



## **White House Christmas Tree cut at the Mountain Top Fraser Fir Farm in Newland**

NEWLAND, NC (November 14, 2018) -- The White House Christmas Tree was cut on Wednesday, November 14 and is scheduled for delivery to the White House on Monday, November 19.

## **Thirteenth Annual Festival on the Square**

GRANITE FALLS, NC (November 14, 2018) -- The Thirteenth Annual Festival on the Square Christmas Tree Lighting Ceremony will be held Monday, November 19, 2018 in downtown Granite Falls. The Festival begins at 6:15 p.m. but we encourage everyone to come early to see the 26 Christmas trees decorated by local school groups and civic organizations as part of the "Light Up Granite Falls" event. Festival attendees can enjoy beautiful live Christmas music from local school choruses and bands and the community choir. Several downtown businesses and faith-based organizations will have booths providing free refreshments and there will be a special appearance by Santa Claus. This event has always provided great fun for the entire family. Due to limited seating, we encourage you to bring a comfortable lawn chair and enjoy the beginning of the holiday season in historic downtown Granite Falls. We hope to see you there for the first snowfall of the season! This project was supported by the N.C. Arts Council, a division of the Department of Natural and Cultural Resources.

## Caldwell Journal Info

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

## Caldwell Journal Weather

**Thursday (15th):** Cloudy, rain tapering off.  
High 42 Low 28  
Precipitation: 0.37 in.

**Friday (16th):** Times of clouds & sun.  
High 56 Low 29  
Precipitation: 0.00 in.

**Saturday (17th):** Plenty of sunshine.  
High 58 Low 33  
Precipitation: 0.00 in.

**Sunday (18th):** Partly sunny.  
High 59 Low 36  
Precipitation: 0.00 in.

**Monday (19th):** Times of sun & clouds.  
High 58 Low 33  
Precipitation: 0.00 in.

**Tuesday (20th):** Mostly sunny; chilly.  
High 50 Low 32  
Precipitation: 0.15 in.

**Wednesday (21st):** Sunshine.  
High 54 Low 33  
Precipitation: 0.00 in.

## SHP Increases Patrols During Thanksgiving Holiday

RALEIGH, NC (November 13, 2018) -- As family and friends prepare for the Thanksgiving Holiday period, the State Highway Patrol is also making preparations of its own in hopes of ensuring safe travel.

According to the American Automobile Association (AAA), Thanksgiving is one of the busiest holidays for travel across the country. In anticipation for the increased number of vehicles that will travel across North Carolina, troopers will be out in full force to monitor driver behavior.

"Thanksgiving is a time for loved ones to once again unite together", said Col. Glenn McNeill Jr., commander of the State Highway Patrol. "Our mission is simple; reduce needless collisions in hopes of reporting zero fatalities statewide."

Aligning with IACP's Drive to Zero/Drive to Save Lives initiative, the NCSHP will also participate in the Thanksgiving I-40 Challenge, a joint operation among seven other states along the I-40 corridor.

The campaign will take place on the busiest travel days of the holiday, kicking off on Wednesday, November 21 and concluding Sunday, November 25. During the event, troopers will be placed every 20 miles along the major interstate.

Motorists can assist with safe travel by following a few simple tips:

- Plan Ahead - Expect delays and plan to use alternate routes
- Reduce Speed - Speeding is still the leading cause of traffic collisions
- Increase Following Distances – A two-second lead time among vehicles is encouraged
- Avoid Distracted Driving – Driver focus should be solely on driving
- Never Drive Impaired – Plan ahead; designate a sober driver, us a taxi or contact a ride service
- Lane Clearance - If involved in a collision without injury, remove vehicles to shoulder

Motorists can also assist by contacting \*HP if they observe impaired or reckless driving.

## Attorney General Josh Stein Announces Medicaid Fraudster Sentenced

RALEIGH, NC (November 8, 2018) -- Attorney General Josh Stein today announced that Renee Christine Borunda of Greensboro was sentenced to 37 months in federal prison following her guilty plea to Conspiracy to Commit Health Care Fraud and Aggravated Identity Theft. Borunda will also make restitution of \$225,399.08 to the North Carolina Medicaid Program.

"People who cheat Medicaid are cheating taxpayers," said Attorney General Josh Stein. "My office will continue our work to protect taxpayers' wallets and hold these fraudsters accountable."

According to the case, Borunda managed a company that offered behavioral health services to Medicaid recipients in Wilson, North Carolina. In 2013 and 2014, Borunda used one of the company's therapist's personal information to submit fraudulent electronic claims. The claims falsely represented that the therapist had provided \$225,339.08 worth of behavioral services to over 200 different Medicaid recipients who lived in Beaufort, Edgecombe, Greene, Guilford, Lenoir, Mecklenburg, Pitt, and Wilson Counties. No such services were rendered. The therapist was unaware that her information was being used to commit fraud.

The investigation and prosecution of this matter was handled in a partnership between the United States Attorney's Office for the Eastern District of North Carolina and the Medicaid Investigations Division of the North Carolina Attorney General's Office. Agents from the North Carolina State Bureau of Investigation and the Internal Revenue Service – Criminal Investigation also participated.

**About the Medicaid Investigations Division (MID)** — The Attorney General'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.

To report Medicaid fraud in North Carolina, call the North Carolina Medicaid Investigations Division at 919-881-2320.

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## Caldwell Journal Weekly Recipe

### Chicken Spinach Artichoke Rice Casserole

#### Ingredients

- 3/4 c. basmati rice
- 1 1/2 c. whole milk
- 1/2 c. freshly grated Parmesan
- 6 oz. cream cheese, cubed
- 2 cloves garlic, minced
- Crushed red pepper flakes
- Kosher salt
- Freshly ground black pepper
- 1 rotisserie chicken, shredded (about 4 1/2 cups)
- 2 c. fresh spinach, tightly packed
- 1 (14-oz.) can artichoke hearts, drained and quartered
- 2 c. shredded mozzarella, divided

#### Instructions

Preheat oven to 350°. Prepare rice according to package instructions. In a medium saucepan over medium heat, combine whole milk and Parmesan. When cheese is melted, add cream cheese, garlic, and red pepper flakes and season with salt and pepper. Cook until cream cheese is melted and mixture is slightly thickened, about 4 minutes. In a large bowl, stir together cooked rice, chicken, spinach, artichoke hearts, 1 cup mozzarella, and cream cheese mixture and transfer to a 9"-x-13" baking dish. Top with remaining cheese and bake until cheese is melty and golden, 20 minutes.



## **2017-2020 Community Health Assessment (CHA)**

The Caldwell County Health Department and Caldwell UNC Healthcare, along with many other organizations within the community, have successfully completed the 2017-2020 Community Health Assessment (CHA). The CHA is a process through which community members gain an understanding of the health concerns and health-care systems in the community by identifying, collecting, analyzing and disseminating information on community assets, strengths, resources and needs. The CHA also illustrates what is needed in the community. It is used to identify factors that will affect the health and welfare of a population and determine the availability of resources within the community, such as leaders, public health agencies, businesses, hospitals, private practitioners and academic centers. A CHA is mandated for the health department by the state every 3-4 years and for not-for-profit hospitals by the IRS every 3 years.

In December of 2017, the Community Health Assessment Advisory Committee began reviewing data from numerous outside sources, in addition to responses from the community health assessment opinion survey. This was required in order to determine Caldwell County's top three health priorities for the next three years. A total of 620 surveys were collected from Caldwell County citizens. The survey was available to the public as an online web link in addition to having paper copies readily available at the library. The committee also partnered with the Clerk of Court and offered the survey to those who were serving jury duty. To really understand what the community's needs are, qualitative data is needed along with the quantitative data collected in surveys. To collect this qualitative data, the CHA committee conducted focus groups which represented a variety of socioeconomic and demographic groups in Caldwell County. Those groups included adults, seniors, low income/minority individuals and teens. The focus groups were a significant part of the primary data, because they gave the committee a more comprehensive understanding of the community's opinions than the data from the surveys could. After surveys were collected, it was necessary for the committee to choose 3 priorities which will be a focus for the partnership over the next three years. These priorities will give the group a platform to work on in order to increase the health and wellbeing of the citizens of Caldwell County. For priority selection, the advisory committee joined together and ranked, based on the community's opinions, resources available and programs already implemented; the priorities from 1 to 5 based on the magnitude, seriousness of consequences and the overall feasibility. The top three priorities are Preventative Care, Mental Health and Substance Abuse.

### **Preventative Care**

Preventative care is routine health care that includes screenings, services and counseling to help prevent illness, disease or other health problems. Examples of preventative care include wellness visits, standard immunizations and screenings for blood pressure, cancer, cholesterol, depression, obesity and Type 2 diabetes as well as, pediatric screenings for hearing, vision, developmental disorders, depression and obesity. Organizations involved include: Caldwell County Health Department, UNC Caldwell Health, Caldwell County School System, and West Caldwell Health Council, among other community partners.

### **Mental Health**

Mental health is not just emotional health, it also includes psychological and social wellbeing. Mental health affects how we think, feel and act; as well as how we respond to stressors, interact with others, and make choices. During each stage of life, mental wellbeing is important. Issues around mental health continue to be a target area for improvement in Caldwell County. While resources related to mental health are limited, Caldwell County has a need for these types of services. Strategies to target these issues will include building community partnerships that will focus on providing adequate resources to the public with a goal of reducing the stigma surrounding these conditions. Community collaboration will also work towards increasing the support that is in place to provide help to those suffering from mental health conditions. Organizations involved include: Caldwell County Health Department, UNC Caldwell Health, VAYA Health, and RHA Health Services. *Continued on page 6...*



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1 Special enrollment periods are available for individuals with qualifying life events. Visit [healthcare.gov](http://healthcare.gov) for more details

2 45 CFR 155.410(b)

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**2017-2020 Community Health Assessment (CHA)***Continued from page 4...***Substance Abuse**

Substance abuse and misuse continues to be a major health concern and issue in Caldwell County. Substance abuse can include the misuse or abuse of alcohol and illicit drugs. In 2016, according to the Injury and Violence Prevention Branch, there were 17 unintentional opiate poisoning deaths, 2 heroin deaths, 24 medication poisonings and 11 benzodiazepine poisoning deaths in Caldwell County. Community groups will be working on this issue through measures such as providing prevention and awareness education along with promoting Operation Medicine Drop locations and equipping the community (agency employees, pharmacies, healthcare, etc.) with naloxone.

Over the next three years, Caldwell County Health Department and other organizations throughout the County will be focusing on these three priorities in order to decrease the morbidity and mortality caused by these issues. Over the next 3 months, Action Plans will be designed. Advisory committees have already been formed for each priority and these committees have met to discuss steps for planning and implementing appropriate interventions. The progress being made over the next three years will be outlined in the annual State of the County Health (SOTCH) Report published by the Caldwell County Health Department each year. Both the Community Health Assessment and the current SOTCH can be found on the county's website or at the health department.

If you have any questions regarding the findings of the 2017 CHA, please contact Kelsey Pfaff, Health Promotion Supervisor for Caldwell County Health Department, at 828-426-8506 or at [kpffaff@caldwellcountync.org](mailto:kpffaff@caldwellcountync.org).

**Cooking Safely for the Holidays**

HICKORY, NC (November 14, 2018) -- Did you know that Thanksgiving is the leading day of the year for home fires involving cooking equipment? With all that cooking, Hickory firefighters would like to remind folks of a few safe-cooking practices.

- \* Stay in the kitchen while cooking or turn the stove off if you must leave the room. Keep an eye on the food.
- \* Stay in the home when cooking your turkey and check on it often.
- \* Keep children away from the stove. The stove will be hot and kids should stay 3 feet away. Also children should stay away from hot foods and liquids. The steam or splash can cause serious burns.
- \* Be sure electrical cords are not dangling off the counter within reach of young children.
- \* Keep appliances clean from grease build up and wipe up spills immediately.
- \* Wear tight fitting sleeves. Since loose sleeves and clothing can dangle too close to a hot stove and easily catch fire, protect yourself by wearing sleeves that fit snugly or roll them up while cooking.
- \* Keep flammable objects away from the stove. This includes potholders, paper products, and dish towels.
- \* Don't overload electrical outlets. Too many appliances can overload the electrical system and cause a fire. If a wire is frayed or cracked, it should be replaced immediately.
- \* Heat cooking oils slowly and never leave it unattended.
- \* Turn pot handles inward. A pot handle sticking over the edge of your stove can be bumped in passing or grabbed by a child causing burn injuries.
- \* Operate microwaves safely. Remember the food can be very hot so use potholders to take food out of the microwave. Avoid steam burns by opening food packages carefully.
- \* If a grease fire should occur, smother it with baking soda, a pot lid or use a fire extinguisher. But never use water because it will make the fire larger and possibly cause burns to you.



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### Poetry Caldwell with Adrian Rice

Poetry Caldwell is pleased to host Northern Irish poet Adrian Rice at Caldwell Arts Council on November 24! Adrian will read from his latest book, *The Strange Estate*. Following Adrian's reading, local writers will be able to share during the open mic. Poetry Caldwell is free and open to all!

Adrian Rice is from County Antrim, Northern Ireland. His first poetry sequence, *Muck Island*, a collaboration with leading Irish artist Ross Wilson, is housed in the Tate Gallery and The Boston Museum of Fine Arts. His first full collection, *The Mason's Tongue*, was shortlisted for the Christopher Ewart-Biggs Memorial Literary Prize and nominated for the Irish Times Prize for Poetry. His recent American publications, *The Clock Flower* and *Hickory Station*, have also received critical acclaim. Adrian now lives with his family in Hickory, North Carolina. He teaches at Appalachian State University.

Famed poet and Nobel Prize winner Seamus Heaney, shared about Adrian, "Adrian Rice has a nice sense of what he is up to as a poet: I like and admire the way his diction and his diction are so artfully tongue-in-cheek and hand in glove."

The Caldwell Arts Council is located at 601 College Avenue SW in Lenoir.

Subject: Poetry Caldwell with Adrian Rice

Who: Caldwell Arts Council, Lenoir, NC

When: Saturday, November 24, 2018

Where: Caldwell Arts Council, 601 College Ave SW, Lenoir

Time: 2:00 pm, followed by open mic

Cost: FREE



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## City of Lenoir Public Utilities Department gets new logo

LENOIR, NC (November 1, 2018) -- The City of Lenoir Public Utilities Department has a new logo, and department staff says it's a winner.



The City's water tanks were due to be repainted this year, and Public Utilities Director Radford Thomas wanted a new look for the tanks.

"We provide water service to a lot of residents in Lenoir and Caldwell County, and I thought it was important that people know who is providing that service," Thomas said.

Thomas asked Public Information Officer Joshua Harris to design a new logo for tanks. Harris drew from Lenoir's geography to design the logo.

"The graphic element of the design is a water drop with an impression of Highbrien Mountain forming the bottom, green half of the drop," Harris said. "The top, blue half represents the rain that falls from the sky and makes its way into our beautiful Catawba River where we draw our water."

Thomas said his staff liked the new logo so much that they decided to rebrand the department. Several Public Utilities trucks already sport the new logo, and staff plans to incorporate the design on shirts and hats.

Water Plant Superintendent Kevin Matheson said the logo illustrates the services the department provides and the geography of Lenoir and Caldwell County.

"I feel that the new design for the Public Utilities logo captures the elements of what we do," Matheson said. "The light blue water at the top of the droplet represents the core of our business - clean water. The lower green portion represents the foothills environment that we are blessed to inhabit. The contemporary design brings our department into the 21st Century."

The City of Lenoir Water Treatment Plant staff produces an average of 6.24 million gallons of clean, potable water per day. The department serves that water to around 25,000 people in Lenoir and Caldwell County through 219 miles of water lines.

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## **Moses H. Cone Memorial Park earns Centennial Challenge Grants for continued repairs**

BLOWING ROCK, NC (November 14, 2018) -- The rehabilitation effort at Moses H. Cone Memorial Park is in for a big boost. The Blue Ridge Parkway Foundation and National Park Service are pleased to announce that three projects focused on the rehabilitation of Flat Top Manor, located at milepost 294 on the Blue Ridge Parkway, have been selected to receive Centennial Challenge grants provided by Congress.

The grants total \$722,976. The Blue Ridge Parkway Foundation is required to raise matching funds to secure the government allocation. The Centennial Challenge program was launched in 2015 to create public-private partnerships to address the deferred maintenance backlog in national parks.

Each donor gift to the Blue Ridge Parkway Foundation will be matched almost dollar for dollar to:

- Replace Flat Top Manor shake roof and rehabilitate dormers
- Preserve exterior components of Flat Top Manor
- Rehab Flat Top Manor's second floor exterior

The Blue Ridge Parkway Foundation is closing in on a three-year goal to raise more than \$3 million to address crucial repairs and maintenance for this treasured country estate listed on the National Register of Historic Places.

"With every gift, we're making strides toward a secure future for Moses H. Cone Memorial Park," said Willa Mays, Chief Development Officer for the Blue Ridge Parkway Foundation. "We still have \$680,000 to raise and feel confident that those who love and appreciate the estate will pitch in to make it happen."

The newly awarded grants are a chance to build upon the Foundation's past success in meeting Centennial Challenge fundraising goals, which has leveraged more than \$1 million in government funding for the estate.

"We are pleased to be able to leverage these federal dollars with a strong partner match from the Foundation and its donors," said J.D. Lee, Superintendent of the Blue Ridge Parkway. "This partnership makes the Blue Ridge Parkway stronger now and in the future. These investments ensure resources like Flat Top Manor will be available to park visitors for many years to come."

To give or learn more, visit [brpfoundation.org/remakehistory](http://brpfoundation.org/remakehistory).

## **Western Piedmont Symphony Presents Holiday Pops!**

HICKORY, NC (November 13, 2018) -- Kick off the holiday season once again with Western Piedmont Symphony's Holiday Pops! Under the direction of guest conductor Mark Norman, the award-winning Western Piedmont Symphony will perform many of your holiday favorites. There will be two concerts on Saturday, December 1, 2018: one at 3 p.m., the other at 7:30 p.m.. Both concerts will be held in the Drendel Auditorium on the SALT Block.

Enjoy the sounds of Nutcracker Ballet, Winter Wonderland, White Christmas and many, many more. This performance will feature Opera Carolina's Corey Lovelace, as well as a light show! In addition, students from the Louis Nunnery School of Ballet will perform. And, of course, Santa and his Elf would not miss celebrating this wonderful season with the symphony. Bring your camera for great family photos. Holiday concessions will also be available.

Ticket prices are \$10-42/Adult. One child will be admitted FREE with each paying adult. Tickets can be purchased online 24/7 at [WPSymphony.org/Tickets](http://WPSymphony.org/Tickets); through the WPS Box Office from 10a.m. – 4p.m. (M-F); [info@wpsymphony.org](mailto:info@wpsymphony.org), and at 828.324.8603. Get your tickets now! A wonderful event for the whole family!

Western Piedmont Symphony is a grant recipient of the North Carolina Arts Council and a funded affiliate of the United Arts Council of Catawba County. Business offices are located on the SALT Block at 243 Third Avenue NE, Hickory. Office hours are 10:00 a.m. until 4:00 p.m. Visit the Symphony's website at [www.wpsymphony.org](http://www.wpsymphony.org) or contact them at 828.324.8603 or [info@wpsymphony.org](mailto:info@wpsymphony.org).