

THE COMMUNICATOR

Phone: (336) 835-2511

Fax: (336) 835-5248

Email: wifm@wifmradio.com

Since January 1990

www.WIFMRadio.com

January 2024

Medicaid Expansion

For 10 years, our North Carolina legislature has fought for and against legislation that makes health insurance available to our most needy citizens. This notorious political battle is finally over. As of Dec. 1, we have Medicaid coverage available for 600,000 of our citizens — 6% of our population. North Carolina has joined 41 states who have expanded Medicaid. Gov. Roy Cooper has his legacy. Our state also will receive a \$2.5-billion sign-on bonus from the federal government to be used primarily for mental-health needs.

In an email to me, North Carolina State Rep. Donny Lambeth (R-District 75) wrote, "Research shows that expanding Medicaid coverage increases access to health care, improves health outcomes, creates jobs and strengthens the economy. It means that people with low incomes can work, earn more and keep themselves healthy.

"Expansion is also good for the state. Other states that have expanded Medicaid have increased state revenues, created jobs and saved state funding. It has also helped prevent rural hospitals from closing.

"Most people who qualify for Medicaid under these new rules are working adults in important service industries across the state. Keeping them healthy keeps them on the job.

"Medicaid expansion will be transformative for access to health care in rural areas, for better mental health and for veterans, working adults, and their families while bringing billions in federal dollars to the state.

"Medicaid expansion will cover people ages 19 through 64 years with higher incomes, closing the coverage gap for North Carolinians. For example, expansion gives health-care coverage to single individuals making under \$20,000 a year. Likewise, a family of three earning less than \$34,000 combined is now eligible. Medicaid pays for doctor visits, yearly check-ups, emergency care, mental health, and more at little or no cost to participants."

The N.C. Department of Health and Human Services website has many resources with information about the existing and expanded

Medicaid program. It includes answers to many frequently asked questions at <https://medicaid.ncdhhs.gov/questions-and-answers-about-medicaid-expansion>.

It's Show-And-Tell Time

Greatly honored to received an invite from Program Chairman Joel McMillian to speak to the Sparta Rotary Club on Jan. 3. A neat Rotary expectation is to limit programs to 20 minutes and never go past the chiming of the next hour — in my case, 8 o'clock. I've spoken to Sparta Rotary several times. My props include laminated 11x17 pictures of events and individuals with background stories and notes. Several I plan to share are:

- Freddy Harrison's telling of learning to pick up trash while delivering fuel for PTC over the years.
- Richard Grissom's Elkin High School's four NCHSAA 1A State Championships in 2002, 2003, 2005, and 2006.
- Kristy Brady and Graham and Melissa Atkinson sharing their Give A Kid A Christmas hopes and memories since 1990.
- Chad Tidd running the 100-Miler Leadville Iron Man Race near Denver and finishing in 27 hours, 43 minutes. Also his conversations with local heroes Kenny Metzger and Mike Felts.
- Attending Bill Jo Woodruff's 90th birthday party along with a huge number of well-wishers at Haymore Memorial Baptist Church.
- Lionel Messi, the world's best soccer player, being portrayed as beyond description including the trait of leading all teammates to play better due to his influence on the field.

Signs Of The Times

Among the inspirational messages on walls and bulletin boards that caught our eyes this past year:

- Smiles still encouraged.
- In a world where we can be anything, be kind.
- In this space we are passionate. We trust and treat others with honesty and respect. We work hard and stand for creativity and innovation. We believe in community. We are dedicated and believe in what we do. We are inspired and not afraid to be great.

Marty Roberts & Harold Swaim

My passion in photography is capturing the moment with close-up head shots. Daily I hope to take one or more.

Several years ago, at the dedication of Jimmie Couch Highway in Jonesville, I met local business owner Marty Roberts and retired insurance agent Harold Swaim and asked them to pose. My photograph caught Harold and Marty wearing huge smiles and enjoying the crowd and the essence of the occasion. The picture is one of my all-time best.

Marty is co-owner of the highly successful Rid-A-Bug Exterminating Co. started by his family in 1972 in Hamptonville, N.C. He is also a devoted community servant, dedicating countless hours to Mercy and Truth Ministries, four Chambers of Commerce, and Thanks to Calvary Baptist Church.

Harold, a Yadkin County farmer, served the Woodmen of the World Insurance Co. and devoted a second life to providing recreation for community children including leading efforts to build a community swimming pool and provide summer camp trips. He also maintained a constant senior citizens vigil, worked to keep Windsor Road safe, and with wife Wanda was a major tree farmer. In 2022 the Swaims were honored as N.C. Outstanding Tree Farmers of the Year. The Swaims were extraordinary conservationists and preservationists. Harold passed unexpectedly on Sept. 12, 2023.

A similar photo captured at the 2023 Surry County Educational Foundation Golf Benefit features father Ross Scott and son Matt moments before the charity tee-off. The Scotts are renowned educators, coaches, and family advocates. After Ross's teaching and coaching career, his second career was grandparenting five grandchildren. Matt is the outstanding principal at Mountain Park Elementary School in western Surry County

Ron Ellis Remembered

Visited the late Ron Ellis often during his two years of battling the incurable and dreaded Parkinson's Disease. Toward the end his entire body was affected and tormented. Arriving for a few moments I had been told he had had several painful days. As I entered his room I said, "I hear you've been through some hard times." He answered, "Oh, no. Just living with Parkinson's. It's not easy."

Today I see clearly he was the ultimate picker-up of the pieces that follow adversity. He never said a word of lament or spoke words of complaint. How could he always be up? He had turned his life over to the care of God. Most of us turn it over and in a few moments take it back! Ron's life was a gift to all of us as he lived it with gratitude and never disdain and remorse. He's always in my heart and often on my mind.

Ruby Blackburn Lambert

Ruby Blackburn Lambert, 102, the widow of Fred and mother of the late Freddy, Arlette, and Jim, passed recently at Arbor Acres while still writing her memoirs. A huge group will attend her Celebration of Life at the United Methodist Church.

She leaves a reputation unparalleled in my lifetime. In any group, regardless of size, she was always the most sought-after and popular person in the room. Why? Because she had a genuine interest in everyone there. She remembered names and loved to listen.

Brief And Positive

Dear friend Ralph Harding was having lunch in Mocksville when a fellow customer alerted him: "Someone just backed into your truck." Ralph, a most forgiving man, thought, "Oh, well. Can't be that bad." When he checked his Dodge Ram he saw the culprit had left a note vowing to make things right. In a few days, Ralph called the man and said, "Don't worry. It's a minor nick. Let's both forget about it." A few nights later, the man showed up at Ralph's door with a warm pan of rolls and a jar of honey. After the driver left, Ralph thought, "Wow! I traded a slight ding for a new friend!" Forgiveness is a powerful force.

All About Attitude

Shortly after becoming mayor of Elkin in 2006, Sam Bishop asked resident business owner Jeff Eidson to form a group whose goal was to revitalize downtown Elkin, which was stagnating with 70 percent of its storefronts vacant. Accepting the mission led to creation of the 400-member Explore Elkin, a group of "let's go" volunteers.

I'm honored to be Jeff's guest over lunch monthly and am privy to how things are going. Almost needless to say, most buildings are thriving and bustling. Jeff shared, "It's all about attitudes. It started at Southern On Main. After Covid hit, the owners found a way to succeed and thrive! Positivity is contagious, and once it abounds everyone gets on board. As we aspire it's catching and bountiful!"

Rick Lancaster

A relative newcomer to Guilford College, Rick Lancaster, came to our Elkin Rescue Squad Charity Golf Benefit and made a solid impression. During a recent break shortly before 5 p.m., I called to check on him and pass along his favorable impression. I could sense his appreciation for my call, and I was happy to hear him answer at 4:55 p.m. Awesome teammates give a full day's work. He's a keeper!

Janet Andrews Nichols

We deeply regret the passing of Janet Andrews Nichols, 86, of Mount Airy, the widow of Warren and mother of Leigh, Charlie, and Stewart. The Goldsboro native, Guilford College graduate, and devoted member of Central United Methodist Church was a vital member of countless endeavors of prosperity and achievements from working in tobacco to supporting Warren's leadership at Renfro Corp. She was ever-present to meet challenges and praise the goodness we've been blessed to receive. At the service for her, as we sang "How Great Thou Art," well-wishers were thanking God for Janet's steadfast commitments to family, spirituality, and community.

Leaving the church, Charlie approached me and with his endearing smile thanked me for coming, and I caught a glimpse of his splendid attire — blue shirt, deep-blue suit, and blue tie speckled with creative light-blue spots. We've been hugging close for 40 years, a relationship I'll forever treasure.

Dad And Trucks

Dad Tom B. York, who passed on Nov. 2, 2008, grew up with an amazing fascination with trucks. For most of the L.M. and Jettie York family, trucks were a means of making a living, mostly delivering fuel oil and kerosene for home heat and curing tobacco and gasoline to country stores. Other items sold which complemented fuels were batteries, tires, motor oils, and antifreeze.

Constant "shop talk" was reference to the construction of bridges and asphalt paving as to the amount of vibration that occurred when our trucks passed on and off the paving and concrete. A significant test are the three bridges over Park Drive, the Ararat River, and the Yadkin Railroad on I-74 Exit 11 in Surry County. The amount of vibration on and off these bridges is deemed "average." The three consecutive bridges are a rarity in North Carolina. Retired highway engineer Brent McKinney recently stated the portion of I-74 from Rural Hall to Kernersville is the best stretch of highway he has traveled in his lifetime.

Tom York would caution us drivers to never "tailgate" another 18-wheeler, meaning never drive closely to another rig. Why? If the lead truck wrecks and we are following closely, our rig is likely to be in the accident, too. I recently saw, on 421 North, three 18-wheelers, two side by side and the third following closely behind, and also owned by the same company. A surefire no-no.

These issues may not relate to most of us who drive autos and pickups. However, it makes good sense for truckers to be concerned. Brother Jim, whose family owns more than 200 18-wheelers, daily thinks about causes of preventable accidents.

Noteworthy

A plaque on Surry Community College's Richards Administration Building states:

Surry Community College, 1964, To Reach The Farthest Star

Surry County government's stated mission is:
"To promote personal growth and community development to a diverse population through excellence, training, learning, and service."

Hugh Chatham Health encourages its staff to...

Listen.
Have faith.
Be grateful.
Forgive others.
Say, "I love you."
Encourage others.
Keep our promises.
Laugh and hug often.
Be kind, honest and happy.
Say "please" and "thank-you."

Word Match Game

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

- | | | |
|------------------|-------|--------------|
| 1. abominate | _____ | A. poise |
| 2. accolade | _____ | B. dismay |
| 3. acrimonious | _____ | C. praise |
| 4. aplomb | _____ | D. fraud |
| 5. bellicose | _____ | E. wasted |
| 6. bizarre | _____ | F. preachy |
| 7. cajole | _____ | G. pertinent |
| 8. charlatan | _____ | H. trifling |
| 9. consternation | _____ | I. necessary |
| 10. daunt | _____ | J. loathes |
| 11. didactic | _____ | K. overcome |
| 12. effete | _____ | L. parity |
| 13. emaciated | _____ | M. combative |
| 14. ethnic | _____ | N. weak |
| 15. fidelity | _____ | O. harsh |
| 16. germane | _____ | P. loyalty |
| 17. intrinsic | _____ | Q. cheated |
| 18. mendacious | _____ | R. odd |
| 19. nugatory | _____ | S. terrible |
| 20. ossify | _____ | T. false |
| 21. mulct | _____ | U. settle |
| 22. heinous | _____ | V. warlike |
| 23. equality | _____ | W. cultural |
| 24. pugnacious | _____ | X. coaxed |

(See answers on Page 7)

We Are Blessed

Graham Atkinson, former Sheriff of Surry County, was the county's first D.A.R.E. (Drug and Alcohol Resistance Education) leader. Delegated the assignment by the late Sheriff Bill Hall, then-Deputy Sheriff Atkinson visited every elementary school and shared "Just Say No" to all fifth graders.

On one trip he noticed a young boy who clearly needed a change of clothing. Graham called on local business leaders Johnny Bruner and the late Ralph Hardy who responded with the money needed to help the youngster. In 1991 that started Give-A-Kid-A-Christmas, a local campaign that annually raises more than \$150,000 to feed and provide Christmas for those struggling to make ends meet. Involving Surry County Schools, Surry County Department of Social Services, private donations, Surry County Sheriff's Department, many volunteers, Walmart, a WXII Telethon, Surry Community Baseball Team, and countless others, this campaign makes a monumental impact each December.

Community Benefactors

Founded in 1961, the White Plains Civic Club has 13 members and raises \$9,000 annually for pressing community needs. Its significant sources of revenue are two annual Port-a-Pit Chicken Sales.

For many local and rural charitable civic groups, maintaining membership is a difficult challenge, as need enhancement is not the priority it once was. Cousin Dale York is a valuable member of the White Plains Civic Club. He extended me the opportunity to share and encourage the Civic Club members.

My opening remarks reflected my gratitude for growing up in White Plains, how I treasure the friendships, and how I am inspired by the service and genuine concern for others. I then shared the story that before Dr. Tom Fehring married my sister Anne, our father Tom York shared with Dr. Tom that what we give away will never be missed. Dad went on to explain that he had entrusted seed stock in the Lowes Companies — shares whose value multiplied seven times over 10 years — to Garnett Beasley and Dale York as he trusted them to be diligent and frugal in its use for community enhancements. In my closing remarks, paraphrasing Galatians 6:9-10, I asked the Civic Club members and mates to look for those in need and to never grow weary in doing good for others as in due time just rewards will come our way.

From Here And There

Former Bank of America executive Charles Bowman was a presenter at the educational summit that Ralph Harding, Brent McKinney, Marty Roberts, and I attended in November. Charles delivered the

closing remarks. He challenged us to meet the adversity of the public education camp and stand up for the only avenue that is committed to offering free opportunities for all who aspire to learn.

He told this story. He said, "I and three friends were driving from Raleigh to Charlotte and decided to stop in Lexington at our favorite BBQ restaurant. Our waitress was a middle-aged woman who was quite charming and most efficient. Our chats led to her saying she was a devoted public-school teacher who also worked parttime at the restaurant. When we asked why, she said, 'I'm a single mom raising four children and I supplement my teacher pay so we can get by. With two in college and two in high school, we are challenged. My first love is teaching, and I'm happy the way things are going. I'd do whatever it takes to stay in the classroom.'"

Mr. Bowman, in closing, said, "Our devoted educators are underpaid. North Carolina ranks near the bottom in the nation. We are under siege. Let's bond together before it's too late to mount a war against those fighting to destroy public education."

We had a great day at the summit conference and plan to join the honorable cause.

Two Or More

When two or more are gathered we can celebrate synergy and accomplishment. Mentioned below are individuals who have chosen to gather and acknowledge the goodness in gathering.

- Ross Scott and son Matt support the Surry Educational Foundation Golf Benefit.
- Mount Airy Friends Bible Study's Phillip and Nancy Thacker, Joy Gardner, Judy Kirkman, Sarah Johnson, and Clayton and Carol Hall get together weekly at the Thackers' for Meet, Greet & Eat.
- Glade Creek Volunteer Fire Department meets each Monday. Chief is David Higgins.
- Elkin High School Women's Tennis Team celebrates at Mazzini's with Dr. Jim Harrell Jr.
- Surry County Parks and Recreation staff members Andrew Romaine, Bradley Key, Chrystal Witt, and Director Daniel White.
- Armfield Recreation Center regulars Doug Jessup and Phillip Gordon.
- The late Ron Ellis' immediate family shortly after lunch at Mount Airy First Baptist.
- Guilford College leaders Susan Matthews, Danny Gatling, Elizabeth Freeze, and Lindsay Gaudin.
- The late Jack and Madge York children Dale York, Joan Bowman, and Brad York.
- N.C. State Sen. Eddie Settle and wife and administrative assistant Sheila.
- Hugh Chatham Health CEO Paul Hammes and business leader Robert Price.
- Surry County Beekeepers led by Paul Madren, Davie Simpson, and Jim Hughes.

Keeping On And On

- Perry Tyler Lowe, a sixth-generation orchardist high on the Brushy Mountains in eastern Alexander and Wilkes counties in North Carolina, is a walking and talking holder of generations of priceless knowledge and sage advice. He recently shared that for the first time in his memory he saw blooms on his apple trees in January. This year's crop on 40,000 trees with 40 varieties may be the best ever. The major threats to a bountiful harvest are a late frost and a spring hailstorm.

- For several years, after learning about the prominence of international soccer superstar Lionel Messi from dear friend Lupe Chavez, I've followed his career. Over dinner with nephew Dr. Keith Fehring of the OrthoCarolina group in Charlotte, he shared the price of a ticket for a professional major league soccer game went from \$80 to \$1,100 when Messi's team, Miami, came to tour and Messi played. His tag is, "When Messi plays, everyone on his team plays better."

- Every successful town has a key superstar who makes things happen. That person in Mount Airy is City Clerk/Administrative Assistant Nicki Brame. A 26-year veteran, her behind-the-scenes contributions are amazing. The daughter of Mickey and Alice Venable and wife of David, Nicki quietly goes about bringing chaos to normalcy in any and all ways. Yearly she organizes the city's Veterans Day memorial service and to say it's flawless is an understatement. Everybody knows her magic touch and meeting deadline performances.

Van Whitaker – Late And Great

In the spring of 1995 during a superintendent search in Tarboro, a fellow who identified himself as a Farm Bureau agent asked, "Do you know Van Whitaker in our [Farm Bureau] Dobson office?" After I answered, "No," he said, "On your return to Surry County, connect with Van. He's our No. 1 producer and a bona fide superstar. Everyone in the company works to emulate Van. He's the top producer in the history of the company."

Returning home I drove straight to Dobson and found Van helping a group of parents sell hot dogs to raise funds to support Surry Central High School's Future Farmers of America club. I left a tip and he never forgot my sense of charity to help a worthy cause. I became Van's instant fan.

When I ran for Surry County commissioner, Van came to our office and asked if I supported Cooperative Extension, Veterans Affairs, public education, agriculture, and high school graduation. I replied in the affirmative. He said, "You can count on my influence on Nov. 3." He did what he said.

Clark Goings, a 30-year Farm Bureau star, says, "For the last 45 years I've tried to capture and

model his effectiveness, and daily I would be awed by his inherent nature of servanthip and genuine concern and caring for others." Clark and I compiled the following attributes of Van Whitaker:

- He was a relentless worker who was always striving to be No. 1.
- He knew more people than anyone who ever lived, celebrated the lives of his clients, and never missed a meaningful date, anniversary, or occasion.
- He never said "no" when asked to support a worthy cause, and encouraged those in need to call on him for help.
- He was Farm Bureau's most knowledgeable agent, won every sales contest, and was admired by every Farm Bureau agent.
- He was a Christian and walked the talk.
- He took time to help fellow agents.
- He left an enduring legacy that permeates the company's annals.

Clark and I also agreed he passed too soon. Van left us on Dec. 31, 2018. He was 72.

How To Win

Friend Brent McKinney and I met at Guilford College on a Saturday in February of 1998 shortly after I had filed to run for Surry County Commissioner. He suggested my platform include efforts to extend Mount Airy's municipal water system to supply needs in Surry County. Our first efforts started in 2001 to serve White Plains, Toast, Flat Rock, and Bannertown. Later expansion supplied Dobson, Zephyr, the I-77 Welcome Center, and the Highway 89 Interstates Project. At the present, Mount Airy has an excess capacity to sell 12 million gallons daily.

In later years, Brent called and invited me to lunch with Winston-Salem Mayor Allen Joines, Winston-Salem State University's then-President Dr. Harold Martin, and Brent. In a later conversation, I shared with Mayor Joines that Brent had said, "The Mayor has the best sense of who must be on board to overcome obstacles." The next day I received an email stating, "Gary, please thank Brent for his compliment. It made my day."

Incidentally, in the election of Nov. 3, 1998, the Democratic slate of Sheriff Connie Watson, Clerk of Court Pat Coe Todd, Commissioner Fred O'Neal, Jim Harrell Jr., and Gary York received more than 60% of the votes, swept to power, and took office on the first Monday in December 1998.

Timeless Advice

- Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18 (NIV)
- Developing useful habits only takes 21 days. Give change a try!

Mother Nature

By Joy Gardner

Mother Nature once again
Has undressed every tree.
The wind has blown,
The leaves are gone,
Now bare limbs are all you see.

The cold winds come.
The trees are bare,
They seem to shiver in the cold.
Seems so unfair,
Them standing there,
So fearless and so bold.

Then spring will come;
Young buds begin to show,
The cycle starts over once more.
She dresses them from limb to limb,
No memory of the cold they bear.

Summer is here.
Trees fully dressed again you see.
Nature gives us much beauty
For that's her duty.
That's how God designed it to be.

—Nov. 23, 2023

Nehemiah's Legacy

Leadership comes in all manners and is oftentimes hard to describe; however, when it's obvious and evident its import is profound. In the last six months, having the opportunity to teach during our Sunday School class at Mount Airy Friends Meeting, the influence of the biblical superstar Nehemiah has given me a unique appreciation for his renowned leadership acumen. Many noted scholars such as Jack Abeelen, Skip Heitzig, and Chuck Swindoll are devoted followers of the mid-400-B.C. servants.

Noted commentaries by Pastor Jack Abeelen bring to bear these tried and true accounts. Nehemiah came from Babylon to Jerusalem to rebuild the 4-1/2-mile wall around Jerusalem in 52 days, and we learn of his challenges every step of the way. In his walk he learned to...

- Have a genuine concern for our followers and always affirm contributors.
- Let one's passion for causes show and glow. By all means have a lively sense of humor and reveal our enthusiasm and positive attitude.
- Beware of phony and conceited leaders who have ungodly pursuits.
- Model true contentment, perseverance, and self-content.
- Stand strong against our enemies and make no apologies for our commitments.

- Develop a stick-to-it, relentless, never-give-up demeanor, seize the day, and never be a clod.

Many interesting commentators about religion may be found on YouTube. In addition to Jack Abeelen we would mention Chuck Swindoll, Skip Heitzig, Randall Smith, and the Rev. Billy Graham.

Grant Neibaur

Was watching a segment of a CD entitled "The 8th Habit" by the late Stephen Covey when a documentary, "The Law of the Harvest" by Idaho potato farmer Grant Neibaur, caught my fancy. His message, some eight minutes, shared how great farmers respect and trust Mother Nature. The next day, I called his 4,000-acre farm in American Falls, Idaho, and Grant answered the phone. We became instant and close friends. He and his family are devoted LDS Church members. From 2013 until his passing, we spoke weekly. I visited for the potato harvest in October and the wheat harvest in spring. He was a great teacher, mentor, and counselor.

The greatest gift he bestowed was to never allow me to wallow in my past. I had developed a skill for pulling others into my laments. When I'd start, he'd quickly guide me to higher ground. We spoke at 5:30 EST — 3:30 a.m. Idaho time.

Pie Charts & Pareto

In N.C. public schools, children as young as kindergarten age start learning about charts and graphs. At 80 years old, I might have to go back to first grade for a refresher course. Fortunately, I have a gifted friend with an awesome store of technical knowledge. Discussing some financial data, Elkin Rescue Squad Chief Mike Bovender asserted, "The easiest way to help people along is to use pie charts."

As I'm sure you know — this is easy as pie — the pie chart's name derives from the shape of a pie: that is, round. Portions or slices of different sizes cut up the 360 degrees around a circle. Dollars, inventory items, populations, even jokes in late-night shows can be charted in degrees.

An odd arithmetic relationship that shows up time and time again in pie charts is called the Pareto Principle, also known as the 80/20 Rule. Mostly applied in business statistics and economics, it states that 80% of outcomes result from 20% of causes. For example, on a baseball team during a season roughly 80% of the hits will come from only 20% of the players.

To give an example closer to home, Mike Bovender is analyzing the Elkin Rescue Squad's annual budget. Every donor's dollar is valued, of course, but the "vital few" sources — the 20% who generate 80% of the income — may merit the squad's closest attention.

Blessings To Remember

As we celebrate the holidays and a new year with family and friends, please remember to express our gratitude for all the blessings we have and continue to receive.

In today's climate and with wars abroad, it is easy for us to forget how fortunate we are to live in the United States. Others worry that our greatness is being tested in many areas. With all its imperfections, America is still the greatest country in the world — a fact too many don't admit. We need to pray that we will continue our greatness, and hopefully we can be the answer to our prayers. Our Lord will show us the place where we belong. God is big and our problems are small. Always we must acknowledge God's role and His support:

Oh, Heavenly Father,

We thank Thee for food and remember the hungry.

We thank Thee for health and remember the sick.

We thank Thee for friends and remember the friendless.

We thank Thee for freedom and remember the enslaved.

May these remembrances stir us to service and that Thy gifts to us may be used for others.

Amen.

What Matters Most

American physician, author, and advocate for palliative care Dr. Ira Byock published "The Four Things That Matter Most: A Book About Living," in 2004. It shares the essence of hospice and palliative care.

A copy of this insightful book was gifted to me by dear friend Petie Davis, a Surry County native and Surry Central graduate who retired after 39 incredible years as a teacher, coach, administrator and one who enjoys a well-deserved reputation as Dobson Elementary School's school bus leader.

Dr. Byock wrote that all people facing life's end want to hear these words:

- Please forgive me.
- I forgive you.
- Thank you.
- I love you.

Things To Ponder

Shortly before his passing, Surry County Manager Dennis Thompson wrote to say he had observed my organizational skills and habits and greatly admired my willingness to plan each and every day. Abe Lincoln said, "When we fail to plan we can plan to fail." Dennis was a gifted county manager.

Useful Quotes

We enjoy meaningful sayings, maxims, and words of advice and inspiration, especially when they're brief, to the point, and memorable. When I need a few choice words for some speech or article, I frequently turn to "Richard Evans' Quote Book" published in 1971 and gifted to me in 2015 by the late Grant Neibaur from American Falls, Idaho.

Here are some samples:

- The memory of a mother waiting is a safeguard against temptation. —Richard Evans
- Let the child's first lesson be obedience. —Ben Franklin
- Courage; and be true to one another. —Carlyle
- Better to build boys than repair men. —Author unknown
- Don't wait to be a great man; be a great boy. —Author unknown
- A good man dies when a boy goes wrong. —English proverb
- The way to be nothing is to do nothing. —Nathaniel Hawthorne
- Only a life lived for others is a life worthwhile. —Albert Einstein
- Labor is the divine law of our existence. —Giuseppe Mazzini
- Labor is life. —Thomas Carlyle
- Work is a spiritual necessity. —Maxwell
- When one door shuts, another opens. —Miguel Cervantes
- Good luck is another name for tenacity of purpose. —Ralph Waldo Emerson
- Persistent people begin their success where others end in failure. —E. Eggleston
- People do not lack strength; they lack will. —Victor Hugo
- Nothing great was ever achieved without enthusiasm. —Emerson
- Begin. The rest is easy. —George Jenkins
- The business of life is to go forward. —S. Johnson
- The future belongs to those who prepare for it. —Emerson
- Books are the best of things, well used; abused, among the worst. —Emerson
- Character development is the aim of education. —F. Schollen
- Only the ignorant despise education. —Publilius Syrus

Word Match Game answers

(from Page 3)

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

The Communicator

A Publication of:
100.9 WIFM
Post Office Box 1038
Elkin, NC 28621

RETURN SERVICE REQUESTED



New Year, More Great Music

100.9 WIFM
STREAMING LIVE AT WIFMRADIO.COM