



## Spring Above The Johns River In Collettsville

This photo was taken on Tuesday, April 16, 2019 just past the “Coffee Cup House” on the Old Johns River Road in Collettsville near a bridge that is being replaced.

She gets her hair from her mom.  
Her eyes from her dad.  
And her drugs from her grandma's  
medicine cabinet.

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**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**

**Caldwell Journal Weather**

**Thursday (18th):** Clouds & sun.  
 High 79 Low 61  
 Precipitation: 0.15 in.

**Friday (19th):** T-storms, some severe.  
 High 67 Low 46  
 Precipitation: 1.90 in.

**Saturday (20th):** Mostly cloudy, a little rain.  
 High 57 Low 41  
 Precipitation: 0.04 in.

**Sunday (21st):** Mostly sunny; warmer.  
 High 73 Low 44  
 Precipitation: 0.00 in.

**Monday (22nd):** Sun & some clouds.  
 High 80 Low 49  
 Precipitation: 0.00 in.

**Tuesday (23rd):** Sunshine & some clouds.  
 High 80 Low 53  
 Precipitation: 0.00 in.

**Wednesday (24th):** A p.m. t-storm possible.  
 High 79 Low 56  
 Precipitation: 0.01 in.

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**Go Beyond the Expected: Become a Caldwell Hospice VolunTEEN!**

LENOIR, NC (April 16, 2019) -- Are you a high school student looking for an opportunity to make a difference? Do you have the compassionate spirit needed to be a companion for someone's journey? Caldwell Hospice and Palliative Care is hosting a 12-hour training over four days in May for high school students who are interested in becoming hospice VolunTEENs. This training will be held May 14, 16, 20, and 22, 2019, from 3:30 to 7:30 p.m. in Meeting Room A at the McCreary Family Professional Center located at the Robbins Center, 526 Pine Mountain Road, Hudson.

VolunTEENs are vital to Caldwell Hospice. They come to us from diverse backgrounds and fill a variety of needs. Some work directly with residents at long-term-care facilities or patients in our patient care units; others assist with office work, maintain our grounds, and perform a multitude of other tasks to support our organization. Each one is unique, but they all have one desire in common—to make a difference.

To become a VolunTEEN, one must:

- be a high school student
- have permission of a parent/guardian
- be willing to commit 25 volunteer hours a year
- complete a TB test
- have transportation
- complete an application and pre-training interview
- complete our 12-hour VolunTEEN training

For more information, or to obtain an application, contact Volunteer Support Specialist Cyrral Burch at 828.754.0101 or [volsupport@caldwellhospice.org](mailto:volsupport@caldwellhospice.org). Applications are also available from VolunTEEN club sponsors in Caldwell County high schools. Only 35 positions are available. Applications are due by May 3, 2019.

**Harris Chapel Summer Day Camp** is enrolling children for an exciting summer of fun. Sensational activities (swimming, skating, field trips, etc.) have already been planned. We have a place for children who have completed kindergarten up through the 5th grade. Availability is limited so don't delay. For more information, please call 728-3721.

**Oak Ridge Baptist Church** is seeking a part-time Youth Pastor. Please send resumes to Oak Ridge Baptist Church, Attention: Personnel Committee, 7449 Oak Ridge Church Road, Connelly Springs, NC 28612 or email to [orbcb@oakridgebaptistchurch.net](mailto:orbcb@oakridgebaptistchurch.net).

## Troxler encourages horse owners to vaccinate against mosquito-borne diseases and rabies

RALEIGH, NC (April 17, 2019) -- Agriculture Commissioner Steve Troxler is encouraging horse owners to have their animals vaccinated against Eastern Equine Encephalomyelitis and West Nile Virus.

"April until November is prime mosquito-breeding season in North Carolina and when horses are at risk if not properly vaccinated," Troxler said. "EEE is fatal 90 percent of the time in horses and WNV has a fatality rate of 30 percent. Both diseases are preventable by vaccination."

Mosquito-borne diseases can be deadly to horses, donkeys, mules...

Last year, North Carolina saw its first case of EEE in July. There were seven recorded cases of EEE and five cases of WNV in horses in North Carolina in 2018, but the mild winter could cause that number to go up this year, State Veterinarian Doug Meckes said. Meckes recommends that equine owners talk to their veterinarians about an effective vaccination protocol to protect horses from mosquito-borne diseases. The combination vaccination initially requires multiple injections for horses, mules and donkeys that have no prior vaccination history.

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 repellents can be effective if used according to the manufacturer's instructions.

Symptoms of EEE 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 symptoms to appear.

Symptoms of WNV include fever, weakness or paralysis of hind limbs, impaired vision, head pressing, seizures and aimless wandering.

"If your horses or other equine animals exhibit any symptoms of EEE or WNV, contact your veterinarian immediately," Meckes said.

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.

"It's also a great time to make sure your animal is current on its rabies vaccination," Troxler said. "In North Carolina we see about five cases of rabies in livestock each year. Horses are naturally curious animals, which puts them at risk for a bite if a rabid animal gets through their fence line."

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## Caldwell Journal Weekly Recipe

### Classic Stuffed Peppers

#### Ingredients

- 1/2 c. uncooked rice
- 2 tbsp. extra-virgin olive oil, plus more for drizzling
- 1 medium onion, chopped
- 1 tbsp. tomato paste
- 3 cloves garlic, minced
- 1 lb. ground beef
- 1 (14.5-oz.) can diced tomatoes
- 1 tsp. dried oregano
- Kosher salt
- Freshly ground black pepper
- 6 bell peppers, tops and cores removed
- 1 c. shredded Monterey jack
- Freshly chopped parsley, for garnish

#### Instructions

Preheat oven to 400°. In a small saucepan, prepare rice according to package instructions. In a large skillet over medium heat, heat oil. Cook onion until soft, about 5 minutes. Stir in tomato paste and garlic and cook until fragrant, about 1 minute more. Add ground beef and cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Drain fat.

Return beef mixture to skillet, then stir in cooked rice and diced tomatoes. Season with oregano, salt, and pepper. Let simmer until liquid has reduced slightly, about 5 minutes.

Place peppers cut side-up in a 9"-x-13" baking dish and drizzle with oil. Spoon beef mixture into each pepper and top with Monterey jack, then cover baking dish with foil.

Bake until peppers are tender, about 35 minutes. Uncover and bake until cheese is bubbly, 10 minutes more. Garnish with parsley before serving.



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<sup>1</sup> Brand Tracking and Image Study, March 2018. Maru Group.

You must have a qualifying life event to enroll in the federal marketplace outside of the open enrollment period. The federal marketplace determines if you qualify.

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## Virtual Dementia Tour®: An Experience that Can Change Your Outlook

HUDSON, NC (April 12, 2019) -- "I had no idea." "Everyone on the planet needs to experience this!" "You are an active learner...you walk in the shoes of someone with dementia." "My mom struggled with dementia for 12 years, but it wasn't until I experienced the Virtual Dementia Tour® that I truly understood what her world was like."

These are just some of the quotes we've heard about the Virtual Dementia Tour® (VDT), the original, ground-breaking, evidence-based, and scientifically proven method of building a greater understanding of dementia. The truth is that when dementia strikes, it strikes the whole community, not just the individual. Thanks to the VDT, health care professionals, family caregivers, business leaders, consumer advocates, first responders and educators are experiencing for themselves the physical and mental challenges facing people with Alzheimer's and other forms of dementia.

The VDT uses patented sensory tools and instruction based on research conducted by P.K. Beville, MS, a specialist in geriatrics and the founder of Second Wind Dreams®. During a VDT experience, trained facilitators guide participants outfitted with patented devices that alter their senses while they try to complete common everyday tasks. The VDT enables caregivers to experience for themselves the physical and mental challenges those with dementia face and use the experience to provide better person-centered care.

"The solution to Alzheimer's disease today and in the foreseeable future is in developing a better and more personal understanding of the day-to-day challenges facing those with the disease," says Beville. "The VDT program is the tool that makes that understanding possible."

Caldwell Hospice recognized the need and created its dementia care program in 2011 to better serve patients with dementia and their families. "Dementia affects an increasing number of Caldwell Hospice patients and their families, not to mention others in our community," says Martha Livingston, CSW, one of only four VDT Certified Trainers in North Carolina and 67 in the world. "It is important that we educate and encourage caregivers, families, and friends so they don't give up in frustration and desperation."

Caldwell Hospice is excited to offer the following Virtual Dementia Tour® opportunities to our community:

- Tuesday, May 21, 2019, from 4 to 6 p.m.
- Thursday, August 22, 2019, from 1 to 3 p.m.
- Wednesday, November 6, 2019, from 11 a.m. to 1 p.m.

Each event will be held at Caldwell Hospice's McCreary Family Professional Center, 526 Pine Mountain Road, Hudson, NC.

The Virtual Dementia Tour is not appropriate for persons diagnosed with dementia.

Participants are led through the 45-minute experience in 10-minute intervals and only need to be present for their appointment time. Appointments are required and space is limited. To reserve your space or learn more about the Virtual Dementia Tour®, please call 828.754.0101 or email [prc@caldwellhospice.org](mailto:prc@caldwellhospice.org).

## Caldwell Men's Chorus Spring Concert

LENOIR, NC (April 16, 2019) -- On Saturday night, April 27th, at 7:30 PM, the Caldwell Men's Chorus will present their annual spring concert with special guests, the Catawba Valley Community College Chorus. The concert is at Lenoir Presbyterian Church, 1002 Kirkwood Street NW, Lenoir. The concert is free and open to the public.

The CVCC Chorus, under the direction of Caroline Simyon, has recently competed in many musical competitions and contests throughout the country and is an award-winning choir. They will have some 24 singers in this concert and their repertoire will include pieces for Men, Women and a combined SATB Choir. Their selections include Elijah Rock, Swing Low, Sweet Chariot, Mr. Touchdown, Only in Sleep, Brothers Sing On, Till I Hear You Sing, Somewhere Over the Rainbow, and Astonishing.

The Caldwell Men's Chorus, under the direction of Keith Smith and accompanied by award winning pianist, Gregory Knight, is currently comprised of 22 singers ranging in age from 17 to 78. They are a non-profit choir, entertaining throughout the Unifour area, particularly in Caldwell County and more specifically in Lenoir. Their program for this concert will include an eclectic array of selections, among them two sea shanties, What Shall We Do With The Drunken Sailor? and Away from the Roll of the Sea; the American folk song, Home on the Range, several doo-wop and popular pieces, Runaround Sue, Still the One, Sugar and Change the World; several spiritual numbers, Haven of Rest, Were You There?, Just a Little Talk with Jesus, and will conclude with the group's signature piece, Battle Hymn of the Republic.

The two groups will combine to sing Ave Verum Corpus by William Byrd and Homeward Bound.

No ticket is required. The church doors will open at 6:30 PM and is first come, first served seating. The church always fills quickly. To pray costs, a love offering will be collected. For further information, call 322-3169.

## NC Gravity Games Postponed to April 27

LENOIR, NC (April 11, 2019) -- A forecasted washout and thunderstorms has forced the postponement of the 2019 NC Gravity Games -- a gravity powered race and science expo held annually in downtown Lenoir, NC.

The new date for the event is **Saturday, April 27** with the festivities kicking off at 9 a.m.

NC Gravity Games bringing STEM Education, Races, Science, and Space Exploration to Downtown Lenoir!

LENOIR, NC (April 9, 2019) -- The checkered flag waves again at the ninth annual NC Gravity Games STEM-education festival and racing extravaganza ~~Saturday, April 13~~ in Downtown Lenoir.

Gravity Games gives students from across the state a chance to use STEM lessons in the real world (science, technology, engineering and math). Students build and race their own gravity-powered cars down Ashe Avenue in downtown Lenoir. This year's race features more than 70 teams.

What: North Carolina Gravity Games

When: ~~Saturday, April 13, 9:00 am to 3:00 pm~~

Where: Ashe Avenue, Lenoir, NC

Admission: FREE!

In addition to the races, Gravity Games features hands-on STEM exhibits in the Science Street pavilion, including solar powered cars and a mobile 'maker' center. Plus, this year the Gravity Games is going to space! Between races, seven community college teams will launch space balloons from downtown Lenoir and track them on their journeys to the upper atmosphere. The high-flying exploration is part of the NC Space Grant's High Altitude Ballooning competition.

Want more? We've got it! At the City of Lenoir's adjacent Feet Off the Street festival, revelers will be able to get their pic snapped in a genuine F-14 fighter, participate in the Reboot & Repurpose Sculpture competition and Line Drive Virtual-Reality RC Racing. The Main Street Food Court will keep racers and revelers fueled up for fun.

For racers, this year's engineering challenge is "Transformation." Students must design a car that begins the race with three or four wheels in contact with the ground, but "transforms" and finishes the course on only two wheels.

Sponsored by Google, Appalachian State University, the University of North Carolina (via the NC Science Festival), and the City of Lenoir, Gravity Games and its various attractions are a signature event of the NC Science Festival. Prizes include bragging rights, tech goodies, medals and trophies - plus the pride in being recognized as STEM superstars. For more information, visit [www.ncgravitygames.com](http://www.ncgravitygames.com).

## Photo Contest to celebrate the 120th anniversary of the Town of Granite Falls

GRANITE FALLS, NC (April 11, 2019) -- May 1, 2019 marks the 120th anniversary of the incorporation of the Town of Granite Falls. In celebration, the Granite Falls History Committee is sponsoring a People's Choice Photo Contest at the Granite Falls History and Transportation Museum. The Committee is currently seeking photos in four (4) categories:

1. Town Government (to highlight services that employees, elected officials, and volunteers provide for the Town)
2. Business (to showcase people buying, selling, manufacturing, providing services, etc.)
3. Transportation (to record vehicles, phases of road construction, traffic signs, businesses that support transportation, etc.)
4. Events/Activities (to feature church functions, civic club projects, theatrical productions, sporting events, leisure activities, etc.).

The Committee is particularly looking for photos that capture the present for future generations.

Photos submitted for the contest must depict life in Granite Falls (and the immediate area) between May 1, 2018 and April 30, 2019.

Persons wishing to enter the contest will find entry forms online at [www.granitefallshistorymuseum.org](http://www.granitefallshistorymuseum.org), on Facebook under "Granite Falls History and Transportation Museum," and at the museum located at 107 Falls Avenue in Granite Falls. Photographers may enter two (2) photos in each category. Entries must be 8" X 10" or 8 1/2" X 11" and matted or mounted on heavy cardboard. Volunteers at the museum will accept entries on Saturdays and Sundays (except April 20th and April 21st) between 2 and 4 p.m. Photographers wishing to deliver photos at other times should call Linda Crowder at (828) 396-1066 to make other arrangements.

Winners of the Photo Contest will be selected by visitors to the museum between 2 p.m. on Saturday, May 4th and Saturday, June 1st who will vote on their favorite photos in each of the four (4) categories. The Granite Falls History Committee will host a public reception to honor all photographers and to recognize the winners on Sunday, June 2nd between 2 and 4 p.m. The museum is open on Saturdays and Sundays from 2 until 4 p.m. except holidays such as Easter Weekend, Mother's Day, and Memorial Day Weekend. Groups wishing to visit at other times may call Mrs. Crowder at the above listed number.



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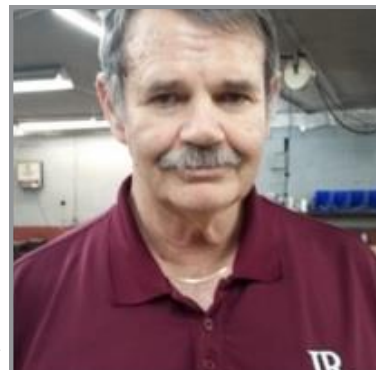
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## Obituary For Rick McRary Of Hudson

HUDSON, NC (April 11, 2019) -- Rick McRary, age 63, passed away on Thursday, April 11, 2019 at Frye Regional Medical Center.

Rick was preceded in death by his parents, Kenneth and Tressie Fox McRary. He is survived by his cousins, Mike Fox and wife, Kathy; Tim Fox and wife, Dawn; Teresa Fox Martin; Jim Fox and wife, Debbie; Ron Fox and wife, Barbara; Suzanne Fox Peeler and husband, Steve; Johnny Grogan; Charles Fox and wife, Jan; and Max McRary; aunt, Alice Fox; and too many friends to list.



Rick graduated from Hudson High School and Lenoir Rhyne University. He retired from South Caldwell High School after 31 years of service as a math teacher; but continued to support the school in many different capacities. Other than teaching, he coached track and field and cross country for 25 years. He was a member and President of the Hudson Lions Club. Rick leaves behind a legacy of many former students and athletes that have gone on to lead successful careers. There will be a huge void at South Caldwell without Rick.

A celebration of Rick's life will be held at Center Grove Baptist Church on Wednesday, April 17, 2019 at 1:00 PM with Pastor Ron Fox and Pastor Charles Fox officiating. Interment will follow the service in the church cemetery.

At Rick's request, please come to his service dressed in casual attire. Otherwise one of his T-shirts will be given out to cover your dress clothes.

The family will receive friends from 11:30 until 1:00 prior to the service.

In lieu of flowers, memorials may be sent to Hudson Lions Club, 4098 Quarry Estates Road, Hudson, NC 28638.

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## CONSUMER ALERT: These medical supplies may show up at your door, even if you didn't purchase them.

RALEIGH, NC (April 11, 2019) -- Our Consumer Protection Division has received complaints from people who were sent medical supplies, especially back and knee braces, that they never purchased, and then harassed by robocallers to pay for the supplies. These scammers having been operating throughout the country, and the federal government recently charged 24 individuals for scamming people out of more than \$24 million. Here's how this scam usually works and what to do if it happens to you.

Consumers will initially receive a telemarketing call that tells them their health insurance (usually Medicaid or Medicare) qualifies them to receive a free medical device. Most consumers decline this offer, but the device will be delivered to their address anyway. After consumers receive the device, scammers will either attempt to bill their health insurance for it or call the consumer multiple times asking for payment.

If this has happened to you or a loved one, don't feel pressured to pay for something that you didn't order. You don't have to, and under state law you are allowed to keep the product you didn't order without paying for it. Please report the scam to our office's Consumer Protection Division at [ncdoj.gov/complaint](http://ncdoj.gov/complaint) or 1-877-5-NO-SCAM. And while robocalls are frustrating, here's more information on steps you can take to lower the number of spam calls you receive.

## Caldwell Heritage Museum is having a fundraising raffle!

"What's that?" you say...

"Glad you asked!!! Let me tell you all about it."

Tickets are \$25 per ticket! They are on sale from 12 April - 30 June 2019 and can be purchased at the Museum, from any Board member or volunteer! Our goal is to sell 1,000!

The drawing will be held on Friday, 5 July. You do not have to be present to win. Winners will be contacted via his/her contact information on the ticket stub.

1st - Three day / two night trip with Christian Tours to Jamestown-Yorktown-Williamsburg for two! DATE: 21 October 2019

2nd - Two VIP tickets to "Horn in the West," a lovely necklace from Lucky Break Jewelry; a CD featuring local musicians. DATE: Saturday, 27 July 2019

3rd - Museum Package - two books, Dr. Jane Carswell (Gretchen Griffith) and Here Will I Dwell (Nancy Alexander); a CD featuring local musicians; pack of Table Rock all occasion note cards.

Please support the Museum as we continue preserving the history of Caldwell County. What better way to do so than to purchase a ticket or two, or three!

Thank you in advance for your support!

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## Blue Ridge Parkway Facilities Opening for 2019 Season

ASHEVILLE, NC (April 11, 2019) -- National Park Service staff, volunteers, concession operators, and partners are working together to open facilities for the 2019 visitor season on the Blue Ridge Parkway; and the full schedule of operating dates is now available on the park website. Some park concession facilities and visitor centers are now open, with all other points of interest and recreation areas opening from now until Memorial Day weekend.

Parkway visitors and neighbors are also reminded this season of their important role in the National Park Service experience. When visiting any section or site along the historic 469-mile route, visitors can help protect wildlife, plant ecosystems, cultural sites, and historical areas by staying on trails and roads, packing out trash, and leaving park resources as you find them.

"The millions of people that visit us each year have a tremendous opportunity to help preserve and protect the Parkway and its resources for future generations," said Parkway Superintendent J.D. Lee. "The protection of the Parkway, in large part, is in the hands of our users and dependent upon visitors treating this place and its resources with respect."

Along with the complete schedule of facility operating dates, information to help plan a memorable and safe Parkway experience is available on the Parkway's website; including regularly updated information regarding ranger programs, tours, music performances, and cultural demonstrations.

In order to address ongoing maintenance needs along the motor route, visitors can also expect several road projects happening throughout the summer season. The Parkway website and real time road map are important planning tools that provide complete information regarding road projects or potential delays.

### About the Blue Ridge Parkway

The 469-mile Blue Ridge Parkway connects Shenandoah National Park to the north with Great Smoky Mountains National Park to the south. The route travels the crests, ridges, and valleys of five major mountain ranges, encompassing several geographic and vegetative zones ranging from 600 to more than 6,000 feet above sea level. It provides visitors with many varied vistas of scenic Appalachian landscapes ranging from forested ridgetops and mountain slopes to rural farm lands and urban areas. The parkway offers a "ride-a-while, stop-a-while" experience that includes scenic pullouts, recreation areas, historic sites, and visitor contact stations. It is known nationally and internationally for its designed landscape as a scenic motorway. [www.nps.gov/blri](http://www.nps.gov/blri)

**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.

**Bethel Colony Women's Campus:** We have an open house date, May 11th. We will be sharing all the details later. We are thankful to all who have played a part in helping up get this far. We are excited to be able to start helping women. If you would like to contribute some supplies to the Women's Campus, we are in need of the following: Ketchup, Mustard, Mayonnaise, Salt/Pepper, Spices, Cinnamon, Worcestershire Sauce, A-1, Texas Pete, Sugar, Confection Sugar, Stevia, Flour, Baking Soda, Baking Powder, Gravy Mix, Chili Mix, Tomato Sauce, Tea Bags, Coffee, Creamer, Fruit Drinks, Pan Spray, (Large cans of corn, green beans, mixed vegetables, fruit, applesauce), Tissues, Toilet Paper, Paper Towels, Clorox Wipes, Windex, Scotch Brite. [www.bethelcolony.org](http://www.bethelcolony.org) 828-754-378 [bcwoffice@bethelcolony.org](mailto:bcwoffice@bethelcolony.org)

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