

## South Caldwell Anglers finish 3rd at High Rock Lake

HUDSON, NC (April 11, 2018)...The team of Lane Bailey (on right) and Jake Cantrell (on left) from South Caldwell High School finished in 3rd place at the FLW Bass Pro Shops Open High School tourney on High Rock Lake this past weekend with a weight of 16 pounds and 12 ounces. This was good enough to send them to the National High School Fishing tournament in June which will take place on Lake Pickwick in Florence, Alabama. This Spartan angling team had some stiff competition on High Rock Lake this past weekend as there were teams from North Carolina, New Jersey, Pennsylvania, Virginia and several other states.



They will be competing this weekend for the NC High School State Fishing Championship on Kerr Lake in Henderson, North Carolina along with fellow Spartan Anglers Nathan Smith and Anthony Bavero.

SCHS teacher James Reed is the advisor for the Spartan Fishing Team. Thomas Bailey and Ted Cable are boat captains.

## As Tax Day Approaches, Feds Smooth Path for Tax Fraud Victims

RALEIGH, NC (April 11, 2018)...Tax ID Theft occurs when someone files a tax return (and claims a refund) in someone else's name, and it creates multiple headaches and problems for the victim. Although Tax ID Theft is declining from previous years, it was confirmed by the IRS in 597,000 tax returns in 2017. A total of \$6 billion dollars in fake refund claims were detected and stopped.

Victims of any kind of ID Theft are strongly encourage to make use of the Federal Trade Commission's comprehensive IdentityTheft.gov website, which allows victims to report the ID theft and receive a personal recovery plan. Now, a cooperative effort between the FTC and the IRS will allow victims of Tax ID Theft to use that website to report it, saving time and steps as they work to clean up the mess caused by the tax refund scammers.

Previously Tax ID Theft victims had to access, complete and file IRS Form 14039 (IRS Identity Theft Affidavit) by hand. Those victims will now be able to complete that form electronically, exclusively through the IdentityTheft.gov website. The website leads victims through a set of questions, and uses the answers to complete Form 14039. After reviewing the form, victims can file it electronically.

To help avoid Tax ID Theft, file early if possible. For additional help in filing season, check out our Tax Time Tips.

If you spot a scam, report it to the Attorney General's Consumer Protection Division by calling 1-877-5-NO-SCAM or filing a complaint online at [www.ncdoj.gov](http://www.ncdoj.gov).

## Caldwell Journal Info

"Published each Thursday by the Caldwell Journal"  
*Established October 2, 2014*

### Advertising Rates:

1/12 Page Ad - \$30.00 for 4 weeks (1.275" high x 3.225" wide)  
1/6 Page Ad - \$45.00 for 4 weeks (2.55" high x 3.225" wide)  
1/2 Page Ad - \$65.00 for 4 weeks (7.65" high x 3.225" wide)  
Full Page Ad - \$95.00 for 4 weeks (7.65" high x 6.45" wide)

### Contact Us:

[www.caldwelljournal.com](http://www.caldwelljournal.com)

[www.facebook.com/CaldwellJournal](https://www.facebook.com/CaldwellJournal)

[mark.jackson@caldwelljournal.com](mailto:mark.jackson@caldwelljournal.com) 828.493.4798

*The content of the articles or the advertisements does not necessarily represent the opinions of anyone affiliated with the Caldwell Journal.  
The Caldwell Journal is a non-discriminatory paper.*

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

## Caldwell Journal Weather

**Thursday (12th):** Mostly sunny & pleasant.

High 75 Low 46

Precipitation: 0.00 in.

**Friday (13th):** Mostly sunny & pleasant.

High 76 Low 55

Precipitation: 0.00 in.

**Saturday (14th):** Pleasant with clouds & sun.

High 74 Low 60

Precipitation: 0.01 in.

**Sunday (15th):** Strong thunderstorms; cloudy.

High 70 Low 45

Precipitation: 1.03 in.

**Monday (16th):** Cooler with sun & clouds.

High 58 Low 35

Precipitation: 0.00 in.

**Tuesday (17th):** Plenty of sunshine.

High 70 Low 44

Precipitation: 0.00 in.

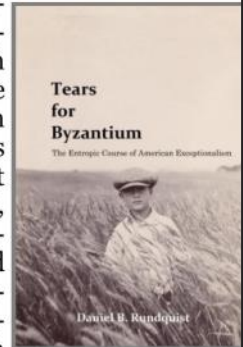
**Wednesday (18th):** A p.m. t-storm possible.

High 74 Low 49

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)

## Girl Scouts hosts camp open house for all girls!

COLFAX, NC (April 4, 2018)...Girl Scouts Carolinas Peaks to Piedmont (GSCP2P) is hosting an open house event at each of its three resident camps- Camp Ginger Cascades (Lenoir), Camp Pisgah (Brevard) and Keyauwee Program Center (Sophia) on Sunday, April 15 from 1-5 p.m.

The theme of the open houses is Eggstravaganza and visitors will have the opportunity to tour the camp properties while searching for Easter eggs. Girls can also roast s'mores, make crafts, meet camp staff and get all their questions answered about the summer camp program.

This event is open to the public and families are encouraged to attend and discover all the exciting overnight and day camp programs available for all girls entering grades 1-12.

"Camping is a longstanding Girl Scout tradition and summer camp offers girls outdoor experiences in a safe and fun environment that they might not otherwise have," said Lane Cook, chief executive officer of GSCP2P. "Girls are encouraged to challenge themselves, discover the world around them and connect with new friends while at camp."

GSCP2P resident camps are American Camp Association (ACA) accredited and comply with more than 300 standards.

In addition to traditional arts and crafts, swimming, hiking, games and nature walks, Girl Scout camp also provides girls with things like horseback riding programs, water adventures, climbing wall challenges and canoe trips.

To learn more about specific camp sessions or to register for summer camp, please visit [www.camplikeagirl.org](http://www.camplikeagirl.org). Questions can be directed to [info@girlscoutsp2p.org](mailto:info@girlscoutsp2p.org) or call 800-672-2148.

## Child Health and Safety Fair

There will be a Child Health and Safety Fair on April 19 from 4:00-6:30pm at the Caldwell County Health Department. There will be children's activities, door prizes and free snacks. Featured will be basic first aid, fire safety, car seat safety, infant CPR, dental health, nutritional health, preschool information and much more. Please contact Anna at 828-426-8506 if you have questions.

## Fox Upholstery Services

*"Custom Upholstery At It's Finest"*

*Re-Upholstery, Custom Upholstery,  
Furniture Repair, Custom Furniture,  
Ottomans, Custom Headboards, Throw Pillows*

**Free Estimates**

**Pick Up & Delivery Available**

**3 Dudley Avenue**

**Granite Falls, NC 28630**

(on the corner of Dudley Alley & Dudley Shoals Road)

**Bruce Fox 828.320.4196**



[www.foxupholsteryservices.com](http://www.foxupholsteryservices.com)



## Caldwell Journal Weekly Recipe

### Apricot Muffins

#### Ingredients

- 5 Tbs. sunflower oil, plus extra for greasing
- 2 medium eggs
- $\frac{3}{4}$  cup superfine sugar
- $\frac{2}{3}$  cup low-fat plain yogurt
- 1 heaping cup whole wheat or all-purpose flour, sifted
- 1 cup bran
- 1 heaping teaspoon baking powder
- Pinch of baking soda (optional)
- $\frac{1}{2}$  cup dried apricots, chopped
- Pinch of ground ginger and/or cinnamon
- 2 Tbs. chopped roasted nuts, such as almonds or hazelnuts

#### Instructions

Preheat the oven to 375°F. Grease 12 muffin molds with sunflower oil. Whisk the eggs and sugar together until they double in volume or form a ribbon consistency. Add the sunflower oil, yogurt, sifted flour, bran, baking powder, baking soda, if using, chopped apricots, ginger and/or cinnamon, and half the nuts. Fold the mixture gently until just incorporated (do not beat) and spoon into the muffin molds, so that it is just level with the top. Scatter over the remaining nuts. Bake in the oven for about 15 minutes until the mixture is just firm and golden brown. Allow to rest in the molds for 5 minutes. Then turn out on to a wire rack to cool, or eat right away. 2g saturated fat, 0.12g sodium



We Buy, Sell & Trade Tues thru Fri 9 to 5 Sat 9 to 1

# YESTERYEARS

**Antiques & Collectibles**

538 Central Street, Hudson, NC 28638

828.728.3161 [yesteryearsantiq@bellsouth.net](mailto:yesteryearsantiq@bellsouth.net)

**Step Back In Time...Come Visit YESTERYEARS!!! 1000's Of Items**



**Shop  
Local**

## Vintage Café (Café & Bakery)

540 Central Street  
Hudson, NC 28638

(828) 728-3043 [www.facebook.com/VintageCafeBakery](http://www.facebook.com/VintageCafeBakery)

**Shop  
Local**

## The Local Bean (Coffee shop)

536 Central Street  
Hudson, NC 28638

(828) 726-3888 [www.facebook.com/thelocalbeanhudson](http://www.facebook.com/thelocalbeanhudson)

## Blanca's Cakes

534B Central Street  
Hudson, NC 28638

(828) 640-7701 [www.facebook.com/blancas.cakes.3](http://www.facebook.com/blancas.cakes.3)

## State Farm Insurance

534A Central Street Suite A  
Hudson, NC 28638

(828) 728-5581 [www.insuremeangel.com](http://www.insuremeangel.com)

## Just Roll With It (Food, Wine & Beer)

107 Fairway Ave  
Hudson, NC 28638

(828) 572-5588 [www.facebook.com/justrollwithithudson](http://www.facebook.com/justrollwithithudson)

## Cornered Hill Firearms Training

524 Central Street  
Hudson, NC

(828) 221-2900 [www.facebook.com/CorneredHillFirearmsTraining](http://www.facebook.com/CorneredHillFirearmsTraining)

**Shop in downtown Hudson & support local!!!**



## The National Forests of North Carolina will sponsor a series of "Kids Fishing Days" this spring

ASHEVILLE, NC (April 5, 2018) The National Forests of North Carolina will sponsor a series of "Kids Fishing Days" on each ranger district to teach kids about fishing. The first event open to the public is on May 19.

These annual events allow children ages 15 years and younger to fish for free, although some events are extremely popular and may adjust age and creel limits or stagger fishing time to insure participant safety. All children must be accompanied by an adult. No experience is needed to participate.

Volunteers and employees from the U.S. Forest Service and the North Carolina Wildlife Resources Commission will provide free fishing assistance and loaned equipment. Kids will be educated on how to use a rod and reel, as well as how to bait a hook. No fishing license is required at this event. A free lunch will be provided to all participants.

This fishing event allows families and friends to share fun, quality time together while learning about one of our nation's favorite pastimes - fishing.

Kids Fishing Events in Caldwell County:

- May 19 at 10:00 am - Boone Fork Pond on the Grandfather District, Contact: Greg Philipp (828-652-2144 or [gphilipp@fs.fed.us](mailto:gphilipp@fs.fed.us))

**Bethel Colony Women's Campus update:** We will begin working on our new facility next week. Exciting times for us. Anyone interested in helping out as we ready the property for occupancy please contact us. We will be setting up schedules for anyone wanting to help. We can use anyone of any age who is available. We have cleaning, lawn care, tree trimming, painting, plumbing, decorating, etc. All the help will be greatly appreciated. Come be a part of what God is doing at Bethel. It is such a blessing to be a part of what He is doing. Call 828-754-3781 Please leave a message if you do not get to talk with Donna. Thank you for all your prayers and financial support which have made this possible. God Bless!!

## Mackie Furniture Company

*Complete Home Furnishings and Appliances*

**"We Service What We Sell"**

DOWNTOWN - GRANITE FALLS

13 North Main Street • Granite Falls, NC

828-396-3313 [info@mackiefurniture.com](mailto:info@mackiefurniture.com)

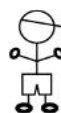
[www.mackiefurniture.com](http://www.mackiefurniture.com)



## Covenant Care

Child Development Center

6062 Petra Mill Rd  
Granite Falls, NC



*Good Christian Learning At Affordable Prices*

Ages 6 weeks to 12 years **828-212-0900**



## First Baptist Church

8 Crestview St, Granite Falls

**Open Monday - Friday - 7:00 A.M. - 10:00 A.M.**

**Serving Coffee and Coffee House Beverages**

**Begin the day with a hot or cold beverage  
and a Word from the Master**

Ever worry about an unplanned pregnancy?

Ever forget to take your birth control?



**Enjoy peace of mind  
with long active  
reversible contraception!**

Contact Caldwell County Health Department about  
available long acting, reversible, contraception:

**828-426-8400**



**CALDWELL COUNTY**  
North Carolina

**HEALTH DEPARTMENT**



## **Caldwell Hospice to Host Hospice Foundation of America's Annual National Living With Grief® Program**

HUDSON, NC (April 5, 2018)...Caldwell Hospice and Palliative Care will host Hospice Foundation of America's (HFA) annual Living With Grief® Program, "When Grief is Complicated," from 2 to 4:30 p.m., Wednesday, April 11, 2018, at Caldwell Hospice's McCreary Family Professional Center, 526 Pine Mountain Road, Hudson, NC. The local event is offered at no cost in partnership with Pendry's Lenoir Funeral Home.

While most individuals experiencing loss face grief, most griever can cope with loss and subsequent grief in ways defined by their culture, as appropriate and can fulfill, after brief and intermittent impairment, their social and workplace roles. However, research shows that between 10 and 20 percent of individuals who experience loss experience more disabling reactions, including Complicated Grief or other conditions triggered by the loss, such as PTSD, Major Depressive Disorder, Separation Anxiety Disorder, Adjustment Disorder, or substance abuse. Complicated Grief reactions may also be a factor in physical illness. This program looks at how to identify disabling grief reactions and when referrals to specially trained clinicians or professionals may be indicated and necessary.

This year's televised program is moderated by Frank Sesno, Director of the School of Media and Public Affairs at George Washington University and former CNN anchor. Sesno will lead the panel of noted authorities that includes: Kenneth J. Doka, PhD, MDiv; Robert A. Neimeyer, PhD; and Therese A. Rando, PhD, BCETS, BCBT.

The program is two hours, with an additional on-site 30-minute panel discussion with local and area professionals required for CE credits.

This program will be practical for all levels of professionals—entry level, intermediate or advanced. The information provided will be useful to health care clinicians, social service clinicians and others working in hospice, palliative care, counseling, hospital, nursing home, funeral home or faith community environments.

*Continued on page 7...*

## **Caldwell Hospice to Host Hospice Foundation of America's Annual National Living With Grief® Program**

*Continued from page 6...*

Two and one-half hours of continuing education credit are available to purchase until April 26, 2018 through HFA for nurses, social workers, counselors, clergy and more. For HFA's list of board approvals, go to [www.hospicefoundation.org](http://www.hospicefoundation.org).

The complimentary presentation is provided as part of Caldwell Hospice's community bereavement services because of their belief that it can improve quality of life. Registration is required by April 10, 2018. To learn more about this program or to register, contact Lisa Caviness, Public Relations/Marketing Coordinator, at 828.754.0101 or [prc@caldwellhospice.org](mailto:prc@caldwellhospice.org).

Caldwell Hospice and Palliative Care, a community-based, not-for-profit hospice care provider, is accredited by the Accreditation Commission for Health Care, Medicare-certified, and licensed by the State of North Carolina. For more information about Caldwell Hospice, including hospice care, palliative care, bereavement services, and opportunities to serve as a Caldwell Hospice volunteer, call 828.754.0101, visit [www.caldwellhospice.org](http://www.caldwellhospice.org) or Facebook.

**Poovey's Chapel Baptist Church** will sponsor Under the Stars...An Out of This World Marriage Conference on April 21 at 5:00pm. The speaker will be Rick Cope and the meal will be catered by Boxcar Grille. This conference will take place at Club Cola in Granite Falls. The cost is \$30 per couple. Tickets may be obtained at [www.pooveyschapel.org](http://www.pooveyschapel.org) or at the church welcome center.

**Miller Hill Baptist Church** will have Charlie Griffin in Concert on Sunday, April 29 at 6:00pm. Everyone is welcome and a love offering will be received. The church is located at 1230 Virginia St, Lenoir.

You don't have to rely  
on **Medicare** alone

### **Blue**Medicare Supplement™

- Wide selection of plans for Medicare beneficiaries
- Choose your own Medicare-participating doctor
- Discounts on vision care
- Virtually no paperwork

**Bush and Associates**  
Associated Agency

**Phone: 1-828-754-2601**

**Email: [quotes@bushandassociates.net](mailto:quotes@bushandassociates.net)**



**BlueCross BlueShield  
of North Carolina**

**Medicare plans to fit your needs**

Contact your authorized Blue Cross and Blue Shield of North Carolina (Blue Cross NC) agent for costs and further details of coverage, limitations, exclusions and terms under which the policy may be continued in force. Neither Blue Cross NC nor its agents are affiliated with Medicare or endorsed by the United States government. ®, SM Marks of the Blue Cross and Blue Shield Association. Blue Cross NC is an independent licensee of the Blue Cross and Blue Shield Association. U2951c, 7/17



## Phone Repair Guys



### Phone Repair Guys

"You Break It, We Fix it"

**We Repair...**

**iPhones**

**iPads**

**Androids**

Same Day Service In Most Cases

*We Carry Accessories Too!*

**Two Great Locations**

**Granite Falls**

Granite Drug Center  
828.212.1066

**Lenoir**

2025 Morganton Blvd.  
(FairValue Plaza)  
828.758.0015

Find us on **Facebook** at  
[www.facebook.com/phonerepairguysnc](http://www.facebook.com/phonerepairguysnc)

## Spring Into Action During the Statewide Litter Sweep

RALEIGH, NC (April 9, 2018)...As you clear out closets in your house for spring cleaning, why not also put on an orange safety vest and gloves to participate in the N.C. Department of Transportation's Adopt-A-Highway Spring Litter Sweep? This year's campaign runs April 14-28.

Volunteers from local businesses, schools, non-profits and community groups work alongside NCDOT to help keep North Carolina's roadways clean throughout the year. Adopt-A-Highway groups are encouraged to participate in the biannual litter sweeps which take place in the spring and fall, helping to increase cleanup and motivate the community to be good stewards of the environment.

Now in its 30th year, the Adopt-A-Highway Program helps decrease the amount of litter on the state's roadsides and improves environmental beauty, quality and safety. Roadsides are available for adoption in all 100 North Carolina counties. Groups commit to cleaning their designated roadways at least four times a year and NCDOT provides them with safety vests, gloves and bags.

In 2017, nearly 5,000 Adopt-A-Highway groups removed close to 1 million pounds of litter from almost 10,000 miles of state roadways.

"We want to thank the thousands of volunteers who give up their time every year to help make sure our state is a beautiful and safe place to work, live and visit," says David Harris, Roadside Environmental Engineer. "We couldn't do this without all of them."

Additionally, businesses, individuals and other organizations can also participate in the state's Sponsor-A-Highway initiative. In return for cleaning a one-mile stretch of interstate highway, sponsors have their organization's name or logo attached to the Sponsor-A-Highway sign.

Visit the Adopt-A-Highway or Sponsor-A-Highway websites for more information or to apply. Questions regarding the programs or applications can be directed to Kim Wheelless at 919-707-2974.



# Leap of Faith Christian Book Store



**Bibles, Books, Gifts, Cards,  
Music and More!**

*"Now faith is confidence in what we hope for and  
assurance about what we do not see." Hebrews 11:1*

**2025-A3 Morganton Blvd. • Lenoir, NC 28645  
(Fairvalue Shopping Center)  
Phone: 828-758-0777**

## FIND GOODNIGHT BROTHERS IN THE SNACK AISLE!

Goodnight Brother's just became your favorite snack item with new pork skins, now available in B.B.Q and Original flavor. Find them at your local Circle K (Kangaroo) and Zippy's convenience stores.



## JOIN OUR TEAM

Looking for Full - Time work with competitive starting wages, healthcare, and 401K benefits? Come by and join our team!

We are now accepting applications for Full-Time employment in our processing facility. Stop by our office to apply.

372 Industrial park drive  
Boone, NC 28607  
828-264-8892

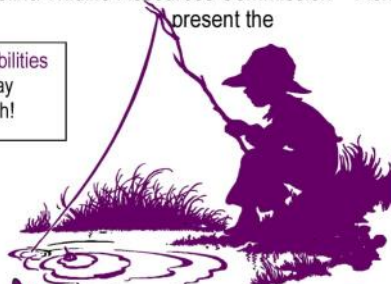
**Clearview Baptist Church** will have their 2nd Annual Ride for Youth on May 26 with registration at 9:15am and kickstands up at 11:00am. The cost is \$25 per bike. Cost includes entry into bike show, t-shirt for one rider, and BBQ meal after the ride. Additional t-shirts are \$10. All proceeds go to help send youth to Carolina Youth Camp July 16-20. For more information contact Geoff Day at 499-2557 or Reggie Day at 493-4220.

**Mount Carmel Baptist Church** has an organ they would like to give away. It has one pedal that doesn't seem to be working, otherwise great. Please contact Shane Mask at 828-310-1198.

**Mulvale Baptist Church**, in Collettsville, NC is currently seeking a part-time summer youth minister for 2018. If interested, please email [pastorbr549@gmail.com](mailto:pastorbr549@gmail.com) for more information, contact Donna Kaylor at 828-308-5516.

Grandfather Ranger District, Pisgah National Forest and  
North Carolina Wildlife Resources Commission – Fisheries Division  
present the

Kids with Disabilities  
Fishing Day  
is May 18th!



## 2018 Kid's Fishing Day

Children ages 12 and younger  
are invited to

## Boone Fork Pond

Saturday, May 19, 2018

Registration at 8:00 a.m., Fishing at 9:00 a.m.

A parent or guardian must be present.  
Participating children must be able to hold and reel in their own pole.  
Fishing equipment and bait is available if needed.

**A BIG THANK YOU to our sponsors!**



For more information contract the  
Grandfather Ranger District Office  
109 E. Lawing Drive, Nebo, NC  
828-652-2144





**BE AWARE. DON'T SHARE.®**  
**LOCK YOUR MEDS.®**  
[www.lockyourmeds.org/nc](http://www.lockyourmeds.org/nc)





Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, Opioid STR/Cures (Grant# 1H79T080257) and SRF-RX (Grant # 1U79SP022087).

## Commissioner Causey urges youth athletes to stay safe

RALEIGH, NC (April 10, 2018)...It's Youth Sports Safety Month and North Carolina Insurance Commissioner Mike Causey has some sports safety tips to ensure parents, coaches, and kids are well educated on the safest practices.

With spring in bloom and summer around the corner, young athletes are stepping onto the playing field with renewed energy and proper preparation and injury prevention are paramount.

"It's important to have the right sports safety protocols in place to ensure the health and welfare of young athletes," said Commissioner Causey. "By properly preparing for practices and competitions, young athletes can excel on the field and stay off the sidelines with potential injuries."

Every year in North Carolina, approximately 200 children die from accidental injuries and another 45,000 visit a doctor's office for treatment of injuries. Safe Kids North Carolina, which is housed under the North Carolina Department of Insurance, works to prevent these injuries in children through education and outreach.

Before taking the field, Safe Kids North Carolina wants to remind everyone of these important sports safety tips:

- \* Before playing organized sports, make sure your child receives a pre-participation physical exam, or PPE, performed by a doctor, or a nurse practitioner or qualified clinician under the supervision of a physician. Whomever performs the exam, the same practices should be followed including the need for a medical history.
- \* Bring a water bottle to practice and games. Encourage children to stay well hydrated by drinking plenty of water before, during and after play.
- \* Stretching before practice and games can release muscle tension and help prevent sports-related injuries, such as muscle tears or sprains. Make sure there is time set aside before every practice and game for athletes to warm up properly.
- \* Take time off from one sport to prevent overuse injuries. It is an opportunity to get stronger and develop skills learned in another sport.
- \* It's also a good idea for coaches to get certified in first aid and CPR, learn the signs and symptoms of a concussion and help avoid overuse injury by resting players during practices and games.

### About Safe Kids North Carolina

Safe Kids North Carolina is dedicated to preventing childhood injury, the number one cause of death for children in North Carolina. For more information, contact coordinator Shannon Bullock at 919.647.0081 or [Shannon.Bullock@ncdoi.gov](mailto:Shannon.Bullock@ncdoi.gov).





- Fitness, Fellowship, and Faith
- Men's Boot Camp workout
- FREE
- No enrollment, no membership, just show up at any workout
- A good balance of Strength, Endurance, and Agility.
- You do not need to be in shape, you will get there. Just come on out!!
- Any questions—Call William McNeill "Twig" at (828)244-4122
- Come join the Brotherhood, get into shape!!

**Our mission is to plant, grow and serve small workout groups for men for the invigoration of male community leadership.**

Pick one of these workouts and come on out!!

#### F3 GRANITE FALLS

<b>Mondays</b>	<b>8:00-8:45PM</b>	<b>Boot Camp</b>	<b>In front of Mackie Furniture</b>
<b>Tuesdays</b>	<b>5:30-6:15AM</b>	<b>Boot Camp</b>	<b>In front of Mackie Furniture</b>
<b>Wednesdays</b>	<b>5:15AM</b>	<b>5 Mile Run</b>	<b>In front of Mackie Furniture</b>
<b>Thursdays</b>	<b>5:30-6:15AM</b>	<b>Boot Camp</b>	<b>In front of Mackie Furniture</b>
<b>Fridays</b>	<b>5:30-6:15AM</b>	<b>Boot Camp</b>	<b>North parking lot CCC&amp;TI</b>
<b>Saturdays</b>	<b>6:30-7:30AM</b>	<b>Boot Camp</b>	<b>Front parking lot South Caldwell HS</b>

#### F3 LENOIR

<b>Tuesdays</b>	<b>5:15-6:00AM</b>	<b>Boot Camp</b>	<b>Central Advent Christian Church</b>
<b>Wednesdays</b>	<b>5:15AM</b>	<b>5 Mile Run</b>	<b>"Across the Grain" Monument (big circle)</b>
<b>Thursdays</b>	<b>5:15-6:00AM</b>	<b>Boot Camp</b>	<b>Central Advent Christian Church</b>
<b>Fridays</b>	<b>5:30-6:15AM</b>	<b>Boot Camp</b>	<b>North parking lot CCC&amp;TI</b>
<b>Saturdays</b>	<b>7:00-8:00AM</b>	<b>Boot Camp</b>	<b>Hibriten High School</b>



**BE AWARE. DON'T SHARE.®**  
**LOCK YOUR MEDS.®**  
[www.lockyourmeds.org/nc](http://www.lockyourmeds.org/nc)

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES  
 Division of Mental Health, Developmental Disabilities and Substance Abuse Services

CALDWELL COUNTY  
 North Carolina  
 HEALTH DEPARTMENT

Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, Opioid STR/Cures (Grant#1H79T08G257) and SRF-RX (Grant # 1U79SF022087).

## Savannah Sipping Society to Open in Hudson

HUDSON, NC (April 10, 2018)...The Town of Hudson is proud to announce the opening of its 25th Dinner Theatre Production, the Southern Comedy, “The Savannah Sipping Society,” at the Hudson Uptown Building (HUB), 145 Cedar Valley Road. The show opens Thursday, April 12th, with 5 more shows to follow on Friday, April 13th, Saturday, April 14th, Thursday, April 19th, Friday, April 20th and Saturday, April 21st. Dinner is served at 6:30 PM with the shows to follow at 7:30 PM. Tickets are \$30 for dinner and the show, \$15 for the show only. Reservations may be made by calling or going by the HUB Box Office, Monday through Friday. The HUB phone number is (828) 726-8871. “The Savannah Sipping Society” tells the story of 4 women who meet and learn that it is never too late to develop friendships or to try new things in life. Director Keith Smith says all Southerners will see themselves or a friend or family member in one or more of the characters.

Photos by Randy Bumgarner, Set by Joe and Carolyn Icard, Patio Furniture by Holiday Patio and Wick-er and Sponsored by McCreary Modern.

## Blue Cross, State Health Plan Warn of Phony Calls

RALEIGH, NC (April 5, 2018)...The North Carolina State Health Plan for Teachers and State Employees, and Blue Cross and Blue Shield of North Carolina (which administers the plan), are reporting that some of their members are receiving phone calls from scammers. The callers identify themselves as representatives of BCBSNC or the Health Plan, and ask for confidential information including Social Security numbers. The scammers have manipulated or “spoofed” Caller ID, so some of the calls appear to be coming from a BCBSNC telephone number.

If you receive one of these calls, hang up. Then call the number on the back of your BCBSNC/Health Plan ID card to report the scam. If you were deceived into surrendering your private information by one of these scammers, consider getting a free security freeze on your credit files, to prevent crooks from opening new accounts using your stolen information. In fact, security freezes are recommended for all consumers because they help to protect against fraud stemming from the data breaches that are being reported by many companies. And remember, a legitimate caller from BCBSNC or the Health Plan will never ask for your full SSN over the phone.

If you are contacted by a scammer, you can report it to the Attorney General’s Consumer Protection Division by calling 1-877-5-NO-SCAM or by filing a complaint online. Get tips on how to spot and avoid scams at [ncdoj.gov](http://ncdoj.gov).

This message brought to you on behalf of North Carolina Attorney General Josh Stein.

**GRANITE DRUG CENTER**

21 Falls Avenue  
Granite Falls, NC 28630  
(828) 396-2144



Largest Independent  
Drug Store In  
North Carolina

**FRIENDLY HOMETOWN SERVICE**

(828) 396-7820

**Sawmills  
Hardware Inc.**

3969 US Hwy 321-A  
Hudson, NC  
Phone: 396-3056

*"Your Hometown Hardware"*

**Granite  
Hardware LLC.**

107 N. Main St.  
Granite Falls, NC  
Phone: 396-2631

*"Rock Solid Service"*



We Fill  
Propane  
Tanks

**Spring Is Coming**

Stop by and see us for:

Cabbage, Broccoli and Cauliflower plants

Seed potatoes, Onion sets, and Peas

Pansy's and more

Fertilizer, Lime and Grass Seed



## 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 timesy 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 Twitter: @lbsedlacek



## Patterson Milling Employee Needed

Requirements include but not limited to:

- Some knowledge of lumber & milling process
- Efficiently operate plank lumber ripping & cutting equipment
- Rotate as required through multiple jobs
- Forklift experience helpful
- Work within the safety parameters defined
- \*\*Must be able to lift 100 lbs. or more repeatedly as needed\*\*

Pay DOE ~ Full Time benefits package available

Send resume to [cpierce@newriverbuilding.com](mailto:cpierce@newriverbuilding.com)

## Caldwell Hospice Offers Working Through Grief

LENOIR, NC (April 10, 2018)...When we are coping with the death of someone who matters to us, loneliness and unpredictable emotions can slow down the healing process. Good support systems and real answers to our questions are important.

Working Through Grief, a five-week support group for anyone who has suffered the death of a loved one, will meet on Thursdays, April 19 through May 17, 2018, from 6 to 7:30 p.m., at Ashewood Grief and Counseling Services, 1002 Ashe Avenue, Lenoir. Caldwell Hospice Bereavement Support Specialist, Julie Homan, MA, NCC, LPCA will facilitate the support group.

Caldwell Hospice is committed to providing bereavement services to anyone who needs and wants help in coping with their grief, including those with no hospice affiliation. As such, this workshop is one of many grief services made possible through the generous support of the community. For more information, or to register for Working Through Grief, call 828.754.0101, email [ksetzer@caldwellhospice.org](mailto:ksetzer@caldwellhospice.org), or visit [www.caldwellhospice.org](http://www.caldwellhospice.org) or Facebook.

## SOUTH CALDWELL CHRISTIAN MINISTRIES



A UNITED WAY ORGANIZATION

## FURNITURE SALE

5 QUARRY ROAD

GRANITE FALLS

SATURDAY, APRIL 21, 2018

9 AM | 2 PM

NEW LEATHER SOFAS, LOVE SEATS, CHAIRS, RECLINERS &

OTTOMANS DONATED BY

CAROLINA CRAFTSMAN FURNITURE

GENTLY USED PIECES, USED OFFICE FURNITURE AND EQUIPMENT

AS WELL AS VINTAGE PIECES

CONTACT DEBORAH THOMAS, DIRECTOR

IF YOU HAVE QUESTIONS

PHONE 396-4000, FAX 313-0703

EMAIL [sccm-director@sccm1983.com](mailto:sccm-director@sccm1983.com)



## **Lenoir/Caldwell County Crime Stoppers needs your assistance**

LENOIR, NC (April 10, 2018)...The Lenoir/Caldwell County Crime Stoppers is offering a substantial reward for any information leading to the arrest of the person(s) responsible for recent break-ins at 512 and 516 Woodhaven St. Lenoir, NC.

On March 21st, 2018 it was reported that someone forced open the back door of 512 Woodhaven St. Lenoir, NC and made entry into the residence. Once inside, the suspect(s) stole a lantern, a can opener, a coffee maker, and a pressure cooker. The value of the stolen property was estimated at \$100.00. The damage to the residence was estimated at \$100.00,

Also on March 21st, 2018 the residence located at 516 Woodhaven St. Lenoir, NC was broken into as well. The suspect(s) made entry into the residence by breaking a window at the rear of the house. Once inside, the suspect stole an electric leaf blower. The stolen property was valued at \$100.00. The damage to the broken window was estimated at \$100.00.

Then, on April 7th, 2018 officers from the Lenoir Police Department were conducting a house check at 512 Woodhaven St. Lenoir, NC. Those officers found where someone had once again forced open the back door. Those officers searched the house, but located no one inside. The reporting person was contacted and they determined that nothing was stolen from inside the residence. The damage to the door was estimated at \$100.00.

Anyone with information relating to this incident is asked to contact the Lenoir/Caldwell County Crime Stoppers at 758-8300 or the Lenoir Police Department at 757-2100.


## **Family Stories Workshops**

GRANITE FALLS, NC (April 9, 2018)...The Granite Falls Historical Association is sponsoring a 2 part workshop to help people learn how to research and write their family histories. The first session will be Saturday, April 14th from noon until 4 p.m. The second will be Saturday, June 9th from noon until 4 p.m.

Please call Jeanie Robinson at (828) 781-1502 or Metaleen Thomas at (828) 896-6511 to register. They are leading the sessions. Session one will concentrate on research and session two will center around writing and printing the stories.


The cost is \$5.00 for members and \$10.00 for non-members.

We can also accept new memberships in the Association. Dues run November through October, but we prorate them if someone joins mid-year. Dues for April through October are \$7.00 for individuals, \$10.50 for families, and \$15.00 for businesses and other organizations.



**Wildfire Workshop**  
Information concerning WILDFIRE  
RISK in the county and  
PREVENTATIVE MEASURES that can  
be taken.  
Light Dinner Refreshments  
Please RSVP to Sierra at 828 455 1384  
[sierra@carolinalandandlakesrcd.org](mailto:sierra@carolinalandandlakesrcd.org)

**April 19th** Caldwell Public Library  
6:30 - 8:00 pm 120 Hospital Ave NW,  
Lenoir, NC 28645

   **CAROLINA  
LAND & LAKES**  
RESOURCE CONSERVATION & DEVELOPMENT

