



## Structure fires in Caldwell County leave families displaced

GRANITE FALLS, NC (January 31, 2019) - A very difficult start to the week with two residential structure fires in southern Caldwell County. The two families lost everything in these fires with one family losing their precious puppy. Thankfully there were no injuries to the families and the firefighters. One fire was caused by a space heater that was too close to a Christmas tree and the other was caused by a heat lamp in a dog house. In above photo: Firefighters Praying after fighting fire.

From the Grace Chapel Fire Department...

"On behalf of the Grace Chapel Fire Department we are reaching out to our community for help and support. There have been two structure fires that has taken everything that two families owned. The Grace Chapel Fire Department knows what type of community that we have and the support that each have given in times of need. This is a time of need for two families that if anyone has anything to donate that would help in any way would be greatly appreciated." Chief Bryan J Edwards -- For information on how you can help these families, go to page 2...

# 48 Days Until Spring

Wednesday, March 20, 2019 at 5:59pm

## Caldwell Journal Info

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**www.caldwelljournal.com**  
**www.facebook.com/CaldwellJournal**  
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**Our Deadline Is On Friday At 5pm  
 For Next Week's Paper**

# Caldwell Journal

## Caldwell Journal Weather

**Thursday (31st):** Mostly sunny; cold.  
 High 41 Low 17  
 Precipitation: 0.00 in.

**Friday (1st):** Mostly cloudy; milder.  
 High 52 Low 31  
 Precipitation: 0.00 in.

**Saturday (2nd):** Turning cloudy.  
 High 58 Low 39  
 Precipitation: 0.00 in.

**Sunday (3rd):** An a.m. shower; mostly cloudy.  
 High 58 Low 39  
 Precipitation: 0.01 in.

**Monday (4th):** A little afternoon rain.  
 High 58 Low 48  
 Precipitation: 0.04 in.

**Tuesday (5th):** A bit of afternoon rain.  
 High 70 Low 56  
 Precipitation: 0.51 in.

**Wednesday (6th):** Clouds, chance for rain.  
 High 66 Low 41  
 Precipitation: 0.24 in.

## Structure fires in Caldwell County leave families displaced

*Continued from page 1...*

The first family the Grace Chapel Fire Department is spear heading attempt to collect for a three-member family (A mother, father, and 2 year old boy). The family lost everything they owned this morning. The following are sizes of the family:

Mother - Clothes  
 L-XL shirts  
 L - Pants (Size 14)

Father - Clothes  
 L-XL Shirts  
 32x32 or 31x32 Pants

Two Year Old Boy - Clothes  
 24 Month- 2T  
 Diapers Size 3

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If you can help or have any donations, please call Chief Bryan J Edwards at 828-312-6645 or 828-396-1702.

The second family the Sawmills Fire Department is spear heading the attempt to collect donations for three children. The following is the sizes:

Two female children - Clothes  
 Shoe Size - 12 in Kids and 8 in Kids  
 Clothes - 6T and 3T

One Boy - Clothes  
 Shoe Size - 10 in Kids  
 Clothes - 5T

If you can help or have any donations, please contact Chief Kyle Klontz at Sawmills Fire Department at 828-396-1567.

Thank you from the bottom of our hearts,  
 Chief Bryan J Edwards

## Crawdads Valentine's Package on Sale Now

HICKORY, NC (January 29, 2019) -- Hit a homerun this Valentine's Day with the Crawdads Valentine's Day Package!

The Crawdads are now accepting reservations to make this Valentine's Day one to remember. The package comes with a rose from Whitfield's Flowers & More, a choice of a Crawdads or Crawmoms tee shirt, and a NC Pediatric Dentistry Family 4-Pack (4 undated tickets, 4 hot dogs, 4 fries, and 4 soft drinks) all for only \$59!

The Crawdads Valentine's Day Packages can be delivered to your special someone by Conrad himself. Deliveries are on a first come, first serve basis so secure your Valentine's Day surprise by ordering now. All orders must be placed by February 13th and deliveries must be within 25 miles of LP Frans Stadium.

To order your Valentine's Day Package or for more information, call the Crawdads front office at (828) 322-3000.



## Watch out for fake letters about deployed servicemembers

RALEIGH, NC (January 30, 2019) -- Fort Bragg officials are warning people about a recent scam involving fake deployment letters.

You may receive a letter that appears to be signed by a high-ranking, legitimate military official, asking you to subscribe to a website to be able to keep in touch with friends or family members who are deployed. The letters that claim to be from Fort Bragg are signed by Fort Bragg Garrison Commander Col. Kyle Reed and refer people to a website called MilVPN-USaf. The website will then ask you to register, select a plan, and make a payment so you can contact the deployed servicemember.

These letters are a scam. Scammers often target members of the military and their relatives and attempt to take advantage of their fears and concerns for their loved one's safety. Watch out for people who try to exploit a military connection, and make sure you verify that they are who they claim to be. Never send money or share personal or financial information online with someone you don't know. If you do need to find out how to contact a loved one while they are deployed, contact your Family Readiness Liaison or chain of command.

Learn more about common military scams and ways to avoid them in our Military Consumer Protection Guide. If you believe you or someone you know has been the victim of a scam, file a complaint with our office at [ncdoj.gov/complaint](http://ncdoj.gov/complaint) or 1-877-5-NO-SCAM.

## Caldwell Hospice Good Grief Meal to Be Held February 7

LENOIR, NC (January 25, 2019) -- Caldwell Hospice and Palliative Care will hold its next monthly Good Grief Meal at 3pm, Thursday, February 7, at Roma 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, grief support services 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](http://www.caldwellhospice.org) or the Caldwell Hospice and Palliative Care Facebook page.

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## Caldwell Journal Weekly Recipe

### Instant Pot Black Beans & Rice With Avocado Salsa

#### Ingredients

#### The Rice And Beans

- 2 tsp olive oil
- 1/2 medium yellow onion, chopped
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 2 tsp chili powder
- 1 1/2 tsp paprika
- 1 1/2 tsp dried oregano
- 3/4 tsp kosher salt
- 3 cups low sodium vegetable broth
- 3 cups water
- 1 1/2 cup dried black beans, rinsed & stones picked out
- 1 1/2 cup short grain brown rice
- Juice of 1/2 lime
- Salt and pepper, to taste

#### The Salsa

- 2 California avocados, chopped
- Juice of 1 lime
- 2 medium tomatoes, diced
- 3 tbsp minced cilantro
- 2 tbsp minced jalapeno pepper, seeds removed
- 1/4 tsp kosher salt

#### Instructions

#### The Rice And Beans:

1. Set the Instant Pot to Saute mode and add the olive oil.
2. Add the onion and cook, stirring occasionally, until starting to soften, about 3 minutes.
3. Add the garlic, cumin, chili powder, paprika, oregano and salt.
4. Cook for 30 seconds. Turn off the Instant Pot.
5. Pour in the vegetable broth, water, dried black beans and rice, and stir.
6. Put the lid on the Instant Pot, close the steam vent and set to HIGH pressure using the Manual mode. Adjust the time to 30 minutes. The Instant Pot will take approximately 15 minutes to come to pressure.
7. Let the pressure release naturally for 10 minutes, then release the pressure the rest of the way.
8. Squeeze in the lime juice, fluff the rice and beans with a fork and season to taste. Serve with the avocado salsa.

#### The Salsa:

While the rice and beans are cooking, stir together the avocado, lime juice, tomato, cilantro, jalapeno and salt.



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### Updates on South Sports Scene by Dan O'Neal

GRANITE FALLS, NC (January 29, 2019) --First, congratulations to the South Caldwell Men's Swimming Team on winning the Northwestern 4A-3A Conference Championships held recently at the Hickory Foundation YMCA. South edged out St. Stephens 415.5 to 396.5. Brody Carroll took first in the 500 Freestyle along with the Spartans winning two of the three relays. In the Ladies competition, South finished fourth with Kayana Taylor winning the 200 Individual Medley title as well as the 100 Butterfly. To Coach Brent Tomberlin, outstanding body of coaching work!

That Wrestling (not Rasslin)- At the recent Conference Tournament held at Freedom High School, the Spartans tied for the third with Freedom in the overall scores. Of course, it is not a mystery as to who the entire meet...duhhhh, Saint. If I am not mistaken, St. Stephens is the only unbeaten wrestling team in the entire state. Congratulations to Senior Dustin Herman on winning the 152 lb. weight class championship there. Other top-4 finishers include: Jonah McBurney, 3rd, 106; Jade Hutto, 4th, 126; Andrew Clark, 4th, 132; Hunter Hudson, 3rd, 138; CJ Crawford, 4th, 182; Justin Chester, 4th, 195; Steven Warren, 3rd, 220; Josh Voelkel, 3rd, 285. Have to say that these young people have a great time in their participation. Another outstanding body of work by the coaching staff helps to facilitate such enjoyment.

Congrats to the Spartans' Men's Basketball squad on getting their first win recently, a 46-44 victory over Alexander Central. Even though the presently have a 1-15 record, these young men continue to work hard and improve every game. The Ladies basketball record presently stands at 5-11 with recent wins over St. Stephens and Alexander Central but the loss to 2-13 Hibriten proved to be a setback. Both squads have an opportunity to improve on their record as they face West Caldwell at home on January 29th.

Other musings....The Stupid, ooops Super Bowl 53 (forget the proper Roman numerals). This writer really does not give a flying flip who wins. Through my lens, sports like pro football and the NBA are as rigged as that rasslin I referred to earlier. Now the networks and the athletic apparel companies determine the victor. And I thought it was always a level playing field...

Confession time (please be kind readers)...I am always and ever a Duke fan. If you were raised to be a Tarheel fan, a Wolfpack fan or in the case of East Burke head wrestling coach Mark Boyd, a Kentucky Wildcats fan, then that is the school you root for. Hence, please refer to my raising. That said, do I like the "One and Done" concept that rules College Basketball presently? In a word, NO, I am not. Pardon me for being old school but am still of the belief that these players should stay three years. Of course, that is now unrealistic.

However, maybe I can make an exception for freshman sensation and extreme highlight reel Zion Williamson. If there is an NBA franchise who should deliberately tank this season, it is the New York Knicks. From what I gather, the Knicks and their conglomerate, Madison Square Garden greatly covet Zion Williamson. In turn, Zion Williamson would love nothing more than to play 41 games a year at the Garden. It will be intriguing to see what transpires at the end of June.

So now writers block is setting in with me again. Maybe some you wish that would remain. Nevertheless, I will say it is a joy and a blessing to make this connection with the students, coaches, administration and faculty of South Caldwell High School as well as the other area learning institutions. Thank you so much for the hospitality and the way you have made me feel welcome. Keep this one thought in mind however....with some of the written content. I do, at times, have an annoying habit of saying or writing things merely to see what reaction I get from you.

### Newcomers of Catawba Valley will hear an update on the local economy at their meeting on Wednesday, February 13th

HICKORY, NC (February 1, 2019) -- Scott Millar, president of the Catawba County Economic Development Corporation, will talk about challenges and successes in bringing in jobs.

One of the biggest recent success is the start of the Trivium Corporate Center, a business park financed by Catawba County, the city of Hickory and Millar's nonprofit group. The 270-acre business park has announced its first two tenants - Corning's cable manufacturing plant and a German firm, ITM, which will make radiopharmaceuticals for treatment of cancer.

The meeting, which is open to the public, will begin at 10:30 a.m. at Hickory Regional Airport, 3101 9th Ave. Dr. NW, Hickory.

Newcomers is a social organization that allows new and longtime residents of the Unifour to meet, make friends and participate in a variety of activities. For details, visit [www.Newcomersofcv.com](http://www.Newcomersofcv.com).



## Seeking to Inspire Students Through Community Poetry

LENOIR, NC (January 23, 2019) -- Carly Schwartz, a third-grade teacher at Davenport A+ School, and her third-grade team are working to inspire students' imaginations to explore their community through poetry. Currently fundraising on Donors Choose their goal is to raise enough to provide a poetry workshop at the school as well as to purchase classroom copies of a local area poetry book so that each child can read and study the book eventually writing their own hometown poems.

Using the place poetry book "Poetry in LA (Lenoir Area)" by local author Laura Sedlacek (writing as LB Sedlacek), the poetry workshop will help students develop their written voice while developing deeper knowledge and building connections and appreciation for their community. The poetry book, "Poetry in LA" will be used for follow-up and cross-curricula activities.

To foster a sense of community and the arts, the third-grade team will hold a walking field trip to visit places Mrs. Sedlacek wrote poems about. During this trip, students will seek out things in their community they feel inspired to write about and illustrate. The students will also share their community poems and illustrations with young students attending school in Malawi, Africa. Arrangements are in place for students from the two countries to exchange information about their schools and communities.

Laura Sedlacek is a local novelist and poet. Her locally set mystery "The Glass River" was nominated for the Thomas Wolfe Memorial Literary Award last year. In addition to her two "Poetry in LA (Lenoir Area)" poetry books, Finishing Line Press published another poetry book of hers, "Words and Bones." Mrs. Sedlacek will read from her Lenoir area poems and discuss her writing style and inspirations with the students. These poems are about places students might normally take for granted from a local restaurant, to the downtown Lenoir sculptures to Highbrien mountain, etc.

This is a unique opportunity for these third-grade students to learn about and poetically express their feelings about the community in which they live.

If you would like to find out more about this community poetry project, please click here: <https://www.donorschoose.org/project/exploring-community-through-poetry/3831473>

To find out more about local author LB Sedlacek, please go to: <http://www.lbsedlacek.com>

~LB Sedlacek is a local area poet and author. Her books include the Happy Valley mystery "The Glass River," the poetical romance set in Ocean Isle and Sunset Beaches "The Mailbox of the Kindred Spirit" and the poetry books "Words and Bones" and "Constellate."

## Attorney General Josh Stein Fights to Protect North Carolinians from Payday Loans and Abusive Lending

RALEIGH, NC (January 22, 2019) --Attorney General Josh Stein today urged the Federal Deposit Insurance Corporation (FDIC) to ensure strong protections for borrowers as it develops guidance for banks that issue small-dollar loans. A coalition of 14 attorneys general, including Attorney General Stein, submitted comments calling on the FDIC to help ensure that banks make loans that comply with state laws banning high-interest payday loans and other abusive lending practices.

"North Carolina successfully drove out payday lenders charging loan shark interest rates that harmed working families," said Attorney General Josh Stein. "These unfair loans are illegal in North Carolina, and I urge the FDIC not to allow payday and other abusive lenders from coming back to our state through the back door."

The letter responds to a request for comments the FDIC issued in November about how FDIC-insured banks might meet consumer demand for small-dollar-amount lending and what the FDIC can do to help banks "offer responsible, prudently underwritten credit products." The FDIC's potential new guidance could alter or rescind previous 2013 guidance to banks that discouraged high-cost payday "deposit advance" lending by state-chartered banks. While state-chartered banks must obey the interest-rate laws of their own states, they generally are not bound by the interest-rate laws of other states. Therefore, the attorneys general fear that unscrupulous lenders could use state-chartered banks in states with weaker interest rate laws as fronts to offer predatory, high-interest loans across the country – a practice known as "rent-a-bank" payday lending.

Payday lending can trap lower-income people who don't otherwise have access to consumer credit into endless cycles of debt. According to the Pew Charitable Trusts, the average payday loan borrower earns about \$30,000 per year, and about 58 percent of borrowers have trouble meeting their monthly expenses. The average payday borrower is in debt for nearly half the year because they borrow repeatedly to help repay the original loan.

In the letter, the attorneys general request that any potential FDIC guidance to banks discourage banks from becoming fronts for rent-a-bank payday lending and develop clear rules and tests that help banks determine consumers' ability to repay when making small-dollar loans. These tests should consider factors like the borrower's monthly income, monthly expenses (including payments on other debts), ability to repay the loan in full at the end of the loan term without re-borrowing, and the possibility of unforeseen or emergency expenses.



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## Hickory man that robbed a Granite Falls convenience store in 2016 convicted

NEWTON, NC (January 30, 2019) -- Ahmad Shakim Smith, 19, of Hickory, will spend four to six years in prison after being convicted of two counts of robbery with a dangerous weapon, one count of common law robbery and accessory after the fact to robbery with a dangerous weapon during Catawba County Superior Court on Tuesday, January 29, 2019.

The Honorable Nathaniel J. Poovey, Superior Court Judge from Catawba County, imposed the sentence for Smith, who will serve the term in custody of the North Carolina Division of Adult Corrections after pleading guilty to the crimes.

Smith and a co-defendant were involved in the two robberies with a dangerous weapon that occurred on May 12, 2016.

The first occurred in the early-morning hours at a convenience store in Granite Falls. Smith entered the store wearing sunglasses and a bandana, and held the clerk at gunpoint, taking cash and a cigar blunt wrap.

The second happened at a Hickory business some time later that morning. Smith and the co-defendant both entered the store wearing sunglasses and clothing to conceal their identity. Smith robbed a clerk at gunpoint, leaving the store with cash.

The common law robbery charge came as a result of Smith being one of four individuals who robbed a man in Newton of shoes and a quantity of marijuana.

The charge for accessory after the fact was a result of the defendant allowing two co-defendants who robbed a restaurant to change their clothes and hide the weapon used at his home.

The cases were investigated by officers from Hickory Police Department, Granite Falls Police Department and Newton Police Department. Melanie Earles prosecuted the cases for the District Attorney's Office.

**The Super Bowl** is Sunday, February 3. Please consider collecting paper products and/or \$1 per person to tackle hunger in Caldwell County by giving to the Lenoir Soup Kitchen. Thank you for giving and caring. Donations can be dropped off at the Soup Kitchen, located beside College Avenue Baptist Church, any weekday from 8:00 AM to 1:00 PM.

**New Life Baptist Church** will have an Evangelism Conference: Outreach Training on Saturday, February 9 from 9:00am to 2:00pm. Lunch will be provided. The conference leader will be Dr. Steve Parker. Everyone is invited. The church is located at 2111 Walt Arney Rd, Lenoir.

**Zion Baptist Church** at 3396 Pea Ridge Road, Morganton, NC 28655 is seeking a full-time Associate/Youth Pastor. Please mail or send resume to [zionbc.secretary@gmail.com](mailto:zionbc.secretary@gmail.com) or call the church office for more information or full job description at 828-437-3080.



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### Elementary Instruction includes Cursive Handwriting

LENOIR, NC (January 25, 2019) -- Elementary students in the Caldwell County Schools receive cursive writing instruction, a regular practice in the district before the North Carolina legislators included cursive writing in the law and it became a required foundational skill in the standard course of study for English/Language Arts (ELA).

The most current standard course of study for ELA, which was implemented this school year, includes the requirement that "the public schools provide instruction in cursive writing so that students create readable documents through legible cursive handwriting by the end of fifth grade."

"The newly adopted standard course of study clearly articulates the progression of cursive writing from kindergarten through fifth grade," said Dr. Lesa Widener, Elementary Education Director. "The expectation in the district is that beginning the second semester of second grade students receive direct instruction to cursive writing with letter formation and practice."

The standard course of study specifically addresses cursive writing in grades three, four and five and the legislation requires that students create readable documents in legible cursive writing by the end of fifth grade.

Classroom teachers support cursive writing through direct instruction, informal instruction, practice, exposure to sample materials, and homework in cursive writing. In the third and fourth grades, more time is allotted to teaching and practicing cursive writing.

"We start teaching cursive writing early, continue in third grade, refine in fourth grade and in fifth grade, students are reading and creating documents in cursive writing," said Widener. "This is a not a new practice for our district. We've been using a cursive writing program in the elementary grades for more than two decades."



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## Ready, Set, Kindergarten!

LENOIR, NC (January 30, 2019) -- Children who will turn 5 years old on or before August 31, 2019, are eligible to register for kindergarten and encouraged to attend kindergarten screening held in each of the elementary schools in the district.

"Rising kindergarten children will be introduced to many new and exciting learning experiences next school year," said Superintendent Dr. Donald Phipps. "We want that first experience to be positive, and Kindergarten Screening provides an inviting, friendly introduction to education."

At kindergarten screening, students and parents meet kindergarten teachers, tour the school, and become more familiar with the learning environment. Representatives from the parent organizations (PTA or PTO), WrapAround (before and after school program), transportation department, and the child nutrition program will be onsite to provide information for parents.

To register a child in kindergarten, parents should bring the following documents to the Kindergarten Screening:

1. Personal and emergency information;
2. Verification of birth date --- a certified copy of the child's birth certificate or other satisfactory evidence;
3. Proof of residence (i.e. current utility bill, property deed or rental lease); and
4. The child's updated immunization record.

North Carolina law also requires that every child have a completed Kindergarten Health Assessment form on or before the first day of school, but no more than 12 months before the date of school entry. Kindergarten Health Assessment Forms are available at schools and the Caldwell County Health Department. Forms are also posted online at [caldwellschools.com](http://caldwellschools.com) in the Preschool Department section.

The 2019 Kindergarten Screening Schedule is listed to the right...

Please contact the school to schedule a kindergarten screening appointment.

For more information on kindergarten screening or registration call the Caldwell County Schools Education Center at 828.728-8407.

School	Date
Baton	April 12
Collettsville	April 11
Davenport A+	April 11
Dudley Shoals	May 10
Gamewell	April 30
Granite Falls	May 2
Happy Valley	April 12
Hudson	April 11&12
Kings Creek	April 12
Lower Creek	May 3
Oak Hill	April 12
Sawmills	May 7
Valmead	May 8
Whitnel	May 3

## The Caldwell County Public Library hosts traveling exhibit for Black History Month

LENOIR, NC (January 28, 2019) -- During the month of February, the library will be hosting the photographic exhibit, "Distant Echoes - Black Farmers in America" by John Ficara. Ficara, an editorial photographer, photographing domestic and international news and politics, has covered the White House for Newsweek Magazine through five presidential campaigns and four administrations. Ficara has also produced 38 cover images for Newsweek Magazine as well as covers and stories for a variety of domestic and international magazines. His companion book, "Black Farmers in America" is the culmination of a 4-year photographic documentary project by the award winning photographer, and is available for checkout from the library.

The exhibit is comprised of 57 photographic images taken by John Ficara which capture signs of adversity and endurance, poverty and self-determination in the agricultural endeavors of the subjects. Ficara's photographic documentary includes African American farmers from Maryland, Virginia, North Carolina, Florida, Georgia, Alabama, Louisiana, and Michigan that chronicle a battle with economics and discrimination. Obtained on loan from The Reginald F. Lewis Museum of Maryland, located in Baltimore, patrons will be able to view the exhibit during regular library operating hours.

"Bringing new and inclusive programing has been a goal of mine since starting here in Caldwell," said Lesley Mason, the county library director. "When thinking about Black History Month, I wanted to find something that resonated with the community beyond the typical themes celebrated each year. This exhibit explores the plight of the African American farmer. Agriculture is a huge part of this community, I felt that this exhibit would be truly appreciated here in Caldwell County."

This exhibition was developed by the Reginald F. Lewis Museum of Maryland African American History and Culture with photographs courtesy of John Francis Ficara.

This traveling exhibit was made possible in part by grants from Systel, Inc., the Caldwell County NAACP, and the Friends of the Caldwell County Public Library.