

Piedmont Periscope

The official newsletter of the Carolina Piedmont Base of the United States Submarine Veterans, Inc.



June 2010 - Issue #5

Web Site: www.ussvi.org/base/CarolinaPiedmont.asp

USSVI Creed:

"To perpetuate the memory of our shipmates who gave their lives in the pursuit of duties while serving their country. That their dedication, deeds, and supreme sacrifice be a constant source of motivation toward greater accomplishments. Pledge loyalty and patriotism to the United States of America and its Constitution."







Lost Boats for June

USS 0-9 (SS 70)	June 19, 1941
USS S 27 (SS 132)	June 19, 1942
USS R 12 (SS 89)	June 12, 1943
USS HERRING (SS 233)	June 1, 1944
USS GUDGEON (SS 211)	June 7, 1944
USS GOLET (SS 361)	June 14, 1944
USS BONEFISH (SS 223)	June 18, 1945

"Sailors, Rest your oars"

Who's Who & What's Where							
Base Commander	Steve Bell	usnret82@carolina.rr.com	704 824 3510				
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Newsletter Editor	E. Dale Moses	donutdad@carolina.rr.com	704-248-7610				

The CO's Stateroom - Steve Bell, Commander

What a busy time we have had since our last meeting. And a little more to follow as well. We have had four successful events this month. Our Burnsville adventure turned out really well. For those of you that missed it, I suggest that you put it on your calendar for next year. A good time was had by all and the entire event turned out fairly well. Our evening at the Charlotte Knights game turned out well too. Even if we did not see the end of the game due to their lighting problems, we did get the fireworks in. Thanks for the coordination to Moe and to all who participated in presenting the colors. WELL DONE. Many of the folks there thanked several of us for doing that as well as our service. The parade in Thomasville was enjoyable followed by a nice lunch. Just as we finished the parade the rain came. How is that for timing? Rick also had a successful time at the Veteran's home and has a follow-on event sometime in the near future. Carolina Piedmont can be proud of the fine job done at each of these events. You make me proud to be your Base Commander.

The national election process should be well underway by the time you are reading this. Please look over both the candidates and the resolutions that you can vote on. And please vote. It is your organization and here is your chance to try to choose your national leadership as well as how some of our business is conducted. Do your best to make an informed decision. Two years ago only nine people from our base voted. Let's see if we can drastically improve on the number. And thank you for voting.

I look forward to seeing you at our next meeting.

----- Get Involved with the Base-----

XO's POD - Mike Hubbell, Sr. Vice-Cmdr -

No Report

---- Pride Runs Deep; at Carolina Piedmont Base ------

Comm Center- Jack Jeffries, Base Secretary

VOTE- this is to inform you of the National Elections now going on. It is very important to cast your ballot. If you don't vote, you have no one to blame if your voice isn't heard. It really is a simple procedure. Just log on to USSVI.org, go to 2010 election and follow simple instructions for casting you ballot. We have 60 Carolina Piedmont primary members that are eligible to vote. Our goal is to have 60 votes. If you need to know more about the candidates or changes to the constitution and by-laws, there is info on each ballet item. If you still need assistance contact me. You will be getting reminders on this important subject. Voting ends mid August.- Jack

----- Get Involved with the Base-----

Keeper of the Coin - Lee Hickerson, Base Treasurer

Treasurer's Report as of 8 June, 2010

Current Balance \$2,593.32

Restricted Funds

Memorial Restoration Funds Available \$63.50 Kaps 4 Kids \$955.80

2

Refreshments \$105.00
Base Coins -\$47.00
Base Funds Available \$1,516.02

\$1,500.00 from Memorial Restoration Fund distributed to Tony Valovich for repairs to Burnsville Memorial.

Only 50 CPB coins available. Get yours before they're gone.

Jacket Order paid

Your Treasurer will not be at the meeting on June 26.

----- Get Involved with the Base-----

<u>Chaplin's Corner-</u> Raymond Fritz, Base Chaplin

No Report

----- Get Involved with the Base-----

COB's Words – Howard Dachs, Base COB

My movie pick for this month: Taking Chance (2008) NR

Based on an article by Marine Lt. Col. Michael Strobl, this HBO original film tells the story of Strobl's emotional experience traveling across America as a volunteer escort officer for the body of fallen 19-year-old marine Chance Phelps. Along the 2004 journey to Phelps' hometown in Wyoming, Strobl (portrayed by Golden Globe winner Kevin Bacon) witnesses -- and is moved by -- acts of respect by everyday Americans.

This is available from Netflix. My comments: Very moving, not typical Hollywood

----- Get Involved with the Base-----

The Supply Shack- Jeff Nieberding

No Report

----- Freedom, is not Free, Support our Troops-----

Editor's Note -E. Dale Moses

Guys and Gals,

You all (or y'all) have slacked-off on your contributions to the Piedmont Periscope! It's understandable; there's the yard work, kids and grandkids, and Lord knows all the re-runs on TV. So your punishment is to read the "junk" that I come up with. Now, your assignment for next month is: 1) one-half hour less of the summer re-runs, and 2) sit down at your computer and write me a 500 word essay on what you did on your last patrol. Don't make me take the next step and take-away your birthday! – Moe(SS)

----- Get Involved with the Base-----



CPB says

Iune

Tom Salts 6/04 Rodger Ellingwood 6/07 Howard Nudi 6/11 Otis Sealy 6/11 William Holzendorf 6/26

<u>Iulv</u>

Carol Jeffries 7/06 Mary Bickford 7/09 Libby Reese 7/09 James Halbert 7/11 Anne Trexler 7/18 Clarence Jordan 7/19 Greg Crystal 7/24 Michael Hubbell 7/28

----- You are not too old to join in the FUN, come to a meeting!! ------

LADDY AND LOCATION TO THE SECOND CONTROL OF THE SECOND CONTROL OF

Anne and Paul Trexler - 6/25 Glenna and Michael Hubbell - 6/27 Christie and ClarenceSenn - 6/29 Nancy and Arnold Kirk -7/4 Emma and Robert Howell - 7/15



No one to report – stay healthy

Welcome aboard to new members

George Bírmíngham Marshall Chapman Míke Egan

Rudy Hernandez



"SUBMARINER"

Only a submariner realizes to what great extent an entire ship depends on him as an individual. To a landsman this is not understandable, and sometimes it is even difficult for us to comprehend, but it is so!

A submarine at sea is a different world in herself, and in consideration of the protracted and distant operations of submarines, the Navy must place responsibility and trust in the hands of those who take such ships to sea.

In each submarine there are men who, in the hour of emergency or peril at sea, can turn to each other. These men are ultimately responsible to themselves and each to the other for all aspects of operation of their submarine. They are the crew. They are the ship.

This is perhaps the most difficult and demanding assignment in the Navy. There is not an instant during his tour as a submariner that he can escape the grasp of responsibility. His privileges in view of his obligations are almost ludicrously small, nevertheless, it is the spur which has given the Navy its greatest mariners: the men of the Submarine Service.

It is a duty, which most richly deserves the proud and time-honored title of"The Submariner"

Burnsville, NC 2010





Girls just want to have fun!

Tolling of the Boats of WWII

During our annual visit to the Memorial at Burnsville we were joined by Medal of Honor Recipient Rudy Hernandez..Rudy was awarded the Medal of Honor for gallantry during the Korean War. The Carolina Piedmont base was proud to Honor Rudy as an Honorary Submariner and accepted him as an Associate member of the base. Rudy has been kept busy with his travels with the Medal of Honor Association in various functions throughout the Nation. He is presently preparing for a trip to South Korea with the group. Rudy was accompanied on his trip to Spruce Pine/Burnsville by his daughter Martha.



Member Mike Toomey with Medal of Honor Recipient Rudy Hernandez.

---- Pride Runs Deep ----

Parade Time!

The NC Subvets will be marching for the 3rd time on Saturday July 3rd in the 6th Annual Iredell County Independence Celebration Parade at Troutman, NC. We will have both the parade submarine and Mk-14 torpedo float there. Those who will be participating need to be at the Murdock Road entrance to the Iredell Fairgrounds not later than 10:00am. Directions to this entrance are:

Coming from either North or South on I-77 get off at exit 45 which is Amity Hill Road. Head West on Amity Hill Road for about 1/4 of a mile and turn LEFT on to Murdock Road (it's the very first road to your left). Follow Murdock Rd all the way to the Iredell Fairgrounds back gate which will be just before the EMS station on the right (2.2 miles). You will go in this back entrance and there will be people there to direct you to where you will park.

Lets have a good turnout for this parade. There will be plenty of room to ride on the Mk-14 torpedo float or in the two pickup trucks that will be in the parade. Go to the following website for all the details of the parade http://www.iredellcountyparade.com/

------Put down the "remote" and get to a meeting! ------

THE JULY MEETING IS ON THE 24TH AT THE VFW IN FORT MILL

----- You are not too old to join in the FUN, come to a meeting!! ------

Tell your story

We need stories. Your shipmates want to hear them. Please email them to me at donutdad@carolina.rr.com or mail them to: Dale Moses, 14826 Ashlight Dr. Charlotte, NC 28278.

-----Put down the "remote" and get to a meeting! ------

The First Annual Carolina Piedmont Cruise

The cruise is Monday October 4th thru Saturday October 8th and we are sailing to the Bahamas on the Carnival Fantasy out of Charleston. The cost for an inside cabin is \$300.50 and an outside cabin is \$400.50. A deposit of 200.00 per person will hold your reservation. You have until August 4th to reserve your cabin. To do so, call 1-866-721-3225 and ask for group booking # 55PZ08. For more information call Sandra at 704-289-4650. A valid passport is required.



We had 8 NC Subvets at this year's air show available to answer questions about our organization and the Mk-14 Torpedo and Parade Submarine. We were not available for last year's Fly-In as we had a Tarheel Base Meeting that day. There was a lot more spectators and planes that flew-in for this year for the event than when we were there in 2007 & 2008. Charlie Cross and I met a ex-SSBN 657 sailor from Huntersville who flew in with his own plane. Charlie gave him the information about the Carolina Piedmont Base as he was not aware of USSVI so the base has a potential new member. Jerry Leppart had his truck with the SED 1 Placards parked in front of the hanger where we kept the Mk-14 Torpedo Float and Parade Submarine on display when not being used.

-----Your Base in the News -----

2010 Thomasville Memorial Day Parade Notes

We had 20 NC Subvets from the Carolina Piedmont and Tarheel Bases participating in today's parade including 3 of our WWII subvets Joe Ritter, Bill Bradburn, and Bill Whelan. Tom Richy invited a church friend who was in the Merchant Marine during WWII to ride on the Mk-14 Torpedo Float. The number of parade spectators were larger than in past years and we received a lot of hand clapping as we past by them. This year's parade officials honored 12 local area families of veterans recently killed in action and held a ceremony prior to the start of the parade to recognize their sacrifice of losing a loved one. Chaplain Bill announced that the NC Subvets were presenting gold dollar coins to each of the children of these families. These coins were provided by Joe Clark and his WWII Army buddy. Joe said that his friend has being doing this for a number of years.

Piedmont Funnies Page

--- Sometimes don't you just miss the bilge? If you think about it, life was so simple then.------

You Know You're in a Redneck Church if ...

- 1 The finance committee refuses to provide funds for the purchase of a chandelier because none of the members knows how to play one.
- **2** People ask, when they learn that Jesus fed the 5000, whether the two fish were bass or catfish, and what bait was used to catch 'em.
- **3** When the pastor says, "I'd like to ask Bubba to help take up the offering" and five guys and two women stand up.
- 4 Opening day of deer season is recognized as an official church holiday.
- 5 A member of the church requests to be buried in his 4-wheel-drive truck because "It ain't never been in a hole it couldn't get out of" (Love it!)
- 6 The choir is known as the "OK Chorale".
- 7 In a congregation of 500 members, there are only seven last names in the church directory.
- 8 People think "rapture" is what you get when you lift something too heavy.
- 9 The baptismal pool is a #2 galvanized "Wheeling washtub.
- 10 The choir robes were donated by (and embroidered with the logo from) Billy Bob's Barbecue.
- 11 The collection plates are really hubcaps from a '56 Chevy.
- 12 Instead of a bell you are called to service by a duck call.
- 13 The minister and his wife drive matching pickup trucks.
- 14 he communion wine is Boone's Farm "Tickled Pink".
- 15 "Thou shall not covet" applies to huntin' dogs, too.
- 16 The final words of the benediction are, "Y'all come back now, Ya hear".

God Bless and don't fergit ta say yer prayers

---- Pride Runs Deep ---

One Liners

How Do You Catch a Unique Rabbit?--Unique Up On It.

How Do You Catch a Tame Rabbit?--Tame Way, Unique Up On It.

How Do Crazy People Go Through The Forest?--They Take The Psycho Path

How Do You Get Holy Water?--You Boil The Hell Out Of It.

What Do Fish Say When They Hit a Concrete Wall?--Dam!

What Do Eskimos Get From Sitting On The Ice too Long?--Polaroid's

What Do You Call a Boomerang That Doesn't work?--A Stick

What Do You Call Four Bullfighters In Quicksand?-- Quattro Sinko...

What Do You Get From a Pampered Cow?--Spoiled Milk.

What Do You Get When You Cross a Snowman With a Vampire?--Frostbite.

What Lies At The Bottom Of The Ocean And Twitches?-- A Nervous Wreck.

What's The Difference Between Roast Beef And Pea Soup?-- Anyone Can Roast Beef.

Where Do You Find a Dog With No Legs?--Right Where You Left Him.

Why Do Gorillas Have Big Nostrils?--Because They Have Big Fingers.

Why Don't Blind People Like To Sky Dive?--Because It Scares The Dog.

What Kind Of Coffee Was Served On The Titanic?-- Sanka.

What Is The Difference Between a Harley And a Hoover?--The Location Of The Dirt Bag.

Why Did Pilgrims' Pants Always Fall Down?--Because They Wore Their Belt Buckle On Their Hat.

What's The Difference Between a Bad Golfer And a Bad Skydiver?

-- A Bad Golfer Goes, Whack, Dang!-- A Bad Skydiver Goes Dang! Whack.

Things Mother Taught Me

- 1. My mother taught me TO APPRECIATE A JOB WELL DONE.--"If you're going to kill each other, do it outside. I just finished cleaning."
- 2. My mother taught me RELIGION.--"You better pray that will come out of the carpet."
- 3. My mother taught me about TIME TRAVEL--"If you don't straighten up, I'm going to knock you into the middle of next week
- 4 My mother taught me LOGIC--"Because I said so, that's why."
- 5. My mother taught me MORE LOGIC.---"If you fall out of that swing and break your neck, you're not going to the store with me."
- 6. My mother taught me FORESIGHT.-- "Make sure you wear clean underwear, in case you're in an accident."
- 7. My mother taught me IRONY.-- "Keep crying, and I'll give you something to cry about."
- 8. My mother taught me about the science of OSMOSIS.-- "Shut your mouth and eat your supper."
- 9. My mother taught me about CONTORTIONISM.-- "Will you look at that dirt on the back of your neck!"
- 10. My mother taught me about STAMINA.-- "You'll sit there until all that spinach is gone."
- 11. My mother taught me about WEATHER.--"This room of yours looks as if a tornado went through it."
- 12. My mother taught me about HYPOCRISY.--"If I told you once, I've told you a million times. Don't exaggerate!"
- 13. My mother taught me the CIRCLE OF LIFE.--"I brought you into this world, and I can take you out."
- 14. My mother taught me about BEHAVIOR MODIFICATION.--"Stop acting like your father!"
- 15. My mother taught me about ENVY.--"There are millions of less fortunate children in this world who don't have wonderful parents like you do."
- 16. My mother taught me about ANTICIPATION.-- "Just wait until we get home."
- 17. My mother taught me about RECEIVING.--"You are going to get it when you get home!"
- 18. My mother taught me MEDICAL SCIENCE.--"If you don't stop crossing your eyes, they are going to freeze that way."
- 19. My mother taught me ESP.--"Put your sweater on; don't you think I know when you are cold?"
- 20. My mother taught me HUMOR.--"When that lawn mower cuts off your toes, don't come running to me."
- 21. My mother taught me HOW TO BECOME AN ADULT.--If you don't eat your vegetables, you'll never grow up."
- 22. My mother taught me GENETICS.--You're just like your father."
- 23. My mother taught me about my ROOTS.--"Shut that door behind you. Do you think you were born in a barn?"
- 24. My mother taught me WISDOM.--"When you get to be my age, you'll understand."
- 25. And my favorite: My mother taught me about JUSTICE.--"One day you'll have kids, and I hope they turn out just like you!"

I need your stories, lies, etc. – Moe(SS)

Veteran's News – with assistance from the RAO Bulletin

Social Security Notch Reform: This year, Social Security benefits received no Cost-of-Living Adjustment (COLA) for the first time since automatic adjustments were adopted in 1975. While current beneficiaries perceive themselves to be harmed, they were compensated by receiving a higher-than-normal 5.8% COLA payment in 2009. However, a quirk in Social Security's benefit formula will produce lower benefits for new retirees, presenting a stronger case for Notch reform legislation. The term "Notch" refers to the disparity in Social Security benefits paid to people born in a specific year or years and those paid to people born before and after them with similar work and earnings records. Social Security's formula for granting COLAs, interacting with a spike in inflation during 2008, could reduce benefits for individuals born in 1947 by around 2.6% relative to the average benefits received by the 1930-1946 birth cohorts, costing a typical couple over \$12,000 over the course of their retirement. According to the Center for Retirement Research at Boston College, policymakers should consider adjusting benefits for these individuals and implementing longer-term reforms to reduce the likelihood of future "notches." A new brief released 24 MAY from the center describes the Social Security notch of the 1970s and explains how Social Security's benefit formula works.

The brief also takes a look at how the experience of 2008 has created a new type of notch, and how replacement rates vary for different birth cohorts -- concluding that some adjustment for the 1947 cohort is both popular and sensible. To read the full brief (8-page PDF), go to: http://crr.bc.edu/images/stories/Briefs/ib 10-9.pdf [Source: My federal Retirement Andrew G. Biggs article 25 May 2010 ++]

VA Handbook: The latest edition of the Federal Benefits for Veterans and Dependents Pamphlet can be obtained from the Department of Veterans Affairs online or by mail. It updates the rates for certain federal payments and outlines a variety of programs and benefits for American veterans. Most of the nation's 25 million veterans qualify for some VA benefits, which range from health care to burial in a national cemetery. In addition to health-care and burial benefits, veterans may be eligible for programs providing home loan guaranties, educational assistance, training and vocational rehabilitation, income assistance pensions, life insurance and compensation for service-connected illnesses or disabilities. In some cases, survivors of veterans may also be entitled to benefits. The handbook describes programs for veterans with specific service experiences, such as prisoners of war or those concerned about environmental exposures in Vietnam or in the Gulf War, as well as special benefits for veterans with severe disabilities. In addition to describing benefits provided by VA, it provides an overview of programs and services for veterans provided by other federal agencies. It also includes resources to help veterans access their benefits, with a listing of phone numbers, websites, and a directory of VA facilities throughout the country.

The 2010 publication in English can be downloaded at no cost from VA's Web site at http://www1.va.gov/opa/publications/benefits_book.asp. A Spanish version can be downloaded at www1.va.gov/opa/publications/benefits_book/federal_benefits_spanish.pdf. Hard copies of the English version S/N 051-000-00238-5; ISBN: 978-0-16-082825-6 or Spanish version S/N 051-000-00239-3; ISBN: 978-0-16-082825-6 or Spanish version

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[Source: www.va.gov May 2010 ++]

Neck Pain: In general, there is no one cause of neck pain that applies to every sufferer. If you have chronic neck pain, you may have received a diagnosis of disc herniation, whiplash, strain, sprain or something else. Regardless, most of these conditions have one thing in common: Certain muscles are affected, and these are the muscles that need to be targeted before progressing to more challenging exercises or activities. There are certain muscles in the neck that are designed to help us maintain our normal and healthy curve of the spine. In addition, these muscles are designed to hold our head up all day. The technical names of these are the longus capitus and longus colli, more commonly known as the deep neck flexors. They are the muscles that attach to the front of your spine. Because they're located deep in the front of the neck, we often ignore them. In people with chronic neck pain, these muscles are often fatigued a lot quicker than in people without neck pain. That means other muscles pick up the slack and begin working harder. The muscles that begin working harder are the ones we generally end up stretching. Have you ever noticed that when you stretch stiff muscles, they feel good for a short period of time, only to get tight again? The thing is, if you don't address the other muscles, the ones that get fatigued and gradually stop working, then your stretching program will not work as well. All these muscles need to be in "balance."

The best way to see if your deep neck flexors fatigue is to try and lift your head off the ground when you are lying down. The technique is simple: Simply tuck your chin in to your chest and lift your head off the ground, and then attempt to hold it there for 10 seconds. If the neck begins shaking, or your chin is unable to stay tucked in, your deep flexors are fatigued and need to be addressed. For most people with chronic neck pain, this can be a difficult exercise. That's why you can begin your exercise program by doing simple chin tucks while sitting or standing. Simply tucking your chin in and holding it until you fatigue will help reactivate these muscles. You can start with 6 repetitions of this exercise, working your way up to three sets of 6 repetitions each. Ensure you take adequate rest (several minutes) in between each set. Once you get comfortable with basic sitting/standing chin tucks, you can try doing the exercise lying down. The goal is to be able to do it 12 times, holding each one until you fatigue. The next goal is to work your way up to three sets of 12 repetitions, with rest in between each set. Then work your way to three sets of 15 repetitions and then three sets of 20 repetitions. Remember, this is a marathon, not a race. The goal is to increase the endurance of your muscles rather than their strength. Your neck is designed to carry the weight of your head all day, not to lift trains or buses! That's why building up endurance should be your first priority. [Source: Health-E-News. Apr 2010 ++]

Your story could be in this space, but no, you could not put down the remote and write something down for your shipmates. It's the DINK list for you Sailor. Now get hot and write it down before something happens to you and all those stories are lost forever!



FLAG FACTS

From www.USFlag.org



Carolina Piedmont Base presents the Colors

Well, we did it. The CP Base presented the Colors on Memorial Day weekend at a Charlotte Knights game. We did great for never having worked together before. I've done this with the Requin Base at a Pittsburgh Pirates game, with the American Legion Post 95 for the KC Royals, and at other events. I always enjoy the task, and I know our members did too.

Rick Pettit is checking into a possible presentation at a Panthers game. That will defiantly take a little practice. We have the Bobcat's and what about all those High School games. Rick and I are interested in forming a trained Color Guard and perhaps an Honor Team. I was involved in the starting of the Topeka-Jefferson City Base Honor Team, including State Certification for funeral honors.

If you are interested in being part of a Color Guard, please give me a call at 704-248-7610. It's not hard and I know you will enjoy it. It will take some funding, but we can do it with raffles, donations, etc. Think about it and give me a call. – Moe(SS)



Singing the National Anthem is Lori Diggs. From Left to Right: Jack Jeffries, Rick Pettit, Calvin Reese, Jim Harris, Hubbel, Howard Dachs. Dale Moses in the back, commanding.

Garolina Piedmont SubVettes



Greetings sassy sisters hope all of you are doing well and staying cool during these hot days. We have 12 cabins booked for our cruise in October and I know we will have a blast. Of the sisters that attended Burnsville we sure had such great fellowship and I can say for myself thatI was honored to meet Rudy, our friend, who is a Medal of Honor soldier. The memorial of the lost boats was so moving on Moonshine Mountain. Our meal is another "This and That" so ladies bring another delicious dish and don't forget your secret sister. Hope to see you at the June meeting and may God Bless You and may God Bless this Great Country. - Sandra



Bow Ties with Shrimp & Cherry Tomatoes

Although delicious with shrimp, this pasta combo works equally well with scallops or small chunks of skinless, boneless chicken breast. You'll Need:

8 ounces bow-tie pasta

1 tablespoon olive oil

3 scallions, thinly sliced

2 cloves garlic, minced

1 zucchini, halved lengthwise and thinly sliced crosswise

2 cups cherry tomatoes, halved

1 teaspoon dried tarragon

1/2 teaspoon salt

1/4 teaspoon pepper

1/2 pound medium shrimp, shelled, deveined, and halved horizontally

1 cup frozen peas, thawed

Directions:

In large pot of boiling water, cook pasta according to package directions; drain.

Meanwhile, in large skillet, heat oil over medium heat. Add scallions and garlic, and cook 2 minutes until garlic is tender. Add zucchini and cook 4 minutes, until crisp-tender.

Stir in tomatoes, tarragon, salt, and pepper and cook 4 minutes, until tomatoes begin to soften and get saucy. Add shrimp and peas, and cook 2 minutes, until shrimp are just opaque and peas are heated through. Transfer to large bowl, add pasta, and toss to combine.

Nutritional Information

Number of Servings: 4

Per serving: 333calories, 5.7g total fat, 0.8g saturated fat, 2.8g monounsaturated fat, 1.2g polyunsaturated fat, 6g dietary fiber, 21g protein, 49g carbohydrate, 86mg cholesterol, 420mg sodium.

Good source of: folate, iron, niacin, selenium, thiamin.

Blood stains on clothes? Not to worry! Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop of blood. Works every time! (Now, where to put the body?)



Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.







WASE WITHOUT BASE								
Carolina Piedmont Base Calendar of Upcoming Events								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
June 6	7	8	9	10	11	12		
D- Day								
13	14 Flag Day	15	16	17	18	19		
20	21	22Victory Junction Gang Camp - Kap(SS) 4 Kid(SS	23	24	25	26 Meeting Ft Mill		
27	28	29	30	July 1	2	3 Troutman Parade		
4	5 Faith Parade	6	7	8	9	10		
11	12	13	14	15	16	17		
18	19	20	21	22	23	24 Meeting Ft Mill		