



New West Alexander Middle School Principal Jacob Lail

Lail settling into new role as WAMS Principal

When West Alexander Middle School classes open on August 26, Jacob Lail will welcome students back as the new principal. Promoted to the position in July, Lail has served as the assistant principal at East Alexander Middle School and most recently as an assistant principal at Alexander Central High School.

Lail has a master's degree in Educational Leadership from the University of North Carolina Wilmington. He has his bachelor's degree in History, secondary education from Appalachian State University. He taught Advanced Placement (AP) United States History at Alexander Central and social studies at the middle school and high school levels.

"I am beyond excited for this new leadership role. It is truly an honor to lead West Alexander Middle School. They have a tradition of excellence and I look forward to continuing that tradition. I also look forward to building relationships with students, parents, teachers, and community partners. Together we will challenge all students to achieve high levels of success," commented Lail.

Mr. Lail and his wife, Lindy, live in the Bethlehem Community.

The Bethlehem Star recently caught up with Lail with a few questions as he prepares for the new school year. The incoming WAMS leader took the time to answer the following questions to inform students and parents of several important issues prior to the school year's kickoff.

STAR: As you head into your first tenure as a principal, what wishes, expectations, and goals do you foresee for West Alexander Middle School?

LAIL: My goal is to continue the tradition of excellence that has been at West Alexander Middle School for a very long time. We believe that all kids can

learn, and we will accept responsibility for ensuring their growth. As a staff, we will build relationships with students, parents, and community partners and together we will challenge all students to achieve high levels of success.

STAR: What strengths and/or weakness do you feel you may have when it comes to your first principal position at West Middle?

LAIL: Although new to the principalship position, I have had the opportunity to work under principals that have modeled first-rate leadership. For the last two years, I have also actively participated in our districts Aspiring

Administrator program. These experiences paired with the passion I have for improving learning and elevating students are what have led me to this position.

STAR: How do you feel your experience as a teacher, coach, and assistant principal will aid you as you take over the reins at WAMS?

LAIL: I wouldn't trade the time I spent as a teacher, coach, or assistant principal for anything. These years were valuable in helping me see the importance of teamwork. Since coming to Alexander County in 2015, I have had the luxury of serving in

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Annual Bethlehem Day Festival set September 21

The Bethlehem Community Development Association's 10th Annual Bethlehem Day Festival is set for Saturday, September 21, 2019, 10:00 a.m. to 4:00 p.m., features fun for everyone!

Located at the Mt. Bethel United Methodist Church in Bethlehem (Alexander County), the

annual fall event features live music all day, inflatable entertainment and activities for children, more than 50 arts, crafts, and information vendors, all kinds of foods and drinks.

For information, call 828-234-6690 or www.bethlehemcda.org or email bethlehemday@gmail.com. ★

Changes to bus times, hours at elementary & middle schools in Alex.

Alexander County Schools announced consolidated elementary and middle school bus routes. The consolidation will save the school system up to an estimated \$240,000 by parking seven yellow buses.

Advantages to the consolidation are reduced ride times for many students, increased state efficiency rates, less travel for 30-day inspections and refueling, and better compliance on special routes.

The change will increase deadhead time (travel time without students), elemen-

tary early dismissal days will require double runs, and the coordination of yellow school bus use for field trips.

Listed below are new start times at the elementary and middle schools.

- Elementary schools**
- Begin at 8:15 a.m. Doors will be open at 7:45 a.m.
- Dismiss at 3:25 p.m.
- Middle schools**
- Begin at 7:40 a.m.
- Dismiss at 3:00 p.m.

The first day of school for the 2019-2020 school year is August 26. ★

Martin invited to Blue/Grey All American Bowl in Tampa

Alexander Central High School rising senior football standout Garrett Martin has been selected to participate in the Blue-Grey All-American Bowl in Tampa Bay, Florida on January 4, 2020.

A returning starter for Coach Butch Carter on the Cougar offensive line, Martin was selected out of more than 6,750 players that attended Blue/Grey Combines across the country.

The game will be played at Raymond James Sta-

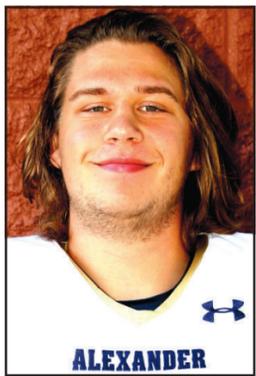
dium, home of the Tampa Bay Buccaneers, and will be broadcast nationally on ESPN 3.

"Our program is so proud of Garrett and all the hard work he has put in to get to this level. Being invited to such a prestigious event says so much about the type of player and quality young man Garrett is. We look forward to watching him play in the Blue/Grey game and we are excited for him and his family," Alexander Central Head Football Coach Butch Carter said on Sunday.

Garrett is the son of Martha and Travis Martin of the Bethlehem Community. He is the second player in ACHS history to be invited to the prestigious Blue/Grey event. Last January, Alexander Central's Isaac Chapman traveled to Florida to play in the all-star event.

ABOUT BLUE/GREY FOOTBALL

Blue-Grey Football was established in 1989 and the founders were Gus Bell and



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his son Erik Bell. Together, they established the brand to help prep prospects from all over the country receive national exposure and increase their chances to secure scholarships to a college, whether that be at the NCAA Division I level, or II, III, NAIA or Junior College.

Fast forward, and today, Blue-Grey Football proudly hosts close to 20 All-American Combines (Regional and Super levels) at venues all over the

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Next Star prints Sept. 12

The next issue of The Bethlehem Star will be printed on Thursday, September 12, 2019. The deadline for advertising and correspondence is Tuesday, September 10, 2019, before 5 p.m.

Bodies of Steel plans grand opening Aug. 16

Bodies of Steel Personal Training and Fitness Center will officially open at their new

location at 9611 NC Hwy. 127 in Bethlehem (between Blondeez and Taylorsville Savings Bank). On Friday,

August 16, at 4:00 p.m., the red ribbon will be cut to officially open the personal training fitness center. The public is cordially invited to attend.

Karen and Chris Rix offer a unique style of low-impact strength training along with nutritional coaching to increase metabolism and promote longevity. Their diverse clientele includes body builders, beauty pageant queens, and regular people striving to stay fit. The Rix couple provide the knowledge their clients need through specialized training to meet their personal best with each visit.

A wide selection of training equipment is found throughout the gym. Air hockey is their latest equipment piece. Eye-hand coordination is essential to brain stimulation which is fitness for your mind, plus air hockey is a great warm up before hitting the weights or any of the eight different options for cardio preferences.

Join Bodies of Steel on August 16 at 4:00 p.m. to see what all of the buzz is about. Call or text to set up an appointment for personalized training at 828-838-1748. ★



TRAINED IN FITNESS - Above, Bodies of Steel trainer Karen Rix works with Janette Hollar during a recent workout session at the Bethlehem facility. ★



NEW GYM OPEN - Bodies of Steel Personal Training and Fitness Center is now open in the Bethlehem Community. The gym has planned a grand opening for later this month. Pictured above, from the left; are staff members: Jacob Whisnant, Karen Rix, Charlie Ingle, Kelly Blevins, and Dean Hickel. ★

Bethlehem Community Building now available to family, community groups

The Bethlehem Community Building is available for use by organizations and members of the community. The Community building may be rented for community organization use, government use, private child-focused programs and activities, and approved private use such as wedding receptions and family gatherings on weekdays and weekends up until 12:00 midnight. The club has recently made improvements to the building including the installation of new floor covering.

The cost of rental of the community

building for community and family events is 50 dollars for four hours or 100 dollars for up to eight hours. The Bethlehem Community Building may be reserved by contacting Gordon Hefner at (828)315-0236.

Request should for use of the facilities should be made at least two weeks prior to the event. Fees must be paid in advance. Applications for long term use must be approved by the Bethlehem Ruritan Board of Directors. All funds received will be used for building upkeep and support of community projects. ★