

Castellaw takes first place in "Friday Night Lights" race in Kernersville September 7th

On Friday evening, September 7th, The Alexander Central High School Varsity Cougar Cross Country Team competed in the biggest meet in North Carolina this past weekend. The Cougars traveled to Kernersville for the "Friday Night Lights" event on Friday evening.

In the men's race, the Cougars finished seventh out of 38 teams. Senior Cooper Castellaw stole the show for the Cougar team as he left everyone in his dust after half a mile and never looked back bringing home top spot in the overall standings. With the overall win, Castellaw ran the 5k in a time of 16:40. This was his sixth fastest time ever and the first win for an ACHS runner this season.

Garison DeJarnette finished with a solid time of 21:43, Isaiah Fleming ran a season best time of 20:33. Jacob Campbell, in his first race this season, ran the 5k in a time of 20:22. The ever-improving Tyler Burgess finished with a 22:08 and Carter Patterson finished with a time of 19:12. Seth Warren was next looking strong as he finished 46 out of 317 runners, running a time of 18:31. Running one of his best times ever, Logan Ellis finished with a 17:50 placing him an impressive 16th overall.

The ACHS women placed 10th out of 25 teams. Camella Church led the way with a 22:03, placing her 25th out of 212 runners. It was Church's third best time ever.

The hard-working Kaylin Dyson was second for the ACHS. She finished 28th overall, and ran a personal best time of 22:15. Dyson is off to a good start this season running her 2nd fastest times ever.

Caroline Deal finished with a time of 24:35, and ran the second best time in her career with both times coming this season. Rylie Rhyne was the fourth runner to score for the Lady Cougars, running a 25:12. Rounding out the strong performance by the Lady Cougars was Sara Heath in a time of 25:18.

Shiloh Luth. plans chicken pie supper

Shiloh Lutheran Church will hold a chicken pie supper on Saturday, October 20, from 4:00-7:00 p.m. The menu will include chicken pie and gravy, green beans, slaw, desserts, and drinks (coffee, tea, or water.) The cost will be \$7.00 for adults, children ages four - twelve - \$4.00, and under age three can eat free. Carry-outs will be available for \$7.00.

Everyone is invited to come out and enjoy fellowship and good food. Shiloh Lutheran is located at 1011 Shiloh Church Road. Turn at the intersection of Shiloh Church Road and Hubbard Road in Bethlehem. For more information, call Nancy Bowman at 381-2637 or Helen Bowman at 495-7875.

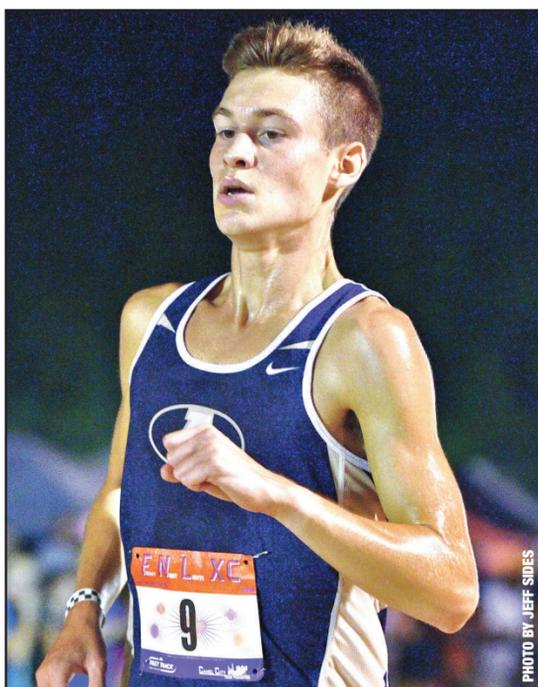


PHOTO BY JEFF SIDES

COOPER CASTELLAW Wins "Friday Night Lights" Invitational

Bethlehem Business Assoc. to host "Meet & Greet" Sept. 20

The Bethlehem Business Association will host a Meet & Greet Social on Thursday, September 20, at 6:00 p.m. at Ole Still Café in Oliver's Landing.

The event is open to all Bethlehem Business owners who are interested in the association.

BBA was organized January 2017 to bring Bethlehem businesses together to build a better community. The organization currently has 18 business members who

meet monthly to discuss initiatives for Bethlehem business growth as well creating a network for local businesses. The social will be formatted for guests and visitors to interact with current BBA Member business owners. Membership information regarding BBA will be available.

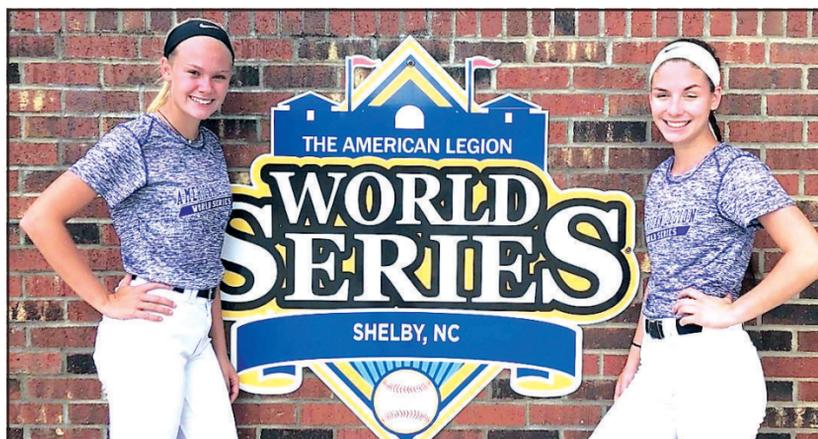
For more information, contact Richard Williams at drwilliamsdeat@gmail.com or 828-598-0371.

Bethlehem Community Sing is Oct. 7

The churches of Bethlehem will join in their fourteenth Bethlehem Community Gospel Sing on Sunday evening, October 7, beginning at 6:00 p.m. Fellowship Advent Christian Church, 833 Icard Ridge Road, in Bethlehem, will host this special event in what has become a series of Bethlehem Community Sunday night sings, sponsored by the Bethlehem Ministerial Association.

The format will include a few congregational songs, plus two or three special musical selections from each church represented. A special offering will also be received at each of these events, to assist the Bethlehem Benevolent Fund, which, over the past year, has provided several thousand dollars of assistance in Jesus' name to Bethlehem residents in their time of dire need.

The program on October 7 will be lively and fast moving and promises to be a time of inspiration, praise, and rich fellowship for all people of Christian faith. The public is cordially invited to attend. Fellowship Church is located about 1 mile west of Highway 127 and 1 mile south of West Alexander Middle School on Icard Ridge Road, in Bethlehem.



AMERICAN LEGION ALL-STARS - Mattie Starnes, left, and Alexa Seagle represented the Alexander Post 170 Legion Softball Team when they played in the Legion Lady Fastpitch All Star game last month at Cleveland Community College. The duo was recognized later at the Legion Baseball World Series Championship Game in Shelby. Starnes is the daughter of Laura and Jason Starnes. Seagle is the daughter of Ginny Eckard and Shawn Seagle.

Lenoir-Rhyne Women's Golf Team ranked 20th in WGCA preseason poll

CORAL SPRINGS, FLA. - The Lenoir-Rhyne women's golf team was ranked No. 20 nationally in the Women's Golf Coaches Association (WGCA) preseason poll.

LR is coming off its best season in recent memory. The Bears advanced to NCAA postseason play for the first time since 2003. LR won four tournaments - Patsy Rendleman Invitational, Lincoln Memorial Spring Kickoff Intercollegiate, Wingate Intercollegiate Challenge and Sunoco Campbell Oil Classic - in addition to several individual victories.

The Bears concluded the 2017-18 season ranked No. 23 in the nation according to the Division II Golfstat rankings.

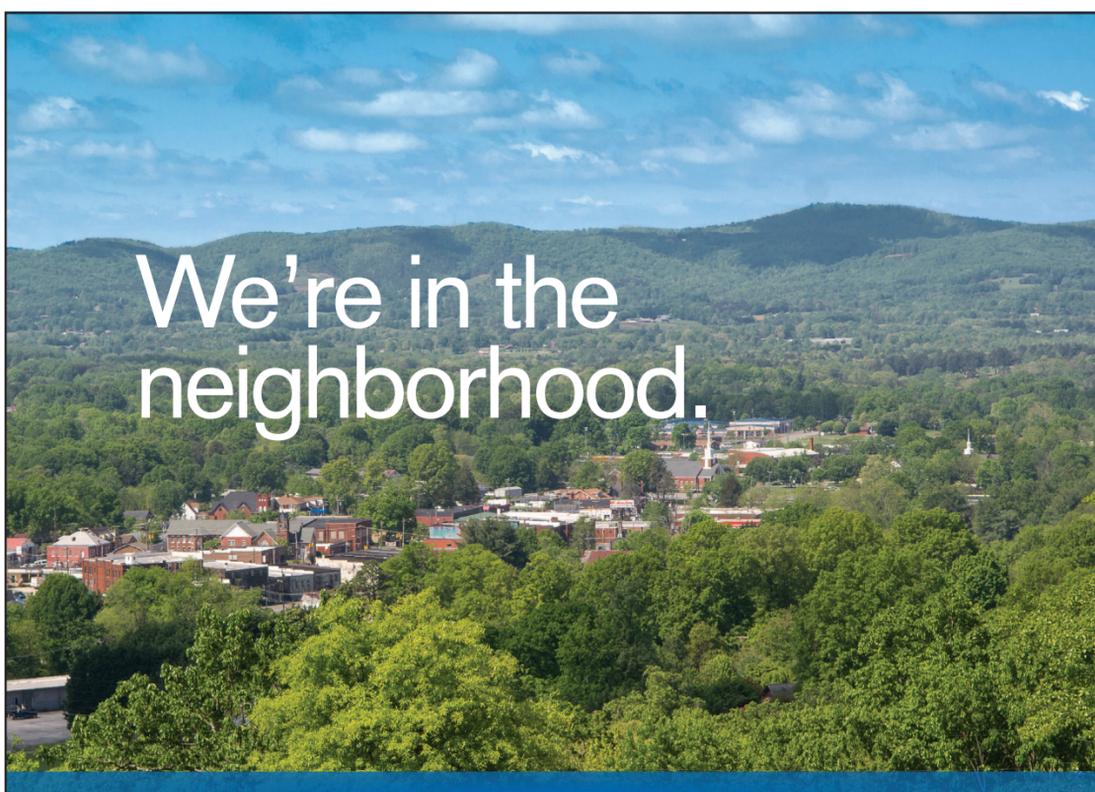
The Women's Golf Coaches Association, founded in 1983, is a non-profit organization representing women's collegiate golf coaches. The WGCA was formed to encourage the playing of college golf for women in correla-

tion with a general objective of education in accordance with the highest tradition of intercollegiate competition.

LR opens its 2018-19 campaign on Sep. 17 when they compete in the State Farm Intercollegiate at Woodcreek Golf Club.



Bethlehem resident Abbey Hartsell will be one of LRU's top returners this season. Hartsell is a senior at the school.



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