

Powerful Tools for Caregivers Class

A family caregiver is someone who assists a relative or friend with the things that he/she can no longer do because of an illness or have become frail. Most caregiving experiences start with taking them to the doctor or grocery store and gradually increase to doing housework, preparing meals and assistance with bathing and dressing. In most situations the care continues and as time goes by more and more of your time will be needed. Often caregivers neglect themselves while providing compassionate comfort and support for a loved one. Many studies have shown caregivers are twice as likely to develop a chronic illness due to the prolonged stress.

Powerful Tools for Caregivers is a free educational series designed to provide the Caregiver with the tools needed to take care of themselves so they can continue to provide good quality care. Classes consist of six 90 minute sessions held once a week. Lisa Ledford and Rita Short co-lead the series and both are experienced caregivers themselves, who have successfully applied the techniques they teach. Interactive lessons, discussions and brainstorming will help you take the "tools" you choose and put them into action.

Classes will be held at the Liberty HomeCare and Hospice office, located at 119 West Wade Street in Wadesboro. Sessions will be held each Wednesday from 2 to 4 p.m. beginning on Wednesday April 1 and ending on Wednesday May 6. For more information or to register, contact Rita Short at 704-994-3494 or Lisa Ledford at 704-694-5992.

You Decide: Should we borrow for roads and buildings?

By Dr. Mike Walden, North Carolina Cooperative Extension: "Debt" has acquired the status of a bad four-letter word. We worry about public debt, especially the \$18 trillion national debt. We also worry about our private debt, realizing, for example, that large household debt was one of the factors leading to the Great Recession.

There's now talk about North Carolina increasing its public debt to build and refurbish roads and buildings. The total amount of new borrowing could top \$2 billion. Of course, the first question to address is whether this spending is needed. In economic terms, the question is about the financial benefit from this spending.

Supporters say many of our state roads need repair and upgrading, and in some areas additional roads or road-widening projects are needed. The pay-off is smoother driving, better access and less congestion. These benefits save drivers both time and money and encourage business development.

Backers of borrowing also say many state buildings are in need of repair and upgrading, especially for modern technology. They say improvement of the buildings will make them safer and increase employee productivity.

For purposes of this column, I will accept these benefits and assume the economic returns from the road and building improvements are substantial enough to warrant the spending. The question then becomes how to fund the \$2 billion or greater spending tab.

To begin, it is important to note the road and building projects are a specific kind of spending, called durable spending. This is spending on projects which last a long time, usually for many years. In the case of roads and buildings, the life span is multiple decades. In contrast, non-durable spending is for items that are over a very short period of time.

The distinction between durable spending and non-durable spending has an important implication for how the spending is financed. Logically, non-durable spending should be financed out of current funds – that is, on a pay-as-you-go basis.

The tuna sandwich I bought for lunch is an example of non-durable spending. The benefit of the tuna sandwich – satisfying my hunger and giving me energy – lasts only a couple of hours. It wouldn't make sense for me to pay for that sandwich with a loan I repay over several years!

In contrast, the home my wife and I bought 30 years ago was financed with a mortgage loan. One reason we didn't have the cash to pay for the home – few homebuyers do. But another reason was economic logic. By borrowing the money for the price of the home and repaying the loan in regular monthly amounts over many years, we matched the benefits we were receiving from the home to the cost of the home.

Let me expand on this point. After renting for several years, my wife and I had decided to purchase a home. We wanted the ability to control our living space, move walls if we wanted to and use home colors we liked. If we had waited until we had enough cash to purchase a home without a loan, we would have waited years – maybe decades – to begin enjoying the benefits of homeownership. Taking a mortgage loan allowed us to buy the home right away and pay for it little by little while we enjoyed it.

But what about the argument that using a mortgage loan to buy our home meant we paid much more – in dollars – over time because we had to pay interest on the loan? If we had had the cash available to purchase the home without a loan, wouldn't that have been smarter. Isn't it always better to use cash rather than a loan requiring interest?

Not necessarily. If we had the cash available to buy our home, then we would have given up the opportunity to invest that cash somewhere and earn interest. So the interest we would not have earned would have been the cost of using cash for the home purchase. In other words, if we had used cash, we should have charged ourselves interest to represent the interest earnings we were giving up.

So what does this discussion of the Waldens' home buying have to do with spending on roads and buildings? It has much to do with it because the decisions are exactly the same. Roads and buildings are long-lasting projects that provide benefits over several decades – some even centuries. Borrowing money today -- to construct and rebuild roads and buildings -- and paying for the borrowed money over time will align benefits and costs just like the Waldens did when they bought their home.

There's also another element to consider. If the roads and buildings were paid for completely from current tax revenues, then today's taxpayers would bear the full cost. But future taxpayers also will benefit from those roads and buildings. If only today's money is used, those future taxpayers get a "free ride."

There are many reasons to borrow. But if borrowing is done to finance long-lasting projects that produce significant benefits -- projects for which all those who receive the benefits (both now and in the future) will contribute to paying the costs -- then borrowing can make sense. You decide if the current proposals for funding roads and public buildings meet this standard.

Dr. Mike Walden is a William Neal Reynolds Distinguished Professor and North Carolina Cooperative Extension economist in the Department of Agricultural and Resource Economics of North Carolina State University's College of Agriculture and Life Sciences. He teaches and writes on personal finance, economic outlook and public policy.

Red Cross Blood Drive is March 24

The American Red Cross' Wadesboro Community Blood Drive will take place on Tuesday, March 24, from 1:30 until 6 p.m. at the First Baptist Church of Wadesboro. To schedule a life-saving appointment, please visit redcrossblood.org and enter the Sponsor Code: WadesboroCommunity.

The need for blood is constant. Make an appointment and help save a life!

LEG PAIN

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Leg pain, thigh ache and numbness, and tingling in the foot may actually be caused by a pinched nerve even though you have NO back pain - it could even be Sciatica.

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5th Annual

SPORTING CLAYS COMPETITION

SATURDAY
MARCH 28, 2015

The Wadesboro Rotary Club will host its 5th Annual Sporting Clays Competition on Saturday March 28, 2015 at Buchanan Shoals in southeastern Anson County.

All proceeds from this fundraiser will go directly to the **Wadesboro Rotary Club Youth Shooting Team**, scholarships, and other community projects.

The competition will consist of shooting a 5-Stand, Flurry, Double Trouble, and Point Break. The combined score of all 4 team members will determine the winner of this event.

SPONSOR - \$1000
Fee includes Sponsor Banner, 4 person team entry, and lunch for 4 people

TEAM ENTRY - \$800
Fee includes lunch for 4 people and sporting clays competition for 4 people

SPONSOR (WITHOUT A TEAM) - \$250 OR \$500
Fee includes Sponsor Banner and lunch for 1 person

SPECTATOR/LUNCH - \$20

FLURRY COMPETITION
Pay an additional \$80/team to enter to split the pot for the top score on the Flurry.
Try as many times as you want!

*All shotgun shells will be provided and are included in the price for a team.

EVENT SCHEDULE

REGISTRATION 10:00 AM

WARM UP
10:00 AM - 12:00 PM

LUNCH 12:00 PM

COMPETITION
1:00 PM - 5:00 PM

PRIZES

FIRST PLACE: \$500
SECOND PLACE: \$400
THIRD PLACE: \$300

TOP FLURRY SCORE
FIRST PLACE:
SPLIT THE POT

RSVP by Friday, March 13, 2015
All Teams Must Pre-Register!

Contact Jason Kiker 704-695-2810 • jkiker@kikerforestry.com
or Kevin Thomas 704-694-8883 • kthomas@lynnthomasgrading.com

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Wadesboro Rotary Club Youth Shooting Team

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