2019 PIEDMONT PLUS SENIOR GAMES AND SILVERARTS

Visit the PPSG Facebook page for hundreds more
PREPARING TO REGISTER FOR THE NC SENIOR GAMES AND SILVERARTS?

You may register for the NC Senior Games on line using the Torch 1.0 software

- Participants can register online for State Finals, even if they didn't register on line for the Piedmont Plus Senior Games and SilverArts. If you don’t have a user account, create an account, as directed in the instructions on the log in page.
- Once the account is created, it will link with the data from our Local Games. The registration process is to "remove" qualified activities they do not want to do at State Finals. If you already have a user account, DO NOT CREATE A NEW ONE. Click the link on the login page.

If you attempt to register and your qualifying events are not listed, or their SilverArts entry title is not listed, or if you experience other challenges please contact Chuck at 336.727.2325.

2019 Item of Note:

- Table Tennis will not be at Triangle Table Tennis Center due to a change in ownership of that facility. The new location is being finalized and will be published as soon as it is confirmed.

The State Finals Registration section of the NCSG website has the complete Entry Packet. Online Registration and SilverArts Information Forms on it for you and participants to print out and use. Anyone can also view a list of registered participants’ names and their events (only). If you are a team captain, group leader, and doubles partner check it often to make sure everyone is registered by August 1st. Team Captains and group leaders should have email for efficiency! Refer participants to this section of the web site.

Reminder that you can save $15.00 by registering online by July 1!

Preliminary Schedule and most activity details are posted on the website already…including the pickleball being used at the 2019 State Finals tournament.

Note these qualifying details from the NCSG Rules Book:

Team Player Pickup – All additions must be made in writing and meet the published deadline stated in the Entry Packet. A maximum of three (3) players for Basketball and five (5) players for Softball may be added to team rosters following qualification if they meet one of the following two requirements:

- Requirement #1: A player must have participated in that event on a team at a Local Game in North Carolina in the same qualifying year. A player may change teams if the team captains of both teams (the qualifying team and the adding team) approve.
- Requirement #2: Participants that are practicing and playing regularly with a team after Local Qualifying games are eligible to be added to Torch 1.0 as qualified team members by Local Coordinators and may register for State Finals until the August 1st deadline.

Doubles Sports: the age of the youngest player will determine the age group. A player may compete in only one age group. The age groups are the same as in individual sports. Doubles Partners – If an individual’s partner cannot come to State Finals, that person may select another partner who qualified in that Sport at a Local Games. For example, a participant that qualified in Bowling Doubles may select another partner who qualified in Bowling Singles, Doubles or Mixed Doubles. All changes must be made in writing and meet the published deadline stated in the Entry Packet.

Please remember that the hotels listed on the State Finals confirmation and on the website are suggestions for which NCSG has negotiated a group rate. However, NCSG is not responsible for any lodging arrangements.

Tickets for the SilverArts Follies: September 6th is the deadline to order Follies tickets (as many as you want)! An Order Form and online order link is on the SilverArts page of the website for you to download/copy/use. You may put your ticket order in someone else’s name if they will be picking the tickets up and distributing them. Registered Follies participants can see the Show in reserved seating in the back of the audience, without a ticket.

2020 dates are posted on the Calendar page of the NCSG Website.
LET THE GOOD TIMES ROLL – PETANQUE
WRITTEN BY Gary Jones

We had fifteen participants in today’s event. I served as director and umpire. Due to time constraints, we played three timed games and did not have a subsequent playoff at the end.

The top eight finishers were:
1) Mike House (3-0; diff +36), 2) Gail Jerge (3-0; diff +28), 3) Rick Sweeney (2-1; diff +18), 4) Fred Marchant (2-1; diff +17), 5) Shirley Jones (2-1; diff +11), 6) Fred Hauser (2-1; diff +7), 7) Maggie Sweeney (2-1; diff +2); 8) Rom Still (2-1; diff +2).

Note that Maggie and Rom had the same won-lost record AND the same point differential. Maggie edged out Rom for 7th place on Point Quotient. Her points scored ratio was 1.0800 (27 points scored / 25 points given up). Rom’s was 1.0741 (29 points scored / 27 points given up).

It was definitely a fun event. The top eight finishers are all Carolina Petanque members, with only one exception. Fred Hauser played petanque FOR THE VERY FIRST TIME today and managed to finish in 6th place. He’s an active participant in numerous Senior Games events and particularly accomplished at bocce. By the way, he’s in his 90s! Looks like we need a strong recruiting effort!!!!

We play every Wednesday and Sunday at 1pm at Miller Park. Please join us!
First timer comes with credentials via the Hall of Fame

Kenzella Ruffin (Penny Minter) representing Riverdale High School Mufreesboro TN 100m dash won the District and State Championship in Tullahoma TN in 1974. She then remained undefeated 1975-1977 at school level only as they never had another state meet. She is a 25 year Army veteran and will retire 21 August 2019.

At the time of this publication she has not had the opportunity post her ladies 60-64 times in the 50m and 100m dashes as she was being honored at a Hall of Fame Inductee at Riverdale High School during the time of our rescheduled (due to rain) track and field events. God willing she will be able to post those times tomorrow.

Most importantly…. THANK YOU FOR YOUR SERVICE to our country!!!!
Sometimes you win, sometimes you lose, sometimes........ it rains

After a very wet fall and winter we were blessed with rain at all the right times excepting a few occasions. We lost the initial track and field date on Saturday, April 13. We rescheduled the ladies softball tournament due to a steady rain which fell on Saturday, May 11 and today, May 23 we lost the Men’s 70+ softball games due to rain. The horseshoes tournament was moved due to a man made rain out at Miller Park. But you know, with all the rain outs it means that the other fifteen outdoor events were not rained out. I for one am very, very thankful.
TODD COLLINS: more than a PPSG coordinator

Todd was born and raised in Kingsport TN and moved to Winston Salem in 2006. Living in Winston Salem has given him the opportunity to pursue a career in the medical field and in Gerontology. I served as a Hospital Corpsmen in the U.S. Navy, in San Diego CA for 12 years. Studies at WSSU and Forsyth tech Community College and volunteering with Senior Games has led to working as Senior Recreation leader for Senior Games and Silver Arts. After his first year with us he acknowledged “My experience in my short time has been very gratifying. I have very much enjoyed seeing the talent from our Silver Arts participants and the competiveness in our senior gamers. My favorite part has been the heart felt welcome and gratitude from our city’s seniors.”

He added “I am honored and blessed to be able to bring my skills to the program and look forward to the future of Senior Games and Silver Arts as we build and expand.”
It’s All About Time

By Annette Collins

It isn’t always easy being free
This person without roots
This person “ME”

Alone
Where is home?
There is no home
No one is waiting anywhere
Time is to me a gift
Were it not so
I would be bitter
So, moving on
This poor but happy spirit
Travels with the wind, adrift
When time no more have I
To leave this shell
That I call “ME”

No regrets be
For treasured friends await
Together we will live eternally.

Measuring Time
Darkness to light
Shadows, tides
Tree girth
Seasons
Human height
Spiritual growth
1945

By William Pfefferkom

It was 1945. The tobacco union had won the election at Reynolds. Our next door neighbor, Helen’s husband, Captain Bonin, was still in the Pacific. People on the buses were talking a lot about how long the war was going to last. My daddy was home from Washington. He took us all to church. We missed jumping into the bid bed and reading the funny papers.

We were going to hear the new preacher from Pittsburgh, Pennsylvania. We sat on the second row on the left side of the bi sanctuary. Mother went in first in her blue dress followed by my sister, then my brother with a coat and tie, and me with a coat and no tie next to my daddy on the aisle. I like the hymns which I could read and sing real high and better than my brother and sister. Daddy used a marker for the paces in the hymnal which we would read or sing. Mother scrambled around looking for the page with my brother and sister when it was time to stand up and sing.

During the prayer we children just bowed our heads and looked around at all the praying people. Mother closed her eyes and Daddy leaned way forward and put his head won onto the top of his fisted right hand. The blood vessels in his head stuck out like when he did exercises in the morning beside his bed. Nobody else in the church got all down like that, but their heads were bowed and so they didn’t see him like that.

The preacher talked too fast for me. He was talking different than anybody I had ever heard. Daddy introduced me to a man from Indiana one day who also talked funny. He squeezed my hand too hard, but he didn’t talk like the funny looking little man who was preaching away. The new preacher looked like a little bird on our window feeder that couldn’t sit still--jumping around look-in around snappy like. He had big ears for a little man and kept moving his head and looking from side to side at the congregation. I heard him say that God was no foo and that Jesus was plenty smart about things. My daddy liked it a lot. Daddy said we finally had a preacher with a brain.
After the service, we got in our Plymouth and drove real fast to get in line at the YWCA lunch. It was not as expensive as other places to east so Daddy liked it best. He was a determined driver when he pulled out of a parking place. He would edge out and keep going when the other cars would hesitate to compete with his strategy of getting out first and on the road. We had chicken with rice and gravy and plenty of turnips and greens. We ate greens at home a lot because they grew most of the year and were cheap. We raised our own chickens, but Daddy said that because the war about over we could out of the chicken business.

When we got home Daddy read the paper and started cussing again. He sounded like Mr. Carrington when he visited Helen next door and told her about all the trouble he was having in the tobacco factories. The rest of the family had gone to the side porch. I liked to listen to Daddy comment on the news. He was like Fulton Lewis, Jr. who was on the radio every night arguing like my daddy about how the Communists in Russia would take all the private property.

"Those folks tried to recruit me several years ago after I won the North Carolina Chess Championship. I guess they thought I was part Russian. I told them I would rather build a business and make my own money."

The next day the radio played serious music all day long. The President had died of a stroke in Georgia. Daddy had been worried that the President was being fooled by the Russians. Now he seemed real upset by his death. "Roosevelt was beginning to see the light about Stalin. I think the Communists had him poisoned. The Russian woman who was painting his portrait must have given him a type of poison when she was in his place in Georgia. "I loved to listen to my daddy. He knew all about stuff that no other daddy in the neighborhood could talk about."
I went over to Helen’s house next door. “We went to church. We heard the new preacher, the president died, and Russians are coming,” I blurted out. The children started laughing and Helen said, “You are a sight. When did you folks start going to church?”

“My daddy likes the preacher from Pittsburgh because he makes a lot of sense. He doesn’t beat around the bush and wail and moan like the others. I’ll bet Captain Bonin will be coming back pretty soon.”

Helen answered. “I don’t believe he’ll ever come back. I told him he didn’t have to go because of his age and having two children, but he said it was his duty. What did duty eve do for anybody except a lot of heartache and death? Don’t you ever leave those you love for duty, you hear! My husband’s family is in the gas business, but I don’t get any help from them. They won’t even speak to me anymore.”

“But won’t the Captain straighten everything out, Helen?” I offered.

“I’m afraid the war has changed him, Bill. His letters don’t come very often and he only talks about the children. Never about me.”

My brother and I had seen different cars in front of Helen’s house for the past year. We even saw a big black Cadillac parked in front when we got up early to carry the paper route.

A few months later, a sheriff came to our front door and handed a big piece of paper to my mother. She said my brother and I had to go to court in the case of Bonin versus Bonin and give testimony. My daddy got upset about the subpoena, but my brother and I thought it might be fun to tell everybody about all the things we saw in the neighborhood during the war. But the case got settled before we could tell our war stories. Captain Bonin got custody of the children and Helen married Mr. Carrington.
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- When do I sign up for Medicare?
- What are the costs involved?
- What do Parts A & B cover?
- Do I need an Rx Card?

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Take Advantage of our Experience!
Serving the Triad Area for over 25 years!
CALENDAR OF EVENTS NOTICE

Tuesday, June 4 - The Winston-Salem Pops Chorus will present a free community concert from 6:30 to 7:30 PM in the auditorium of the Forsyth County Central Library at 660 W. Fifth Street in downtown Winston-Salem. Entitled “From the Great American Songbook to America the Beautiful” the program will feature the 30-voice mixed ensemble and several soloists performing a mix of swing, big band and Broadway numbers along with patriotic medleys.
The Shepherd's Center of Greater Winston Salem needs volunteers! Below are some of our more pressing needs. Please call or email Vicki Poore (vpoore@shepherdscenter.org) 336-748-0217 to volunteer or find out more!

- **Visitation Volunteers:** our waiting list grows daily and we need folks that are willing to make a long term (6 month) commitment to visiting with a home-bound participant 1-2 hours weekly.
- **Book Pod Emptying:** We need about 6 strong adults to empty books from the "pods" in our parking lot on to pallets for shipping. This is a great project for a small group looking for a service project.
- **Minor Home Repair Volunteers:** We have a waiting list of folks waiting to have work completed in their homes.
- **Box Cutting and Stocking in book processing center:** We need strong ongoing volunteer help in our book room to cut boxes to size for packing and to load the trailer with boxes of books.
- **Stock book boxes in storage shed:** We have a trailer full of boxes that need to be moved. Good project for a group of older teens.
- **Grocery Shopping Transportation Providers:** Take a participant grocery shopping twice per month.
- **One on One Technology Assistance:** help folks with their cell phones, tablets, and laptops.
Volunteers Needed for
Paid Driving Study in Winston Salem

Consider being a part of an important research study to learn whether two training programs designed to improve older driver safety are effective. This study will compare the on-road driving performance of two groups of individuals age 70 and older: (1) drivers who complete training to improve their visual scanning, and (2) drivers who complete small group information sessions about safe driving practices.

The results of your driving evaluation will not be shared with the Department of Motor Vehicles and your participation in this study will not affect your license status.

If you are age 70 or older and currently drive, please consider volunteering for this important study which will be conducted at the Arbor Acres Retirement Community over the summer. All seniors are invited; you do not need to live at Arbor Acres. If you qualify to participate and complete all study activities, you will be paid $200. You will receive professional occupational therapy services for driver safety (approximate $900 value). You will receive feedback following your final behind the wheel evaluation drive regarding your strengths and areas for improvement. You will be contributing to a body of knowledge directed at keeping aging drivers on the road as long as possible and as safe as possible with an ultimate goal to bring these interventions to general public access.

To learn more about the research study and what you as a participant will be asked to do, please attend the following information session hosted by members of the research team. If you can’t attend but are interested in participating, contact Cyndee Crompton at 336-697-7841 or cyndee@driver-rehab.com.

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<tr>
<th>Event:</th>
<th>Driving Study Inquiry Meeting</th>
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<td>Date:</td>
<td>Thursday, June 6, 2019</td>
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<td>Location:</td>
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We look forward to seeing you!

This study is funded by the U.S. DOT, National Highway Traffic Safety Administration (NHTSA)
The Piedmont Triad’s 8th Annual
Elder Abuse Awareness Walk, Stroll and Roll

June 15, 2019  •  Triad Park, Kernersville
Registration, Vendor Fair & Music starts at 9:00 am
Opening Ceremony & Walk Kick-Off at 10:00 am * Wrap-Up at 10:45 am

FREE T-Shirt available while supplies last!
FREE Personal Document Shredding!
FREE Health Screenings!
Informational Exhibitors!
Music and Food!
And more!
NO COST TO PARTICIPATE!

Thank You to our Sponsors!

Register Online at www.ptrc.org/walk

WALK REGISTRATION FORM

PLEASE PRINT CLEARLY:
Individual Name: ____________________________________________________________
Team Name (if applicable): ____________________________________________________
Address: ____________________________________________________________________
City: ______________________ State: __________ Zip: ____________________________
Phone #: __________________________ Email: ________________________________

T-Shirts will be distributed on a first-come, first-served basis at the event.

Walk participants & volunteers assume all risks associated with the walk. The walk organizers are not responsible for injuries during the event. Photographs taken during the event may be used for promotional purposes.
BROOKRIDGE RETIREMENT COMMUNITY
OPEN HOUSE - SUNDAY, JUNE 9
LUNCH, TOUR, DOOR PRIZES
12:00 - 2:00

RSVP TO BECKY WRIGHT BY JUNE 5TH
336-759-1044 OR rwright@brh.org

BROOKRIDGE
A Baptist Retirement Homes Community
# 2019 Discount Theme Park Tickets

Plan for family summer fun with this special offer from LGFCU!

Through a partnership with the State Employees Association of North Carolina (SEANC) and State Employees’ Credit Union (SECU), LGFCU is offering tickets to favorite theme parks and attractions at a discounted price to members.

Buy tickets at your local branch through **September 30, 2019**.

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<th>Theme Park</th>
<th>Child Gate</th>
<th>Adult Gate</th>
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For additional information or for dates and hours of operation, visit the official theme park websites. Please note: Neither LGFCU, SEANC nor SECU are responsible for lost tickets. No ticket refunds or exchanges allowed. All applicable sales tax is included.
Smokey Robinson Reflects on Motown’s Birth

The legendary songwriter shares the stories behind 60 years of hit records

AARP The Magazine

In the beginning there was Berry Gordy, the founder of Motown records, a writer and producer of popular music that he hoped would one day reach all of young America, a man known for his impeccable ear and relentless drive. So it’s not surprising that the second act Gordy signed to his label was William “Smokey” Robinson, a teenage composer, and his singing group, the Miracles.

Like Gordy, Robinson was a prolific creator — he’s now credited with more than 4,000 songs and dozens of Top 40 hits, including “My Girl” for the Temptations, “My Guy” for Mary Wells and “Ain’t That Peculiar” for Marvin Gaye. But Robinson also went on to sing many of the timeless hits he created: “The Tracks of My Tears,” “I Second That Emotion” and “The Tears of a Clown,” for openers. He also became a Motown vice president, producer and talent scout. The image of Motown to this day is tied up with the image of Smokey Robinson — both are associated with class and taste and the ability to cross over to white audiences without ever losing the love and admiration of black fans.

Robinson has earned his place in the Rock & Roll Hall of Fame and the Songwriters Hall of Fame and has been honored by the Kennedy Center. Two years ago he received the Library of Congress’ Gershwin Prize for Popular Song. These days his voice remains sweet and strong — he’s still recording and performing; in February and March he’ll be playing four shows at the Wynn resort in Las Vegas. At 78, he says he’s healthy and happy. When he’s not singing, he’s doing yoga, eating vegan or playing golf. In October we invited music journalist Touré to interview the Motown legend. Robinson was eager to talk about his role in the label’s history but was still mourning the August death of his friend, Queen of Soul Aretha Franklin — they’d known each other since she was 6 years old and he was 8 — so we’ll start there.
How are you feeling now about the loss of Aretha?

I’m still in recovery mode, because I love her and I’m going to miss our conversations and our getting together. But I know that spiritually she’s in a better place. She was suffering at the end there, and I don’t ever want to see her suffer. So now she’s cool, and I’m cool ’cause she’s cool.

You and Aretha grew up in Detroit, along with lots of stars — Jackie Wilson, Martha Reeves, Diana Ross, Mary Wells and more. The Detroit you grew up in was so musically fertile.

There were thousands upon thousands of talented people there. We used to have group battles on the street corners. There were groups that would outsing me and the Miracles.

But other cities are loaded with good musicians. What was different about Detroit and your era?

Berry Gordy. I believe there are talented people in every city, every town, every township, every village, every nook in the world. But Berry Gordy gave us an outlet.

What was unique about Berry?

He was a music man. When I met him, he was writing songs for Jackie Wilson and other people like that, and he was a record producer. Back in those days, especially if you were black, nobody was paying you what you should be paid, if they paid you at all. So Berry decided to start his own record company and gave us that outlet.

Some record execs succeed because they have the ears and some because they can make the business work.

Most record companies, back then, were run by lawyers or guys who just wanted to go into the record business for a hobby or something. But we had a music man at the helm. Somebody whose first love was music and producing records and writing songs. So that was a real asset for us.

Did he help you become a better songwriter?

Absolutely.
What did he teach you?

How to make my song be one idea. When I met Berry, the Miracles had gone to an audition with Jackie Wilson’s managers. Berry was there that day to hand in some new songs. We sang five songs I had written. Jackie Wilson’s managers didn’t like us at all, but after they had rejected us, Berry came out and said, “I liked a couple of your songs, man — where did you get them from?” I had 100 songs in a loose-leaf notebook. But most of them were haphazard, because my first verse had nothing to do with my second verse.

So he showed you how to make them more cohesive?

Absolutely.

Do you have a normal method of writing, like “I want to start with the rhythm and then get to the melody”?

No, there’s none of that, babe. Not for a real songwriter — there’s none of that. There’s no, “Let me start with this first every time,” because then you’re handicapping yourself.

When did you first think, I’m a good singer?

I never thought that. I’m not one of those people. I’m not an ego singer. I’ve never thought what you just said.

You’ve never thought that you were a good singer?

No. I think I feel songs. Whitney Houston was a great singer. Celine Dion is a great singer. Aretha Franklin was a great singer. I’m not in that category. I won’t fool myself. But I feel what I sing, and I think people can feel what I feel when I do.

When did you first think you could be a professional singer?

When I was a professional singer.

You didn’t realize you were good enough until then?

I grew up with some guys who could sing me under the table. All I know is that we were fortunate and blessed enough to meet a man who gave us a chance to make records.

OK, I want to talk about some of those records. “I Second That Emotion” is just an incredible performance. What’s the feeling that “I Second That Emotion” is working with?

When you’re musical, that stuff happens automatically. I do concerts every night, and it’s never the same. I’ve sung “Ooo Baby Baby” 500,000 times, but every night it’s brand-new because I don’t know how I’m going to deliver it. Whatever comes out of me that night is what it is.
What about "The Tears of a Clown"? I love that song.

Thank you. You can thank Stevie Wonder for that.

He wrote that?

I wrote the words; Stevie and Hank Cosby wrote the music. Stevie had recorded that track, and he couldn't think of a song to go with it, so he gave it to me. I wanted to write something about the circus that would be touching to people. When I was a child, I heard a story about Pagliacci, the Italian clown. Everybody loved him and they cheered him, but when he went back to his dressing room he cried, because he didn't have that kind of love from a woman. So that's what "The Tears of a Clown" is about. It's a version of Pagliacci's life.

When you put it like that, the song could be a ballad.

The best version that I've ever heard of "The Tears of a Clown" is by a jazz singer who did it as a ballad. Her name is Nnenna Freelon. She had a violin crying in the background, and it was beautiful, because it's a sad song. My version is upbeat only because of the musical track that Stevie gave me, but in essence it's a sad song.

You do make me want to cry with "The Tracks of My Tears."

Well, thank you.

Tell me about that song.

"The Tracks of My Tears" originated with my guitarist, Marv Tarplin, and was cowritten with Pete Moore. Marv put his guitar riffs on tape and gave them to me to write lyrics. The first thing I came up with was, "Take a good look at my face, see my smiling side of the place, be the closest thing to trace, that you're gone and I'm not." And I said, "No, that's not it." Then, "It's easy to trace that I miss you so much." And I said, "No, that's not it." Then one day I was at my mirror, shaving, and I said, "What if a person cried until their tears had actually left tracks in their face?" Then I was able to finish the song.

So it took you a while to find that part to finish the song?

Yeah, yeah, but I did that in a couple months. "Cruisin'" took five years. Marv had given me the music, and I loved it. I used to go to sleep by it, I loved it so much. So I kept working on it. Then one day I was driving down Sunset Boulevard and I had my top down, and I said, "I'm just cruisin' down Sunset." And then I said, "Cruisin'! That's it!" I turned my car around, man. I want that gold!

Tell me about young Michael Jackson. What was it like having him around?

Young Michael Jackson was a man. He didn't have a childhood. From the time he was, like, 8, they had him singing in the nightclubs. So when he got grown, he became a child because he could do it — he could play, he could do all those things he didn't do as a child.
2019 CONCERT SCHEDULE

February 3 at 3 p.m.
WINTER CONCERT, South Fork

March 10 at 3 p.m.
SPRING CONCERT, South Fork

May 5 at 6:30 p.m.
POTPOURRI CONCERT, Miller Park

June 9 at 6:30 p.m.
SUMMER CONCERT, Miller Park

July 7 at 6:30 p.m.
PATRIOTIC CONCERT, Miller Park

August 4 at 6:30 p.m.
BAND SHOWCASE CONCERT,
Lewisville Baptist Church

September 8 at 5 p.m.
TRADITIONAL SUMMER CONCERT,
Fries Memorial Moravian Church

October 6 at 3 p.m.
BEST OF SUMMER, Miller Park

November 10 at 3 p.m.
FALL CONCERT, SalemTowne

December 8 at 5:30 p.m.
CHRISTMAS CONCERT,
Fries Memorial Moravian Church

SOUTH FORK COMMUNITY CENTER
4403 Country Club Rd. 336-659-4305

SUMMER CONCERT SERIES AT
MILLER PARK AMPHITHEATER
Queen Street near Moore School
336-727-2831
(In the case of rain or extreme heat the concert will be held inside the Miller Park Recreation Center.)

LEWISVILLE BAPTIST CHURCH
125 Lewisville-Clemmons Road

SALEMTOUNE
100 SalemTowne Dr.

FRIES MORAVIAN CHURCH
251 N. Hawthorne Rd.

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WES SALISBURY
Client Advisor

Wes Salisbury is a client advisor in the Winston-Salem, North Carolina, office of Alex. Brown, a division of Raymond James. He is passionate about helping families, businesses and institutions navigate the financial world to achieve their goals. Wes is an enthusiastic problem-solver, and he enjoys working closely with clients to find simplified, tailored strategies to complex needs. Wes believes that long-term relationships built on trust and integrity are the key to helping his clients achieve success.

Wes’ areas of expertise include:

• Personal wealth management and retirement planning
• Assistance in the creation and management of corporate retirement plans
• Investment policy and strategy for nonprofit institutions
• Alternative Investments; and Social, Responsible, and Impact (SRI) investment strategies

Before joining Alex. Brown in 2016, Wes served as senior investment analyst for Wells Fargo Investment Institute’s global portfolio management team, which was responsible for portfolio construction and manager selection on nearly $18 billion in discretionary wealth management portfolios.

Prior to this position, Wes worked as an investment manager for Wells Fargo Wealth Management, where he managed private and institutional client relationships with assets totaling nearly $320 million across the Mid-Atlantic region. His responsibilities included managing clients’ investment policy, asset allocation, and manager selection across a diverse book of trusts, foundations and private wealth accounts.

Wes holds a B.S. in finance, cum laude, from the University of North Carolina at Greensboro, where he received disciplinary honors in finance and pursued a minor in studio art. Wes also studied at the Chinese University of Hong Kong in 2009, where he completed the International Asian Studies Programme specializing in quantitative finance. He holds Series 7 and 66 securities registrations.

Wes is active in Winston-Salem’s business and nonprofit community and has served in various nonprofit capacities including board member, strategist and co-founder. He currently serves on the Downtown Winston-Salem Partnership’s Planning Committee, where he passionately advocates for the revitalization of his neighborhood and city. Wes is also a member and deacon at Ardmore Baptist Church.

Wes is an avid cyclist, outdoorsman and family man. He also enjoys fly fishing, golfing, photography, modern architecture and spending time at the farm. Wes and his wife, Kathryn, live in downtown Winston-Salem with their daughter, Lilyana.
About this Race Series

The $5-5k is designed as a low-key race for the athletes who want to run a tune-up race to prepare for their targeted event, the novice who may be intimidated by the larger events and runners/walkers who want an event to test themselves without breaking the bank.

Twin City Track Club is pleased to host the 2019 Five Dollar 5K Race Series on the following dates:

- Tuesday, April 9, 2019 at 6:30pm
- Tuesday, May 14, 2019 at 6:30pm
- Tuesday, June 11, 2019 at 6:30pm
- Tuesday, July 9, 2019 at 6:30pm
- Tuesday, August 13, 2019 at 6:30pm
- Tuesday, September 10, 2019 at 6:30pm
- Tuesday, October 8, 2019 at 6:00pm (Starting earlier for daylight finish)

Series Scoring

The first-place finisher overall (M & F) and in each age group (M & F) will be awarded 100 points; second-place 99, third-place 98, etc. for each event. The points will be accumulated for each event throughout the series. The top three (3) participants overall and in each age group with the most point for the series will be awarded the “coveted $5K Mug”.

Age Groups:
- 9 and under
- 10-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 and up

The “coveted” mug will be awarded at the awards ceremony tentatively scheduled for after the last event on October 8th.

Note that for the series age group, each person will be placed in an age-group based upon their age on October 8, 2019.

Contact Information

If you have any questions about this race series or its scoring, please use the following E-mail address:

Wadejpm@gmail.com
Included Events

- **5 Dollar 5K - April**
  $5 5K April
  Tuesday April 9, 2019
  Winston-Salem, NC US

- **5 Dollar 5K - May**
  $5 5K May
  Tuesday May 14, 2019
  Winston-Salem, NC US

- **5 Dollar 5K - June**
  $5 5K June
  Tuesday June 11, 2019
  Winston-Salem, NC US

- **5 Dollar 5K - July**
  $5 5K July
  Tuesday July 9, 2019
  Winston-Salem, NC US

- **5 Dollar 5K - August**
  $5 5K August
  Tuesday August 13, 2019
  Winston-Salem, NC US

- **5 Dollar 5K - September**
  $5 5K September
  Tuesday September 10, 2019
  Winston-Salem, NC US

- **5 Dollar 5K - October**
  $5 5K October
  Tuesday October 8, 2019
  Winston-Salem, NC US
Making sure to support our sponsors: