



SHP Emphasizes Safety For New School Year

RALEIGH, NC (August 21, 2019) -- As students across North Carolina make preparations to begin the school year, the State Highway Patrol is requesting the motoring public to keep safe travel a top priority. More than 14,000 school buses will be hitting the roadways, transporting over 790,000 children to and from school. With this in mind, motorists are encouraged to plan for delays as congestion is to be expected during the morning and afternoon commute.

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

Caldwell Journal

Caldwell Journal Weather

Thursday (22nd): Strong p.m. t-storms.
High 88 Low 66
Precipitation: 0.60 in.

Friday (23rd): A heavy afternoon t-storm.
High 84 Low 65
Precipitation: 0.41 in.

Saturday (24th): Mostly cloudy, a little rain.
High 73 Low 61
Precipitation: 0.19 in.

Sunday (25th): Mostly cloudy, spotty showers.
High 71 Low 61
Precipitation: 0.06 in.

Monday (26th): Mostly cloudy.
High 76 Low 62
Precipitation: 0.07 in.

Tuesday (27th): A p.m. t-storm in spots.
High 80 Low 64
Precipitation: 0.27 in.

Wednesday (28th): A t-storm possible.
High 86 Low 60
Precipitation: 0.08 in.

SHP Emphasizes Safety For New School Year

Continued from page 1...

Troopers statewide will increase their focus in and around school zones, monitoring driver behavior both before and after school. Emphasis will also be placed on ensuring motorists stop for school buses as troopers will ride on various buses during their respective routes.

According to state law, motorists are required to stop when a school bus is displaying its mechanical stop signal or flashing red lights and the bus is stopped for the purpose of receiving or discharging passengers. The driver of any other vehicle that approaches the school bus from any direction on the same street, highway, or public vehicular area shall bring that other vehicle to a full stop and shall remain stopped.

"The primary focus of every student across our state should be on education," said Colonel Glenn McNeill Jr., commander of the State Highway Patrol. "Our mission is simple; ensure that focus does not waiver due to safety concerns while traveling to and from school."

Motorists are encouraged to follow the provided suggestions during morning and afternoon travel

- Plan ahead for potential delays between the hours of 6 - 9 a.m. and 2 - 4 p.m.
- Never pass a stopped school bus under any circumstance
- Reduce speeds when approaching school zones
- Avoid driving distracted
- Be mindful of school bus stops along chosen routes
- Stay alert in and around school zones for pedestrians and crossing guards

While SHP and law enforcement across the state will be partnering to facilitate safe travel for students of every age, this responsibility must be shared by everyone. With this in mind, motorists are encouraged to assist the Patrol in reporting dangerous drivers by dialing *HP (*47) from their mobile device. Callers are requested to provide their location, nature of offense observed and description of the vehicle in question.

Dudley Shoals Baptist Church is sponsoring DivorceCare, a special help seminar and support group for people experiencing divorce and separation. The first meeting will take place Monday, September 9 from 6:00-8:00 PM at Grace Village Chapel, 3912 Berry Creek Circle, Granite Falls. The meetings will be held every other Monday. For more information call Dudley Shoals Baptist Church at 828-396-7300 or Angela Pelotte at 828-493-2968.

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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P-3C Orion 50th Birthday Celebration at Hickory Aviation Museum, Hickory NC

HICKORY, NC (August 18, 2019) -- It's been a year since the US Navy P-3C Orion Submarine Hunter arrived at the Hickory Aviation Museum (HAM) in Hickory NC and opened for visitors to tour. Since then, it's been a massive year for us welcoming numerous Maritime Patrol Aviation aircrew and squadron personnel to the museum to tour the aircraft as well as the general public who are curious to learn about this airplane they've never seen before.

HAM took delivery of the aircraft in the Fall of 2017, it is on loan to us from the Naval Aviation Museum, Pensacola FL. Museum personnel then proceeded to ready the aircraft with multiple aircraft washes and interior cleanings as well as ensuring the safety of our visitors by constructing Plexiglas screens for each operator station while ensuring that there are no viewing restrictions. When aircrew walk onboard, the interior is presented as the plane has always looked and it even retains that "P-3 smell" as many have said. The aircraft opened to the public in May 2018 with a two-day Open House celebration that was very well attended by the Maritime Patrol Community as well as the residents of Hickory and the surrounding area.

Our P-3C was accepted into service by the US Navy on August 28, 1969. We will be holding a private function after the museum closes on August 23rd for any/all former Maritime Patrol Aviation aviators, maintainers and ground support personnel. On August 24th, we'll be back open as scheduled at 10:00 am, and welcome the public to come out and meet our guests and learn more about the aircraft from those who flew and maintained it.



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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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Our Time and our Tech

by Daniel B. Rundquist

SPECIAL TO THE CALDWELL JOURNAL (July 15, 2019) -- "Technology changes man's relation towards nature, but not towards man and God. Whoever thinks otherwise values things more than people, and dust more than the spirit. A horrible tragedy of our time is the war between men and God. God wants to raise up and exalt man's identity above dumb and lifeless materiality, while men want to bury their identity and forget their Creator and make the sole purpose of their life's technology and material wealth. Many people who are spiritually and morally handicapped by their unbelief in Christ, create out of modern technology idols that they worship, and call upon all peoples and nations to bring sacrifices to those idols."¹ --Bishop Nikolai Velimirovich

When I go on vacation, I take almost everything with me. I like to be prepared. First I pack all my clothes and normal necessities, but I also take a huge first aid kit (which has unfortunately come in handy on several past vacations), a small library of books—which is large enough to require its own luggage; and then writing materials including three journals, one notebook, four fountain pens, a mechanical pencil, a bottle of Noodler's ink, and an ancient laptop that works most of the time. I just never know what will come up when I suddenly kick into storyteller mode on vacation and need to write.

I pack all the books and writing materials with the hope that when inspiration strikes at some opportune moment, I'll be ready to peel through a chapter or two, formulate something brilliant to say, and write it down. Unfortunately, as it is with most creative work we don't always get to choose when we are ready to compose something worth reading. My brain has other ideas about what "opportune moment" for creativity is. It's not uncommon for me to compose a few "important" paragraphs in the middle of the night when I'm trying to sleep. My brain takes on the dual role of writing coach and Marine Drill Sergeant, ordering me around: "Get up slacker! Write this down or else no rest for you!" Often those notes when reviewed in the morning over coffee are a tangle of incoherent lines that would make someone ask if I ought to be drug tested. Pretty sure my family would agree with that if those lines ever saw the light of day in a finished work.

Other times I'll be at a family dinner and here comes another brilliant thought to explore later with pen and paper. But I don't make a habit of bringing a notebook to dinner, so as not to lose the thought, I'll send myself an email from my phone to review later. In the time it takes me to type the email on the Barbie-doll sized keyboard letters with my thumbs, I just missed half the dinner conversation. It's not good. I might have used the voice to text app, but then people get the wrong impression I'm either taking a phone call at dinner or talking to myself like some self-absorbed writer talking to an imaginary friend. I might have been better served with a small notebook and a pen after all. Again, it's not good.

We all look for that one perfect span of time that we can use to get something done we have been wanting to accomplish whether that's write something down, reading that book that looked so interesting to us in the bookstore, to make a phone call to a relative or friend, or simply to collect our own thoughts and sort things out. The ordinary frenzied pace of life, however, does not often afford us this luxury, even on our vacations.

Finding moments of solitude—even a single hour in our day—is a challenge that most of us can't even manage to win. President Thomas Jefferson was said to take two hours each day to walk, and two hours to study. Few, if any adults of working age today could afford to take four hours of our day to spend this way. Aside from our normal work and family duties, what exactly are we so busy doing?

Go to any restaurant or ball game these days and you'll see. Everyone is on their phones, adults and kids alike. I'm guilty of it and you are too. This is all we seem to do in the spare moments we have now, especially (and quite tragically) the people under twenty-five. When we finally do set it down and plug that miserable device in for a charge, do we ever reflect on the time we spent staring at it that day? There is your two hours of study or walking. Some will say, "I walk at the same time I use my phone so it's ok." Is it? Try that in the city and you're likely to be hit by a car when crossing the street. Thomas Jefferson maintained a lot better habits than most of us and was not plagued by the curse of technology:

"Give about two of them [hours] every day to exercise...A strong body makes the mind strong...Never think of taking a book with you. The object of walking is to relax the mind. You should therefore not permit yourself even to think while you walk. But divert your attention by the objects surrounding you. Walking is the best possible exercise."²

Living in the world of a never-ending frenzied pace requires us to make a deliberate effort to stop and take quiet time for our minds to catch up and decompress. Give yourself time for some mental digestion. During the workday the "multitasking" never ends, and to a large degree at home we often must juggle that same style of workload. That's just the way it is, we are told today. True enough but managing our minutes in between is well within our control. It seems, however, that most people would rather send texts to each other than to take the time to have an actual conversation over the phone or across a cup of coffee. Ultimately, we could ask, is this level of impersonality that God intended for us, or are we abusing the technology we created? *Continued on page 6...*

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Our Time and our Tech

by Daniel B. Rundquist

Continued from page 5...

In general, vacations now days are too often little different than our normal workdays. We jam pack them so full of constant activities that when we come home, we often feel as though we "need a vacation from the vacation." This sort of vacation we might want to rethink, and it's all connected to our insatiable technology addiction. We want to show people how active we are and who hasn't spent time poring over tons of vacation selfies and location "check-ins" posted on social media?

Maybe it's time for us to honestly revisit how we engage with and use our technology. When you pack for your summer vacation, don't forget to include a block of time for peace and quiet, for solitude; away from tech and closer to God.

1 Ethics and Technology, From the Complete Works of Bishop Nikolai [in Serbian], Book 12, p. 23. Translated from the Serbian by Marija Miljkovic

2 Thomas Jefferson, Letter from Jefferson to Peter Carr. 1785 August 19.



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U3198c, 3/19

This Week at NCDOT: School Safety Driver Tips

RALEIGH, NC (August 16, 2019) -- The following are highlights from this week at the N.C. Department of Transportation. The stories below are also featured in NCDOT Now, the department's weekly newscast.

Back to School Driver Safety Tips

School is starting and that means more buses will be on the roads and more children will be walking and biking. It's critical that drivers know the rules of the road to keep everyone safe.

On average, there are nearly 3,000 incidents of cars passing stopped school buses every school day in North Carolina. This is not just dangerous for students; it's also against the law.

At the school, be sure to pay attention while driving so you'll see when a child is being dropped off or picked up. Remember to never pass a vehicle that is stopped for pedestrians, and always stop and yield to pedestrians crossing the crosswalk or intersection in a school zone when flashers are blinking.

School Bus Passing Laws

It's important that we all share the road with school buses. Give each bus plenty of space and know the rules for passing them on various types of roads.

- On a two-lane road, all traffic from both directions must stop;
- On a two-lane road with a center turning lane, all traffic must come to a stop;
- On a four-lane road without a median, traffic from both directions must stop;
- In the case of a divided highway with four or more lanes, only traffic following the school bus needs to stop; and
- When on a road with four lanes or more with a center turning lane, just traffic following the bus must stop.

Penalties for passing a stopped school bus include a \$500 fine and an additional four insurance points, which could increase insurance rates by 80 percent. It's vital that drivers also slow down and obey the posted speed limit in a school zone – a child's life could depend on it.

For more information about NCDOT Now, contact the NCDOT Communications Office at (919) 707-2660. Additional news stories from throughout the week can be found on NCDOT.gov.

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Hickory Police hire new Community Navigator to assist homeless

HICKORY, NC (August 13, 2019) -- This week, Hickory Police Department welcomed Casey McCall as the City's new Community Navigator.

"Every day, our officers encounter individuals in the community who need help getting back on a path to self-sufficiency. Noticing this great need, a new position was established to serve this population and help them break the cycle of homelessness," said Police Chief Thurman Whisnant.

As Community Navigator, McCall will be responsible for coordinating and directing services across all resources and local partners for homeless individuals in Hickory, who have a variety of complex health, social, and functional needs. He will work as a case manager, focused on serving the unsheltered homeless, assessing each individual's barriers preventing sustainable housing and employment. He will then work with each individual to develop an action plan and establish an assistance network to help each meet his or her identified goals.

Along with Hickory Police Department and the City of Hickory, McCall will continue working in partnership with various community organizations to ensure efficient coordination of services, as well as provide community education and work to develop housing, employment, and transportation opportunities for individuals in need.

McCall has a long history of serving the Hickory community. Before coming to work for the City, McCall was the Director of Shelter Services for The Salvation Army of Hickory for over nine and a half years. His experience working directly with those in need at The Salvation Army and his knowledge of the complex needs of the homeless will be tremendous resources for advancing the City's efforts to help the homeless population in Hickory.

"I'm excited to join the City of Hickory team and look forward to affecting positive change in the lives of others and the community at large," McCall said.



Caldwell
Journal

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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This is a program of the Caldwell Arts Council with support from the NC Arts Council, a division of the Department of Natural and Cultural Resources, along with local donors and sponsors. Find out more at HappyValleyFiddlers.org or by calling the Caldwell Arts Council at

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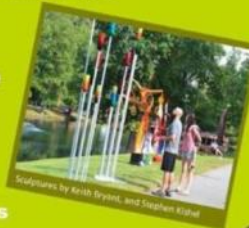


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Caldwell Journal

South Caldwell Fall Sports by Dan O'Neal

HUDSON, NC (August 21, 2019) -- What has become typical in the high school sports culture is the way teams begin play before the school calendar year even starts. Back in the days of when I was in high school now over forty years ago, this was pretty much unheard of. Football practice was always starting August 1st but not all other sports...not until after the calendar year commenced.

Truthfully, I like the way the culture has changed as it gives these young women and men a spark of sorts toward their academic (yes, students FIRST!!) and athletic accomplishments. I further contend that our students today are much busier than the previous generation where school activities go. Hopefully, it can be productive as opposed to, duh, counterproductive.

The Spartans Varsity Volleyball squad, coached by Vickie Reining, have already played two games as they opened their season this past Monday evening, falling to the Bunker Hill Bears 3-1. All four were close games with the sequence of 25-23 scores in this matchup.

Tonight, the Spartans hosted the East Burke and were swept by the Cavaliers 3-0, with scores of 25-16, 25-13 and 25-23. Coach Reising commented on the way this teams is sound on defense but short with regard to height. She spoke of the way that the goal of this team is to focus on defense and improve in converting on offense. The Spartans next matchup is set for a home contest against Class 2A powerhouse Fred T. Foard.

It does not have to be asked if Spartan Nation is ready for some football. The young men I have talked with are very enthusiastic about the upcoming fall campaign. Spencer Piercy, a tailback who will not surprise any opponent in the Northwestern 4A/3A Conference, and whose favorite NFL inspiration is Christian McCaffrey, has set a lofty goal of 2,000 yards rushing for the 11-game season. With his breakaway ability in running the football, anything is possible there.

Senior receiver Austin Raynor, who will likely be a team captain and vocal leader on and off the field, spoke of the way in which the players are students first (he hates cliches by the way) and players second and seek to hold each other accountable in both areas.

In asking head football coach Marc Kirkpatrick what the goals for the upcoming football season were, he spoke of how winning the first game was always important. South will open the 2019 season at home against county rival West Caldwell this Friday evening at 7:30pm.

Kirkpatrick also commented on the way the Spartans are in year three of the turnaround. "We're trying to do more than be in games. We seek to win more than we lose and play for championships. My impression overall of the pre-season scrimmages is that we have noticed steady improvement since the very first practice and good players are starting to surface."

Aside from Piercy and the Raynor brothers (Avery will once again be the lead signal caller), the offensive line features Trevor Johnson. The Spartans also hope to greatly improve on the defense side of the football, with the D-line being anchored by Ryan Hawkins. Linebackers spots will be manned Steven Reid, (Austin) Raynor, C.J. Crawford and John Robert Boyd. Secondary is still up for grabs but should Piercy be playing both ways, look for that pick-six sometime this season, perhaps more than once.

Soon after the high school campaign begins, college and pro football will follow shortly thereafter. As I stated in my previous column, Clemson and Alabama in the National Championship. Yes, that is how the NCAA and the networks have written the script, recruiting and field play combined.

With the NFL, have only this comment. When Avery Raynor was asked who his favorite NFL player was, he did not hesitate in responding with Russell Wilson (Seattle Seahawks quarterback in case you are like, who the bleep is Russell Wilson, lol) When asking Raynor if he liked the Cleveland Browns second year quarterback and former Heisman winner Baker Mayfield, he gave this look like, uhhhh, no. With this in mind, I recently learned of the way Mayfield was critical of the New York Giants drafting Daniel Jones as their first-round pick. Okay, yes, I am a Duke fan and yes, while respecting Daniel Jones, I thought Giants General Manager Dave Gettleman, oops, Gettleman, made a bone-headed decision.

Baker Mayfield may have a right to express his opinions as do all of us. However, why does he even care about who the Giants, Jets, Steelers, Panthers choose to be their first-round selection? Furthermore, while the Browns showed much improvement in the 2018 season (they even played a late afternoon contest on the last game of the season, a time slot they have not played in years), for Mayfield in leading the Browns squad again ,he needs to either put up or shut up as opposed to jawing to GQ Magazine about players drafted by other teams.

Finally, let us hope that the Spartans softball mojo has permeated the entire campus and student body of South Caldwell High School. May you students, teachers, admins, and all other staff have a very safe and richly blessed school year. Coach Tomberlin, our ears are ready for your jubilant intro of "Here Come Your Spartansssssssss"!

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