

Caldwell County Emergency Services, Division of EMS receives American Heart Association's Mission: Lifeline EMS Gold Plus Recognition Award

LENOIR, NC (JUNE 4, 2018)...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 providing optimal care for heart attack patients," said Chief DiBernardi. "We are pleased to be recognized for our dedication and achievements in emergency medical care efforts through Mission: Lifeline."

"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 for achieving this award in following evidence-based guidelines in the treatment of people who have severe heart attacks."

Joines Receives National Director Gold Certificate Renewal

LENOIR, NC (June 6, 2018)...Jeff Joines of Caldwell County recently received the Director Gold credential renewal from the National Rural Electric Cooperative Association (NRECA) as part of his service on the Board of Directors for Blue Ridge Electric Membership Corporation. In order to earn the credential, electric cooperative directors must complete a variety of courses on topics ranging from finance to technology and then commit to a continuing education requirement throughout their service on the co-op board.

Today's electric utility environment imposes new demands on electric cooperative directors, particularly for increased knowledge of ongoing changes in the electric utility business, new governance skills and a working knowledge of the cooperative business principles. Blue Ridge Energy has a commitment to work through NRECA to sharpen this body of knowledge for the benefit of their electric cooperative consumer-owners.

NRECA represents more than 900 private, consumer-owned electric cooperatives, which provide electric service to nearly 40 million people in 47 states. Blue Ridge Energy serves some 75,000 member-owners in Ashe, Alleghany, Watauga, Caldwell and parts of Alexander, Avery and Wilkes counties. Learn more at www.BlueRidgeEnergy.com.

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

Caldwell Journal Weather

Thursday (14th): Times of clouds & sun.

High 87 Low 63

Precipitation: 0.00 in.

Friday (15th): Partly sunny.

High 85 Low 63

Precipitation: 0.00 in.

Saturday (16th): Partly sunny; beautiful.

High 87 Low 65

Precipitation: 0.00 in.

Sunday (17th): A p.m. storm or two.

High 91 Low 67

Precipitation: 0.15 in.

Monday (18th): Partly sunny; warm & humid.

High 91 Low 69

Precipitation: 0.00 in.

Tuesday (19th): Times of clouds & sun; warm.

High 92 Low 68

Precipitation: 0.00 in.

Wednesday (20th): T-storms possible.

High 89 Low 67

Precipitation: 0.00 in.

Lenoir Dentist Receives Statewide Recognition

LENOIR, NC (June 6, 2018)...The North Carolina Dental Society (NCDS) recognized local dentist Kristin Kaelke Miller as the 2018 recipient of its Outstanding Young Dentist Award. Dr. Miller practices comprehensive general dentistry in Lenoir, with a focus on children.

Dr. Miller was presented the award at a ceremony held during the 162nd NCDS Annual Session in Myrtle Beach. The award is presented to a member dentist who has demonstrated outstanding leadership qualities, involvement and service to the North Carolina Dental Society.

Dr. Miller's commitment to serving and educating populations that lack adequate dental care is what initially piqued her interest in the dental profession. After graduating from the University of Missouri School of Dentistry in 2011, she started her career at the Wilkes Public Health Dental Clinic in North Wilkesboro. She is dedicated to serving the dental profession through various community outreach programs across the state, including NC Mission of Mercy Clinics, Sandy Ridge Baptist Dental Bus and the Veterans Stand Down events.

Dr. Miller served as active duty in the U.S. Army for four years. She currently serves as Chair of the NCDS New Dentist Committee and is an active member of the NCDS Second District Dental Society and the American Dental Association.

Yadkin Baptist Church will sponsor a Patterson Picnic on Saturday, July 21 at 12:00pm. This is a free community cookout and will take place in the field across from Yadkin Church. Come enjoy a free picnic lunch with friends, family, and neighbors in Patterson! Enjoy hot dogs and chips, cool off with a soda, listen to some live bluegrass, play a game of cornhole, serve the ball in a volleyball game, create art masterpieces with chalk, and enjoy fun kids' activities. Let's get together, visit and catch up on life, and enjoy an afternoon of food and fun. All are welcome!

Lenoir License Plate Agency Moves to New Expanded Location

LENOIR, NC (June 8, 2018)...The Lenoir License Plate Agency office, located in the Northside Plaza Shopping Center at 1408 Blowing Rock Blvd., has moved to its new location at 1402 Blowing Rock Blvd. in the same shopping center.

The new office will provide three times the lobby space, two additional workstations, improved handicap accessibility, a dedicated dealer entrance, an improved public restroom and improved security while maintaining a location already familiar to the public.

The Lenoir office hours will continue to be 9 a.m. to 5 p.m., Monday through Friday.

Customers may call the office at (828) 758-1528 to confirm appointments and operating hours.

DMV now offers license plate registration renewals and many other services online. Customers are encouraged to check the official DMV website at www.MyNCDMV.gov to see if their registration needs can be met online.

Sculpting Our Future summer sculpture camp

LENIOR, NC (June 12, 2018)...Georgia-based sculptor Joe Bigley leads Caldwell Arts Council's ever-popular Sculpting Our Future summer sculpture camp this year!

Children ages 7 to 10 will gather every morning and children ages 11 & older will gather every afternoon for a week at The Patterson School (mile marker 3 in Happy Valley).

Students will discover fascinating processes and new techniques to build their own collection of three-dimensional work.

The week-long camp is only \$70 and includes entry to exhibit at Sculpture Celebration!

Choose morning (10:00 AM—12:00 PM) for younger kids, or afternoon (1:00 PM—3:00 PM) for older kids.

Visit <http://www.caldwellarts.com> or call 828-754-2486 to register.

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Caldwell Journal Weekly Recipe

Baked Beans

Ingredients

- 2 cups navy beans
- 1/2 pound bacon
- 1 onion, finely diced
- 3 tablespoons molasses
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon dry mustard
- 1/2 cup ketchup
- 1 tablespoon Worcestershire sauce
- 1/4 cup brown sugar

Instructions

Soak beans overnight in cold water. Simmer the beans in the same water until tender, approximately 1 to 2 hours. Drain and reserve the liquid. Preheat oven to 325 degrees F (165 degrees C). Arrange the beans in a 2 quart bean pot or casserole dish by placing a portion of the beans in the bottom of dish, and layering them with bacon and onion. In a saucepan, combine molasses, salt, pepper, dry mustard, ketchup, Worcestershire sauce and brown sugar. Bring the mixture to a boil and pour over beans. Pour in just enough of the reserved bean water to cover the beans. Cover the dish with a lid or aluminum foil. Bake for 3 to 4 hours in the preheated oven, until beans are tender. Remove the lid about halfway through cooking, and add more liquid if necessary to prevent the beans from getting too dry.



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Girl Scout Council honors 367 girls with highest awards

COLFAX, NC (June 11, 2018)...Girl Scouts Carolinas Peaks to Piedmont (GSCP2P) is proud to announce it had 65 girls earn the Girl Scout Gold Award and 302 girls earn the Girl Scout Silver Award, the two highest awards in Girl Scouting, during the 2017-18 troop year.

The Girl Scout Gold Award, which started in 1916 as the Golden Eaglet, has always been about girls improving the community and sharing their ideas and passions to leave a lasting mark on those around them. This award is earned by girls in grades 9-12 and is done as an individual project.

The Girl Scout Silver Award is earned by girls in grades 6-8, can be done individually or as a group and encourages girls to look around and ask, "How can I make a difference?"

"Today, girls who earn the Girl Scout Gold and Silver Awards show their true commitment, leadership ability, time management, dedication and initiative by completing a vast amount of hours toward a service project in their community that is sustainable for years to come," said Lane Cook, CEO of GSCP2P.

This year, the 65 Gold Award Girl Scouts collectively contributed a minimum of 5,200 hours, based on the 80 hours of service requirement to complete their projects. The minimum service hours for a Silver Award project is 50 hours, giving this year's 302 Silver Award girls a contribution of 15,100 hours to their communities.

The various projects benefit all ages, as well as a variety of populations including churches, schools and local organizations and companies. The life skills and vision girls receive when earning these highest awards stay with them for a lifetime. Gold Award girls are also set apart in the college admissions process, helping them earn college scholarships and even promoting them in ranking when entering the military.

Art in Motion summer dance camp

HUDSON, NC (June 12, 2018)...By popular demand, Bethany Baumgarner-Kirby returns with her Art in Motion summer dance camp! The Town of Hudson is once again proudly sponsoring the 4-week long camp at The Hudson Uptown Building 9:00 AM—11:00 AM on Wednesdays and Thursdays for four weeks.

Children, ages 5 and older, will learn artistic expression through dance and movement in a relaxed, friendly environment. Campers will perform a short routine at Sculpture Celebration!

All eight 2-hour classes are only \$100.

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Poetry in LA: Only in LA (L.A. Poems)

Paperback November 2, 2017

Poetry about L.A. (east in North Carolina). These poems are taken from the Facebook page, Poetry in LA (@poetryinla) created by LB Sedlacek. Poems are about Hibriten Mountain, the annual Sculpture Fest, the annual Blackberry Festival, Wilson Creek, Highway 1890, the antique car shows, old timesy buildings, and the general way of life in the foothills of the Blue Ridge Mountain area that locals fondly call "LA." for Lenoir Area.

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HEALTH DEPARTMENT

Summer intervention starts for students

LENOIR, NC (June 11, 2018)...Summer break has officially begun, but for some students, they are engaged in focused instruction in reading, math and science during a three-day, school-based summer intervention.

Students who were near sufficient command of grade-level knowledge and skills, as contained in state standards, have been identified and invited to participate in a school-based summer intervention from June 11 to June 13. Teachers will emphasize the areas of reading and math in grades 3-8; science in grades 5 and 8; and at the high school level, in English II, Math I and Biology. Participating students will receive intensive academic support from teachers at their school to help them successfully complete a reassessment in reading, math and/or science, so these students will be better prepared for the next grade level in these content areas.

This three-day concentrated review of state tested subjects is being held in most schools throughout the district. Students attend approximately five hours each day and receive at least a full session of instruction before an assessment is administered.

"These students have demonstrated an understanding of the tested subject area on the state assessment," said Middle School Director Keith Hindman. "And we feel that with an additional emphasis through concentrated instruction, they will have the confidence and the skills to show command on the state assessment."

The school district will coordinate summer intervention for Oak Hill School, Valmead Elementary and West Lenoir Elementary as well as Gamewell Middle School on June 18 – 21. Similar eligibility standards will apply for students to be enrolled in the district level summer intervention. To consolidate resources, Oak Hill, Valmead and West Lenoir Elementary students will receive intensive academic services at William Lenoir Middle School.

Students will receive breakfast and lunch each day. Bus transportation will be available to students at both sites: William Lenoir Middle and Gamewell Middle School.

Art Around Caldwell Studio Tour

LENOIR, NC (June 12, 2018)...Caldwell Arts Council invites you to see the works of over 80 artisans and crafters during this year's Art Around Caldwell Studio Tour. Two home studios and three art galleries in and near downtown Lenoir will be open 9:00 a.m. – 4:00 p.m. Saturday, June 23, 2018. Pick up a Studio Tour guide at any site, and plan to visit all five locations!

Waitsel Smith, 1419 Poplar St NW – Waitsel Smith has been practicing art his entire life: as an illustrator, as a furniture designer, and as a fine art painter. Now, he is expanding out into another art field – teaching. This fall he will be opening his home for art classes in oil and acrylic painting, in watercolor, and in drawing. Come see his studios and galleries featuring more than 40 original works for sale, plus giclee prints, note cards and more. There will even be a work in progress for your enjoyment.

Pat Jordan, 808 Olive Avenue – Pat will have blue-glazed stoneware cups, soup bowls, and hand-knitted shawls and invites you to come and see!

Folk Keeper Gallery and Frye Art Studio, 902 West Avenue – Folk art, antiques, and collectables galore! This is the working studio of Southern Folk Artists Susan and Charlie Frye. Come see the work of more than 20 folk artists, and maybe see the Fries at work in their studio and gallery!

My Happy Place Gallery, 210 Main Street NW – Over 20 local artisans work together in this cooperative gallery producing a large variety of work in many different mediums and styles. At least one artist will be demonstrating their work during this event.

Caldwell Arts Council, 601 College Avenue SW – Varian Swieter, creator of 'Get A Grip Stoneware™' will be on site with functional pottery pieces which are fun and a pleasure to use! In addition, more than 40 local artisans will have work on display for the Caldwell Visual Artists Competition.

For additional details, contact the Caldwell Arts Council, 828-754-2486, info@caldwellarts.com, or visit www.caldwellarts.com.

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Banner Elk Concerts in the park

BANNER ELK, NC (June 13, 2018)...Kick off the first day of summer, June 21st, with the first concert of the 2018 Banner Elk Concerts in the Park Summer Music Series! Banner Elk's concerts are every Thursday evening at 6:30pm in Tate Evans park from June 21st- August 30th.

The Banner Elk Concerts are a tradition and each year friends, neighbors and visitors meet weekly in the park for a great selection of bands, and lots of dancing. Local food, wine and beer vendors will be on site. Bring a chair or blanket to sit.

This year the Concert Committee scheduled some returning favorites and also new bands for additional variety. The entire 2018 schedule is as follows:

June 21st- Split Shot- Classic Rock

June 28th- Jocassee- Classics and Southern Rock

July 5th- The Extraordinaires- Classic Rhythm & Blues

July 12th- The Night Moves Band- Beach and the Classics

July 19th- Crossing Avery- Country Rock

July 26th- The Starlighters- Big Band Swing

August 2nd- The Roadrunnerz Band- Classic Rock

August 9th- One Leg Up- Jazz, Gypsy and Swing

August 16th- Clockworx- Classic Rock

August 23rd- Cooligans- Rock and Roll

August 30th- The Collective- Classic Rock

The Banner Elk Chamber of Commerce is able to make this concert series a continued hit, because of the generous sponsors. Each concert is sponsored by 2 local businesses.

The first concert on June 21st is Split Shot. Split shot plays a variety of music including Country, Rock, R & B and Beach. On Split Shots website they describe themselves as a band "with the emphasis on vocal harmonies, tight musicianship and a party atmosphere, they have also gained the reputation as the hardest working band in the up-state!" They are sponsored by Beech Mountain Club and Superlative Realty.

For questions or more information visit www.bannerelk.org or call 828-898-8395

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Fox Sightings Rise as Pup-Rearing Season Peaks

RALEIGH, NC (June 11, 2018)...With fox pup-rearing season peaking, biologists with the N.C. Wildlife Resources Commission's Wildlife Helpline are fielding multiple calls from concerned homeowners who see foxes in their yards and wonder what to do. Their advice? Remove all food attractants and use non-lethal deterrents to encourage foxes to leave on their own.

"Young foxes are maturing and spending much more time outside the den right now," said Falyn Owens, the Commission's extension biologist. "People are seeing families of foxes roaming around, exploring their environment. And while seeing foxes, even during the daytime, is usually no cause for concern, we understand that most people don't necessarily want a family of foxes living so close to them."

Owens recommends the following tips to keep foxes from making a home near your home:

- Never intentionally feed foxes; doing so rewards them for coming near humans. This can lead to habituation, where a wild animal loses its natural fear of humans, and in some cases may become bold or aggressive.
- Feed pets indoors or remove all food and dishes when your pet is finished eating outside. Foxes and other wildlife are attracted to pet food left outdoors.
- Secure garbage in containers with tight-fitting lids and take them out the morning of pick-up rather than the night before.
- Clear fallen fruit from around trees.
- Keep bird-feeder areas clean and use bird feeders that keep seed off the ground. Removing bird feeders entirely may be necessary if fox sightings are frequent.

It is illegal to relocate foxes in North Carolina, in part to prevent the unintentional spread of diseases. Homeowners should try non-lethal deterrents to make foxes uncomfortable enough to want to leave on their own.

"Foxes usually have a back-up den in case something happens to the first one," said Mikayla Seamster, the Commission's Human-Wildlife Interactions biologist. "Two things that work really well to get foxes to leave are 1) playing a radio on a talk show station, which mimics human presence, 24 hours a day, 7 days a week until the foxes are gone; and, 2) ammonia-soaked towels or rags, which acts as a smell deterrent. You want to place these objects close to the den site, so the sound and/or smell permeate the area."

Seamster also recommends yelling, banging pots, or using other noise making devices (airhorns, whistles, etc.) to scare foxes away. These animals want to avoid danger and will avoid areas they think put them at risk.

Not everyone, though, wants to scare away foxes. Leaving a fox den alone is an option for homeowners, as long as they stay away from the den site, leave the pups alone, walk pets on a leash, and teach children to enjoy wildlife from a safe distance.

North Carolina is home to two species of foxes: the red fox and the gray fox. The gray fox is the state's only native fox species; red foxes were originally imported from Europe. They are both relatively small canids, standing between 12 to 16 inches high at the shoulder and weighing between 7 to 15 pounds – much smaller than an average-size Labrador Retriever.

Both species are found throughout the state, including in urban areas and suburbs. As with other wildlife species, foxes are very adaptable to changes in habitat and often see residential areas as excellent places to forage for food and raise their young.

Foxes only use a den while raising their young, so once the pups are old enough to fend for themselves, usually by mid to late summer, they will abandon the den and move on. ***Continued on page 11...***

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Supported by the N.C. Department of Health and Human Services, Division of Mental Health, Developmental Disabilities and Substance Abuse Services, with funding from the Substance Abuse and Mental Health Services Administration, Opioid STR/Cures (Grant# 1H79T080257) and SFF-RX (Grant # 1U79SP022087).



Fox Sightings Rise as Pup-Rearing Season Peaks

Continued from page 10...

Homeowners should close off crawl spaces under sheds, porches, decks, and homes so foxes, and other wildlife, can't use those areas for resting or raising young. They also can install fox-proof fencing around their home, chicken coop, or rabbit pen to protect unsupervised domestic pets and poultry.

For more information on foxes, read the Commission's "Coexisting with Foxes" handout.

For questions regarding human interactions with foxes or other wildlife, visit ncwildlife.org/Have-A-Problem or call the Commission's N.C. Wildlife Helpline toll-free at 866-318-2401. The call center is open Monday through Friday (excluding holidays) from 8 a.m. to 5 p.m.

Clearview Baptist Church's Ride for Youth was rescheduled to June 23 with registration at 9:30am and kickstands up at 11:00am. The cost is \$25 per bike. Cost includes entry into bike show, t-shirt for one rider, and BBQ meal after the ride. Additional t-shirts are \$10. All proceeds go to help send youth to Carolina Youth Camp July 16-20. The Andrew Chamber Band will be singing. For more information contact Geoff Day at 499-2557 or Reggie Day at 493-4220. The church is located at 2455 Alfred Hartley Rd, Lenoir.

The United Way of Caldwell County is accepting applications from public or private voluntary agencies interested in applying for a portion of a \$33,247 grant from the Federal Emergency Food and Shelter National Board Program for emergency food and shelter programs. The grant is designed to serve families and children, the elderly, veterans, the homeless and Native Americans, United Way of Caldwell County said.

Local organizations chosen must be private, voluntary nonprofits or units of government; must have an accounting system review or annual audit; must have demonstrated the capability to deliver emergency food and shelter programs; must practice nondiscrimination ; and, if they are a private organization, must have a private board. Applications are due Monday, June 18th, 2018. A board organized by the United Way will determine how the funds are to be distributed. For more information or an application, contact Jamie Willis, Executive Director of the United Way of Caldwell County. P.O. Box 1316, Lenoir, NC 28645, or call 828-758-9300.

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Mortimer Campground Reopens

NEBO, NC (June 8, 2018)...The Mortimer Campground in the Wilson Creek area of the Pisgah National Forest's Grandfather Ranger District reopened at noon on Friday, June 8. The campground has been closed for two weeks to repair road damage following historic flooding in the area.

Damage remains on some Forest Service roads. The following Forest Service roads in the Wilson Creek area of Caldwell and Avery Counties were impacted:

- Schoolhouse Ridge Road (FSRD 4068) is closed to all motor vehicle traffic.
- Roseboro Road (FSRD 981) is only passable for high clearance and four-wheel drive vehicles.
- Mortimer-Piedmont Road (FSRD 982) and Edgemont-Pinola Road (FSRD 464) are in poor condition but are passable for most vehicles.

Many trails in the area also sustained damage. The Forest Service is still working to assess trail damage, but significant impacts have been reported on Woodruff Ridge (Trail 256), Thorps Creek (Trail 279), and Big Lost Cove Cliffs (Trail 271). Folks out enjoying the National Forest this weekend should use extra caution.

Bethel Colony Women's Campus update:

We will be able to take clothing in about 2 weeks. We got our new clothing room done over the weekend. We are preparing for the ladies. A big thank you to all Mt. Zion ladies who came. We are preparing the office/classroom area now. We hope to have it done by the end of June so we can determine when we will take applications. Exciting times. We would appreciate your prayers as we near the time for the ladies. So many have told us about ladies who need to come. Contact Donna at 828-308-3031 or donnamccall@bethelcolony.org

Foothills Tent Crusade Rally will be at 7:00pm on June 26 at Winklers Grove Baptist Church in Hickory. This is in conjunction with Ralph Sexton Ministries.

Sails Original Music Series continues with The Digs

HICKORY, NC (June 11, 2018)...Friday, June 15, the City of Hickory's Sails Original Music Series will feature The Digs, an Asheville-based group putting a new spin on old school grooves and neo-soul. The instrumental band was formed by composers Simon George (keyboard and synth bass) and Ram Mandelkorn (guitar), who work with three rotating drummers: Claude Coleman, Jr. (drummer of Ween), Phill Bronson (previous drummer of Jonathan Scales Fourchestra), and Jaze Uries (drummer of The Broadcast).

"This potent ensemble brings their unique concoction of funk, soul, R&B, and jazz to the Sails. This is powerful music – don't try this at home!" says Sails Music Coordinator Bob Sinclair.

Crafting a signature sound that blends influences from several genres, The Digs have been turning heads and gaining regional attention in recent years. The band released a self-titled album in 2016, which is currently available on iTunes, Spotify, and Amazon. According to Bill Kopp of Mountain Xpress, "The jazz-inflected tunes have the undercurrent of funk, with a strong melody that keeps things rooted in a pop sensibility."

The Sails Original Music Series is able to bring excellent musical entertainment from all over the United States with the help of numerous sponsors. The presenting sponsor of the series is Lowes Foods, while the Hickory Metro Convention and Visitors Bureau was the premier sponsor for the month of May and The Hickory Wine Shoppe is the premier sponsor for the month of September. Additional sponsors include: Bob Sinclair Music, Larry's Music & Sound, Pfahlert Creative Labs, Olde Hickory Brewery, and Crowne Plaza. Media partners include WNNC 1230 AM/WAIZ 63 Big Ways, WNCW 88.7FM, and the Focus.

The show begins at 6:30 p.m. and audience members are encouraged to bring lawn chairs or blankets. Olde Hickory Brewery and Shadow Line Vineyard will sell beer and wine in designated areas, and there are a variety of close-by restaurants to patronize.

The Sails Original Music Series will feature live music under the Sails on the Square in Downtown Hickory every Friday evening in June and September, beginning at 6:30 p.m.

In the event of rain, the Sails Original Music Series will be held indoors at the Hickory Elks Lodge #1654, located at 356 Main Ave NW. The City's Facebook pages and website will be updated with those details, if the event is relocated.

For more information about the Sails Original Music Series and upcoming bands, please visit the Sails Music Series Facebook page – www.facebook.com/SailsMusic.

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**Upcoming Caldwell Heritage Museum Events**

Tuesday 19 June @ 7:00 p.m. - "Mail Call!!" - Cecil Haynes and Caldwell County's Postal History
Caldwell Historical Society presents Cecil Haynes as he shares the postal history of Caldwell County. Early post offices were located in store fronts and private homes, such as Fort Defiance. Many were located no more than three to five miles apart. Once considered the cornerstones of their communities, families would venture weekly to check their mail in hopes of hearing from loved ones. Ever heard of Tozo? Adako? Finley? Happy? Come find out the importance of these names in Caldwell's postal history. Trivia: About how many post offices have been located in Caldwell County since its formation?

Wednesday, 20 June @ 10:00 a.m. - "Coffee with the Director" - Gretchen Griffith presents her book, Dr. Jane Carswell: Family Physician, Humanitarian, Friend
Coffee and pastries provided - \$5 donations requested and graciously accepted.

The story of distinguished physician, Dr. Jane Carswell, reveals a life of integrity, dedication and faith in action. In a time when few women received medical degrees, she courageously persevered against the odds to reach her dream. Her cradle-to-grave practice extended beyond delivering babies and providing care for patients of all ages. She responded to society's ills by advocating for those suffering from abuse or addiction. She fought against racial injustices. She pushed for end-of-life care and a facility for affordable medical treatment. Nationally recognized as the 1984 American Family Physician of the Year, she merged the medical with the practical to become greatly beloved by all who knew her.

Gretchen Griffith teamed up with Kenneth Roberts to write the biography of his wife, Jane Carswell. Kenneth is the retired superintendent of Caldwell County Schools where Gretchen was a teacher with thirty years' experience. Her teaching career covered multiple levels from Head Start five-year olds to college freshmen at Appalachian State University and Caldwell Community College, although she claims fourth grade as her favorite spot to fall. She has been instrumental in preserving local North Carolina stories through oral history projects that have resulted in several narrative nonfictional books.

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Painting on the Roof Party to benefit the Caldwell Arts Council

LENIOR, NC (June 12, 2018)...Local folk artists Susan and Charlie Frye are hosting a benefit pARTy for Caldwell Arts Council on Thursday, June 28, 2018, 6:30 p.m. - 8:30 p.m.

The evening will include a painting project on the rooftop of Folk Keeper Gallery &Antiques in downtown Lenoir, complete with hors d'oeuvres, beverages, and great fun! Tickets are \$50, and all proceeds help support the vital programs of the arts council.

Four seats remain, so call soon.

Call 828-754-2486 or visit www.caldwellarts.com to make your reservations now!

American Red Cross Blood Drive

Where: Christ United Lutheran Church

When: June 26, 2018 2:30 - 7:00 p.m.

Details: Please donate, critical shortage of blood. You may call to schedule an appt or register on the American Red Cross website.

Address: 4681 Grace Chapel Road, Granite Falls, NC 28630

Contact: Sue Fulbright at 828-320-4694

Web site: www.christunitedlutheranchurch.org

U.S. Forest Service issues warning about black bears in Bent Creek and Black Balsam

PISGAH FOREST, NC (June 12, 2018)...The Pisgah National Forest is warning visitors to Bent Creek Experimental Forest and Black Balsam on the Pisgah Ranger District to be on the look-out for black bears.

Increased reports of bear activity in these areas indicate that visitors should take precautions to avoid encounters. This time of the year black bears are opportunistically looking for food that campers and trail users bring on their trips. While black bear attacks on people are rare, such attacks have resulted in human fatalities.

To avoid bear attacks, experts recommend the following:

- Keep your dog on a leash in areas where bears are reported.
- If you notice a bear nearby, pack up your food and trash immediately and vacate the area as soon as possible.
- If a bear approaches, move away slowly; do not run. Get into a vehicle or a secure building.
- If necessary, attempt to scare the animal away with loud shouts, by banging pans together, or throwing rocks and sticks at it.

If you are attacked by a black bear, try to fight back using any object available. Act aggressively and intimidate the bear by yelling and waving your arms. Playing dead is not appropriate.

Visitors are encouraged to prevent bear interactions by practicing these additional safety tips:

- Do not store food in tents.
- Properly store food and scented items like toothpaste by using a bear-proof container.
- Clean up food or garbage around fire rings, grills, or other areas of your campsite.
- Do not leave food unattended.
- Never run away from a bear-back away slowly and make lots of noise.

The large number of bear sightings and encounters in the past few years has led to required use of bear-proof canisters in the Shining Rock and Graveyard Fields areas. Backcountry users must use commercially-made canisters constructed of solid, non-pliable material manufactured for the specific purpose of resisting entry by bears.

Summer Outdoor Series at Christ United Lutheran Church

When: June 16, 2018 at 6:30 - 8:30

Details: Music with Daniel Vines/Outward Disciples. Fellowship and Food.

Cost: Donation to help 2 Local Families

Address: 4681 Grace Chapel Road, Granite Falls, NC 28630

Contact: 828-320-4694

Web site: www.christunitedlutheranchurch.org

**Visit the Caldwell Journal website at www.caldwelljournal.com for
an extensive Vacation Bible School schedule!**