

CCC&TI Hires Frank Pait As First Baseball Coach

HUDSON, NC (December 19, 2018) -- Building a college baseball program from scratch is no easy task. Fortunately for Caldwell Community College and Technical (CCC&TI), someone with more than two decades of coaching experience, including building a program from the ground up at a neighboring community college, was available.

Frank Pait, a native of Wilkesboro and a former head coach of baseball programs at nearby Lenoir-Rhyne University and Catawba Valley Community College, will be the new head coach at CCC&TI. His first day will be Feb. 1, but he has already started making plans for the team's launch in Fall 2019.



"To come in and put your thumbprint on something that is happening for the first time is as exciting and challenging as it gets," Pait said. "We want to create something that everyone in the community can be proud of."

In November CCC&TI's Board of Trustees approved the addition of baseball and softball to the college's Athletic Department. Both teams are scheduled to begin play in Fall 2019. Competing in the National Junior College Athletic Association (NJCAA), conversations are underway to determine in which division Caldwell will compete, but that decision has not yet been made.

For the baseball program, finding a coach with the right experience and connections to local baseball was important.

"We have hit an absolute homerun with Frank," CCC&TI Athletic Director Matt Anderson said. "His reputation and track record speak for itself. He is a proven winner and knows how to build a program."

Anderson said the goal is to compete on a national level and hiring Pait is a good first step.

"He's been through this exact process before. Not only did he build a program from scratch, he had them in the national tournament in the third year of the program," Anderson said. "I truly believe we're going to build something special here and I am so excited for our student athletes, our college and our community."

Pait said he has been involved in baseball his entire life. He began playing at a young age and as a player at Wilkes Central High School he earned a scholarship to play at Wingate University. After earning his degree, he took a Graduate Assistant job with Lenoir-Rhyne University baseball. He then coached baseball at West Wilkes High School and served as an assistant coach at Wingate before landing the head coaching job at Lenoir-Rhyne. He went on to become the first head coach of the baseball program at Catawba Valley Community College, where he built a program that played in the NJCAA World Series and had a fifth-place finish in only its third season of existence. He left coaching in 2015 but is ready to return to the game. **Continued on page 2...**

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

Caldwell Journal Weather

Thursday (27th): Cooler; afternoon rain.
 High 40 Low 39
 Precipitation: 1.00 in.

Friday (28th): Heavy rain, t-storm.
 High 61 Low 43
 Precipitation: 0.86 in.

Saturday (29th): Mostly cloudy; mild.
 High 61 Low 41
 Precipitation: 0.20 in.

Sunday (30th): Periods of rain; cooler.
 High 48 Low 31
 Precipitation: 0.37 in.

Monday (31st): Rain.
 High 53 Low 47
 Precipitation: 0.68 in.

Tuesday (1st): Rain & drizzle possible.
 High 56 Low 32
 Precipitation: 0.00 in.

Wednesday (2nd): Partly sunny.
 High 48 Low 28
 Precipitation: 0.27 in.

**Caldwell Hospice Good Grief Meal
To Be Held January 3**

LENOIR, NC (December 20, 2018) — Caldwell Hospice and Palliative Care will hold its next monthly Good Grief Meal at 3pm, Thursday, January 3, at Captain's Galley Seafood, 4345 Hickory Blvd., Granite Falls, 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 Ash-ewood 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 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.

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Recruiting will begin immediately, he said, with a focus on local players first and expanding outward in the region and beyond.

"We're not scared to recruit out of state, but we want local guys," he said. "If they can play, we want them here."

Pait said that the community can expect fundamentally sound teams that will be well prepared and will play aggressive baseball. It all starts, he said, with recruiting the right players and creating the right atmosphere.

"We're going to bring in good guys and we're going to try to make them better people. We're going to bring in good students and make them better students. We're going to bring in good players and try to make them great players," he said. "If we do those things, the winning and success will take care of itself."

Individual Health Enrollment May Still Be Possible Due To Natural Disaster Special Enrollment

LENOIR, NC (December 19, 2018) — Customers who wanted to enroll in an ACA individual health plan and missed the deadline due to the recent winter storm may still be able to qualify for a plan as Special Enrollment relating to this natural disaster. Any one in any county in North Carolina may be eligible. To enroll, one must apply for an extension or Special Enrollment Period because of being unable to finish applying due to the difficulties such as power outages, etc. presented by the storm.

Please contact your ACA Individual Health Agent immediately to get their assistance in helping you to enroll. Bush and Associates has been assisting customers with ACA individual health enrollments since they became available in 2013. They have already made the Elite Circle of Champions for 2019 for helping enroll more than 100 customers with Marketplace health insurance plans.

For more information, please contact Laura Sedlacek of Bush and Associates insurance at (828) 754-2601, email quotes@bushandassociates.net or stop by their office at 916 Wilkesboro Blvd. in Lenoir. Find Bush and Associates online at: www.mynchealthplan.com or on Facebook: @bushassociates ~Laura Sedlacek is an Agent with Bush and Associates.

Local DAV holds Annual Christmas Dinner

HUDSON, NC (December 23, 2018) -- Caldwell County's Disabled American Veterans Chapter 6 and Veterans of Foreign Wars, Post 5381 recently held their joint Christmas Dinner at the DAV building In Hudson. Members were requested to bring a can of food to be donated to South Caldwell Christian Ministries and Yokefellow. Results were fantastic. One hundred seventy-one cans of food were collected. Members and guests enjoyed barbecue and chicken with all the trimmings catered by Hog Wild Barbecue and desserts provided by the VFW Auxiliary. The DAV meets the 1st Thursday of each month at 6pm and the VFW meet the 4th Thursday of each month also at 6pm. Eligible veterans are invited to attend the meetings. The DAV building is located at the corner of Cahah Mountain Road and Hickory Nut Ridge Road.

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Caldwell Journal Weekly Recipe

Italian Meatballs

Ingredients

- 1 c. bread crumbs
- 1/2 c. milk
- 1 lb. ground beef
- 1/2 lb. ground pork
- 1/2 lb. Italian sausage, casing removed
- 1 small onion, finely diced
- 3 cloves garlic, minced
- 1 c. freshly grated Parmesan
- 1/4 c. freshly chopped parsley
- 2 large eggs, beaten
- 2 tbsp. extra-virgin olive oil
- 1 (32-oz.) jar marinara sauce, or homemade marinara

Instructions

In a small bowl, stir bread crumbs with milk until evenly combined. Let sit 15 minutes, or while you prep other ingredients. In a large bowl, use your hands to combine beef, pork, sausage, onion, and garlic. Season with salt and pepper, then gently stir in bread crumb mixture, eggs, Parmesan, and parsley until just combined. Form mixture into 1" balls. In a large high-sided skillet over medium heat, heat oil. Working in batches, sear meatballs on all sides to develop a crust. Set meatballs aside, reduce heat to medium-low, and add sauce to skillet. Bring sauce to a simmer then immediately add meatballs back to skillet. Cover and simmer until cooked through, about 8 minutes more.

Goodbye Medicare Disenrollment Period And Hello 2019 Medicare Open Enrollment Period

LENOIR, NC (December 20, 2018) — Medicare Advantage plans or Medicare Part C are private health plans that give Medicare beneficiaries another option for their additional Medicare coverage. If you change your mind and decide you want to do something different, there is a special disenrollment period when you have a chance to change your plan.

The 2019 Medicare Open Enrollment Period (MOEP) will be from January 1st to March 31st. This replaces the Medicare Advantage Disenrollment Period no longer exists for 2019.

During the 2019 Medicare Open Enrollment Period you can: 1) switch from one Medicare Advantage plan to another or 2) disenroll from a Medicare Advantage plan and return to Traditional Medicare with or without a Prescription Drug Plan (PDP) also known as Part D.

The new Medicare Open Enrollment Period will not allow changes from one PDP to another. If you make a change, it won't start immediately but rather on the 1st day of the month following the date the new enrollment request was received.

If you miss the MOEP, you will need to wait until the next AEP (Annual Enrollment Period from Oct 15th-Dec 7th) to make a change unless you qualify for a Special Election Period (SEP.)

Special Enrollment Period qualifications consist of 1) having Medicare and Medicaid, 2) must reside in a rehabilitation hospital, nursing home or skilled nursing facility, 3) qualify for LIS (low income subsidy, Extra Help program), or 4) moved out of your plan's service area. You may only use the same SEP once per year.

If you do decide to drop your Medicare Advantage plan to return to Original Medicare, you can also apply for a Medicare Supplement policy and/or a PDP. Also known as Medigap, Medicare Supplement plans help cover the deductibles and coinsurance payments not covered by Original Medicare. Traditionally, Medicare Beneficiaries cannot have both a Medicare Advantage plan and a Medigap plan at the same time.

Bush and Associates has been offering Medicare products in Caldwell County and the Unifour area for more than 35 years. Call (828) 754-2601, email quotes@bushandassociates.net or stop by the office at 916 Wilkesboro Blvd in Lenoir to find out more information.

~Laura Sedlacek is an insurance agent for Bush and Associates in Lenoir. Find out more on their website: mynchealthplan.com by calling (828) 754-2601 or emailing quotes@bushandassociates.net Their office is located at 916 Wilkesboro Blvd. in Lenoir.

Valmead Fire Rescue Receives Grant From NC Department Of Insurance

LENOIR, NC (December 19, 2018) — Valmead Fire Rescue is pleased to announce a \$25,000 rescue grant award from the Department of Insurance! Commissioner Causey thanked Chief Mark Yates and the department for their hard work and dedication in a public news release.

The funds will be used to purchase a quick response vehicle to lessen the burden on our 23-year-old single cab Ford brush truck. Chief Yates commented, "This purchase will allow us to serve our citizens with a more cost effective, safer response. This purchase will allow us to more efficiently respond to calls within our district and assist other departments with manpower requests and mutual aid calls. Each year Valmead Fire Rescue responds to approximately 400 calls."

Interested in helping our growing fire department? We are in need of members with a willingness to learn; we currently need Firefighters, EMTs and administrative volunteers proficient in Microsoft Office. Stop by on Monday nights for more information!



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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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The American Puppet Masters by Daniel B. Rundquist

What if you woke up one bright Sunday morning in Caldwell County to go on over to church only to discover that your fellow church members and the clergy were aggressively splitting into two separate factions? Then you learn that the government had partnered with your “new” church and your new pastor was chosen by some church guy in Quebec, Canada. You soon discover that the state police have raided the offices of some your “separated” church leaders and took them into custody for interrogation. You expect to hear about some serious criminal allegation involving them, but there are none. Soon you find out that one of the main reasons your church split was because your new church leadership received a cash payoff from a foreign government. Would any of this upset you?

In an outrageous display of irresponsible international hubris, the United States of America has inserted itself into an area of Christianity between Ukraine and Russia that will affect both the Church and many other nations for decades, and perhaps for centuries to come.

The Orthodox Christian Church in Ukraine had sought independence (autocephaly) from the greater Church structure. It has been under the patriarch of the Church in Russia for centuries. The greater Church consists of fourteen autocephalous churches serving Christians all over the globe. These canonical decisions are always collegiate, never to be decided by one single patriarch. But with influence from both the Roman Catholic Vatican, and the U.S, the Ecumenical Patriarch of Constantinople alone decided to make the Ukrainian Church autocephalous. He began to make preparations to facilitate the independence of the Ukrainian Church on September 7th, 2018¹. There was no full Ecumenical Council held by the greater Church to decide, as the rules of the Church require for such a decision.

On December 15th, 2018 “A ‘Unification Gathering’ was held in Kiev’s St Sophia Cathedral to officialize the split of the newly formed Ukrainian Church from the Moscow Patriarchate.”

The move was immediately rejected by the Russian Orthodox Church and most of the other autocephalous Churches. What are the effects of such an action? All this served was to fuel already existing political unrest, and church disunity. There are other consequences, according to the former Ukrainian Prime Minister, Nikolai Azarov, “...by raising the issue on autocephaly (independence) the Kiev authorities plan to destroy the Ukrainian Orthodox Church. ‘Unification on the basis of destruction - that’s what the Kiev authorities suggest,’ he said. ‘What’s in the future? Forceful seizure of churches, temples, monasteries...Such games may result in blood and killings...’ ”

It was not long before Ukrainian Security Forces raided the offices of Orthodox Priests with ties to the Russian branch of the Church.⁴ These priests were then interrogated.

The idiotic and duplicitous response from the U.S. State Department not surprisingly, entirely misses the mark:

“The United States congratulates Metropolitan Epifaniy on his election as head of the Orthodox Church of Ukraine. The establishment of the Church was a historic moment for Ukraine. The United States maintains unwavering support for Ukraine and respects the freedom to worship unhindered by outside interference. The right to religious freedom extends to all Ukrainians, including those choosing to join – or not to join – the new Orthodox Church.”

While pontificating about respect for “...the freedom to worship unhindered by outside interference,” the U.S. ignores the very fact that it and other nations did exactly that...manipulated parties as a primary outside interference.⁷ In so doing they have fueled the fires of disunity and provided just cause in the minds of many for a civil war in Ukraine. The Church did not just split on its own in some natural or canonical way. ***Continued on page 8...***



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The American Puppet Masters

by Daniel B. Rundquist

Continued from page 6...

According to some sources, the United States paid the Ecumenical Patriarch of Constantinople \$25 million to help motivate him to defy the canon of the greater Orthodox Church and declare the Ukrainian Church "autocephalous" on his own.

A government that is nearly \$22 trillion in debt seems to have no problem whatsoever finding money to use to manipulate world events as it sees fit, even if it means interfering with the Holy Church. Around the world members of the various Orthodox Churches were thrown into confusion and disarray, some leaving parishes and joining others over the issue; more division and hardship courtesy of the arrogant U.S. government. We can conclude that our government understands nothing of the concept of holiness, and respects only its own political interests. Why? Because one of the autocephalous Orthodox Churches is Russian—in a nation that has been Orthodox Christian since the baptism of Rus in 988 A.D.

You're in North Carolina, though...Ukraine is "over there" so why would you care? It's not your church anyway, right? You should care, we all ought to. If you happen to read a headline in 2019 that says, "Unrest in Ukraine descends into civil war" or some similar tag line, you will know that the United States Government was a major catalyst in causing it. It will be the very same American politicians that will run to the nearest microphone to tell you that we need to "support Ukraine" and to do that they will need to spend billions of tax dollars that our nation does not have. Then they will want to send our sons and daughters in uniform over there to "secure the situation, stabilize the region, and provide humanitarian aid to displaced civilians." Does any of this sound familiar? It should because when it comes to military operations overseas this is how most of them have begun since 1950.

What we have here is a demonstration that the political class in the United States does not respect the Almighty God by staying out of church matters, but instead elevates politics above holiness and brings people to worship at the altar of the almighty dollar.

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Two Advance Care Planning Workshops: Living Will, Healthcare Power Of Attorney And Benefits Overview

LENOIR, NC (December 20, 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 partners with the Caldwell Senior Center 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 January 10, 2019, at 1:30 p.m. at the Caldwell Senior Center in Lenoir, and January 24, 2019, 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.



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Teachers Attain The Highest Certification In Their Field

LENOIR, NC (December 20, 2018) -- Five more teachers will hang a gold star on their classroom door, a symbol of acclaim that has been placed on the doorways of 280 teachers, counselors, and media specialists in the Caldwell County School System who have attained National Board Certification awarded by the National Board for Professional Teaching Standards (NBPTS) since 1995. To date, 169 employees hold the coveted national certification to include 18 percent of the teaching cadre.

"We encourage and support professional development for all faculty members," said Superintendent Dr. Donald Phipps, "and National Board Certification is one of the most highly regarded teaching credentials in the country. We are proud of each teacher's level of dedication through countless hours of preparation, and sometimes years of study, in achieving this highest level of education certification that is respected and recognized by every state."

Teachers who earn national certification must demonstrate their knowledge and skills through a series of performance-based assessments, teaching portfolios, student work samples, videotapes and analyses of their classroom teaching and student learning. This voluntary process typically takes one to three years to complete.

According to research conducted by the University of North Carolina at Greensboro, teachers who have achieved National Board Certification by the NBPTS significantly outperform their peers who are not Board Certified on 11 of 13 key dimensions of teaching expertise, according to a study released by the National Board. Based on student work samples, the study's authors declared that National Board Certification "is identifying and certifying teachers who are producing students who differ in profound and important ways from those taught by non-certified teachers."

Congratulations to the following teachers in the Caldwell County Schools who received National Board Certification by the NBPTS in 2018:

Alexis Buchanan, art teacher, Dudley Shoals Elementary

Cindy Dale, 5th grade teacher, Hudson Elementary

Abby Hudgens, English-as-a-Second Language teacher

Brandy Story, 3rd grade teacher, Collettsville School

James Marra, social studies teacher, Hibriten High School

These teachers, as do all teachers in North Carolina who achieve certification, receive a 12 percent salary supplement to their regular pay. They also are awarded eight continuing education credits. Also, the State Board of Education awards a North Carolina teaching license to out-of-state teachers who are employed in North Carolina and who possess the national certification.

Before 2017, National Board Certification was issued for 10 years. To ensure that teachers stay up to date on the knowledge and best practices in their certificate area, national certification was changed in 2017 to five years. Eleven teachers in the Caldwell County Schools renewed their national certification in 2018.

North Carolina remains the national leader in the total number of teachers who have earned certification by the NBPTS, accounting for nearly 22,000 teachers or 22 percent of the statewide teaching force. The state gained 557 National Board teachers who are currently working in public school classrooms. The success experienced in North Carolina school districts, to include Caldwell County, can be attributed mainly to the support systems in place and incentives provided to North Carolina teachers.