

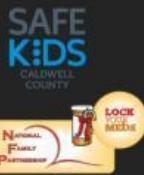


The Rhodhiss Dam on June 9, 2019

(Photograph was transformed into an oil canvas painting using photo editing software)

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Her eyes from her dad.
And her drugs from her grandma's
medicine cabinet.

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Caldwell Journal Info

"Published on our website each Thursday"
Established October 2, 2014

www.caldwelljournal.com
www.facebook.com/CaldwellJournal
mark.jackson@caldwelljournal.com

The content of the articles or the advertisements does not necessarily represent the opinions of anyone affiliated with the Caldwell Journal. The Caldwell Journal is a non-discriminatory paper.

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

**Caldwell Journal Weather**

Thursday (13th): Partly sunny.
High 77 Low 46
Precipitation: 0.00 in.

Friday (14th): Plenty of sunshine; pleasant.
High 78 Low 49
Precipitation: 0.00 in.

Saturday (15th): Mostly sunny; pleasant.
High 82 Low 57
Precipitation: 0.00 in.

Sunday (16th): Times of clouds & sun.
High 86 Low 63
Precipitation: 0.00 in.

Monday (17th): Mostly cloudy.
High 87 Low 63
Precipitation: 0.00 in.

Tuesday (18th): Mostly cloudy; a t-storm.
High 86 Low 62
Precipitation: 0.34 in.

Wednesday (19th): A t-storm possible.
High 72 Low 63
Precipitation: 0.14 in.

Home Repair Scams

CALDWELL COUNTY, NC (June 10, 2019) -- Below are some very important tips for the North Carolina Department of Justice.

NEVER PAY FOR WORK UP FRONT

Reputable contractors will not ask you to pay up front. Beware of anyone who comes to your home and offers to fix a problem you were unaware of.

Many scammers will show up and claim that your roof needs repair or your driveway needs to be repaved and offer to do the work immediately at what they claim is a great price. Don't fall for this trick. If you're concerned, contact a reputable repair company to determine if there really is a problem.

If you need repairs done, ask your friends, neighbors or co-workers who have had repairs done recently for recommendations.

Check out a company before you decide to work with them. Check credentials and contact the Attorney General's Office and the Better Business Bureau to learn about any complaints against the company. You can also ask the company for references.

Get written estimates and compare bids. Instead of deciding to do business with someone who knocks on your door, get at least three estimates in writing if possible. Before work begins make sure you get a written contract that lists all the work to be performed, its costs and a completion date.

Beware of up-sells. Some companies will come to your house to perform a service or repair at a low advertised rate but when they arrive, they point out various expensive and alarming problems that supposedly need attention right away. By the time they leave, you may have paid hundreds or thousands of dollars for unneeded services.

Ask about guarantees. Most companies will guarantee their work or the product for a certain period of time. Make sure to get this information in writing.

Do not pay for work up front. Inspect the work and make sure you're satisfied before you pay. A reasonable down payment may be required, but don't pay anything without getting a written contract. Avoid paying with cash; use a check or a credit card instead.

Remember your right to cancel. Transactions that take place at a location that is not the seller's normal place of business, including your home, are eligible under state law to be cancelled up to three days after you sign the contract. The seller should include instructions on how to cancel in the written contract. You must notify them in writing if you change your mind within that three-day period.

We can help - If you have a complaint about a home repair company or want to report a home repair scam, contact us for help or call toll free within North Carolina at 1-877-5-NO-SCAM

For more about avoiding home construction and renovation scams watch The Money Pit, an excerpt from our consumer protection video Standing Up, Fighting Back.



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Christ United Lutheran Church Upcoming Activities/Events

Red Cross Blood Drive:

Where: Christ United Lutheran Church

When: June 18, 2019 2:00 p.m. - 7:00 p.m.

Details: There is an extreme shortage of blood. Please help save a life.

Address: 4681 Grace Chapel Road, Granite Falls

Contact: Sue Fulbright 828-320-4694

Web Site: www.christunitedlutheranchurch.org

90 Day Spiritual Fitness Challenge:

What: Read through the entire Bible in 90 days.

Where: Christ United Lutheran Church

When: June 5, 2019 for 90 ninety days meeting weekly

Details: Lite meal at 6:00 p.m., Bible study at 7:00 p.m.

Meet every Wednesday evening

Address: 4681 Grace Chapel Road, Granite Falls

Contact: Pastor Heidi Punt 815-883-4883

Web site: www.christunitedlutheranchurch.org

Caldwell County Sheriff's Office is seeking assistance

LENOIR, NC (June 13, 2019) -- The Caldwell County Sheriff's Office seeking assistance in an investigation involving multiple car breaking and entering cases in the area of Grace Chapel Road between Hwy 321 and the Adam Klutz Memorial Bridge. The incidents occurred during the early morning on Wednesday between the hours of midnight and 5 a.m. If you observed any suspicious persons or vehicles during that time frame, please contact Detective C. Greene at 828-759-1554. We are also asking residents of this area to please check home video surveillance systems and to notify the Sheriff's Office if you observe anything out of the ordinary on your home footage.



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Caldwell Journal Weekly Recipe Italian Sausage Stuffed Zucchini

Ingredients

4 large zucchini, halved lengthwise

2 tsp. extra-virgin olive oil

4 links chicken sausage links, thinly sliced

1/2 c. Italian breadcrumbs

3/4 c. shredded mozzarella

1/2 c. shredded fontina

2 cloves garlic, minced

1/4 c. chopped fresh basil

Instructions

Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.

In a large skillet over medium heat, heat oil. Add chicken sausage and cook until seared, 6 minutes.

Transfer to a large bowl and add breadcrumbs, 1/2 cup mozzarella, fontina, garlic, and basil.

Spoon mixture into zucchini and top with remaining 1/4 cup mozzarella.

Bake until zucchini is tender and cheese golden, 15 minutes.



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¹ Brand Tracking and Image Study, March 2018. Maru Group.

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Caldwell County EMS receives American Heart Association's Mission: Lifeline® EMS Gold Plus Recognition Award

LENOIR, NC (June 13, 2019) -- Caldwell County EMS has received the American Heart Association's Mission: Lifeline® EMS Gold Plus Award for implementing quality improvement measures for the treatment of patients who experience severe heart attacks.

Every year, more than 250,000 people experience an ST elevation myocardial infarction (STEMI) the deadliest type of heart attack caused by a blockage of blood flow to the heart that requires timely treatment. To prevent death, it's critical to restore blood flow as quickly as possible, either by mechanically opening the blocked vessel or by providing clot-busting medication.

The Mission: Lifeline initiative provides tools, training and other resources to support heart attack care following protocols from the most recent evidence-based treatment guidelines. Mission: Lifeline's EMS recognition program recognizes emergency medical services for their efforts in improving systems of care to rapidly identify suspected heart attack patients, promptly notify the medical center and trigger an early response from the awaiting hospital personnel.

"Caldwell County EMS is dedicated to making our service among the best in the country, and the American Heart Association's Mission: Lifeline program is helping us accomplish that by implementing processes for improving systems of care with the goal of improving the quality of care for all acute coronary syndrome patients," said Chief of Department Dino DiBernardi. "We are honored to be recognized for our dedication and achievements in emergency medical care for all cardiac patients, and the designation of a Gold PLUS member of the Mission: Lifeline Program for the third straight year further proves our commitment to providing the highest level of pre-hospital cardiac care to our citizens and the visitors to our County."

"EMTs and paramedics play a vital part in the system of care for those who have heart attacks," said Tim Henry, M.D., Chair of the Mission: Lifeline Acute Coronary Syndrome Subcommittee. "Since they often are the first medical point of contact, they can save precious minutes of treatment time by activating the emergency response system that alerts hospitals to an incoming heart attack patient. We applaud Caldwell County Emergency Services and their EMS Division for achieving this award in following evidence-based guidelines in the treatment of people who have severe heart attacks."

About Mission: Lifeline

The American Heart Association's Mission: Lifeline® program helps hospitals and emergency medical services develop systems of care that follow proven standards and procedures for acute coronary syndrome patients. The program works by mobilizing teams across the continuum of care to implement American Heart Association/American College of Cardiology clinical treatment guidelines. For more information, visit heart.org.



Doc Watson Day at the Jones House in Boone

BOONE, NC (June 13, 2019) -- Every year the town of Boone celebrates the legacy of Doc Watson with his own day. The Jones House organizes friends of Doc as well as new talent on the scene to honor Doc's contributions. Friday, June 21, the music begins at 4 pm. Featured are long-time collaborator Jack Lawrence with Patrick Crouch, good friend Charles Welch, new young talent, The Burnett Sisters and The Jeff Little Trio. Jeff is known as the piano man of the Blue Ridge. He grew up in his father's music store where Doc was a frequent visitor. From the horse's mouth as they say! The Jones House is located at 604 West King Street in Boone. www.joneshouse.org

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What You Need to Know About Turning 65 and Medigap Plans by Laura B. Sedlacek

LENOIR, NC (June 10, 2019) -- Here is another very helpful article about healthcare.

What Are My Options if I'm Turning 65 But I'm Already on Medicare A&B?

Usually someone is turning 65 when they go on Medicare A and B for the first time. But sometimes, if someone has become disabled and has been on Social Security Disability for 2 years, they may then be put on Medicare A and B when they are under 65 after that 2-year period is met. There are limited options for a Medigap type coverage plan when one is under 65, but there are some products available. Turning 65, however, opens up some more Medigap type choices.

When you are on Medicare A and B, but under 65, did you know that turning 65 is another open enrollment or qualifying event type situation for you?

Yes, it is. You can, in most cases, continue your under 65 Medigap coverage with your current carrier, but sometimes it is in your best interest to switch to a different plan option and/or insurance carrier as well. Switching doesn't involve underwriting because for a Medigap plan turning 65 still means Open Enrollment and no health questions. For other types of Medicare plans, there may be a health question to answer. It can save you a lot of money to explore your choices when under 65 and getting ready to turn 65 if you are already on Medicare A and B.

Confusing? It can be. So, seek out a Medigap specialist to provide you with more information and your choices for when you turn 65.

Bush and Associates insurance has been offering Medigap products to the Unifour area since 1980. They are experts in Senior coverage options offering Medicare Supplements, Under 65 Medicare Supplements, Other Medicare Products, Vision, Dental, Cancer plans, Life and Long-Term Care. Get in touch with them today for more information or a free, no obligation quote.

~Bush and Associates, 916 Wilkesboro Blvd. Lenoir, (828) 754-2601, quotes@bushandassociates.net, <http://www.mynchealthplan.com>

Caldwell County Yokefellow has a huge stack of soft cardboard dividers that come between apples if anyone could use them with their VBS. Contact Sharon Harmon at 754-7088.

Fellowship Baptist Church is seeking a full-time Associate Pastor for children, families and youth. Please send resume to Fellowship Baptist Church, 2682 Fairwood Drive, Hudson to the attention of Pastor Sheldon Green or email pastorsheldongreen@gmail.com.



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Door Kicked In, Spartans Win State By Dan O'Neal

RALEIGH, NC (June 2, 2019) -- In the late 1970's, there was a quote made by the coach of the Houston Oilers (Tennessee Titans today) Bum Phillips after losing the AFC Championship game again to the eventual Super Bowl champion Pittsburgh Steelers. He said, "last year we knocked on the door. This year we banged even harder. Next year, we're going to kick the door in."

Unfortunately, they came up short again the next season. For the South Caldwell Spartans softball team in 2018, they knocked on the door solid in facing the Buccaneers of Jack Britt High School in Fayetteville. However, the Spartans lost in Game 3 of the championship series, something head coach Casey Justice and his squad remember all too well.

In 2018, they rapped on the door. In 2019, the Spartans kicked the door in as they defeated Hoggard High School in Wilmington three games to two to win their first ever softball state title. The Caldwell Journal, as well as Spartan Nation, extend a word of congratulations to head coach Casey Justice and his assistants and players on this grand achievement. Extra words of congratulations go to Regan Weisner on being chosen as the Class 4A Championship series Most Valuable Player.

A confession here..I was only able to be at three of the six championship games. My regular vocation works like that more often than not. You already knew about South Softball winning the NCHSAA 4A Championship. Social media being what it is, most everyone knew before any sportswriter typed up their column. I am grateful that I do not have the pressing deadline the way other sports writers do. As well, I do not seek to compete with these admirable professionals due to the fact that what I do is a "hobby" of sorts. Trust me, there are great perks with such status and will not disclose what those are. I have a blast doing this for the great community where we live.

What I did witness over the games I covered is that the Spartans battled back and battled through much adversity. Anna King and Jenna Pittman pitched with all fervor retiring numerous batters. Logan Keller and Lauren Spears made spectacular catches in the outfield to keep Mooresville and Hoggard from getting extra base hits and runs. And last but certainly not least, the Spartans benefitted from those home runs by Weisner and Jasmine Hall as well as Ciara Hanson driving in the game winning run. Resilience moments such as these provided the mojo (along with the supreme fan support from Spartan Nation on hand) for these magnificent players to....kick the door in. Now, go and repeat the same feat in 2020!!

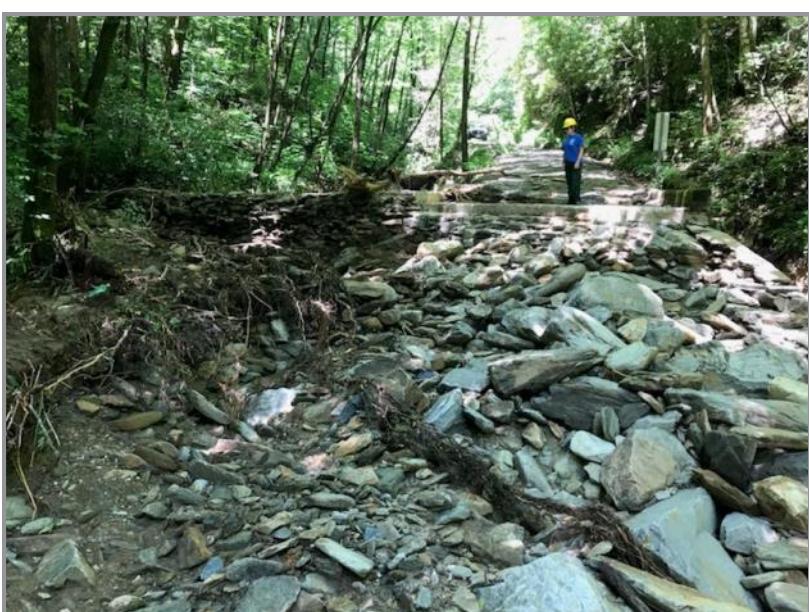
Wilson Creek Area Roads Significantly Damaged

NEBO, NC (June 13, 2019) -- The Wilson Creek area on the Pisgah National Forest Grandfather Ranger District was impacted by the heavy rainfall event this past weekend. The upper Wilson Creek watershed received over 12 inches of rainfall over the weekend. Significant rainfall over a short time period led to flooding, landslides, and downed trees.

The following Forest Service roads received damage and have closures or limited access for vehicles:

Craig Creek Rd. / Mortimer Piedmont Rd. (FSRD 982) - 4WD high clearance vehicles only, east of the intersection with FSRD986. Road closed east of Chestnut Mountain (intersection with FSRD198) to Brown Mtn Beach Rd.

Pineola Rd. (FSRD 464) - 4WD high clearance vehicles only, east of Little Lost Cove Cliffs trailhead.



Roseboro - Edgemont Rd. (FSRD 981) - 4WD high clearance vehicles only, east of Gragg Prong (FSRD192).

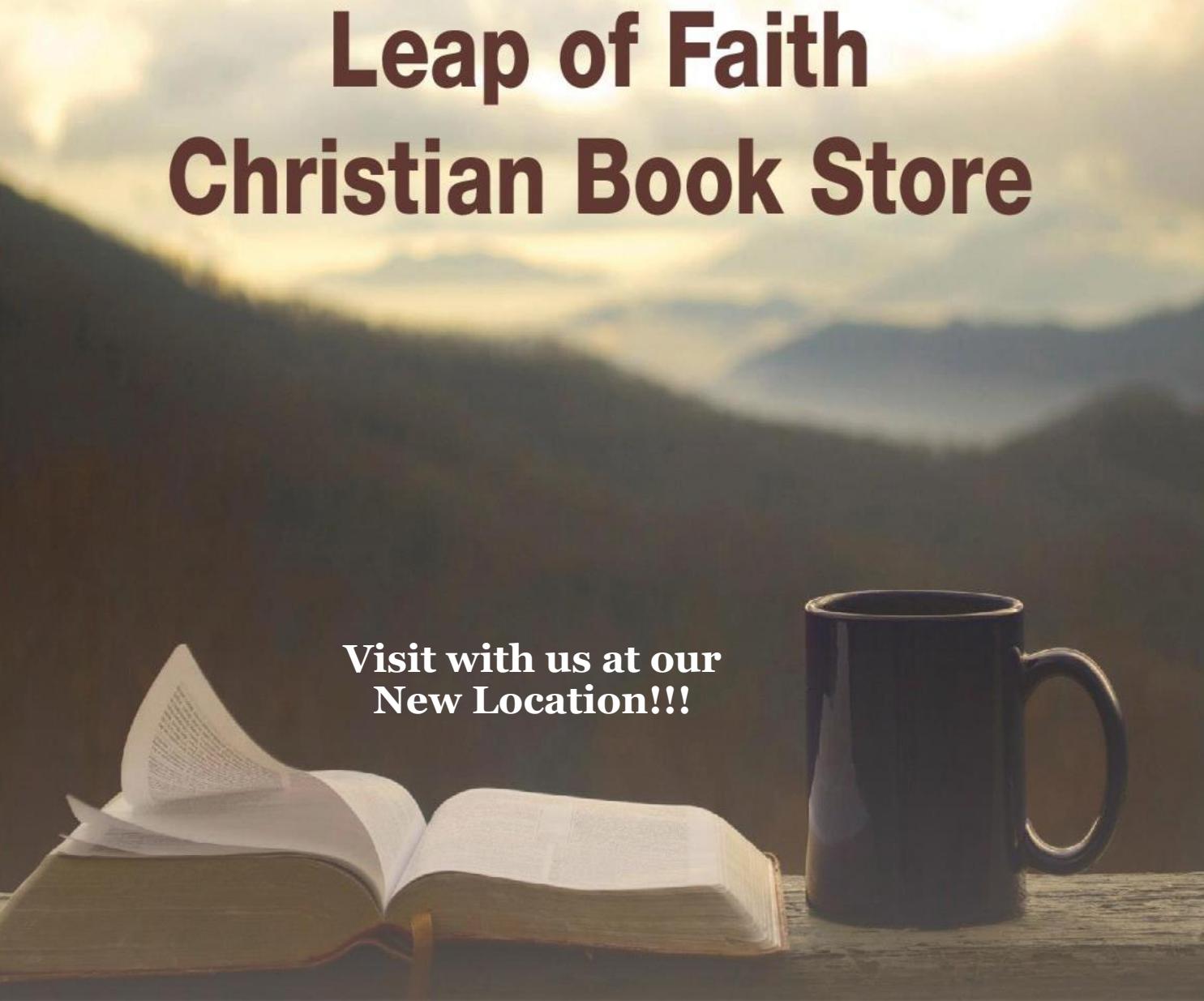
Watauga Turnpike / Edgemont Rd. (FSRD45) - 4WD high clearance vehicles only, south of White Rocks trailhead.

Roseboro - Gragg Rd. / Old House Gap Rd. (FSRD192) - 4WD high clearance vehicles only.

In addition to the Forest Service roads listed above, the NC Department of Transportation is working to repair State roads in the Wilson Creek area, including Brown Mountain Beach Road and State Road 90.

Visitors to the area should use caution, as soils may be unstable and additional trees could fall. Assessments of area trails and dispersed campsites are ongoing. Please report damage to the Grandfather Ranger District office Monday-Friday 8:00am - 4:30pm at 828-652-2144.

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Improvements continue at Lenoir Optimist Park

LENOIR, NC (June 12, 2019) -- The Lenoir Optimist Park is getting more upgrades this year thanks to a state grant and matching funds from the City.

The park will get a new parking lot, restrooms, a playground, two picnic shelters, permanent cornhole boards, walking paths, and new lights on the rear ball field.

A few years ago, the Lenoir Optimist Club donated the park to the City. In 2016, the City received a grant from the North Carolina Parks and Recreation Trust Fund (PARTF) to make improvements to the Optimist Park and Mulberry Recreation Center.

Parks and Recreation Director Kenny Story said the City already completed the improvements to Mulberry Recreation Center.

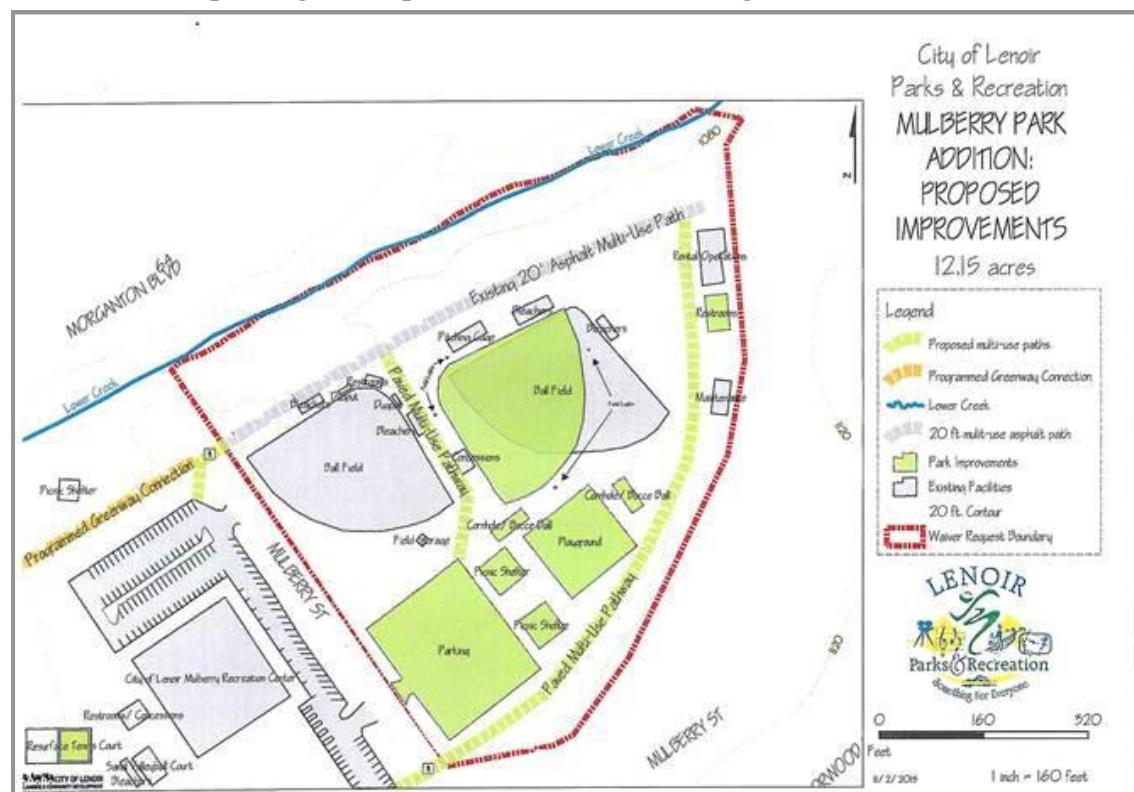
"We added a new FlexCourt to one tennis court, and we installed new lights on one of the ball fields at Mulberry," Story said. "Now we're working on the upgrades to the Optimist Park."

Last week, contractors installed new lights for the rear ball field at Lenoir Optimist Park. City workers also started grading for the playground and parking lot.

Story said the additions will enhance the park and provide more recreation options the public.

"These improvements will be a great benefit for our citizens," Story said. "We'll have more parking, more playgrounds, and more things to do for families during games. During the summer, our picnic shelters are booked every weekend; this will give residents two more to rent."

Once the new parking lot is open, staff will close the original entrance to vehicles.



Story said he appreciated the donation from the Lenoir Optimist Club.

"Thank you to the Optimist Club for donating this land to the City," Story said. "They have been a big asset to the City for many, many years. We're glad to be able to expand and improve the park for Lenoir and Caldwell County residents."

The PARTF grant was \$327,000. The City of Lenoir matched the grant with \$100,000 and the value of Lenoir Optimist Park, which assessed at \$227,000.

The improvements to Lenoir Optimist Park should be finished by the end of the year.

Summer Gardening Series Offered With NC Cooperative Extension and Caldwell MGV's

Tuesday, June 18, 2019- 5:30 pm-7:00 pm- Pests in the Garden- Identify common pests in the vegetable garden and learn to manage them

Tuesday, July 2, 2019- 5:30 pm-7:00 pm- Growing Garlic and Perennial Onions- Learn to grow, harvest, and cure your own garlic and onions

Saturday, July 20, 2019- 9:00 am-11:00 am- Cooking With Bounty Part 1: Tomatoes, Squash, Onions, Other High Summer Veggies- A hands-on class with tips and ideas for preparing and preserving your summer garden harvest. We will prepare and taste recipes with tomatoes, herbs, zucchini, cucumbers, and more.

Tuesday, August 6, 2019- 5:30 pm-7:00 pm- Straw Bale Gardening- Join Master Gardener volunteers to learn the ins and outs of straw bale gardening

Saturday, September 28, 2019- 9:00 am-11:00 am- Cooking With Bounty Part 2: Peppers, Fall Greens (If Available), Winter Squash, Sweet Potatoes-

A hands-on class on preserving and preparing harvest from the fall garden. We will prepare and taste recipes made with items such as sweet potatoes, greens, winter squash, peppers, and more.

All Classes will be held at the Unity Park and Community Garden - 1519 College Ave, SW, Lenoir

Please register in advance by replying to this email or by calling 828.757.1290 -- Cost: Free --

Blue Ridge Energy Named to Business North Carolina's Best Employer's List

LENOIR, NC (June 3, 2019) -- Blue Ridge Energy has been named to Business North Carolina magazine's Best Employers list for 2019.

The electric cooperative and propane and heating fuels provider serving northwest North Carolina and parts of Virginia was ranked number 14 on the list of companies with up to 249 employees.

The ranking and list are based on evaluations measuring workplace policies, business philosophy, systems and employee culture. Business North Carolina found that best employer practices to recruit and retain top talent include wellness programs and opportunities to volunteer in local communities among other benefits.

The list of the Best Employers in North Carolina was created by Business North Carolina magazine, the Society for Human Resource Management (SHRM), and NC State Council and Best Companies Group.

With corporate offices in Lenoir, Blue Ridge Energy employees some 220 electric and propane and fuels employees in six offices with home and hearth showrooms in Lenoir, Boone, West Jefferson, Sparta and Morganton. The electric cooperative serves some 76,000 members in NC and the propane and fuels business serves over 30,000 customers in NC and Virginia.

Three arrested on voter fraud charges in Goldsboro

RALEIGH, NC (June 13, 2019) -- The NC State Bureau of Investigation began an investigation into allegations of election law violations in May at the request of the NC State Board of Elections. As a result, it was determined that three eastern North Carolina residents used fraudulent addresses to vote in the May 2018 primary election. The investigation also found one of those individuals voted twice in that election. On Wednesday, June 12, the following individuals were arrested and charged:

Terrell William Graham, 31, of Goldsboro (\$5,000 secured bond – Wayne County Sheriff's Office)
1 count corruptly taking the oath prescribed to voters (NCGS 163A-1389 (6))

David Edward Williams, 55, of Goldsboro (\$1,000 unsecured bond – Wayne County Sheriff's Office)
1 count corruptly taking the oath prescribed to voters (NCGS 163A-1389 (6))

Keymonti Winn-Hocutt, 19, of New Bern (Unknown bond at this time – Craven County Sheriff's Office)
1 count corruptly taking the oath prescribed to voters (NCGS 163A-1389 (6))
1 count double voting (NCGS 163A-1389 (7))

The NCSBE and SBI would like to thank the Wayne County Sheriff's Office, Goldsboro Police Department and the Craven County Sheriff's Office for their assistance as well as the Wayne County Board of Elections for notifying State Board of Elections investigators about possible election violations during the early voting period before the May 2018 primary.

Mountain Grove Baptist Church "Bags of Blessings" holds a Food Pantry on the 2nd and 4th Tuesday of each month from 5-7pm. If anyone is interested in doing some ministry work in our community, please come out and serve with us. It is a great time to share the love of Jesus, get some exercise, and give away some groceries to someone in need. You can contact Larry at 828-728-9557 or 828-381-2329 for details.

NC HART rescues injured hiker and dog in Polk County

RALEIGH, N.C. (June 12, 2019) -- Members of the North Carolina Heli-Aquatic Rescue Team, known as NC HART, airlifted an injured hiker and his dog today from a remote area on White Oak Mountain near Mill Spring in Polk County. The elderly man became lost in the woods on the evening of Tuesday, June 11, 2019, and Polk County rescuers searched for him all night, locating him at about 7 a.m. on Wednesday, June 12, 2019.

He was injured from a fall and too weak to walk out, so local rescuers requested assistance from the NC HART program. The NC HART crew arrived and hoisted the injured hiker and his dog into the aircraft, along with four tired rescuers who had searched all night. They flew to a nearby landing area and transferred the patient to a waiting ambulance for transport to a local hospital.

NC HART is a North Carolina Emergency Management program that pairs civilian rescuers with military and law enforcement aircraft and aircrews. Local rescue technicians complete extensive rescue training with helicopters and aircrews from the State Highway Patrol and North Carolina National Guard. On any given mission, two or three of the 60 specially trained technicians are called upon and partnered with an aircrew to rescue stranded or injured persons. Technicians and pilots train together monthly, rotating training sites so they can practice various types of rescues: people stranded in rapidly moving water, on mountains, cliffs or waterfalls.

Today's rescue was conducted by a Salisbury-based aircrew from the North Carolina National Guard flying a UH-60 Blackhawk helicopter, and three rescue technicians – one from the Brevard Fire Department and two from the Charlotte Fire Department. More than a dozen emergency service agencies statewide provide trained rescue technicians that participate in the program.

Established in 2004, the NC HART program was the first of its kind in the nation to implement a regimented training and response program that combines civilian and military resources. NC HART teams have made hundreds of rescues since the program's inception.

A new church in Lenoir needs the red Church Hymnal. If you have any that are not being used and would like to donate them, please call the Baptist Center at 828-758-4081.

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