What Defines Smart?
-A Sister’s Perspective

Two things that are very important to me are education and equal rights. I have always liked learning new things and putting what I learn to use. My main motivation for coming to college was that I would be able to learn more and have more varied experiences. I think programs for those of higher intelligence are vital in allowing them to reach their full potential. I have always been in such programs and it has greatly enriched my life and my education. Having a more intense curriculum and moving at a faster pace has allowed me to learn and do things that I otherwise wouldn’t have. To best implement these programs they often involve separating people based on academic level. However, inequality and injustice have always weighed heavily upon my heart and I believe that a quality education is a human right, not a privilege given to those who are blessed with money, power, or intellect. I strive to not only make the most of my own life and my education. Having a more intense curriculum and moving at a faster pace has allowed me to learn and do things that I otherwise wouldn’t have. To best implement these programs they often involve separating people based on academic level. However, inequality and injustice have always weighed heavily upon my heart and I believe that a quality education is a human right, not a privilege given to those who are blessed with money, power, or intellect.

"...inequality and injustice have always weighed heavily upon my heart and I believe that a quality education is a human right, not a privilege given to those who are blessed with money, power, or intellect."

I continue to encourage others to redefine intelligence so that everyone can be given the chance to explore the world around them and find their passion in life and then be able to receive an education that will ensure their ability to succeed and provide them with opportunities to prove themselves as valuable and unique individuals. A Loving Sister
Parent to Parent FSN-HC’s 3rd Annual Walk/Run/Roll Race raised over $5,500!
All proceeds will directly benefit families in the High Country. Nearly 200 people turned out to run or help with the race and associated events, despite the sub-freezing temperatures. Check out our Facebook page for lots of pictures at: www.facebook.com/P2PHC.

LOOKING for Parents, Guardians, Foster Parents, Grandparents

Who have a child with:
diverse physical, emotional, intellectual or health needs, or a child born prematurely
Who would like to learn more about a way to help & support other families

Support Parents/Families are people:
• Who have the energy and time to help someone else
• Who are willing to be “matched” one-to-one for a short period of time by phone or email with another family with similar circumstances
• Who provide emotional support & information to their “matched” family
• Who have attended an Orientation/training session
• Who are ambassadors for the program with their family & friends

FOR MORE INFORMATION ABOUT BECOMING A SUPPORT FAMILY
Call: 828/262-6089 or Toll Free: 866/812-3122
Email: parent2parent@appstate.edu

Mama’s Pizza Boats (Gluten Free)

Ingredients:
• 4 Gluten Free Hotdog Buns
• 1/2 cup Pizza Sauce
• 5-6 oz sliced cooked ham, beef, or turkey
• 1 cup of vegetables such as fresh mushrooms, onions, green peppers, and crushed pineapples
• 3/4 cup shredded cheese

Directions:
1. Heat oven to 450°F.
2. Cover baking sheet with foil, if desired.
3. Open buns and lay cut-side up on baking sheet.
4. Toast for a few minutes in the oven until tops are golden.
5. Spread about a tablespoon of sauce on each half of bun.
7. Sprinkle cheese on top.
8. Bake for about 10 minutes or until heated through and cheese starts to bubble.