

Thursday, October 18, 2018

#### **Granite Falls, North Carolina**

www.caldwelljournal.com



# Grace Chapel Volunteer Fire Department takes delivery of new fire truck..."Engine 555"

#### **Grace Chapel Volunteer Fire Department October BBQ**

Friday, October 26th 5pm to 8pm Saturday, October 27th 11am to 3pm

4548 Grace Chapel Road Granite Falls, NC 828.396.1702 www.gcfdnc.com

#### **Sawmills Hardware Customer Appreciation Day**

Friday, October 19th 9am to 2pm

#### 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)

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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 (18th):** Plenty of sunshine. High 62 Low 36 Precipitation: 0.00 in.

Friday (19th): Intervals of clouds & sun. High 64 Low 52 Precipitation: 0.07 in.

Saturday (20th): Mostly cloudy. High 66 Low 38 Precipitation: 0.00 in.

Sunday (21st): Plenty of sun; cool. High 57 Low 31 Precipitation: 0.00 in.

Monday (22nd): Partly sunny. High 61 Low 39 Precipitation: 0.00 in.

**Tuesday (23rd):** Partly sunny. High 65 Low 41 Precipitation: 0.00 in.

Wednesday (24th): Partly sunny. High 63 Low 39 Precipitation: 0.00 in.

# A Reading from "Words and Bones" by LB Sedlacek

LENOIR, NC (October 17, 2018) -- Laura Sedlacek, writing as L.B. Sedlacek will read from her newest poetry book, "Words and Bones" on Sunday Nov. 11th from 2-4pm. The poetry book is Laura's newest collection published by Finishing Line Press.

"Words and Bones" is an apt title for LB Sedlacek's fine chapbook for words are the scaffolding in these pages; words which both come from and go to the marrow. What a fine mineral of many facets she has brought from her depths into the light of day."—Stephen Mead, Visual Artist/Author

Laura is also author of the local mystery book "The Glass River" set in Happy Valley and the creator of "Poetry in LA" which can be found on Facebook: @poetryinla

The reading of "Words and Bones" is free and open to the public. It will be held at 1841 Cafe in Downtown Lenoir. A Q&A and book signing will take place after the reading.

~LB Sedlacek is a poet, author, editor, poem critic and publisher. She has had poetry and short fiction published in numerous journals and zines. Her poetry and short fiction have won several awards. She co-hosted ESC! Magazine's podcast for the small press, "Coffee House to Go" with Michael Potter. She also served as a Poetry Editor for "ESC! Magazine." She is the Publisher of "The Poetry Market Ezine" a poetry resource newsletter just for poets. In her free time, she enjoys reading, swimming, and volunteering for her local humane society. Her website is www.lbsedlacek.com Find her on Facebook @lbsedlacekpoet or Instagram @poetryinla

#### Local Author Releases New Book Titled "Written In My Heart"

CALDWELL COUNTY, NC (October 13, 2018) — Local author Blair Bryant has released a new work of fiction titled Written in My Heart. The story is a teenage romance that is set in the North Carolina mountains. The book can be purchased locally at the Caldwell Heritage Museum in Lenoir.

#### Attorney General Josh Stein Announces Investigation into E-Cigarette Maker Juul

RALEIGH, NC (October 15, 2018) -- Attorney General Josh Stein today announced that he has launched an investigation into Juul, the e-cigarette company. He sent the company a civil investigative demand to ask for more information about Juul's marketing practices, retailers, contact with resellers, efforts to verify age before purchase, and any youth education and awareness programs. He also asks for information about the number of North Carolinians using Juul.

"The use of e-cigarettes among young people is increasing at staggering rates," said Attorney General Josh Stein. "Juul dominates the market. I am extremely concerned about the way Juul has marketed its product to young people, who face increased risk for addiction and exposure to health problems."

Juul controls about 70 percent of the market for ecigarettes. According to the CDC, 2.1 million high schoolers and middle schoolers reported using ecigarettes in 2017. By the fall of 2018, that number had grown to approximately 3.7 million minors using e-cigarettes. Health risks include nicotine addiction, nicotine poisoning, heart disease, lung disease, behavior changes, and more.

#### **International Artist Day Fundraiser**

LENOIR, NC (October 12, 2018) — Celebrate International Artist Day and support Caldwell Arts Council by eating dinner at Lenoir's Sagebrush Steakhouse on October 25, 2018.

The restaurant will donate 15% of the night's profits to the arts council. But you need to RSVP at www.groupraise.com/events/74675 to make it count.

Enjoy an evening out and feel good about giving back to your local arts community!

About the Caldwell Arts Council

The Caldwell Arts Council presents the arts in all its forms to the people of Caldwell County. Located at 601 College Avenue in Lenoir, the Caldwell Arts Council is open Tuesday-Friday 9am-5pm and Saturdays 10am-2pm, free to the public.

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# Caldwell Journal Weekly Recipe Chicken Noodle Soup

#### **Ingredients**

1 tsp. extra-virgin olive oil
2 cloves garlic, minced
1 c. diced onion
2 carrots, diced
1 lb. boneless skinless chicken breast,
cut into 1/2" pieces
2 celery stalks, diced
kosher salt
Freshly ground black pepper
32 oz. low-sodium chicken stock
1 c. egg noodles
1/4 c. chopped parsley

#### Instructions

In a large pot over medium heat, heat oil. Add onions, celery, and carrots and cook until softened, 6 minutes. Add garlic and thyme and cook until fragrant, 1 minute more. Move vegetables to one side of the pot and add chicken. Season with salt and pepper and cook until no pink remains, 6 to 8 minutes. Add stock and 1/2 cup of water and bring to a boil. Add noodles and cook according to package instructions. Season to taste with salt and pepper. Add parsley and serve immediately.



#### Patriots Rout Spartans by Dan O'Neal

MORGANTON, NC (October 12, 2018) -- It was Homecoming night at Freedom High and the home side was full of most Freedom fans decked out in their red, blue, and white, with the exception of one wearing his Duke hoodie (yes!!) and the young ladies and their escorts dressed to the nines to add elegance to the occasion. With that, a word of congratulations to Madison Dalton on being selected Homecoming Queen 2018. Having met she and her family after the game, this young lady was obviously very gracious and humble with this recognition.

For the South Caldwell gridiron performers, they would have loved nothing more than going to the west side of Morganton and crashing the Homecoming party with a win; perhaps to vindicate the surprise of falling to McDowell in the Homecoming game a week earlier after being heavily favored.

Certainly, it is a wonderful distinction when the local press thinks enough of your body of work to make such projections. With South entering this game with a 2-5 record and Freedom at 6-1, chances are that the local media are going to pick the team with the better record at this stage of the season.

Games, as we well know, are still won on the field. And that is exactly what the Patriots did in soundly defeating the Spartans by the count 58 to 14. Freedom scored on eight of their ten drives and gained 461 total yards on offense and held South to 130 yards of total offense from scrimmage.

Spencer Piercy had some bright moments in the game by gaining 84 yards on eight carries while platoon quarterbacks Jason Martin and Avery Raynor combined on six completed passes, one on a six-yard toss to Malachi Sumner. Sumner also sacked Patriots quarterback Jayden Birchfield for a ten-yard loss and Gray Felts also picked off one of Birchfield's passes.

"Freedom is a good team on both sides of the football. We have trouble with team speed and the gets us behind the eight ball in games like these. They especially made it difficult for our guys running the football" commented Spartans head coach Marc Kirkpatrick.

South will be on the road again this Friday night at Hickory High School. For South to qualify for post-season (yes, it is that time again), they will need to win their next three games and for McDowell to lose their next three. Game time is 7:30pm.

#### Ingram promoted to police lieutenant in Lenoir

LENOIR, NC (October 5, 2018) -- Brett Ingram has been promoted to Lieutenant in the Lenoir Police Department's Patrol Division. Police Chief Brent Phelps said Ingram did excellent during the assessment process and congratulated him on the promotion.

"He did an outstanding job, just as he has always done, and we have no doubt that he will make an excellent Platoon Commander for his people, this department, and our community," Chief Phelps said. "We're very fortunate to have good talent in our ranks and to be able to move one of our own into the next phase of their law enforcement career."

Lieutenant Ingram is a 13-year law enforcement veteran and has served the City of Lenoir for more than 22 years. He served as a Firefighter, Fire Lieutenant, Patrol Officer, Patrol Sergeant, K9 Handler, Special Response Team Medic, Assistant Team Leader and Team Leader. Lieutenant Ingram also holds the Advanced Law Enforcement Certificate, which is the highest police recognition awarded by the North Carolina Criminal Justice Education and Training Standards Commission.

Lieutenant Ingram will be assigned to the Patrol Division taking the position of Lieutenant Robinson, who will be moving into the Training Lieutenants position for the Department.

The Patrol Division responds to all dispatched calls for police service in the City of Lenoir, and includes K-9 Teams, Special Response Team, Honor Guard, Explorers Post, Auxiliary Reserve, Parking Enforcement, Mentoring, and School Resource Officers.

Learn more about the Lenoir Police Department at www.cityoflenoir.com/police.

#### CAPC hosting a Vigil Under the Sails in Downtown Hickory

HICKORY, NC -- The Children's Advocacy and Protection Center will hold a Vigil on October 23rd at noon to remember the 24 children listed by the NC Child Fatality and Prevention Team as homicide victims by a parent or caregiver. The Vigil will be held at Sails on the Square in downtown Hickory.

The Vigil is held annually in October in remembrance of the children who died as a result of abuse and neglect in North Carolina during the prior calendar year. A bell rings as each child's name, age and cause of death is read aloud. Simultaneous with the ringing of the bell, a T-Shirt holding the child's name and age will be displayed for everyone to see. This year 25 T-shirts will be displayed. In addition to the 24 names, there will be one for the Unknown unreported death. The art work on each shirt is created by students in the Art Club at Hickory High under the guidance of Teresa Bentley, Art teacher. After the ceremony, a Linda Henson takes the shirts and creates a quilt. The CAPC will also reveal last year's quilt designed and created by Linda Henson and her husband, Dave. After the event, this quilt will be displayed somewhere in Catawba County as designated by Chris Johnson, the Children's Protection Award Winner for 2018.

Dr. Penni Huffman, DNP, APRN, NNP-BC will speak. Penni Huffman is a Doctorally prepared Neonatal Nurse Practitioner and the Director of Catawba Valley Medical Center's Neonatal Nurseries and Pediatrics. She is an Assistant Professor at the University of South Alabama where she coordinates the Neonatal Nurse Practitioner MSN and DNP programs. She is a current board member of the Children's Advocacy & Protection Center. Penni has over a decade of experience caring for infants exposed to opiates in utero and a passion for providing exceptional patient care to these children and their families.

Christy Clary will be singing a special song, and Pastor Lori Blocker with Corinth Reformed Church, Hickory will do the prayer.

The Vigil also serves as a reminder to each of us that we have a responsibility to protect children. Please join us as we remember the innocent children who suffered a senseless death in North Carolina during 2017. As a reminder – the location of the Vigil is at Sails on the Square, Tuesday, October 23 at noon and will last approximately 1 hour. For more information, contact the CAPC at 828-465-9296.

The CAPC is a non-profit organization that works to prevent and respond to child sexual abuse and serious physical abuse. It coordinates the efforts of Catawba County Social Services, law enforcement, and the District Attorney's office.

More information about the CAPC is available on its website at catawbacountycapc.org. You may call the center at 828-465-9296. For more information about the Vigil, email cengart@catawbacountync.gov.

#### Caldwell Hospice Good Grief Meal to Be Held November 1

LENOIR, NC (October 15, 2018) — Caldwell Hospice and Palliative Care will hold its next monthly Good Grief Meal at 3pm, Thursday, November 1, at Roma's Pizza, 3068 Hickory Blvd., Hudson, NC. The informal time of food and fellowship is open to anyone who is experiencing grief and loss. The meal is Dutch treat.

The Good Grief Meal is sponsored through Ashewood Grief and Counseling Services, bereavement care of Caldwell Hospice, and is one of many opportunities offered to help individuals of all ages and families cope with the loss of people they love. Because of the generous support of our community and the belief that grief support services improve quality of life, Caldwell Hospice offers community grief support services to anyone who needs our help in coping with grief. For more information about the upcoming Good Grief Meal or other grief support services, call 828.754.0101, or visit www.caldwellhospice.org or the Caldwell Hospice and Palliative Care Facebook page.



#### Livingston Retires from Caldwell Hospice after Decades of Service

LENOIR, NC (October 5, 2018) -- "I believe in our mission. I believe in what we do here. It only takes one experience to be hooked," a retiring Martha Livingston, CSW, said as she reflected on her nearly 29 years with Caldwell Hospice and Palliative Care earlier this summer. "There comes a time that medicine can't 'fix it'...and people need comfort care and peace."

CEO Cathy Swanson says it is in those moments that Livingston, now former Director of Support Services, excelled. "If you want to see Martha at her best, witness her at the bedside of a dying patient."

She also excelled as a mentor—training, teaching and helping young social workers learn what it means to be patient-centered in the hospice philosophy.

"Martha holds a special place in my heart as she was the very one who helped mold me into a medical social worker," adds Kelly Mitchell, BSW. "Her words of wisdom and encouragement will ring in our ears long after her retirement."

Livingston began her work at Caldwell Hospice as a part-time medical social worker in 1989. When the Director of Support Services position was created in 1994, she moved into that leadership role. During her tenure, the organization experienced tremendous growth. Under her leadership, a full complement of enhanced supportive services was added including community bereavement care, cardiac and pulmonary care programs for patients with heart/lung disease and most recently a dementia care program.

Livingston has been an especially strong advocate for the dementia care program that seeks to help caregivers understand and better meet the unique needs of patients with memory loss and other dementia-related symptoms.

"I worked closely with Martha in our dementia care program, especially The Virtual Dementia Tour.® Her passion and commitment to even the smallest details continually 'raised the bar' in the quality of what we did," explains Lisa Caviness, BS, Public Relations and Marketing Specialist. "She genuinely cares about the people for whom we have the privilege to provide care, and it shows in everything she does."

Teaching support staff the "Caldwell Hospice way of doing things" was another specialty of Livingston's says Jenni Patterson, BSW, who remembers what it was like to be a new social worker just starting out.

"I appreciated Martha because I knew she was molding me and building me a solid foundation to understand and provide all of our patients with the same quality of care," adds Patterson. "I learned that her compassion and love for hospice is real, and that is something we share, and I only hope that I can carry on all that she has taught me."

While everyone at Caldwell Hospice wishes Livingston well on her new endeavors, they also know she is leaving them and the organization a strong legacy.

"The Board of Directors works closely with and gets to know the senior leadership team. The success of Caldwell Hospice is truly a team effort, and when you look at Martha Livingston's career you see that she's one of the columns holding up that success," says Marc Carpenter, chairperson of the Caldwell Hospice board of directors.

Never one comfortable in the spotlight, Livingston told those gathered at a retirement event in her honor she appreciates the accolades but could not have done it alone. "I have been successful here because I was surrounded by a great team. And, wow, what a great team!"

Caldwell Hospice and Palliative Care, the only not-for-profit hospice care provider in Caldwell County, provides expanded resources for you and your family. Referrals for palliative and hospice care may be made by the patients themselves, family members, friends, clergy, or physicians. For more information about Caldwell Hospice and Palliative Care call 828.754.0101, visit www.caldwellhospice.org, or follow on Facebook.



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#### Meth Trafficker Jailed, off the street

LENOIR, NC (October 15, 2018) -- Sheriff Alan C. Jones has announced on October 12, 2018, pursuant to a search at 3450 Evanbrook Court in Lenoir, a suspect was arrested and charged with felony drug and firearm violations. Zachery George Stephenson, age 25, with a listed address of 1917 Norwood Street Lenoir, was charged by the Ice Unit with Trafficking in Methamphetamine and Possession of a Stolen Firearm. The firearm, identified as a Ruger 9mm pistol, had been reported stolen from Lenoir.

At the time of the search, Stephenson was found in a spare room of the residence and had approximately 90 grams of methamphetamine hidden inside a dresser. The gun was in the same dresser in the drawer next to the methamphetamine. He was subsequently arrested and interviewed by Agents. The methamphetamine has a street value of \$13,500 according to North Carolina State Drug Guidelines. If convicted, he is looking at mandatory time in prison.

"We are dedicated in making our county safer. Another drug dealer is out of business and off the streets." - Sheriff Alan C. Jones

As a result, Stephenson was incarcerated in the Caldwell County Detention Center under a \$75,000 secured bond. He has a court date in District Court set for October 15, 2018.

The Caldwell County Sheriff's Office is always in search of any information involving the use and distribution of illegal controlled substances. A concerned citizen's information and assistance will be kept confidential. If you have any information concerning illegal drug activity in Caldwell County, please contact the:

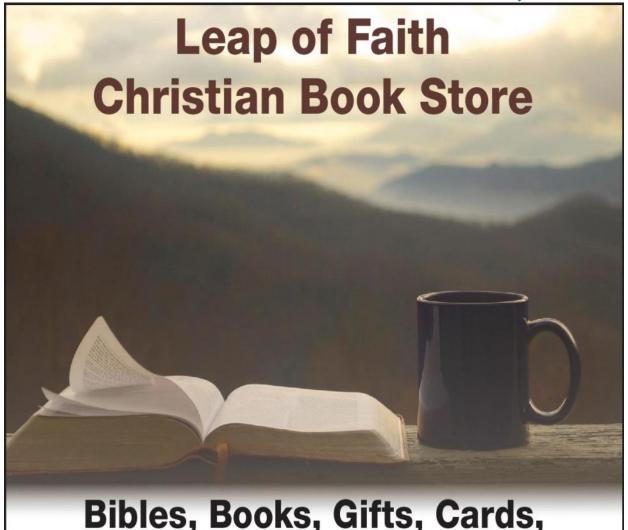
CCSO I.C.E. Unit at 828-757-1178.

LPD Narcotics Division at 828-757-2145.

Hudson Police Department at 828-728-5021.

Granite Falls Police Department at 828-396-3358.

Caldwell County Crimestoppers at 828-758-8300.



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#### New Groomers, New Snow-Making Machines, New Rental Equipment & a Larger Sports Shop at Sugar Mountain Ski Resort

SUGAR MOUNTAIN SKI RESORT, NC (October 16, 2018) -- This season skiers and snowboarders will be excited about a slew of improvements, upgrades, and additions awaiting their arrival at Sugar Mountain Resort.

Three new Kassbohrer groomers, two 600's and one 600 winch, replace the older ones. Five new automated snow-making machines, four SMI and one Techno Alpin, add to an already massive arsenal. Water storage capacity for snow-making is enlarged by thirty-percent. New Head rental skis and boots replace twenty-percent of the fleet, and Head rental snowboards and boots replace half of its collection. The Sports and Gift Shop underwent an enlargement this fall and upped the floor space from 1,800 square feet to 2,320 square feet.

Call 800-SUGAR MT or browse the website for more information about Sugar Mountain Resort.

# Community Trunk or Treat at Bethlehem Baptist Church

BETHLEHEM, NC (October 14, 2018) — Bethlehem Baptist Church will host a Community Trunk or Treat on Wednesday, October 24, 2018. "We invite our community to this evening of fall fun and fellowship," says Bethlehem's Director of Children's Ministry Kelsey Poole.

Come for dinner from 5:30 to 6:15pm, followed by games and activities that lead up to collecting candy and treats as those present go from car to car decorated with biblical themes.

Bethlehem Baptist Church is located at 7500 NC Hwy 127N, Taylorsville, NC. For more information, call 828.495.7250 or visit www.bethlehembc.org.

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#### **Attorney General Josh Stein Asks Google for Answers**

RALEIGH, NC (October 11, 2018) -- Attorney General Josh Stein wrote Google CEO Sundar Pichai to demand answers about the company's security and safety. This week, Google announced a security breach to its Google+ network.

"North Carolinians have a number of good reasons to be concerned about their privacy online," said Attorney General Josh Stein. "I want to hear from Google about what happened, what they're doing to

protect people, and how they'll prevent it in the future."

In his letter, Attorney General Stein also asked Google to provide information about:

- The type of information that was exposed,
- The number of North Carolinians whose data was exposed,
- Any business users in North Carolina that were impacted,
- Information about how the incident occurred, when Google learned about it, and how Google is investigating it,
- Why there was a delay in making the incident public,
- Privacy policies in place,
- Plans, policies, and procedures that Google uses to audit its security,
- Google's efforts to notify affected North Carolinians,
- Steps taken to protect North Carolinians' profiles and mitigate harm to those people,
- Any law enforcement investigations into this matter, and
- Privacy assessments and reports Google has prepared.

Attorney General Stein has asked for a response before Oct. 24, 2018.

