite music, enjoying a cold drink after finishing a nice lunch, I feel ashamed. Ashamed that I complain over such trivial things when we have soldiers and law enforcement individuals giving their all for us everyday to protect us and keep us safe.

Ron is so good to thank an active soldier or an inactive soldier for their service to our country. Once I heard him thank a cousin of mine for serving in Vietnam. My cousin had a shocked look on his face and said, "I didn't go by choice, I was

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AUGUST RECIPES

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Note: This was good, but I think it could be improved upon. My daughter Rheannon suggested adding Asiago Cheese in the Ricotta Cheese mixture. Also, my son-in-law Jason suggested using a piping bag to fill the noodles. I think I will do both of these the next time I make it.

Wedge Salad with Blue Cheese Dressing

Ingredients

1/2 pound crumbled blue cheese
1/4 cup sour cream
1/3 cup buttermilk
1/2 cup mayonnaise
1/4 cup red wine vinegar
1 tablespoon extra-virgin olive oil
1 1/2 tablespoons white sugar
1 clove garlic, minced
ground black pepper to taste

1 head iceberg lettuce, cut into 8 wedges
2 roma tomatoes, diced
1 small red onion, thinly sliced (optional)
1/2 pound crumbled blue cheese

Directions
Combine 1/2 pound blue cheese, sour cream, buttermilk, mayonnaise, vinegar, olive oil, sugar, garlic, and pepper in a bowl; blend using a hand mixer; chill until serving.
Build the salad by placing one lettuce wedge on each of eight plates. Drizzle equal amounts of dressing over each wedge. Scatter tomatoes, onion, and 1/2 pound blue cheese over each salad.

IDES OF MARCH

continued from page 7

like drama surrounded us constantly; "never a dull moment" would characterize this spring vacation.

Jane and I discovered a local pub named "Patches" located half a mile from the park gate. We enjoyed afternoon and evening meals with fantastic chicken wings, seafood and burgers with a dozen or so friends from the campground. The Red Ale Brew was my favorite and reasonably priced. Many of our fishing buds that lodged across the road joined us as well. April would soon come to an end along with our vacation. The storms endured while fishing at Sandy Point and the best class of fish in a year or so, would become nothing more than a faded memory, revived by the opportunity for me to share with each of you.

Parting with our friends of old and new is somewhat sad and never as nice as the greeting, but yet inevitable. Finally the day dawned for an early departure for North Carolina. We watched the sunrise as we left Florida and entered Alabama. The misty morning sunrises at Sandy Point embedded and burnt into my memory bank excite the neurons that stimulate and satisfy body, soul and spirit. So long to all, and never fail to cherish each wonderful gratifying and unforgettable encounter with those people and places so dear and special in each of our lives.

We will dream and plan for next year, reservations have been made and the dates set much like this past year.

By Wes Lee
Retired Haywood County School
District Eight Advisory

LIFE AND TIMES NORTH TO ALASKA PART TWO

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Sagebrush

My first sighting of Pronghorns (Antelope)

ing lane, which would change from our passing lane to the oncoming traffics passing lane. When you don't have much traffic, like they didn't on this road, that is a lot cheaper than building and maintaining four lanes. We traveled through the Wind River Range, which are wide-open plains with few hills with sagebrush growing everywhere. The sagebrush plant smelled good when you rubbed or crushed it. It reminded me of our rosemary back home.

Check back next month for part three.

By Ron Mack
Retired, Elkin City Schools
District Seven News Coordinator

Fast Freight Train

Flat top Mountains

TO THOSE WHO SERVE

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drafted." Ron said, "None the less, you served and I thank you." He looked even more shocked and said, "Well thank you." We need to thank our service men and women. We need to respect and thank our law enforcement because they give up their comforts to allow us to keep ours.

Thank someone you know or recognize to be in law enforcement or the military today. Thank them for what they give up to protect and serve. Remember them and lift them up in your prayers.

Roxie

"All we have to decide is what to do with the time that is given to us"

J.R.R. Tolkien

A FUN DAY

continued from page 6

until the well runs dry. We enjoyed the beautiful scenery along the way. The Mountain Laurels were 'checking out' but many other types of flowers were just 'checking in' including Bachelor's Buttons, Black-eyed Susan's, Queen Ann's Lace and several other types of flowers we didn't recognize. We'd stop occasionally and let the "speedy people" pass us so we didn't feel pushed. Although the speed limit is only 45, as you know there is always someone who is in a big hurry to get where they are going. Usually we are too, but on that day we are taking our time and enjoying God's beauty. We didn't see much wildlife stirring around as we would have thought, only two rabbits, one hawk and several cardinals.

We got off in Meadows of Dan, Virginia to check out Nancy's Candy Factory. They just happen to have an outlet store there. It wasn't busy for a Saturday, I guess because it was still early morning. The previous time we were there it was wall to wall with customers. We took our time and inspected the hundreds of different types of homemade candy before we made our selections. We got back in the car and enjoyed one piece of candy each and shared an ice cold Coca Cola. It was hard to stop with one piece! We got back on the parkway and headed to Galax Virginia, stopping on the way in Woodlawn to visit Miller's Bakery and Deli. We just 'had' to have some fresh sour dough bread for French Toast and a couple of fresh doughnuts (which we saved for later). We headed on to Galax where the 11th Annual Smoke on the Mountain Barbeque Championship was in progress - a World Food Championship event. There were $12,000 dollars in prizes this year. From the crowd and the grills we saw cooking there must have been quite a few entries this year. There were fancy grills of all shapes and sizes. The folks from the restaurant and TV show "The Shed" Barbeque from Gulfport Mississippi were there again this year. Roxie and I participated in the people's choice award of 10 different styles of barbeque. There was live Bluegrass and Old Time music, craft vendors and a food court complete with fresh fried hog skins, frog legs and alligator. After walking up an appetite we headed for a late lunch at our favorite restaurant in town, Galax Smoke House. It's our favorite place to eat chicken wings on Monday nights (the only time they have chicken wings.) The place was packed but we didn't have to wait long for a table and we enjoyed a plate of….. what else?.....pork barbeque and brisket with all the trimmings. After lunch we walked some more and then headed for the car. The temperature had really heated up since we got there and Roxie was worried about our candy melting. So we headed down the mountain on Hwy 89 to our favorite ice cream truck "Scoops." It's an antique truck that the owner has set up stationary by his home right on the side of Hwy 89. You can choose from several dozen flavors of Mayfield Brand Ice-cream. While enjoying your favorite ice-cold treat you can sit under or in one of the many types of seats the owner has designed and welded together. He is an artist at welding. You can also take a walking tour through the woods by his home and see many of the sculptures he created by welding scrap steel together. Many of them are Bible Characters. We arrived home around 3:00 pm, fed the pets and settled down in our recliners for a nap. I can never sleep as long as Roxie so I quietly slipped outside and mowed the grass. I know that doesn't sound like fun but I have my yard fixed so I can 'ride' everything with no trimming necessary. If I see a place that needs trimming (which I didn't see any this time) out comes the 'Roundup' spray.

It was a fun day I got to spend with my best friend. By the way we just had our 35th Anniversary the first of this month! We all need to make time for our families. Everyone seems to have such busy lives these days, be sure you carve out some family time.

By Ron Mack
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District Seven News Coordinator