



THE MAINTENANCE BEACON

Bodie Island

The Monthly Newsletter of the North Carolina Public School Maintenance Association

Volume 51, Number 10
October 2014

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ROCKINGHAM COUNTY HOSTS DISTRICT FIVE



E. C. Stophel



Emma Wray

District Five met September 16 at Monroeton Elementary School in Reidsville. David Boyles, District Five Vice President, called the meeting to order. Cecil Kemp, Monroeton Elementary School Principal, welcomed everyone to the event. E. C. Stophel, maintenance director for Rockingham County Schools introduced the entertainment for the event, Miss Emma Wray, a fifth grade student at Stoneville Elementary School. Miss Wray sang a couple of selec-

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MEETINGS & EVENTS

DISTRICT 4

October 23, 2014 Place: TBA - Cumberland County to host
Meeting begins at 6:00 pm
For more info contact Reggie Long at 910.947.2258

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MEETING DATES

The districts of NCPMSMA meet twice yearly.

District 1

January, July
Pres. Frank Stevens
Phone: 252.793.5562

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. Reggie Long
Phone: 910.947.2258

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. Robin Rudisill
Phone: 828.464.3191

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.

NEW ENERGY EFFICIENT WINDOWS



Kiser Middle School is in the process of receiving new energy efficient windows for the Cafeteria Media Center, Office Areas and one side of a wing. The school was built in 1956 and had the original single pane windows in steel frames. The windows no longer closed properly and were a great heat loss in the winter and big heat gain in the summer. Davidson Sash & Door, Inc. of Lexington was awarded the contact to replace the windows mentioned above. They began work in June as soon as school

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LIFE AND TIMES

It's hard to believe October is upon us. Farmers are already shelling corn, the corn silage is in and almost all of the tobacco has been primed for the season. I always like paying attention to this because when Roxie and I were first married we lived at the farm she grew up on. Each fall it seemed to always be a mad rush to get the harvest in and get the winter grains planted. I enjoyed living there but we had to move to Surry County when I got the job at Elkin.

This summer at the landfill, before the rains set in it got dusty! I don't mean "dirt road" dusty, I mean dust 4 inches deep! It was like driving on a cloud! Of course I've never driven on a cloud, maybe through a few, but I believe that's what it felt like driving through the dust. The county has a large 8000gal water wagon they use to spray water on

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LIFE AND TIMES



continued from page 1
the roads to keep the dust down. What a behemoth! The machine that pulls the water tank is a 1972, Caterpillar 627 tractor. I had the pleasure of driving it this summer. The tank, fully loaded with water weighs 66,720 pounds not including the front tractor. The whole outfit is 43 feet long. The tractor has a six-cylinder diesel engine with 8 speed automatic transmission. It is amazing what power this machine has pulling that amount of weight up and down the hills! As you can see from the pictures it doesn't have a cab so it is extremely noisy and similar to operating an old type tractor where you are right out in the elements. It is very much unlike the articulating dump truck I wrote about in the June issue, which was much like driving your car. It takes about 25 minutes to fill the tank but definitely not that long to spray out the 8000 gallons. It settles the dust down real quick for a hot minute!

I recently received a call from a close friend that owns a grading business in Elkin along with two roll off trucks. He was in a bind one day and needed an extra driver to keep an open top container emptied that a demolition contractor was filling as his crew was gutting a building in downtown Elkin. All I had to do was exchange the full

container out for an empty and take the full one to the landfill. That didn't sound too bad until saw how I had to park the truck in downtown Elkin on Main St. I had to parallel park,

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ROCKINGHAM COUNTY HOSTS DISTRICT FIVE MEETING

continued from page 1



Attendees



David Boyles

tions and did a great job. She is such a pretty, talented young lady.

E. C. introduced the guest speaker for the event Dr. Rodney Shotwell, Rockingham County School Superintendent. Dr. Shotwell is very supportive of school maintenance and is always a welcomed guest. He thanked all the maintenance personnel in attendance for their dedication and hard work keeping our schools in good working order. He thanked and praised the Rockingham County School Maintenance Staff.

A delicious meal prepared by Debbie's Restaurant & Catering of Stoneville, NC was served. David Boyles, district vice present introduced the vendors and awarded the door prizes. Many thanks to our vendors for their generous and continued support. Thanks also to Rockingham County Schools for hosting the event.

Roxie

NEW ENERGY EFFICIENT WINDOWS

continued from page 1

was out and are continuing to work toward completion sometime this month. Sherman Ata is the architect on the project and has designed a very pleasing, energy efficient window that should operate well and save lots of energy in reduced heating and cooling cost. The windows have an insulated panel on top to reduce the amount of solar gain and to reduce the size of the operable window sash. The color was chosen to compliment the schools colors.

*By Carl Jobe
District Five Advisory Council*

THE YOUNG SPACEMAN



In looking through my old project files, I ran across an interesting article from the Greensboro News and Record newspaper written by Dorothy Snyder dated June 3, 1962. Kiser Middle School was built in 1956 and I done some handicapped upgrades to the school in 2002, mainly to the access the "A" wing. In order to go from the main hall into the "A" wing hall you had to go up a flight of stairs. To correct this I installed an exterior ramp and new door to bypass the stairs. This

also involved relocating the statue and mini-garden located at the inside corner of the building. Before I moved the statue, I did a little research on who had placed it there and why. This is a condensed version of what I found.

The Wildwood Garden club of Greensboro had undertaken to build a garden and create a symbol to portray serious students who seek knowledge from the past and present. The statue was sculptured by Mrs. A.A. Hylton and Mrs. L.O. Tuitt and portrays a boy of 10 or 12 years old. The spaceman was sculptured in February 1962, the same month that John Glenn orbited the earth, so the statue was given the look of a space crusader's helmet and the helmet worn by Col. Glen. The crown is the shape of the tip of a space rocket; both of his feet are firmly planted on mother earth. The young spaceman holds an open book to symbolize knowledge. Brogden Foundry co. cast the statue locally and Billy Weisner of Wysong and Miles of Greensboro did the hand finishing.

Then six-year-old Celia Weisner who spoke these words christened the garden and statue, "As a symbol of man's search for knowledge through peace, I christen thee Young Spaceman". Ben Sparks the brick mason nicknamed the statue, "Little John" in honor of John Glenn the first American to orbit the earth, just three months earlier.

*By Carl Jobe
District Five Advisory Council*

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LIFE AND TIMES

continued from page 2



load up the full container, take it to a vacant lot, roll off the full container, load up the empty, go back and parallel park, roll off the container, leave and go load up the full container again and haul it to the landfill. Then return, unload the empty container in a vacant lot, parallel park again, reload the full container, exchange it for the empty and repeat this all again. Sounds complicated, doesn't it? It really wasn't as bad as I had thought. I got it the first time and then as they say, "Practice makes perfect!"

I hope everyone has a nice fall and be thankful for all we have been blessed with. Until next month, God Bless each and every one.

Ron

GUS

Gus and his service dog Sam I Am had a great summer together. Sam I Am is adjusting well to Gus and his movements and noises. Gus likes to whisper secrets in Sam's ear and make animal noises around him. Sam takes it all in stride and keeps all the secrets to himself.

Sam has done great working with Gus in our church. Gus loves to go to church and see everyone. On Sunday mornings, we get to church early so Gus can make his rounds. Gus has to visit four Sunday school classes before he goes into his own class. He visits the senior couples class, two senior women's classes and the senior men's class. All the folks in these classes look forward to Gus' visit before they begin their Bible study. Most of these older folks get a hug or handshake from Gus and sometimes Gus gets a little piece of candy or gum from several of the men. In one of the ladies classes, they always give Gus a little lotion. Gus loves to smell things so that is right up his alley! Sometimes he doesn't get his lotion rubbed in good so he shares it with the class as he shakes hands and gives hugs. Sam tags right along for all these visits. Everyone in our church has welcomed Sam I Am in a big way. Many in our church family helped us get Sam and everyone has welcomed him, just as they do all the children.

Sam I Am will soon start school with Gus. Of course Gus is excited about going to school because he gets to see all his friends!


Red Blanton





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FLAT ROOF DRAINAGE PROBLEM

Those of us in public school maintenance know there are many different reasons for flat roof drainage problems. Below are listed some of the problems and solutions.

Incorrect Installation

If drains are not installed at the correct elevation, it can cause water to puddle. The primary drain and the overflow drain must be installed at the proper elevation. If the elevation of the secondary drain is installed at an elevation that is too low, it will cause standing water around the drain. Also, the roofing contractor must install the correct drain ring on the correct drain. Before the roofing system is installed, make sure the primary and secondary roof drains are installed at the proper location and elevation.

Improper Roof Slope:

If drains are not properly placed a puddle will accumulate. The water standing in the puddles will collect debris. The collected debris will attract more standing water. Thus the standing water will continue to increase in volume until the debris is cleaned up, the drains are properly placed and are in good working order. Make sure that the drains are properly placed!

Lack of maintenance:

Debris will accumulate on a roof and must be removed. If the debris is not removed it will be carried into the drains, thus causing blockage and more problems. A maintenance program can be a real asset in scheduling roof checks for debris collection.

Inadequate parts:

The expected life of the roofing parts need to agree with the expected life of the roof as well as replacement roofs. Plastic parts do not always meet such life expectancy. They can crumble and blow away or get caught in the drains. If the drains have to be replaced along with the replacement roof, it will greatly increase the cost of the replacement roof, cost depending on how easily they are accessed from the building interior. It is more cost effective in the long run to buy good quality parts the first time around.

Penetrations:

Every penetration in a roofing system creates an opportunity for leaks. Make sure all penetration areas are properly sealed and maintained.

By Chris Adkins
District Six News Coordinator

THE JOYS OF OCTOBER

Every year I look forward to the month of October. September is always so stressful getting ready for the convention. In October, it's all over for another year. I usually take some vacation time and do some much needed weeding in my flower beds. I usually have a few new plants to plant as I like to stop at the Raleigh Farmer's Market on our way home from the convention. This year I don't know how much I'll get done though with our new puppy, Annabella. She loves to dig and she loves to jump in and roll around on my plants. She's a live wire! Ron fixed me some neat planters out of corrugated pipe. I painted them with spray paint made for plastic and they have held up pretty well in the weather so far. Some are in need of a refresher coat of paint though since Annabella came to live with us. She will jump right up in them

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I'VE GOT YOU



My granddaughter, Olivia, just turned two years old. Whenever she is hurt or afraid her mother will hold her and tell her "I've got you" until she feels better. Olivia connected that phrase with safety and comfort and will say "I've got you" whenever she is hurt or frightened and needs help. One day I was at

her house and she wanted to ride her small bicycle in the driveway. One of the training wheels was loose (Paw Paw didn't have his tools to fix it) so I held the handlebars and seat and pushed her around the driveway. When making a turn the bike wobbled a little and I saw her concerned little face when she looked at me and said, "I've got you!" I gripped the handlebars and seat a little tighter and said, "Yeah, I've got you, I won't let you fall." Later I couldn't help but think that maybe this little two year old had figured it all out. That little phrase "I've got you" really does work both ways - it is all in how you say it. We know that when we feel worried, afraid, or alone that we can turn to God and say, "I've got you." The comfort comes in knowing that God's going to say, "Yeah, I've got you, I won't let you fall."

By Greg Miller
Thomasville City Schools

BETHANY



Bethany has grown so much this summer. I can't pick her up and carry her around anymore. It is sort of sad how fast kids grow up. All the "cute" toddler clothes are too little for her now. She's only five, but she's wearing a children's size 7/8. She's going to be tall! I'm astonished at some of the clothing choices for children these days. I don't want to buy clothes with "skulls" and bones and other scary things for children. I want to buy stuff with bows, bunnies, kittens, flowers and such. It's getting harder to find sweet, cute, innocent looking clothes. We still manage to find a few cute things here and there. Bethany and I went shopping one day, just the two of us and she picked out a pretty white dress that we both liked. She was so funny when we went to the dressing room to try on clothes. Each outfit she tried on she had to go and show the attendant how she looked in it. Of course the attendant thought she looked great in everything-just like Grandma Roxie! She is such a cutie! We had a fun time shopping. She doesn't beg for anything and she enjoys looking around. She can get away from you in a second though, so I have to stay on my toes, but we have such a good time together.

Roxie

"There is no season when such pleasant and sunny spots may be lighted on, and produce so pleasant an effect on the feelings, as now in October."

Nathaniel Hawthorne

BIRTH ANNOUNCEMENT



David and Laura Earley are proud to welcome Andrew's baby sister Olivia Nichole Earley who was born on August 13, 2014 at 4:39 pm. Weight 7 lbs 10 oz Length 20 ¼ inches.

"The leaves fall patiently, nothing remembers or grieves, the river takes to the sea, the yellow drift of leaves."

Sara Teasdale

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NCDPI PLANT OPERATION

The Plant Operation Section is offering the workshops listed below in October of 2014:

Wastewater Facility Operator's 6-hr. Certification

October 15, 2014
 8:30 am – 4:00 pm
 Location: Cumberland Co. Schools Maintenance Training Bldg. 810 Gillespie Street, Fayetteville, NC
 Basic refresher course on the design, operation, and maintenance of sandfilters, which includes basic theory of biological wastewater treatment and operator's responsibilities.

School Maintenance Electrician Review & Exam

October 28-31, 2014
 First day begins at 9:00 am
 Location: Cumberland Co. Schools Maintenance Training Bldg. 810 Gillespie Street, Fayetteville, NC
 Course is directed toward electrical wiring in schools and the National Electric Code with three days of classroom instruction. The fourth day is scheduled for the School Maintenance Electrician Exam for those interested in being qualified to perform wiring in school buildings. The application to sit for the exam is attached to this email. (address for submittal is on the bottom of the application) Questions concerning the test application should be directed to Ron Chilton with the Office of State Fire Marshal (919) 661-5880 ext. 235. Participants should bring the 2011 NEC. It is needed for the class and the exam.

For the School Electrician class, you must be *registered for the class through Plant Operation*. In order to take the exam you must submit the application to the Office of State Fire Marshall.

If you would like to register for either of these courses, please email gayle.dietzel@dpi.nc.gov the names of those you would like to attend.

Gayle Dietzel
 Administrative Assistant
 DPI - Plant Operation Section
 919-807-3541
Gayle.Dietzel@dpi.nc.gov

BREAST CANCER AWARENESS MONTH

<http://breastcancerinfo.org/breast-cancer-awareness-campaign/>



I'm sure most everyone knows someone who is suffering or has suffered from breast cancer. My immediate family has not been affected so far, but my two closest neighbors both had breast cancer in their early 60's

and I have close friends who have suffered as well. Their cancer was caught early and they are still doing well.

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NCP SMA DISTRICT III ANNUAL GOLF TOURNAMENT OCTOBER 10, 2014

Wedgewood Golf Course
 3201 Old Stantonsburg Road, Wilson, NC

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OCTOBER RECIPE

This is a new favorite recipe of mine. It is a little time consuming, but well worth the effort. I hope you will give it a try. I did take a short cut by using the oven ready noodles.

White Cheese Chicken Lasagna

Ingredients:

9 lasagna noodles
 1/2 cup butter
 1 onion, chopped
 1 clove garlic, minced
 1/2 cup all-purpose flour
 1 teaspoon salt
 2 cups chicken broth
 1 1/2 cups milk
 4 cups shredded mozzarella cheese, divided
 1 cup grated Parmesan cheese, divided
 1 teaspoon dried basil
 1 teaspoon dried oregano
 1/2 teaspoon ground black pepper
 2 cups ricotta cheese
 2 cups cubed, cooked chicken meat
 2 (10 ounce) packages frozen chopped spinach, thawed and drained
 1 tablespoon chopped fresh parsley
 1/4 cup grated Parmesan cheese for topping

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain, and rinse with cold water.

Melt the butter in a large saucepan over medium heat. Cook the onion and garlic in the butter until tender, stirring frequently. Stir in the flour and salt, and simmer until bubbly. Mix in the broth and milk, and boil, stirring constantly, for 1 minute. Stir in 2 cups mozzarella cheese and 1/4 cup Parmesan cheese. Season with the basil, oregano, and ground black pepper. Remove from heat, and set aside.

Spread 1/3 of the sauce mixture in the bottom of a 9x13 inch baking dish. Layer with 1/3 of the noodles, the ricotta, and the chicken. Arrange 1/3 of the noodles over the chicken, and layer with 1/3 of the sauce mixture, spinach, and the remaining 2 cups mozzarella cheese and 1/2 cup Parmesan cheese. Arrange remaining noodles over cheese, and spread remaining sauce evenly over noodles. Sprinkle with parsley and 1/4 cup Parmesan cheese.

Bake 35 to 40 minutes in the preheated oven.



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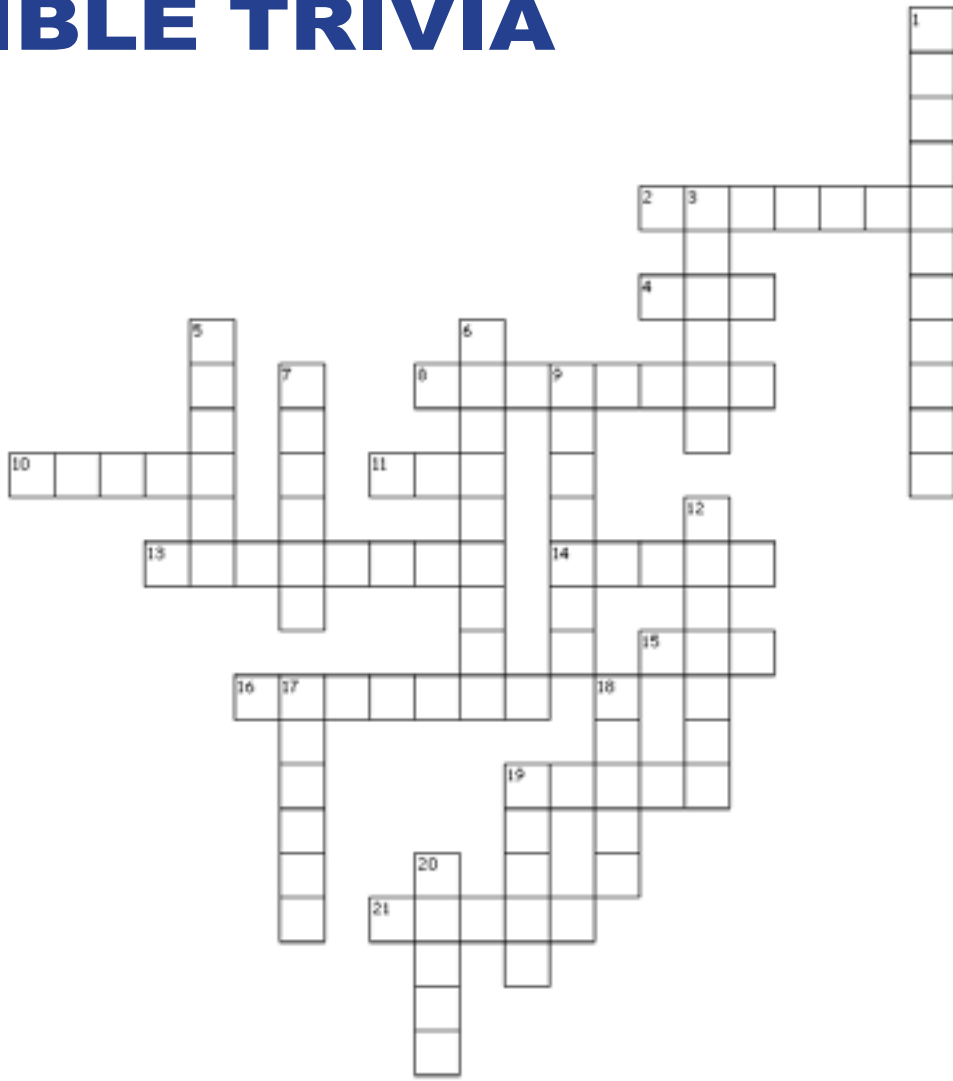
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BIBLE TRIVIA



Down

1. To whom did Abraham tithe?
3. In what book does the parting of the Red Sea take place?
5. Which of Joseph's brothers did he have bound to remain in Egypt?
6. In chapter six of Hosea it says that the Lord desires mercy and not what?
7. What kind of wood did Noah use to make the ark?
9. What was the name of Nabal's wife?
12. Whose sword did David take from the priest at Nob?
17. According to chapter fourteen of Hosea, what is Israel to do to the Lord?
18. What was the first plague sent upon the Egyptians?
19. In 1 Sam. 28, in which town does Saul find a witch?
20. Mentioned in 1 Thessalonians 3, what can give comfort during affliction and distress?

Across

2. In Isaiah chapter 12, what is the Lord's name?
4. According to the thirteenth chapter of Hosea, in what is Israel's hope?
8. Is considered to be a minor prophet.
10. How many sons did Noah have?
11. When Christ returns, those who are saved will meet him where?
13. Why did the Israelite forefathers not enter God's rest?
14. Who did Moses take with Him to speak to Pharaoh?
15. How many wings does a Seraphim have?
16. According to the twelfth chapter of Hosea, by what did the Lord bring Israel out of Egypt?
19. Did not experience death?
21. In chapter twelve of Hosea who took his brother by the heel?

JOYS OF OCTOBER

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when I'm working in them and try to "help" me dig. She's a good digger for sure; she just doesn't know the difference between a weed and a plant.

Annabella is a pretty good alternative for insecticide though. She's loves Japanese Beetles. She probably should not eat them (I'm learning more and more

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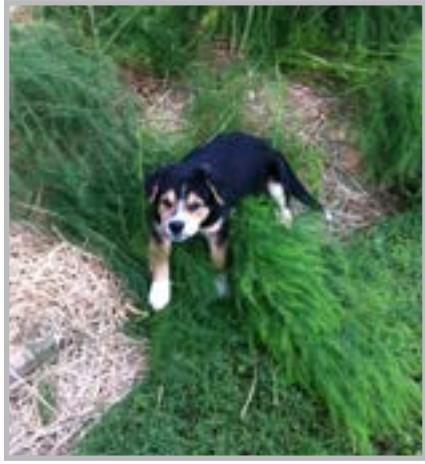
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THE JOYS OF OCTOBER

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about what dogs should not eat) but she does. She takes care of the beetle problem, but she knocks down the plants to shake them off on the ground so she can lap them up. The Japanese Beetles were all over our asparagus this year. Annabella had a ball jumping on the plants and knocking off the beetles and eating them.



This summer I found some white looking worms on the leaves of my red twig dogwood bush. I took a picture and e-mailed it to Dr. Michael Waldvogel of NCSU. Dr. Waldvogel does workshops for NCPMSA for our conventions each year and I keep his e-mail address handy for such occasions. With all his many responsibilities and heavy workload, he always answers me back quickly. He identified them as red twig sawfly larva. He said the white color would change to a darker color as they matured and they did. He also said they would not kill the bush and if there were not too many of them, the safest thing to do would be to pick them off and destroy them or just let the birds eat them.

My bush had a large amount of them but they didn't seem to be doing that much damage, so I left them. Thankfully Annabella was not interested in eating them. They were gone (hopefully the birds ate them) in a few days and the bush recovered nicely.

I am looking forward to spending time with Annabella this month and helping to train her to our underground fence Ron installed. We have a "gang" of neighborhood dogs that roam all around so I hope she will keep them out of our yard instead of making friends with all of them. Sophie, our last dog, was always so protective of us when we were outside. She'd bark and run the other dogs off. When she'd start to bark they'd look at her like "What is your problem all the sudden?" because when we were inside the house, she was their best buddy. We'd see her out the window "consorting with the enemy." But when we went outside, if they were in our yard (playing with her) she'd immediately run them off.

I'm also looking forward to attending the Autumn Leaves Festival in Mt Airy. The Apple Festival in North Wilkesboro is a much bigger event, but it's only one day so the crowd is just too much for me. I like the Autumn Leaves Festival because it is three days so the crowd is more manageable. I'm looking forward to sharing a funnel cake with Ron and bringing home a candy apple!

I also like to visit Virginia Carolina Produce in Cana, VA. It's right on the NC/VA line. They always have beautiful arrangements of pumpkins, gourds, and flowers and of course produce, all at good prices. We go several times a year, but it's always so pretty in October with all the pumpkins and fall flowers. Rheannon went with us one year when she was home from college and she took several pictures of the pumpkins, gourds and produce with her I-Phone. The pictures turned out so well I had them framed and they hang on our kitchen wall. I love to look at them and remember the fun day we had together when she took the pictures.

I hope we get to ride up into the mountains of VA and check out all the pretty

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BREAST CANCER AWARENESS MONTH

continued from page 5

October is Breast Cancer Awareness Month. It is a campaign to increase awareness of the disease and to remind women to take the necessary steps for detecting the disease in its early stages. When breast cancer is detected early, in the localized stage, the five-year survival rate is 98%.

Most women know we should do monthly checks, but how many of us actually "remember" to do them. I just discovered there is a free downloadable app for smart phones to help us do a better job. It is The National Breast Cancer Foundation's Early Detection Plan (EDP) which enables us to be proactive about our health by reminding us to perform routine breast self-exams and to schedule clinical breast exams and mammograms.

I hope you will check it out. Please take time to schedule your yearly exams and mammograms.

Roxie



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The Portable Caddy fits over the rim and handle and hold cleaning tools, scrapers, roll towels, plastic liners, gloves, cell phone, putty knives, sponges, etc. It also fits Rubbermaid and Continental brand units! And it can also be used as a portable cleaning/storage caddy.

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THE JOYS OF OCTOBER

continued from page 9

leaves on the parkway. One Saturday last fall we went for the first time in several years and it was so enjoyable. We stopped at Nancy's Candy Factory in Meadows of Dan (or MOD) which was a special treat. I hope to go there again too because I make a lot of candy during the Christmas Season, so I like to get new ideas and of course take home some delicious candy.

Ron is the driver for our "Primetimers" group at church and they are planning at trip to eat at the Daniel Boone Restaurant in Boone, NC. I must plan a vacation day to go with them!

I hope you find some fun things to do in October that will leave you with fond memories. If you don't already have plans, I highly recommend the Autumn Leaves Festival (check out 13 Bones in the food court). The shops on Main Street are open on Friday and Saturday of the Festival and there are a lot of shops worth visiting while you are there.

Happy Fall Y'all!

Roxie

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Ghandi

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Author Unknown