



Are You Renting An Apartment Or House That Is Not “Fit And Habitable?”

CALDWELL COUNTY, NC (March 10, 2019) -- If you are a tenant and live in housing that is not “Fit and Habitable” there is a very informative video entitled “Tenant Rights - My Landlord Won't Make Repairs” from the Legal Aid of North Carolina (www.legalaidnc.org). The link is listed below, and you can also visit the Caldwell Journal website to view as well.

“Tenant Rights - My Landlord Won't Make Repairs”
https://www.youtube.com/watch?v=oIEZVsa_iyk

Renting A Home (From the North Carolina Department of Justice)

If you decide to rent a house or apartment, keep in mind that both tenants and landlords have rights and responsibilities under the law. By law, your landlord is required to keep your unit in good and safe working order and to follow relevant state and local codes.

To understand how to deal with landlord-tenant disputes, consider these tips:

When you discover that something needs to be fixed, ask to have it repaired. Let your landlord know about the problem immediately over the telephone or in person but follow up with a written request and keep a copy of it for yourself.

If your landlord doesn't respond in a reasonable amount of time, you may decide to pay to repair an emergency problem yourself. Be sure to keep copies of all receipts so that you can seek reimbursement from the landlord.

Don't withhold rent to convince your landlord to make repairs. Instead, try to work out a cut in your rent. For example, the landlord may allow you to pay to fix a broken refrigerator and then subtract the cost from your next month's rent. Or, the landlord may agree to reduce your rent for a month during which you could not use one room because of a leaky roof. **Continued on page 2...**

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

Caldwell Journal

Caldwell Journal Weather

Thursday (14th): Turning cloudy.
High 66 Low 59
Precipitation: 0.13 in.

Friday (15th): Couple of t-storms.
High 68 Low 36
Precipitation: 0.62 in.

Saturday (16th): Plenty of sunshine.
High 56 Low 29
Precipitation: 0.00 in.

Sunday (17th): Partly sunny.
High 56 Low 28
Precipitation: 0.00 in.

Monday (18th): Mostly sunny.
High 55 Low 27
Precipitation: 0.00 in.

Tuesday (19th): Intervals of clouds & sun.
High 53 Low 28
Precipitation: 0.00 in.

Wednesday (20th): Mostly cloudy.
High 58 Low 37
Precipitation: 0.00 in.

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Continued from page 1...

If the landlord fails to fix something that puts your safety at risk or violates local codes, report it to local authorities. Local building, health, fire and safety inspectors can take action to ensure compliance with the codes.

If you and your landlord aren't able to settle your disputes, you may want to call the Attorney General's Consumer Protection Division at 1-877-5-NO-SCAM. While we cannot represent you in private legal matters and you may ultimately need to take your landlord to court to enforce the law, we may be able to assist you with your questions and help you to determine what your next steps might be.

You can also file an action in small claims court. You can do the repair yourself and then sue to be reimbursed for the costs or sue to withhold future rent ("rent recoupment") until you've recovered the costs. You can also sue before the problem is fixed and ask that the court allow you to withhold future rent to cover the costs ("rent abatement"). In either case, you may be able to recover damages for the cost of the repairs, the inconvenience and any damage to your personal property.

Even if you win in small claims court, the landlord will not be required to pay your attorney's fees. For this reason, you might consider pleading your case in small claims court without a lawyer.

To make your case in small claims court, you'll need to provide proof of the following: that you have a written or oral lease; that the landlord was required by law to fix the problem; that you gave written notice of the problem, if required; that the landlord failed to fix it within a reasonable time; that you paid to fix the problem or have an estimated cost to fix the problem; and that the problem reduced the rental value of the property.

You should also review our landlord/tenant booklet for more information.

If you have a complaint about landlord/tenant issues, contact us for help or call toll free within North Carolina at 1-877-5-NO-SCAM.

The problem for a tenant is that it is quite time consuming and costly to move ahead with legal action against a landlord and the shady landlords are very aware of this.

If you have a concern, you can also contact Catawba Valley Legal Services at 828-437-8280.





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Attorney General Josh Stein Reaches Settlement with Fast Food Chains to Protect Employees

RALEIGH, NC (March 13, 2019) -- Attorney General Josh Stein today announced a multistate settlement with four national fast food chains—Dunkin', Arby's, Five Guys, and Little Caesars—over an investigation into no-poach agreements that restrict the ability of fast food workers to move from one restaurant chain franchise to another. No-poach agreements hurt low-wage workers by limiting their ability to secure better-paying jobs. As a result of today's settlement, the four fast food chains will cease using them.

"I'm taking this action to stand up for fast food employees, who deserve to earn the full value of their work," said Attorney General Josh Stein. "No-poach agreements unfairly depress wages. I'm pleased to announce today's settlement, and I will continue to work to stamp them out."

Under the settlement, the four chains will:

- Stop including no-poach provisions in any of their franchise agreements.
- Stop enforcing any franchise agreements with these provisions already in place.
- Amend existing franchise agreements to remove no-poach provisions.
- Ask their franchisees to post notices in all locations to inform employees of the settlement.
- Notify the attorneys general if one of their franchisees tries to restrict any employee from moving to another location under an existing no-poach provision.

A coalition of 14 attorneys general, including Attorney General Stein, began their investigation in July 2018 into Arby's, Burger King, Dunkin' Brands, Five Guys Burgers and Fries, Little Caesars, Panera Bread, Popeyes Louisiana Kitchen, and Wendy's. The attorneys general alleged that no-poach provisions, which many employees are unaware exist, make it difficult for them to improve their earning potential by moving from one job to another or seeking a higher-paying job at another franchise location.

Since the investigation began, Wendy's provided confirmation that it never used no-poach provisions in franchisee contracts. Investigations continue into Burger King, Popeyes, and Panera.

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Caldwell Journal Weekly Recipe Tex Mex Zucchini Lasagna

Ingredients

- kosher salt
- 1/2 lb. lasagna noodles
- 1 tsp. extra-virgin olive oil, plus more for drizzling
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1/2 tsp. cumin
- 1 10-oz. can enchilada sauce
- 1 14-oz. can crushed tomatoes
- 1/4 c. freshly chopped parsley, plus more for garnish
- 1 lb. sliced Pepper Jack
- 2 large zucchinis, thinly sliced
- 16 oz. whole-milk ricotta

Instructions

Preheat oven to 375°. In a large pot of salted boiling water, cook pasta according to package directions until al dente, less 2 minutes. Drain and drizzle with olive oil to prevent noodles from sticking together.

Meanwhile, in a large pot over medium-high heat, heat 1 teaspoon olive oil. Add garlic, onions, cumin, and salt and stir, 3 to 4 minutes. Add enchilada sauce, tomatoes and parsley, and stir until warmed through, then turn off heat.

In a large casserole dish, spread a thin layer of sauce, a single layer of lasagna noodles, a single layer of pepper jack, a single layer of zucchini, and a layer of ricotta mixture; repeat layers. Top last layer of noodles with zucchini and pepper jack.

Cover with foil and bake, 15 minutes, then increase temperature to 400° and bake uncovered for 20 minutes. Garnish with parsley and serve.



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NCFB Hurricane Relief Fund Spring Pasture Renovation Seed Initiative – Now Accepting Applications

LENOIR, NC by Seth Nagy (March 10, 2019) -- North Carolina farmers have been hit hard with recent hurricanes and record-breaking rains. To help farmers across North Carolina, the NC Farm Bureau established the Hurricane Relief Fund. The Hurricane Relief Fund helped eastern NC farmers replant pastures this past fall. Now, Caldwell County is included in the latest recovery effort of the Hurricane Relief Fund. It is called the Spring Pasture Renovation Seed Initiative. The goal of this program is to replenish lost forage and keep productive soils from washing out of the fields.

This program is offering summer annual and perennial seed to farmers to renovate damaged pastures. Producers in Caldwell County with pastures impacted by Hurricane Florence and Tropical Storm Michael are eligible to request seed. Seed will be available for pick up at designated locations. The closest locations to Caldwell County are Taylorsville and Wilkesboro. Producers will be notified by email regarding the day they can pick up seed. Planting costs and associated labor are the responsibility of the farmer and will not be reimbursed.

Each applicant from Caldwell County is eligible for up to \$500 in seed. The maximum amount depends on acreage and availability. There are five species of seed available in this program.

These are Gaucho Bermuda, MoJo Crabgrass, TifQuick Bahiagrass, Sorghum Sudangrass, and Millet.

Good choices for Caldwell cattlemen are Gaucho Bermuda, MoJo Crabgrass, Sorghum Sudangrass, and Millet.

MoJo Crabgrass is an improved variety of crabgrass. It grows taller and produces more forage than volunteer crabgrass. Crabgrass is very palatable to grazing animals. It is a good safe choice for cattle, horse, and goat producers. In controlled experiments steers grazing crabgrass have gained over 3 pounds per day. (credit University of Arkansas)

The Gaucho Bermuda and MoJo Crabgrass will both come back reliably each year. The Sorghum Sudangrass and Millet are good choices for those wanting to replant to a cool season grass like tall fescue or orchardgrass.

Horse owners should avoid Sorghum Sudangrass. Forages in the Sorghum family can cause horses to have an inflammation of the bladder, a condition called cystitis. This can lead to urinary disorders, lack of coordination, and paralysis in severe cases. The other choices are all safe for horses, ponies, donkeys, and mules.

Interested producers can submit an online application. The Foundation will be accepting applications until 9 a.m. on March 17, 2019. Producers will be notified by April 1 as to the status of their application. For questions about this program, contact Michelle Lovejoy with the Foundation for NC Soil and Water Conservation at nfswc@gmail.com or 919.510.4599.

Blue Ridge Energy Members Helping “Beat The Peak”

LENOIR, NC (March 6, 2019) -- The combined efforts of Blue Ridge Energy members and the cooperative's other electric demand reduction programs have generated power cost savings approaching half a million dollars.

“Currently, 4,075 households are responding to Beat The Peak alerts to shift the times they use the most electricity from peak usage periods to other times, said Renee Whitener, director of public relations for Blue Ridge Energy. This is helping the cooperative's overall efforts to hold down wholesale power cost—the most significant expense for the cooperative,” she said.

Peaks in electricity usage typically occur for two to three hours on the coldest winter mornings when people are getting ready for work and school, and the hottest summer afternoons when the most air conditioning is being used. Simple steps can help Beat The Peak! Examples are: adjusting thermostats by a few degrees, delaying laundry and dishwashers, and turning off unnecessary lights.

“Since wholesale power cost is the single largest utility expense, efforts to reduce this cost benefit members by helping hold down rates,” Whitener continued. “We appreciate the Beat The Peak volunteers and are encouraging more participation for even greater savings in 2019.”

Members can sign up for Beat The Peak online at BlueRidgeEnergy.com/BTP to receive their choice of text, phone or emails alerts. Or text BTP to 70216 to receive text alerts. Members can also download the Blue Ridge Energy mobile app and enable notifications.

“Please tell a family member, neighbor, and friends to sign up for Beat The Peak,” said Whitener. “Every action helps to shift the use of electricity during peak periods. Together, we can keep costs lower to benefit members.” she summed up.

Blue Ridge Energy is a member-owned electric cooperative, serving some 76,000 members in Caldwell, Watauga, Ashe, Alleghany, Alexander, Avery and Wilkes counties. The cooperative's subsidiary, Blue Ridge Energy propane and fuels, provides residential and commercial services in the cooperative's service area and beyond. Learn more at BlueRidgeEnergy.com.



**NCDOT TO HOLD PUBLIC MEETING
ON MARCH 21 REGARDING THE PROPOSAL
TO UPGRADE THE INTERSECTION
OF U.S. 64 / N.C. 18
AT CALICO ROAD (S.R. 1142) IN GAMEWELL
CALDWELL COUNTY
STIP Project No. U-6033**

The N.C. Department of Transportation proposes to upgrade the intersection of U.S. 64 / N.C. 18 at Calico Road (S.R. 1142) in Caldwell County.

A public meeting will be held from 5-7 p.m. on **Thursday, March 21** at the **Gamewell Elementary School** located at **2904 Morganton Boulevard SW**.

The purpose of this meeting is to inform the public of the project and gather input on the proposed design. As information becomes available, it may be viewed online at the NCDOT Public Meeting Webpage: <https://www.ncdot.gov/news/public-meetings>.

The public may attend at any time during the public meeting hours, as no formal presentation will be made. NCDOT representatives will be available to answer questions and receive comments. The comments and information received will be taken into consideration as work on the project develops.

The opportunity to submit written comments will be provided at the meeting or can be done via phone, email, or mail by **April 4, 2019**.

For additional information, please contact Ramie Shaw, NCDOT Division 11 Project Manager at 801 Statesville Road, North Wilkesboro, NC 28659, (336) 903-9134 or, rashaw@ncdot.gov.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this workshop. Anyone requiring special services should contact Tony Gallagher, Environmental Analysis Unit, at 1598 Mail Service Center, Raleigh, NC 27699-1598, by phone (919) 707-6069 or by e-mail at magallagher@ncdot.gov as early as possible so that arrangements can be made.

Persons who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.

Clover Baptist Church Easter Drama Set

GRANITE FALLS, NC (March 13, 2019) -- Once again, we are preparing for the celebration of our Saviour's resurrection as we present an original Easter Drama, "The Verdict Is In: Jesus Is The Son of God".

This year's drama shares the testimony of witnesses as they reveal their encounter with Jesus. Combined with stirring music the drama calls us to more fully appreciate the sacrifice our Lord made to purchase our salvation.

The drama will be presented on Good Friday, April 19 at 7 pm and all seating is free for this presentation.

A Drama/Dinner theatre will be presented on Saturday, April 20 at 6 pm and requires advance reservations which can be made by stopping by or calling the church office at 828 396 2417 between the hours of 8:30 am and 2:30 pm Monday – Thursday.

The men for the dinner theatre will feature pulled pork bbq, smoked chicken, cole slaw, baked beans, roll, dessert, coffee, tea or water. The cost for the dinner theatre will be \$10 for adults and \$5 for children under age 12.

For more information, please call the church office at 828 396 2417 or visit the church website at cloverbaptistchurch.com.

The church is located at 100 Pinewood Road in Granite Falls just one mile from the intersection of 321 between Hickory and Lenoir and Pinewood Road.

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First Graduating Class of Caldwell Youth Leadership

LENOIR, NC (March 6, 2019) -- A select group of 24 eighth graders becomes the first graduating class of Caldwell Youth Leadership, a leadership development program in partnership with Caldwell Community College and Technical Institute (CCC&TI) and the Caldwell Chamber of Commerce designed specifically for middle school students to experience the workplace first-hand and become more informed about career choices.

The Class of 2019, three selected from each middle school in the district, visited businesses and gleaned information on career opportunities from these experiences, learning about jobs ranging in levels of education and qualifications. "They observed and practiced different leadership skills that will help them become better prepared when developing their own career path," said Superintendent Dr. Donald Phipps.

The Caldwell Youth Leadership program began in October and concluded this week at a ceremonious etiquette dinner with family and community members. During the event, students reflected on the program's field trips over the last five months to Blue Ridge Energy in Lenoir, Aiken Controls, Excelsa, MDI, UNC Healthcare, and Fairfield Chair Company. There they embarked on tours of the facilities and explored career offerings. Students also created and voted on the program's logo in October with the winning team members from Kings Creek School receiving Chromebooks provided by the Education Foundation Inc. of Caldwell County.

"We introduced these students to different jobs and corporate cultures in our community," said Ben Willis, Co-Coordinator of Caldwell Youth Leadership and CCC&TI Director of Small Business Center.

Students generously endorsed the program. "The Youth Leadership program was a phenomenal experience and a very eye opening experience," said Emma Ingram of Granite Falls Middle School. "I never knew how many jobs and opportunities were here in Caldwell County."

"This is a unique experience for our future leaders," said Dr. Jeff Church, Co-Facilitator and Associate Superintendent of the Caldwell County Schools. "After months of encouragement to be inquisitive, ask questions and be open-minded, they have become the new voice for youth leadership development."

North Catawba Baptist Church will be having a Youth Spaghetti Dinner Fundraiser on Saturday March 16 from 5-7 pm in the Fellowship Hall off Baton School Road at 1596 North Catawba Church Avenue, Lenoir, NC 28645. For more information call 828-728-9253. Menu includes: Spaghetti, Salad, Garlic Bread, Desert and Drink, Plates Are \$8.00. Dine in or take-out available. All proceeds go to help fund our Youth attending 2019 Summer Camp at Fort Caswell. Come join us!

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Public invited to 2019 Blue Ridge Parkway Season Preview Events

ASHEVILLE, NC (March 12, 2019) -- The National Park Service invites the public to attend its upcoming Blue Ridge Parkway Season Preview, an open house style event highlighting Parkway activities and upcoming projects. The Parkway is hosting two Season Preview events this year. The first Season Preview will be held at the American Legion building in Blowing Rock, North Carolina on April 3, 2019. The second event will be held on April 4, 2019 at the Virginia Horse Center in Lexington, Virginia. The goal of these events is to promote awareness and understanding among Parkway communities, neighbors and visitors of the National Park Service's stewardship mission.

National Park Service staff will be on hand at each event to provide a "behind the scenes" look into the Parkway. The events will highlight over 20 information stations with park staff and partners at each station to answer questions and discuss upcoming projects.

"We're excited to host the 2019 Season Preview events and look forward to meeting many Parkway neighbors and friends," said J.D. Lee, Parkway Superintendent. "These events take the Parkway into local communities and create opportunities to celebrate the important relationship between the Parkway and the Blue Ridge region."

Representatives from Parkway partner groups including the Blue Ridge Parkway Foundation, Friends of the Blue Ridge Parkway, Eastern National and other non-profits who support the Parkway will also be on hand to discuss the roles each group plays and how to get involved in this work.

NORTH CAROLINA 2019 Blue Ridge Parkway Season Preview Event

What: Public is invited to meet National Park Service staff and learn more about the Blue Ridge Parkway.

When: 4:00 – 6:00 p.m., Wednesday, April 3, 2019

Where: American Legion Building – 333 Wallingford Road, Blowing Rock, NC

Who: Parkway Superintendent J.D. Lee along with other representatives of the Parkway's management team, staff and partners

About the Blue Ridge Parkway

The 469-mile Blue Ridge Parkway connects Shenandoah National Park to the north with Great Smoky Mountains National Park to the south. The route travels the crests, ridges, and valleys of five major mountain ranges, encompassing several geographic and vegetative zones ranging from 600 to more than 6,000 feet above sea level. It provides visitors with many varied vistas of scenic Appalachian landscapes ranging from forested ridgetops and mountain slopes to rural farm lands and urban areas. The parkway offers a "ride-a-while, stop-a-while" experience that includes scenic pullouts, recreation areas, historic sites, and visitor contact stations. It is known nationally and internationally for its designed landscape as a scenic motorway. www.nps.gov/blri

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CCC&TI Celebrates Truck Driver Training Program Graduates

HUDSON, NC (March 11, 2019) -- Caldwell Community College and Technical Institute celebrated nine students from the Truck Driver Training program during a completion ceremony on Friday, March 8 at the J.E. Broyhill Civic Center in Lenoir. The participating students included, pictured from left to right: (front row, left to right) Andrew Alderete of Granite Falls, Philip Youngue of Taylorsville, Jesse Harris of Morganton and Sam Spears of Spruce Pine; (back row, left to right) Kimberly Berry of Lenoir, Austin Coffey of Bethlehem, Justin Walker of Hudson, Mike Spears of Gamewell and Chris Massagee of Lenoir.



Caldwell Community College and Technical Institute Truck Driver Training students Christopher Massagee, Phillip Youngue and Austin Coffey received the NC State Employees Credit Union "Bridge to Career Scholarship" to help cover the cost of his training. The State Employees' Credit Union (SECU) Foundation established the SECU Bridge to Career Program to help eliminate barriers for students seeking to earn state-regulated or indus-



Caldwell County Emergency Services is a proud supporter of #LadderSafetyMonth. This March, individuals and companies across the country will come together to promote ladder safety and decrease the number of ladder related incidents that happen every year. Join us in putting safety first.

Covenant Baptist Church is having a youth-focused revival on Friday, March 29 - Sunday, March 31. Services on Friday and Saturday will be at 7pm with the Sunday service at 11am. The speaker will be Tony Greer and there will be skits and special music at each service.

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try-recognized credentials through the workforce continuing education division of their local community college. Pictured are Megan Reid of State Employees' Credit Union, Christopher Massagee of Lenoir, Philip Youngue of Taylorsville, Austin Coffey of Bethlehem and Charlie Griffin with State Employees' Credit Union.

CCC&TI Truck Driver Training classes are offered in Avery, Caldwell, Forsyth, Gaston, Richmond, Rowan, Rutherford, Union and Yadkin counties. Tuition assistance is available for those who qualify. To register for Truck Driver Training at CCC&TI or for information on class schedules, please call 828-726-2380 or visit www.ccti.edu.