

Grandfather Mountain breaks ground on 'Conservation Campus'

LINVILLE, NC (September 10, 2019) -- September 2 is an auspicious date for Grandfather Mountain.

Sixty-seven years ago, it marked the opening of the world-famous Mile High Swinging Bridge.

In 2019, it saw the nonprofit nature park break ground on its most ambitious project since — the Conservation Campus.

Here, guests will experience the Wilson Center for Nature Discovery, featuring all new state-of-the-art museum exhibits (designed by PGAV Destinations of St. Louis, Missouri), as well as outdoor learning spaces, an amphitheater and a botanical garden.



"We're working to share the wonders of Grandfather Mountain in ways that are broader and deeper than ever before," said Jesse Pope, president and executive director of the Grandfather Mountain Stewardship Foundation, the nonprofit organization that owns and operates the Linville, N.C., nature park.

Designed by Boone-based Coffey Architecture, the Wilson Center — named for benefactors Bob and Susan Wilson — will nearly double the size of the park's current Nature Museum and feature 10,000 square feet of new education space, three classrooms for smaller groups and increased capacity for larger groups and restoration of the ADA-accessible auditorium.

Meanwhile, outside the center, guests will enjoy new outdoor learning spaces, including an amphitheater with terraced seating and a pavilion. New office space will help park educators and animal habitats staff prepare and support new, enhanced educational programs, while larger, more modern food service facilities will allow for catering and serving educational groups, as well as expanded capacity for hosting conferences, seminars, receptions and community events. *Continued on page 2...*

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

Caldwell Journal

Caldwell Journal Weather

Thursday (12th): A t-storm around in the p.m.
High 92 Low 66
Precipitation: 40%

Friday (13th): Couple of t-storms.
High 87 Low 67
Precipitation: 66%

Saturday (14th): Variable clouds; a t-storm.
High 81 Low 66
Precipitation: 58%

Sunday (15th): A t-storm around in the a.m.
High 84 Low 65
Precipitation: 40%

Monday (16th): Increasing cloudiness.
High 87 Low 64
Precipitation: 25%

Tuesday (17th): Cloudy; humid.
High 89 Low 64
Precipitation: 25%

Wednesday (18th): Variable clouds; very warm.
High 80 Low 60
Precipitation: 25%

Grandfather Mountain breaks ground on 'Conservation Campus'

Continued from page 1...

"Whether it's schoolchildren coming for a field trip or conservation experts visiting together to share new knowledge, guests will gain an even greater appreciation of nature and become even more passionate about protecting and preserving it," Pope said.

The project is estimated to be completed between 18 and 24 months, with the park remaining open for the duration.

The groundbreaking ceremony saw a gathering of park supporters, elected officials, benefactors, staff, volunteers and more, including Gordon Warburton, president of the Grandfather Mountain Stewardship Foundation board of directors.



Warburton noted that the park and its conservation efforts stand firmly on the foundation of park founder Hugh Morton's vision for the mountain.

"Mr. Morton was a true conservationist, and he worked tirelessly out of his love for this mountain, and love for this mountain is something that we all share here," he said. "Grandfather Mountain has always been a source of inspiration and a place where people come and discover the beauty and splendor of nature, and we're taking that a step further here with this project."

The project comes with a price tag of \$5.5 million, of which \$4.7 million has already been raised through the Fulfilling Promises Capital Campaign.

Major donations come courtesy of Bob and Susan Wilson, Paul and Susie O'Connell, Luther H. Hodges Jr., David and Cathy Thompson, Ginny Burton, Monroe and Becky Cobey, the A.J. Fletcher Foundation, Joseph and Terry Williams, the William Rose Family, the Dickson Foundation, Frank and Mary Cain Driscoll, Connie and John McLendon, and Kelly and Meredith Graves.

"I'm fortunate in that the Lord gave me great parents that directed me and helped me acquire the ability to pay something back to him, and that's the way we look at," Bob Wilson said. "We're giving this. It's something for this community. *Continued on page 3...*"



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Grandfather Mountain breaks ground on 'Conservation Campus' *Continued from page 2...*

Grandfather Mountain is a unique mountain, a unique ecological center ... and this is about taking our young kids and letting them learn about it. It's something that I think we need in our country more now than ... ever."

Phillip Barrier, Avery County manager, who also attended the groundbreaking, agrees.

"It (the conservation campus) is going to benefit the children of North Carolina, South Carolina, Virginia and beyond," he said. "This is great. It's about Avery County being on the map once again, and (Bob Wilson) is right — nature is something people need to get back to and teach their children about, because generations to come need to protect and take care of our beautiful mountains."

U.S. Rep. Virginia Foxx attended the ceremony and echoed Wilson's and Barrier's comments on the importance of Grandfather's educational mission.

"The opportunities are limitless in terms of the education value here," Foxx said. "Having grown up in the mountains and making the decision long ago to live here the rest of my life, I am so pleased to see a facility like this is going to be available to people from all over the world. It's fabulous, and I commend everybody involved for putting it together."

One such person is Hunter Coffey, architect and owner of Coffey Architecture. During the ceremony, he called the task "a personal and professional privilege."

"This nature center is precisely the sort of meaningful project with which I'd hoped to become involved," he said. "Visitors centers, nature centers are special places, which offer the designer specific challenges and opportunities. They're meant to enhance one's understanding and experience of a place, while, at the same time, not upsetting that place by being located in it. Achieving this goal can be like threading a needle, but it's a challenge we've embraced."

To learn more about the Conservation Campus, the Fulfilling Promises campaign and how to help, visit www.grandfather.com/fulfillingpromises.

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Caldwell Journal Weekly Recipe

Cheese Stuffed Buffalo Mustard Meatballs

Ingredients

- 1/2 lb. ground beef
- 1/2 lb. ground pork
- 1 bread crumbs
- 1/4 c. finely chopped chives, plus more for serving
- 1/4 c. freshly grated Parmesan
- 1 large egg
- 1/4 tsp. garlic powder
- 3/4 tsp. kosher salt
- 1/4 tsp. freshly ground black pepper
- 3 oz. whole milk mozzarella cheese,
cut into twenty 1/2" cubes
- 2 tbsp. extra-virgin olive oil
- 1/2 c. French's Sweet Buffalo Mustard
- Blue cheese dressing, for serving
- Celery sticks, for serving
- Carrot sticks, for serving

Instructions

In a medium bowl, whisk French's Sweet Buffalo Mustard with 3 tablespoons water. In another medium bowl, combine ground beef, ground pork, bread crumbs, chives, Parmesan, egg, garlic powder, salt, and pepper.

Scoop meatball mixture into 20 small balls, about 2 tablespoons each. Using your hands, flatten each ball and press one cube mozzarella into the center, then seal meat tightly around cheese. Repeat with remaining balls and mozzarella.

In a medium high-sided skillet over medium-high heat, heat oil. Add meatballs and cook, turning every few minutes, until deeply golden all over and cooked through, about 8 minutes.

Using tongs, transfer meatballs to the bowl with buffalo mustard mixture and toss to coat. Transfer meatballs to a serving platter.

Drizzle meatballs with blue cheese dressing and garnish with more chives. Serve with celery and carrot sticks.



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Granite Falls Garden Club “Yard of the Month” For September Awarded

GRANITE FALLS, NC (September 8, 2019) -- The Granite Falls Garden Club presented the September Yard of the Month to the home of Lillie Ford on Lakeside Avenue in Granite Falls, North Carolina. With the help of her son James Ford the yard and gardens are well maintained. Ms. Lillie sure has a green thumb, she can take a kiwi out of her fridge and plant it outside, producing a huge vine that covers her porch. The Ford's side yard has a circle picket fence that corrals a variety of flowers, angel trumpets, salvia, cockscomb, vinca, along with a pineapple top that actually produced a pineapple last year. Many more flowers surround the landscape of the home. The award was presented by members Cary and Barbara Ross.



Crafting Your Way through Grief to Begin October 22

LENOIR, NC (September 9, 2019) -- Caldwell Hospice and Palliative Care is offering four Crafting Your Way through Grief sessions beginning October 22, 2019. The crafters will meet from 2 to 3:30 p.m., Tuesdays, October 22 through November 12, at Caldwell Hospice's Ashewood Grief and Counseling Services, 1002 Ashe Avenue, Lenoir.

Creative endeavors following a loss can help the grieving express their grief. Expressing the personal experience of loss through meaningful activities is a therapeutic way of remembering someone lost. The Crafting Your Way through Grief Support Group provides an opportunity for creative expression and healing.

A new craft will be created at each meeting with crafting materials supplied by Ashewood Grief and Counseling at no cost to participants. Discussion about the grief process and bereavement services available will be incorporated at each session.

Facilitated by Bereavement Coordinator Kimberly Setzer, MSW, LCSW.

To enroll in this limited seating educational event, please RSVP by calling 828.754.0101 or emailing ksetzer@caldwellhospice.org, or visiting www.caldwellhospice.org.

Caregiver Support Group Meets Monthly

LENOIR, NC (September 4, 2019) -- Caldwell Partnership for Life's Journey announces a monthly caregiver support group in Caldwell County. The meeting will be held on the 3rd Thursday of every month from 6:00PM to 7:30PM at the Caldwell Senior Center, 650-A Pennton Ave. SW, Lenoir, NC 28645. The first meeting will be held on September 19, 2019.

The first meeting will feature a presentation by Terry Spencer, MSW, LCSW, LMBT, with VAYA Health.

Participants in support groups receive emotional support, practical assistance in coping with the numerous issues they face and the latest information about local government programs and other activities.

Sponsored by: Area Agency on Aging – Family Caregiver Support Program, VAYA HEALTH, Caldwell Hospice and Palliative Care, The Satie and J.E. Broyhill Caldwell Senior Center and Hickory Falls Health and Rehabilitation.

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Rabies Vaccination Clinic: Saturday, October 5th at Caldwell County Health and Human Services

LENOIR, NC (September 6, 2019) -- Caldwell County Animal Control will host a Rabies Vaccination Clinic on Saturday, October 5th from 1:00 pm until 4:00 pm. This event will be at the Caldwell County Health and Human Services Building (2345 Morganton BLVD SW, Lenoir). Animal Control hosts this clinic each year to allow the community to vaccinate their pets at a reduced rate to protect their pets against rabies. Rabies vaccinations for dogs or cats are \$7.00 per animal. Veterinarians will accept Cash Only. Checks and credit cards will not be accepted. This is a drive thru service for your convenience. If you have any questions, please call Animal Control at 757-8625.

This clinic has been set for your convenience and will provide you with a method to have your pets vaccinated at a reduced price. North Carolina Health Law 130A – 185 requires that all dogs, cats and ferrets be vaccinated against rabies before four (4) months of age.

It is important to have your pets vaccinated. Keeping your pet's rabies vaccination up-to-date will help protect your community, family and pets from this deadly virus.

If your pet is up-to-date on rabies vaccinations, they are protected from the rabies virus. If your pet has not been vaccinated or is not up-to-date on vaccinations, there is a possibility your pet could acquire the rabies disease. If a non-vaccinated animal comes in contact with a rabid animal, they will either be quarantined for up to 6 months or euthanized.

It's important to remember, if you or your pet comes into contact with a wild animal you should notify the Animal Control department as soon as possible along with your doctor or veterinarian. If it is your pet that has come into contact with a wild animal, do not touch or handle your pet without gloves until you speak with someone from the Animal Control department due to the possible risk of exposure to the rabies virus.

Protect your pets and family. Get your pets vaccinated at the Rabies Vaccination Clinic being held at the Caldwell County Health and Human Services Building on Saturday, October 5th from 1:00-4:00 pm.

New Life Baptist Church is hosting "Understanding the Days to Come" with speaker Dr. Charles Whipple on September 13, 14, 16 at 7:00pm and September 15 at 6:00pm. The church is located at 2111 Walt Arney Rd, Lenoir and everyone is welcome to attend.

Shred & Protect will take place on Saturday, September 21, 9:00am-12:00pm at Grace Chapel EMS Base (Old Grace Chapel Fire Department), 4470 Grace Chapel Road, Granite Falls. Protect yourself from identity theft by bringing your personal documents and records to be safely shredded at no cost to you. Sponsored by Caldwell County Government and hosted by the Caldwell County Register of Deeds Office.



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U3198c, 3/19

Bandy's Running Game Stuns Spartans by Dan O'Neal

SAWMILLS, NC (September 6, 2019) -- When arriving to Jack Clarke Field at the Press Pass gate, there were Coaches Dana Smith and Darren Hart to check me in. Since I chose not to wear my Pink Floyd t-shirt that evening, they almost did not allow me to enter (supposedly that is my "press pass"). I asked Dana what his thoughts were on the upcoming contest between South Caldwell and Bandy's. Dana did not predict a winner; however, he did project a game in the 20's and 30's for both teams. Though South has greatly improved since the season before, the Spartans were outgained and outscored by the visiting Trojans, with the final score being 34-24.

The Trojans, even with no completed passes along with twelve penalties for 115 yards, managed to run the football fifty-nine times for 313 yards. They were paced by Hunter Jones, who ran for 103 yards on seven carries along with Hunter Gilchrist with 77 yards on 18 touches. After leading only 13-8 at the half, the Trojans scored twice in the third frame and were aided by a Spartans fumble on the kickoff return that led to another Trojans touchdown on their next series. Bandy's completed their scoring drives on a fourteen-yard run by Josh Williams through the Spartans defense to take the lead for good, 34-14 with 8:28 left in regulation.

But, South would not go away quietly. The Spartans stopped Bandy's quarterback Parker Dehart in the end zone for a safety with 1:10 remaining in the game. After the ensuing kickoff, the Spartans only needed three plays as Spencer Piercy scored from nine yards out with an excellent lead block by Tristan Adkins, followed by a 2 point conversion toss from quarterback Avery Raynor to Piercy. Piercy led all rushers in the game with 138 yards on 20 carries and two touchdowns; the other was a "see ya" moment from twenty-six yards out. Raynor also rushed for 65 yards on fifteen carries and scored on a five yard quarterback keeper at the 1:49 mark in the first period, which was set up by an Aaron Kirby interception. Overall, South gained 225 yards on the ground.

The Spartans will continue to build on their 2019 season as they travel to Lenoir to take on the Hibriten Panthers, who came from behind to defeat Ashe County the previous week. If South is able to pull off the "stunner" over their other county rival, they will win the Caldwell Cup for the first time since the 2015 season. They are already 1-0 in the Caldwell Cup standings. Game time is 7:30pm.



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Town of Hudson Announces Fall Dinner Theatre Production of "Bright Star"

HUDSON, NC (September 10, 2019) -- The Town of Hudson is excited to announce that the cast has been selected and tickets are on sale for the fall dinner theatre production of the Tony nominated Best Broadway Musical, "Bright Star." The show will run at the HUB Station Auditorium Theatre, 145 Cedar Valley Road, Hudson, on Thursday, Friday and Saturday, October 17th, 18th, 19th, 24th, 25th and 26th. The production features dinner at 6:30 PM, followed by the show at 7:30 PM.

"Bright Star" is a story of love, hope and redemption, set in western and central North Carolina, woven through a tapestry of beautiful, harmonic, haunting acoustical music. It is set in 1945, with flashbacks to the 1920s. The show was written by Steve Martin and Edie Brickell. Director Keith Smith says he is as excited and enthralled with this show as much as anything that has ever been produced for HUB Dinner Theatre. He comments, "This is a beautiful story that will make you laugh, and cry and it will renew your human spirit and belief in the triumph of good."

Tickets are \$35.00 for dinner and the show, \$17.50 for the show only. Dinner is catered by Dan'l Boone Inn. The tickets can be purchased online by going to townofhudsonnc.tix.com or by going to the HUB Box Office or calling (828) 726-8871. The show is sponsored by McCreary Modern and is produced by special arrangement with Theatrical Rights Worldwide (TRW).

Photo attached of Cast of Hudson's Production of "Bright Star"



Back Row from left to right: Rose Bibeau, Tammy Haigler, Andrew Casturao, Trey Ross, Glen Neal, Adam Lowery, Brandy Gentry, Kevin Parrish, Katelyn Long

Middle Row from left to right: Cynthia Hauss, Kaylyn Hall, Jenni Hassler, Kim Jordan, Holley Dagenhardt, Bethany-Baumgardner Kirby

Front Row from left to right: Jamie Bruckmann, Kris Gibson, Rachael Robinson, Ken Thwing, Jared Wachsmuth

Not pictured: Cecilia Shoup and Trev Moore

Photo by Randy Bumgarner.

Welcome

Lenoir Family Medicine is pleased to welcome board-certified family physician Dana N. Brown, DO, to its staff.



Dana N. Brown, DO

Dr. Brown attended medical school at Lincoln

Memorial University-DeBusk College of Osteopathic Medicine in Harrogate, TN. She completed her residency at Carolinas HealthCare System Blue Ridge and a Fellowship with Wake Forest Baptist Health.

Dr. Brown has clinical interests in women's health, wellness and preventive medicine, and management of chronic conditions such as diabetes and high blood pressure. She enjoys running, church involvement, spending time with family and volunteer opportunities.

She and her husband, Tyler have a daughter, Leela.

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Caldwell Journal



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Caldwell Hospice Welcomes Eight New Volunteers

LENOIR, NC (September 9, 2019) -- Caldwell Hospice and Palliative Care trained eight new volunteers during its recent volunteer training workshops. Patient-family care, patient care unit support, grounds-keeping, veterans to visit and make Veterans Honoring Veterans presentations to patients, and special projects are among the many available assignments awaiting these new volunteers. The new volunteers are Michael Blackwood, Sylvia Dula, Carly Gragg (VolunTEEN), Elaine Guyton, Margie Hilton, Dean McGhinnis, Sydney Propst (VolunTEEN), and Maggie Wilson.

The next Adult Volunteer Training sessions will be October 14 and 16 from 8 a.m. to 4 p.m. at Caldwell Hospice's McCreary Family Professional Center on Pine Mountain Road in Hudson. Attendance is required at each session, and meals will be provided.

Caldwell Hospice has an ongoing need for volunteers. Volunteer Coordinator Cyndi Akins will match volunteers' skills with the organization's needs. For information about the program or to inquire about the next adult volunteer training, call 828.754.0101 or email cakins@caldwellhospice.org.

In photo from l to r: Sylvia Dula, Dean McGhinnis, Maggie Wilson, Carly Gragg, Sydney Propst, Elaine Guyton, Margie Hilton, and Michael Blackwood.



Clover Baptist Church will be hosting a showing of the movie "Play the Flute" on Saturday, September 14 at 7:00pm and again on Sunday, September 15 at 6:00pm. This film has a message that is so relevant to the day and time in which we live. Youth groups and the general public are welcome to attend these showings. All seating is free and free movie style refreshments will be served. A love offering will be received to assist in the cost of producing this Christian movie. Please contact Clover church with an approximate number of youth who plan to attend by emailing Keith or Carol or call 828-396-2417.

Caldwell Hospice Offers Healing Hearts Support Group

LENOIR, NC (September 9, 2019) -- All your hopes, dreams, and plans for the future are turned upside down with the death of a child. At first, you may feel numb or dazed and have a sense of disbelief. Then, waves of varying emotions hit.

Healing Hearts, a six-week support group for any parent who has experienced the loss of a son or daughter of any age, will meet on Wednesdays, September 18 through October 23, 2019, from 2 to 3:30 p.m., at Ashewood Grief and Counseling Services, 1002 Ashe Avenue, Lenoir. Chaplain John Robbins, MDiv, BCCC, will facilitate the support group.

Caldwell Hospice, your community-based, non-profit hospice care provider, is committed to providing bereavement services to anyone who needs and wants help in coping with their grief, including those with no hospice affiliation. Just as with our hospice services, we meet people where they are and walk with them on their journey in their own time, in their own way. As such, this workshop is one of many grief services made possible through the generous support of the community.

For more information about Healing Hearts or other grief support services, or to register, call 828.754.0101, email ksetzer@caldwellhospice.org, visit www.caldwellhospice.org or Facebook.

Caldwell Hospice Offers I Just Want to Help

LENOIR, NC (September 9, 2019) -- How do you help someone who is grieving? What do you say? What should you not say? An upcoming community workshop from Caldwell Hospice and Palliative Care answers those and other questions with practical guidance on providing support and encouragement to a grieving person.

I Just Want to Help will be presented from 2 to 3:30 p.m., Monday, October 7, at Ashewood Grief and Counseling Services, 1002 Ashe Ave., Lenoir, NC. Caldwell Hospice Chaplain John Robbins, MDiv, BCCC, will facilitate the workshop.

Caldwell Hospice is committed to providing community grief services to anyone who needs and wants help in coping with their grief, including those with no hospice affiliation. This workshop is one of many grief services made possible through the generous support of the community.

To enroll in this limited seating educational event, please RSVP by calling 828.754.0101, emailing ksetzer@caldwellhospice.org, or visiting www.caldwellhospice.org or Facebook.

Buffalo Cove Baptist Church will have homecoming on Sunday, September 15 with the service beginning at 11:00 AM. The guest speaker will be Lance Wilson.



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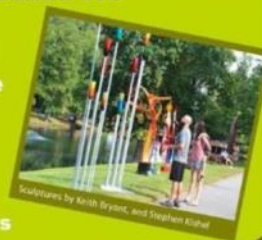


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