

## Caldwell Humane Society Works Diligently To Reduce Pet Overpopulation In Caldwell County

LENOIR, NC (By Laura Sedlacek – March 9, 2018)...Nearly 8,000 Caldwell County animals have been spayed or neutered through Caldwell Humane Society's low-cost clinics. The key to ending pet overpopulation is spaying and neutering. Spaying and neutering stops the cycle of pets having litters and their litters having litters. Some Caldwell county pet owners would not be able to afford the costs without the low-cost Spay/Neuter clinics.

There are two financial aid programs (SPOT and ICARE) that help families with limited income pay for spay/neuter surgery. SPOT stands for "Stop Pet Overpopulation Today." CHS, Inc. pays half of the surgery fee for pet owners who qualify for our SPOT (financial aid) program. ICARE is the state of North Carolina's Spay/Neuter program. Special animal-lover license tags raise money for spay/neuter surgeries. Funds are allocated by the county to pay surgery fees for qualifying clients and reimbursement from the State is requested by the Caldwell County Health Department. The reimbursed funds are "recycled" so that more spays/neuters can be offered to those who qualify.



Caldwell Humane Society, Inc. is a non-profit, all-volunteer group that emphasizes spaying and neutering as the primary solution for pet overpopulation in Caldwell County. CHS offers its monthly low-cost Spay/Neuter Clinics through a partnership with ASPCA Spay/Neuter Alliance.

Meetings and reservation sessions are held in the meeting rooms of the Caldwell County Public Library in Lenoir. The reservation sessions are where you can make a low-cost spay/neuter appointment. The Clinics are coordinated from the Caldwell County Fairgrounds, and pets are transported to Asheville for surgery and returned the next day. CHS uses a cell phone with voicemail for a phone and callers leave a message so a volunteer can return the call. CHS is always in need of animal lovers to help with clinics and fundraisers.

Want to sign up your pet for a low-cost Spay/Neuter Clinic? Reservation sessions are usually held the first two Tuesday nights every month from 5:30-7pm in the meeting rooms at the Caldwell County Public Library in Lenoir. Would you like to volunteer? Email [caldwell4pets@gmail.com](mailto:caldwell4pets@gmail.com) with your name and contact info.

To find out more, call (828) 499-0289, visit [www.caldwellhumane.org](http://www.caldwellhumane.org) or find us on Facebook at Caldwell Humane Society, Inc. Caldwell Humane Society Inc. is a public charity under IRS Code Section 501 (c)(3).

## Caldwell Journal Info

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**Our Deadline Is On Friday At 5pm For Next Week's Paper**

## Caldwell Journal Weather

**Thursday (15th):** Sunny.

High 64 Low 42

Precipitation: 0.00 in.

**Friday (16th):** Mostly cloudy.

High 62 Low 42

Precipitation: 0.00 in.

**Saturday (17th):** Periods of rain.

High 69 Low 45

Precipitation: 0.24 in.

**Sunday (18th):** Pleasant with periods of sun.

High 69 Low 47

Precipitation: 0.06 in.

**Monday (19th):** Cooler.

High 54 Low 48

Precipitation: 0.00 in.

**Tuesday (20th):** A blend of clouds & sun.

High 61 Low 30

Precipitation: 0.00 in.

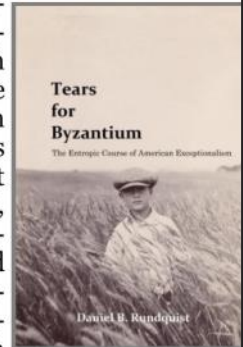
**Wednesday (21st):** Partly sunny.

High 54 Low 31

Precipitation: 0.00 in.

## New Plymouth Press, LLC announces release of new book title by local author – all net proceeds are designated to support local DAV

CALDWELL COUNTY, NC (November 7, 2017)... New Plymouth Press, LLC is proud to announce today that a new book will be released to the public on December 1, 2017. The author, Dan Rundquist has completed work on his nonfiction title, *Tears For Byzantium; The Entropic Course of American Exceptionalism*. The work seeks to address the question of what exactly is the proper size, role, and scope of American government in a post-9/11 world through the prism of world history. It is told by a father, taxpayer, and ordinary American citizen.



"I have wept for my nation until I am out of tears. Not from a personal depression, but with the deepest grief and sorrow as one might have for a dying loved one. The patient in this case is our nation, America, but she is not so much ill as she is being euthanized. I weep for her because I love my nation, and she is nearly lost to us. I have always loved my country, and I am not alone." *Dan Rundquist*

*The Caldwell Journal has been awarded exclusive distribution of the e-book format...*

This special edition of the book will be made available exclusively by a distribution agreement with the Caldwell Journal:

- The publisher has set the title price at \$4.99 and the author is donating ALL net proceeds for this special PDF edition to Disabled American Veterans, Chapter 6 Hudson, NC.

- ISBN: 978-0-9862967-8-9

- 151 pages, 8.5 x 11 PDF format, print volume is expected to release summer, 2018.

- Link to the Caldwell Journal: [www.caldwelljournal.com](http://www.caldwelljournal.com)

- Media inquiries, requests for advance copies for review can be made directly to the author at [dbquist1986@gmail.com](mailto:dbquist1986@gmail.com)

- Inquiries to the Caldwell Journal: Mr. Mark Jackson, [mark.jackson@caldwelljournal.com](mailto:mark.jackson@caldwelljournal.com)

## High Time Quartet at Oak Grove Baptist Church

The High Time Quartet will be leading the Sunday morning worship service at Oak Grove Baptist Church on March 25th at 11 am. The quartet is a southern gospel group who witness and sing about their Lord Jesus Christ. A love offering will be taken at the end of the service. All are welcome to attend. For information call 828-396-2655 or 828-612-6793.

## Hickory ranked seventh best place to retire in North Carolina

HICKORY, NC (March 13, 2018)...A new study released by SmartAsset ranked the ten best places to retire in North Carolina. Hickory ranked number seven in the state, climbing two positions from ninth place in 2017.

The study considered income and sales taxes, the number of doctors' offices, the percentage of seniors, and opportunities for recreation and social activities.

"Hickory continues to attract retirees thanks to its beautiful natural setting, pleasant climate, exceptional medical care, abundant amenities, and affordable cost of living," said City Manager Warren Wood. "For those of us fortunate enough to call Hickory home, it is easy to see why so many choose to settle here to enjoy all the area has to offer."

SmartAsset is a financial technology company providing personal finance advice and tools to guide financial decisions concerning homebuying, retirement, taxes, and more.

For more information on this study, please visit: <https://smartasset.com/retirement/retirement-calculator#northcarolina>.

**Mountain Grove Baptist Church**, 2485 Connelly Springs Road, Granite Falls will host the Liberty University Wind Symphony on March 25 at 6pm. The symphony, under the leadership of Dr. Stephen Kerr, has toured throughout the Eastern United States, from Vermont to Miami, and from St. Louis to New Orleans. It is comprised of 56 college musicians and the length of the concert is typically one hour. The public is invited to attend and there is no charge for admission.

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## Caldwell Journal Weekly Recipe

### Vanilla Almond Granola

#### Ingredients

- 2 cups rolled oats
- 1 cup chopped raw almonds
- 3/4 cup large coconut flakes
- 1/4 cup Medjool dates, pitted and chopped
- 2 tablespoons uncooked quinoa
- 1 vanilla bean, halved length-wise and seeds scraped
- 1 teaspoon sea salt
- 1 cup unsweetened applesauce
- 1/2 cup pure maple syrup
- 4 teaspoons pure vanilla extract
- 2 tablespoons coconut oil, melted

#### Instructions

Preheat the oven to 300°F. Line two baking sheets with parchment paper. In a medium bowl, mix together the oats, almonds, coconut, dates, quinoa, vanilla bean seeds, and salt. In another bowl, stir together the applesauce, maple syrup, vanilla extract, and coconut oil until smooth. Pour the wet ingredients over the dry ingredients and stir until well combined. Spread the granola evenly over the prepared baking sheets and bake for 55 to 60 minutes, stirring every 15 minutes. Halfway through baking, rotate the pans and swap them between the racks in your oven (top to bottom, bottom to top) to be sure the granola bakes evenly. Let cool completely on the baking sheets. Store in an airtight container at room temperature for up to 3 weeks, or in the freezer for up to 5 months.



## Castle Bridge Project will be re-advertised with a more aggressive schedule

BURKE/CALDWELL COUNTIES, NC (March 14, 2018)...Recently the NCDOT accepted bids for this project but all bids exceeded NCDOT estimates. NCDOT Bridge Program Manager Christopher D. Medlin told us "The project was let for bids on 2-21-2018. Unfortunately, all of the bids exceeded the engineers estimate and the contract is set to re-bid April 18, 2018. It is common practice to re-bid a project when contractor estimates exceed the engineers estimate." Fortunately, the NCDOT is re-bidding the project with a more aggressive schedule of 8 months.

Here is some detailed information about the Castle Bridge Project furnished by the NCDOT...

### Background

The NCDOT will be closing the Castle Bridge on Malcom Boulevard/Connelly Springs Road over Lake Rhodhiss to perform a significant bridge rehabilitation project. The Castle Bridge was built in 1961 and services approximately 9,600 vehicles per day. Work will begin this fall, and the bridge will be closed so that the deteriorating concrete deck and supporting steel beams can be replaced. Before the construction begins, a gas pipeline that is attached to the underside of the bridge will need to be relocated away from the bridge.

### Reason for the project

As shown in Figures 1 and 2, a recent biannual inspection of Castle Bridge revealed that the steel beams had deteriorated to the point that they are in need of extensive repair or replacement. This deterioration occurred as water and de-icing salt applications leaked through deck joints and accumulated on the bottom flange of the beams causing accelerated deterioration. As a result, the weight limit posting for commercial trucks crossing the bridge was reduced to 19 tons (the legal load limit is 40 tons).



Figure 1. Area under a deck joint where water and deicing salts leaked onto steel beams (typical in many locations throughout bridge)



Figure 2. Area of steel beam bottom flange where moisture and de-icing salts accumulated causing accelerated deterioration (typical in many locations throughout bridge)

### Course of action

Since the beams and deck need to be replaced, an underwater inspection in combination with sonar imaging (as shown in Figure 3) was used to assess the condition of the bridge foundations and concrete columns. This inspection revealed the foundation and columns to be in sound condition and able to remain in place.

Replacing the steel beams and concrete deck is estimated to cost approximately \$6 million and require the bridge to be closed for approximately 8 months. It is estimated that the repairs will last 50

years, or more. In addition, the bridge deck will be widened from 28 feet to 30 feet, providing for 12 feet lanes, and the bridge rails will be upgraded to current safety standards.

Unfortunately, building a new bridge adjacent to the existing one is not feasible at this time as it would take approximately 3 years to complete the design and construction. During a period of 3 years, NCDOT would continue to monitor the bridge and there is a high likelihood that the weight limit posting would need to be reduced again, effectively restricting all commercial vehicles, school buses, fire trucks, etc., from using the bridge. **Continued on page 5...**

## Castle Bridge Project will be re-advertised with a more aggressive schedule

*Continued from page 4...*

This option is unacceptable given the lengthy detour route around the bridge. In the future, if the Malcolm Boulevard widening project were to get funded, there would be enough time to secure permits, design, and build a second new bridge adjacent to the existing structure during or prior to the widening project.

The bridge rehabilitation project was recently advertised, but the contract completion date allowed 425 consecutive calendar days which could have resulted in a 14-month bridge closure. Moving forward the project will be re-advertised, with a more aggressive schedule, and a maximum of 240 consecutive calendar days (8 months) of closure time. Also, incentives will be added to the contract in an attempt to further reduce the closure time.

Figure 3. Acoustic image of foundation and column obtained during inspection

### Additional Items

- Traffic Counts were conducted showing there are approximately 9600 vehicles per day crossing the bridge. These counts verified that approximately 6% is truck traffic. The highest count was measured between 7:30 and 7:45 which was 247 vehicles in this 15-minute period.

- Additional signs have been added to warn truck traffic of the posted weight limit on the bridge. The State Highway Patrol has agreed to patrol this area more to enforce the weight restriction.

### Detour Route

A commercial truck detour route will be designated as follows: Malcolm Boulevard to US 70 to US 321 to Connelly Springs Road (Figure 4). Car traffic can utilize this route as well, but NCDOT encourages local traffic to use the route most convenient for them to reach their destination. The bridge itself will only be closed.

Figure 4. Offsite detour route for trucks

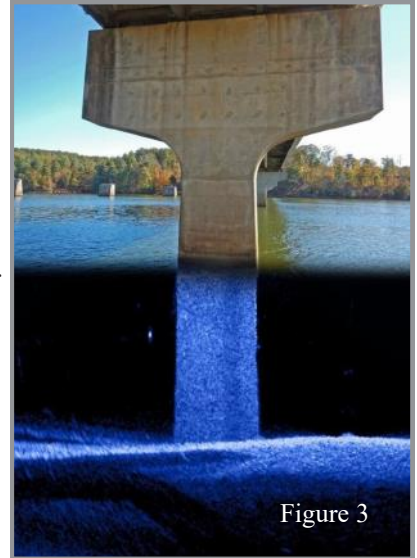
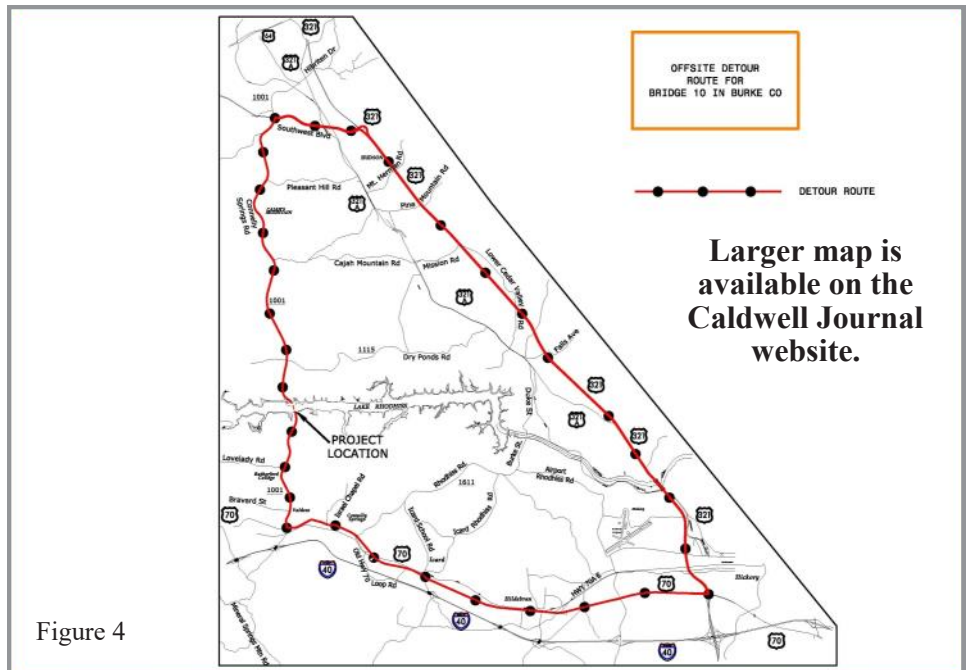


Figure 3



Larger map is available on the Caldwell Journal website.

Figure 4



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## Mobile Home Fire in Hickory intentionally set

HICKORY, NC (March 12, 2018)...At 13:10 Monday afternoon, Hickory firefighters were dispatched to a structure fire located at 521 18th Street Place SW. Firefighters responded with two engines, one ladder, one rescue truck, and one command unit.

Due to reports the fire was intentionally set, firefighters were advised to use caution while responding to the scene. Catawba County EMS and Hickory Police also responded to the incident. Upon arrival at 13:13, firefighters reported the mobile home fully involved with fire. Firefighters worked to ensure there were no occupants inside the burning building and then worked to extinguish the fire. The fire was reported controlled at 13:29.

No injuries were reported. Fire damages were considered heavy. The Red Cross responded to the incident and will be assisting the occupants.

Fire investigators determined the fire was intentionally set. A suspect is in custody and charges are pending.

**Bethel Colony of Mercy** is closer to the purchase of the property for the Women's Campus in the Happy Valley community. We will locate at Camp Carolwood Road, off Buffalo Cove Road, in Lenoir. We plan to open as soon as we can get the renovations done on the existing buildings. We have calls weekly from ladies who want to come. We can now say we are close. We plan on finalizing the purchase by mid-April. We request your continued prayers for us as we make this journey. We also are looking for donations to help us make this possible. We have seen God move in so many ways. We are out sharing what we do and why it is important. Feel free to call if you would like for someone to come share what we are doing. 828-754-3781 ext. 245

**Clover Baptist Church** is seeking a gifted Christian who is committed to Jesus Christ and the Word of God to fill their Interim/Permanent part-time Worship Music Leader position. The hours needed to fulfill this position will be determined and discussed during the interview and will include Sunday morning, Sunday evening, Wednesday evening, and special services. Experience preferred. Send resumes to Clover Baptist Church, c/o Pastor, 100 Pinewood Rd, Granite Falls, NC 28630.

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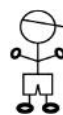
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## Colon Cancer Prevention and Awareness

LENOIR, NC (March 7, 2018)...According to North Carolina's State Center for Health Statistics, cancer of the colon and rectum was the second leading cause of cancer death in North Carolina from 2008 to 2012. It is estimated that 4,633 people (2,432 males and 2,201 females) in North Carolina were diagnosed in 2015 and 1,642 people (878 males and 764 females) will have died of the disease. One in 20 people will be diagnosed with colon cancer in their lifetime. It's a concerning statistic and one of the reasons why the North Carolina Community Health Center Association recently held a statewide event where Breast and Cervical Cancer Control Program Providers helped incite awareness of colon cancer, a disease that can be prevented through screening but is still the second leading cause of overall cancer deaths in the United States.

Learn the facts on colorectal cancer and getting tested – it could save your life! The North Carolina Department of Health and Human Services, Cancer Prevention and Control Branch, is working to reduce this number by emphasizing the important message that “Early detection matters.” When colorectal cancer is detected early, the survival rate is approximately 90 percent. Unfortunately, only 41.8 percent of colorectal cancers are found at an early stage. If you are 50 or older, do not wait for symptoms to appear. Get tested today and prevent colon cancer before it starts. The Centers for Disease Control and Prevention has more information on colorectal cancer.

[www.cdc.gov/cancer/colorectal](http://www.cdc.gov/cancer/colorectal)

There will be a colorectal cancer awareness and prevention informational booth set up at the Caldwell County Public Library- Main Branch (120 Hospital Ave NW, Lenoir, NC 28645) on March 19 from 11:00am until 1:00pm.

Many local health departments offer education and referral services to eligible men and women. To learn more about the NC Cancer Prevention and Control Branch, visit:

[www.publichealth.nc.gov/  
chronicdiseaseandinjury/  
cancerpreventionandcontrol/index.htm](http://www.publichealth.nc.gov/chronicdiseaseandinjury/cancerpreventionandcontrol/index.htm)  
or call 919-707-5300.

For more information regarding colorectal cancer education and prevention, please contact Anna Martin, MPH, Health Promotion Supervisor for Caldwell County Health Department, (828) 426-8506.



## Summer Basketball League registration now open

LENOIR, NC (March 8, 2018)...Registration is now open for the City of Lenoir Parks and Recreation Department's Summer Basketball League. The league is 5 on 5 and is open for 13-17-year-olds.

The deadline to register is May 19, 2018.

Cost is \$15 for city residents and \$30 for non-city residents. Player age will be determined on or before May 31. Assessment will be May 22 at 6:00 pm.

For more information, contact Maury Patterson at mpatterson@ci.lenoir.nc.us or 828-757-2165.

## Figure Painting Classes At The Caldwell Arts Council

LENOIR, NC (March 9, 2018)...Caldwell County artist Mary Dobbin will teach figure painting at the Caldwell Arts Council on Wednesday afternoons from 1:00 p.m. until 4:00 p.m. on March 21 & 28, and April 11 & 18.

Mary studied painting and photography at UNC and Pratt Institute.

Registration fee is \$120; register by March 13 by calling 828-754-2486 or visiting [www.caldwellarts.com](http://www.caldwellarts.com).

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### Caldwell County 'March for Our Lives' on March 24th

LENOIR, NC (March 13, 2018)...Caldwell Women Rise is hosting a March for Our Lives march and rally through downtown Lenoir on March 24th. The march is organized in conjunction with the national event in Washington, DC and others throughout the country.

March for Our Lives believes the time is now to make school safety a priority and to encourage community dialogue. On the 24th, Caldwell County has the opportunity to march for change and take action on the issue of school safety. All are invited to honor those who have lost their lives and share their voice on these important issues. Families and students of all ages are encouraged to attend. The event features a variety of speakers from our local schools, including students and teachers.

The event takes place from 1-3pm, starting at The Square in historic downtown Lenoir. Participants will march down Main Street and end at St. James Episcopal Church across the street from Davenport School. Speakers, including teachers, ministers, and students, are featured both at the stage on The Square and on the lawn at Saint James Church across from Davenport Elementary School.

Caldwell Women Rise is a local non-partisan group started in 2017 who comes together to share concerns, listen and learn from each other, and support each other as we take action to make a positive difference in our county, our state, and our nation.

To contact Caldwell Women Rise representative Dianne Swanson about March for Our Lives, email [dswanson1956@gmail.com](mailto:dswanson1956@gmail.com) or contact by phone at (828) 446-5675.

**Mulvale Baptist Church**, in Collettsville, NC is currently seeking a part-time summer youth minister for 2018. If interested, please email [pastor-br549@gmail.com](mailto:pastor-br549@gmail.com) for more information.

**First Baptist Church of Whitnel** is in need of a pianist. If interested contact Donna Kaylor at 828-308-5516.

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## “Movies with Mike”

**An Alternate Version** by Mike Holsclaw (March 8th, 2018)



I watched the Academy awards Sunday night (of course) and, as is the usual case, the post-mortem attacks on the ceremony were in full force when I checked in Monday morning to see what the chattering classes were saying. With depressing predictability, the criticisms fell, for the most part, into two broad categories: structural and political. Willa Paskin, who I used to enjoy reading a lot more before she moved to Slate and began to absorb their smug, self-righteous "house" style, complained about how low-key and unpolitical much of the proceedings were; her beef was that much of the representation of the #MeToo, #Time'sUp and other movements came in the form of scripted segments; for example, she singled out Lupita Nyong'o and Kumail Nanjiani for saying, in unison, "we are dreamers" and "We stand for the Dreamers", as if, because the lines were rehearsed, they were any less important. She also com-

plained, because it's traditional and expected of a reviewer to do so, about the program's length. Christina Cauterucci was disappointed by how the #MeToo movement was being co-opted by the typical homogenization process in Hollywood, which ultimately makes every cause equally banal; to her credit, though, she also described, in measured terms, the hypocrisy of E! Television in the way that it handled Ryan Seacrest as a red-carpet interviewer. These two examples represent the general tone of much of the commentary; frustration that, rather than being a radical political manifesto, much of the proceedings were marked by their graciousness and congeniality. Business as usual, they seemed to be saying.

As is often my experience, I saw things in a dramatically different way: I was heartened by the fact that the program's creators took the events of the past year so seriously that they made a conscious effort to reflect them in the show's overt content; if some of those segments came across as clumsy or overly earnest, I still feel they deserve credit for their efforts. Some critics damned with faint praise the short film that was introduced by Ashley Judd, Annabella Sciorra, and Selma Hayek, (three of the most prominent accusers against Harvey Weinstein) because it folded #Time'sUp into a larger consideration of the question of inclusion and diversity, but I feel that all of these issues are part of a striving for a greater degree of social justice in the Hollywood landscape and that there's no inconsistency in bundling them together.

As to the show's length, for some odd reason, no one seems to have noticed that this year's ceremony was twenty minutes shorter than 2017's. As gauche as it might seem to acknowledge it, it may very well have been because of Jimmy Kimmel's silly but inspired bit where he offered a jet ski to the winner who gave the shortest acceptance speech; I don't think the winners were necessarily trying all that hard to win the ski but, because it kept being mentioned throughout the show, it may have helped people to remember that brevity is at a premium in a show of this sort. Still, shorter or not, it always grates on me when people whine about the length of the Oscars; how they realistically expect a program that honors both brilliance in front of and behind the camera in a plethora of different categories to be any more streamlined than it is is a mystery to me; it's like saying, "Here's this really beautiful bird but, you know, it's a shame how much the bird flies in lazy curlicues around the sky. Couldn't it just run really fast instead?"

I, in contrast, always enjoy, immensely, the entire spectacle; the red carpet, the beautiful clothes on the beautiful people, the gaudy, gloriously bad taste of the way in which the stage is decorated. The corny introductions of the presenters and the sometimes silly, sometimes heartrendingly beautiful acceptance speeches of the winners. This year, though, I also appreciated how everyone present seemed to be trying to mainstream the social innovations of the past year; instead of seeing it as staid or non-confrontational, I was quietly moved by the dignity and grace of the ceremony. To me, there seemed to be a polite but steely subtext of determination that said, "We don't have to make a big show out of the way that things are changing in both Hollywood and the larger society but they are changing and they're not going back." Look, things aren't perfect; as long as societies are **composed** *continued on page 13...*

**An Alternate Version** by Mike Holsclaw (March 8th, 2018)  
*Continued from page 12...*

of human beings, they're never going to be perfect, but, they are improving. This year, it was just taken for granted that women and members of various minorities were going to be better represented than they were in previous years and many winners made a point of saying how important representation in film was to a new generation of viewers who need to see people like themselves onscreen.

Some things that stood out to me in particular: the quiet dignity of several winners who made a point of shouting out their pride in their Mexican heritage at a time when some members of our culture are trying to turn our Southern neighbor into a convenient, stand-in boogeyman for more complicated social problems. Bernal Gael Garcia's gently understated performance of the song "Remember Me" from "Coco" (because it commemorates, in a simple but powerful way, how our parents and grandparents live on in us and our children through our memories of them, it resonated with me on a strongly personal level and, I admit, there were tears trickling down my cheeks when it ended). Seeing how relaxed but totally self-confident Eva Marie Saint and Rita Moreno were as they casually luxuriated in being two of the remaining Grand Dames of Hollywood's Golden Age. Watching Frances McDormand's acceptance speech, one for the ages, that was composed of equal parts power and giddiness, and the exhilaration of seeing all the female nominees stand up so they could be singled out, not just for Oscar night, but for continuing work in the days and years to come. Two words: "Inclusion Rider". Allowing Warren Beatty and Faye Dunaway the opportunity to redeem themselves for the disastrous mix-up of last year (they did, too!), and, lastly, Guillermo del Toro...

You already know from my last post how much I loved "The Shape of Water", but, in all honesty, though I thought del Toro was pretty much a shoo-in for Best Director, I believed the chances were slim to none for Best Picture. Even a casual viewer of "Shape" could see how much loving, painstaking attention to detail he gave the film's every visual aspect, so it wasn't unreasonable to think he was the best director this year; as for the best picture, though, the weight of popular opinion seemed to be cresting with "Get Out!" as Best Picture, not because of its relative strengths or weaknesses as a film but because of its impeccable political pedigree. I believe that Jordan Peele deserved to win for Best Original Screenplay but, for a variety of reasons, I don't think "Get Out" was the year's Best Picture (someday, when I'm feeling particularly heretical, I may share some of the reasons why I think this but I don't really care to stir up that hornet's nest today, thanks). So, when I heard "The Shape of Water" as Best Picture, I felt a thrill of joy as my own aesthetic intuition seemed to be popularly validated. It wasn't a mirage; "Water" really was as good as I thought it was!

Of course, this decision wasn't unanimously embraced; Aisha Harris, for instance, really chewed the sour grapes at Slate because she felt the voters of the Academy lost their nerve in picking a "ho-hum, safe film" that will soon be forgotten over a genuinely unsettling political horror film that "made film history". I found this both incredibly insulting and condescending, but, no matter what she said, "Water" still won! (Wasn't that petulant on my part?) Regardless of the relative merits of the films nominated, though, I'm mainly just happy because, for once, a good guy came out on top. Anyone who has ever worked with del Toro can attest to what a gentle, mensch of a man he is; for an individual who has spent the lion's share of his career creating fantasy films that can be life-affirming but also deeply disturbing, he himself is one of the sweetest, most even-tempered individuals working in Hollywood today and, in part, these dual wins feel like he was finally being validated, both for his work and for the decent way he conducts his life. At any rate, as I did feel "Water" was one of the best films of the past year, this "two-shot" was a source of deep satisfaction to me as well.

So, here we are at the end of another post-Oscar synopsis; all in all, despite the lack of flash or controversy, this was one of the best ceremonies I've seen in the last several years; although they've fallen out of favor in this tacky era we're living through, there's much to be said for decorum and dignity and there was a surprising degree of both this year. Plus, a lot of awards went to the people who deserved them most, in my humble opinion, and that always makes it more fun! If you missed the show, I recommend you check out the highlights; you may be surprised at how much you enjoy seeing adults acting like adults - who knows, it might even start a trend!

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## Meet the Independent Authors including Granite Falls Author Dan Rundquist

GRANITE FALLS, NC (March 9, 2018)...In fall 2017, notable and awarded author Mr. Joseph Carrabis at Northern Lights Books decided to embark a different kind of project for his author blog: to interview independent authors of many different writing genres. His list of interviewees is impressive and growing, including thriller Author Phillip Strang, Poet Laureate John F. McMullen, Karsten Bech Nielsen, David Knight, Donna Huston Murray, Paul John Adams, Sports and Life Author Keith Guernsey, and others.

With his recent release of his new polemic work, *Tears for Byzantium*, local Caldwell County author Dan Rundquist was also selected by Mr. Carrabis for an opportunity to discuss a broad series of questions about life and his current and upcoming work in genres he writes, American political philosophy and historical western fiction. The forty-minute interview was recorded in December and will be published on Mr. Carrabis' blog on 28 March. All of Mr. Carrabis' author interviews for March can be found here: <http://www.josephcarrabis.com/2018/02/20/mar-2018-author-interview-plunge-schedule/>

In his interview, Dan Rundquist discusses his work for the Caldwell Journal, how his westerns, *The Legend of Striker's Gold* series were developed, why he wrote *Tears for Byzantium* and how his next projects are taking shape, and the underlying force behind them.

Here is a short excerpt from that interview:

Carrabis: "You mentioned the power of hope and passion...How do these appear in all your writings?"

Rundquist: "That's a broad kind of a subject there, hope and passion. A lot of folks, I think, the tendency is that we just kind of have to bumble on our way through life. We don't pay a whole lot of attention to our passion and our hope. We kind of get crammed into mediocrity at some level whether you're talking about personal relationships, or professional relationships, family, what not. I think its paramount for folks to remember that paying attention to your passion and using that passion to do that which you do best is key to succeeding in life...when I talk about succeeding in life I mean fulfilling your full potential. That should be the aim that all humans yearn for. Succeeding and achieving your full potential in life, whatever that is. But you've got to figure out what that is that you need to do, and then try to do it..."

Be sure to catch the entire exclusive interview starting on the 28th of March!

*The Legend of Striker's Gold* series is available on Amazon for Kindle.

*Tears for Byzantium*; *The Entropic Course of American Exceptionalism* is available in print at Leap of Faith Christian Bookstore in Lenoir, the digital version is available from the Caldwell Journal Bookshelf.

**Mulberry Baptist Church** will have a Gospel Singing on March 24 at 7:00pm. The Rogers Family from Rutherford County will be featured. Refreshments will be served. Mulberry Baptist Church is located at 4831 Kirby Mountain Rd, Lenoir, NC 28645 .

### Poetry in LA: Only in LA (L.A. Poems)

Paperback November 2, 2017

Poetry about L.A. (east in North Carolina). These poems are taken from the Facebook page, Poetry in LA (@poetryinla) created by LB Sedlacek. Poems are about Hibriten Mountain, the annual Sculpture Fest, the annual Blackberry Festival, Wilson Creek, Highway 1890, the antique car shows, old timey buildings, and the general way of life in the foothills of the Blue Ridge Mountain area that locals fondly call "LA." for Lenoir Area.



Click here to order through Amazon for \$10

Also available at Caldwell Arts Council

[www.lbsedlacek.com](http://www.lbsedlacek.com) Twitter: @lbsdlacek

## Key Practices of the Christian Life

### Practice #3 -- BIBLE INTAKE

#### Bible Intake – Grasping God’s Word

Bible study, meditation and reading are crucial elements of Christian growth. If we do not regularly feed on the Word of God, we are likely to become spiritually malnourished and thus spiritually unhealthy. We will be more likely to become spiritually sick from false teaching and more likely to become discouraged through a lack of solid food.

As with our physical bodies, it is important to have a balanced diet from God’s Word. For maximum spiritual growth, we should be reading through the Bible, studying through a book of the Bible in depth and memorizing key Scriptures. All of this can be done with the investment of about forty minutes per day. The daily practice of Bible Intake in your life could look like this . . .

#### Morning — Bible Study (20 minutes)

Method: 1. Pray for understanding and application of what you are about to read. 2. Read carefully the selected chapter for the day. 3. Answer questions about the chapter in a notebook or journal. Good questions to ask include, “What does this passage teach about God? About Jesus? About the Holy Spirit? About what people are like? About what people need? About what God tells us to do? Following a basic outline of God, Man, Christ, Response is a great way to study the Bible. 4. Read over the notes for your chapter in a good study Bible (like the MacArthur Study Bible or ESV Study Bible or NIV Study Bible). 5. Think about and pray about the things you have read (this can lead right into your time of personal prayer, the next Christian practice we will discuss).

#### Lunch — Bible Meditation (5 minutes)

Method: After lunch or on a break at work, memorize two to three verses per week. Using index cards, print out your verses with reference and date on one side and on the other side put the first letter of each word in the verse. Over the first two days of the week, read over the verses several times and commit them to memory, using the letter side if necessary. On the third day, try to say the verses from memory without using the card. On the fourth and fifth days, try to remember the verses without looking at the cards and meditate over the meaning of the verse you have committed to memory. On the weekends, take time to review verses you have learned previously. You can use the Bible Meditation Guide at the end of this booklet for a schedule of three years of verses whereby you can learn many of the great passages in the Bible by heart.

#### Evening — Bible Reading (15 minutes)

Method: Read through the Bible each year, starting in Genesis straight through Revelation. To accomplish this goal, use one of the excellent Bible reading calendars found online or just divide the number of pages in your Bible by 365 and read that number of pages each day.

#### The bottom line: Have a Plan and Don’t Stop

I have given you a method for Bible reading above that, if implemented, God can greatly use in your life. But I also know that not everyone will be able to carry out this plan. You may fall behind in your reading or you may run into an especially busy season where you can’t give as much time to Bible intake. Let me encourage you in those times to remember that these ideas are intended to be a blessing, not a burden. So if you fall behind, don’t give up. Keep reading. Go from where you are and stick to a plan. Missing the target is better than not shooting at all.

**By Pastor Scott Frady**  
of West Hickory Baptist Church  
40 12th Street NW, Hickory, NC