

NC Blackberry Festival set for July 13 & 14

LENOIR, NC (July 7, 2018)...Grab your fork, put on your "eating pants" and get ready for the North Carolina Blackberry Festival, July 13th and 14th in Lenoir. Featuring the world's largest blackberry cobbler, The Blackberry Parade complete with the NC Panthers PurrCussion Drumline, blackberry eating contests, live music, vendors, food trucks, Bites, Brews and Blues and more.



The 17th Annual NC Blackberry Festival begins on Friday at 5:00 pm in downtown Lenoir and will continue through Saturday evening at 9 pm. Last year, the NC Blackberry Festival brought more than 25,000 people to downtown Lenoir to enjoy lots of blackberry competitions, The Blackberry Pageant, great food, drink, vendors and the great music. This year, with expanded hours and days we expect even more. Friday night features a singer-songwriters competition from the 7 finalists competing for a purse. The NC Blackberry Pageant will also take place starting at 5:30 pm, the Blackberry Recipe Contest and the Blackberry Beer Garden will be complete with beer, wine, cider and blackberry margaritas. Saturday the festival opens at 9 am. Great musical acts will be playing throughout the day and the Blackberry eating contest is not to be missed. At noon, the NC Panthers PurrCussion Drumline will start the Colossal Parade Brigade complete with a master of ceremony, Joe Delk, a local Lenoir attorney. The parade is complete with New Orleans style life size puppets, locals with instruments, and children, followed by the world's largest patchwork blackberry cobbler. The cobbler is assembled in the town center and is given freely to over 300 people until gone. Saturday evening world renowned Blues artist, Sandra Hall and the King Bees will bring down the festival with a performance not to be missed.

Over 35 food trucks will be at this event with an additional 230 vendors starting Friday night at 5 pm. Chick Filet Blackberry Patch will have a designated area for children complete with bouncy houses, face painting, crafts and games. Let's not forget the blackberries. The Farmers Market will be full of NC Blackberries just for the taking along with local NC vegetables and produce. There will be something for everyone, so please join us.

For more information, contact the Caldwell Chamber of Commerce – 828-726-0616 or go to www.ncblackberryfestival.com. Schedule of events on page 5...

Joe Sims files for reelection to Caldwell County School Board...page 2

From Mill Mountain to Hibriten Mountain...page 7

Special Attention Wilson Creek Visitors...page 8

Caldwell Journal Info

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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 (12th): Partly sunny.

High 85 Low 66

Precipitation: 0.00 in.

Friday (13th): Clouds & sun; comfortable.

High 86 Low 67

Precipitation: 0.00 in.

Saturday (14th): Partly sunny; pleasant.

High 88 Low 67

Precipitation: 0.00 in.

Sunday (15th): A p.m. t-storm in spots.

High 90 Low 69

Precipitation: 0.05 in.

Monday (16th): A p.m. t-storm possible.

High 87 Low 68

Precipitation: 0.00 in.

Tuesday (17th): Some sun, t-storms possible.

High 88 Low 67

Precipitation: 0.00 in.

Wednesday (18th): Chance of a t-storm.

High 92 Low 69

Precipitation: 0.22 in.

Joe Sims files for reelection to Caldwell County School Board

LENOIR, NC (July 9, 2018)...I am excited to announce that on Monday, I filed for reelection for the Caldwell County Board of Education. I have served on the Board since June 2013 and have seen firsthand the many wonderful things going on in the school district. We have great teachers, great parents, great students, and great administrators. I would like to continue to be a part of this success story by offering my talents and my dedication. I promise, if re-elected, to represent students and adults from every community in the county, and I will work to make our schools the best that they can be. I will bring a business perspective to the board as well as a personal perspective. All four of my children attended and had successful experiences in Caldwell County Schools. I am devoted and dedicated to the best decisions for the school district and will be your voice. I ask for your vote in November. I am Joe Sims, candidate for reelection to the Caldwell County Board of Education.



SAT/ACT Prep Class

HICKORY, NC (July 10, 2018)...Beginning this fall, Hickory Day School will be conducting an SAT/ACT Prep Class for high school students from 10th-12th grade. This will be a 12 session course every Tuesday and Thursday from 4 p.m. to 6 p.m. from August 28th until October 4th. The price is \$550.00 per student; the fee includes 24 contact hours of instruction, an SAT/ACT prep workbook, and any other materials that are needed. (828) 256-9492 Hickorydayschool.org

Dear Friends and Supporters of Caldwell Heritage Museum,

I want to thank you for your continued support of the Museum. Your faithfulness is encouraging as we continue fulfilling the mission and vision of our facility, that of education, preservation and researching the history of Caldwell County.

We have recently received a grant of \$3,000 to help with the cost of installing a new camera security system. The initial cost of the system is about \$3,900. As you can see, we are about \$900 short of achieving our goal. A new system is vital to protecting our artifacts and maintaining the security of the building, as well as those who utilize our facility.

If each of you would give \$5 we would more than realize our goal. Would it not be great to be part of helping us not only reach our goal but in helping preserve and secure our heritage at the Museum? Please consider giving to this truly worthy cause.

Caldwell Heritage is a 501(c)(3) nonprofit organization. Donations are tax deductible.

Your donation can be mailed to:
Caldwell Heritage Museum
112 Vaiden Street SW
Lenoir, NC 28645

If you have any questions, please feel free to call at 828-758-4004 anytime Tuesday through Friday, 10:00 a.m. to 4:30 p.m.; Saturday, 9:00 a.m. to 12:00 p.m.

Thank you so much for your time and consideration.

Caldwell Journal Weekly Recipe

World's Best Lasagna

Ingredients

- 1 pound sweet Italian sausage
- 3/4 pound lean ground beef
- 1/2 cup minced onion
- 2 cloves garlic, crushed
- 1 (28 ounce) can crushed tomatoes
- 2 (6 ounce) cans tomato paste
- 2 (6.5 ounce) cans canned tomato sauce
- 1/2 cup water
- 2 tablespoons white sugar
- 1 1/2 teaspoons dried basil leaves
- 1/2 teaspoon fennel seeds
- 1 teaspoon Italian seasoning
- 1 tablespoon salt
- 1/4 teaspoon ground black pepper
- 4 tablespoons chopped fresh parsley
- 12 lasagna noodles
- 16 ounces ricotta cheese
- 1 egg
- 1/2 teaspoon salt
- 3/4 pound mozzarella cheese, sliced
- 3/4 cup grated Parmesan cheese

Instructions

In a Dutch oven, cook sausage, ground beef, onion, and garlic over medium heat until well browned. Stir in crushed tomatoes, tomato paste, tomato sauce, and water. Season with sugar, basil, fennel seeds, Italian seasoning, 1 tablespoon salt, pepper, and 2 tablespoons parsley. Simmer, covered, for about 1 1/2 hours, stirring occasionally. Bring a large pot of lightly salted water to a boil. Cook lasagna noodles in boiling water for 8 to 10 minutes. Drain noodles, and rinse with cold water. In a mixing bowl, combine ricotta cheese with egg, remaining parsley, and 1/2 teaspoon salt. Preheat oven to 375 degrees F (190 degrees C). To assemble, spread 1 1/2 cups of meat sauce in the bottom of a 9x13 inch baking dish. Arrange 6 noodles lengthwise over meat sauce. Spread with one half of the ricotta cheese mixture. Top with a third of mozzarella cheese slices. Spoon 1 1/2 cups meat sauce over mozzarella, and sprinkle with 1/4 cup Parmesan cheese. Repeat layers, and top with remaining mozzarella and Parmesan cheese. Cover with foil: to prevent sticking, either spray foil with cooking spray, or make sure the foil does not touch the cheese. Bake in preheated oven for 25 minutes. Remove foil, and bake an additional 25 minutes. Cool for 15 minutes before serving.



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NC Blackberry Festival schedule of events

Thursday, July 12th, 2018 – “An evening of everything Blackberry” 6:00 pm – 9:00 pm
A ticketed event on Main St. in Lenoir featuring blackberry infused cuisine, drinks, music and dancing.

Friday, July 13th, 2018 – “The Blackberry Jam”

- 5:00 p.m. – Vendors open for shopping
- 5:00 p.m. – Blackberry Beer Garden open
- 5:00 p.m. – Registration for The Blackberry Pageant begins
- 6:00 p.m. – The Blackberry Pageant
- 7:00 p.m. – Blackberry Recipe Contest
- 7:45 p.m. – The Blackberry Singer-Songwriter Competition
- 8:30 p.m. – The Blackberry GLOW Run

Saturday, July 14th, 2018 “NC Blackberry Festival”

Blackberries will be for sale in the street between St. James Episcopal Church and Suntrust Bank starting at 10 am until they are gone!

Vendors, food, music, children’s activities and blackberries for sale all day!

- 9:00 a.m. – Vendors open for shopping
- 10:00 a.m. – Beer Garden and Food Trucks
- 10:00 a.m. – Live Music by Rooted
- 11:00 a.m. – Live Music by Melissa Reaves
- 12:00 p.m. – Blackberry Eating Contest
- 12:30 p.m. – Presentation of Colors, The National Anthem, Introductions
- 12:45 p.m. – Colossal Blackberry Cobbler Parade
- 1:00 p.m. – World’s Largest Patchwork of Blackberry Cobbler
- 1:00 p.m. – Live Music by Shelby Rae Moore
- 2:00 p.m. – Live Music by King Bees
- 3:00 p.m. – Live Music by Bob Sinclair and the Big Deals
- 4:00 p.m. – Singer-Songwriter Contestant Winner

Blackberry Bites, Brews, and Blues

- 5:00 p.m. – Vendors, Local Breweries, and Food Trucks
- 6:00 p.m. – 9:00 p.m. – Internationally known Sandra Hall, “Empress of the Blues,” and the King Bees

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CALDWELL COUNTY
North Carolina

HEALTH DEPARTMENT



Grandfather Mountain joins TripAdvisor Certificate of Excellence Hall of Fame

GRANDFATHER MOUNTAIN, NC (July 10, 2018)
...Grandfather Mountain isn't about moving mountains; it's about moving people.

And the people have spoken. Again.

This summer, Grandfather Mountain was inducted into the TripAdvisor Certificate of Excellence Hall of Fame, having received five consecutive Certificate of Excellence awards since 2014, including 2018. In total, since 2012, Grandfather Mountain has received seven consecutive Certificates of Excellence.

Now in its eighth year, the Certificate of Excellence award celebrates businesses that have consistently earned outstanding traveler reviews on the TripAdvisor travel website during the past year. According to TripAdvisor, award recipients represent the upper echelon of businesses listed on the "world's largest travel site."

"We're honored and proud to receive this accolade for the seventh year in a row," said Frank Ruggiero, director of marketing and communications for the Grandfather Mountain Stewardship Foundation, the nonprofit organization that owns and operates the Linville, N.C., nature park. "We extend our mile-high gratitude to all the guests who took the time to put their experience to words."

To qualify, a business must maintain an overall TripAdvisor bubble rating of at least four or five, have a minimum number of reviews and must have been listed on the site for at least 12 months.

Grandfather Mountain currently holds a 4.5 overall rating based on its 1,839 visitor reviews. Nearly 300,000 people visit Grandfather Mountain each year. The park is open every day except Thanksgiving and Christmas, weather permitting.

During summer, the nonprofit nature preserve offers a wide variety of special events and daily programs, including habitat animal encounters, naturalist programs, nature walks and more. To learn more or plan a trip, visit www.grandfather.com.

For more information about TripAdvisor, visit www.tripadvisor.com.

From Mill Mountain to Hibriten Mountain

SPECIAL TO THE CALDWELL JOURNAL By Laura Sedlacek...About a week ago, we stayed overnight in Roanoke, VA on our way to West Virginia for a family trip. I always like to find something to do that is educational or involves the arts when we travel. I was the only one up scrolling on my phone looking for things to do when I came across the Mill Mountain star. For some reason, I thought it sounded really familiar. Then I remembered one of the first poems I had written for my Facebook page (eventually published as a Book and E-book), "Poetry in LA." If you're a local, of course you know LA stands for Lenoir Area.

In the poem, "Hibriten Mountain" I talk about the inspiration for the star on top. While researching the poem, I discovered that our Hibriten Mountain star was based on the Mill Mountain star in Roanoke!

Now I've been to and through Roanoke so many times, I've lost count. I lived for many years in Washington, DC and when I'd drive home I always drove through Roanoke. Years later, my husband and I moved to North Carolina and when we'd visit his family in Washington, DC we'd either stay in or travel through Roanoke. I can't believe during all those trips, I missed the star that is the world's largest man made star!

It was erected in 1949 as a symbol of the progressive spirit of Roanoke, star city of the south. The height of the star is 88 ½ feet. The weight of the star is 10,000 lbs. There is 2,000 feet of neon tubing consuming 17,000 watts. It stands 1,045 feet above the city and its visibility from the air is 60 feet. It is illuminated every night in several different color combinations.

The star is part of a park which is near the zoo. There are some hiking trails, picnic tables, restrooms and vending machines. It's pet friendly as well and free!

The next time you pass through Roanoke take a detour and drive up to Mill Mountain park or just look up to see the star that watches over the city day or night. This man-made star is the reason our Hibriten star (or cross at Easter) has been watching over Caldwell county and all of us!

Laura Sedlacek writing as LB Sedlacek is a poet and writer. She is the creator and author of "Poetry in LA." Her poetry book "Poetry in LA" is available at the Caldwell Arts Council or Caldwell Heritage Museum. Her latest poetry book "Words and Bones" comes out from Finishing Line Press this summer. Find out more at <http://www.lbsedlacek.com> or on Facebook @poetryinla or @lbsedlacekpoet or on Instagram @poetryinla. (Photo above—Mill Mountain star in Roanoke, VA.)



****Special Attention Wilson Creek Visitors****

LENOIR, NC (July 5, 2018)...There are many miles of gravel roads in Caldwell County, most are well maintained and in suitable condition for standard passenger cars but driving in the mountains presents new challenges for many drivers. Roads in the Wilson Creek are narrow and winding with blind curves and low shoulders. Drivers should take extra care when operating a vehicle in this area.

Ensure any area in which you choose to park is a designated parking area and/or has ample space to leave clear the main roadway. Parking in areas that have the potential to, or does, block the roadway, will result in citation(s) and towing.

Here are some basic parking rules:

- Never park on the traveled part of a road. Drive off the road onto the shoulder if you must stop for some reason or remain in marked parking areas.
- Never park on a curve, hill or anywhere you do not have a clear view in both directions.
- Do not park where you will block a vehicle already parked or where you will block a sidewalk, cross-walk, pedestrian crossing or road entrance.
- Do not park where your vehicle will block a fire hydrant, bridge or a public or private entrance/driveway.
- Do not park in an intersection.
- Do not park in any location where you will impede the progress of emergency crews/vehicles.
- Never open the door of your parked vehicle without first making sure that you will not endanger any other person or vehicle or interfere with traffic. Generally, a good practice is to open the driver's door with your right hand as this will force a shoulder check at the same time. Take extra precautions to avoid opening a door in the path of cyclists, who often ride close to parked cars. When you must open a door next to traffic, keep it open only long enough to load or unload passengers.

State sees first EEE case of the year - Equine owners encouraged to vaccinate animals

RALEIGH, NC (July 9, 2018)...A four-year-old quarter horse stallion in Richmond County was euthanized after contracting the first case of Eastern Equine Encephalomyelitis in North Carolina this year. EEE is a mosquito-borne disease that is preventable in equine by vaccination.

EEE causes inflammation or swelling of the brain and spinal cord and is usually fatal. Symptoms include impaired vision, aimless wandering, head pressing, circling, inability to swallow, irregular staggering gait, paralysis, convulsions and death. Once a horse has been bitten by an infected mosquito, it may take three to 10 days for signs of the disease to appear.

"If your horses exhibit any symptoms of EEE, contact your veterinarian immediately," said State Veterinarian Doug Meckes. "it is imperative that horse owners keep their vaccines current, talk to your veterinarian about vaccinating them as soon as possible against EEE and West Nile virus."

The vaccinations initially require two shots, 30 days apart, for horses, mules and donkeys that have no prior vaccination history. Meckes recommends a booster shot every six months in North Carolina because of the state's prolonged mosquito season.

Mosquitoes can breed in any puddle that lasts for more than four days, so removing any source of standing water can reduce the chance of exposing animals to WNV or EEE. Keeping horses in stalls at night, using insect screens and fans and turning off lights after dusk can also help reduce exposure to mosquitoes. Insect repellants can be effective if used according to manufacturers' instructions.

People, horses and birds can become infected from a bite by a mosquito carrying the diseases, but there is no evidence that horses can transmit the viruses to other horses, birds or people through direct contact.

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Quilt of Honor Presentation to Veterans of Bethlehem Baptist Church


BETHLEHEM, NC (July 9, 2018)...A Quilt of Honor or special presentation for veterans of Bethlehem Baptist Church was made on Sunday, July 1, 2018, by Jane Corley, daughter of Jim and Jean Sherrill. The beautiful patriotic-themed quilt was made by Jean Sherrill, a member of the Ashe County Piece-makers Quilt Guild, to honor members of our active military and veterans by showing them how much their sacrifice and service are appreciated.



The quilt is currently on display in the worship center. The community is invited to view this beautiful creation. Sunday worship services are held at 10:30am. Getting into the building may look a little confusing due to construction, but just follow the signs to park behind the building. Entrances from the parking area are to the far left and far right. Guest parking is available near the building, and greeters will welcome you just inside the door.

For more information about Bethlehem Baptist Church, call 828.495.7250, visit www.bethlehembc.org, or like them on Facebook.

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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#1H79T086257) and SRF-RX (Grant # 1U79SP022087).



Tyler Reese Named Caldwell District Manager

LENOIR, NC (July 5 2018)...Tyler Reese has been promoted to district manager of Blue Ridge Energy's Caldwell district office, where he has worked as a member service representative since 2013. Reese joined the cooperative in 2011, however, his career with Blue Ridge Energy began earlier as a college intern in the Watauga district office. That experience revealed to Reese a calling to the cooperative way of putting people, its members and communities first.

"After graduating from college, an opportunity came to serve the members of Blue Ridge as a member service representative in Ashe County," said Reese. "I was able to come back home to Caldwell after a short time and continue building on my knowledge of the cooperative through leadership training and development. I am honored to serve our community and work with the many wonderful organizations that promote prosperity, education and development now and for future generations," added Reese.



A Caldwell County native, Reese earned his marketing degree from Appalachian State University in 2009. He and his wife, Elyse, reside in Lenoir with their son, Wade.

Reese works in partnership with Jeff Benfield, operations manager, to lead the Caldwell district team of employees in serving Blue Ridge members and with Ray Mull, Propane and Fuels district manager, to serve the customers of the cooperative's propane and fuels subsidiary. Reese also has responsibilities for the Caldwell district office showroom sales of propane home and hearth products such as gas logs and fireplaces, water heaters, backup power generators and outdoor living items including fire tables, grills and heaters.

Caldwell Hospice Offers Healing Hearts Support Group

LENOIR, NC (July 10, 2018)...All your hopes, dreams, and plans for the future are turned upside down with the death of a child. At first, you may feel numb or dazed and have a sense of disbelief. Then, waves of varying emotions hit. Healing Hearts, a six-week support group for any parent who has experienced the loss of a son or daughter of any age, will meet on Thursdays, July 12 through August 16, 2018, from 6 to 7:30 p.m., at Ashewood Grief and Counseling Services, 1002 Ashe Avenue, SW, Lenoir. Bereavement Coordinator Kimberly Setzer, MSW, LCSWA, will facilitate the support group.

Caldwell Hospice, your community-based, non-profit hospice care provider, is committed to providing bereavement services to anyone who needs and wants help in coping with their grief, including those with no hospice affiliation. Just as with our hospice services, we meet people where they are and walk with them on their journey in their own time, in their own way. As such, this workshop is one of many grief services made possible through the generous support of the community.

For more information about Healing Hearts or other bereavement services, or to register, call 828.754.0101, email ksetzer@caldwellhospice.org, visit www.caldwellhospice.org or Facebook.

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Attorney General Josh Stein Announces Nearly \$10 Million Settlement with Rotech over Medicare and Medicaid False Claims

RALEIGH, NC (July 5, 2018)...Attorney General Josh Stein announced today that North Carolina has settled with Rotech Healthcare Inc., a Florida-based respiratory equipment supplier, over civil allegations that Rotech knowingly submitted false claims for portable oxygen contents to Medicare and Medicaid. The settlement is joined by 22 other states and the federal government. The total settlement is \$9.95 million, of which North Carolina will receive \$43,671.23.

“Cheating Medicare and Medicaid means cheating the taxpayer,” said Attorney General Josh Stein. “My office will continue our work to keep fraud out of these important programs.”

Between 2009 and 2012, Rotech automatically billed Medicaid and Medicare for portable oxygen contents regardless of whether the beneficiaries used or needed portable oxygen and without obtaining the required proof of delivery. Rotech continued this practice despite knowing that it was submitting ineligible claims.

The North Carolina settlement agreement was reached by the Medicaid Investigations Division of the North Carolina Department of Justice and the North Carolina Division of Medical Assistance. A team appointed by the National Association of Medicaid Fraud Control Units participated in the investigation and conducted settlement negotiations with Rotech on behalf of the settling states.

About the Medicaid Investigations Division (MID)...Attorney General Stein’s MID investigates fraud and abuse by healthcare companies and providers, as well as patient abuse and neglect in facilities that are funded by Medicaid. Medicaid is a joint federal-state program that helps provide medical care for people with limited income. To date, the MID has recovered more than \$500 million in restitution and penalties for North Carolina.

Granite Falls Photo Contest and special exhibits at the History Museum

GRANITE FALLS, NC (June 29, 2018)...The Granite Falls History Committee is sponsoring a photo contest to solicit pictures that promote the Granite Falls area. They will display entries that meet their criteria at the museum in September. Winners will receive certificates and ribbons. Entry forms are on the museum website (www.granitefallshistorymuseum.org) and the Facebook page (Granite Falls History and Transportation Museum).

Criteria

1. Photos must promote the Granite Falls area as defined by the Granite Falls Middle School District.
2. They must be appropriate for a museum, travel brochure, poster, postcard, and/or t shirt. Ideas include landscapes, landmarks (natural or manmade), events, and/or historical sites.
3. Photos must be recent, made within the past five (5) years (2013 - 2018).
4. Submitter must have the legal right to submit the photo and to give the museum and/or the Granite Falls Historical Association rights to publish and use the photos.

Entry Instructions

1. Put each print in an 8" X 10" or an 8" 1/2 X 11" simple, inexpensive frame.
2. Take your entry to the museum or give it to a member of the History Committee.
3. Complete an entry form for each photo and submit it with the framed print. There is no charge. Please limit your entries to five (5) photos.
4. Entries must be received by Sunday, August 27, 2018.

Judging

The History Committee will announce the judging process at a later date. The committee reserves the right to make changes due to unforeseen circumstances and/or to clarify the rules. Photographers submitting entries will be honored at a public reception to be held Sunday, September 30, 2018 from 2 until 4 p.m. in the museum located at 107 Falls Avenue in Granite Falls.

In the meantime, check out the museum for an expanded sports exhibit, which will be on display on the main floor through August. The display features a tribute to persons from Granite Falls who have been inducted into the Caldwell County Sports Hall of Fame and special items from the private sports collection of Scott Triplett, who was an outstanding athlete at Granite Falls High School. Selected memorabilia will be moved to the second floor to make room for the Photo Contest.

For more information, contact Linda Crowder by phone [(828) 396-1066] or email (lrdrcrowder@gmail.com).

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Beware of Vacation Rental Scams

RALEIGH, NC (July 6, 2018)...As summer vacations begin, you may be looking to book vacation rentals for your summer trips. Be careful as you make these reservations – scammers are ready with fake vacation rental ads to steal your money and leave you stranded on vacation. Scammers may place real homes on vacation rental sites without the consent of the homeowner and change the contact and payment information to their own. They may also make up nonexistent properties and advertise them with great prices or amenities.

Before you book a rental home for your trip, do your research. Don't be rushed by time-limited offers and be suspicious if prices are significantly cheap or below market value. Double check that the address exists and is available for rent.

If you're renting a vacation home in North Carolina for less than 90 days, you're protected under the Vacation Rental Act. Your landlord or real estate broker is required to give you a written rental agreement that spells out each of your rights and obligations, agreed-upon payments, security deposit information, and any additional fees. Read this contract carefully before you sign – once you sign it, you're required to abide by its terms. If you're renting a vacation property outside of the state, contact that state's Attorney General's Office or consumer protection agency to learn more about your rights.

If you're having issues with your vacation rental or suspect a scam, file a complaint with us or call toll free within North Carolina at 1-877-5-NO-SCAM. If you rented the property through a real estate or property management company and have a complaint or question, contact the North Carolina Real Estate Commission at (919) 875-3700.

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Students volunteer at Caldwell UNC Health Care

LENOIR, NC (July 4, 2018)...Every summer high school students come to Caldwell UNC Health Care in order to gain valuable experience in volunteering in a hospital setting. This year, the hospital has 35 Jr. Volunteers working in 14 different locations. The eight-week program is a great opportunity for students to gain an exposure to the health care profession as well as community service. Caldwell is fortunate to have Jr. Volunteers who have been serving for several consecutive years and who plan to pursue a career in health care according to Alice Whisnant, Director of Volunteer Services. For more information about the program, please call 828-757-5123.

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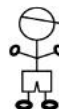
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Litter Is an Ugly and Unwelcomed Visitor to Wilson Creek

WILSON CREEK, NC (July 5, 2018)...Bruce Gray, owner of Betsey's Ole Country Store & Cabin Rental in Mortimer, and his team of awesome helpers are fighting littering at Caldwell County's most beautiful destination, Wilson Creek. On Thursday, July 5, 2018 they hauled four loads of trash and filled two dumpsters. And, he will be back at it the next day and every day. May God Bless Bruce and all who assists with keeping Wilson Creek clean!

Here is a quote from Bruce Gray's Facebook page: "People come to the creek for the 4th and think it's okay to leave their trash.

It's not.

Not only is it ugly and disgusting, it's dangerous to fish and animals.

Keep it clean folks..."



Boy Scout prepares for the Soap Box Derby World Championships in Akron, Ohio again!

GRANITE FALLS, NC (July 3, 2018)...Cole Heavner, got into the winners circle this year at the Morganton Soap Box Derby race held at the Burke County Fairgrounds on May 5, 2018 and will go on to race at Derby Downs in Akron, Ohio. .

Cole Heavner, 10, took first place in the Masters division. The Arrow of Light Cub Scout in Pack 260 has been racing for 4 years and took first beating out 11 other teams. After losing late in Quarter Finals, Cole had to make a comeback and beat the driver out of the winners' bracket twice.



Cole has represented North Carolina 2 other times in the Stock and Super Stock Divisions at Derby Downs. His most success came in 2016 when he finished 2nd in the world, beating out 95 other drivers from around the world in the Super Stock Division. The Masters Division is usually filled by Drivers that are 15-18 yrs old, so Cole will have to face very experienced drivers in Ohio this July 21st.

Scouting and Soap Box racing is a family affair for the Heavners. Dad (Chuck Heavner) is Scoutmaster for Troop 263 and Cub Master for Pack 260 both in Granite Falls. Mom (Kelly) serves as Committee member for the Troop and Assistant Cub Master for the Pack. His two brothers Cory and Kyle have also represented North Carolina at Derby Downs in previous years. Most of the help with the cars come from Harvey Hartley, their Grandpa. Harvey is retired from Lenoir's Army National Guard and thoroughly enjoys spending time with his grandchildren and constructing the cars.