# Caldwell Journa

Thursday, June 28, 2018





### New roundabout in Lenoir

LENOIR, NC (June 27, 2018)...The new roundabout on Taylorsville Road in Lenoir is taking shape. This roundabout also serves the entrance to William Lenoir Middle School. Currently, it is a tight squeeze for larger vehicles but when completed, larger vehicles will be able to navigate through the roundabout with ease as there will be a concrete truck apron. This new roundabout should significantly decrease the possibility of injury crashes, particularly fatal and severe.

### Caldwell County Planning Director Gains Credential...page 8

"Movies with Mike"...page 10

North Carolina peach season under way...page 12

2 Journa

## **Caldwell Journal Info**

"Published each Thursday by the Caldwell Journal" Established October 2, 2014

#### **Advertising Rates:**

1/12 Page Ad - \$30.00 for 4 weeks (1.275" high x 3.225" wide) 1/6 Page Ad - \$45.00 for 4 weeks (2.55" high x 3.225" wide) 1/2 Page Ad - \$65.00 for 4 weeks (7.65" high x 3.225" wide) Full Page Ad - \$95.00 for 4 weeks (7.65" high x 6.45" wide)

#### <u>Contact Us:</u> www.caldwelljournal.com www.facebook.com/CaldwellJournal mark.jackson@caldwelljournal.com 828.493.4798

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 (28th):** Clearing; humid. High 90 Low 66 Precipitation: 0.00 in.

Friday (29th): Partly sunny; humid. High 94 Low 66 Precipitation: 0.00 in.

Saturday (30th): Partly sunny; warm & humid. High 92 Low 68 Precipitation: 0.00 in.

Sunday (1st): Sun & some clouds; humid. High 92 Low 67 Precipitation: 0.00 in.

Monday (2nd): A p.m. shower or t-storm. High 91 Low 69 Precipitation: 0.11 in.

**Tuesday (3rd):** A t-storm or two. High 91 Low 68 Precipitation: 0.36 in.

Wednesday (4th): Some sun, a t-storm possible. High 88 Low 66 Precipitation: 0.10 in. Thursday, June 28, 2018

# Celebrate the 4th of July at Tweetsie Railroad!

The park is open from 9 am - 9 pm.

Fireworks begin at 9:30 pm.

New this year: Parking is FREE!

Now on sale: Optional dinner and VIP Fireworks viewing in the Hacienda. An all-you-can-eat buffet will be served with all the trimmings. Don't miss out! Availability is limited. \$20 for Adults and \$15 for Children age 3-12.

Purchase your tickets by calling 877-893-3874 or by visiting the Ticket Office. (Please note: you must have a Golden Rail Season Pass or purchase a General Admission ticket to take advantage of this option.)

# The Caldwell Arts Council will be closed the week of July 2-7

### **Christ United Lutheran Church VBS**

4681 Grace Chapel Road, Granite Falls, NC Rolling River Rampage Vacation Bible School Experience the Ride of a Lifetime with God

> July 15 - July 21, 2018 Sunday thru Friday 6-8:30 p.m. Finale Saturday 5-7:00p.m.

828-493-8099 www.christunitedlutheran.org/wp



### New roundabout in Lenoir Continued from page 1...

#### Why Install a Roundabout?

Roundabouts help address safety and congestion concerns at intersections. They are designed to enhance traffic efficiency, safety and aesthetics, and minimize delay and cost for all users including motorists, pedestrians and bicyclists.

Increase traffic safety - Numerous studies have confirmed a significant decrease in injury crashes, particularly fatal and severe, incapacitating injury crashes. Roundabouts, in general, have less conflict points and slower speeds that lead to this decline.

Decrease vehicle delays - When operating within their capacity, roundabouts will typically have lower overall delay compared to traffic signal or allway stop control.

Provide a calming effect - By physically slowing vehicles, roundabouts can provide a good transition between high speed and low speed areas or help to slow vehicle speeds on a corridor.

Deliver environmental benefits - Roundabouts can provide environmental benefits by reducing, and in some cases, eliminating vehicle stops. Less stopping means less vehicle idling, which directly translates into fewer air emissions and less fuel consumption.

#### How to drive a roundabout...

Yield to vehicles already in the roundabout;

Once in the roundabout, you have the right of way;

Use your turn signal when exiting the roundabout;

And always be cautious and look for unexpected vehicles, pedestrians or bicycles.

The new roundabout on Taylorsville Road in Lenoir will be the second one in Caldwell County. The first roundabout was constructed in Hudson on Mt. Herman Road. There are plans to construct roundabouts at "Five Points" on Dudley Shoals Road in Granite Falls, Duke Street in Granite Falls and at the Pinewood Road/Bert Huffman Road intersection in Granite Falls.

### **Mackie Furniture Company**

**Complete Home Furnishings and Appliances** 

"We Service What We Sell"

DOWNTOWN - GRANITE FALLS

13 North Main Street - Granite Falls, NC 828-396-3313 info@mackiefurniture.com

www.mackiefurniture.com



# Caldwell Journal Weekly Recipe Chicken paprika

#### Ingredients

1 large chicken, jointed (or use 2 large chicken legs and 2 breasts, halved) salt

2 tbsp olive oil knob butter 1 onion, chopped 2-3 cloves garlic, chopped 2 tbsp sweet paprika, or 1 tbsp each sweet and hot paprika 1 tbsp flour 285ml/½pint chicken stock 3 tbsp chopped fresh flatleaf parsley 2 red peppers, seeds removed and cut into 1cm/0.5in strips 4 large ripe tomatoes, roughly chopped 250ml/8fl oz soured cream

#### Instructions

Rub the chicken pieces with salt. Heat the oil and butter in a large heavy-bottomed pan and brown the chicken all over for a few minutes. Remove the chicken from the pan and set to one side. To the same pan, add the onions and garlic and sweat for about 5 minutes. Add the paprika, then the flour, and stir until combined - take care not to burn it. Add the stock and stir. Return the chicken pieces to the pan, adding a bit more stock if the mixtures seems too dry. Add half of the parsley and bring to the boil. Add the red pepper strips, reduce the heat and simmer for 10 minutes. Stir in the tomatoes and simmer gently for about 1 hour. When the chicken is cooked, remove the pan from the heat. Stir in the sour cream and the remaining parsley. Check the seasoning and serve.



X

We Buy, Sell & Trade Tues thru Fri 9 to 5 Sat 9 to 1

### ESTERYEARS Antiques & Collectibles



538 Central Street, Hudson, NC 28638

828.728.3161 yesteryearsantiq@bellsouth.net

Step Back In Time...Come Visit YESTERYEARS!!! 1000's Of Items



Vintage Café (Café & Bakery)

540 Central Street Hudson, NC 28638 (828) 728-3043 www.facebook.com/VintageCafeBakery



### The Local Bean (Coffee shop)

536 Central Street Hudson, NC 28638 (828) 726-3888 www.facebook.com/thelocalbeanhudson

# **Blanca's Cakes**

534B Central Street Hudson, NC 28638 (828) 640-7701 www.facebook.com/blancas.cakes.3

### **State Farm Insurance**

534A Central Street Suite A Hudson, NC 28638 (828) 728-5581 www.insuremeangel.com

### Just Roll With It (Food, Wine & Beer)

107 Fairway Ave Hudson, NC 28638 (828) 572-5588 www.facebook.com/justrollwithithudson

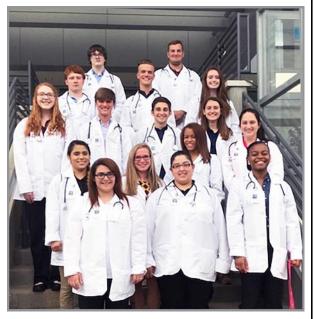
# **Cornered Hill Firearms Training**

524 Central Street Hudson, NC (828) 221-2900 www.facebook.com/CorneredHillFirearmsTraining

# Shop in downtown Hudson & support local!!!

### Caldwell County High School Students Attend Camp Med

LENOIR, NC (June 22, 2018)...Caldwell Memorial Hospital (CMH) recently held its annual Camp Med program providing sixteen students an opportunity to explore health careers in a live environment. Caldwell Memorial Hospital applies annually for a grant offered by the NorthWest AHEC, and partners with Caldwell County Schools to identify potential students. Camp Med is a competitive program where students receive an application from their school Counselors during March/April, then submit it along with an essay. Applications and essays are reviewed in conjunction with school records on attendance, grades and performance, and students that pass the first round are interviewed.



**Concord Baptist Church** will be having VBS on July 15-19 using the theme "Shipwrecked". If any other church is doing this same theme BEFORE July 15, Concord would be interested in any decorating materials you might have that you can't use in the future. Please contact Pastor Dan at 396-1914 (church) or 320-6719 (cell) if you have anything they can use. Thank you in advance.



# **Phone Repair Guys**

# "You Break It, We Fix it"

We Repair... iPhones iPads Androids Same Day Service In Most Cases

We Carry Accessories Too!

### **Two Great Locations**

Granite Falls Granite Drug Center 828.212.1066

Lenoir 2025 Morganton Blvd. (FairValue Plaza) 828.758.0015

Find us on **Facebook** at www.facebook.com/phonerepairguysnc

# Caldwell 5

# 6 **Journa**

# Ever worry about an unplanned pregnancy?

Ever forget to take your birth control?



## Enjoy peace of mind with long active reversible contraception!

Contact Caldwell County Health Department about available long acting, reversible, contraception: 828-426-8400



HEALTH DEPARTMENT

### Twisted Pine to perform at Sails Original Music Series

HICKORY, NC (June 26, 2018)...Friday, June 29, Twisted Pine will unleash its signature sound on Union Square at the City of Hickory's Sails Original Music Series. Kathleen Parks (fiddle), Rachel Sumner (guitar), Dan Bui (mandolin), and Chris Sartori (bass) make up this band of players and singer-songwriters that produce a unique blend of bluegrass, folk, funk, jam, and vintage radio pop.

"Take exceptional songwriting, rich harmonies, and a willingness to take chances musically, and you've got Twisted Pine. They urge pop hooks from an acoustic ensemble!" exclaims Sails Music Coordinator Bob Sinclair.

Twisted Pine's unexpected harmonies and syncopated rhythms have caught the attention of audiences, not only in the U.S., but in the U.K. as well. The band released its debut album in July 2017 and has been touring throughout 2018. "Their live show is already legendary for the band's unbridled spirit and contagious energy," says Jim Olsen, president of the innovative folk label, Signature Sounds.

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.

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 closeby restaurants to patronize.

The show, beginning at 6:30 p.m., is the last Sails Original Music Series concert until September 7, when the series returns with another stellar lineup. 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.

Continued on page 7...

#### Twisted Pine to perform at Sails Original Music Series Continued from page 6...

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.

#### Summer Watch For Me NC Program Starting in High Country

BOONE, NC (June 27, 2018)...The N.C. Department of Transportation is kicking off its 2018 Watch for Me NC advertising campaign on July 2 to promote pedestrian and bicycle safety in the High Country.

Last year, 201 pedestrians and 30 bicyclists were killed on North Carolina roadways.

Drivers, pedestrians and bicyclists will see and hear safety messages that will better educate them on relevant laws and safe behaviors. Messages on busses and clips on Pandora radio will remind pedestrians and bicyclists to watch for cars at intersections.

"We are excited to be partnering with Boone to proactively deliver safety messages to help raise awareness and reduce fatalities among pedestrians and bicyclists in our state," said Hanna Cockburn, director of the department's Bicycle and Pedestrian Division. "This media campaign is another tool to help educate pedestrians, drivers and bicyclists about how to keep themselves and others safe while on the road."

At the same time, law enforcement officers will receive special training for enforcing bicycle and pedestrian safety laws as part of the program, which officially launched in 2012 to promote pedestrian safety. There are now 36 participating partner communities across the state.

The UNC Highway Safety Research Center provides technical support with program implementation and evaluation. For more information about the Watch for Me NC program or to see what past communities have done to improve safety, go to: www.watchformenc.org.

# When Medicare isn't enough

# Blue Medicare Supplement

Original Medicare covers only a portion of your medical expenses. Get additional coverage with one of our most popular plans, Plan G for people age 65 and over.<sup>1</sup>

- Virtually no paperwork
- All from a local company with over 80 years of experience

Just \$111.75/month at age 65!\*

### **Bush and Associates**

Authorized Agency

Phone:	1-828-754-2601
Email:	quotes@bushandassociates.net



### BlueCross BlueShield of North Carolina

Medicare plans to fit your needs

Contact your authorized Blue Cross and Blue Shield of North Carolina (Blue Cross NC) agent for costs and further details on coverage, limitations, exclusions and terms under which the policy may be continued in force. Neither Blue Cross NC nor its agents are affiliated with Medicare or endorsed by the U. S. government. BMS G, 12/17. "Benefit quoted and monthly premium (rate) is for Plan G and is effective until May 31, 2019. I Based on Blue Cross NC internal data, November 2017. Rates are subject to change June 1 of each year, but members will not be singled out for premium increases based on their individual health. ®SM Marks of the Blue Cross NC into the Association. The agency is an independent entity that has been appointed as an authorized agent of Blue Cross NC. Blue Cross NC is an independent licensee of the Blue Cross and Blue Shield Association. U3198c, 2/18



### **Caldwell County Planning Director Gains Credential**

LENOIR, NC (June 22, 2018)...Shelley Stevens Eckard, Caldwell County's Planning Director, has recently added to her work and educational experience the credential of American Institute of Certified Planners (AICP).

This credential is awarded based on passing a rigorous, comprehensive exam covering topics relating to the field of planning, from plan-making and theoretical fundamentals to the constitutional underpinnings and legal framework of planning, to statistics and ethics questions; a test taker must be well-versed in a variety of topics.

In order to take the exam, planners must first apply to take it, by submitting to the American Planning Association three essays along with work and education verification documents that are then reviewed for compliance with AICP exam admissions requirements.

Ms. Eckard passed the exam after taking it for the first time this May. Approximately 15,000 of the 40,000 Planners in the United States are AICP-credentialed Planners. The North Carolina pass rate for the May 2017 exam was 53%. The pass rate for the May 2018 exam has not yet been released.

Says Ms. Eckard "I believe in continuing education so that I may stay current with best practices for serving the Caldwell County Community through my position."

Ms. Eckard holds a bachelor's degree in Public Policy with a minor in Sustainability from The University of North Carolina at Chapel Hill and a master's degree in Urban Planning from the University of Illinois at UIUC as well as years of experience in a variety of planning sectors. Membership in the American Institute of Certified Planners (AICP) is the only nationwide, independent verification of planners' qualifications.

It's a way to demonstrate expertise in Planning. AICP members also maintain their credential by continuously pursuing advanced professional education through the Certificate Maintenance program.

### CCC&TI electrical lineman student receives scholarship

HUDSON, NC (June 22, 2018)...The North Carolina State Employees Credit Union recently awarded a \$750 Continuing Education Scholarship to Caldwell Community College and Technical Institute Electrical Lineman student Kasim Pavon of Maiden. Pictured, from left to right, are: NCSECU Advisory Board Member Elaine Lockhart and scholarship recipient Kasim Pavon. The SECU Foundation Scholarship was established in 2012 and focuses on assisting unemployed and underemployed adults, military veterans and members of the National Guard attain marketable job skills for future employment. CCC&TI's Electrical Lineman and Truck Driver Training programs are eligible for the scholarship. For more information about enrolling in CCC&TI Continuing Education classes or receiving financial assistance, call 828-726-2242 (Caldwell) or 297-3811 (Watauga).

**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!

# Leap of Faith Christian Book Store

# Bibles, Books, Gifts, Cards, Music and More!

*"Now faith is confidence in what we hope for and assurance about what we do not see."* Hebrews 11:1

2025-A3 Morganton Blvd. • Lenoir, NC 28645 (Fairvalue Shopping Center) Phone: 828-758-0777

# 10 Journal

### "Movies with Mike"

Hi Neighbor! by Mike Holsclaw (June 19th, 2018)



When I was younger and more concerned about silly stuff like how macho I seemed (today I'm just too tired to worry about it - I hope you'll take me at face value but, you know, life's too short...), I was slightly uneasy about Fred Rogers.

I admired him for his compassion and sense of empathy, but the gentleness of his affect was a challenge to me; could a man who didn't seem to present any of the signifiers of toughness be a "real" man? In retrospect, it turns out that he could; recently we've only begun to learn just how tough Mr. Rogers really was. The new documentary, "Won't You Be My Neighbor?" is an amazing exploration of Fred Rogers' hidden depths and the struggles we knew nothing about as he wrestled, late in life, with whether his efforts as the host of a television show for children had served his intention to perform a sort of sacred mission.

This is no exaggeration; Fred Rogers was an ordained Presbyterian

minister and he really did see his work on "Mr. Rogers' Neighborhood" as a form of ministry. As a Christian, he felt that the simple lessons he was imparting - Believe in your own value. You matter. So do other people. You deserve kindness because you are a person. Because you are a person, you are endowed with human dignity. - was serving a holy purpose. Myself, when I remember him trying to comfort children during difficult life situations (divorce, the death of a family member) or trying to help them come to terms with their own emotions (principally fear and anger), I consider this an example of everyday grace, or in terms more apropos to my own life situation, simple basic humanism, not the "godless" kind, but the kind that has inspired our culture for three thousand years.

I'm embarrassed by my past myopia; I now realize that men come in all shades and varieties and Mr. Rogers was no less of a man because he didn't bristle with hostility or exude some exaggerated sense of false machismo. In fact, I've decided that his common decency and desire for moral righteousness are some of the best traits that a "real" man can exhibit. In his quiet, gentle way, he displayed impressive moral courage and took a firm stand on some of the crucial flash points of the past century.

During the Civil Rights era, when tensions were running high, Mr. Rogers asked Officer Clemmons, who just happened to be black, if he would like to take off his shoes and soak his feet, along with Mr. Rogers, in a wading pool. This was a subtle but potent gesture on Fred Rogers' part and he knew exactly what he was doing; the sight of two men simply soaking their tired feet in the pool was an unmistakable act of affirmation for basic human dignity and it wasn't lost on his viewers; for many adults, it struck a resonant chord and made an indelible impression, and, for many children, it became an image they would never forget. Despite any misgivings PBS or his producers might have had, Fred felt a moral obligation to film the segment and history has proven him to be right.

After the horror of 9/11, Mr. Rogers tried to comfort the children who watched his program, but the enormity of the evil that had been committed was almost too much to bear, even for him. Ultimately, he famously told them to seek out "the helpers", gently implying that they too could, and should, become helpers themselves later on. Words to live by, in my humble opinion...

Many viewers, after seeing "Won't You Be My Neighbor?", are, to their surprise, finding themselves deeply moved. In this confusing time of general moral murkiness, I don't think many of us were prepared for the kind of clarity that Fred Rogers' example could cast on the here and now. With our entrenched divisions and stubborn refusal to see the other side (whatever the "other side" might happen to be), we could probably all use a dose of his all-encompassing respect for people, all people, no matter who they are. *Continued on page 11...* 





#### Hi Neighbor! by Mike Holsclaw (June 19th, 2018) Continued from page 10...

I don't know how large the audience for this film is going to be, but I hope it's massive and that the power of his simple, eternal truths can still stir a new generation of viewers. Now, wouldn't that make for a beautiful day in the neighborhood?

*Learn more about classic films and enjoy the magic of movies at Movies with Mike.* Held the 1st Thursday of each month at 6:00pm downstairs at the Lenoir Library. This program is free and popcorn is provided! For more information, please call 828-728-4207. Caldwell County Public Library website: http:// ccpl.libguides.com/main

#### In/Visible theatre of Boone presents a musical theatre intensive for teens

BOONE, NC (June 27, 2018)...The life skills offered by acting classes are impressive; students learn how to listen better, cultivate greater self-awareness, and play well with others. Learning how to act, sing, and dance at the same time offers triple the life skills.

In/Visible Theatre of Boone is offering a Musical Theatre Intensive for Teens as part of their expanding class offerings.

In this class, which is appropriate for both beginners and more experienced students, participants will work on solo songs, learning both vocal technique and song interpretation that will help them audition and perform better. Students will also work on acting, learning monologues they love, or on ones provided by their professional teacher. Students will also dance during this workshop, learning steps common to musical theatre choreography.

"Being able to balance acting, singing, and dance all in the same piece makes performers very versatile," said Karen Sabo, In/Visible Theatre Artistic Producer and instructor for this class.

"And we specialize in helping students progress so that the strengthen their weaker areas, and also so they gain the life skills that theatre has to teach us. Also, this class is going to be really fun."

This Musical Theatre Workshop is an intensive and will be taught for five consecutive nights from 6pm to 9pm from Monday, July 9 to Friday, July 13. The workshop is for teens who will be in eighth through twelfth grade during the 2018-19 school year. The cost for the workshop is \$150.

Students and their parents can enroll by emailing In/Visible Theatre artistic producer Karen Sabo at info@invisibletheatreNC.org , visiting www.invisibletheatreNC.org , or calling 828-278-4448.

The mission of In/Visible Theatre of Boone is to give voice to unheard voices through work that encourages audiences to experience the world in new ways. Through innovative artistic practices, they encourage participants to try on new perspectives that access deeper truths and create a more engaged, empathetic, introspective populace.



### North Carolina peach season under way

RALEIGH, NC (June 22, 2018)...Good news for peach lovers. Growers are reporting fair to good crops for the 2018 peach season, which runs through Labor Day.



"Growers are reporting an average crop with availability varying depending on where the orchard is located. We've seen some loss in early varieties, but later clingstone varieties and freestone varieties should be plentiful this year," said Agriculture Commissioner Steve Troxler. "Our growers are really good at protecting their crops from volatile weather, but you can only do so much about the extreme cold weather and heavy rains we experienced earlier this year."

Troxler encourages consumers to check with their favorite peach grower for availability and timing of their favorite varieties. Consumers can find peach orchards in about two-thirds of the state's counties

and can search for peach growers near them at www.ncfarmfresh.com.

To celebrate the season, the department will host Peach Day events at the State Farmers Market in Raleigh on July 12 from 11 a.m. to 1 p.m. and the Robert G. Shaw Piedmont Triad Farmers Market in Colfax on July 13 from 11 a.m. to 1 p.m. Both events feature a peach recipe contest, free samples of peach ice cream and an appearance from the N.C. Peach Queen. Peach lovers also can enjoy the N.C. Peach Festival in Candor July 20-21. The 22nd annual event includes a parade, music, carnival rides, food vendors and lots of fresh, N.C. peaches.

North Carolina is home to more than 1,200 acres of peaches. In 2015, growers produced 5,290 tons of the summer fruit. More than two dozen varieties are grown in the Tar Heel State. The majority of peaches grown in North Carolina are available directly from farmers, meaning the peaches are allowed to ripen on the tree to full maturity.

### Grandfather Mountain Dedicates New Trail

GRANDFATHER MOUNTAIN, NC (June 7, 2018)...Grandfather Mountain officially cut the ribbon June 7, opening a new Woodland Walk interpretive trail aimed at youngsters and their families, thanks in part to a \$8,000 grant from the Blue Ridge National Heritage Area.

"We love this partnership with the Heritage Area and we love this trail," said Jesse Pope, Grandfather Mountain's executive director, at the brief ceremony marking the trail opening. "This is one of the best interpretive trails we have on Grandfather, and this signage which really enhances the guest experience."

The seven signs placed at key spots around the quarter-mile loop around the picnic area encourage the youngest explorers to more closely observe the wonders of nature around them, including wildlife and the forest ecology. The colorful Salamander marking many of the signs is already a mascot for the park's Junior Ranger program.

"Having signage is like having a guide with you," said John Caveny, the park's Chief Interpretive Ranger.





### Wildlife Commission Announces July 4 As Free Fishing Day

RALEIGH, N.C. (June 20, 2018) — On July 4, the N.C. Wildlife Resources Commission invites anglers and would-be anglers of all ages to go fishing — for free. From 12 a.m. until 11:59 p.m., everyone in North Carolina — resident and non-residents alike — can fish in any public body of water, including coastal waters, without purchasing a fishing license or additional trout fishing privilege.

Although no fishing license is required, all other fishing regulations apply, such as length and daily possession limits, as well as bait and tackle restrictions.

To give anglers a better chance of catching fish, the Commission stocks a variety of fish in waters across

the state — including trout and channel catfish. The agency also provides access to fishing sites across the state, including public fishing areas and boating access areas. The interactive fishing and boating maps on the Commission's website list more than 500 fishing and boating areas, many of which are free, that are open to the public.

Started in 1994, free fishing day is an annual tradition, sponsored by the Commission and authorized by the N.C. General Assembly. It always falls on July 4.

On all other days of the year, a fishing license is not required for anglers 15 years and younger, but anyone age 16 and older must have a fishing license to fish in any public water in North Carolina, including coastal waters. Purchasing a license online is quick and easy. Other ways to purchase a license are:

Call the Commission at 1-888-248-6834. Hours of operation are 8 a.m.-5 p.m.; Visit a local Wildlife Service Agent.

For more information on fishing in public, inland waters, visit the Fishing page online at www.ncwildlife.org.







### **Volunteers Make Frye More Beautiful**

HICKORY, NC (June 22, 2018)...A group of volunteers came to the lobby of Frye Regional Medical Center bright and early recently, equipped with trowels and gardening gloves and a mission to brighten the entranceway to the facility for visitors and patients.

Frye Regional has a dedicated group of volunteers who serve in various roles around the hospital, including the gift shop, welcome and reception desks and working in various areas in the hospital to escort patients and families. This particular group, however, wasn't reporting for their regular volunteer shift, but for a special assignment.



14

"We noticed that our garden atriums inside the lobby of the Medical Center needed some sprucing up, so a group of our hospital volunteers came in on a Saturday morning to beautify the gardens," said Marsha Eller, Volunteer Coordinator at Frye. "We worked with a Master Gardener to create a plan for the space, and then we cleared out weeds, transplanted hostas and other plants, and added some ornamental trees and eye-catching garden effects to provide a soothing landscape for our patients and visitors to enjoy."

In addition to Marsha, the volunteers included (from left) Susan B. Anderson, Allison Poirier, Joyce DeSimone, Penny Gaddy and Debra McTeir.

Frye Regional is currently recruiting additional volunteers to join their ranks. If you're interested in learning how to become a Frve volunteer, please call 828.315.3109.

# Journal <sup>15</sup>



### **Giant Hogweed Pest Alert**

LENOIR, NC (By Seth Nagy - June 25, 2018)...Giant hogweed was recently found in Watauga County. This weed has not naturalized to our area. If you suspect you giant hogweed please contact your local Cooperative Extension Center so it can be confirmed and a control plan can be developed by the NC Department of Agriculture. **Worse than poison ivy.** Look for a more information in next week's Caldwell Journal and on the Caldwell Journal website. (Seth Nagy is the Caldwell County Cooperative Extension Director)





### State Fire Marshal Mike Causey urges firework safety as the holiday approaches

RALEIGH, NC (June 26, 2018)...Insurance Commissioner and State Fire Marshal Mike Causey today warned North Carolinians about the dangers of fireworks as they celebrate the upcoming Fourth of July holiday.

"Firecrackers and sparklers seemed like innocent fun when we were kids, but we now realize these devices can be dangerous – especially to young children," said Commissioner Causey. "I want all North Carolinians to enjoy a safe holiday, but I encourage everyone to leave the fireworks – even those that are legal in North Carolina – to the professionals."

According to the National Fire Protection Association, thousands of people, most often children and teens, are injured each year while using fireworks.

According to the U.S. Consumer Product Safety Commission's latest figures, there were 11 deaths and an estimated 11,900 people who sustained injuries due to fireworks in 2015, the most recent data available. It shows injuries from sparklers, bottle rockets and small firecrackers accounted for 3,900 injuries requiring emergency room visits.

A simple, handheld sparkler can burn at a temperature of 1,200 degrees Fahrenheit or more. To put that into perspective, water boils at 212 degrees, a cake bakes at 350 degrees and wood burns at 575 degrees.

In addition, fireworks start an average of 18,500 fires per year and these fires cause an average of \$43 million in property damage.

The NFPA offers the following fireworks safety tips:

\* Leave fireworks to the professionals: The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals.

\* If you plan to use fireworks, make sure they are legal in your area.

\* Be extra careful with sparklers: Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. Let your young children use glow sticks instead. They can be just as fun but don't burn at a temperature hot enough to melt glass.

\* Closely supervise children around fireworks at all times.

\* Do not wear loose clothing while using fireworks.

\* Never light fireworks indoors or near dry grass.

\* Point fireworks away from homes and keep away from brush, leaves, and flammable substances.

\* Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.

\* Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.

\* If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

To learn more about the risks of using fireworks, visit www.nfpa.org/Public-Education/By-topic/ Seasonal-fires/Fireworks.