

Mother and Son Graduate CCC&TI Sonography Program Together

HUDSON, NC (May 17, 2018)...Caldwell Community College and Technical Institute's graduation ceremony was held on Friday, May 11 at the J.E. Broyhill Civic Center. Graduates varied in their ages, backgrounds and programs of study and each had a unique story that helped them stand out from their peers. One such unique story was that of Christie and Robert Howell, a mother and son from the Boone area who graduated together from the college's Medical Sonography program.

In 2013, Christie Howell began researching program options for her son Robert, a 2010 Watauga High School graduate. Robert had completed CCC&TI's Paramedic program and was working in the healthcare field but wanted to continue his education and expand his career options. When she found CCC&TI's sonography program, she called upon her background in human resources and looked at the salary potential and employment prospects. She liked what the program had to offer. She suggested the program to Robert and he began his prerequisites in 2014.

What Robert did not know at the time, was that his mom's research had piqued her interest in the program as well. "I was actually early retired and frankly, I was bored. After looking into the sonography field, I too became interested but didn't share my enthusiasm because I wanted Robert to make up his mind on his own," said Christie. "When we went into the meeting with his counselor to transition from Paramedic to Sonography, I said 'sign me up, too!' Robert thought I was kidding but soon learned I was not."

Both Robert and Christie agree that going through the program together had its advantages and disadvantages. "It was nice having my mother go through the course with me. It kept me grounded and focused. It also made studying a lot easier to do, let me tell you," said Robert. "At first, my fellow students were very confused but then excited that we were taking this journey together. My mother wasn't just my mother in the class, she was the mother figure for the whole class."

Christie said that as a mom, she loved being there for her son. "I always knew what he had to study, knew what his homework was on and knew he would get to class on time," she said. "The downside was realizing that during school hours he was no longer my son, we were both students in a class and the teacher was the boss! Sometimes that was hard, but overall, I learned to deal with it. Robert and I are very close. **Continued on page 3...**

Heavy Mountain Rains Take A Toll

NORTHERN CALDELL COUNTY, NC (May 23, 2018)...The relentless mountain rains from this past weekend resulted in rescues, shelter opening, mudslides and many reports of damage from flooding. Edgemont and Mortimer in Caldwell County saw the brunt of the flooding. Buffalo Creek not only flooded this past weekend too but did again on this past Monday after a slow moving thunderstorm dropped upwards of 4 inches of rain in a two hour period. Photo is of damage in Mortimer.



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

Caldwell Journal Weather

Thursday (24th): A t-storm in the area.
High 79 Low 62
Precipitation: 0.10 in.

Friday (25th): A t-storm in spots.
High 78 Low 64
Precipitation: 0.04 in.

Saturday (26th): A p.m. t-storm in the area.
High 78 Low 63
Precipitation: 0.37 in.

Sunday (27th): A p.m. t-storm in spots.
High 78 Low 63
Precipitation: 1.15 in.

Monday (28th): A shower & t-storm around.
High 76 Low 64
Precipitation: 0.30 in.

Tuesday (29th): Cloudy, t-storms; humid.
High 76 Low 65
Precipitation: 0.75 in.

Wednesday (30th): Cloudy, t-storms possible.
High 81 Low 63
Precipitation: 0.04 in.

Hudson Lions Club Strawberry Sale

The Hudson Lions Club will be selling strawberries at the following locations and times.

Tuesday's at Hudson Methodist Church

Thursday's at Hudson Methodist Church

Friday's at AJ's Steakhouse (Lenoir)

Each day from 8:30am to approx. 3:30pm

Granite Falls Lions Club Strawberry Sale

The Granite Falls Lions Club is selling strawberries at Pinewood Plaza behind the car wash on Wednesday's and Friday's from 9 to 5. They should have strawberries for several weeks.

Former Lenoir Fire Chief Ken Briscoe receives Order of the Guardian

LENOIR, NC (May 18, 2018)...NC Department of Insurance Commissioner Mike Causey conferred The Order of the Guardian on former Fire Chief Ken Briscoe yesterday, May 17, 2018. The Order of the Guardian is awarded in recognition of the character, integrity, service and honor of insurance industry professionals.

Briscoe started his career as a firefighter for the city in 1974. After nine years with the city he took a job with the N.C. Department of Insurance. In 2004, Briscoe returned to Lenoir as Fire Chief. He retired in February.

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Mother and Son Graduate CCC&TI Sonography Program Together

Continued from page 1...

To those who know us, it is not surprising that we did this special journey together.”

Now that both have graduated, they have big plans ahead. Christie passed both of her registry exams and had a job waiting on her at Catawba Valley Medical Center, which she started the Monday following graduation. Robert is looking at several employment offers and hopes to start local and gain some experience before moving to the West Coast.

Both Christie and Robert say that they highly recommend CCC&TI and the Sonography program to anyone considering higher education or work in the medical field. “I would for sure recommend this program to those who are serious and ready to train for an extremely rewarding career. It is not easy, but it is so worth it,” said Christie. “CCC&TI is known for putting out the best of the best! I have heard this from many of my clinical instructors. Our instructors make sure we are ready or we don’t graduate.”

Robert agreed. “I have been a CCC&TI student for about 7 years now and the institution is known to produce the best of the best. I only hope I can live up to the standard as I go off into the world.”

And Christie says she has some words of encouragement for nontraditional students who might be struggling with the decision to come back to school. “I am a perfect example of going after what you want at any age! It is better to be afraid and try anyway than to look back and regret not taking the chance,” said Christie. “CCC&TI is a great school. I will pass it every day on my way to work and I will smile, knowing my son and I changed our lives there, together.”

For more information on CCC&TI’s Sonography Program, call Program Director Robin Nichols at 828-726-2322 or visit www.cccti.edu.

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Caldwell Journal Weekly Recipe Skillet Lasagna

Ingredients

- 1 tablespoon olive oil
- 1/2 medium yellow onion, diced
- 8 ounces uncooked Italian sausage, casings removed
- 8 ounces white or cremini mushrooms, sliced
- 1 (24- to 26-ounce) jar marinara sauce (about 3 cups)
- 1 1/2 cups low-sodium chicken broth
- 8 ounces dry lasagna noodles (about 10)
- 1 cup cottage cheese (about 8 ounces), at room temp
- Salt
- 1 cup shredded mozzarella cheese
- 1/4 cup grated Parmesan cheese
- Coarsely chopped parsley, for garnish (optional)

Instructions

If you'd like a browned lasagna top, heat the oven to broil and use an oven-safe skillet. Heat the oil in a 12-inch or larger regular or cast iron skillet over medium-high heat until shimmering. Add the onion and sausage and cook, breaking the meat up into small pieces with a wooden spoon, until the sausage is cooked through, about 6 minutes. Add the mushrooms and sauté until tender, about 5 minutes. Add the marinara and broth, stir to combine, and bring to a simmer. Using your hands, break the lasagna noodles into 1 1/2- to 2-inch pieces and add to the pan. Stir to combine and spread into an even layer, making sure as many of the noodles are submerged in liquid as possible. Reduce the heat to medium and simmer briskly uncovered (small bubbles all over), stirring occasionally, until the noodles are just tender and the sauce has thickened slightly, about 25 minutes (add water 1/4 cup at a time as needed if the noodles have absorbed all the liquid before they're cooked). Make sure the noodles are always submerged in sauce. A minute or 2 before the noodles are ready, dollop the cottage cheese over the lasagna with a small spoon and do not stir anymore. Taste and season with salt as needed. Remove the pan from the heat and sprinkle with the mozzarella and Parmesan. Cover and let sit until the cheese is melted, about 5 minutes. (Alternatively, for a browned top, place the pan under the broiler for a few minutes until the cheese is golden-brown in spots.) Sprinkle with the parsley if using and serve.



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Town of Granite Falls receives Safety Awards

GRANITE FALLS, NC (May 18, 2018)...The Town of Granite Falls received six NC Department of Labor (NCDOL) Certificates of Safety Achievement from North Carolina Commissioner of Labor Cherie Berry. The certificates were in recognition of a substantial reduction of injuries and illnesses and for the promotion of safer working conditions in 2017.

The Town of Granite Falls Administration, Police, Fire, Recreation, Public Works, and Public Utilities (Water, Sewer & Electric) Departments all qualified for the NCDOL Gold Safety Award. The Gold Safety Award is based on the number of injuries requiring "days away from work or restricted time" (DART). To qualify for the NCDOL Gold Safety Award, the departments were required to achieve a DART rate that was 50% or below the statewide average for their particular industry. The Fire, Public Works, and Public Utilities Departments each received the NCDOL Gold Safety Award for the second consecutive year.

Town Manager Jerry Church stated "the Granite Falls Town Council, Town Department Heads and I have placed an on-going emphasis on obtaining and maintaining a safe working environment through the implementation of the Town's enhanced safety training program. We are all extremely pleased and proud that every Town Department received the NCDOL Gold Safety Award for 2017. Our goal is to continue to keep Town employees healthy and productive by providing "state-of-the-art" equipment, safe worksites and proper safety training for all Town employees."

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.

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 for more information.



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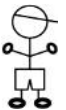
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Poetry in LA: Only in LA (L.A. Poems)

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.



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Blue Ridge Mountain Club's Summer Soulstice Set for June 23

BLOWING ROCK, NC (May 21, 2018)...Blue Ridge Mountain Club (BRMC) will open its gates to the public on Saturday, June 23 to kick-off the season with its annual Summer Soulstice event hosted on the Great Lawn located at Watson Gap Village. BRMC also plans to unveil the newly-completed Amenity Center—which is poised to be the true social center of the thriving and vibrant community—including the new Jasper Clubhouse and Lookout Grill, the Ascent Wellness & Fitness Center and the Great Lawn during the weekend's festivities.

Weekend festivities will introduce the community's Amenity Center...

"We invite friends and families to ring in summer here with us at Blue Ridge Mountain Club," Jim Pitts, BRMC's General Manager, said. "Not only will they experience incredible local talent through the forms of music, food and fun, our attendees will also be the first to see our new Watson Gap Village and all that it offers."

Summer Soulstice is a free outdoor live musical event opening with the Shelby Rae Moore Band followed by the sounds of Soul Benefactor. Locally-made food and craft beer will be available for purchase. Filled with music and family fun, Summer Soulstice featuring al fresco dining, games on the Great Lawn and a bonfire at the new Jasper Clubhouse and Lookout Grill. This is a family-oriented event including activities such as a bouncy house and face painting.

BRMC's Summer Soulstice benefits Hospitality House, which serves as a homeless shelter facility for seven rural North Carolina mountain counties. Hospitality House will initiate a Tricky Tray Raffle and food vendors will include Taco Bout It, J&J Shaved Ice and Thai Me Up Ice Cream Rolls.

Attendees will have the opportunity to tour Watson Gap Village in its entirety for the first time. Grady Woods, project architect and recipient of Golf Inc. Magazine's 2016 Clubhouse of the Year award, designed Watson Gap Village.

Continued on page 7...

Blue Ridge Mountain Club's Summer Soulstice Set for June 23

Continued from page 6...

Adam Rice from New Leaf Homes is the contractor on this development and Steve Wyda and Ryan Blau from Vision Design PA are the landscape architects.

About Blue Ridge Mountain Club

In the heart of the High Country of North Carolina, Blue Ridge Mountain Club is, literally and figuratively, a community on the rise. It spans more than 6,000 acres and offers a sanctuary of picturesque mountaintop living amid some of the highest ridgelines at the crossroads of Blowing Rock's charm and Boone's conveniences. The mission of Blue Ridge Mountain Club is to continuously nurture the spirit of community by creating meaningful places that facilitate authentic family experiences that become the hallmarks of heritage and tradition across multiple generations. To learn more, call 828.414.3949, visit www.BlueRidgeMountainClub.com or visit Blue Ridge Mountain Club at the Trailhead Welcome Center at 1116 Main Street Suite 2, in downtown Blowing Rock, N.C.

Setzer Creek Baptist Church will have a Spring Fling on June 2, 4:00-8:00pm. Games, door prizes, missions fair, and food will be provided. Enjoy singing under the tent at 6:30 with Saved Harmony and The Partains. The church is located at 3163 Warrior Rd, Lenoir. For more information call 704-751-5956 or 828-572-0665.

Grandview Park WMU will have the next Sisterhood on Thursday, June 7 at 6pm in the church fellowship hall. Sisterhood is a time of fellowship, singing and testimony to uplift and encourage ladies of all ages. There will be a meal provided at no cost. If interested in attending please call 828-632-6556.

Foothills Tent Crusade Rally will be at 7:00pm on June 26 at Winklers Grove Baptist Church in Hickory. This is in conjunction with Ralph Sexton Ministries.

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Mortimer Campground, Roads Temporarily Closed Due to Flood Damage

NEBO, NC (May 23, 2018)...Mortimer Campground in the Wilson Creek area of Caldwell County on the Pisgah National Forest's Grandfather Ranger District is temporarily closed due to flood damage.

The U.S. Forest Service is working to assess and repair damage. Managers anticipate the campground will remain closed over Memorial Day Weekend. The campground will reopen as soon as conditions are safe for visitors.

Significant rainfall over the weekend caused flooding of Wilson Creek and its tributaries, as well as landslides and washouts on area roads. Please use caution if traveling in the Wilson Creek area. The following Forest Service roads in the Wilson Creek area of Caldwell and Avery Counties were impacted:

- Schoolhouse Ridge Road (FSR 4068) is closed to all motor vehicle traffic.
- Roseboro Road (FSR 981) is only passable for high clearance and four-wheel drive vehicles.
- Mortimer-Piedmont Road (FSR 982) and Edgemont-Pinola Road (FSR 464) are in poor condition but are passable for most vehicles.

Further rainfall is expected, and soils will remain wet into the weekend. Additional impacts to roads may occur until conditions dry.

Report any downed trees, landslides, or washouts on Forest Service roads in the area to the Grandfather Ranger District, 828-652-2144.



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"Movies with Mike"**He Is That Yankee Doodle Boy!** by Mike Holsclaw (May 19th, 2018)

I was born sort of betwixt and between; too young to be a part of that first wave of baby boomers who protested the war in Vietnam or marched for civil rights and women's rights, but just old enough to be inspired, "woke" if you will, by their example and to have become infected with a serious case of social idealism. Unfortunately, I was a victim of bad timing; this happened just as the "Me Decade" began.

So, even though I entertained some of the same utopian ideas as my forebears, as the seventies progressed, the cultural onus, increasingly, was to turn inward, collectively pick the lint out of our bellybuttons, and indulge in the laid back hedonism of the times (which, I'll admit, I did, a little bit - but hey, before you cast the first stone, just realize that you had to be there to know what it was like!) In some ways, though, I was seriously out of step; I yearned for some grand social movement in which to participate and would have been deeply grateful for some cause greater than myself of which I could have been a part. Long before Tom Brokaw anointed them as "The Greatest Gen-

eration", I had already decided that the Americans who had lived through both the Great Depression and the Second World War were the closest thing this world had to superheroes and, even though I didn't yearn to experience their privations, I envied their accomplishments.

I've never been a boy scout, but I've always had the ethos of one; for as long as I can remember, I've always been animated by a deep sense of patriotism. Of course, I should say that it's the same kind of patriotism that Mark Twain expressed when he said, "I love my country always and my government when it deserves it." I cherish the American Ideal but I'm not so starry-eyed as to think that we always observe it. Still, just the fact that there is an "American Ideal" is a source of pride; it shows that we at least know the right things to aspire to.

With this set of attitudes, you might have guessed that Captain America was always my favorite superhero (with Superman a close second). When I began to read the comic in the first half of the 1970's, I felt a unique resonance with the character; A man who struggled to reconcile the values of the 1940's with the ambiguities of the modern world, Steve Rogers was just trying to preserve some personal integrity in a society which frequently sneered at the very idea. Complicating things even further, after Watergate (which Steve Englehart, who was writing the title at the time, was wise enough to incorporate into the Captain America storyline), Steve had to fight, tooth and nail, the temptation to succumb to total cynicism. When he finally found his way back to his original, undiminished love of country, the sense of triumph was both hard fought and authentic. It was also stirring and persuasive to young people like myself who also needed assurance; Captain America helped more than a few of us pass through that dark time with less disillusionment than we might have otherwise.

Such affection for a fictional character makes one feel slightly proprietary; when I first heard that Marvel Studios was going to adapt "Cap" into his own film in 2011, my first thought was, "Please don't screw this up!" There's a delicate balance involved in bringing Captain America's nuanced brand of patriotism to the screen and I could imagine some of the horrible missteps that might happen; without being careful, his story could spiral into the corny or hackneyed very easily. After I saw "Captain America: The First Avenger", I heaved an enormous sigh of relief because, with minor quibbles, they got it right; some of the details had changed from books to film but the core of the character was intact. Plus, casting Chris Evans as Steve Rogers was an inspired choice; I never really cared for his interpretation of Johnny Storm, but I thought his take on Cap was spot-on. For me, the key to capturing Cap's personality is too show his moral earnestness without making him seem priggish; he should be seen as passionate about his purpose without coming across as fanatical. **Continued on page 11...**



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He Is That Yankee Doodle Boy! by Mike Holsclaw (May 19th, 2018)
Continued from page 10...

Luckily, Evans has been masterful about conveying this subtlety in his character and, as the series has progressed, that has been a great benefit.

Actually, the fact that Robert Downey, Jr. was also perfectly cast as Tony Stark has served the "Captain America" films in good stead as well; in the comics, Cap and Iron Man have been on opposite sides of a deep philosophical divide for quite some time and, without necessarily capturing all of the minute details of their disagreement, the films have, in broad strokes, done justice to their respective positions. Frankly, although I haven't obsessively watched all of the Marvel Cinematic Universe movies (Captain America, Iron Man, the Avengers - yes. The others - not so much), I have to confess that, overall, these stories have worked better than I ever expected them to.

Although I have left many elements of my nerdy younger self behind, I still cherish many of the ideals I acquired in my salad days and, as Captain America was the embodiment of most of those values, I'm just glad that he's still as much of an inspiration as he ever was. To a very gratifying extent, he's still that yankee doodle boy, and boy, am I glad!

Postscript: Although it's tangential to what I wanted to talk about in this post, I'd like to mention, in passing, the controversy that took place in the comic version of Cap in the recent past. Some creative genius hit upon the idea that they would "retcon" (that's "retroactive continuity" for the non-nerds out there) Cap's history so that, secretly, he would be a member of Hydra from his earliest days of existence. That is, he would essentially have been a Nazi, in disguise, from before he even took the super soldier formula and was transformed into Captain America. In a nutshell, Worst Idea Ever. As you might guess, I wasn't the only one who thought so, either. There was an enormous backlash to this storyline and I think it was unfair for some critics to claim that fans were just too inflexible in their attitude toward Cap to permit any new ideas to be explored in regard to his character. That, I think, willfully misunderstands our objections; to many of his fans, Cap represents, in a non-sectarian way, an almost sacred vision of all the things that are best about the American Dream and to put forth a storyline that basically spits in the face of that concept of him is obscene at best and almost sacrilegious at worst. Luckily, wiser heads prevailed, and this distasteful episode didn't go on for very long before the original history was restored; this, I think, is as it should be as there are just some things that don't need improving. To paraphrase Jim Croce, you don't tug on Superman's cape, you don't pull the mask off the ol' Lone Ranger, and you don't mess around with Captain America!

Learn more about classic films and enjoy the magic of movies at Movies with Mike. Held the 1st Thursday of each month at 6:00pm downstairs at the Lenoir Library. This program is free and popcorn is provided! For more information, please call 828-728-4207. Caldwell County Public Library website: <http://ccpl.libguides.com/main>

Family Fun Month Promises 30 Days of Memory Making

BEECH MOUNTAIN, NC (May 16, 2018)...This June, Beech Mountain encourages families to get outside, expand their horizons and make memories together. Family Fun Month includes a 30-day lineup of outdoor adventures, concerts, picnics, movies under the stars and a fireworks finale.

Beech Mountain's location in the North Carolina High Country provides abundant natural resources to hike, bike, paddle and fish. And its elevation at 5,506 feet makes for pleasant temperatures with low humidity.

Many of the Family Fun Month activities at Buckeye Recreation Center offer guided instruction. Take a mountain biking lesson or go on a guided ride, hit the hiking trail with a naturalist, try your hand at trout fishing, or learn how to play pickleball.

"These activities provide families an opportunity to connect and bond with each other, which is important for everyone to do but particularly for families," says Kate Gavenus, tourism director for the town of Beech Mountain. "Some vacations can be so busy, but spending time in the mountains hiking, fishing and canoeing allows you time to relax."

New this year, the Brick Oven Pizzeria in the heart of Beech Mountain will offer a full afternoon and evening of free activities each Friday of the month in the field next door to the restaurant. Friday field days begin at 2 p.m. with bounce houses and children's games. A family-friendly concert follows at 5:30 p.m. Movies under the stars will take place in the same location at 8:30 p.m. on Fridays and Saturdays.

On Saturday, June 16, the annual "A Cool 5 Race" begins at Town Hall. The challenging five-mile course tops out at 5,400 feet in elevation. A less strenuous option is the 1.5-mile fun run/walk or the 1.5-mile walk and wag for families with four-legged members.

Family Fun Month leads right into Beech Mountain's Mile High Fourth of July Celebration, which runs June 29-July 4. On Saturday, June 30, the famous 47th Annual Roasting of the Hog serves up some of the tastiest barbecue in the High Country at Beech Mountain Resort. Fireworks then light up the night sky above the mountain.

Several properties offer Family Month lodging specials, including three nights for the price of two. Some activities require Family Fun Month participation cards, which are available along with complimentary fidget spinners for kids 12 and under at the Beech Visitor Center.

For a full lineup of events and list of lodging specials, go to: www.BeechMtn.com or call 800-468-5506.

Bethel Colony Women's Campus Update: Praise the Lord He provided a plumber who has some of the water issues addressed in the commercial dining hall. We are working daily on the cabins. Right now we are reaching out for help to get some things we need to make this possible. The cabin where the new assistant will be residing is in need of a range and refrigerator to make it complete. We also are doing an inventory to see what we will still need to open. Please pray for a golf cart or some type of transportation so we can get the ladies from the rooms to the main building. We still need volunteers as we are preparing a place for a clothing storage area. As always, monetary as well as material donations are greatly appreciated. Contact Donna at donnamccall@bethelcolony.org or 828-308-3031 with any questions. God Bless!!!

Harris Chapel Summer Day Camp is enrolling children from K5 through 5th grade. Children have fun swimming, skating, and going on field trips. The camp will begin on June 11 and finish on August 17 with a week off for July 4th. If you are interested in a fun filled summer for your child, please call 728-3721.

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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 SPB-RX (Grant # 1U79SP022087).

Be prepared before, during and after the storm

RALEIGH, NC (May 15, 2018)...The 2018 Hurricane season begins June 1 and runs through Nov. 30 and Insurance Commissioner Mike Causey wants all residents to be prepared in order to minimize potential losses in the event of a damaging storm.

“We can’t do anything to control the weather, but we can prepare for it,” said Commissioner Causey. “Researchers predict this season to be very active with the potential for eight hurricanes and 15 tropical storms. Residents need to take action now so they won’t be sorry later.”

Here are five tips that can help residents prepare for the onslaught of inclement weather that often accompanies hurricane season:

Make sure you have adequate insurance coverage. Know exactly what your insurance policy covers. Homeowners policies do not cover flooding. You can only purchase flood insurance through the National Flood Insurance Program. However, there is typically a 30-day waiting period before flood policies take effect so don’t wait until a storm is approaching to purchase coverage. If you live in a rental property, your landlord’s insurance only covers the building. None of your personal belongings are insured unless you purchase your own renter’s policy.

Compile important documents. Gather important paperwork, including insurance policies, medical records, and prescriptions. Be prepared to bring copies with you if you are forced to evacuate your home.

Create a home inventory. Go room to room in your home and write down the brand name, description, estimated value and date of purchase of items in your home. It is also helpful to compile receipts, appraisal documents and serial numbers. Take videos or photographs of your belongings. Store your home inventory and related documents in a safe, easily-accessible place online, on your smartphone, on your computer or in a fire-proof box or safe deposit box.

Identify potential hazards around your home. Hanging tree branches, loose shingles, patio furniture and other outdoor objects can cause damage or injuries in a storm. Make repairs or secure large objects to reduce the threat.

Review contact information. Make sure you have up-to-date contact information for your insurance agent and insurance company and make sure they have accurate contact information to reach you.

You can learn more about preparing for a hurricane or disaster at www.nchurriclaims.com or by calling the N.C. Department of Insurance toll free at 855-408-1212.

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U.S. 221 Repairs Require Closure

NEWLAND, NC (May 22, 2018)...Department of Transportation crews have started clearing U.S. 221 in Avery County in preparation for repairs that will take at least two weeks to complete.

Heavy rains washed a short portion of the shoulder and road away from under the pavement northeast of Linville.

As a result, the U.S. 221 will remain closed until repairs are complete and engineers deem the area safe for motorists.

The marked detour takes drivers from Linville up N.C. 105 north to Boone, then down U.S. 321 South to Blowing Rock where drivers should take U.S. 221 South. The detour takes those starting east of the repairs up U.S. 221 to Blowing Rock, then to U.S. 321 North to N.C. 105 South to Linville.

Repairs will involve driving long soil-nails underneath the road and filling in the area with rocks and dirt before adding a wall and then asphalt on top. The work will cost an estimated \$200,000.

Transportation officials remind motorists to follow detours, obey posted signs and drive slow through work zones.

For real-time travel information, visit DriveNC.gov or follow NCDOT on Twitter.

Granite Drug Center Sidewalk Sale & Artisan Showcase
Saturday, June 16th 9am to 4pm

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Blue Ridge Parkway Extends Linn Cove Viaduct Closure

BLOWING ROCK, NC (May 23, 2018)...Blue Ridge Parkway officials announced today the continued closure of the Linn Cove Viaduct, at Milepost 304, due to continued and heavy rainfall in the area. The final steps in completing an ongoing project at that location require a minimum of 48 hours of dry weather. Project managers will resume and complete the project as soon as conditions improve.

Heavy rainfall in the area has also closed the original detour route on a section of US 221 around the Viaduct due to a road washout. Variable message boards located on the Parkway at both the north and south approach of the Viaduct provide alternate route information using NC 105.

Visitors are encouraged to visit the Parkway's website for real time road information and a map of the suggested route around the Viaduct.

Access to Moses H. Cone Memorial Park, Price Park Campground, and the popular Beacon Heights, Rough Ridge and Boone Fork trail heads remains open. A section of the Tanawha Trail below the Viaduct remains closed.

The Linn Cove Viaduct closed in March of 2018 to undertake a comprehensive road maintenance project to remove and replace the asphalt pavement, waterproofing membrane and joints on the bridge and complete repairs to the supporting structure, stone curb, railing and drainage features.

Granite Falls Hardware Customer Appreciation Day
Friday, June 8th

Wildlife Commission Opens Delayed Harvest Trout Waters June 2

RALEIGH, N.C. (May 15, 2018)...The N.C. Wildlife Resources Commission will open 34 trout streams and two lakes classified as Delayed Harvest to trout harvest on June 2 through Sept. 30.

From 6 a.m. until 11:59 a.m., Delayed Harvest waters are open only to anglers 17 years old and younger. At noon, waters open to all anglers. During this time, anglers can keep up to seven trout per day — with no bait restrictions and no minimum size limits.

Since last fall, Commission staff has stocked more than 372,000 trout in waters designated as Delayed Harvest to provide anglers with better opportunities to catch fish, according to David Deaton, the Commission's fish production supervisor.

"We stock Delayed Harvest streams in March, April, May and then again in October and November," Deaton said. "In early summer, when some streams become too warm for trout to survive, we open these stocked streams to allow trout harvest before stream conditions get too warm."

Delayed Harvest trout waters are posted with diamond-shaped, black-and-white signs.

The Commission established the youth-only fishing period in the morning of "opening day," which is always the first Saturday in June, to promote trout fishing among young anglers and to provide special opportunities for young anglers to catch and keep fish.

The Commission also supports youth-only fishing opportunities during National Fishing and Boating Week 2017. From late May through mid-June, more than 40 kids' fishing events will be held throughout the state.

While fishing, anglers should consider these minimal steps to help prevent the spread of aquatic nuisance species like gill lice, whirling disease and didymo:

- CLEAN equipment of all aquatic plants, animals and mud
- DRAIN water from boats, live wells and equipment
- DRY equipment thoroughly
- NEVER MOVE fish, plants or other organisms from one body of water to another

Learn more about aquatic nuisance species by visiting the Commission's Aquatic Nuisance Species webpage.

Anglers ages 16 and older need an inland fishing license and a special trout fishing privilege, which is included in the comprehensive and sportsman licenses, to fish in all public mountain trout waters, including Delayed Harvest waters. Options for purchasing licenses include:

- Going online, www.ncwildlife.org
- Calling 1-888-2HUNTFISH (1-888-248-6834)
- Visiting one of more than 1,000 Wildlife Service Agents located across the state

For more information on trout fishing, including a list of Delayed Harvest trout waters, regulation information and trout maps, visit www.ncwildlife.org/trout.

