



*“For a child will be born to us, a son will be given to us;
And the government will rest on His shoulders; And His
name will be called Wonderful Counselor, Mighty God,
Eternal Father, Prince of Peace.” Isaiah 9:6*

Merry Christmas from the Caldwell Journal

Caldwell Journal Info

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

Advertising Rates:

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

Caldwell Journal Weather

Thursday (20th): Rain.

High 50 Low 46

Precipitation: 1.21 in.

Friday (21st): Rain at times; windy.

High 52 Low 34

Precipitation: 0.35 in.

Saturday (22nd): Partly sunny.

High 49 Low 27

Precipitation: 0.00 in.

Sunday (23rd): Becoming cloudy.

High 54 Low 29

Precipitation: 0.00 in.

Monday (24th): Mostly sunny.

High 53 Low 29

Precipitation: 0.00 in.

Tuesday (25th): Times of clouds & sun.

High 54 Low 35

Precipitation: 0.00 in.

Wednesday (26th): Partly sunny.

High 56 Low 34

Precipitation: 0.00 in.

CCC&TI honors Basic Law Enforcement Training (BLET) graduates

HUDSON, NC (December 18, 2018) -- In a December 17 ceremony at the J.E. Broyhill Civic Center in Lenoir, Caldwell Community College and Technical Institute honored its newest group of Basic Law Enforcement Training (BLET) graduates. Fifteen graduates completed more than 640 hours of training over 17 weeks and successfully complete a rigorous physical exam as well as the standardized state tests. Some of the graduates are already employed with local law enforcement.



Graduates, pictured left to right with BLET awards in parenthesis, are: Front Row: Cesar Rubio of Lenoir, Jessica Beaver of Collettsville, Mackenzie Goforth of Hudson (Andrew J. Burgess Academic Award, Most Improved Award), Courtney Hull of Hickory (Gary Clark Driving Award, Overall Physical Fitness Award), Lindsay Griffin of Hudson, Amber Glenn of Hudson and Miguel Rodriguez of Granite Falls; Back Row: Jonathan Anderson of Lenoir (Platoon/Class Leader, Top Gun Award), Dylan Clemmons of Hickory, John Dibella of Deland, Fla. (POPAT Award), James Gordon of Lenoir, Joshua Blankenship of Granite Falls (GRIT Award), Wilson Elliot of Newton, Tyler Walker of Lenoir and Joseph Waters of Hickory.

The Spring 2019 Basic Law Enforcement Training program will continue taking applications until 12 p.m., Friday, Dec. 21. Classes will begin on Jan. 7. To apply for CCC&TI's Basic Law Enforcement Training program, please contact Program Director Andy Day at 828-726-2750.

Special Enrollment Circumstances Available for Individual Health Insurance

LENOIR, NC (December 15, 2018) -- The deadline to enroll for Annual Enrollment was Dec 15th, but there are still other opportunities for enrollment in an ACA Individual Health plan referred to as Special Enrollments. You can still qualify for a plan if you have a Special Enrollment circumstance such as:

Turning age 26 and aging off a parent's plan, moving, marriage, divorce, having a baby or adopting a child, loss of Medicaid, loss of CHIP, loss of Employer coverage, and so on. Going through the Marketplace (where on or off Marketplace) is the only way to secure Individual Health Major Medical coverage in our area.

While there are other plans that advertise as "Major Medical" they are actually plans with limitations on coverage such as pre-existing conditions or a dollar amount limit on what's covered or even ones that are funded by other customers enrolled in the same type of plan.

Enrolling in an ACA Major Medical Individual Health ensures that you have no pre-existing conditions and no policy maximums on total dollar amount covered. You cannot be turned down based on your health for an ACA Individual Health plan if you qualify for a Special Enrollment.

Bush and Associates are experts with assisting customers with the tedious Healthcare.gov enrollment process in order to select a plan that suits their budgets and health insurance needs. They have been helping with enrollments since the individual health insurance part of the Affordable Care Act for the individual went into effect in 2013.

Please contact Bush and Associates at (828) 754-2601 or email quotes@bushandassociates.net today for more information. You can also visit their website at: <http://www.mynhealthplan.com> or find them on Facebook: @bushassociates

~Laura Sedlacek is an Agent with Bush and Associates located in Lenoir at 916 Wilkesboro Blvd.

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Caldwell Journal Weekly Recipe

Mashed Potato Casserole

Ingredients

- 10 potatoes (about 3 1/2 lbs.)
- 1/2 lb. cream cheese
- 1/4 cup butter
- 1 cup chopped green onion
- 1 cup sour cream
- 1/2 cup minced fresh parsley
- 1 pinch dried marjoram
- salt and pepper
- 1/2 cup coarse fresh breadcrumb

Instructions

In a large pot of boiling water, cook potatoes for 20 minutes or until tender but not mushy. Drain and let cool slightly, peel. With a potato masher, mash until smooth, do not use an electric mixer, blend in cream cheese and butter until melted. Mix in onions, sour cream, parsley, marjoram, and salt and pepper to taste. Transfer to 8 inch (2 L) baking dish, smooth top. Sprinkle with crumbs, (Casserole can be prepared to this point, covered and refrigerated for up to 2 days or frozen for up to 1 week. Let thaw in refrigerator for 24 hours. Add 10 minutes to baking time.) Bake in 400 degree oven for about 20 minutes or until heated through and top is lightly golden.

CCC&TI, Appalachian State University announce Aspire Appalachian Co-Admission Program Agreement

BOONE, NC (December 14, 2018) -- Leadership from Caldwell Community College and Technical Institute (CCC&TI) and Appalachian State University have announced a new co-admission agreement that will create a seamless pathway for students who want to start at CCC&TI and complete their degree at Appalachian State.

The Aspire Appalachian Co-Admission Program will provide students who complete a two-year associate degree at CCC&TI with a 2.25 GPA or higher with guaranteed admission to Appalachian State to finish their undergraduate degree. Joined by Appalachian State Chancellor Dr. Sheri Everts for the signing ceremony on Appalachian's campus on Wednesday, Dec. 12, CCC&TI President Dr. Mark Poarch described the agreement as "monumental."

"I want to thank Chancellor Everts, Provost Kruger and the entire leadership team at Appalachian State University for your vision, for your leadership and for your partnership," Poarch said. "This is a monumental day for Caldwell Community College and Technical Institute. It's great to be able to demonstrate the collaboration and strength we have in Western North Carolina."

This past fall, 1,278 transfer students enrolled at Appalachian — seven out of 10 came from a community college.

Describing Aspire Appalachian as an important collaboration, Everts said the agreement represents a continuation and strengthening of the partnership between the two institutions.

"Our strong transfer student numbers are due in large part to the intentional work we do with community colleges," Everts said. "Appalachian is nationally recognized for the support we provide our transfer students, which leads to their academic success. The completion rate for Appalachian's graduating students who transferred after graduating from N.C. Community Colleges is more than 20 percent above the national average."

The agreement, which goes into effect immediately, will create a pathway from CCC&TI to Appalachian State that includes academic and financial aid advising support for students, which will prepare them for a successful transition from community college to the university.

Aspire Appalachian students will have up to three years to complete the Associate of Arts, Associate of Science or Associate in Applied Science degrees before enrolling at Appalachian State. Aspire students will also benefit from waived application fees at Appalachian State, coordinated financial aid programs, coordinated degree completion and on-site admissions and academic advising.

As co-chair of the Higher Education Task Force for My Future NC, a statewide commission on educational attainment, Everts said she is working with education professionals across the state to address issues of increasing access to education — and decreasing achievement gaps.

"As part of this work," she said, "the commission is addressing transfer pathways from community colleges to four-year institutions. I am extremely proud to see this strategy put into action through this agreement between CCC&TI and Appalachian."

Students seeking additional information or wanting to apply for the Aspire Appalachian Co-Admission Program can contact Dennis Seagle, CCC&TI director of enrollment management, at 828-726-2705, or Dr. Kim Van Wie, director of Student Services at the CCC&TI Watauga Campus in Boone, at 828-297-2185, or Jane Rex, director of Appalachian State's Office of Transfer Services, at 828-262-7465.



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1 Special enrollment periods are available for individuals with qualifying life events. Visit healthcare.gov for more details

2 45 CFR 155.410(b)

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Sedlacek attains Elite Circle of Champions for Healthcare.gov for 2019

LENOIR, NC (December 15, 2018) -- Laura Sedlacek, an insurance Agent with Bush and Associates in Lenoir, has achieved the honor of making the Elite Circle of Champions for assisting more than 100 consumers with their Marketplace enrollment.

The Marketplace of Healthcare.gov is where most consumers needing Individual Health insurance need to enroll. It is also possible to enroll Off Marketplace as well.

Sedlacek is an expert with helping customers go through the cumbersome Healthcare.gov enrollment process in order to select a plan that suits their budget and health insurance needs. She has been assisting with enrollments since the Affordable Care Act for the individual health insurance part went into effect in 2013. She has been working with Bush and Associates for more than 20 years and is a graduate of Lenoir-Rhyne College with a Business degree and from Wake Forest University with a Master's degree in Communications.

The deadline to enroll for Annual Enrollment was Dec 15th, but Sedlacek is quick to point out if you missed it, there are other opportunities for enrollment referred to as Special Enrollments. You can still qualify for an Individual Health plan if you have a Special Enrollment circumstance such as: Turning age 26 and aging off a parent's plan, moving, marriage, divorce, having a baby or adopting a child, loss of Medicaid, loss of CHIP, loss of Employer coverage, and so on.

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~Laura Sedlacek is an Agent with Bush and Associates located in Lenoir at 916 Wilkesboro Blvd.

CCC&TI Announces Spring Caldwell Cuisine Schedule

HUDSON, NC (December 13, 2018) -- Caldwell Community College and Technical Institute's Culinary Arts program has announced the dates and menus for its spring semester installment of Caldwell Cuisine. Each of the meals will be served at 6 p.m. at the J.E. Broyhill Civic Center in Lenoir and are priced at \$21 plus tax per person. The events are open to the public, but diners are required to purchase tickets prior to the event.

In addition to providing an opportunity for the community to enjoy the gourmet Caldwell Cuisine menus at a reasonable price, the events also provide CCC&TI's Culinary Arts students a chance to apply their classroom knowledge. The spring menus will each center around different cooking techniques and feature menu items prepared using the assigned technique.

Following are the dates and menus for the events:

Thursday Feb. 21, 2019 - Stewing

Arugula Salad- smoked bacon, tomato, gorgonzola, blue cheese vinaigrette

Beef Burgundy- French beef stew, carrot, mushroom, pearl onion, red wine, thyme demi, over mashed potatoes

Chocolate Pots de Crème- rich chocolate custard, Chantilly crème

Thursday, March 21, 2019 – Saute´

Potato and Leek Soup- sweet leeks, potatoes, garlic, thyme, white wine, crispy bacon

Chicken Marsala- sautéed chicken breast, Crimini mushroom, Marsala pan sauce over rice pilaf

Pecan Cream Pie- cheesecake custard, pecan pie topping

Thursday, April 18, 2018 - Grilling

Panzanella Salad- fresh tomato, toasted focaccia, red onion, fresh basil, balsamic

Grilled Atlantic Salmon, sweet corn relish, arugula, Creole mustard buerre blanc

Caramel Apple Cheesecake

For more information or for tickets, visit www.ccti.edu/cuisine.



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Alan Merck Named Chief Operating Officer at Blue Ridge Energy

LENOIR, NC (December 7, 2018) – Alan Merck has been named Senior Vice President and Chief Operating Officer for Blue Ridge Energy, a member-owned electric cooperative serving some 76,000 consumers in northwest North Carolina with corporate headquarters in Lenoir, NC.

Merck joined Blue Ridge Energy in 2012 as Director of Key Accounts/Business Development. Later, he was named Director of Innovative Energy Solutions. Previously, he spent 29 years with Duke Energy in various roles including: Transmission/Substation Design and Construction, System Operations, Bulk Power Trading Floor, and Wholesale Power Contract Management. He holds a B.S. in Business Management and an A.S. in Electrical Engineering Technology.

In his role as COO of Blue Ridge Energy, Merck oversees system engineering and distribution and transmission operations, electric plant, reliability, engineering, power supply planning and coordination, customer service, economic development, and member relations.

“Alan has a proven track record in expertly managing a wide range of critical areas that benefit our members with the most reliable, affordable electricity possible delivered with the personal touch care, service and commitment to improving local communities that sets apart cooperatives,” said Doug Johnson, Chief Executive Officer of Blue Ridge Energy. “This is especially critical during this period of system upgrades to meet the power demands of our members in northwest North Carolina now and for the future,” Johnson added.

Merck and his wife, Kelly, along with daughter Lydia, live in Granite Falls in Caldwell County. Their daughter, Lindy and husband, Jacob Lail, also live nearby.

Blue Ridge Energy serves 76,000 members in Caldwell, Watauga, Ashe, and Alleghany counties as well as parts of Alexander, Avery and Wilkes counties. The cooperative also has two subsidiary companies, Blue Ridge Energy Propane and Fuels which serves residential and commercial customers, and RidgeLink, a business-to-business telecommunications and broadband provider. Learn more at BlueRidgeEnergy.com.

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Call For Photographers: “Exposures: A Photography Competition and Exhibition”

The Caldwell Arts Council invites Caldwell County artists and photographers to enter up to 2 framed, ready-to-hang photographic works in the January “Exposures: A Photography Competition and Exhibition” event. All the details for participation are on the website: <https://www.caldwellarts.com/386-exposures-photography-competition/>.

An opening reception and awards announcement for this exhibition will be held Friday, January 11, 2019, 5:00 pm to 7:00 pm. The exhibition will continue through January 26, 2019.

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. Phone 828-754-2486; Website www.caldwellarts.com.



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U.S. Forest Service implementing recreation fee changes...Mortimer Campground fees to double

ASHEVILLE, NC (December 14, 2018) -- Starting January 1, 2019, the U.S. Forest Service will increase recreation fees at 24 sites on the Pisgah and Nantahala National Forests. For sites that are seasonally closed, fee increases will take effect on opening day.

This is the result of a fee proposal process that began in 2017 and included a 46-day public participation period, a published Federal Register Notice, and review and recommendations from the Southern Region Recreation Resource Advisory Committee (RRAC), a Federal Advisory Committee comprised of members of the public.

The goal of these changes is to establish a consistent fee approach on the National Forests in North Carolina and to improve visitor experiences through site upgrades paid for by the collected fees. Current pricing at many Forest sites have remained static for over a decade and have not kept pace with other recreation sites with similar services and amenities. In addition, many sites have received various improvements and upgrades.

The Federal Lands Recreation Enhancement Act of 2004 allows the Forest Service to keep 80-95 percent of fees collected to operate, maintain, and improve the recreation sites from which they were collected.

The fee changes will be effective as of January 1, 2019, (unless otherwise indicated) and include:

Campgrounds

- Bristol Fields Horse Camp - increase from \$5 to \$8/night
- Cheoah Point - increase from \$15 to \$20/night for single sites, \$20 to \$25/night for RV sites
- Cable Cove - increase from \$10 to \$15/night
- Curtis Creek - increase from \$5 to \$10/night
- Horse Cove - increase from \$10 to \$15/night
- Jackrabbit - increase from \$15 to \$20/night for single sites, and \$30 to \$40 for double sites
- Mortimer - increase from \$10 to \$20/night for single sites, and \$20 to \$40/night double sites (phased in over a period of two years)
- Rocky Bluff - increase from \$8 to \$15/night
- Tsali - increase from \$15 to \$20/night
- Wine Springs Horse Camp - new \$10/night fee, effective January 6
- Wolf Ford Horse Camp - new \$10/night fee, effective January 6

Day Use Areas

- Cheoah Point Beach - new \$5/vehicle fee, new \$30 annual pass, effective January 6
- Dry Falls - new \$3/vehicle fee, new \$15 annual pass (usable at Dry Falls, Whiteside Mountain, and Whitewater Falls), effective January 6
- Jackrabbit Beach - increase from \$3 to \$5/vehicle, new \$30 annual pass
- Whiteside Mountain - increase from \$2 to \$3/vehicle, new \$15 annual pass (usable at Dry Falls, Whiteside Mountain, and Whitewater Falls)
- Whitewater Falls - increase from \$2 to \$3/vehicle, new \$15 annual pass (usable at Dry Falls, Whiteside Mountain, and Whitewater Falls)

Cabins

- Cheoah Point Cabins - increase from \$35 to \$40/night
- McCall Cabin - new \$30/night fee or \$200/week fee, effective January 6

Group Campgrounds

- Appletree Group Camp - increase from \$50 to \$75/night for 25 person sites, and from \$100 to \$150 for 50 person sites
- Rattler Ford Group Camp - increase from \$50 to \$75/night for 25 person sites

Shooting Ranges

- Dirty John - increase from \$3 to \$5/person, annual pass increase from \$25 to \$30 (usable at all Nantahala National Forest ranges)
- Moss Knob - increase from \$3 to \$5/person, annual pass increase from \$25 to \$30 (usable at all Nantahala National Forest ranges)
- Panther Top - increase from \$3 to \$5/person, annual pass increase from \$25 to \$30 (usable at all Nantahala National Forest ranges)

Whitewater Launches

- Nantahala River Corridor - increase from \$1 to \$2/paddler per day, new \$10 annual pass