

## Liberty Hardware

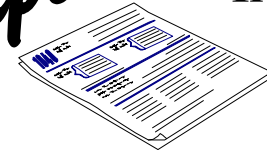
130 W Swannanoa Ave  
Downtown Liberty  
Ph 622-4701

Mon-Tue-Thu-Fri 7:30am to 5:00pm  
Wed 7:30am to 2:00pm Sat 7:30am to 5:00pm  
Closed Sun

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Gwen Taylor - Owner/ Preparer 114 Depot St, Downtown Liberty  
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# Whispering Hope

## SILENT RETREAT



APRIL 17 - 19, 2009

Fully supported in a wilderness setting, this retreat is an opportunity to refocus your priorities in life.

This retreat will include:

- Tent camping
- 24 hour period of silence
- All meals provided

Location: Ramseur, NC

For complete info, contact

Earth Visions, Inc.

Liberty, NC 27298

336-622-1844

[earthvisionsinc.com](http://earthvisionsinc.com)



## New Year's Day Adventure

"Are we there yet?" crackles over the two-way radio from Alec, Janice Loy's fourth-grade grandson. Alyssa and Ainsley, of NERMS and Liberty Elementary, also echo his question. Riders in the convoy of cars hear the question through their radios and chuckle. The trip to Morrow Mountain, near Badin Lake is about to begin. "It began a long time ago", says Novella. She continues, "They learn endurance, strength, coordination, balance and grace through our program, while exercising for the whole year". And Sam takes up the thread, "Yes and we guide them to new challenges on New Year's Day. They get to experience the life skills they have gathered." A scene like this one has repeated itself for five years now, and includes students who have experienced them all. Once on the mountain, voices hush because ears are needed as the eyes are covered with blindfolds. Only a slender tether connects the hikers now as Ray Coggin steps carefully and with perfect balance to avoid upsetting the whole group. After finally reaching the top, the blindfolds are stowed, pictures are taken, and then all head down to-

ward the potluck lunch that is not to be missed. Rhonda Staley expresses great concern that she is about to be left behind on the mountain to "hold" the picnic spot. Tina Kivett finds a sunny spot with a picnic table and a healthy New Year's Day picnic commences among friends who have endured yet another hard-earned, successful day. As in the past, Sonja's cooking helps make the day. The two-foot thick leaf litter covering the mountain is perfect for sliding quickly to the bottom of the steep hills. Although Lala Gibbs is soiled from the slide, she still gets a ride home. On the ride home the two-way radios are quiet, as only the drivers are awake. "I knew they would take the challenge and succeed", says Sam while he formulates more opportunities for future excursions. "Yes, and notice that these Parents and Grand Parents are in the best shape of their lives, with plans to work in this New Year toward their next challenge", agrees Novella.

Come join us at Earth Visions for exercise that is "fun".



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6:00 am Cardio Kickboxing (MWF)

6:00 pm Core Fitness (T,Th)

Earth Visions, Inc.

Call 622-1844 —5264 York Martin Rd., Liberty, NC 27298



## Denise's Pet Salon

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Local Folks



On Tuesday March 3<sup>rd</sup>, 2009.  
McDonalds in Ramseur will hold  
Providence Grove High School  
Booster night out. Please come out  
and support your Booster Club and  
visit with friends. PGHS Boosters  
appreciates all of your support.

