PHOTOS FROM 2018 SENIOR GAMES EVENTS
Visit the PPSG Facebook page for hundreds more photos.
NC Senior Games BIG Week is next week

Dear State Finals Participant,

We are ready for State Finals to begin and are excited to see you in Raleigh, Cary and Durham for the November Big Week!

Please check the schedule for your reporting times at:

- The Final Schedule with Details is posted on the State Finals page of the website.
- Final Confirmations were emailed in mid August. Check your spam/junk folder. In addition, all participants with your activities are on the State Finals page of the website in order by Last name and by Local Games.
- Any schedule changes during competition will be posted on the NCSG website and on the recorded voicemail at 919-851-5456.

Remember the State Finals section of our website has a LOT information for you including:

- Final Schedule
- Details per activity (includes numbers of participants per event and age category)
- Detailed Driving Directions
- Host hotels

Packing reminders:

Required:

*Photo I.D.

Not required, but highly recommended:

- Final Confirmation and Final Schedule with details
- A copy of your medical/medication information
- A copy of your emergency contacts
- Driving directions from the NCSG website.

This is an outgoing email blast and is not monitored for replies or responses.

We look forward to seeing you SOON!

NCSG Staff

Brad Lynn Hugh Lauren Sandra Margot
2018 CONCERT SCHEDULE

February 4 at 3 pm
WINTER CONCERT, South Fork

March 11 at 3 pm
SPRING CONCERT, South Fork

May 6 at 6:30 pm
POTPOURRI CONCERT, Miller Park

June 3 at 6:30 pm
SUMMER CONCERT, Miller Park

July 1 at 6:30 pm
PATRIOTIC CONCERT, Miller Park

August 5 at 6:30 pm
BAND SHOWCASE CONCERT, Lewisville Baptist Church

September 2 at 5:00 pm
TRADITIONAL SUMMER CONCERT, Fries Memorial Moravian Church

October 7 at 3:00 pm
BEST OF SUMMER, Miller Park

November 18 at 3:00 pm
Fall Concert, Salemtowne

December 9 at 5:30 pm
CHRISTMAS CONCERT, Fries Memorial Moravian Church

SALEM TOWNE
100 Salemtowne Dr.
FRIES MORAVIAN CHURCH
251 N. Hawthorne Rd.

ALL PROGRAMS ARE FREE!
For additional information, call
(336) 659-4305 or (336) 993-2325
www.WePLAY.ws
Getting your **seasonal flu vaccine** can help protect you and those closest to you.

If you are **65 years of age or older**, in good general health, and have not received a seasonal flu shot for the current flu season, you may qualify to participate in a research study evaluating an investigational **plant-based flu vaccine**.

Qualified participants will receive the investigational vaccine or FDA-approved quadrivalent flu vaccine at no cost. Financial compensation will be provided for time and travel.

Learn More:

**336.714.7672**
**PMGofWinstonSalem.com**
WINSTON-SALEM, N.C. -- Year after year, Winston-Salem native Lindsay Tise refuses to act his age.

"I'm 99 years old -- I'll be 100 on December the 28th", Tise says.

Tise is still driving his car and he's driving his golf ball way down the fairway. He plays every Thursday with his church buddies, most of those guys 20 to 25 years younger. He often shoots scores in the low 90s.

He credits a program at the Wake Forest University Clinical Research Center for keeping him in such great shape.

And it seems like this exercise program is making him stronger and healthier year after year.

If he didn't have this?

"I'd be 6 feet under," he says.

Also of note is that Lindsay Tise shot a two day total of 185 in the NCSG golf tournament. This would have placed him with a silver medal in the men 85-89 grouping.

Copy and paste the link below into your browser to see the entire story.

Successful Aging

Retirement expert Linda Pritchett appears weekly on Fox 8 to share her advice on ways to age successfully. Over her years of working with pre-and-post retirees, she has learned the right way to ensure that you live happy, wealthy and wise during your retirement years.

Seen Wednesday mornings on Fox 8 Morning News

Due to years and years’ worth of abuse inflicted to our own world, it’s bound to make us pay one way or another. For now, the littlest warnings we have been experiencing from Mother Nature are enough to make us rethink of the way how we are living our lives and how large, as an individual, our impact to the world in general. It seems that with every invented technology comes a sacrifice the world has to take. Saving the world requires collective effort from every human living in it. No matter how hard a single person fight for a better world, nothing will ever come out of it but disappointment. Together, we are expected to make a difference.

Fortunately for seniors, we are conscious enough of our own carbon footprints and sustainable living is a way of life for many of us so it really doesn’t matter if we cut back or make a change. Still, as an obliging citizens
of this world, most seniors are ready to give everything they can just so the next generation will have something to look forward to.

Simple everyday actions can still be improved ecofriendly-wise, such as reducing our waste as much as we can. This includes making use of those we are already giving up to the waste basket especially plastic containers and leftovers. Almost all of our waste are reusable or at least can be used for other purposes, only it is left to our own imagination as to how. If there’s nothing we can do anymore, at least practice waste segregation. Waste segregation is part of the recycle program that most cities are supporting. People from this program would know what to do with your discarded waste better than to have it end up in oceans and seas. Also there are companies accepting recyclable materials in exchange for cash refunds for those who prefer to earn something from their wastes.

Also, it’s a known fact that seniors take up millions of prescribed medications every year the world over. In fact, it was said that almost 50% of drug purchases belong to seniors whether it’s OTC or prescribed drugs. These drugs can cause disastrous results if it somehow end up in bodies of water so if you happen to have a couple of unused medications, please dispose of it properly or better yet, bring it to proper authorities who are better equipped in handling these things.

Cars are the number one contributing factor in worsening air pollution problem secondary to CFCs. Although most senior citizens prefer public transportation than driving their own cars to and fro their destinations, it is also recommended to try walking especially if the distance is short enough to manage. This proves to be very beneficial to seniors not only for lesser gas consumption but for its health benefits as well.

Bottom line is, when we are trying to live up to sustainable living, we must recognize all luxuries as a gift, not a necessity. These are the things that need to last even way beyond our lifetimes therefore it should never go to waste. This is also the best awareness we can pass on to our grand kids.
BOCCE NEWS!!!!!! (John Storrier)

Hear Ye! Hear Ye! Read all about it. Breaking news (like what isn't)! BIG ANNOUNCEMENT!

TUESDAY IS THE NEW MONDAY!

I Said - TUESDAY IS THE NEW MONDAY!

(Kinda Like Orange is the New Black)

So Y'all Got It? From now on, we will play on Tuesdays instead of Mondays.

So our first Tuesday will be Sept 4th. Will NOT play on Monday, Sept 3rd.

There will be a test on this later. The test will be administered on Monday. So if you show up on Monday - and no one is there - YOU FAILED THE TEST!

Other News: All three of our new players were in attendance - Pat, Dan and Steve. Also there was Pat’s wife Jean (or was it Jeanie). Considering they were calling me Chuck, I feel safe in being wrong on Jeanie’s name. All of them played well - too well. They be playa’s!

I was watching some of Steve’s play in particular. In case you didn’t know, Steve’s a champion firearm’s marksman. Like a good marksman, he was drawing a bead (firearm lingo) on his targets and, more importantly, executing - making some incredible shots (like BANG!). After seeing his skill over-and-over again, I hereby anoint Steve with the nickname of either “DEADEYE STEVE”, “DEADEYE NELSON” or just plain ole “DEADEYE” (like in the ole West). Take your choice. (Note to Pat and Dan: Your aka’s will be forthcoming - so watch out).

It’s really great having new blood in our group. My blood is kind of tired. Not anemia, just tired. And these folks really fit in well (that could be an insult in some quarters).

MORE PRO TIPS:
• You can impart spin to the ball, so that it will curve right or left. Can be very useful when your line is blocked by another ball. Sangi is quite good at this, and he can do it with either hand.

• When at Valdese, because the frame of their courts is wood, you get good action off the boards. Kind of like a pool table. For that matter, there is one player there that plays every shot off the boards.

• So, when considering your options, don’t forget to factor the above two strategies into your thinking.

• As a last resort, you can always kick your opponent in the shins.

• And, as always, BE LIKE JOE!

REMINDERS:

For those not attending the intra-county tournament in Yadkinville, there will be the normal bocce at Miller Park.

For those attending that tourney, go kick some bocce butt (as “Just Tim” would say).

Beginning this Friday, between 5-6PM, there will be bocce for our local Special Olympians (and they really are Special - trust me). The city would like at least two regular players to help out and tutor each Friday. These events will be every Friday at 5-6PM through November 2nd. Let Chuck know of your interest.

Looks to be a bit toasty tomorrow. For those going to Miller (not the Champagne of Beers), I’ll CYA in the AM.

IT'S GREAT SEEING MORE LADIES. LADIES READING THIS, PLEASE JOIN IN ON THE FUN!!!!!
The Aging Well Series is a community-wide educational initiative held the second Tuesday of each month from 6 to 7 pm in the Auditorium of the Forsyth County Central Library, 660 W. 5th Street, Winston Salem

April 10  Aging & Memory: What’s Normal and What’s Not?
• Tim Hughes, PhD, MPH, Sticht Center for Healthy Aging & Alzheimer’s Prevention

May 8  What is “Aging Well” and How Can We All Live Our Best Lives?
• Steve Kritchevsky, PhD, Co-Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention

June 12  Understanding Dementia: Strategies for the Common Challenges
• Ed Shaw, MD, MA, Director of the Wake Forest Memory Assessment Clinic Counseling Center, Sticht Center for Healthy Aging and Alzheimer’s Prevention

July 10  Improvisational Movement: What It Is and How It Can Help You Feel Good and Live Well!
• Christina Hugenschmidt, PhD, Sticht Center for Healthy Aging and Alzheimer’s Prevention
• Christina Soriano, MFA, Wake Forest University, Director of Dance and Faculty Fellow, Office of the Provost

The latest research on preserving memories by reducing the risk of Alzheimer’s.
• Laura Baker, PhD, Associate Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Sept 11  Get Up, Get Out and MOVE! The Why’s and How’s to Stay Active and Engaged!
• Barb Nicklas, PhD, Deputy Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention
• Laura Baker, PhD, Associate Director, Sticht Center for Healthy Aging and Alzheimer’s Prevention
• Matthew Burczyk, AICP, Coordinator of the Bicycle & Pedestrian Program, City of Winston Salem

Oct 9  Your Heart Health is in Your Hands
• Jo Cleveland, MD, Geriatrician, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Nov 13  Legal Tools to Combat Exploitation and Abuse of Older People
• Kate Mewhinney, JD, Managing Attorney, Elder Law Clinic, Wake Forest University School of Law
• Jessica Spencer, JD, Assistant District Attorney, Forsyth County

Dec 11  What to Do When the Holidays Aren’t So Jolly
• Stephen Rapp, PhD, Sticht Center for Healthy Aging and Alzheimer’s Prevention

Jan 8, 2019  Function, Falls, and Frailty² Staying Safe at Home and Abroad
• Kathryn E. Callahan, MD, MS, Vice-Chief, Education, Section on Gerontology and Geriatric Medicine, Wake Forest Baptist Medical Center

Feb 12  Where Do I Start? A Framework for Talking to Your, or Your Parent’s Doctor About Key Health Issues
• Jeff D. Williamson, MD, MHS, Chief, Section on Gerontology and Geriatric Medicine
Director, Center for Healthcare Innovation, Wake Forest Baptist Medical Center

March 12  Diabetes in Older Adults: What Everyone Needs to Know
• Don McClain, MD, PhD, Director, Center on Diabetes, Obesity & Metabolism, Wake Forest School of Medicine

Sessions are FREE of charge. Seating is limited and pre-registration is required.
Register by going to: WakeHealth.edu/calendar and scroll down to:
The Aging Well Series, or call 336-713-BEST (2378).

A joint collaborative sponsored by Wake Forest Baptist Health Sticht Center for Healthy Aging and Alzheimer’s Prevention, BestHealth and the Forsyth County Public Library.

Wake Forest Baptist Health
Forsyth County Public Library
**NCSG SWIMMING** *(story provided by Darle Shouse)*

This past Saturday the NC Senior Games hosting the 2018 Swimming competitions at the Triangle Aquaticus Center in Cary NC. It is a long day with several swimmers in each of 31 different swimming events. The Piedmont Plus sent seven out of nine registered swimmers.

As seen on the heat sheet on the NC Senior Games website here are the overall results. The Piedmont Plus Senior Games were VERY, VERY competitive thanks to efforts by swimmers like Darle who garnered 40 total points by winning two gold medals in the 100 and 200 backstroke.

**FINAL OVERALL SCORES**

| 1. Outer Banks Sr Games       | 571 |
| 2. Greater Greensboro Sr Games| 571 |
| 3. Piedmont Plus Sr Games     | 484 |
| 4. Salisbury Rowan Sr Games   | 417 |
| 5. Carteret Co Senior Games   | 371 |
| 6. Wake Co Sr Games           | 371 |
| 7. Brunswick Co Gator Senior Game | 333 |
| 8. Mecklenburg Co Sr Games    | 299 |
| 9. Four Seasons Sr Games      | 280 |
| 10. Orange County Sr Games    | 256 |

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**NCSG PICKLEBALL** *(written by Carl Parks)*

My partner Joyce Hinshaw and I won Gold at the Senior State Games in Concord last week in Mixed Doubles (75-79) age group. We had 4 pools of three teams in each pool. Format was one game to 15 and win by one. We only gave up 7 points in all our matches!

In the men’s 75-79 age group my partner Charlie Ryan and I won gold but not that easy. Once again the format was one game to 15 and win by one. We lost the first game 15-7 and came back to play that same team in the finals and were down 10-3 and 13-8, and won by the score of 15-13. Just goes to show you are never out of the game until the last point is played! Good tournament and looking forward to the national games in Albuquerque New Mexico next year!

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*We're looking for photos and stories like this from each of you participating in the NC Senior Games. By the way Carl did not mention that there were 562 pickleball players of the three days of tournament play!!!*
Don’t have a home computer?
Wish You Could Do More On A Computer?

If your answer is YES, then we may have a solution for you!

Forsyth Tech has teamed up with WinstonNet to bring free digital literacy classes to residents in the GVIC neighborhoods ZIP CODE 27105

The Technology Skills for Life & Employment Course is a FREE 30-hour course covering everything from basic computer skills, interviewing techniques, communications skills and more. By completing the course you become eligible to purchase a refurbished laptop computer at a greatly reduced price.

To be considered for participation in this training and computer purchase program, you must first meet the following criteria:

- You don’t have a working computer at home
- You are unemployed or meet the income criteria
- You live in the target neighborhoods (ZIP CODE 27105)

To Verify Eligibility or for more information, please call: 336-734-7748 ext. 2

A Community Project Funded by United Way of Forsyth County
Piedmont Plus Silver Games Literary Arts Winners at the State Finals.
To quote the North Carolina Senior Games, “Silver Arts is a Celebration of the Creative Expression of Seniors in North Carolina, and is, a major component of the annual athletic competition of North Carolina Senior Games. This philosophy strives to keep seniors healthy, involved and active. Silver Arts unites the Athlete and Artist in a program, recognizing the similarities of both endeavors – discipline, dedication and pride in one’s accomplishments.

The Silver Arts provides a stage for the creative talents of the Visual, Heritage, Literary and Performing Artists. The goal of the Silver Arts program is Encouragement and Recognition of Creative Potentials and Accomplishments.”

A Big Shout Out to our two winners in the State Finals Literary Arts category! Our very own William Gramley, a Lewisesville resident and Piedmont Plus Senior Games & Silver Arts participant won the Bronze award for his thought-provoking essay “Presidential Qualities”. Joining him with another Bronze medal is Dr. Charles Swanson, Ph.D., who won in the Life Experiences category with his must read article entitled “A Two Weeks all Expenses Paid Vacation in Sunny Florida”.

Let me take this opportunity to congratulate all the Piedmont plus Senior Games & Silver Arts participants who represented at the State Finals! We cannot wait to see what you are all working on for the 2019 events!

2018 NCSG LITERARY ARTS WINNERS

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<th>Event Type</th>
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<td>Charles</td>
<td>Creech</td>
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<td>PPSG</td>
<td>Charles</td>
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<td>A Two Weeks All Expenses Paid Vacation In Sunny Florida</td>
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<td>Karen</td>
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<td>Janet</td>
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<td>My Father’s Lures</td>
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“Swanson,” I heard a faint voice from my deep slumber, “Get up. You have to go to the flight line and be there by 1400 hours.” I thought I was dreaming, kept my head on the pillow and eyes shut. There was always the remote possibility that I was dreaming. The only people on the flight line were air crews and people who were going somewhere and I didn’t have orders (the printed variety) to go anywhere.

Again, the voice importuned this time with a palpable insistence in the tone, “Wake up and get your gear together.” Evidence for the “this-is-all-a-dream-hypothesis” was quickly vanishing. There really was someone in my room nudging me to wakefulness. I was coming to my senses; it was Sergeant Brown from the Orderly Room.

“Aww, Sarge,” was my feeble reply, “We had two deliveries late this morning and I didn’t get to bed until 10.” (I was working as a delivery room technician at the 832nd Tactical Hospital at Cannon Air Force Base, Clovis, New Mexico and my duties pertaining to the delivery of newborns, were extensive and ranged from the paraprofessional (handling a newborn) to the mundane, e.g., cleaning the delivery room after a delivery.) “Besides, I have class tonight.” Certainly that last retort should magically make him go away.

“Your college career will just have to wait. Duty calls and the call is for you to be in your fatigues (work uniform) and be at the flight line...now get moving.” With that last bit of motivating speech, he walked out of my room and slammed the door. I had exhausted my pertinent excuses but Sergeant Brown was steadfast in his insistence that my weary body was needed elsewhere, and that was that. He never once said please; my mother would not have approved of his manner.

The uniformed services of the United States have this rather quaint expression that covers just about everything you can think of (or imagine) that is connected with conduct of any and all persons wearing “the uniform”. The needs of the service come first. What the individual person needs, wants, covets or prefers is way, way down on the list. When the phrase applies to any specific circumstance or situation you don’t have a lot of choice in the (military) matter: you “do it” or face the consequences of being obdurate in the face of “the call.” I got up and
did what I was told. I dressed and found my place to the hangar on the flight line were I was told to assemble. If I didn’t show up I would be faced with the charge of “failure to repair.”

Carrying my bag, I walked to the flight line which was about ¾ mile from my barracks. I knew it was nearby because when the atmosphere was just right the roar of jet engines would rattle the window panes of my room; the sound could be deafening. Once passed the security station, I found my way to staging area of the 474 Tactical Fighter Wing. Like me there were a couple of hundred other enlisted personnel of various ranks and specialties dressed in their green fatigue uniforms all with their appropriate tools and luggage. They all knew about as much as I did about why we were assembled or where we would be going. These other men were support personnel as well, e.g., mechanics, technicians, ordnance handlers, just as I was support for the medical compliment for the group. We were flanked by several A.P. (air police) personnel that had very shiny shoes and white ascots and topped off with side arms and carbines with real bullets. It was not so much that we (the assembled) were going start fights or steal anything but this whole area of the base was one of strict security and they meant to keep it that way.

Cannon Air Force Base was a part of the Tactical Air Command, a major unit of the Air Force that employed jet fighter aircraft. (During my tenure at Cannon the plane of choice was the F-100 endearingly known as the “lead sled.” I can only assume that it received this moniker because of its propensity to return to earth with great alacrity if the engine suddenly stopped.) Each base in the TAC command (there were about 8 bases in the United States) was further organized into Wings. My hospital group (832nd TAC hospital) was part of the 474th Tactical Fighter Wing which consisted of 5 operational squadrons of aircraft per wing. The other wing based at Cannon was the 27th TFW.

It was an early fall day in October and the day was warm and sunny but I found a shady spot in the hangar and using my B4 bag as a pillow I laid down, and drifted off to sleep. Even as I dozed I could smell the pungent odor of jet exhaust that the open hangar seemed to capture with great ease. We stayed in that hangar for a couple of hours, milling about and passing rumors: “We were going to South America,” “We were going to the Caribbean,” “We were going...well we were all “dressed up” and pretty sure we were going somewhere! We remained in
that state of collective ignorance generously interlarded with indolence until we were finally addressed by a young first lieutenant. It was about 1600 hrs. We were first called to attention and then told to stand at ease. He advised that we would soon be boarding our transporting aircraft (C-130 Hercules) and on our way. I genuinely don’t think this young man knew anymore about where we were headed than we did. That kind of knowledge existed a bit further up the chain of command. Even though I worked in the hospital squadron I knew what a C-130 was. (This plane incidentally is still being used by the current military for cargo missions around the world.) I looked up and down the tarmac for as far as my eyes could see and I couldn’t spot a single plane of this variety at least. All of this was a strong indication that we were in a “holding pattern” or the phrase that is still operative in the uniformed services: “hurry up and wait.” We were going to sit there, stand there, lie there until our transportation got to the base and that knowledge, of when the planes would arrive, again was beyond my pay grade. I got back on the hard concrete floor of the hangar and took another nap. I was pretty sure they weren’t going to leave without me.

It was about 1700 hrs. when suddenly, above the normal din of jet fighter aircraft comings and goings, I could hear this high pitched whining sound of the propellers of the C-130s coming to transport us to wherever we would be going. The plane had a ramp for a back door and when opened it provided an easy means for loading the heavy equipment used by the ground crews. On the plane I would be taking there was a large, slung low to the ground, “yellow machine” that I could only assume was used to load ordinance to the underbelly of aircraft. After the equipment was loaded the support personnel boarded the aircraft. There were about fifty of us on this particular plane, sans any flight attendants. We sat on two long parallel rows of meshed netting benches facing each other across a space of about 10 feet. There were few windows and no magazines. All of this was quite exhilarating since up to that time as a young man who had not yet attained his 21st birthday I had only had one other airplane ride in my life.

Once the aircraft was loaded and the aircraft commander was satisfied everything was in order we taxied to the end of the runway. The pilot throttled up the engines, the plane shook; we began our takeoff roll and in a matter of seconds we were airborne. I was both afraid and excited at the same time. I was embarking on a journey of historic proportions only at the time I did not realize it. I was just along for the ride. Moreover, the ride was
extremely noisy; the C-130 was not made for comfort and passengers were given short shrift and little consideration in its design. Sleep? Not on this transit.

The climb to cruising altitude took about 20 minutes and we still didn’t know where we were headed. Word was passed back sometime after we got to cruising altitude that we were headed for Florida. No P.A. announcement, just word of mouth. We were advised that we were headed for McDill AFB, Tampa, Florida. It was pretty common knowledge that McDill was not a TAC base which meant this was something out of the ordinary. All things considered the deployment was unusual in the extreme. The flight lasted a little less than 4 hours and during that time I wangled a visit to the flight deck and peeked out the cockpit widow. I recall seeing the-channel of the Mississippi River from about 25,000 feet. Huck Finn could not have been more thrilled than I was to see this majestic waterway from that altitude.

We got to McDill at about 2030 hrs. When the ramp was lowered, and we were allowed to exit, we were immediately treated to a blast of warm, humid Florida air. The calendar said early October but this humid evening said it was “early Hades.” I could hear the buzzing and roar of jet engines up and down the tarmac. The smell of jet exhaust mixed with the humid air hung heavy and was slightly nauseating. There was still some light left in the day which allowed me to see the planes and their landing lights. They just kept landing. Dimly I could see there were all manner of aircraft: fighter planes, bombers, cargo planes, spy planes, i.e., F-102. This was definitely going to be some shindig.

About an hour after we landed, blue painted school buses began showing up to take us to our night’s lodging. By this time I found the other three corpsmen (Sergeant Rush and Airmen Peterson and Gent) who, like me, were part of the medical support personnel for the mission. We boarded the bus, left the flight line and were driven down a palm tree lined avenue about 3 miles to our barracks. We found our assigned room and told where to have breakfast the next morning. Even with all the excitement of the day I had no trouble sleeping. I was exhausted.

We assembled in front of the barracks at 0700 hrs. and boarded the shuttle for the return to the flight line where we met with the two physicians assigned to our medical team: Drs. Dodge and Corker. We were told to “sit tight”
and await further instructions. That afternoon the first game of the World Series was televised; I found a T.V. and watched the Giants play the Yankees. There was nothing else to do. This “stand-around-and-do-nothing” went on for two more days. We were then told that on the fourth day we would assemble for the flight back to Cannon! That was it? Finished? Well, not exactly.

About two weeks later I was awakened the same way I described above. It was déjà vu all over again. Only this time when we landed at McDill there were even more planes and personnel than before. There were so many arriving personnel in fact they had to billet us off-base. We were housed at the Hotel Floridian in Tampa! The windows on the bus were down and the humid air had the pungent smell of salt water as we drove to Tampa. There was a jovial atmosphere on the bus. This was beginning to be fun.

We assembled at 0800 hrs. the next morning and were driven back to the base and the flight line. Again we unpacked the crates and the kits and set up a medical clinic and were ready for business but we were again in a “hurry-up-and-wait” holding pattern. I think, however, we all had a feeling that the first time was only a practice run and we hadn’t yet participated in the “Big Show.” Was this all some sort of exercise? No one knew. Our clinic was just feet away from an area in the hanger completely off limits to all unauthorized personnel and guarded night and day by the A.P.s. This was the pilots’ ready room where their briefings and orders were discussed. They did not include the medical team.

About 1700 hrs. we were dismissed for the day and told us to return the next morning at 0800 hrs. Getting back to the hotel room I found myself alone; my assigned roommate had yet to show. I turned on the T.V. and was greeted to one of those messages that said: “We interrupt this program for a special announcement.” We were advised that President Kennedy would be addressing the nation at 1900 hrs. The station then went back to the regular programming. Did the massive buildup at McDill have something to do with this? We were all about to find out. The designated time came soon enough. In sum and in substance the President advised us that the Soviets had ICBM missiles parked in Cuba capable of hitting almost anywhere in the U.S. These missiles could be tipped with nuclear warheads. The U.S. would not allow this situation to stand. The President averred that the island of Cuba would be “quarantined” and no further ships now on the high seas would be allowed to land. It was
immediately apparent that the military personnel I could see with my own eyes were all part of a first strike contingent. We were not having an exercise we were having a showdown! (The flight time for the fighters from McDill to Havana was about 15 minutes.) They purposely eschewed the word “blockade” as being too provocative. After the President finished his message the pundits took over and weighed in. We were told that there was in fact a Soviet vessel on the high seas headed for Cuba and set to arrive in a day or two. The ship would not be allowed to cross the imaginary “quarantine” line the U.S. had established. What would the captain of the Soviet vessel do? What would “we” do if he crossed that imaginary line?! I would have an answer to the second question when I got to the flight line and my assigned duty station the next morning. I felt numb about the whole thing. The excitement and euphoria of the previous evening had faded to somber reflection on my life and future. I wondered if we were all going to all be gone in a blinding flash of light.

When we got to the base the next morning (0800 hrs.) the place was already buzzing with activities. The jets (F-100) from Cannon were all neatly lined up on the tarmac and pilots were already sitting in their seats. The day dawned hot and bright and the pilots were already sweating. They could not leave their planes for any reason. Our medical unit was assigned a type of ambulance referred to as a “Cracker Box.” (If you have seen an old rerun of the M.A.S.H. T.V. show you have seen a Cracker Box.) One corpsman drove and the other (me) climbed the ladder resting against the fuselage to reach the pilot in the plane. My task was to deliver cold water to the pilots, it was never refused. (Time has dimmed my memory somewhat and I’m not sure if I gave the pilots plastic bottles or a cup-like container; but I do recall that I gave them plenty of water.) This went on for hours. For the whole day the pilots stayed put and I brought them water. I do not know what the pilots did about their “nature calls” and I never asked. The pilots sitting in their planes in the broiling sun drove home the seriousness of the situation.

This day, October 23, 1962 ended without the pilots flying their fully loaded planes to Cuba; the next day the Soviet vessel changed course and did not cross the quarantine line. Everybody breathed a sigh of relief. What was to become known as the Cuban Missile Crisis was not over yet but it was scaled back a notch. Way, way up the food chain the powers that be (on both sides) were slowly working things out and throttling down the tension and war footing. (We in the medical team did not know it but the entire military of the United States was at
“DEFCON2.” This was one step removed from thermonuclear war.) Those of us near the bottom of the chain were simply left in ignorance of such matters and little to do. Had this turned into a shooting war the medics would have had plenty of business.

We stayed at McDill a few more weeks and the crisis declared officially over on November 20, 1962. We then packed our crates, boarded some C-130s and returned to Cannon. The Soviets eventually took their missiles back to Russia. But we came very, very, very close to an Armageddon the likes of which the world has never seen. We brushed the shadow of death in the night as a nation and as a world and never realized just how close we were to war. Decades later the real hero of the crisis became known.

His name was Vasili Alexandrovich Arkhipov, he was a Soviet submarine commander commanding a flotilla of four Soviet submarines operating close to Cuba. Each of the submarines was loaded with a single nuclear tipped torpedo each with the destructive power of the bomb dropped on Hiroshima. During the tense time of the standoff on the surface these four submarines operated beneath the waves in horrible conditions: the interior temperature was never less than 120 degrees Fahrenheit. The crews were short of everything...including communication with their controllers in Moscow! The sub commanders had been given “discretionary” orders regarding the time and place to fire that single torpedo. In sum, they did not need Moscow’s permission to fire. In the case of the sub known as “B59” the situation had gone past anything the world has ever seen.

The lack of communication with Moscow and the conditions on the sub probably all contributed to the decision by the sub’s Captain to fire the torpedo. There were three key players in this deadly drama under the waves that played out during those days in October of 1962: the boat’s captain, the boat’s political officer, and flotilla commander Arkhipov who, as fate would have it, was also on the B59. He would not vote to fire that torpedo and since he outranked even the captain of the vessel the torpedo was never fired. And we in the United States and the world never knew about the decision for decades.

**************

The noted historian Arthur Schlesinger, Jr. called the Cuban Missile Crisis “The most dangerous moment in human history.” Who can argue with that assessment?
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The choice of a lawyer is an important decision and should not be based solely upon advertisements.
What Drives up the Cost of Car Insurance

Your rate can be determined by where and how you live and who you are

by Warren Clarke, AARP Bulletin, November 7, 2018

Think fuel is your top driving expense? Surprise: Based on current averages, you spend more on insurance in a year than on gas (assuming 10,000 annual miles). You can’t influence gas prices, but you sure can affect your insurance rate. Insurers use a mountain of data to determine a rate that reflects the risk you pose. Check with your insurer to see which of the below factors most shape your costs.

Liability insurance shouldn’t vary much based on your car; after all, it doesn’t matter if the damage you caused to someone else’s property is by a cheap or expensive car. But if you’re driving a vehicle that’s capable of doing lots of damage in an accident, you’ll pay a higher rate.

Driving Record. Not surprisingly, your history of claims, car accidents and moving violations plays a big part in determining your insurance rate. In most cases, rates return to normal after three to five years. A DUI is the exception; it can increase your rates for up to 10 years.

Local Weather. Your zip code affects your auto insurance rates in lots of ways.

For example, snow, ice, storms and other local weather traits affect accident and claim rates in your region, notes Penny Gusner, consumer analyst at CarInsurance.com.

Theft and Vandalism Rates. Insurers also use data on the amount of car-related crime that occurs in your zip code to help establish the rate they charge you.

Professional Costs. Another zip code effect: “Medical and litigation costs are higher in certain regions,” says Janet Ruiz of the Insurance Information Institute. Car-repair costs can also vary by region.

Car Choice. It’s not just the car’s cost or value; rates are also tied to the level of claims and accidents for different models. Rates don’t drop equally as cars age: Some vehicles get stolen more often as they get older. And car parts can be harder to get over time. Note that car color won’t affect insurance rates. “It’s a myth that red cars cost more to insure,” Gusner says.
Age. Yes, people 16 to 24 have the most crashes. But “insurance companies have the crash statistics on their side” to allow higher premiums for older drivers, says Michelle Megna, managing editor of CarInsurance.com. Rates often spike once people hit 70.

Gender. “Women tend to get into fewer car crashes than men,” Gusner says, especially as drivers reach their 60s. The Insurance Institute for Highway Safety also notes that men usually drive more miles than women and participate in riskier behaviors. Six states (Hawaii, Massachusetts, Michigan, Montana, North Carolina and Pennsylvania) don’t allow insurers to base rates on gender.

Occupation. Some states allow car insurance discounts for certain occupations like first responders, educators, medical professionals and those in the military.

Credit History. Statistics show that those with a low credit score tend to be more likely to make insurance claims, and so might pay higher rates (Massachusetts, California and Hawaii forbid insurers to use credit history in setting rates).

Education. Some states allow insurers to offer discounts to people who are more highly educated. “Statistics show those with higher levels of education are less likely to make claims,” Gusner says.

Marital Status. “Calculations show married folks are less active and safer than single drivers,” which could lead to lower rates, Megna says. Two states (Massachusetts and Hawaii) don’t allow insurers to base rates on marital status.

Annual Mileage. Forget the argument that driving more makes you a better driver. “Statistics show that those who drive lots of miles are more likely to have an accident,” says Ruiz.
You are cordially invited to a book signing at Covenant Presbyterian Church on **November 1\textsuperscript{st} at 1 pm.**

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TAX REFORM
Key Changes For Individuals

The Tax Cuts and Jobs Act of 2017 (TCJA) is some of the most comprehensive tax legislation introduced in the last 30 years. The TCJA will affect individuals, businesses, tax exempt and government entities. From estimated taxes to withholding, tax reform has a significant effect on your taxes. Here's an overview of some of the major changes.

1. Standard Deduction
   **INCREASED**
   The standard deduction has been significantly increased. It's now close to double the amounts from the 2017 tax year.

   - 2017: $12,000
   - 2018: $18,000

2. Personal Exemption
   **SUSPENDED**
   Beginning in 2018 filers can no longer claim the $4,050 personal exemptions for themselves or their dependents.

3. Child Tax Credit
   **EXPANDED**
   For 2018, the credit increases to $2,000 up from $1,000.
   A new $500 credit for non-child dependents is also available.
   *Both credits are subject to income limitations.

4. State and Local Taxes
   **CAPPED**
   Taxpayers can deduct up to $10,000 in state and local income taxes.

5. Mortgage Interest Deduction
   **DROPPED**
   Mortgage interest up to $750,000 (previously $1 million) can be deducted for loans approved after December 15, 2017. The interest deduction on home equity lines of credit (HELOC) is still available as long as the money is used to buy, build or substantially improve your home.
6 Tax Brackets
ADJUSTED

Adjustments to the tax brackets include lowering a number of the tax rates and slightly widening the income thresholds for 2018.

<table>
<thead>
<tr>
<th>TAX RATE</th>
<th>Single Filers</th>
<th>Married Filing Jointly</th>
<th>Married Filing Separately</th>
<th>Head of Household</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>Up to $9,525</td>
<td>Up to $19,050</td>
<td>Up to $9,525</td>
<td>Up to $13,600</td>
</tr>
<tr>
<td>12%</td>
<td>$9,526 - $38,700</td>
<td>$19,051 - $77,400</td>
<td>$9,526 - $38,700</td>
<td>$13,601 - $51,800</td>
</tr>
<tr>
<td>22%</td>
<td>$38,701 - $82,500</td>
<td>$77,401 - $165,000</td>
<td>$38,701 - $82,500</td>
<td>$51,801 - $82,500</td>
</tr>
<tr>
<td>24%</td>
<td>$82,501 - $157,500</td>
<td>$165,001 - $315,000</td>
<td>$82,501 - $157,500</td>
<td>$82,501 - $157,500</td>
</tr>
<tr>
<td>32%</td>
<td>$157,501 - $200,000</td>
<td>$315,001 - $400,000</td>
<td>$157,501 - $200,000</td>
<td>$157,501 - $200,000</td>
</tr>
<tr>
<td>35%</td>
<td>$200,001 - $500,000</td>
<td>$400,001 - $600,000</td>
<td>$200,001 - $300,000</td>
<td>$200,001 - $500,000</td>
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<tr>
<td>37%</td>
<td>$500,001 or more</td>
<td>$600,001 or more</td>
<td>$300,001 or more</td>
<td>$500,001 or more</td>
</tr>
</tbody>
</table>

7 Retirement Fund Contribution Limits
INCREASED

Taxpayers can now contribute up to $18,500 to their 401(k), 403(b), most 457 plans and Thrift Savings Plan. That’s a $500 increase from the 2017 limit.

8 Roth IRA Contribution Income Phaseout Limits
RAISED

The income phaseout for single individuals and heads of household raised to $135,000 from $120,000. The phaseout for married couples increased to $199,000 from $189,000. No adjustment was made for married individuals who file separate tax returns.

Discover more tax topics at lgfcu.org/personalfinance.
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The Coop is a small farm and used tack store that supports Riverwood’s Community Based Learning program. This program helps prepare students age 14 and over for job and school readiness through equine facilitated learning and a supportive occupational environment. All proceeds from the Coop go directly into programs and horse care.
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