



# Healthier foods, but fewer students eat it

Switch to whole-grain ingredients turns some off

BY LEX MENZ

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The hot dog's whole-grain bun and low-sodium ketchup didn't bother Kenya Ferguson, 8. Also on his lunch tray on a recent day at Whitnel Elementary School was a sliced orange.

"I like the hot dogs. I like the oranges. It's good food," Kenya said.

However, some students, particularly in the higher grades, are ignoring the new, healthier options in the cafeteria because they are not used to the color or taste, according to school officials.

The Caldwell County Schools, like a number of other school systems, are applying for an exemption

from federal rules requiring certain whole-grain foods in lunchrooms because the food is going to waste.

The school system has seen a decline of about 150 a day in the number of school lunches being served since the new rules took effect last year, said Guy Garner, head of child nutrition for Caldwell County Schools, though no one is certain why more students are choosing to bring food from home.

Garner said Caldwell is seeking permission to temporarily put off buying whole-grain tortilla shells, pasta, bread and crackers because students won't eat them. Last year, cafeterias in the county sold 700 biscuits,



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Lukas Townsend eats a hot dog on whole-grain bread while Anthony Rico eats lasagna made of whole-grain pasta during lunch Thursday afternoon at Whitnel Elementary School.

but this year, with whole-grain biscuits, it's down to 300, Garner said.

"It takes time. You don't change the culture of eating in a year. It takes support from the parents, and it

takes support from the manufacturers," Garner said.

Of course, there are whole-grain items that students will eat.

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SUBMITTED PHOTO

Dr. Janet Land

## Driven by love of English, Land proved them wrong

BY LEX MENZ

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This is one in a series of feature stories on the 2015 Caldwell County Schools Hall of Honor inductees. The Hall of Honor ceremony will be at 6 p.m. Friday at the J.E. Broyhill Civic Center.

Dr. Janet Land was told she could never get a job in the field of English, but after serving as an English professor at Garner-Webb University, chair of the university's English Department and being named Garner-Webb's Teacher of the Year in 2011, she can confidently say they were wrong.

"I was told that it would be difficult to get a job teaching English and to choose something else, and I chose interior design. So I got my bachelor's degree in home economics and interior design. And, I laugh about that. My master's is in English," Land said.

Land's family moved to Caldwell County when Land was in the fourth grade. She attended Hudson Elementary School, Hudson Middle School and graduated from Hudson High School in 1970.

Land said that she loved school growing up because it stimulated her mind.

"I just liked the challenge, to be faced with something new and being able to understand. For example with math or chemistry, being able to use it, apply it," Land said.

Despite the naysayers, Land continued that love by pursuing a master's degree in English at East Carolina University and a Ph.D. at the University of South Carolina at Columbia. She said she is proud of pursuing her true passion.

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# Hudson students dig into history

BY LEX MENZ

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Hudson Middle School sixth-grade students tasted a bit of long-ago culture late last week when the Exploring Joara Foundation visited the school then invited the students out to the Joara archeological site at Catawba Meadows Park.

Students were taught the history of the area as well as how Native Americans hunted, made pottery, gardened and created weapons. The Exploring Joara Foundation is a non-profit organization in Morganton that works at archaeological sites in Western North Carolina and provides school programs.

In the classroom, staff archaeologist John Krebs gave a presentation followed by passing out cookies with M&Ms. Students used tools to dig out the M&Ms as if they were archaeologists hunting for hidden artifacts.

"We got a cookie and a pick thing," Zechariah Stout, 12, said. "We went through it and found the M&Ms. And after, he let us eat them."



**Above:** Justin Patrick shoots a blow dart as volunteer David Heavner watches Friday morning at Catawba Meadows in Morganton.

**Right:** Destiny Ward decorates a pinch pot she made at Catawba Meadows in Morganton.

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At the flint knapping stations, students learned how to use deer antlers to create arrowheads. After breaking off a large flake of flint, students used the antler to shape the flake into an arrowhead. In one group, the girls were nervous about participating.

"I'll hit somebody," Danielle Elmore, 13, said. "I don't like to do something in front of people."

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