

MORGANTON'S FIVE-DAY FORECAST

TODAY

Wind and rain; humid

WIND

SSE 10-20 mph

76°

TONIGHT

Showers around early

WIND

SSE 3-6 mph

62°

SATURDAY

Some sun with a shower

WIND

S 3-6 mph

76° 62°

SUNDAY

Humid with a stray shower

WIND

ENE 2-4 mph

76° 61°

MONDAY

Some rain and a t-storm

WIND

NW 3-6 mph

80° 59°

TUESDAY

A p.m. t-storm or two

WIND

SSW 3-6 mph

79° 58°

REGIONAL FORECAST

Wind and rain today; humid. Watch for flooding. Little or no sunshine with a 100% chance of precipitation and average relative humidity 90%. Showers around this evening. Chance of precipitation 60% with average relative humidity 85%. A shower in spots tomorrow; watch for lingering areas of flooding.



REGIONAL CITIES

City	Today	Saturday	City	Today	Saturday
Asheville	71/61/r	71/62/s	Hickory	75/61/r	76/63/pc
Boone	69/56/r	65/56/pc	Mount Airy	76/61/r	75/61/c
Cape Hatteras	82/74/r	83/72/s	Nags Head	78/72/r	80/70/s
Chapel Hill	81/63/r	84/63/s	New Bern	82/72/r	89/68/pc
Durham	81/64/r	83/63/s	Raleigh	82/66/r	86/67/s
Elizabeth City	81/72/r	86/68/pc	Rocky Mount	81/67/r	86/64/s
Fayetteville	86/68/r	85/70/pc	Southern Pines	82/64/r	82/65/pc
Greenville, NC	81/70/r	87/65/pc	Wilmington	85/73/r	89/71/pc
Hendersonville	70/59/r	69/61/pc	Winston-Salem	78/62/r	79/63/s

W-weather, s-sunny, pc-partly cloudy, c-cloudy, sh-showers, i-ice, r-rain, t-thunderstorms, sf-snow flurries, sn-snow

LAKE LEVELS

Lakes	Full Pool (ft.)	Level Wed.	24-hour Change
Catawba River			
James	102	96.11	+0.17
Rhodhiss	104	96.62	+0.06
Hickory	101	96.69	+0.31
Norman	102	96.91	+0.10

RIVER STAGES

River	Flood Stage (ft.)	Stage Wed.	24-hour Change
Swannanoa River			
Black Mtn. Park	10	N.A.	N.A.
Biltmore	10	1.95	+0.50
Johns River			
Arneys Store	12	2.76	+0.78



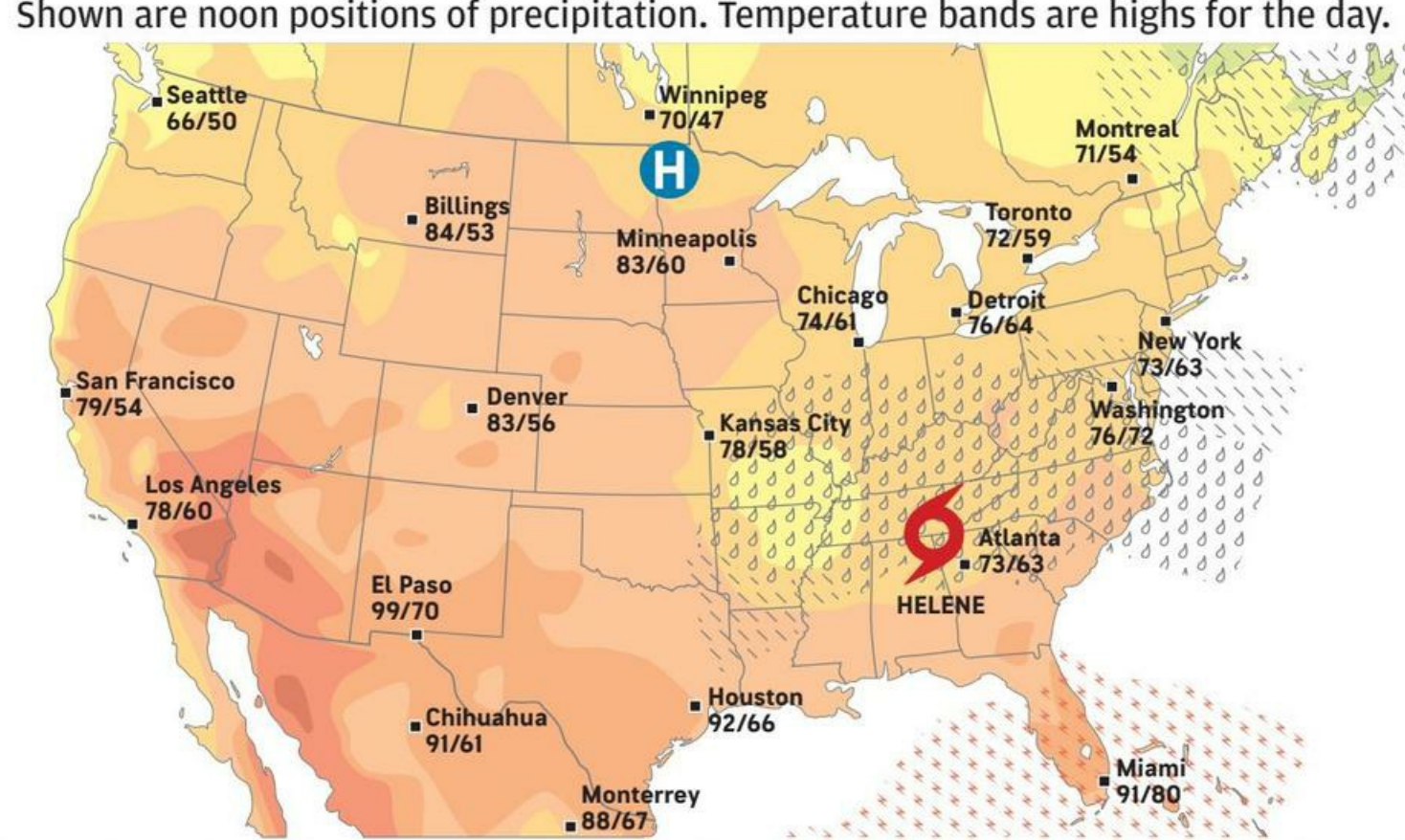
More online

Get the latest forecast for your region by aiming your smartphone camera at this code and tapping the link.

AccuWeather

Get notifications of nearby lightning! Get the AccuWeather app

National Forecast: Helene can bring flooding and isolated tornadoes to southern Virginia and central and eastern North Carolina tomorrow. Flooding and power outages can occur in the North Carolina mountains. Heavy rain will bring flooding and flash flooding from southern Missouri and northern Arkansas eastward to southern West Virginia and western Virginia. Shown are noon positions of precipitation. Temperature bands are highs for the day.



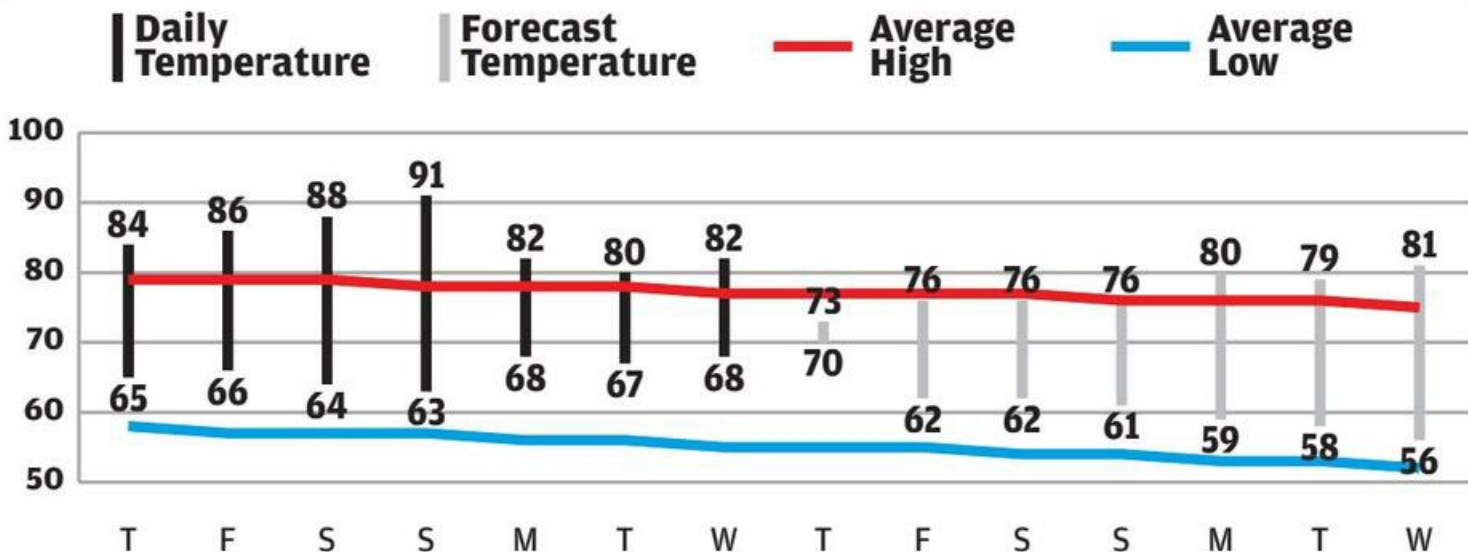
-10s	-0s	0s	10s	20s	30s	40s	50s	60s	70s	80s	90s	100s	110s				
Cold front			Warm front			Stationary front			Showers			T-storms					
Rain			Flurries			Snow			Ice								
City			Today Hi/Lo/W			Saturday Hi/Lo/W			City			Today Hi/Lo/W			Saturday Hi/Lo/W		
Albuquerque			91/63/s			88/61/s			Las Vegas			103/76/s			103/78/s		
Anchorage			50/41/pc			51/41/c			Los Angeles			78/60/s			78/59/pc		
Atlanta			73/63/pc			76/66/pc			Miami			91/80/t			93/80/t		
Baltimore			76/71/c			82/68/c			Minneapolis			83/60/s			81/59/s		
Billings			84/53/s			85/56/s			New Orleans			85/69/s			88/68/pc		
Boston			76/59/pc			66/57/pc			New York City			73/63/c			69/60/c		
Cleveland			77/66/pc			77/65/pc			Omaha			84/56/pc			87/55/pc		
Dallas			86/66/s			88/66/pc			Orlando			90/76/t			90/77/t		
Denver			83/56/s			89/58/s			Philadelphia			77/68/c			77/64/c		
Detroit			76/64/pc			71/63/c			Phoenix			114/84/s			115/84/s		
El Paso			99/70/s			96/66/s			St. Louis			71/64/r			73/64/r		
Fairbanks			77/31/c			48/32/s			Salt Lake City			85/61/s			92/68/s		
Honolulu			88/75/sh			88/74/sh			San Diego			73/63/pc			73/62/pc		
Houston			92/66/s			92/65/s			San Francisco			79/54/s			71/56/pc		
Indianapolis			74/64/r			73/62/sh			Seattle			66/50/pc			63/48/pc		
Kansas City			78/58/pc			81/57/pc			Wash., DC			76/72/r			84/67/c		

National Extremes Wednesday for the 48 contiguous states
High: 114° in Palm Springs, CA **Low:** 26° in Angel Fire, NM

WORLD FORECAST

City	Today	Saturday	City	Today	Saturday
Amsterdam	57/48/r	56/45/sh	Moscow	74/60/c	71/60/c
Beijing	75/63/c	78/63/c	Paris	61/46/sh	60/42/s
Buenos Aires	68/58/s	74/61/pc	Rio de Janeiro	83/70/s	75/68/sh
Frankfurt	63/49/sh	59/40/pc	Rome	81/67/s	77/56/pc
Hong Kong	89/81/t	87/79/pc	Singapore	91/79/r	88/78/t
Jerusalem	87/65/s	87/64/s	Sydney	61/55/pc	66/57/c
Johannesburg	83/56/s	85/61/pc	Tokyo	80/73/r	78/70/pc
London	56/42/sh	59/45/s	Toronto	72/59/s	71/61/c
Mexico City	65/55/sh	72/57/r	Vancouver	66/48/pc	59/47/pc
Montreal	71/54/pc	71/54/pc	Warsaw	72/56/c	66/45/c

TEMPERATURE TRENDS



EX-ETIQUETTE



DREAMSTIME

Going to parent-teacher meetings

Q: I have noticed in other columns that you have suggested that parents should be the only ones attending 504 special ed meetings for their children. Bonus parents should not attend. My ex believes his wife should attend, but last time we tried it, she was very opinionated and took over the entire meeting. Our meeting is coming up, and I would like to be on the same page with my child's father, but he is holding out that his wife also attends. I am not comfortable with that. Maybe down the road, but after the last meeting, I don't want to be embarrassed again in front of my child's teacher. What's good ex-etiquette?

A: I know you are looking for me to weigh in, but the answer is different for different families, so I can't give you a blanket statement of whether bonus parents should or should not attend such meetings. Truth be told, it's not a good idea for co-parents and their new partners to attempt attending

anything together before they are ready for it. Sounds like you all attempted this before your co-parenting relationship gelled as a team.

Here's something to consider: If the children go back and forth between the parents' homes and the bonus parents take an active role in helping them with their schoolwork, then the bonus parents being present at such meetings would be beneficial. However, the rule that I quote most often for this sort of thing is, "Parents make the rules; bonus parents uphold those rules" (Good Ex-etiquette for Parents Rule No. 4). So, if the bonus parent supports the rules put in place by the parents, she would be an asset at the meeting. If she attempts to establish precedent or openly contradicts parental observations, she would not.

Let's look at it this way: A pilot is the designated captain of the aircraft, while a co-pilot is the second-in-command who assists the pilot in the operation of the aircraft. Parents are the pilots; bonus parents are co-pilots. They assist the parents.

Where this gets sticky is when bonus parents also have children. Then, they are both

pilot and co-pilot and often feel overlooked and disrespected if they can't weigh in. Bio parents feel similarly in those cases because they don't want bonus parents to establish precedent for their children.

That's when co-parenting must be approached by a parenting consensus where all are team players and all work together to present a united front for all the children in their care. My suggestion at this juncture is not to look to past performance but openly discuss what you and your co-parent feel is acceptable behavior from all of you at such meetings from this point on. Don't point fingers and blame the other; it will take you backward. Look for the compromise (Ex-etiquette for Parents Rule No. 10).

It may be that she does not attend this one and you will revisit her attendance at the next one. Truthfully, it's not really about who attends but about how each attendee acts at the meetings. Discuss it, come to a consensus, and follow that to a T. Then you will be working as a team. That's good ex-etiquette.

Email Dr. Jann Blackstone at dr.jann@exetiquette.com.

HINTS FROM HELOISE

Simple safety habit for visiting the mall

Dear Heloise: I had a note for J.P., in Pennsylvania, and others who take their children to a mall. I suggest that you take a current photo of them in front of your parking-area

label. This way, you have a picture of the kids in what they're currently wearing, and you also have a parking-space reminder. — *Sandi Marcus, Laguna Woods, California*

Crazy peanut butter sandwich

Dear Heloise: I wanted to write in regarding the wild and crazy ideas for peanut butter sandwiches. When I was 10 years old, I would laugh at my uncle's sandwich. He forced me to taste it, and I have eaten it ever since. He put mayo or Miracle Whip on one side of the bread and peanut butter on the other, then layered hamburger dill slices on the peanut butter and added lettuce. It's surprisingly good! — *Brenda Davis, in San Antonio*

Face cream substitute

Dear Heloise: In a recent column that appeared in our local paper (the Pottsville Republican Herald), a woman asked about alternatives for skin care rather than using purchased creams. I would suggest that she try aloe juice. This is a natural emollient that works well and can heal damaged areas. — *Will Zarecor, via email*

When cleaning the AC unit

Dear Heloise: I recently read a submission from M.H. about cleaning her window-unit air conditioner. She discovered that she needs to occasionally clean the indoor fins (coils) behind the filter, but she is only doing half the job. The outside coils are

probably clogged if she's never had them cleaned. On a condenser unit on a central HVAC system, the airflow is usually opposite from the way air flows through the coils.

While the outside coils on a window AC unit may look clean, debris is usually built up on the interior side of the outside coils because of their unique airflow. Failing to clean the outside coils will result in the unit working much harder, thereby causing higher electric bills and early failure.

This job requires removing the unit from the window and taking off the cover. The coils must be sprayed with a garden hose from the outside in. She must take care not to wet the motor or bearings. There are many helpful videos online for almost every model. — *M.J., in Kentucky*

Orchid care

Dear Heloise: When my husband died, I was given several orchid plants. I did my best to keep them alive, but some died. Then someone told me to mix a teaspoon of Epsom salt in the water before I water them. I thought they were crazy, but I tried it. Presto! The remaining orchids are thriving. Just make sure that the pot drains; orchids don't like their roots soaking in water. — *Priscilla Jones, in California*

Spaghetti lighter

Dear Heloise: I ran out of matches but wanted to light a candle on my coffee table. I looked around the house and saw spaghetti in my pantry. I decided to try lighting one end to see if it would catch fire, and it did. I was able to light my tall candles that had burnt down. — *C.T., in New York*

Send a money-saving or time-saving hint to Heloise@Heloise.com.