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for this week's paper

Fall color finds its way down the Blue Ridge Parkway

LINVILLE, NC (October 23, 2018) -- ...as seen from the View Calloway Peak Overlook at Milepost 299.7, elevation 3,798 feet. While last Saturday's high winds saw much of the higher-elevation foliage blow away, there's still color to be seen in some of the area's lower elevations. According to Dr. Howie Neufeld, "Fall Color Guy" and professor of biology at Appalachian State University, forests below the Parkway are still primarily green, although color has begun to extend to about 2,000 feet in some locations. Neufeld noted that these areas usually peak toward the end of October and sometimes into early November, meaning visitors to Grandfather Mountain and the Blue Ridge Parkway can still see the season unfold over the hills below. For more Grandfather Mountain fall color photos, or to plan a trip, visit www.grandfather.com. Photo by Monty Combs | Grandfather Mountain Stewardship Foundation

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Caldwell Journal Info

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

Caldwell Journal Weather

Thursday (25th): Some sun, then clouds; cooler.

High 54 Low 42

Precipitation: 0.02 in.

Friday (26th): Rain.

High 46 Low 42

Precipitation: 0.72 in.

Saturday (27th): Mostly cloudy.

High 60 Low 44

Precipitation: 0.00 in.

Sunday (28th): A p.m. shower in the area.

High 62 Low 44

Precipitation: 0.04 in.

Monday (29th): Mostly cloudy, rain possible.

High 56 Low 39

Precipitation: 0.00 in.

Tuesday (30th): Mostly sunny.

High 58 Low 36

Precipitation: 0.00 in.

Wednesday (31st): Some sun.

High 63 Low 38

Precipitation: 0.00 in.

What You Really Need To Know About This Year's ACA Annual Enrollment By Laura Sedlacek

LENOIR, NC (October 17, 2018) — If you have an individual health policy or are thinking about taking one out, then the time to do so is fast approaching. The ACA (Affordable Care Act) Annual Enrollment Period for 2019 is November 1st through December 15th, 2018. During that time period, you can take out an ACA individual health plan (on or off the Marketplace), make changes to an existing plan, or update an existing Marketplace application (income updates are the most common during this time.)

For 2019, in this area for individual major medical insurance plans we will only have one carrier again. You will have a variety of choices from catastrophic coverage to plans with doctor and drug card copays. Premiums are based on household size and income which affects the APTC (advanced premium tax credit aka subsidy) and whether or not you are eligible for financial assistance. The same goes for enhanced benefits – those are also dependent on household size and income.

There will be a few new additional options for 2019. You can choose to take out a Short-term health insurance plan for up to 12 months of coverage (not quite 365 days but close), hospital indemnity, accident plans, and a plan that reimburses for healthcare use after a deductible is met. These plans do not fall under the ACA so they can be unwritten, coverage for pre-existing conditions may be denied, etc.

It's best to sit down with your local hometown insurance professional to go over all the choices to work out what's best for you and your family. You have a short window of opportunity to check into your options so be sure to start looking into it now.

~Laura Sedlacek is a member of the Elite Circle of Champions for the ACA Marketplace for helping people with their ACA individual health applications. To learn more about your individual health or other similar options, please call her office at (828) 754-2601, email quotes@bushandassociates.net or visit her office at 916 Wilkesboro Blvd in Lenoir to make an appointment. For more information, visit www.mynchealthplan.com

Caldwell Youth Leadership Council explores careers at Blue Ridge Energy

LENOIR, NC (October 18, 2018) -- From a class of 900 eighth graders, a select group of 24 becomes the inaugural council of Caldwell Youth Leadership, a leadership development program in partnership with Caldwell Community College and Technical Institute (CCC&TI) and the Caldwell Chamber of Commerce designed specifically for the middle school student who will start making career choices as early as freshmen in high school.

These eighth graders, three from each middle school in the district, will be exposed to a variety of career opportunities available in Caldwell County ranging from careers that require different levels of education, experience, and abilities. "They will learn strategic leadership skills that will help them become better informed and educated in developing their career path," said Superintendent Dr. Donald Phipps.

The Caldwell Youth Leadership program spans from October to January. This week students embarked on their first full-day field trip to Blue Ridge Energy in Lenoir. Before departing for their first business visit, students voted on the council's logo, and the logo designed by students from Kings Creek School was announced the winner. As a winning prize, the three team members from Kings Creek School – Emma Coffey, Chloe Rotting, and Jacob Foust – were each given a Chromebook provided by the Education Foundation Inc. of Caldwell County.

"The kids were introduced to a variety of job opportunities at Blue Ridge Energy and learned about their corporate culture," said Ben Willis, Co-Coordinator of Youth Leadership Caldwell. "We enjoyed a lunch and learn at Caldwell Community College and Technical Institute and heard about the new Lineman Program, then proceeded to tour the pole yard where the students viewed the current class in action."

Blue Ridge Energy day was one of four tours planned for the youth leaders. "This is a unique opportunity for our future leaders," said Dr. Jeff Church, Co-Facilitator and Associate Superintendent of the Caldwell County Schools. "They will become ambassadors for youth leadership development, and we have encouraged them to be inquisitive, to ask questions and to be open-minded."

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Caldwell Journal Weekly Recipe

Beef Stroganoff

Ingredients

- 1 (12-oz.) package egg noodles
- 2 tbsp. butter
- 1 tbsp. vegetable oil
- 1 lb. beef chuck roast, cut into 1" pieces
- Kosher salt
- Freshly ground black pepper
- 2 tbsp. extra-virgin olive oil, divided
- 1 lb. baby Bella mushrooms, thinly sliced
- 1/2 large onion, chopped
- 2 cloves garlic, minced
- 2 tsp. fresh thyme leaves
- 1 tbsp. tomato paste
- 4 c. low-sodium beef or chicken broth
- 2 tsp. dijon mustard
- 1 tsp. Worcestershire sauce
- 2 tbsp. cornstarch
- 2 tbsp. sour cream, plus more for serving
- 2 tbsp. freshly chopped parsley

Instructions

Prepare egg noodles according to package instructions and toss with butter while still hot. In a large skillet over medium-high heat, heat vegetable oil. Add beef and sear 8 to 10 minutes, until golden on all sides, and season with salt and pepper. Work in batches if needed. Remove beef and place in a large bowl. Lower heat to medium and add one tablespoon olive oil. Add mushrooms and cook until golden and tender, 8 to 10 minutes. Remove from skillet and place in bowl with beef. Add remaining olive oil and add onion. Cook until tender, 6 minutes. Add garlic, thyme, and tomato paste and cook until fragrant, 2 minutes more. Stir in broth, mustard, and Worcestershire sauce and bring to a simmer. In a small bowl, whisk some of the hot broth into your cornstarch. Stir into broth along with reserved beef and mushrooms and continue to simmer until thickened by about half, 10 to 12 minutes. Remove from heat and stir in sour cream. Season with salt and pepper. Spoon beef mixture over prepared egg noodles and garnish with a dollop of sour cream and parsley.

“Movies with Mike”

Dolce Vita, Fellini By Mike Holsclaw

Why is it that “8 ½”, an Italian film that was released fifty-five years ago, has such resonance and immediacy for me now?

For those who haven’t seen it, “8 ½” is the archetypal story of a film director, “Guido Anselmi”, played by Marcello Mastroianni, who is suffering from a chronic case of artist’s block, and who desperately struggles throughout the course of the film to capture an elusive spark of inspiration. In a brilliant case of metanarrative (before the term even existed), Federico Fellini took his own artistic insecurities and uncertainties and folded them into the body of this film, in addition to pouring large dollops of autobiographical detail from his own life into the story as well. To further complicate things, he also allowed the “fictional” characters of the film-within-a-film to freely interact with the “real” characters in the director’s life, most famously in the film’s conclusion.

All of this sounds like it could have been a jumbled-up mess but Fellini balances all of these elements superbly and, not only does he make a seamless transition from the memories and fantasies inside Guido’s head, but he uses these interludes as a powerful Greek chorus for the events in Guido’s life.

Since its release in 1963, “8 ½” has been hailed as a masterpiece and routinely finds itself on lists of the best films of all time. While acknowledging all that, why does it still have such a profound impact on me personally, why do I feel as if Fellini was receiving secret, telepathic transmissions from the Mike of today when the film was made over half a century ago?

One clue, I think, is that Guido and I both share a certain world-weariness; myself, because I’m starting to see a side of life that doesn’t always inspire a great deal of hope, and Guido because of the post-war, intellectual malaise that had begun to dominate the Europe of that time. In both our cases, also, there is an all too obvious cognizance of the burden of modernity.

Why “the burden of modernity”? Well, although we both try to be polite and not offend the people that surround us, Guido and I are both supremely skeptical of the popular pieties of the cultures in which we live and find it exhausting to continually pay lip service to ideas that we don’t really respect; it is lonely, and enervating, to find yourself out of sync with most of the opinions and interests of a large portion of your society (Pete Davidson and Ariana Grande, anyone?). Guido, for instance, shows an incredible degree of forbearance (and good manners) when he interacts with the Catholic cardinal and tries to explain his unhappiness to him, to which the cardinal only responds by robotically quoting the catechism and displaying an overall air of obliviousness to Guido’s problems.

It has taken several viewings, over the span of several years, for me to unravel what is going on inside Guido but I think that I may have finally deciphered his code; his default mode is a state of melancholy, a wistful regret that all the things that filled him with such confidence in his youth are now under suspicion of being ersatz. His (and my) moorings have been detached and we are in a state of free fall as we wait to see where we will land. There is no sense of triumph in having abandoned some of the unexamined assumptions of our earlier days; rather, there is the vague sense that something important has been lost and a dull, achy feeling of absence because we don’t know what to do to make up the deficit.

Continued on page 5...



“Movies with Mike”

Dolce Vita, Fellini By Mike Holsclaw

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Yet, despite this low simmer of surprisingly comfortable angst, Fellini offsets the gloom with humor, particularly the humor of a man who is intelligent and self-aware enough to be amused by his own shortcomings; Guido is unfaithful to his wife and something of a misogynist – he knows these are serious character defects and he feels shame about them, but he also recognizes an element of absurdist comedy in his apparent inability to stop being this way. Like Paul, he knows the good and does it not, but he can't help but feel ruefully bemused by his weakness. I don't think he's giving himself a pass on his flaws but, rather, he takes a small measure of saturnine comfort in realizing that, despite the disillusionments of the modern world, human nature is still human nature.

By film's end, despite any expectations we may have formed to the contrary, Fellini actually makes an optimistic, life-affirming argument; the verities which once anchored our lives may be on the verge of disappearing, but if artists persevere and remain true to their inner vision, they may forge new courses that continue to make our lives worth living. This, too, was a trope that had been expressed by other modernists such as Joyce and Proust, but there was something triumphal about an artist in a popular medium like film also presenting the thesis. I'll confess, when I saw the film again a few months ago, after Guido had his epiphany about the importance of artists, followed by the circus-like processional of the film's characters as they make their final bow, my eyes welled up and I felt a surprising burst of inspiration inside my chest. If Fellini, in the first year of my life, was able to so uncannily anticipate the state of my adult soul at the beginning of the 21st century, then maybe I should give serious consideration to his prescription for endurance as well. *Dolce Vita*, Fellini; here's to the *Good Life*, Federico!

Hudson Festival of the Arts has been rescheduled

HUDSON, NC (October 23, 2018) -- The third annual Hudson Festival of the Arts has been rescheduled for Saturday November 10 at the McCreary Family Fitness Center located at 450 Redwood Street, Hudson, NC from 10 until 4. The festival features local and regional painters, potters, woodworkers, metalworkers, jewelers and more. You can also enjoy live artist demonstrations and an interactive kid's space. The Caldwell County Public Library will feature a book walk; Hudson Elementary School will share their story of the recent art sculpture installed there which features sculpture made by their students. Kids can experience pastry decorating with Just Roll with Bistro and Bakery. Students from the early college at CCC&TI will be on hand for face painting. Entertainment will be provided by Blackberry Jam from 10:30 until 11, Flight 472 from 11:15 until 11:45 and Shelby Rae Moore from 12:00 until 2:00. Food will be provided by a local Scout Troop and CCC&TI's Culinary Guild. Twisted Vine and Just Roll with it will provide beer and wine for adults attending the festival. The Local Bean and Blanca's Bakery will also be on hand.

This festival features something for everyone, and is growing into a favorite gathering for artisans and craftsman. It is a true day celebration and recognition of the arts in Hudson and throughout the region. It is an example of many more exciting events and changes coming to Hudson in the near future. You are invited to attend and hear more about our “new home town” the connection of art and business at the new HUB STATION and the positive impact it will have on Hudson and the surrounding communities.

Poovey's Grove Baptist Church, along with Anna Martin from Caldwell Health Department invites anyone interested to a FREE Smoking Cessation Education class. Classes will be held the second Saturday of each month at 9:00am. The church is located at 4889 Poovey's Grove Church Rd, Granite Falls.

2018-2019 South Caldwell Swimming Preview by Dan O'neal

SAWMILLS, NC (October 19, 2018) — The keyword for the upcoming Spartan swimming season is sure to be “leadership.” After graduating many seniors from last year’s squads, the Spartan men’s and women’s swimming teams will be very young, but talented, this upcoming season. Coach Brent Tomberlin, in his 23rd season leading the program, is looking to the younger crop of swimmers which features more than forty swimmers on the roster.

The women’s team will be led by sophomore Kayana Taylor. An accomplished YMCA swimmer, Taylor was an individual conference champion last year and a regional qualifier. She was also in the running for Conference Swimmer of the Year. She adds depth in nearly every event and is the most versatile swimmer on the team. “My goal for Kayana is to make the state championship this year as an individual and part of a relay. She is an exceptional swimmer with a winning attitude and we are going to need her leadership this season.” Accompanying Taylor will be sophomore Anna Dodenhoff. Dodenhoff swam well during her freshman campaign; finishing well in the sprint freestyle and backstroke events. Senior Gabby Alessio will also be called on to assist in the sprint events which she swam well in last year. Taylor, Dodenhoff, and Alessio are three returning swimmers to the freestyle relays which qualified for the NCHSAA Western Regional last season. Juniors Victoria Deal and Maci Annas had a successful summer swimming and will help the Spartan women be successful.

Joining these three ladies will be freshmen Alexis Felts. Felts adds immediate depth to a very young women’s squad and will compete in the IM, breaststroke, and backstroke events. Freshmen Katie Cannon will be looked towards to score points as well and be an integral part of some relays. Senior Madisen Rose will provide depth in the distance freestyles and will provide added senior leadership.

“We have about six young ladies who will be swimming as freshmen for us this season. We are going to need them to swim well for us immediately if we are going to be a competitive team,” says Tomberlin, “For such a big and young team, we are going to have to work hard to find our places and the events where each young lady can score well. That will be our challenge.”

The Spartan men’s team is coming off another winning season which saw them capture a back to back conference championship. Having lost five leading members from last year’s team, a strong crop of freshmen and a few upperclassmen will be challenged to lead the team and to score points.

Conference Swimmer of the Year, sophomore Brody Carroll, will be the individual most expected to make an impact on this year’s team. Carroll paced the Spartans last year, winning two conference events and helping the men’s 200 Free Relay make the state championship. He is an exceptional swimmer who, like Kayana Taylor on the women’s side, is the most versatile of Spartan swimmers. “My goal for Brody is to make the state championship in both of his individual events and to help a relay make it to states as well,” says Tomberlin.

Junior Matthew Hutchinson, a strong and versatile swimmer in his own right, will be expected to take on a bigger role this season. Hutchinson specializes in the IM and fly events and will be an integral part of the men’s relays. John Tucker, a senior transfer and former Caldwell County swimmer, will be asked to score needed points. Senior Cameron Perry and sophomore Sawyer Rideout will be important swimmers for the Spartans too in the sprint and specialty events. Freshmen Luke Powell, Peyton Chester, and Ben Tomberlin will be called on immediately to make an impact as well. Juniors Grayson Lovins, Jackson Reid, and Wade Mitchell should have opportunities to show how much they have improved in the water as well.

“There is no question there are big shoes to fill this season. For a few years, we relied on upperclassmen talent to support us and now the bulk of our teams will be comprised of underclassmen who will need to get some high school competitions under their belt fast in order for us to be successful. I’m very confident in our few upperclassmen and in their abilities to motivate and support our younger class,” says Tomberlin, “Leadership will be our challenge this year. Learning to swim fast as a team is always our goal and we are going to work hard to achieve team success in the coming year ahead.”



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Eight Baptized at Bethlehem Baptist Church

BETHLEHEM, NC (October 21, 2018) -- Baptism is "going public" about your faith in Jesus and declaring to the community your commitment to following Him. It's the next step after salvation. Simply put, believers are baptized because Christ commands it. Jesus said, "Go then, to all people everywhere and make them my disciples, baptize them in the name of the Father, the Son, and the Holy Spirit, and then teach them to obey everything I have commanded you." (Matthew 28:19-20) When believers are baptized, they are following the example set by Jesus. The Gospel of Mark tells us, "At that time Jesus came from Nazareth and was baptized by John in the river."



Eight individuals followed Jesus Christ in baptism on Sunday, October 21, 2018, during the morning service at Bethlehem Baptist Church: Dallas Gragg, Delores Gragg, Taner Johnston, Allie Moore, Rylan Mosteller, Blake Sharpe, Braylon Sharpe, and Savannah Skluzacek.

Special thanks to Joy Baptist Church for the use of their portable baptismistry.

To learn more about a relationship with Jesus Christ, call 828.495.7250 or visit www.bethlehembc.org/believe/jesus.

Bethlehem Baptist Church is located at 7500 NC Hwy 127N, Taylorsville, NC.

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The Tesla Quartet performs “Famous Last Words”

HICKORY, NC (October 18, 2018) -- “Famous Last Words” will feature the Tesla Quartet, the Hickory Metro’s String Quartet in Residence.

Enjoy a wonderful evening of exceptional music performed by four exceptional musicians. Chamber Classics II will be held in the Drendel Auditorium at the SALT Block on Saturday, October 27 at 7:30 p.m. This program includes the last compositions written by Beethoven, Villa-Lobos and Britten--or these composers’ “Famous Last Words.”

All tickets are available in advance online at WPSymphony.org/tickets, by calling the office at (828) 324.8603, or by emailing tickets@wpsymphony.org. Ticket prices for these concerts range from \$5-\$32. Mini subscriptions are now available. You may also purchase tickets at the door.

The Chamber Classics Series is sponsored by the Friends of the Quartet. If you want to become a “Friend,” just give the office a call. Western Piedmont Symphony is a grant recipient of the North Carolina Arts Council and a funded affiliate of the United Arts Council of Catawba County. Business offices are located on the SALT Block at 243 Third Avenue NE, Hickory. Box Office hours are 10:00 am until 4:00 pm daily.

For more information about the Western Piedmont Symphony, call 828-324-8603, visit www.WPSymphony.org, or email info@WPSymphony.org.

Center Grove Baptist Church will have a Fall Festival on Wednesday, October 31. A meal will be served at 5:30pm, a costume contest will be at 6:00 and the festival from 6:15-7:30. There will be trunk or treat, games, hayride, candy, cake walk, popcorn, cotton candy, and much more. The church is located at 3176 Deal Mill Rd, Hudson.

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Notice of Sale from the Caldwell County Sheriff's Office

On Friday, November 9th, 2018 at 10:00 am the Caldwell County Sheriff's Office will be holding an auction at the Caldwell County Sheriff's Office located at 2351 Morganton Boulevard Lenoir, NC. Item will be sold to the highest bidder. Payment must be made in CASH ONLY at the time of the sale. Items included in the sale are as follows:

Go Control Battery Powered Thermostat
2 Okuma Fishing reels
2 2 WD My passport hard drives
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2 WM 3000 Fishing Reels
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1 Fitbit Flex
1 Vudu Spark 2 Go Pro Smart Remotes
1 Omron blood pressure monitor
1 X motive fishing reel
1 Ifit vue activity tracker
1 Dyson Vacuum cleaner
1 Primos game camera
2 pair of John Deere Gloves
2 pair of C.E. Schmidt Gloves
1 Kobalt digital torque wrench
1 Shakespeare fishing reel
1 Pittsburgh socket set
1 Chi small nail clippers
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1 Thunderbolt magnum solar panel
5 Kobalt Ratchet sets
3 Samsung gear VR
17 Rage crossbow arrowheads
1 Rage practice heads
1 Slick tracks nukes
4 Swhacker arrowheads
1 6ct arrowheads
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| 1 Wasp drone arrowheads 3 ct | 1 Roku 2 |
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| 1 Allen lightening broadhead 3ct | 1 Smiths knife sharpener set |
| 2 Gillette Fusion Raxors | 1 Amazon fire TV box |
| 1 Coleman head lamp | 1 Abu Garcia pro Max fishing reel |
| 1 Energizer head lamp | 3 Sony USB flash drives |
| 1 Gillette pro glide razor | 12 Old Navy tshirts (mens) small |
| 1 Gillette fusion razors 8 ct | 1 Sony CD player |
| 1 Gillette Mach 3 razors 8 ct | 2 Quaker State motor oil |
| 1 Ozark Trail flashlight | 1 Nautica mens polo shirt XXL |
| 1 Farberware ceramic knife | 1 Nautica jean shorts sz 38 |
| 1 Masterlock 2ct | 1 ECKO tshirt mens XL |
| 1 Griffin survivor smartcase | 1 brown Aigle ball cap |
| 1 Oregon saw chain files 2ct | 1 Red ECKO ballcap |
| 1 Betterhome quilt | 2 pair men's Nike shox sz 12 |
| 1 Mainstays quilt | 1 Sean John mens denim shorts sz 32 |
| 1 Porter cable impact driver kit | 1 Sean John mens polo shirt XL |
| 1 Barnett Raptor crossbow | 4 Surge protectors |
| 1 Barnett Brotherhood crossbow | 1 Blu Air air purifier |
| 1 Barnett recruit compound bow | 1 Go pro hero 5, san disk 32gb, chest strap mount, head strap mount, flexible tripod, floating handle, j hook, tripod mount, digital reader |
| 1 Element 24" television | 1 Apple I phone |
| 2 Nightowl wire cameras | 1 gigabyte cooling system |
| 1 Barnett compound bow vortex | 1 gigabyte gaming hard drive |
| 1 Rawlings Velo baseball bat | 1 Core I7 desktop processor |
| 3 Coleman coolers | 1 Apple Ipad pro |
| 3 Igloo Coolers | 1 replacement battery for ipad |
| 3 Pioneer Woman pots and pans set | 1 wire free security camera |
| 1 Igloo Island Breeze cooler | 1 Universal power bank |
| 3 Pioneer Woman Dutch ovens | 1 Sports music outdoor flashlight |
| 2 Pioneer Woman 2 piece frying pan set | 1 metal utensils |
| 1 Pioneer woman cookbook set | 1 pair DC mens shoes sz 10 |
| 1 Pioneer woman glass container set | 1 pair Aerosoft mens blue loafers sz 9 |
| 7 Pioneer woman plate set | |
| 1 Mycloud personal cloud storage | |
| 1 Solar Rope light set | |
| 1 Chamberlain myq garage door controller | |
| 2 Bosch cross line lasers | |
| 1 pair Wrangler relaxed fit jeans 42x30 | |
| 1 My sync spot | |
| 1 Bosch laser measure | |
| 1 Chi dog clippers | |

Upcoming Caldwell Senior Center Events

Friday, November 2

VAYA Health's Geriatric and Adult Mental Health Specialty Team will host a FREE seminar on "Substance Use in Older Adults" at the Satie & J.E. Broyhill Caldwell Senior Center from 10:00am-12:00 noon. Community individuals, agency staff serving older adults, caregivers and anyone interested in learning about this topic are encouraged to attend. Please register at (828) 758-2883. The Senior Center is a United Way of Caldwell County Agency.

Friday, November 2

Steven Riley with Advance Auto will present a program on "What's Under the Hood" at 1:00 PM. Learn ways to stay safe, auto maintenance, inspecting your tires, visual observations and checking fluids. He will give a hands-on demonstration. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Friday, November 9

The Senior Center is hosting our annual Craft Bazaar and Bake Sale from 10:00 AM-4:00 PM. Bring your shopping list and browse through the booths of beautifully handmade items. Admission is free. The Senior Center is a United Way of Caldwell County Agency.

Tuesday, November 13

The Alzheimer's Association will host a FREE program called "Caregiving for the Holidays" at the Satie & J.E. Broyhill Caldwell Senior Center from 3:00-4:00 PM. This is part of a FREE ongoing educational series the Alzheimer's Association presents every 2nd Tuesday of the month. Please register at (828) 758-2883. The Senior Center is a United Way of Caldwell County Agency.

Friday, November 16

The Better Breather's Club® will meet on the 3rd Friday of each month at the Satie & J.E. Broyhill Caldwell Senior Center at 11:00am. This is a local support group that offers patient-centered, and community-based educational opportunities to persons with chronic lung diseases especially COPD, but also asthma, idiopathic pulmonary fibrosis [IPF], lung cancer and other chronic lung diseases. Family, friends and support persons are welcome. Volunteers facilitate the groups and work with a Lung Association staff member to provide the service. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way of Caldwell County Agency.

Tuesday, November 20

Attorneys from Heritage Law will be at the Caldwell Senior Center at 3:00pm to give a FREE program on basic estate planning documents, the probate process, asset titling and Medicaid programs available to pay for long term care. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Monday, November 26

The Satie & J.E. Broyhill Caldwell Senior Center is now a monthly site for the Yokefellow Senior Mobile Pantry. Food will be available on the 4th Monday of each month at 2:00 PM in front of the Caldwell Senior Center. Please call to register so they will know how much food to bring, (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Friday, November 30

Bruce Craig, local historian, will give a FREE program on "The Ballew Family History" from 10:00am-12:00 Noon at the Caldwell Senior Center. He will bring one-of-a-kind artifacts for you to see! Please register at 758-2883. The Caldwell Senior Center is a United Way participating agency.

Friday, November 30

Steven Riley with Advance Auto will present a program on "Winterization...Start Your Engines" at 1:00 PM. Learn simple tips on winterizing and maintaining your vehicle. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Not Another "Basketball" Score by Dan O'Neal

HICKORY, NC (October 19, 2018) -- Make no mistake when it can be said that the South Caldwell offense functions as a two-headed monster. The translation being that these athletes are able to move the football effectively and put points up on the scoreboard. The same can also be said about the Hickory Red Tornadoes offensive unit. After it was all said and done around 10:20 pm and many in the press box were nearly out of breath trying to keep up, both squads accumulated 109 points and a total of 1,275 yards from scrimmage.

It is a shame that when two teams put up that many points, more than some high school and college teams score in a basketball game, someone is on the losing end. For Spartan Nation, it was bittersweet when the final pass by Avery Raynor was intercepted to ice the 55-54 win for Hickory. The night also featured Red Tornadoes human highlight reel Cody Young, son of Hickory High legend Al Young, who ran the football thirty times for 357 yards and count them, seven touchdowns. Young also surpassed the 1,000 yard mark for the season in, count them again, six games as he was injured in their first three games.

South had many human highlight reels of their own who made this game very entertaining; trust me, the game was far from dull. Spencer Piercy led the Spartans running attack with 227 yards, Avery Raynor with 109 yards on eighteen touches and completed eight passes for 167 yards. But the one Spartan who was amazing was senior wideout Samuel Craig, who ran three reverses which resulted in scores from eighty and seventeen yards out. Craig also caught a pass from Raynor and broke away from the Hickory secondary for another touchdown making his total offense output at 184 yards. Isaiah Kirby and Dustin Herman also combined for over 100 yards on the ground. Receivers Austin Raynor, Blake Martin and Gavin Nash also made significant catches as South jetted for (pun intended) 747 yards of total offense.

However, turnovers, nasty cutbacks by Young, and ten penalties did not help the Spartans cause. This game could have gone either way but Young managed to break away from two Spartans defenders in the backfield and ran it in for the winning touchdown with seventeen seconds left and no fan base on either side of the field was sitting down. The two attempts by Raynor fell short with the Hickory interception as the game clock ran out. Overall, both teams went at it hard and gave the crowd something special to enjoy. Hopefully, South can get that two-headed monster roaring, or perhaps the 747 soaring as they host Saint Stephens this Thursday (schedule change due to rain in the forecast) at Spartan Stadium for Senior Night. Or this could be another "basketball score", who knows? Come and find out as kickoff is at 7:30pm.

Lakeview Baptist Church will be hosting Homecoming on October 28. We would love to see former members, friends and family come out to help us celebrate our 59th year. Sunday School starts at 9:45 and Morning Service at 11:00. Dinner on the grounds will follow the morning service.

Setzer Creek Baptist Church will have a Fall Festival on November 3 at 6pm. The evening will include singing, hayrides, games, and a chili cook-off. For more information call Casey Rayfield 423-794-8250. The church is located at 3163 Warrior Rd, Lenoir.

Center Grove Baptist Church will have a Fall Festival on Wednesday, October 31. A meal will be served at 5:30pm, a costume contest will be at 6:00 and the festival from 6:15-7:30. There will be trunk or treat, games, hayride, candy, cake walk, popcorn, cotton candy, and much more. The church is located at 3176 Deal Mill Rd, Hudson.

Fellowship Baptist Church is seeking a part-time Youth Director. Mail resumes to Pastor Sheldon Green at 2682 Fairwood Drive, Hudson, NC 28638 or email pastorsheldongreen@gmail.com. For more information contact Pastor Sheldon at 828-728-2248 or 704-577-6136.

Long distance journey for West Lenoir Elementary students

LENOIR, NC (October 18, 2018) -- Most people in their lifetime do not realize the exhilaration of running a marathon, but at West Lenoir Elementary School, students are setting goals to not only finish one marathon but four marathons through the newly implemented Marathon Kids program.

"I want every student to experience the incredible accomplishment of running 104.8 miles in a school year," said Sharon Abee, PE teacher at West Lenoir Elementary. "To an adult, it may sound impossible, but I know they can do it! Ultimately, it's their choice."

Marathon Kids is an organization that encourages running and walking for children at any fitness level. The primary goal through Marathon Kids is to log progress throughout a running season and complete four marathons, or 104.8 miles. At West Lenoir Elementary, Abee applied for and received a grant totaling \$2,025 to fund 135 runners in her school Marathon Club. "Each student has the opportunity to run farther than they ever dreamed," said Abee.

The students' running is tracked this school year during the school day, generally during recess or PE class. "The kids have a purpose. They're running," said Abee. "They can run during recess or play, and since we started the program, it has cut down on issues on the playground."



Principal Travis Gillespie said that this program has been a positive impact on the students and the school. "We greatly appreciate all the efforts of Sharon Abee to make this unique opportunity possible for our students."

To help track the mileage of each student runner, Abee procured a program called EZ Scan funded by school-business partner Cloninger Ford of Morganton, owned by Larry Cloninger and managed by J.D. Abee. Each student is assigned a QR code and whenever they run a lap, the data is easily stored and used in charts and graphs for recognizing levels of achievement along their marathon journey.

As a little extra motivation, the students earn fun Nike rewards in the Marathon Kids program at specific milestones along the way and also earn Fitness Finders provided by Cloninger Ford. The Fitness Finders are charms that students collect and attach to a lanyard given to each participant. For every five miles, students earn a foot charm and for every 100 miles completed by the entire class, that gets them another charm. These colorful charms also include one for their birthday, another for significant mileage completed or being in the Top 30 for a specified running season. Abee said that she hands out charms whenever students do something amazing!

In addition to the Fitness Finders, the Marathon Kids program provides Nike rewards. After completion of the first marathon, or 26.2 miles, students receive a t-shirt, then the second and third marathons are celebrated with Nike shoestrings and shoe tags respectively. After the fourth and final marathon, they are awarded a special Nike bracelet.

Abee inspires the students by modeling and training for her marathon runs. She is currently preparing for a 25k race in January, which is about 15.5 miles.

"This is more than teaching students about physical activity," said Abee. "This is a confidence-building program, so they can believe in themselves and their potential."

In photo: West Lenoir Elementary Marathon Kids Daniels Castillo and Hailey Walker with PE Teacher Sharon Abee.