

THE COMMUNICATOR

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Our Calling

All of us have significant innate skills and abilities. With varied experience, initiative, curiosity, concern, and intuition, I'm always searching for ways to help others and complement the skills of others. When learning from friend Page Moir that his favorite Division III college, Roanoke in Salem, Virginia, was going to reinstate college football starting with an Old Dominion Athletics Conference schedule in 2025, I asked, "How can I help?"

Investing at least \$3 million in facility construction, personnel, and uniforms, the Roanoke College Maroons' program needed to recruit at least 100 talented football players, mostly from within a 2-1/2-hour drive. An important factor is, Roanoke College's metropolitan area has 250,000 residents and only one college football team.

It became my calling to introduce the Roanoke College football staff to northwest North Carolina's Yadkin Valley region and our wonderful high schools in Alleghany, Wilkes, Surry, Yadkin, Stokes, and Iredell counties. Because 100.9 WIFM Radio has broadcast Friday-night football since 2004, we are connected to most athletics programs, coaches, and school administrators in the multi-county area. Elkin, at the approximate center of the six counties, is 100 miles from Roanoke College in Salem.

After making telephone calls and calling in favors, we established a schedule of 30-minute visits to East Wilkes, Starmount, West Stokes, North Surry, and East Surry high schools. Departing from WIFM in Elkin at 8 a.m. on Feb. 8 and concluding at 4 p.m., we had a marvelous experience and day.

Below are our schedule and stellar contacts:

- 8:30 a.m. East Wilkes Principal Dustin Webb and Coach Travis Walker.
- 10 a.m. Starmount High School Principal Jonathan Frasher and Coach Greg Lloyd.
- 11:45 a.m. West Stokes Coach Steve Whitt assisted by student and son Luke Whitt.
- 1:45 p.m. North Surry Coach Jackson Smith.
- 3 p.m. East Surry Coaches Trent Lowman and Dusty Slate.

The Roanoke College leaders included assistant head coach and Defensive Coordinator Mike

Giancola, Offensive Coordinator Mitch Ferrick, and Advancement Officer Page Moir.

Other regional colleges in the ODAC are Bridgewater, Washington & Lee, Hampden-Sydney, Guilford, Randolph Macon, Shenandoah, Averett, and Ferrum. D-III colleges provide student aid for need and academic excellence.

Ruby Blackburn Adult Day Care

Through the recommendation of Shelmer Blackburn and John Cothren, I was invited to serve on the Ruby Pardue Blackburn Adult Day Health Care Center Board of Directors. Our Board meets monthly and becoming a better person and beneficiary is a gross understatement.

The Blackburn Center is in North Wilkesboro. Its mission is to provide the best in quality day care for clients, to support the efforts of clients' respite needs, and build a better community. The Center is funded by private and public benefactors. Hours of operation are 6 a.m. to 6 p.m. Monday-Friday.

Parking at the Ruby Blackburn Center prior to our Feb. 13 meeting, a white SUV stopped. The driver rolled down the window and asked, "Do you need help?" I quickly replied, "Thanks. I'm here for a board meeting," to which Dina smiled and answered, "What a wonderful service at the Center. My daughter comes here most days and this service is the best gift my family has ever received. Our daughter's best smile shows when she knows we are on the way to the Blackburn Center. Please share my praise with the Board and the saints who provide the care."

Our Center opened in 2005. Founders include:

- The Blackburn Family Foundation
- Dwight E. and Anne Pardue
- The Health Foundation, Inc.
- Mildred Finley Brooks
- Leonard L. Brooks, Sr.
- The Cannon Foundation, Inc.
- The Duke Endowment
- Golden LEAF Foundation
- Petro Kylynych
- Rebecca and Arnold N. Lakey
- Shelmer D. Blackburn, Jr.
- Countless other benefactors

Ace Music & Pawn Shop

In 2005, Ace Music & Pawn Shop owner Terry Phillips registered to send a team to support the Elkin Rescue Squad. They quickly became regulars and a thriving relationship evolved. In time, I would regularly be invited for lunch either prepared by guru cook Bill Frye, usually exotic meat stew; burgers from Harry's; and tacos from a local family.

I quickly learned Ace Music & Pawn Shop was a local gathering place for local intelligencia. Sitting next to twice-daily regular Clyde Hayes, I recall him saying, "I've been coming here for over 40 years and have never seen Terry take advantage of a soul. He treats clients with respect and caring."

From time to time we are treated to fabulous pastries by Terry's wife, Sharon. Those of us who frequent Ace Music as a hangout are blessed by the atmosphere and quality of life.

Leaving home one morning from Pilot Mountain, wife Charlotte handed me a bag containing three small boxes. In the largest was a Movado watch needing a battery, an Apple Watch with band, and a box with a separate band and, might I add, no specific request or instructions. She simply said, "Terry will know what I need." A few minutes after he received the bag, he handed me the goods repaired and ready to return. In total bewilderment I asked, "How did you know what to do?" Terry replied, "Gary, this is what we do. After 44 years, we just know."

The Ace Music & Pawn team takes great pride in providing a most unique service. Clients bring heirlooms salvageable but not working and hope in a few days to stop by, remit a small fee, and take home precious notables. Oftentimes the Ace Music & Pawn repair masters will fabricate one-of-a-kind parts to complete a repair. Ace Music & Pawn's magic is a dying art and service. Just imagine a treasure whose motto is, "We'll do our best; come back in two days."

Winningest Coach

Kevin Gurganus, head girls basketball coach at Forestview High School in Gastonia, became the winningest coach in school history when his Jaguars notched their 175th win on Dec. 27.

Kevin is the son of legendary Jonesville Bojangles restaurant leader Tim Gurganus. His wife is Jessica and their children are daughter Kaylee and son William.

Kevin graduated from Belmont Abbey College with a bachelor's degree in Middle Grades Education in 2000, the same year he became a teacher at Gaston County Schools. He was assistant varsity girls basketball coach and JV head coach at Forestview before becoming head varsity coach in 2011.

Mount Lebanon School

Bible Study friend Clayton Hall invited me for lunch and an hour's tour of the area where he grew up in southern Carroll County, Virginia. On Joy Ranch Road near Exit 8 off I-77 we wound our way to a high knoll facing north with four quadrants comprised of Mount Lebanon Primitive Baptist Church, two cemeteries, and the two-room Mount Lebanon Public School that was built in 1890. Clayton's mother and grandmother attended Mount Lebanon and Clayton attended the school for the first and second grades in 1949 and 1950.

The school had no running water, a two-door outhouse, a potbelly stove, and a big room and little room. The big-room teacher was Johnny Caudle and the little-room teacher was Dorothy Newman from Sylvatus who roomed with Clayton's grandmother. The school had 25 students and most walked to school. The facility also served as a voting precinct.

Clayton and others raised funds in 2000 to rehabilitate the facility and today it is the Mount Lebanon Community Center.

We met for lunch at Lakeview Restaurant on U.S. 52 near the Blue Ridge Parkway at Fancy Gap. I can remember U.S. 52 being a heavily traveled truck route. Big-rig drivers put their 18-wheelers in third gear and were constantly braking to descend the 10-mile trek down the mountain — quite a treacherous trip to say the least. All of the truck traffic moved to I-77 after it opened in 1977.

Leadership Advice

American author, speaker, and pastor Dr. John C. Maxwell wrote "The Irrefutable Laws of Leadership: Follow Them and People Will Follow You" in 1998. Over 1 million copies are in print. Here are some of his observations:

1. Leaders are readers; they read wisely.
2. Leadership is influence.
3. Leadership is a responsibility.
4. Leaders are ordinary people with extraordinary determination.
5. Character is power.
6. Preparation is paramount.
7. Failure is about over-managing and under-leadership.
8. Leaders manage things and lead people.
9. A wise leader inspires and motivates.
10. Enthusiasm is a must.
11. Failure is the opportunity to begin again.
12. Luck is the residue of design.
13. People support what they help create.
14. Leaders share the credit.
15. To lead people, walk behind them.
16. Leaders give faith, hope, and love to every successful endeavor.
17. Leaders deliver on promises.

PaPa's Pimento Cheese

Every family has a favorite food recipe that will live for eternity. The Tom and Marian York delight is PaPa's Pimento Cheese concocted by dad Tom. Over the years it has maintained the No. 1 position of most-admired nourishment. When we visited, we hoped he'd have made some pimento cheese. Its uniqueness, I think, hinges around the Velveeta brand cheese and Miracle Whip. Oh, yeah!

Tom's daughter-in-law Tammy York, wife of Jim and mother of Johnson, Taylor, and Thomas, included Tom's 80-year-old recipe in her published cookbook. Here it is as written:

PAPA'S* PIMENTO CHEESE

- 1 2-lb. of Velveeta Cheese
- 2 4-oz. Pimentos with Juice
- 2 Good Pinches of Sugar
- 1 Good Pinch of Salt
- 1 tsp. of Mustard
- 2 Shakes of White Pepper
- Slightly less than 1 tsp. of Worcestershire Sauce
- 5 Shakes of Tabasco
- Small tsp. of A.1. sauce
- 1/2 c. of Miracle Whip
- 2 c. of Mayonnaise

Mash Pimento. Add soft cheese and mix. Then mix in other ingredients.

* PaPa is pronounced "pah-pah," each syllable same sound.

P-Nut Butter D-Lite

Neighbors #2 opened in the spring of 1982 at the corner of South and Pine streets in Mount Airy, its southwest corner better known as "The Square". It was formerly a Merritt Machine Shop and a York Oil gasoline outlet. On its western boundary was a factory building, recently demolished, that housed a Pine State operation. The Neighbors Store included a full-service deli featuring made-from-scratch biscuits, potato wedges, and fried chicken. A few days prior to its opening, a salesperson mentioned, "We'll want to have something for a dessert," and someone chimed in, "I have a peanut butter delight recipe that came from the Copeland School lunchroom back in the day." So, Neighbors Stores' P-Nut Butter D-Lite was born.

The unique delicacy, high in sugar, carbs and protein, includes portions of oats, butter, vanilla, peanut butter, milk, cocoa, and sugar. Bring the mixture to a boil (the bubbles at boiling approximate the size of 50-cent tokens), pour it into sheet pans, and then chill it in a cooler for two hours before cutting it into blocks. Two associates can make 10 sheet pans or 400 pieces in eight hours including the time for wrapping in cellophane. At peak production, Neighbors was making 250,000 pieces of P-Nut Butter D-Lite monthly!

Hayes Osteen Ratledge

The late Hayes Osteen Ratledge, 93, of Greensboro, N.C., passed on Dec. 6, 2020. He was a lifelong member of New Garden Friends Meeting, graduated from Guilford College, and pursued a master's degree at University of North Carolina-Chapel Hill. He worked as an accountant before he found his calling as a Dale Carnegie instructor. He later founded Success Seminars Institute.

Hayes spent countless days conducting memory seminars. In my lifetime, no one came close to having his memorization ability. At Surry Community College in 1990, he met 50 students at the door around 1 p.m. and recalled the first and last name of each as they exited at 5:30. He employed name associations and rock-solid, 100 percent concentration. I once asked him to define his skill and ability and he said, "It's my calling, and I believe one's name is his or her most valuable asset. I work hard at pleasing people."

Word Match Game

Match the word on the right with its definition from the left.

- | | | |
|-------------------|-------|------------------|
| 1. hacker | _____ | A. debacle |
| 2. mocker | _____ | B. enlightenment |
| 3. scoffer | _____ | C. distinct |
| 4. slacker | _____ | D. unlike |
| 5. train wreck | _____ | E. top-end |
| 6. slag | _____ | F. dull |
| 7. alkaline | _____ | G. man, guy |
| 8. wheelhouse | _____ | H. sweet spot |
| 9. illumination | _____ | I. pine cones |
| 10. pompadour | _____ | J. reference |
| 11. naive | _____ | K. ridiculer |
| 12. curb & gutter | _____ | L. slang |
| 13. staid | _____ | M. disrupter |
| 14. different | _____ | N. water |
| 15. disparate | _____ | O. unaffected |
| 16. token | _____ | P. abstract |
| 17. Britannica | _____ | Q. loafer |
| 18. asymmetrical | _____ | R. hostility |
| 19. dude | _____ | S. hairstyle |
| 20. Peterbilt | _____ | T. concrete form |
| 21. doggonit | _____ | U. tendency |
| 22. Accurist | _____ | V. comic |
| 23. enmity | _____ | W. timepiece |
| 24. propensity | _____ | X. waste |

(See answers on Page 7)

John Freas

Close to 20 years ago, a stately gentleman stopped by 100.9 WIFM Radio in Elkin, asked for me, asked us to share Galloway Episcopal Church's Peace Testimony, and I readily agreed. We instantly became close and connect monthly.

John Freas and wife Mary are salt-of-the-earth people and wonderful humanitarians and citizens. He's a retired volunteer fireman, Angus cattleman, and active beekeeper. Mary is an accomplished weaver and spinner, is an astute teacher, and gifted us an all-purpose kitchen towel at Christmas that celebrates her weaving and sewing skills. In their front yard at Traphill is a family cemetery dating back more than 200 years.

Here's a letter from John I received in February:

Dear Gary,

Thank you so much for the impact you have had on my life.

You have taught me the importance of maintaining relationships and you have been a wonderful role model showing me how to do that.

I am grateful for the opportunities you provided me to meet with you and to publicize things on the radio and to talk with you about things that were on my mind. You are an excellent interviewer and listener.

Thank you for introducing me to Mount Airy Friends Meeting. That enabled me to meet several other people who have provided inspiration and motivation for me as I seek to promote peace.

I also thank you for helping me to improve the book I was writing. Your suggestions definitely made it more effective.

I will always value your friendship and the things you have taught me.

With the love we share in Christ, John Freas.

Several other facts to know about John:

- Grew up in Walnut Cove and graduated from University of North Carolina-Chapel Hill.
- Appeared on WIFM Radio and Wilkes Communications TV.
- His father, an N.C. State grad, rode a bicycle from Asheville to and from Raleigh during his college years.
- Wrote an epistle: "Violence Prevention: We All Can Help."
- Attended Terry Sanford's summer 1964 initiative named N.C. Volunteers. His group served in eastern North Carolina building housing and sanitation projects.
- Extensively studied various peace testimonies.
- He and Mary are noted conservationists, environmentalists, peace advocates, and Christians.
- His father taught agriculture and was the librarian in Stokes County Schools.
- They are church-goers.

Wall Of Honor

Shortly after associating with 100.9 WIFM Radio in 2004, we framed a foyer wall to accommodate 42 11"x17" laminated photos that capture legendary folks who daily lead and bless our communities. Monthly we change the personalities. As I come and go, I'm reminded of the enormous good being done in our homes and places of work and play.

Among those featured today are the following:

• **Dr. Richard and Ava Brinegar** own the Animal Ark and Crematory. Richard is an ordained Methodist minister, completing his Master's at Duke, and chairman of the Elkin Board of Education.

• **Dr. Swanson Richards** grew up in Beulah and earned his PhD at Florida State and honorably led Surry Community College from 1969 to 1992. At 94 he's sharp as a tack. Has been my mentor since 1955 when he was teacher/coach at White Plains High School.

• **Chris Lawson** is a Boy Scouts of America professional who says, "I'm a Scout leader because I have evidence of the value of Scouting. My three boys have earned the Eagle rank." He is a former music teacher, choral and band director at East Surry Middle and East Surry High School.

• **Freddy Harrison** has a God-given smile. He came to GTY Trucking in 1995 and was a model employee. When I asked him to never forget me, he answered, "To this day I never walk over a piece of trash or park in a business's front door — lessons I learned from you." Happily married to Penny, he runs 5K and 10K races on weekends.

As A Man Thinketh

The following timeless gem was written by a self-help guru, James Allen, in 1902. He said, "'As A Man Thinketh,' deals with the power of thought and happiness. The book will help one help himself."

It's free to read on the Web. Here's an excerpt:

"The will to do springs from the knowledge that we can do. Doubt and fear are the great enemies of knowledge, and he who encourages them, who does not slay them, thwarts himself at every step...."

"A strong man cannot help a weaker unless that weaker is willing to be helped, and even then the weak man must become strong by himself; he must, by his own efforts, develop the strength which he admires in another. None but himself can alter his condition...."

"A man can only rise, conquer, and achieve by lifting up his thoughts.... Achievement, of whatever kind, is the crown of effort, the diadem of thought. By the aid of self-control, resolution, purity, righteousness, and well-directed thought, a man ascends."

"As A Man Thinketh," <https://www.gutenberg.org/cache/epub/4507/pg4507-images.html>

Dr. Jim Harrell Sr.

The late Dr. Jim Harrell Sr. is an Elkin-Yadkin Valley-University of North Carolina icon and legend. We spent hours together in his twilight years and the wisdom and street sense he bestowed upon me is monumental. Daily I'm reminded of his sage advice and encouragement. I can see him waiting for me at his front door on Hawthorne Road, always wearing a huge straw hat accented with a Tar Heels monogram.

Several of his notable quips are:

- Public service is honorable. Seize the opportunity to help and serve.
 - Stay on the sunny side of life.
 - Public education is our most sacred gift.
- Encourage children to stay in school and graduate.
- Be in church.
 - Leading is a blessing. Make sure we take care of those we serve.
 - Support worthy causes and the needy.
 - Be generous and light-hearted.
 - Support those who serve the public.

Shortly before his passing at 94 in 2017, Dr. Harrell mailed these quotations:

"Life is not warming yourself by the fire, life is about building the fire. And generosity is the match... If you want happiness for an hour, take a nap, but if you want happiness for a lifetime, help someone." —Larry Lucchino.

"Lose yourself in generous service and every day can be a most unusual day, a triumphant day, an abundantly rewarding day!" —W.A. Ward.

On the practical side, Dr. Harrell advised, "When you call a meeting, be the first to arrive and the last to leave, and greet every attendee coming and thank them leaving."

Water Works

My education about public water systems began when Brent McKinney suggested capitalizing on Mount Airy's abundant water supply and high-capacity water-treatment system by extending water lines into Surry County. The idea became a focal point in my election campaign for Surry County commissioner in 1998.

At that time, Mount Airy's two water treatment facilities — Doggett Water Plant in operation since 1970 and S.L. Spencer Water Treatment Plant opened in the 1920s — had a combined potential capacity to produce 8.5 million gallons per day. I learned that following implementation of the North American Free Trade Act (NAFTA) and the closure of many high-water-use manufacturers in Mount Airy, the city was selling only 1.2 million gallons daily. There was plenty of capacity to serve new customers if water lines were extended past the city limits and into the county, an initiative that has

continued for more than 20 years.

Wastewater Treatment Plant Manager Chris Marion, a 31-year veteran, gave me a guided tour of the principal public works facility that covers 30 acres near the Ararat River south of Mount Airy. Upgraded in 1991-93 at a cost of \$12 million, it is supplied with electrical power 24/7/365 by Duke Energy. The plant also has a Caterpillar 1197 HP auxiliary generator as a backup source of power. It has the capacity to treat 8.5 million gallons a day. The city's sewage is processed on site and the treated water is discharged into the Ararat River that flows into the Yadkin River below Pilot Knob.

Jim Lippard

We met Jim Lippard in 2000 when he was leading Lexington's American Legion Baseball program. A tailor by trade, Jim rescued the fledgling program by convincing 160 locals to contribute \$100 each annually to support the baseball team. Concession revenues and donations kept the American Legion program afloat. Jim and I became instant, close friends.

Jim's tailoring shop was on Business 52 in what was the Greyhound Bus Terminal during World War II. Up until before integration in 1965, its storefront had two identical entrance doors, one for whites and one for people of color,

He is revered for his philanthropy and support of Lexington's youth programs. One day, over coffee, he shared, "Helping the Legion is what people do who appreciate our good opportunities for youth."

Bojangles

When the Roanoke College football coaching staff from Salem, Va., visited Starmount High School in Boonville, N.C., to meet Principal Jonathan Frasher and Head Football Coach Greg Lloyd, a wholesome discussion evolved around our vital school bus drivers and we spoke of National Bus Drivers Week and how to celebrate the most honorable service they provide. It was decided that 100.9 WIFM Radio would pick up an assorted selection of made-from-scratch biscuits from Bojangles in Jonesville at 7:30 a.m. and bring them to Starmount Middle School's cafeteria for an 8:15 breakfast.

The school bus drivers we honored are:

Rita Anthony	Haley Matthews
Tom Zachary	John Sherrill
Keith Macy	Lynn Underwood
Jonathan Frasher	Brian Mabe
Justin Friel	Tim Speer
Donnie Rose	Tamika Spicer
Daniel Rose	Daniel Hardison
Reggie Casstevens	Lisa Casstevens
Michael Messick	

Selfless Legends

- **Clark Goings**, three-term member of the Surry County Schools Board of Education, most-visible member to ever serve. A perennial attendee at celebrations. Hall of Fame salesman at N.C. Farm Bureau. Dedicated member of the LDS Church.

- **Dr. Stephen and wife Gina Button**, owners of the Buttonwood Chiropractic Clinic in Mount Airy. She formerly served the Neighbors Stores for 14 years as director of public relations, also Most-Valuable Player. Clinic deeply respected and selfless provider of needed therapy.

- **Ace Music & Pawn Shop** at 117 W. Main St., Elkin. Noted provider of short-term loans and the ability to restore life to music instruments. Also noted provider of the place for locals to hang out and offer advice. Led by owner Terry Phillips (44 years), designer Bill Frye and gunsmith Tanner Phillips. Superior repairs beyond compare!

- **Petie Davis**, retired educator, substitute teacher, husband of Janice, father of Donnie, and deemed the guru of public school bus leaders. Also legendary coach in Surry County Sports Hall of Fame. Scratch golfer, fisherman, and yarn spinner. We speak weekly by answering "Old Friend."

- **Rodney Hardy**, retired Surry County Schools Director of Transportation of 17 years. Organized annual Bus Drivers Banquet sponsored by 100.9 WIFM Radio. Always wears a smile.

Coach Tom Palombo

The Guilford College Men's Basketball program for 21 seasons, since 2003, has been led by Coach Tom Palombo whose overall college record is 630-267 and record at Guilford is 392-162. On Jan. 17 against Virginia Wesleyan, after a 77-44 win, he became the Quakers' winningest coach by posting his team's 387th victory, surpassing the total achieved by the late Jack Jensen.

Palombo's 2024 team stood at 22-3 heading into the Old Dominion Athletic Conference Tournament beginning Feb. 19. Coach Palombo's teams have played in 12 NCAA tournaments and advanced to the Elite Eight seven times.

Palombo was Basketball Times Coach of the Year in 2010. The Quakers have been ranked No. 1 and Palombo has been ODAC's Coach of the Year five times. His superstars Ben Strong and Tyler Dearman were national Players of the Year.

Coach Palombo's leadership is a Guilford College basketball treasure. His teams are ultimate achievers playing 40 minutes of line-to-line ferocious defense and offense led by selfless teammates who are looking for assists, picks, and rebounds. Opponents say the Quakers' bench is the league's best, and its reputation for stellar free-throw rebounding enjoys a national prominence.

Palombo's teams are renowned sportsmen and always exceed potential and expectations. In all regards the Quakers are rock-solid.

Coach Palombo, wife Amy, and children Kylee, Reagan, Davis, and Caleb live in Greensboro.

The Apostle Peter

In 2 Peter, the second epistle of Jesus Christ's apostle Simon Peter, written a few days before the Emperor Nero took his life at age 67 in Rome for being a Christian, Peter challenged us to add to our faith every day. In a Sunday message at Mount Airy Friends Meeting, I used the following passage to support Peter's urgings:

- **Nehemiah** led his people to rebuild the five-mile wall around Jerusalem in 52 days. Oftentimes he would have soldiers with drawn swords protecting workers with trowels.

- **Tom Childress**, a Mount Airy and Catawba College graduate, a most articulate speaker and consummate fundraiser, was praised by 38-year Men's Basketball Head Coach Sam Moir for raising funds that kept the college viable and afloat.

- The late **Dr. Herb Appenzeller** served Guilford College for 40 years and is credited with being the absolute best connector of people with needs with people of means. He rescued many careers and developed generous hearts.

- Brother-in-law **Dr. Tom Fehring** credits future father-in-law Tom York with saying, "We'll never miss that which we give away."

- **Max and Jane Carter**, career servants to and for Guilford College, dedicated lives and careers to seeking and finding ways to serve on foreign missions and volunteer efforts. Weekly his call enlightens me about the bountiful contributions of unsung heroes.

- The late **Ruby Bryant** of Elkin in 1963 started cooking and feeding the needy from her kitchen stove. Her legacy, Feed the Elderly, continues to thrive and serve.

A Story To Snack On

Most of us grew up with at least daily stops at a local store to buy a pack of Lance "Nabs" and a Pepsi. Why? Because that's what Southerners do.

National Biscuit Co. in 1924 invented a snack with peanut butter sandwiched between two crackers. Nabisco trademarked the name NABS in 1928. Its chief competitor was Lance Inc. headquartered in Charlotte. Nabisco stopped making NABS in the late 1970s or early 1980s, so Lance's ToastChees inherited the nickname Nabs. Lance merged with Snyder's of Hanover in 2010 and Campbell's Soup bought the company in 2018. It's a perfect match. What goes better with a hot bowl of tomato soup than a pack of Nabs crackers?

Humility

We suppose the most likeable attribute of those we know is an abundance of humility. It is said that humility is strong while arrogance is weak. C.S. Lewis said, "Having humility is not thinking less of yourself, but thinking of yourself less."

A noted CEO declared, "I can spot emerging leaders." He didn't rule out talent, education or leadership presence, but said, "I can usually tell if they have the humility to make it." Humility enables leaders to ask, "How can I help?"

We can't talk our way into humility; it's always practiced. Those with humility take others higher. Part of being humble is realizing we don't know all the answers. Humble people acknowledge what they do know and what they don't and enlist help for the latter. Jeff Boss writes, "Humility displays a willingness to learn and become better." Boss lists these attributes of people with humility:

- Connect others
- Are curious
- Are concerned
- Say thanks
- Ask for help
- Learners
- Honorable virtues
- Listeners
- Serve others
- Building others

A close friend said, "I may not be able to describe it, but I know it when I see it." Over the years I've seen lots of humility.

Coach

Seizing the opportunity to share with several school bus drivers at Starmount High and Middle School, I met Brian Mabe, an assistant principal at the high school. In our chat he stated how grateful he feels when a former player, in public, addresses him with "Coach Mabe."

In my 70-plus years around athletics, the most endearing greeting is to be addressed as "Coach." It means the world to us who appreciate the relationships that transpire between a coach and player. Matt Scott calls me "Coach" and I fondly look forward to our meetings. The simple designation can connote teaching, lessons learned, trust, complimentaries, affirmations, appraisals, and instructions. More than likely, it's positive.

Stop Meaningless Meetings

As I reflect on my 30 years leading the Neighbors Stores, I'm sure there were countless hours in meetings, usually with eight to 10 others, sometimes being subjected to up to three hours of mostly ranting and raving and ineffective tirades. Oftentimes we met only because we were in the habit of meeting on a regular schedule: say, for example, at 9 o'clock every Friday morning. Worse, we often met without any predetermined agenda for which staff members could prepare reports and

assemble data, thus leading to a second meeting where we might get answers to the first.

No meeting was intended to waste time, but I think many accomplished very little except holding valuable people hostage until everyone grew tired and frustrated. Some meetings centered around problems that couldn't even be fixed with a meeting — a tire can't be changed or a fuel pump replaced in a conference room. Some problems were so insignificant or trivial that doing nothing would probably fix them.

Join our cause! Let's put a stop to meaningless meetings. When can we meet to talk about it?.

Blessings For A Meal

In the motion picture "Seven Days In Utopia," Johnny Crawford (Robert Duvall's character) gives this blessing for a meal:

For food in a world where many walk in hunger;
For faith in a world where many walk in fear;
For friends in a world where many walk alone;
We give You thanks, O Lord. Amen

Here are some other mealtime prayers:

Lord, we thank you for the food before us,
The friends beside us,
The love between us,
And Your presence among us. Amen.

Come, Lord Jesus, our guest to be.
And bless these gifts bestowed by Thee.
And bless our loved ones everywhere,
And keep them in Your loving care. Amen.

Creator of all life, bless this food that is before us. Strengthen our commitment to share the gifts you have given us so that all may have food each day. At our table may there be love in every heart for Thee. Amen.

Our dear Heavenly Father, we thank thee for this food. Feed our souls on the bread of life and help us to do our part in kind words and loving deeds. We ask in Jesus' name. Amen.

Bless us, Oh Lord, and these thy gifts, which we are about to receive, from thy bounty, through Christ, Our Lord. Amen.

May all be fed.
May all be healed.
May all be loved. Amen.

Word Match Game answers


(from Page 3)

- | | | | | |
|------|-------|-------|-------|-------|
| 1. M | 6. X | 11. O | 16. P | 21. L |
| 2. V | 7. N | 12. T | 17. J | 22. W |
| 3. K | 8. H | 13. F | 18. I | 23. R |
| 4. Q | 9. B | 14. C | 19. G | 24. U |
| 5. A | 10. S | 15. D | 20. E | |

The Communicator

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RETURN SERVICE REQUESTED



**May the road rise to meet you
May the wind be always at your back
May the sun shine warm upon your face
and rains fall soft upon your fields
Until we meet again, May God hold
you in the Palm of His hand.**

Traditional Irish Blessing

**100.9
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