

## letter to the editor

I read the March issue of Chatham County Line today. You've got some of the most extreme, far left, radical activist types submitting to your paper that I've ever seen. Downright scary.

Anyhow, since the motto of your paper is "where all voices are heard" I was thinking of offering some submissions of my own. You know, to kind of balance things out a little. Alas, I live in Wake County, a few miles over the line.

Nevertheless, I'd like to offer up a couple of ideas concerning the solution of the illegal immigration problem.

First, identify, fingerprint and deport every illegal alien. Don't wait for them to commit crimes.

Second, everyone who is caught should lose the privilege ever to enter the U.S. legally or to apply for citizenship.

Third, seize all property they accumulated while in the U.S. illegally.

Uh Oh! I've done it now. Roy Stawsky is going to call me a Nazi and accuse me of advocating "death camps."

— Roy Futrell, Jr., Apex

(Former stonemason, now looking for a new career. Preferably something that the Mexicans haven't taken over!)

Let the Kids Give Her the Cup that says "World's Best Mom"



*Grimball*  
JEWELERS

Full service jeweler since 1985 • Four jewelers on site for custom and repairs  
Graduate gemologist for appraisals • Buy and sell estate jewelry  
79 South Elliott Road, Chapel Hill • 919-929-2580 • grimballjewelers.com

Connected  
TO THE Community



At Progress Energy, some of our most important connections to the community aren't found on utility poles.

We constantly strive to support and sustain our areas through volunteer projects, educational grants, environmental stewardship and economic development. All of which means we're as connected to the people of our community as we are to the homes and businesses we serve. Learn more at [progress-energy.com](http://progress-energy.com).

LOOKING AT POWER IN A NEW LIGHT.



## POETRY

## Bus Icon

By Mary L. Barnard

My friend Sherry got a primo parking permit in the cardinal deck at UNC. After one course of up and around, up and around, up and around, with a kink in her neck, at war for an empty spot, she surrendered her permit and met up with me at the lot for the park and ride.

Becoming a bus person is a little like joining a church on wheels. We all meet at the same time in the same place for the same reason and carry a similar belief – it is a helluva lot better to let someone else drive through the mess of Chapel Hill traffic.

We couldn't help ourselves – we saw her and she became our bus focus/fix. We stared at her every day, as the faithful might stare at a statue in church.

She shaved her head, a skull with good bones, domed and full, it perched on top of her neck with a breathtaking tilt. As the bus lurched and we collided into each other, she adjusted her posture with negligible fuss.

Her earrings, dangling from a narrow cushion of an earlobe, were big, sometimes a simple silver hoop, sometimes a complex of crystal or wooden beads with a whiff of overseas air around them.

And her clothes, we were in awe of her clothes: silver beaded cardigan with long gauze skirt, heavily tailored coffee linen jacket with epaulets, white jeans and see-through lime shirt over a cami.

Sherry moved to Florida, so I was left to worship alone. I started to bring my knitting to pass the time and from afar or the distance of a few rows on a bus, the object of daily observation began to watch me.

I don't remember who talked first. As if introduced to say, Ghandi, I could not find my tongue. I kept thinking, I can't wait to email Sherry:

She speaks. And to me.

Mary L. Barnard is a Chatham resident.

## EXERCISE

continued from page 9.

health, a foreign concept to many with chronic disease. And aside from better lab reports and happier physicians, the benefits of being a physically active patient could mean having less pain and taking less medication to control high blood pressure, cholesterol, and diabetes.

Exercise truly is medicine. There are mountains of research showing its ability to treat and even reverse many of today's chronic conditions. Physicians and patients can visit [www.ExerciseIsMedicine.org](http://www.ExerciseIsMedicine.org) to find out about the appropriate dosages. Finally, physicians who assess physical activity levels and prescribe exercise can enjoy improved patient outcomes, and help patients begin to take ownership of their health.

Michael Clark is a Certified Clinical Exercise Specialist and Personal Trainer at the Duke Center for Living Health and Fitness at Fearington. For more information, call 919.545.2133.

GENERAL STORE



The Best Kept Secret in the Triangle...

The Best Food  
The Best Live Music  
The Best Ambiance  
**THE BEST TIME EVER!**

**LIVE MUSIC**

Thu-Sat 8:00-10:00pm  
from the café and on the web:  
[www.generalstorecafe.com](http://www.generalstorecafe.com)

Breakfast/Lunch/Dinner  
Mon-Sat 7:30am-10:00pm

39 West St. • Pittsboro  
919-542-2432