





## Proposed US321A Duke Street to Pinewood Road Project Plans Released

NORTH WILKESBORO, NC (February 20, 2019) -- Preliminary designs by the N.C. Department of Transportation for a proposed project initiated by Granite Falls and included in the long-range transportation plans for the town will be available at an upcoming public meeting.

N.C. Department of Transportation engineers are developing a design to improve U.S. 321 Alternative between Pinewood Road and Duke Street.

The proposal includes improving pedestrian facilities — such as the safety of school crossings — as well as improved traffic flow and better sight distances in downtown. Lanes would 11-feet wide with a center turn lane.

The proposal also involves realigning Dudley Avenue to improve sight distance and allow for reconstruction of downtown parking. An additional proposal is the construction of a connector road to link Dudley Avenue and Lakeside Avenue. There would also be improved intersections at Pinewood Road, Dry Ponds Road, Highland Avenue, Park Avenue and Lakeside Avenue.

Additional information and a map of proposed improvements are available online.

A draft of those plans will be presented at a public meeting from 4-7 p.m. on Thursday, Feb. 28, at First Baptist Church, 12 Crestview Street in Granite Falls.

NCDOT representatives will be available to explain the design, answer question and listen to comments.

The public may also submit comments and questions at the meeting, via phone or email or mail until March 15. For further information or to submit comments, contact NCDOT Division 11 Design Engineer Desiree Hagwood at dlhagwood@ncdot.gov or 336-903-9135 or 801 Statesville Road, North Wilkesboro, NC 28659.

NCDOT will provide auxiliary aids and services under the Americans with Disabilities Act for disabled persons who wish to participate in this meeting. Anyone requiring special services should contact Samantha Borges, Environmental Analysis Unit at smborges@ncdot.gov or 919-707-6115 as early as possible so that arrangements can be made.

Persons who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

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## **Caldwell Journal Info**

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

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

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

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



### **Caldwell Journal Weather**

Thursday (21st): Rain at times. High 63 Low 46 Precipitation: 0.41 in.

Friday (22nd): Rain & drizzle; cooler. High 49 Low 41 Precipitation: 0.32 in.

**Saturday (23rd):** Cloudy, a couple of showers. High 47 Low 43 Precipitation: 0.45 in.

Sunday (24th): Some rain & a t-storm. High 65 Low 32 Precipitation: 0.23in.

> Monday (25th): Partly sunny. High 58 Low 26 Precipitation: 0.00 in.

**Tuesday (26th):** Rain & drizzle possible. High 55 Low 37 Precipitation: 0.00 in.

Wednesday (27th): Episodes of sunshine. High 59 Low 34 Precipitation: 0.00 in.

#### Poetry reading at Caldwell Heritage Museum

LENOIR, NC (February 21, 2019) -- Local poet and author, LB Sedlacek (aka Laura), will read from her newest poetry book, "Words and Bones." This book of poems contains a variety of poetry including some with local or North Carolina subjects such as the old jeans plant downtown, Carolina Beach, the old Patterson school, and family memories such as growing up shooting off fireworks in the back yard and playing or attending baseball games. Sedlacek is also author of the Happy Valley set local mystery "The Glass River" and two well-known local poetry books "Poetry in LA (Lenoir Area)" and "Poetry in LA, 2: LA vs LA." She is an accomplished poet and writer having won several awards for her writing. "Words and Bones" was published by Finishing Line Press last summer.

The poetry reading will take place on Thursday, February 28th at 6:30pm at the Caldwell Heritage Museum. It is free, family friendly, and open to the public. Light refreshments will be served and Sedlacek will sign books after the reading.

The Caldwell Heritage Museum is located at 112 Vaiden St SW, Lenoir. You may reach them by phone at (828) 758-4004.

LB Sedlacek is author of several books and poetry books including "Constellate," "Traveling with Fish," "The Mailbox of the Kindred Spirit," and "Things to do on Vacation with your Dog in Washington DC."

To learn more, visit http://www.lbsedlacek.com or http://caldwellheritage1841.weebly.com

#### Caldwell County Health Department Offers After Hours Clinic

LENOIR, NC (February 14, 2019) -- The Caldwell County Health Department will now offer extended after hours to the public to help better meet the needs of our community. This will be offered every Tuesday starting on March 5th, 2019. The time frame for the extended hours will be from 5:00pm-7:00pm and will be by appointment only. Services that will be offered during these new hours will include: adult health physicals, family planning, STD visits, and sick or preventative care appointments for adults and children over the age of two.

When arriving for your appointment please be sure to bring a photo ID, insurance card and proof of income (which can be one of the following: W2 form, most recent pay stub, or a bank statement.) The health department will bill all forms of insurance including: Medicare, Medicaid and Commercial Insurance guarantors. Clients presenting with third party health insurance coverage where copayments are required shall be subject to collection of the required copayment at the time of service.

For more information or to make an appointment, contact Caldwell County Health Department at 828-426-8400.

#### Two Advance Care Planning Workshops: Living Will, Healthcare Power of Attorney and Benefits Overview

LENOIR, NC (February 13, 2019) -- Advance care planning is a process to help your loved ones know how to speak for you if you are ever unable to make your own medical decisions. It is planning for the unexpected.

Caldwell Hospice and Palliative Care partners with the Caldwell Senior Center to offer two Advance Care Planning Workshops at no cost to the community on the second and fourth Thursdays of each month. The next workshops will be held March 14, 2019, at 1:30 p.m. at the Caldwell Senior Center in Lenoir, and March 28, 2019, at 1:30 p.m. at Caldwell Hospice's McCreary Family Professional Center, 526 Pine Mountain Road, Hudson.

Join retired local attorney Houston Groome in Lenoir and attorney Hugh Wilson in Hudson for either of these inspiring workshops. "Advance Directives: Living Wills and Healthcare Powers of Attorney are gifts to your family," says Groome. "Deciding, discussing and documenting your healthcare wishes helps ensure your healthcare wishes are known and honored. It also gives you peace of mind that you have made appropriate preparations." Notaries and witnesses will be available to help anyone who wants to complete their documents at the clinic. For more information, or to register, call 828.758.2883.

#### **Mended Hearts Chapter Hosts New Caregiver Support Group** Meeting Monday, Feb. 25

HICKORY, NC (February 13, 2019) -- Individuals who are caregivers for survivors of a heart event (coronary bypass, heart attack or cardiac catheterization) are invited to attend a chapter meeting of Hickory's Mended Hearts Cardiac Caregivers Support Group on Monday, Feb. 25 at 7 p.m. at Frye Regional Medical Center.

"Being a caregiver for someone who has experienced a heart event or surgery can be challenging, and even somewhat overwhelming at times," said Donna Anthony, RN, Frve Regional Mended Hearts Coordinator. "Our Mended Hearts local chapter realized it would be great to provide a monthly support group for caregivers to help them establish a network that they can confide in and who understand what they're going through as a support person."

Mended Hearts is a volunteer support group that visits and supports patients at Frye Regional Medical Center who have had a recent cardiac event. The local chapter was formed in 2016.

The group will meet the fourth Monday of each month at 7 p.m. at Frye Regional Medical Center. If you have questions or would like additional information, please Program Coordinator Donna Anthony 828.315.3563.

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# Caldwell Journal Weekly Recipe

# **Pork & Sauerkraut**

#### **Ingredients**

2 tbsp. extra-virgin olive oil 1 (3-lb.) pork tenderloin Kosher salt Freshly ground black pepper 4 tbsp. butter 1 small onion, thinly sliced 2 tbsp. packed brown sugar 1 c. beer or cider 1 large tart apple, thinly sliced 1 tsp. caraway seeds, optional 1 lb. sauerkraut, drained

#### **Instructions**

Preheat oven to 350°. Season pork liberally with salt and pepper. In a large dutch oven over medium-high heat, heat oil. Add pork and sear on all sides until golden all over, about 8 minutes. Set aside.

Add butter and let melt. Add onion and apples and cook until starting to soften, about 4 minutes. Stir in sauerkraut, brown sugar, beer, and caraway seeds. Bring mixture to a simmer then place seared pork on top.

Cover pot then transfer to oven and bake until pork reaches internal temperature of 160°, about 45 minutes.





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#### **Attorney General Josh Stein Announces Medicaid Fraudster Sentencing**

RALEIGH, NC (February 15, 2019) -- Attorney General Josh Stein today announced that Tamara McCaffity of Durham was sentenced to 46 months in prison and three years of supervised release following a conviction for Conspiracy to Commit Health Care Fraud in the United States District Court for the Eastern District of North Carolina. She was also ordered to pay restitution in the amount of \$523,783 and forfeit three houses. Two other individuals, Christopher Brown and Darryl Sanford, have already pleaded guilty and were sentenced as part of this conspiracy.

"When people defraud the Medicaid program, they're cheating taxpayers and taking away resources from people who need healthcare," said Attorney General Josh Stein. "My office will continue to hold people responsible for these fraudulent practices."

McCaffity operated three mental health providers – Dreamworks II, Prominence Consulting & Therapeutic Services, and First Choice Health Services. Dreamworks II was an actual business located in Durham, Prominence was a shell corporation registered in Raleigh, and First Choice Health Services was in Greensboro. As part of the conspiracy, McCaffity used purchased stolen Medicaid beneficiary information and other healthcare providers' National Provider Identifier numbers to fraudulently bill for services that were never rendered through her three provider companies. From January 2013 until May 2016, McCaffity defrauded the North Carolina Medicaid program out of more than \$900,000 in claims.

The investigation of this case was conducted by the FBI and the Medicaid Investigations Division of the North Carolina Attorney General's Office.

#### **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.

## NCDACS accepting applications for Healthy Food Small Retailer Program

RALEIGH, NC (February 11, 2019) -- The N.C. Department of Agriculture and Consumer Services will offer grant assistance to convenience stores interested in offering healthier food options to those living in one of the state's 349 food deserts. The funding is a part of the Healthy Food Small Retailer Program.

"The goal of the Healthy Food Small Retailer program is to help bring more healthy, locally grown food options to the 1.5 million people impacted by food deserts in North Carolina," said Agriculture Commissioner Steve Troxler. "Convenience stores are integral parts of fighting food insecurity in local communities."

The Healthy Food Small Retailer Program, which is administered by the department, was established in the 2016 state budget bill (HB 1030). The 2019 program will reimburse participating stores for refrigeration, freezers and stocking equipment needed to offer healthier items.

Store owners have until March 4 to apply for priority consideration. Applications will continue to be accepted until March 31, subject to availability of funds.

In addition to being in a food desert (online search available at www.ers.usda.gov/data-products/food-access-research-atlas/), store owners applying for funding under HFSRP must meet the following criteria:

- Accept or agree to accept Supplemental Nutrition Assistance Program (SNAP) benefits;
- Accept or agree to apply to accept Special Supplemental Nutrition Program for Women, Infants and Children (WIC) benefits;
- Have no more than 3,000 square feet of heated floor space;
- Be established as a for-profit business at time of application;
- Have not previously received HFSRP funds.

Interested store owners can find more information about the program and download an application at www.ncagr.gov/HealthyRetailer. In addition, store owners may call 919-707-3173 or email HealthyRetailer@ncagr.gov.



#### NASA Selects New Mission to Explore Origins of Universe

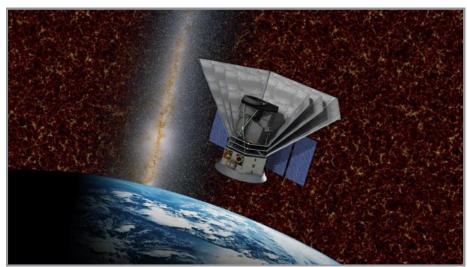
NASA (February 13, 2019) -- NASA's Spectro-Photometer for the History of the Universe, Epoch of Reionization and Ices Explorer (SPHEREx) mission is targeted to launch in 2023. SPHEREx will help astronomers understand both how our universe evolved and how common are the ingredients for life in our galaxy's planetary systems.

NASA has selected a new space mission that will help astronomers understand both how our universe evolved and how common are the ingredients for life in our galaxy's planetary systems.

The Spectro-Photometer for the History of the Universe, Epoch of Reionization and Ices Explorer (SPHEREX) mission is a planned two-year mission funded at \$242 million (not including launch costs) and targeted to launch in 2023.

"I'm really excited about this new mission," said NASA Administrator Jim Bridenstine. "Not only does it expand the United States' powerful fleet of space-based missions dedicated to uncovering the mysteries of the universe, it is a critical part of a balanced science program that includes missions of various sizes."

SPHEREx will survey the sky in optical as well as near-infrared light which, though not visible to the human eye, serves as a powerful tool for answering cosmic questions. Astronomers will use the mission to gather data on more than 300 million galaxies, as well as more than 100 million stars in our own Milky Way.



"This amazing mission will be a treasure trove of unique data for astronomers," said Thomas Zurbuchen, associate administrator for NASA's Science Mission Directorate. "It will deliver an unprecedented galactic map containing 'fingerprints' from the first moments in the universe's history. And we'll have new clues to one of the greatest mysteries in science: What made the universe expand so quickly less than a nanosecond after the big bang?"

SPHEREx will survey hundreds of millions of galaxies near and far, some so distant their light has taken 10 billion years to reach Earth. In the Milky Way, the mission will search for water and organic molecules – essentials for life, as we know it – in stel-

lar nurseries, regions where stars are born from gas and dust, as well as disks around stars where new planets could be forming.

Every six months, SPHEREx will survey the entire sky using technologies adapted from Earth satellites and Mars spacecraft. The mission will create a map of the entire sky in 96 different color bands, far exceeding the color resolution of previous all-sky maps. It also will identify targets for more detailed study by future missions, such as NASA's James Webb Space Telescope and Wide Field Infrared Survey Telescope.

NASA's Astrophysics Explorers Program requested proposals for new missions in September 2016. Nine proposals were submitted, and two mission concepts were selected for further study in August 2017. After a detailed review by a panel of NASA and external scientists and engineers, NASA determined that the SPHEREx concept study offered the best science potential and most feasible development plan.

The mission's principal investigator is James Bock of the California Institute of Technology (Caltech) in Pasadena, California. Caltech will work with NASA's Jet Propulsion Laboratory (JPL) to develop the mission payload. JPL will also manage the mission.

Ball Aerospace in Broomfield, Colorado, will provide the SPHEREx spacecraft and mission integration. The Korea Astronomy & Space Science Institute in Daejeon, Republic of Korea, will contribute test equipment and science analysis.

NASA's Explorer program, managed by the agency's Goddard Space Flight Center in Greenbelt, Maryland, is the agency's oldest continuous program, designed to provide frequent, low-cost access to space using principal investigator-led space science investigations relevant to the Astrophysics and Heliophysics programs in NASA's Science Mission Directorate.

The program has launched more than 90 missions, beginning in 1958 with Explorer 1, which discovered the Earth's radiation belts. Another Explorer mission, the Cosmic Background Explorer, which launched in 1989, led to a Nobel Prize.

More information about the Explorer program is available online at: https://explorers.gsfc.nasa.gov



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#### Attorney General Josh Stein Urges FTC to Keep Current Identity Theft Protections

RALEIGH, NC (February 11, 2019) -- Attorney General Josh Stein today urged the Federal Trade Commission (FTC) to keep its current Identity Theft Rules in place to protect people's information. The current rules require certain financial institutions and businesses that grant credit or issue debit or credit cards to take steps and implement safeguards to detect, prevent, and mitigate identify theft.

"In 2018, more than 1.9 million North Carolinians were affected by data breaches, putting them at risk of identity theft," said Attorney General Josh Stein. "We must do everything we can to protect people's personal and financial data, and that includes keeping the FTC's current protections for identity theft in place."

In response to the FTC's request for comment on the existing rules, Attorney General Stein and 30 other attorneys general filed a letter arguing a continued need for the rules. The attorneys general also recommended updates to the existing rules, including notifying cardholders if their email address or cell phone number are changed and tracking unsuccessful access attempts and access by new or unfamiliar devices as suspicious account activity.

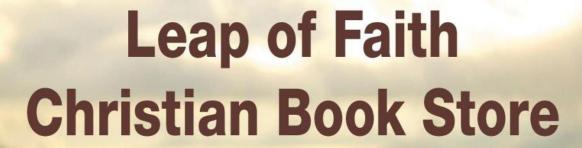
The federal identity theft rules complement North Carolina's own data security laws. In January, Attorney General Stein and Rep. Jason Saine introduced the Act to the Strengthen Identity Theft Protections to ensure stronger protections for North Carolinians' personal information.

Attorney General Stein is joined in sending today's letter by the Attorneys General of Alaska, California, Colorado, Connecticut, District of Columbia, Delaware, Hawaii, Iowa, Illinois, Kentucky, Massachusetts, Maryland, Maine, Michigan, Minnesota, Missouri, Nebraska, New Jersey, New Mexico, Nevada, Oklahoma, Oregon, Pennsylvania, Rhode Island, Tennessee, Utah, Virginia, Vermont, Washington, and Wisconsin.

#### Caldwell Hospice Good Grief Meal to Be Held March 7

LENOIR, NC (February 13, 2019) -- Caldwell Hospice and Palliative Care will hold its next monthly Good Grief Meal at 3pm, Thursday, March 7, at AJ's Family Steakhouse, 314 Blowing Rock Blvd., Lenoir, NC. The informal time of food and fellowship is open to anyone who is experiencing grief and loss. The meal is Dutch treat.

The Good Grief Meal is sponsored through Ashewood Grief and Counseling Services, grief support services of Caldwell Hospice, and is one of many opportunities offered to help individuals of all ages and families cope with the loss of people they love. Because of the generous support of our community and the belief that grief support services improve quality of life, Caldwell Hospice offers community grief support services to anyone who needs help in coping with grief. For more information about the upcoming Good Grief Meal or other grief support services, call 828.754.0101, or visit www.caldwellhospice.org or the Caldwell Hospice and Palliative Care Facebook page.



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# The Hickory Sunrise Rotary Club Is Hosting Its First Annual Mardi Gras Dance Party

HICKORY, NC (February 11, 2019) -- The Hickory Sunrise Rotary Club has announced that it will be hosting a Mardi Gras Dance Party on Friday, March 1, 2019, from 7:00 to 11:00, at Duke's Restaurant & Wine Bar, located at 335 Main Avenue SW in Hickory, NC. The event is the latest in a series of popular and hugely successful holiday-themed fundraising dances sponsored by Tarheel Wealth Management.

The doors for the dance open at 7:00 pm, with America's Got Talent finalist, Ulysses Long performing from 7:00 to 8:00 pm, followed by Big Band Centerpiece from 8:00 to 11:00 pm. Costumes are welcomed. A full buffet of salmon, prime rib, scallops, and chicken, along with dancing, and a cash bar will be included with the price of admission, which is \$35 per person. Steak dinners will be available upon request. Tickets for only the dance are \$10. Proceeds from the event will be used to fund scholarships to CVCC for economically challenged students who otherwise would not be able to attend classes.

Duke's Restaurant & Wine Bar is a farm-to-table concept, offering international cuisine, raw bar and cruvinet, 5-10pm Tuesday – Saturday, and Sunday Brunch.

A member of Rotary International District 7670, the Hickory Sunrise Rotary Club was chartered on November 7, 2000, and has grown to become the most diverse Rotary club in western North Carolina. A small, friendly club with nearly 30 members, the Hickory Sunrise Rotary Club focuses on educational initiatives and the needs of the homeless and veterans in our community. The club also embraces the Rotary motto, "Service Above Self," and specializes in having fun while serving others. The mission of Rotary International is to provide service to others, promote integrity, and advance world understanding, goodwill, and peace through its fellowship of business, professional, and community leaders. The Hickory Sunrise Rotary Club meets Wednesdays at 7:00 am in the Fireside Room at Lenoir-Rhyne University. For more details, please call Bob Steiger at 828-303-0057 or visit hickorysunriserotary.org.

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

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# Achieving Justice for Sexual Assault Survivors in North Carolina

RALEIGH, NC (February 11, 2019) -- Below you will find North Carolina Attorney General Josh Stein's monthly column on the Survivor Act.

On average, 36 sexual assault evidence collection kits are collected each week in North Carolina. It is staggering to think that this heinous crime occurs so frequently. Each one of these kits represents a tragedy in someone's life. We need to send a clear message to all survivors: The State of North Carolina cares greatly about what happened to you, and we're going to do everything in our power to help you see justice.

Last month, along with Sen. Warren Daniel and Reps. Jamie Boles, Carson Smith, Mary Belk, and Billy Richardson, I announced the Standing Up for Rape Victims Act, or the Survivor Act. The Survivor Act helps address two key objectives. First, it seeks \$6 million in funding over the next two years so we can test older kits, secure justice for victims and survivors, and take the people who committed these crimes off the streets.

Second, the legislation also creates a new set of requirements for testing sexual assault kits. These requirements will ensure that all kits are reported to law enforcement and tested by an accredited lab in a timely manner. All of these reports will be analyzed to develop DNA profiles for the sexual assault database, which will help us catch serial rapists. These new requirements will help us solve cases, prevent a backlog like this from ever happening again, and make sure that no victim has to wait endlessly for the state to pursue justice.

Last year, after conducting an inventory that found there were more than 15,000 untested kits sitting on shelves in local law enforcement agencies, I recommended creating a statewide tracking system for all future kits. The State Crime Lab launched this tracking system in October 2018 – now, victims and survivors can see the real-time testing status of their kit. This transparency will improve the accountability of our criminal justice system.

I also asked the General Assembly to create a committee that could develop a protocol to test all future kits, as well as the existing untested kits. This working group convened in 2018 to develop a statewide plan. The Survivor Act is the outgrowth of that process.

Using existing funding, my office and the State Crime Lab have already tested about 800 kits over the last several months – and about 10 percent of those have resulted in hits that breathe new life into cold cases.

Every victim deserves to have law enforcement do our best to solve their case. We also need to send a clear message to any rapists: No matter how long ago your crime occurred, we are coming for you. That's what the Survivor Act is all about – putting survivors first and holding rapists accountable.

Getting justice for victims of sexual assault is one part of the solution. It is an important part of becoming a survivor. If you, or someone you know, needs support for sexual assault, please know that you are not alone. You can get confidential help and access to resources by contacting the National Sexual Assault Hotline at 1-800-656-HOPE (1-800-656-4673), online at https://www.rainn.org/ or in Spanish at https://www.rainn.org/es. Department of Defense community members can also contact the Safe Helpline at 877-995-5247 or https://safehelpline.org/.



#### NCDOT TO HOLD PUBLIC MEETING

FOR THE PROPOSED IMPROVEMENTS TO U.S. 321 ALT FROM PINEWOOD ROAD (S.R. 1109) TO DUKE STREET (S.R. 1106)

#### CALDWELL COUNTY STIP PROJECT NO. U-6034

The N.C. Department of Transportation will hold a public meeting regarding the proposed project to improve U.S. 321 Alt from Pinewood Road (S.R. 1109) to Duke Street (S.R. 1106) in Granite Falls. Proposed improvements in regard to this project are meant to increase pedestrian safety, while also helping to relieve vehicular congestion issues that develop during peak hour traffic. Downtown sight-distance issues are intended to be improved, in addition to improving the safety of school-crossings.

The meeting will take place on Thursday, February 28 from 4 p.m. to 7 p.m. at the First Baptist Church located at 12 Crestview Street in Granite Falls. The public may drop-in at any time during the meeting hours. Please note that no formal presentation will be made.

NCDOT representatives will be available to answer questions and listen to comments regarding the project. The opportunity to submit comments will also be provided at the meeting or via phone, email, or mail by March 15, 2019. Comments received will be taken into consideration as the project develops.

Project information and materials can be viewed as they become available online at https://www.ncdot.gov/news/public-meetings.

For additional information, contact Desiree Hagwood, NCDOT Division 11 Design Engineer, at dlhagwood@ncdot.gov or 336-903-9135.

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Persons who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon request prior to the meeting by calling 1-800-481-6494.

Aquellas personas que no hablan inglés o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.