

Caldwell Hospice VolunTEENs Promote Breast Cancer Awareness

LENOIR, NC (October 21, 2019) -- Visitors to the McCreary Cancer Center, the Wig Bank and Carolina Oncology this month will be treated to pink pretzels compliments of some South Caldwell High School students. Caldwell Hospice VolunTEENs and members of the South Caldwell High School VolunTEEN Club have been making the pretzels since late September and will continue through October, replenishing supplies at each location.

The project began in 2013 as a way to recognize October as Breast Cancer Awareness Month. Six years and more than 10,000 pretzels later, it remains a big hit with both the givers and the receivers of this unique project.

"Our community partners and their patients seem to really appreciate the hard work that our VolunTEENs put into the pretzels every year," says Brittany Bonn, clinical liaison for Caldwell Hospice and Palliative Care.

Crystal Burch, Hospice volunteer support specialist, says this project is just one of many the teens are involved with throughout the year.

"Our VolunTEENs are great...and serve in so many ways," she said. "They visit Caldwell Hospice patients and residents at area long-term-care facilities and patients at our patient care units. They work on special projects, help with clerical assignments or participate in our annual children's grief camp."

VolunTEEN training is held each spring. To be selected for the VolunTEEN program, high school students must complete an application and interview process. Only 25 are accepted for the program annually.

For the teens, volunteering with Caldwell Hospice is rewarding and an opportunity to gain valuable experience.

"I am interested in pursuing a career in nursing, and this gives me great exposure to that environment," explains senior Makalyn Benge of the South Caldwell High School VolunTEEN Club.

Ashleigh Holman, a Caldwell Hospice VolunTEEN and a junior at South Caldwell, has a personal reason for wanting to be involved. "Caldwell Hospice has cared for a lot of my family members. I feel this is a way to give back," she adds.

To learn more about volunteering at Caldwell Hospice through this special program, visit www.caldwellhospice.org or contact Crystal Burch at 828-754-0101.

In photo from left to right: Ashleigh Holman, Makalyn Benge, Catherine Haynes, and Diana Obando



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

Caldwell Journal

Caldwell Journal Weather

Thursday (31st): A couple of severe t-storms.
 High 73 Low 32
 Precipitation: 85%

Friday (1st): Mostly sunny & cooler.
 High 57 Low 32
 Precipitation: 2%

Saturday (2nd): Plenty of sun.
 High 59 Low 29
 Precipitation: 6%

Sunday (3rd): Cool with plenty of sun.
 High 66 Low 30
 Precipitation: 1%

Monday (4th): Partly sunny.
 High 57 Low 38
 Precipitation: 5%

Tuesday (5th): Clearing.
 High 63 Low 44
 Precipitation: 25%

Wednesday (6th): Rain & drizzle possible.
 High 67 Low 43
 Precipitation: 30%

Blue Ridge Parkway Announces Fall and Winter Road Maintenance Projects

ASHEVILLE, NC (October 31, 2019) -- National Park Service managers today announced three upcoming projects that may affect Parkway travel in the coming weeks. Visitors should anticipate one-lane or intermittent, temporary closures in active work zones. Affected sections for all projects close at approximately 8:00 a.m. each weekday and re-open daily by 4:30 p.m. The motor road will be open on the weekend, weather permitting. Those who normally commute on the Parkway during the week may want to find alternate routes.

Project information and affected areas are as follows:

- **Asheville, NC Edge Rutting Project** – The project begins November 4, 2019, to repair severe edge rutting from Milepost 385 – 397.5. The project will continue into the winter as weather conditions allow and will be conducted with single-lane traffic control.
- **NC Bridge Maintenance** – This project also begins November 4, 2019 and includes a preventative maintenance work on 20 bridges in NC between Milepost 220-469. The work will occur under single lane traffic control.
- **Parkwide Boom Axe Operations** – Annually, Blue Ridge Parkway maintenance and resource management staff conduct boom axe operations to help control vegetation growth along the Parkway. This work, using a large tractor with a long arm cutting head, helps insure safe sight distances and a clear right-of-way. This tractor must remain in the travel lanes during operation to properly perform its work while cutting the banks and road shoulders. Both lanes of the Parkway will be closed to all activity (cars, bicycles, and hikers) in active work zones to ensure the safety of the maintenance workers as well as Parkway visitors. Planned boom axe closures begin in November and continue through early spring. The full schedule of planned boom axe closures is available on the Parkway's website.

Specific information regarding daily closures, related to these projects or for any other reason, is available on the Parkway's Real Time Road Map, found at www.nps.gov/maps/blri/road-closures/.

www.nps.gov/blri

Brookdale Lenoir Assisted Living has a monthly Veteran's Buffet Breakfast every third Tuesday of the month and all veterans and spouses are welcome. During the November breakfast, which will be held on Tuesday, November 19 from 9:00-10:30am, there will be a special celebration. Veterans are invited to come and bring any items from your service time to display. For reservations or more information, call 828-757-7800.

Flemings Chapel Baptist Church has an opening for an Associate Pastor for Student Ministries. Send resumes to the church at 4430 Littlejohn Church Road, Lenoir, NC 28645.

Deer Season Safety from the NCDOT

RALEIGH, NC (October 18, 2019) -- As the daylight hours get shorter and deer become more active, the N.C. Department of Transportation is reminding drivers to stay alert and pay extra attention.

Last year, there were nearly 19,000 animal related crashes across the state. Over the past three years, those collisions have killed nine people, injured about 3,000 and caused more than \$146 million in damages.

To keep you and your family safe, remember to:

- Slowdown in posted deer crossing areas and heavily wooded areas, especially during the late afternoon or early evening;
- Don't swerve to avoid a collision. This could cause you to lose control or veer into oncoming traffic; and
- Deer often travel in groups, so assume if one crosses the road in front of you there may be others following.

Handmade Holiday Sales - indoor artisan markets

LENOIR, NC (October 30, 2019) -- The Caldwell Arts Council will host local and regional artisans selling their hand crafted gifts starting this week!

Fridays and Saturdays: November 1-2, November 8-9, and November 15-16.

Friday hours are 12noon-7pm. Saturday hours are 10am-4pm.

Handcrafted items include handmade ornaments, folk art, hand tied trout flies, holiday decor, pottery, wood-working, paintings and prints, and gold, silver and semi-precious stone jewelry. Several different artisans will set up each weekend. Please be prepared to pay with cash, as some artisans do not accept checks or credit cards.

The Handmade Holiday artisan craft markets are sponsored by LifeStore Banking and Insurance.

The Caldwell Arts Council is located at 601 College Ave SW in Lenoir. 828-754-2486 www.caldwellarts.com

ESPN Prime Host Rece Davis To Speak At Hickory Sportsman's Club

CONOVER, NC (October 31, 2019) -- The Hickory Sportsman's Club will hold its first meeting of the 35th 2019-20 Season at 5:30pm on Wednesday, Nov. 6, 2019 at Rock Barn Country Club & Spa. The distinguished guest speaker will be Rece Davis, prime host for ESPN College GameDay For Football.

Please see the attached press release.

A Press Conference will be held at 5:30 pm in BoDon's Library at Rock Barn Country Club & Spa's Main Clubhouse. Rece Davis and other special guests will attend. The Press Conference is open to the public and the meeting is closed for Members and their guests.

To learn more: Jim Correll, Jr. 828 238 7308, or jem-beaucorrell@charter.net

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Strong Finish Propels Red Tornadoes by Dan O'Neal

SAWMILLS, NC (October 25, 2019) -- Here are the numbers from the line of scrimmage in the game between rivals South Caldwell and Hickory...total yards rushing- South 316, Hickory 222; total passing yards- South 87 (yes the flick to Isaiah Kirby from Austin Raynor after catching a pass at the end of the game is considered a pass), Hickory 81; First Downs (here we go) South 18 Hickory, a whompin stompin 7. Even superstar Cody Young, while not running for over 400 like he did last year, managed to produce a modest 156 yards on this night.

Quite honestly, in calculating the statistics from this contest, Hickory winning 40-30, these greater numbers from scrimmage would likely favor the squad who gained the greater amount, more total yards, more first downs. With these in mind, the Spartans coming up short again made no sense. Was there something amiss in the figuring process?

Hence, there was the going deeper beyond the scoreboard and into the scoring summary. In counting the number of drives with these teams, these were the results- South Caldwell- nine drives, four scores; Hickory- eight drives, six scores. Duh, there it was. While Young's rushing totals were less this time around, he managed to cross the goal line three times along with X'zayvion Huitt throwing two touchdown passes and ran for another. Though the Spartans moved the football quite well, they came up short on five drives whereas the Red Tornadoes were more able to finish. As we all know too well, what is seen on the scoreboard when the clock strikes all zeros in the fourth period. Hickory also cashed in on a turnover and solid kick return yardage.

For the Spartans, Avery Raynor led the way with 134 yards rushing with three scores and was seven of nine passing with 82 yards. Isaiah Kirby ran for 90 yards and made four receptions. Austin Raynor also had a six from eight yards out and three catches for forty-four yards. And Tristan Adkins had a solid evening with sixty-nine yards on seven carries.

South travels this Friday evening to the Springs Road area to face conference opponent St. Stephens, who presently are 4-5 overall and 1-3 in conference play. In order to qualify for the state playoffs, the Indians need to prevail over the Spartans and the Red Tornadoes in their season finale. South, on the other hand, will certainly be playing hard to achieve a first-round playoff game at home as they have already wrapped up their spot for the Class 4A second season. Game time, unless something unusual happens, is at 7:30pm.

Notes:

A moving tribute to Landon Campbell, a South Caldwell High School student who passed away earlier this year. To Devin his brother and all the family, ongoing prayers in Jesus name.

Outstanding blues performance (and the blue wardrobe as well) by the South Caldwell Spartan Regiment at the half.

Catch Matt Ingram on the next episode of Dancing with the Stars. At least that is what we read on the press box table.

CNN is pleased to report that Mac Shell is their new Conservative Field Correspondent. Got to love the irony coming from the hallowed halls of South Caldwell High School.

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The Caldwell Arts Council's Stevens Family Artist Scholarship applications available

LENOIR, NC (October 30, 2019) -- The Caldwell Arts Council's Stevens Family Artist Scholarship is now accepting applications for 2020 workshops at Cheap Joe's Art Stuff in Boone.

The scholarship, established for experienced adult visual artists in Caldwell County, is sponsored by The Stevens Family in honor of Allene Broyhill Stevens, Cheap Joe's Art Stuff, and the Caldwell Arts Council, for workshops at Cheap Joe's in Boone.

Cheap Joe's will sponsor art supplies for up to two scholarship winners.

All applicants must be experienced visual artists residing in Caldwell County, 21 years of age or older, who have not previously received this scholarship.

Scholarship applications and additional details are available online at www.caldwellarts.com. Application deadline is November 15, 2019.

The Caldwell Arts Council is located at 601 College Ave SW in Lenoir; phone 828-754-2486 email office@caldwellarts.com or visit www.caldwellarts.com.

Olympic Super-G Medalist, Andrew Weibrecht Returns to Sugar Mountain Resort for its Annual Preseason Ski Clinic

SUGAR MOUNTAIN SKI RESORT, NC (October 31, 2019) -- For a second year in a row, two-time Olympic medalist and former U.S. Ski Team member, Andrew Weibrecht, joins Sugar Mountain Resort's preseason ski clinic coaching staff, December 13-15. The 24th annual, three-day clinic coincides with SugarFest and includes daily and day-long coaching with Andrew and other notable and encouraging staffers, lift tickets, video analysis and Friday night dinner.

The SugarFest celebration features the kick-off to Sugar Mountain Resort's 50th season and the ceremonial ribbon cutting of the new, four passenger, high-speed, detachable Easy Street chairlift which replaces the original, two passenger, fixed-grip chairlift, built in 1969. Click here for a complete list of Sugarfest activities.

To learn more about the preseason ski clinic or Sugar Mountain Resort's opening day, please visit www.skisugar.com or call 800-SUGAR MT.

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U3198c, 3/19

Are you ready for ACA Individual Health Annual Enrollment?

LENOIR, NC (October 30, 2019) -- Annual Enrollment for Affordable Care Act (ACA) plans is here again. The dates run Nov 1st – Dec 15th. During this time, you can enroll in a plan or make changes to an existing plan.

If you are losing coverage, you may be eligible for a special enrollment period as well. For instance, if you're current plan is ending on Dec 31st you can enroll in Jan or Feb of 2020 for a new plan – but if you wait that long your new coverage won't be effective until Feb or March 1st.

There are a lot of things to consider during ACA Annual Enrollment such as if you need to make a change to your project household annual income or if you need to make a coverage change. Once Annual Enrollment for ACA is over, you cannot enroll again until the next one comes around for 2021 unless you qualify for a Special Enrollment period (SEP) during the year.

Be sure to get in touch with an ACA insurance professional who can go over your choices with you. You ultimately will want to get a coverage that works best overall for your situation with doctors and hospitals who accept your plan. Any new enrollments and/or plan changes must be received by December 15th so don't delay exploring your options today.

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Caldwell Pregnancy Care Center (CPCC) is looking for mature men to mentor fathers. This volunteer opportunity will consist of 2-3 hours per week and the impact you may have on a family could last for eternity. Please call CPCC at 828-757-9555 or come by and pick up an application.

Bethel Colony of Mercy will be hosting a Spirit Night at Chick-fil-A in Lenoir on Tuesday, November 5 from 5:00 to 8:00pm. Stop by Chick-fil-A after you vote and support Bethel Colony.



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Anchors Landing Firewise Recognition

GRANITE FALLS, NC (October 21, 2019) -- Recently, the Anchors Landing community became North Carolina's 30th Firewise USA®™ site. Members of their community met with the N.C. Forest Service, Grace Chapel Fire Department, and Carolina Land and Lakes Resource Conservation & Development (RC&D) in recognition of the accomplishment.

Over the past several months, Anchors Landing completed many tasks to better prepare their community for a wildfire. In April 2019, residents met with fire professionals to learn more about Firewise and to ask questions about the wildfire risks they face. Shortly after, the N.C. Forest Service conducted a community wildfire risk assessment. Since that time, community members have worked many hours around their homes and throughout the Anchors Landing community to reduce the damaging effects in the event of a wildfire.



"Preparing for a wildfire can be a daunting task but you don't have to do it alone," said Justin Query, Wildfire Mitigation Forester with the N.C. Forest Service. "In the Anchors Landing community, the actions being taken by a network of neighbors are exponentially reducing wildfire risks within their community."

With this accomplishment, Anchors Landing joins the Coves River Mountain Club, Wilson Creek, Edgemont, and Cedar Rock communities in actively being Firewise in Caldwell County. To reduce wildfire risks, they are working in concert with the N.C. Forest Service, the Grace Chapel Fire Department, and Carolina Land & Lakes RC&D Council, which is part of the Appalachian RC&D Fire Adapted Communities Coalition.

"As Caldwell County's population continues to expand, much of the development to accommodate that growth has flowed into traditionally natural areas," said Ethan Matherly, Caldwell County Ranger. "A trend toward migration from urban centers and suburbs into formerly rural and wild areas places many more people in the path of potential wildfire. We saw this firsthand during the fall of 2016. Threats to life and property from wildfires, and costs for suppressing them are growing at an astounding rate. Anchors Landing recognizes these risks and are working to reduce the hazards."

The Firewise USA®™ program empowers individuals to take an active role in protecting their communities by encouraging local solutions that involve residents taking responsibility for preparing their homes for wildfire.

Research has shown that both the house and the adjacent landscape play a critical role in the home surviving a wildfire. There are steps that homeowners can take to reduce risks, with the most important efforts occurring on or immediately around the home. Additionally, neighboring properties can also influence each other. Firewise USA®™ guides residents in how to organize their neighborhoods to work collaboratively to reduce shared risk.

Since 1970, more than 10,000 homes and 20,000 other structures have been lost to severe wildland fires nationwide. Once a fire starts, there is only so much fire service professionals can do to protect structures.

While many people think of western states such as California as being particularly prone to wildfire destruction, the problem also exists in North Carolina. Studies show that North Carolina ranks number one in the number of acres affected by the Wildland Urban Interface (WUI), and fifth in the number of homes in the WUI, at 41 percent. This, in addition to the fact that wildfire is a natural part of North Carolina's ecosystems, illustrates the wildfire danger with which many residents live. It's not a matter of if a wildfire will occur but rather when a wildfire will occur.

Initiated in 2002 with 12 pilot neighborhoods, the national Firewise USA®™ recognition program has more than 1,500 active member communities in 42 states, as well as a participation retention rate of 80 percent over the past decade. The program, aimed at homeowners, provides specific criteria for communities regarding wildfire preparedness, and based on this criterion, offers national recognition for their work.

To learn more about the Firewise USA®™ program, visit Firewise.org, or call your local county ranger for advice on how to protect your neighborhood and your home from wildfire.

ALE Conducts State-Wide Enforcement Operation

RALEIGH, NC (October 28, 2019) -- Over the weekend, ALE special agents arrested more than 200 individuals for alcohol, drug and firearm charges during a state-wide crackdown in partnership with local, state and federal agencies. Each of the eight districts targeted crime and violence at both ABC-licensed and illegal alcohol businesses.

"ALE special agents routinely partner with local, state, and federal law enforcement agencies in order to have a greater impact on public safety as it relates to the sales of alcoholic beverages" said, Bryan House, Interim Director of ALE. "We find crimes involving alcoholic beverages regularly have strong associations to other criminal behaviors that often result in negative effects on communities."

Across the state, special agents executed two search warrants, removed three impaired drivers from roadways, seized various types of controlled substances and 11 firearms, one of which was stolen. Of the 399 charges, 31 were felony charges, 136 were alcoholic beverage-related charges and 109 were drug-related charges.

ALE special agents addressed violence, drug use and underage drinking at ABC businesses and house parties. In Fayetteville, special agents assisted local police after a shooting occurred at a residential illegal bar. ALE charged the host with selling alcohol without ABC permits. Two owners were charged after special agents raided a store in Johnston County and an illegal night club in Durham County. In Leicester, a juvenile at an underage party was transported to the hospital after being struck in the face. ALE seized alcohol, marijuana and drug paraphernalia from the residence. In Asheville, special agents stopped a vehicle leaving an ABC-licensed outlet and seized a handgun, ammunition, marijuana, THC vape pen cartridges, and oxycodone from the driver.

ALE special agents will submit violation reports to the Alcoholic Beverage Control (ABC) Commission for criminal and regulatory violations at 14 ABC-permitted businesses. The violations could result in fines, suspensions, or revocations of ABC permits.

Agencies involved in the operation included U.S. Bureau of Alcohol, Tobacco, Firearms and Explosives, North Carolina Division of Motor Vehicle's License and Theft Bureau, Pitt County ABC, Mecklenburg County ABC, Boone Police Department, Western University Police Department, and Jackson County Sheriff's Office. Counties involved in the operation included New Hanover, Columbus, Nash, Edgecombe, Cumberland, Durham, Johnston, Wake, Alamance, Guilford, Randolph, Mecklenburg, Burke, Buncombe, and Polk.

About ALE:

ALE's 109 specially trained agents have the authority to arrest and take investigatory action throughout North Carolina. Their primary responsibility is the enforcement of Alcoholic Beverage Control, tobacco, state lottery and gambling laws.

Change your clock, Change your batteries

HICKORY, NC (October 28, 2019) -- It is time to change your clock and change your smoke and carbon monoxide alarm batteries! As the fall time change approaches on November 3, Hickory Firefighters want to remind you to make another change that could save your life - changing the batteries in your smoke and carbon monoxide alarms.

"A working smoke alarm provides an early warning and critical extra seconds to escape," said Hickory Fire Chief Matt Hutchinson. "This is particularly important for those most at risk of dying in a home fire, such as children and seniors."



Changing smoke and carbon monoxide alarm batteries at least once a year is one of the simplest, most effective ways to reduce these tragic deaths and injuries. In fact, a working smoke alarm nearly cuts in half the risk of dying in a home fire.

Remember that an alarm with a dead battery is just as bad as not having one because it gives a false sense of security. Firefighters agree that the most commonly cited cause of non-working smoke alarms is worn or missing batteries.

If a resident does not have an alarm and can't afford one on their own, they should contact their local fire department to possibly receive one for free.

For more information on the alarm program or about fire safety, call the Hickory Fire Department at (828) 323-7420 or visit www.hickorync.gov.

Blue Ridge Energy Selected for NCWAP Community Solar Grant to Help Low-Income Members

LENOIR, NC (October 25, 2019) -- Blue Ridge Energy was one of three utilities selected by the N.C. Weatherization Assistance Program (NCWAP) for a grant to help low-income members benefit from community solar resources.

Local weatherization assistance programs in Blue Ridge Energy's service area of Caldwell, Watauga, Ashe and Alleghany counties will be selecting 10 homes to receive grant benefits that include \$3,200 per home funded by NCWAP to cover a 15-year subscription to four community solar panels per home. Each will receive a bill credit for the energy generated by the solar panels with target benefits of approximately \$365 per year.

Grant benefits also include NCWAP funding for weatherization services to these single-family households provided by local weatherization programs. Services can include energy related health and safety, duct sealing, insulation, air sealing, lighting upgrades (LEDs), refrigerator/heating/cooling system evaluation and replacement if needed.

In Blue Ridge Energy's service area, local weatherization assistance programs include Blue Ridge Community Action (BRCA), WAMY Community Action, and Blue Ridge Opportunity Commission (BROC).

"We are honored to be among only three state utility entities selected for this grant," said Alan Merck, Chief Operating Officer of Blue Ridge Energy. "As an electric cooperative utility, we have a deep commitment to helping our local communities. This grant helps us go beyond the various helping programs we currently have in place and maximizes access to the five community solar gardens we've built across our service area for clean, renewable energy," he said.

Secretary Michael S. Regan of the Department of Environmental Quality stated: "This is an innovative approach that allows low-income households to support and participate in a clean energy resource that would otherwise be inaccessible. Programs like this are key to creating a just and equitable transition to a clean energy economy."

NCWAP grant funds totaled \$128,000 to the three recipient organizations that included Blue Ridge Energy, Roanoke Electric Cooperative and Fayetteville Public Works Commission. NCWAP's pilot program covers a total of 40 homes and the funding allows NCWAP clients to participate in the community solar programs of these electric utilities.

NCWAP helps low-income North Carolinians save energy, reduce their utility bills, and stay safe in their homes. Its mission is to keep North Carolina citizens warm in the winter, cool in the summer, and safe all year long while educating the public about energy efficiency and household safety.

Blue Ridge Energy is a member-owned electric cooperative serving Caldwell, Watauga, Ashe and Alleghany counties as well as parts of Avery, Wilkes and Alexander counties. Its community solar program began in 2017 and now includes 5 solar arrays in Caldwell, Watauga, Ashe and Alleghany counties. Community solar offers members easy, affordable access to renewable energy without the expense or maintenance of rooftop solar. For a low monthly subscription rate, members can subscribe to one or more panels and receive a bill credit for the energy produced by the solar gardens. Learn more at BlueRidgeEnergy.com.

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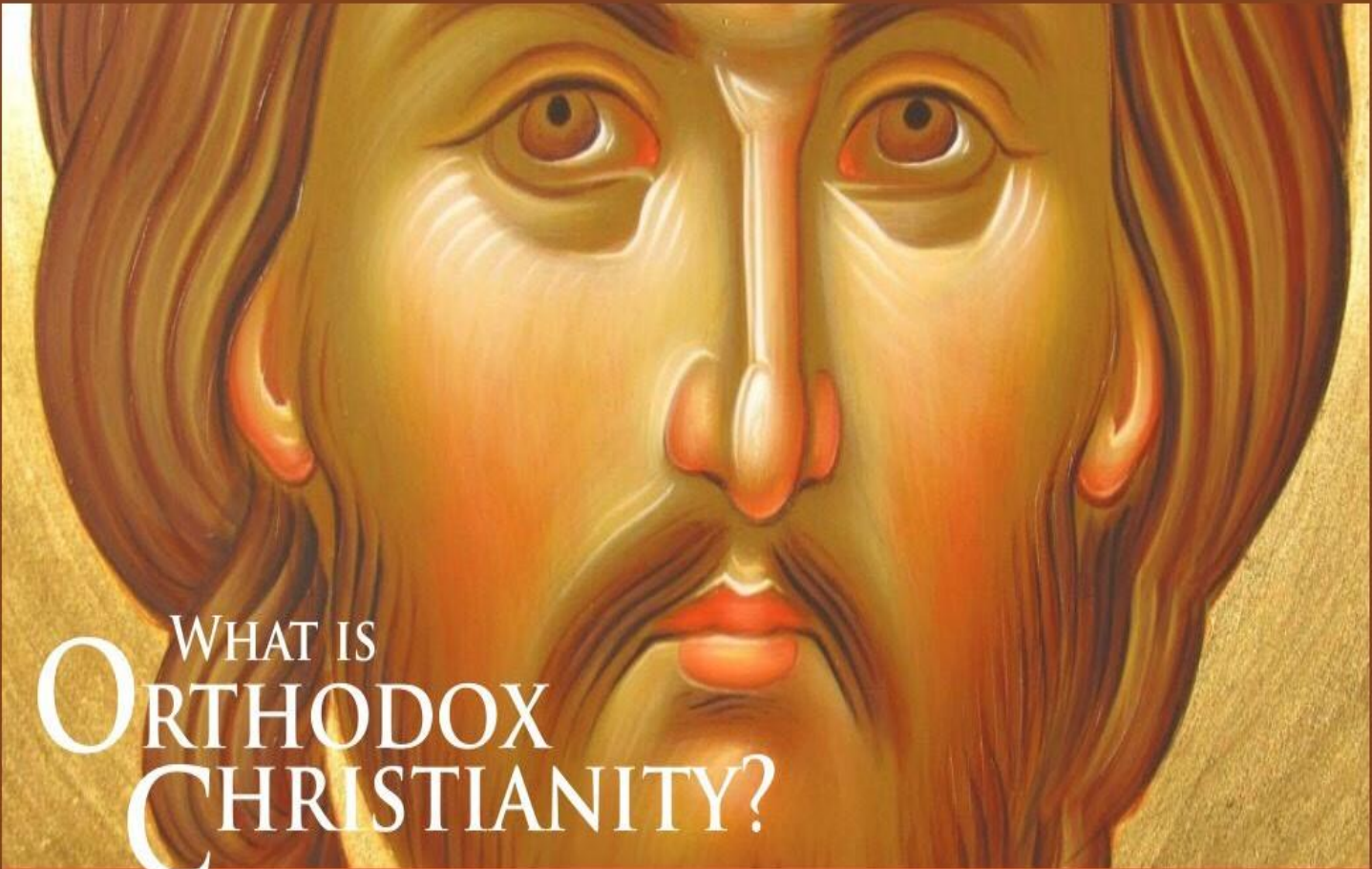
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Two Convenient Locations

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WHAT IS ORTHODOX CHRISTIANITY?

The One, Holy, Catholic and Apostolic Church is the Orthodox Church of Jesus Christ, against which he promised the gates of hell would not prevail. Specifically, one, holy, catholic, and apostolic Church is the creedal form of belief in the Church; evidenced by the four marks of the Church: unity, sanctity, catholicity, and apostolicity. Orthodox Christians are defined significantly by their continuity with all those who have gone before, those who first received and preached the truth of Jesus Christ to the world, those who helped to formulate the expression and worship of our faith, and those who continue to move forward in the unchanging yet ever-dynamic Holy Tradition of the Orthodox Church.

We welcome all to come and see as we meet together in worship at St. Sebastian Chapel located on the campus of St Aloysius Catholic Church, **921 Second Street, Hickory, NC.**

Lay led prayer services each Sunday at 10 AM. Great Vespers on 10/26 at 6 PM and Divine Liturgy on 10/27 at 10 AM.

ARCHANGEL GABRIEL ORTHODOX CHURCH IN HICKORY, NC
A MISSION STATION OF THE ORTHODOX CHURCH IN AMERICA (OCA)

www.archangelgabrielhickory.org

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