

Dudley Shoals Elementary School delivered 1,110 pounds of food to SCCM

GRANITE FALLS, NC (November 27, 2019) -- On Tuesday, November 26, 2019, the third-grade classes of Dudley Shoals Elementary School delivered 1,110 pounds of food to South Caldwell Christian Ministries. We are so thankful for all the food. Our shelves were getting empty. As schools close for the holidays, families need more food to feed the children who are now at home. We thank all those involved for helping us feed the hungry.



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She gets her hair from her mom.
Her eyes from her dad.
And her drugs from her grandma's
medicine cabinet.

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Caldwell Journal Info

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The content of the articles or the advertisements does not necessarily represent the opinions of anyone affiliated with the Caldwell Journal. The Caldwell Journal is a non-discriminatory paper.

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

Caldwell Journal

Caldwell Journal Weather

Thursday (5th): Mostly sunny.
 High 59 Low 38
 Precipitation: 0%

Friday (6th): Some sun, then clouds.
 High 55 Low 35
 Precipitation: 25%

Saturday (7th): Partly sunny.
 High 53 Low 32
 Precipitation: 1%

Sunday (8th): Some sun, then turning cloudy.
 High 47 Low 37
 Precipitation: 4%

Monday (9th): Periods of rain.
 High 51 Low 49
 Precipitation: 67%

Tuesday (10th): Periods of rain.
 High 59 Low 31
 Precipitation: 64%

Wednesday (11th): Mostly sunny & cooler.
 High 48 Low 25
 Precipitation: 8%

Caldwell and Contiguous Counties High School Students invited to compete in Shakespeare Monologue Competition

LENOIR, NC (December 5, 2019) -- High school students in traditional or private schools in Alexander, Avery, Burke, Caldwell, Catawba, Watauga and Wilkes Counties are invited to participate in the 8th annual High School Shakespeare Monologue Competition, sponsored by the Caldwell Arts Council.

Over \$1,400 in cash awards will be presented. Details for participation are on the website: <https://www.caldwellarts.com>.

Caldwell County students should contact the Shakespeare Coordinator in their school. Students from home and private schools should register directly with the Caldwell Arts Council at 828-754-2486 or office@caldwellarts.com.

Applications will be accepted now through February 14, 2020 – first come, first served on monologue selection. Awarded monologues will be posted immediately on the website.

The competition will be held March 7, 2020 at 1:30 p.m. at the HUB Station Auditorium in Hudson, NC.

To learn more about programs of the Caldwell Arts Council, please visit www.caldwellarts.com or contact the Caldwell Arts Council at 828-754-2486 or office@caldwellarts.com.

Caldwell County – Middle School Students invited to compete in Poetry Recitation Competition

LENOIR, NC (December 5, 2019) -- Caldwell County middle school students are invited to participate in the 15th annual Middle School Poetry Recitation Competition, sponsored by the Caldwell Arts Council.

Over \$1,200 in cash awards will be presented. Details for participation are on the website: <https://www.caldwellarts.com>.

Caldwell County students should contact the Recitation Coordinator in their school. Students from home and private schools should register directly with the Caldwell Arts Council at 828-754-2486 or office@caldwellarts.com.

Applications will be accepted now through February 14, 2020 – first come, first served on poem selection. Awarded poems will be posted immediately on the website.

The competition will be held March 7, 2020 at 9:30 a.m. at the HUB Station Auditorium in Hudson, NC.

To learn more about programs of the Caldwell Arts Council, please visit www.caldwellarts.com or contact the Caldwell Arts Council at 828-754-2486 or office@caldwellarts.com.

Caldwell County Veterans Services to Host Luncheon for Veterans

LENOIR, NC (December 5, 2019) -- Caldwell County Veterans Services will host an open house and luncheon for veterans on Thursday, December 12, beginning at 11:30 a.m.

The annual event is hosted by the staff and held in the city/county chambers, located in the Alden E. Starnes County Office Plaza, 905 West Avenue, Lenoir.

For more information about the event, call 828-757-1345.

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Volunteer in YOUR Community with AARP TaxAide

You've got just what it takes to help your neighbors in need. Many older, low-income taxpayers miss out on credits and deductions they've earned because they can't afford to pay for professional tax preparation. With the help of neighbors like you, AARP Foundation Tax-Aide offers free tax-filing help to those who need it most. You can make a big difference in someone else's life. We'll show you how. We're looking for compassionate and friendly individuals to join our team of local volunteers for the upcoming tax season. Our volunteers receive training and continued support in a welcoming environment. And as our current volunteers tell us, you'll not only learn new skills but also get that great feeling from helping someone else.

Good with the fine print? Volunteer tax preparers work with taxpayers directly, filling out tax returns and helping them find the deductions and credits they've earned. Experience isn't necessary – we provide training and IRS certification.

Love working with people? Client Facilitators welcome taxpayers, help organize their paperwork and manage the overall flow of service.

Skilled in all things digital? Technology Coordinators manage computer equipment, ensure taxpayer data is secure, and provide technical assistance to volunteers at different local sites. Have a knack for running things?

Leadership and Administrative volunteers make sure program operations run smoothly, manage volunteers, track volunteer assignments and site activities, and maintain quality control.

Speak a second language? You're urgently needed! We have a big demand for bilingual speakers in all roles, especially dedicated interpreters who can assist other volunteers.

Call GLENDA S. Pierce @ 336-466-3184 or apply at aarpfoundation.org/taxaide. If you're interested in making a difference in your community, we've got a role for you!

AARP TaxAide needs volunteers to have the Free Tax return services available to people in the Lenoir area.



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*Benefit quoted and monthly premium (rate) is for Plan G quoting a female, non-tobacco and is effective until May 31, 2020. 1 Based on Blue Cross NC internal data, November 2018. Rates are subject to change June 1 of each year, but members will not be singled out for premium increases based on their individual health. ®, SM Marks of the Blue Cross and Blue Shield Association. The agency is an independent entity that has been appointed as an authorized agent of Blue Cross NC. Blue Cross NC is an independent licensee of the Blue Cross and Blue Shield Association.

U3198c, 3/19

Expecting a Drone This Holiday? Fly Safe and Legal with These Tips

RALEIGH, NC (December 2, 2019) -- Drones are a popular holiday gift, but it's important new drone owners take time to know how to safely fly an unmanned aircraft.

More than 30,000 North Carolinians now own and operate drones for recreational use. With this number growing, the N.C. Department of Transportation is reminding drone pilots to follow safety precautions because drones can be dangerous to others if they are not operated properly.

"It's amazing how much can be done with a drone these days," said NCDOT Director of Aviation Bobby Walston. "We've just got to make sure everyone is aware that they're more than just a toy and need to be flown responsibly."

As such, NCDOT's Division of Aviation has provided the following tips to help pilots make sure they're flying safely and legally:

- Always fly under 400 feet above ground level
- Never fly near airports
- Avoid flying over events or crowds
- Don't fly at night, even if your drone has lights
- Never fly directly over people
- Don't fly near or above prisons
- Respect people's privacy
- Always keep the drone within your visual line of sight

By following these guidelines, drone pilots can be more confident that their flights are safe and legal. Pilots should also take the time to learn about the state and federal laws governing drones, as well as local restrictions in their area, before taking off.

North Carolinians interested in flying a drone for commercial or government operations must obtain a permit from the N.C. Division of Aviation. Before applying, prospective users must pass NCDOT's UAS (Unmanned Aircraft Systems) Knowledge Test. The permitting system began in 2016 and is designed to help drone owners better understand restrictions on drone use through a simple and efficient online process.



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Upcoming Caldwell Senior Center Events

LENOIR, NC (November 21, 2019) — Here are the upcoming Caldwell Senior Center events for the month of December...

Friday, December 6

VAYA Health's Geriatric and Adult Mental Health Specialty Team will be at the Caldwell Senior Center to present two FREE programs. At 10:00am they will talk about "Anxiety: Calming the Anxious Mind" followed by "Coping with Anxiety: Medications and More" at 11:00am. Community individuals, agency staff serving the aged, caregivers and anyone interested in learning about these topics are encouraged to attend. Please call 758-2883 to register. The Senior Center is a United Way participating agency.

Tuesday, December 10

Loss of balance and posture can be a painful drag on our physical wellbeing as well as limit quality of life. Join Yoga Therapist, Ellen Crider, for 90 minutes of instructional fun at the senior center on Dec. 10th from 3:00-4:30pm. You will learn about and practice balance and posture. Refreshments and a prize drawing are included. There is a \$12 fee with \$2 going to the senior center. There is no prior yoga experience necessary to attend. Please register at (828) 758-2883. (The Caldwell Senior Center is a United Way participating agency.)

Friday, December 13

Join McDonald's at the Caldwell Senior Center for Bingo from 10:00-11:00am! There will be prize giveaways with each winning card. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Friday, December 13

Cassie Wilhelm (M.S., CCC-SLP) with Lenoir Healthcare will be at the Caldwell Senior Center on Dec. 13th at 1:00 to do a FREE program called "Dementia Management" about dementia vs. mild cognitive impairment. She will discuss signs and symptoms, types of dementia, the role of therapy, caregiver tips and resources. Please call 758-2883 to register. (Caldwell Senior Center is a United Way participating agency.)

Friday, December 13

Do you like to create handmade items? The Senior Crafters are holding a special afternoon craft class on December 13th from 2:00-4:00 at the Caldwell Senior Center. Anyone is invited to take part of this FREE creative time. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Tuesday, December 17

Are you looking for a part time job? Georgianna Bland will present a FREE program at 1:00pm on working for the 2020 US Census. There are all kinds of jobs, great pay, flexible hours, weekly pay and paid training. If interested, please register by calling (828) 758-2883. (The Caldwell Senior Center is a United Way participating agency.)

Thursday, December 19

Caldwell County has a Caregiver Support Group that meets on the 3rd Thursday evening of each month. The next meeting is Dec. 19th from 6:00-7:30pm. It is a time to share information and coping strategies, talk about feelings and concerns and learn about community resources. Dinner will be provided by Hickory Falls Health and Rehabilitation. Please register by calling (828) 758-2883. (The Caldwell Senior Center is a United Way participating agency.)

Friday, December 20

The Caldwell Senior Center will host our annual Christmas Party and Ugly Sweater Contest on Dec. 20th at 1:00pm. Bring a snack to share and expect to laugh. Dig out or create your tackiest/ugliest Christmas sweater to wear if you want to participate in the contest. A prize basket donated by Brookdale of Lenoir will be awarded to the winner. Please register by calling (828) 758-2883. (The Caldwell Senior Center is a United Way participating agency.)

Friday, December 27

Join the Caldwell Senior Center staff for a fun game of Holiday Pictionary on Dec. 27th at 10:00am. This is a guaranteed time of fun and laughs as your team tries to draw holiday themed words! Please call (828) 758-2883 to register. (The Caldwell Senior Center is a United Way participating agency.)

Caldwell County Yokefellow will be having the 6th annual Yokefellow Christmas Handbell Concert on Sunday, December 8 at 3:00pm at Lenoir Presbyterian Church located at 1002 Kirkwood Street, Lenoir. This concert will feature Christmas favorites performed by the Handbell Choir of Lenoir Presbyterian Church, Richard Pinson - Pianist, Toni Carlton and Brian Clark - Vocalists and lots more. Donations will be taken at the door. This is a charity event supporting the emergency assistance budget of Caldwell County Yokefellow.

Wishing you a safe and joyful Christmas

HICKORY, NC (December 4, 2019) -- The members of the Hickory Fire Department would like to offer the gift of a fire safe Holiday season. The Christmas season is unfortunately a time of year characterized by fires, many of which are a result of the improper use and placement of seasonal decorations. We hope the following list of fire safety tips will help you enjoy a fire safe holiday.

- * Keep light strings and other electrical decorations out of reach of children and pets. They are attracted to pretty lights and decorations.
- * Follow the manufacturer's instructions on how to use tree lights. Any string of lights with worn, frayed or broken cords or loose bulb connections should not be used.
- * Make sure all the lights you use are UL listed or by a listed by a testing laboratory.
- * Remember some lights are designed only for indoor or outdoor use. Never use lights that are designed for indoor use outside.
- * Never use real lighted candles on a tree or near evergreen or draperies.
- * Follow all manufacturers specifications when replacing burned out fuses on decorative light strings. Never use anything but the properly rated fuse.
- * If using a live tree, make sure you buy a fresh one and be sure to water it daily. Try to keep live trees as moist as possible by giving them plenty of water. Do not purchase a tree that is dry or dropping needles. Check for fresh, green needles and place your tree in a sturdy tree stand designed not to tip over.
- * Always place your tree away from any heat source, and out of travel paths. Never block a door or exit with your decorations.
- * If you use an artificial tree, be sure it is listed as fire resistant.
- * Always turn off tree lights, window lamps, and other electrical decorations before leaving the house or going to bed.
- * Safely dispose of the tree when it begins dropping needles. Dried-out trees are highly flammable and should not be left in a house or garage or placed against the house.

The Hickory Fire Department wishes everyone a safe and Merry Christmas. For additional information, contact the Hickory Fire Department at (828) 323-7521.

Happy Holidays!



*The Sweet Adelines
Carolina Style Chorus*

In Christmas Concert at Concord
Baptist Church, Granite Falls
Sunday night, **Dec. 8th, 6:00 pm**

Applications Open for NCDOT Bicycle Helmet Initiative

RALEIGH, NC (December 2, 2019) -- To reduce bicycle injuries and deaths, the N.C. Department of Transportation is encouraging people to apply to receive free bicycle helmets as part of an annual initiative the agency conducts.

Record number of helmets will be awarded to children and adults...

In its Bicycle Helmet Initiative, NCDOT's Bicycle and Pedestrian Division uses funds from the sale of "Share the Road" specialty license plates to pay for bike helmets that are given to underprivileged children.

Helmets save lives. While less than half of all children typically wear one while biking, helmets can reduce the risk of severe brain injuries by nearly 90 percent.

As part of the initiative, NCDOT distributes helmets to government and non-government agencies conducting bike safety events. Examples of partners include police and fire departments, parks and recreation departments, health departments, community centers, churches and non-governmental organizations.

This year, the state Division of Health and Human Services is partnering with the Bicycle and Pedestrian Division by providing an additional \$75,000 in state funds for helmets. The helmets will boost the existing program by reaching low-income adults.

Applications must be submitted by 5 p.m. on Jan. 6, 2020. Applicants have the option of requesting 25, 50, 75 or 100 helmets, and awardees will receive them by April 30, 2020. Applicants are encouraged to partner with groups in the community to extend the outreach of bicycle safety awareness.

For more information and to download the application, visit the NCDOT Bicycle Helmet Initiative webpage.

Mountain Ruckus, Dolly's Stampede Band, returns to Hudson at the Hub Station

HUDSON, NC (December 4, 2019) -- The Town of Hudson and the HUB Station are pleased to announce the return of renowned bluegrass band Mountain Ruckus. Dolly Parton's Stampede Band will perform on Saturday, January 11, 2020 at 7:00 p.m.

Featuring Dolly's bandleader & producer, Gary "Biscuit" Davis, 4-time national banjo champion as well as Robert Hale & Matt Varhola, these veterans of the music industry will perform side-splitting comedy, great country, bluegrass and gospel music. This family-style event is sure to please music-lovers of all ages.

Proceeds benefit the continuing development of the HUB Station. Concessions will be available.

Tickets are \$25 for adults & \$15 children 12 & under. Tickets are available now at the HUB Station Box Office and www.TownofHudsonNC.tix.com

Please call 828-726-8871 for more info.



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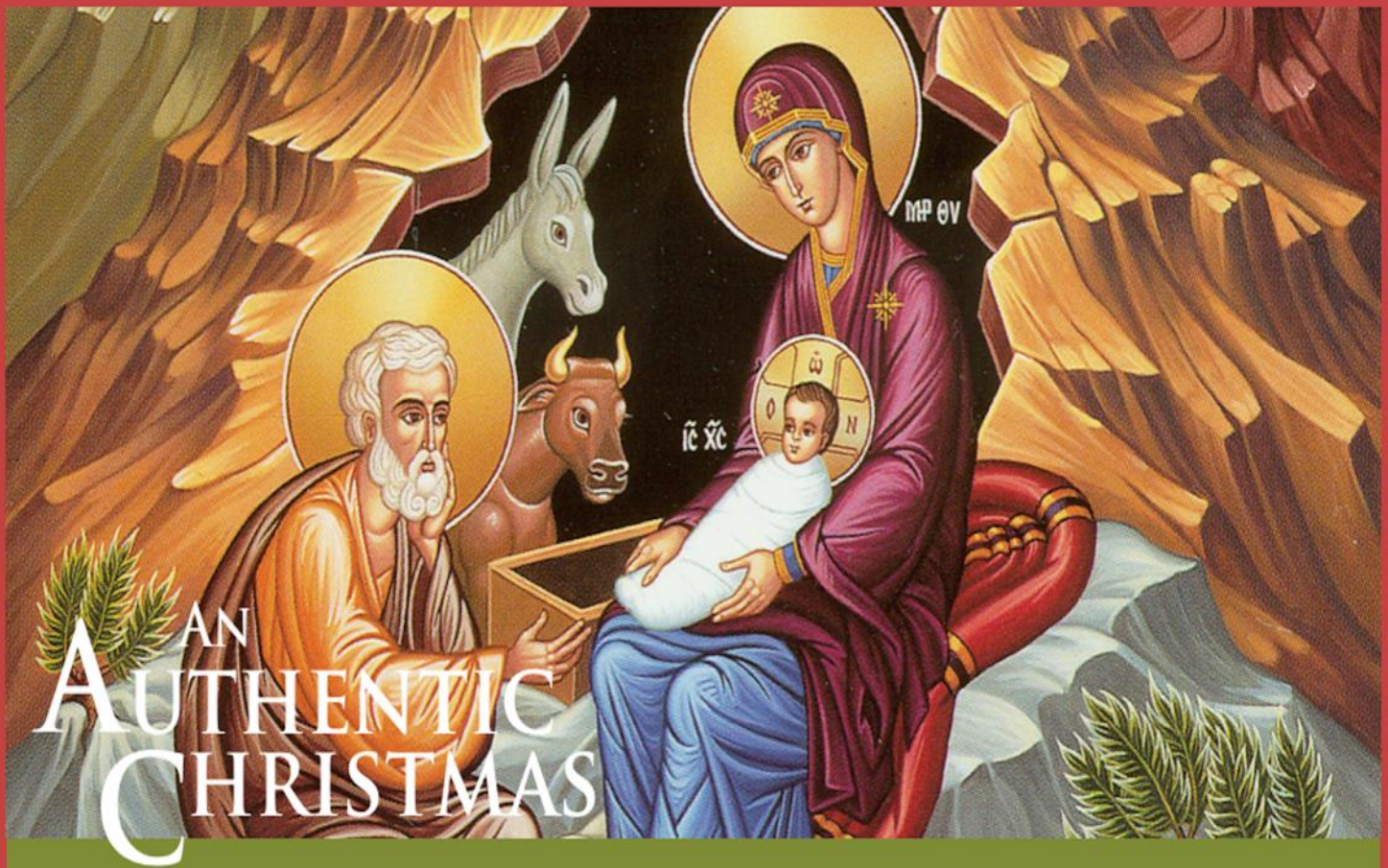
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In November, the Church enters the period of the Christian year known as the Nativity Fast (Advent). For forty days our attention will be directed toward the Nativity of Christ, both in the proper parts of the services and in the scriptural readings. Several days in December are dedicated to the memory of Old Testament prophets; persons with an extraordinary call to proclaim God's will and announce beforehand the Savior's coming into the world. These include commemorations of the prophet Nahum; Habakkuk; Zephaniah; Haggai; Daniel and the Three Youths. In addition, on the two Sundays preceding Christmas the entire assembly of Old Covenant prophets are among those many people commemorated who prepared the way for Christ's advent.

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 12/7 and 12/21 at 6 PM and Divine Liturgy on 12/8 and 12/22 at 10 AM.

ARCHANGEL GABRIEL ORTHODOX CHURCH IN HICKORY, NC
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