

Caldwell Hospice's Above and Beyond Recognition awarded

LENOIR, NC (June 5, 2018)...Kathy Townsend, nurse at Lenoir Healthcare in Lenoir, received Caldwell Hospice's Above and Beyond award for the second quarter of 2018 for her exemplary work and attitude.

"Kathy is an example of beautiful collaboration between the facility and hospice. She calls when changes occur in our patients," said Caldwell Hospice's medical social worker Kelly Mitchell, BSW, who made the nomination. "She is calm and provides a supportive presence to all the patients for whom she cares."

Townsend has been a nurse for forty years and has served almost all of that time at Lenoir Healthcare. "Kathy does a great job," said Lenoir Healthcare administrator Nancy Greene. "She always goes the extra mile to take care of our residents."



Townsend and husband Gordon have three children and five grandchildren...with one on the way!

The Above and Beyond award is presented quarterly by Caldwell Hospice to recognize staff members of area healthcare or long-term-care facilities who encourage quality end-of-life care for residents/patients and their families. Caldwell Hospice staff and volunteers nominate recipients.

For over 36 years, Caldwell Hospice has provided respectful, compassionate, quality end-of-life care and services to all who need and desire them, wherever they call home, including area long-term-care facilities, private residences, hospitals, or in their two inpatient facilities. Caldwell Hospice is honored to continue long-time partnerships with community long-term-care facilities as companions for the journey in caring for their residents.

In photo (l to r): Caldwell Hospice Medical Social Worker Kelly Mitchell, Lenoir Healthcare RN Kathy Townsend, and Caldwell Hospice Clinical Liaison Cyndi Akins.

Granite Hardware Customer Appreciation Day
Friday, June 8th

Caldwell Journal Info

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The Caldwell Journal is a non-discriminatory paper.*

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

Caldwell Journal Weather

Thursday (7th): Partly sunny; pleasant.

High 81 Low 62

Precipitation: 0.00 in.

Friday (8th): Clouds & sun; humid.

High 85 Low 62

Precipitation: 0.00 in.

Saturday (9th): A shower & t-storm around.

High 87 Low 64

Precipitation: 0.15 in.

Sunday (10th): An afternoon t-storm.

High 86 Low 62

Precipitation: 0.35 in.

Monday (11th): Cloudy, a t-storm possible.

High 80 Low 61

Precipitation: 0.31 in.

Tuesday (12th): Sunshine & patchy clouds.

High 85 Low 63

Precipitation: 0.00 in.

Wednesday (13th): Clouds & sun.

High 84 Low 61

Precipitation: 0.00 in.

Composting 101 Workshop

When: Wednesday, June 20- 12:00pm-1:00pm

Where: NC Cooperative Extension- Caldwell County Center 120 Hospital Ave NE #1 Lenoir, NC 28645

Have you ever wondered whether you should put that bread corner in the compost? What about your eggshells? If you have questions about what can safely go in your home compost bin or if you would like to learn how to build your own composting system at home, join us for a lunch-n-learn session on composting!

We will cover the basics of composting, what can go in and what should stay, and ideas for different home composting systems. Why compost? Putting food scraps into the compost bin rather than the trash can greatly reduce the amount of waste that goes into landfills. If you are a gardener, composting can provide you with a source of organic matter and free, homemade fertilizer for your plants.

Bring a bag lunch, and plan to join us on June 20!

This program is free and open to the public. Space is limited, so prior registration is requested. Sign up today by filling in this form or by calling 757.1290.

Cost: Free

Learn at Lunch: Grief and the Importance of Self-Care

HUDSON, NC (May 30, 2018)...Learn at Lunch: Grief and the Importance of Self-Care will be offered from noon to 1:30 pm, Wednesday, June 7, at Caldwell Hospice's McCreary Family Professional Center at the Robbins Center, 526 Pine Mountain Road, Hudson.

Bereavement Support Specialist Julie Holman, NCC, LPCA, will lead a discussion on the importance of self-care when dealing with grief.

Learn at Lunch is held quarterly to help grieving people throughout the community understand grief and loss, ask questions and find healing through their grief journey. Lunch may be purchased for \$5 on site or bring your own.

Continued on page 3...

Learn at Lunch: Grief and the Importance of Self-Care

Continued from page 2...

For more information or to register, call 828.754.0101 or email ksetzer@caldwellhospice.org.

Caldwell Hospice is committed to providing grief support services to anyone who needs and wants help in coping with their grief, including those with no hospice affiliation. Sponsored through Ashwood Grief and Counseling Services, the grief support services of Caldwell Hospice, and through the generous support of the community, Learn at Lunch is one of many education/fellowship opportunities offered to help individuals of all ages cope with the loss of people they love.

To learn more about all grief support services, visit www.caldwellhospice.org or Facebook.

Call for Sculpture Artists – 33rd Annual Sculpture Celebration

Who: Caldwell Arts Council, Lenoir, North Carolina

When: Saturday, September 8, 2018, 9:00 a.m. – 4:00 p.m.

Where: T.H. Broyhill Walking Park, 945 Lakewood Drive, Lenoir, NC

Cost: \$50-80 (Discounts available for early registration)

Caldwell Arts Council announces the 33rd annual Sculpture Celebration in Lenoir, NC on Saturday September 8, 2018 at the T.H. Broyhill Walking Park in Lenoir, North Carolina.

Sculptors are invited to bring up to 3 sculptures for this one-day competition for \$11,000 in cash awards, along with potential sales and commissions. This annual event attracts sculptors and buyers from the eastern United States to Lenoir, North Carolina. Last year, over 4,500 people throughout the southeast attended the family-friendly celebration.

Early registration discounts are available. For additional details, contact the Caldwell Arts Council, 828-754-2486, info@caldwellarts.com, or visit www.caldwellarts.com.

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Caldwell Journal Weekly Recipe

One-Bowl Yogurt and Honey Olive Oil Cake

Ingredients

- 1 cup whole or 2% plain Greek yogurt
- 2/3 cup olive oil, plus more for coating the pan
- 2/3 cup honey
- 1 tablespoon finely chopped fresh thyme leaves
- 1 teaspoon finely grated lemon zest
- 3 large eggs
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt

Instructions

Arrange a rack in the middle of the oven and heat to 325°F. Grease a 9-inch round cake pan or springform pan lightly with oil. Line the bottom with parchment paper and grease the paper if using a cake pan. Whisk together the yogurt, olive oil, honey, thyme, and lemon zest in a large bowl. Add the eggs, one at a time, whisking well after each addition. Add the flour, baking powder, baking soda, and salt. Stir with a rubber spatula until the batter is almost smooth with just a few small lumps, but do not overmix. Transfer the batter to the cake pan and use a spatula to spread it out evenly. Bake until the top is lightly browned, and a tester comes out clean, 40 to 45 minutes. Transfer the cake to a cooling rack and let it cool for 10 minutes before removing it from the pan. Run a knife around the pan to loosen. If using a springform pan, unclasp the sides. Otherwise, flip the cake onto a plate and flip it back onto the rack or serving plate. Serve warm or at room temperature.



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Minimize the risk of moving scams

RALEIGH, NC (May 23, 2018)...May is a month of moves – people moving into and out of college dorms or moving homes as the school year ends. But some movers take advantage of people looking for low-priced, fast-moving assistance, and scam them out of their money or even their possessions. To help your move go as smoothly as possible this summer, do your research before you hire a mover.

For in-state moves, the North Carolina Utilities Commission has a list of legal, certified movers. Hiring a mover who's not on this list can increase your risk of moving delays, damaged/lost possessions, and higher charges that appear at the last minute. Shop around using the list before you select a mover, so you can get the best possible rate.

Before you sign your contract, be sure to make an inventory of all your possessions and take pictures so you can document if any damage occurred during the move. Most importantly, remember to ask for a bill of lading. This is a written contract that sets forth the terms and conditions of your move, and every mover is required to provide one. Read your copy carefully so you're aware of what you're paying for and keep a copy on hand until the move is successfully completed.

If you have issues with your in-state move, you can file a complaint with the North Carolina Utilities Commission's Transportation Rates Division at 919-733-7766 or call our office at 1-877-5-NO-SCAM.

Blackberry JAM will perform from 9 AM - 11 AM on Saturday, June 9 at the Caldwell County Library located on Hospital Avenue in Lenoir. (Near Middle Parking Lot at entrance to Meeting Rooms)

Blackberry JAM is composed of advanced students in the Caldwell Arts Council Junior Appalachian Musicians program.

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Where:
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When:
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Donation:
\$25

Register:
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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.

Click here to order through Amazon for \$10

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HEALTH DEPARTMENT



Caldwell Hospice Volunteers Honored At Annual Banquet

LENOIR, NC (May 30, 2018)...Caldwell Hospice and Palliative Care recently honored its volunteers with a "Volunteers Light the Way"-themed banquet at The Jack & Shirley Robbins Center in Hudson. Approximately 200 people attended the annual appreciation event, which included dinner, entertainment and a recognition ceremony.

A number of volunteers were recognized for years of service to Caldwell Hospice, including seven long-time supporters who together have given a combined 180 years of service to the organization. Dr. Robert Belk and Joyce Clifton were recognized for 35 and 30 years of service respectively; Reba Barlow, Irene Duncan and Ray Hammerick for 25 years each; and Virginia Roberson and Debra Woodard for 20 years of service each.

Also recognized was volunteer Jeff Linn as the 2017 recipient of the Spirit of Hospice Award through The Carolinas Center for Hospice and End of Life Care, honoring extraordinary hospice volunteers in North and South Carolina. The award is presented annually to a hospice volunteer from North and South Carolina who uses humor effectively, creatively, and compassionately in their work with hospice and further demonstrates the hospice spirit of living each day fully. "As a volunteer, Jeff is willing to try anything we ask of him," says Brittany Bonn, volunteer coordinator for Caldwell Hospice. "He serves patients in homecare, long-term care facilities and at our patient care units. He provides 11th Hour support, makes Veterans Honoring Veterans recognition presentations to our patients who served in the armed forces, and helps facilitate the Virtual Dementia Tour® to educate our community. No matter the task, Jeff finds a way to incorporate his joie de vivre into all of the work he does for Caldwell Hospice."

Caldwell Hospice volunteers contributed 12,060 hours of service during the 2016-17 fiscal year, accepted 404 patient and family assignments, and presented 68 Veterans Honoring Veterans ceremonies.

"Our volunteers offered many other kindnesses that aren't captured in a report and can't be quantified. *Continued on page 7...*

Caldwell Hospice Volunteers Honored At Annual Banquet

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We are so grateful to all the volunteers who work tirelessly for our patients and families all year long," said Bonn. "We could not provide the level of service that we do without them."

More than 300 volunteers (including adults and volunTEENS) assist with clerical duties, patient-and-family visits, special projects, yard work, or whatever is asked of them. For information or to register for Caldwell Hospice's next adult volunteer training sessions, scheduled for August 14 and 16, call 828.754.0101 or email volunteercoordinator@caldwellhospice.org.

CCC&TI Women's Basketball team signs several talented players from across the area

HUDSON, NC (May 30, 2018)...The Caldwell Community College and Technical Institute Women's Basketball team has signed several talented players from across the area for the 2018-2019 season.

- Aaliyah Vereen, a point guard from Hunter Huss High School in Gastonia, is transferring to CCC&TI after playing last season at Brunswick Community College. Head Coach Richie Covington said she is a ball distributor with excellent ball-handling skills.

- Chrissy White, a shooting guard from South Point High School in Belmont, is transferring to CCC&TI from Brunswick Community College with two years of eligibility remaining. Covington said she is a solid guard and an excellent shooter from the perimeter.

- Amaiya Williams, a forward from Freedom High School in Morganton, is a versatile player and a great defender, Covington said.

- Tabitha Pearson, a forward from Freedom High School in Morganton, is a hardworking player that will add a winning attitude to the team, Covington said.

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Scammer Tries a New Payment Method

RALEIGH, NC (June 5, 2018)...Scammers are always looking for new twists and new ways to carry out their schemes, and a Durham resident recently experienced this firsthand. After being convinced that he was a lottery winner, the elderly gentleman was instructed to go to a local jewelry store and purchase a \$36,000 Rolex watch. The watch would then be sent to cover the taxes and fees on his winnings. Fortunately, in this instance, after the jeweler was alerted by a family member and the Consumer Protection Division of the Attorney General's Office, the man avoided becoming a victim.

Crooks need new ways to get their hands on your money, because some of the old ways are getting harder to use. In recent years they've favored prepaid debit cards and gift cards. But merchants (and loved ones) should also be on the lookout for people buying big-ticket items that are out of character... it could be a sign that someone is under the spell of a scammer.

Lottery scammers try to use the excitement of “You’ve WON!!” to overwhelm potential victims, so they bypass the skepticism that usually protects us from crooked schemes. Once persuaded that they’ve hit the jackpot, victims can often be convinced to “prepay” taxes or fees the scammer claims must be paid before they can take possession of their multi-million-dollar prize. In this instance the prepayment would have been in the form of an expensive watch. But regardless of the payment method that is used, ultimately the prize will be shown to be a fake. And instead of being rich, the victim will be many thousands of dollars poorer.

If you think you or someone you know might have been scammed or contacted by a scammer, 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.

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2018 Excellence In Education Award Winners Announced

LENOIR, NC (June 1, 2018)...The 2018 Excellence in Education award winners were announced at the annual Excellence in Education Awards Program and Reception sponsored in part by the Education Foundation Inc. of Caldwell County.

This year's winners are:

Teacher of the Year, Jon White, Hibriten High School

Principal of the Year, David Colwell, Hibriten High School

Assistant Principal of the Year, Ryan Cooper, William Lenoir Middle School

Rookie Teacher of the Year, Holly DeLeon, Granite Falls Elementary

Associate of the Year, Patty Clonch, Valmead Elementary

Instructional Assistant of the Year, Leanne Lawrence, Gamewell Elementary

Instruct./Student Support of the Year, Elisabeth Winkler, School Counselor, Gamewell Middle School

Bus Driver of the Year, Keith Phillips, Horizons Elementary.

"If I do well in this job it's because of the people around me," said Ryan Cooper, Assistant Principal at William Lenoir Middle School who was named Assistant Principal of the Year.

Teacher of the Year Jon White and David Colwell, Principal of the Year, will represent the Caldwell County Schools in the statewide programs that recognize outstanding educators and administrators in North Carolina.

Kids Gear Up for Life's Big Game at Bethlehem Baptist's 2018 VBS!

BETHLEHEM, NC (May 29, 2018)...This summer, Bethlehem Baptist Church invites your kids, age 4 to grade 12, to grab their megaphones, lace up their cleats, and tune up their instruments. As they fill up the offensive line, sideline, drum line, your players, cheerleaders, and band members will realize God has given them His ultimate playbook. He wants them to join His team, train hard, celebrate salvation, and encourage one another.

"Get in the spirit with Game On VBS!" says Dr. Wayne Caviness, pastor of Bethlehem Baptist Church. "Please join us June 17 through 21, from 6:30 to 8pm for Vacation Bible School We are looking forward to a great week!"

Register your child for VBS online at www.bethlehembc.org or call 828.495.7250.

Getting into the building may look a little confusing due to construction, but just follow the signs to park behind the building. Entrances from the parking area are to the far left and far right. Guest parking is available near the building, and greeters will welcome you just inside the door.

For more information about Bethlehem Baptist Church, call 828.495.7250, visit www.bethlehembc.org, or like them on Facebook.

Visit the Caldwell Journal website at www.caldwelljournal.com for an extensive Vacation Bible School schedule!

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Division of Mental Health,
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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 STD/Cures (Grant# 1H79T080257) and SRF-RX (Grant # 1U79SP022087).



Food Preservation Classes Offered Through Caldwell County Cooperative Extension

Choose to attend one, two, or all three classes.

Monday, June 25th, 1 - 3 pm

Class one: Hands-on canning class,

Learn how to safely can produce during a hands-on class led by Extension Agent Margie Mansure. You will learn how to use both a pressure canner and a boiling water bath.

Tuesday, June 26th, 1 - 3:00 pm

Class two: Pickle, chutney and kraut making demonstration,

Whether you have a productive garden, or just got a great deal at the farmers' market, pickling is an easy and delicious way to put up the summer bounty. We will demonstrate several types of pickles, including dilly beans, a fruit chutney, and sauerkraut.

Wednesday, June 27th, 1 - 3:00 pm.

Class three: Hands-on jams and jellies class. Learn how to make jams and jellies from local fruit that can be used on your own dinner table or as gifts.

Classes will be held at NC Cooperative Extension, Caldwell County Center

120 Hospital Ave NE/Suite 1, Lenoir, NC 28645

(828) 757-1290

E-mail contacts: Margie_mansure@ncsu.edu or tina_lovejoy@ncsu.edu

Class size limited, so ensure your spot by making payment at the Extension Center. Or, you may call to sign up and mail in your check, made payable to Caldwell County.

Cost: Cost is \$10 per class or attend all 3 for \$25.

Visit the Caldwell County Cooperative Extension website at:

<https://caldwell.ces.ncsu.edu/>

For information, news, tips, etc.



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Statement from Commissioner Steve Troxler on the contributions of the N.C. pork industry to the state

RALEIGH, NC (June 4, 2018)...North Carolina's pork industry has been in the news a lot lately, but not in a way that tells the true story of its contributions to our economy. While the industry has drawn attention as the subject of nuisance lawsuits, what has been consistently overlooked is the significant economic contributions the pork industry makes in terms of jobs and its role in producing safe and affordable food for consumers.

North Carolina's pork industry feeds us and provides jobs in North Carolina...

I consider the production of food and fiber to be admirable and certainly not a nuisance, and I want people across the state to understand how important agriculture, including the pork industry, is to our state. When we take our farmers and food production for granted, we stand to literally lose the hand that feeds us.

North Carolina agriculture and agribusiness is the leading economic driver to our economy, and most particularly in the rural areas of our state. The industry contributes \$85 billion to the economy and employs more than 680,000 people or a fifth of our workforce across the state. Animal agriculture makes up around 68 percent of total cash receipts, which reflects the significance of our pork, poultry and beef industry to the overall health of our economy.

Pork production is the second largest segment of North Carolina agriculture, with \$2.1 billion in cash receipts. That number does not even factor in the agribusiness multiplier from processing and distribution of pork products. North Carolina ranks second nationally in pork production, and our state is home to the largest processing facility in the world.

Continued on page 13...

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 Division of Mental Health, Developmental Disabilities and Substance Abuse Services

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 North Carolina
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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).

Statement from Commissioner Steve Troxler on the contributions of the N.C. pork industry to the state

Continued from page 12...

In our bigger cities, it is easy to lose sight of the impact agriculture has on our lives, but for many who live in rural areas of the state, its impact is felt every day. In rural areas, many people rely on agriculture and agribusiness for not only their food, but also their livelihoods. Agriculture and agribusiness money trickles down through the economy supporting other businesses that rely on the local farm economy. Agriculture means jobs – jobs on the farm, jobs in processing, jobs in transportation, jobs in marketing and jobs at local businesses where farmers make purchases.

Altogether, the pork industry supports 46,000 full-time jobs in North Carolina, and there are 2,100 hog farms in the state. Every one of these farms represents a small family business that is proud of its role in feeding their neighbors and the world.

The United Nations estimates we are going to need to increase food production by 70 to 100 percent by 2050 to meet the growing world food demands. In order to do this, we need to promote increased food production, not discourage it. We do not need to lose any farmers.

We are fortunate now to have access to an abundant and affordable food supply. That might not always be the case. It is important that the non-farming population understands where its food comes from and who produces it.

Agriculture is a challenging career on a good day. There are many things that farmers cannot control – the weather, the price they are paid for their commodities, the costs of the inputs needed to produce a crop, and even the rules and regulations they must follow.

In fact, the swine industry is one of the most regulated industries in the state.

Our pork industry is efficient, successful and responsible because of the commitment of our farmers and processors. I believe we should thank our farmers three times a day, every time we sit down and enjoy a meal they have provided.

I am proud of our North Carolina agriculture and agribusiness, and I am thankful for our pork industry.

Clearview Baptist Church's Ride for Youth had to be rescheduled to June 23 with registration at 9:30am 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. The Andrew Chamber Band will be singing. For more information contact Geoff Day at 499-2557 or Reggie Day at 493-4220. The church is located at 2455 Alfred Hartley Rd, Lenoir.

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**Tuesdays at the Square Foot Garden**

When: Tuesday, June 12- 9am

Where: Unity Park and Community Garden
1519 College Ave SW, Lenoir, NC

Join Master Gardener Volunteer Ellen Roberts at the Unity Park and Community Garden on Tuesdays during the season to see what's growing in her Square Foot Garden Demonstration Bed. Each Tuesday, Ellen will talk about what's growing, what is ready to harvest, and what is going to be planted next in the bed. She will offer tips for growing different vegetables using the Square Foot Gardening method.

These events are free and open to all audiences.

Tuesdays at the Square Foot Garden will continue through the summer and will feature special topics later in the season. Stay tuned, as future dates will be announced soon!

Cost: Free

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Two Advance Care Planning Workshops: Living Will, Healthcare Power of Attorney, and Benefits Overview

LENOIR, NC (May 30, 2018)...Advance care planning is a process to help your loved ones know how to speak for you if you are ever unable to make your own medical decisions. It is planning for the unexpected.

Caldwell Hospice and Palliative Care and the Caldwell Senior Center will partner to offer two Advance Care Planning Workshops at no cost to the community on the second and fourth Thursdays of each month. The next workshops will be held June 14, 2018, at 1:30 p.m. at the Caldwell Senior Center in Lenoir, and June 28, 2018, at 1:30 p.m. at Caldwell Hospice's McCreary Family Professional Center, 526 Pine Mountain Road, Hudson.

Join retired local attorney Houston Groome in Lenoir and attorney Hugh Wilson in Hudson for either of these inspiring workshops. "Advance Directives: Living Wills and Healthcare Powers of Attorney are gifts to your family," says Groome. "Deciding, discussing and documenting your healthcare wishes helps ensure your healthcare wishes are known and honored. It also gives you peace of mind that you have made appropriate preparations." Notaries and witnesses will be available to help anyone who wants to complete their documents at the clinic. For more information, or to register, call 828.758.2883.

Granite Falls Hardware Customer Appreciation Day
*****Great Deals, Vendors & More*****
Friday, June 8th

CCC&TI Announces New Men's Head Basketball Coach

HUDSON, NC (May 31, 2018)...Caldwell Community College and Technical Institute has announced two major moves in its Athletic Department, but both changes involve familiar faces.

Long-time Men's Basketball Head Coach and Athletic Director Matt Anderson is shifting his focus to a full-time Athletic Director role, while former Assistant Men's Basketball Coach, Jamison McIver, will take over as the new Head Coach.

"I'm excited about this transition and the direction our athletic program is headed," Anderson said. "I am very proud of what we have collectively built here and look forward to continuing to take it to new heights."

McIver had served as Assistant Coach for six years, during which time the Cobras had experienced unprecedented success, including three trips to the National Junior College Athletic Association National Championship Tournament.

"Jamison has played a huge part in our success over this time and has shown unwavering loyalty to the institution by turning down positions at other universities," Anderson said. "He has an amazing basketball IQ and ability to relate to and mentor young men. He is one of the best coaches I have ever worked with, and I am confident he has the qualities needed to take our men's basketball program to new heights."

Prior to joining the staff at CCC&TI, McIver spent two years as Assistant Men's Basketball Coach at Lenoir-Rhyne University and two years as Assistant Men's Basketball Coach at Brevard College, both Division II programs. As a player, McIver played four seasons at Mars Hill University, including a standout senior season when he led the team in assists and was among the team's top scorers.

"It's an honor to be named head coach of Caldwell Community College and Technical Institute, and I would like to personally thank Dr. Mark Poarch, Dena Holman and Coach Matt Anderson for this opportunity," McIver said. "Caldwell has been great to me and I am looking forward to the new challenge and duties."

McIver said he plans to continue Caldwell's up-tempo style of play, and the recruiting focus on North Carolina and South Carolina athletes.

"I want kids that will work hard in the classroom and on the court," he said.

Under Anderson's leadership as Athletic Director and Men's Basketball Head Coach since he arrived in 2010, the Cobras have finished as NJCAA Division III National Runner-up in 2014 and finished fourth in 2013. Most recently, the Cobras were Division III Region 10 champions in 2016 and qualified for the 24-team NJCAA Division I National Championship Tournament in 2017, the team's first year in Division I after the jump from Division III.

Anderson's career record as CCC&TI Head Coach is 172-78 and he coached five NJCAA All-Americans during that time. A local basketball standout at West Caldwell high school, Anderson played college basketball at High Point University, and also served as an assistant coach at Mars Hill College and West Caldwell High School before taking the Head Coach position at CCC&TI.

Yadkin Baptist Church will sponsor a Patterson Picnic on Saturday, July 21 at 12:00pm. This is a free community cookout and will take place in the field across from Yadkin Church. Come enjoy a free picnic lunch with friends, family, and neighbors in Patterson! Enjoy hot dogs and chips, cool off with a soda, listen to some live bluegrass, play a game of cornhole, serve the ball in a volleyball game, create art masterpieces with chalk, and enjoy fun kids' activities. Let's get together, visit and catch up on life, and enjoy an afternoon of food and fun. All are welcome!

