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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

**Caldwell Journal Weather**

**Thursday (6th):** A p.m. shower or t-storm.  
High 85 Low 65  
Precipitation: 0.30 in.

**Friday (7th):** A shower & t-storm around.  
High 74 Low 64  
Precipitation: 1.44 in.

**Saturday (8th):** Heavy rain & a t-storm.  
High 71 Low 62  
Precipitation: 3.53 in.

**Sunday (9th):** Showers & a heavier t-storm.  
High 73 Low 64  
Precipitation: 2.19 in.

**Monday (10th):** Showers & a heavier t-storm.  
High 79 Low 63  
Precipitation: 1.48 in.

**Tuesday (11th):** A t-storm possible.  
High 79 Low 50  
Precipitation: 0.00 in.

**Wednesday (12th):** Times of clouds & sun.  
High 79 Low 57  
Precipitation: 0.00 in.

**Christ United Lutheran Church**

Upcoming Activities/Event

**Red Cross Blood Drive:**

Where: Christ United Lutheran Church  
When: June 18, 2019 2:00 p.m. - 7:00 p.m.  
Details: There is an extreme shortage of blood. Please help save a life.

Address: 4681 Grace Chapel Road, Granite Falls, NC

Contact: Sue Fulbright 828-320-4694

Web Site: [www.christunitedlutheranchurch.org](http://www.christunitedlutheranchurch.org)

**90 Day Spiritual Fitness Challenge:**

What: Read through the entire Bible in 90 days.  
Where: Christ United Lutheran Church  
When: June 5, 2019 for 90 ninety days meeting weekly  
Details: Lite meal at 6:00 p.m., Bible study at 7:00 p.m.  
Meet every Wednesday evening  
Address: 4681 Grace Chapel Road, Granite Falls, NC  
Contact: Pastor Heidi Punt 815-883-4883  
Web site: [www.christunitedlutheranchurch.org](http://www.christunitedlutheranchurch.org)

**Summer Gardening Series Offered With NC Cooperative Extension and Caldwell MGV's**

Tuesday, June 18, 2019- 5:30 pm-7:00 pm- Pests in the Garden- Identify common pests in the vegetable garden and learn to manage them

Tuesday, July 2, 2019- 5:30 pm-7:00 pm- Growing Garlic and Perennial Onions- Learn to grow, harvest, and cure your own garlic and onions

Saturday, July 20, 2019- 9:00 am-11:00 am- Cooking With Bounty Part 1: Tomatoes, Squash, Onions, Other High Summer Veggies- A hands-on class with tips and ideas for preparing and preserving your summer garden harvest. We will prepare and taste recipes with tomatoes, herbs, zucchini, cucumbers, and more.

Tuesday, August 6, 2019- 5:30 pm-7:00 pm- Straw Bale Gardening- Join Master Gardener volunteers to learn the ins and outs of straw bale gardening

Saturday, September 28, 2019- 9:00 am-11:00 am- Cooking With Bounty Part 2: Peppers, Fall Greens (If Available), Winter Squash, Sweet Potatoes- A hands-on class on preserving and preparing harvest from the fall garden. We will prepare and taste recipes made with items such as sweet potatoes, greens, winter squash, peppers, and more.

All Classes will be held at the Unity Park and Community Garden - 1519 College Ave, SW, Lenoir

Please register in advance by replying to this email or by calling 828.757.1290

Cost: Free







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## Bats, Bees, and Birds, Oh My! Our Friends. The Pollinators.

When: Monday, June 17, 2019

Where: Caldwell County Public Library, Lenoir Branch

For this year's pollinator education week, Caldwell County Library is celebrating the life and work of pollinators of all shapes and sizes.

We will be viewing the short film, "A Ghost in the Making: Searching for the Rusty Patched Bumble Bee," discussing methods to help pollinator conservation efforts, and handing out pollinator friendly flower seeds from the Caldwell County Seed Library.

Cost: Free

## Sculpture Celebration - call for sculpture artisans

Subject: Call for Sculpture Artists – 34th Annual Sculpture Celebration

Who: Caldwell Arts Council, Lenoir, North Carolina

When: Saturday, September 7, 2019, 9:00 a.m. – 4:00 p.m.

Where: T.H. Broyhill Walking Park, 945 Lakewood Drive, Lenoir, NC

Cost: \$50-80 (Discounts available for early registration)

Caldwell Arts Council announces the 34th annual Sculpture Celebration in Lenoir, NC on Saturday September 7, 2019 at the T.H. Broyhill Walking Park in Lenoir, North Carolina.

Sculptors are invited to bring up to 3 sculptures for this one-day competition for \$11,000 in cash awards, along with potential sales and commissions.

This annual event attracts sculptors and buyers from the eastern United States to Lenoir, North Carolina. Last year, over 4,000 people attended the family-friendly celebration.

Early registration discounts are available. For additional details, contact the Caldwell Arts Council, 828-754-2486, [office@caldwellarts.com](mailto:office@caldwellarts.com), or visit [www.caldwellarts.com](http://www.caldwellarts.com).

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## Caldwell Journal Weekly Recipe

### Italian Sausage Stuffed Zucchini

#### Ingredients

4 large zucchini, halved lengthwise

2 tsp. extra-virgin olive oil

4 links chicken sausage links, thinly sliced

1/2 c. Italian breadcrumbs

3/4 c. shredded mozzarella

1/2 c. shredded fontina

2 cloves garlic, minced

1/4 c. chopped fresh basil

#### Instructions

Preheat oven to 350 degrees F. Score zucchini (like you're dicing an avocado) and scoop out insides into a large bowl.

In a large skillet over medium heat, heat oil. Add chicken sausage and cook until seared, 6 minutes.

Transfer to a large bowl and add breadcrumbs, 1/2 cup mozzarella, fontina, garlic, and basil.

Spoon mixture into zucchini and top with remaining 1/4 cup mozzarella.

Bake until zucchini is tender and cheese golden, 15 minutes.



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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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## CCC&TI Announces Music Program Transfer Agreement With UNC-Charlotte

HUDSON, NC (May 23, 2019) — Local music majors will now have an easier path to a 4-year degree, thanks to a new agreement between Caldwell Community College and Technical Institute (CCC&TI) and the University of North Carolina at Charlotte (UNC-Charlotte).

Taking effect in Fall 2019, the new bilateral articulation agreement will allow students who complete the 2-year Associate in Fine Arts in Music degree at CCC&TI to transfer their credits to complete one of several music bachelor's degrees at UNC-Charlotte.

"Basically, it guarantees admission into Charlotte's program and helps students avoid several general education classes that they would have to complete if they pursued a Music degree at other universities," CCC&TI Music Program Director Justin Butler said, adding that students will be able to enter UNC-Charlotte as a junior. "This is a great opportunity for a student who wants to study music, while enjoying the benefits of completing the first two years of a 4-year degree at a community college."

Though students will still have to meet UNC-Charlotte's admission requirements, including a formal audition, the transition from community college to the university will be seamless thanks to the new agreement, Butler said.

UNC-Charlotte's Music Program offers seven bachelor's degree options: Bachelor of Arts in Music, Bachelor of Music with a concentration in Composition, Bachelor of Music with a concentration in Jazz Studies, Bachelor of Music with a concentration in Choral/General Music Education, Bachelor of Music with a concentration in Instrumental/General Music Education, Bachelor of Music with a concentration in Instrumental Music Performance and Bachelor of Music with a concentration in Vocal Music Performance.

For students wanting to learn more about the agreement or to enroll in the Music program at CCC&TI, please contact Justin Butler at 828-726-2457 or visit the program website at [www.cccti.edu/Programs/AFAMusic.asp](http://www.cccti.edu/Programs/AFAMusic.asp).

## What is MACRA and how does it affect me? by Laura B. Sedlacek

LENOIR, NC (May 31, 2019) -- MACRA is the Medicare Access and CHIP Reauthorization Act of 2015. It is a federal law that affects plans that can be sold to those newly eligible for Medicare aka Medicare beneficiaries. For the effective date of January 1, 2020 those newly eligible for Medicare benefits won't be able to purchase plans that cover the Medicare Part B deductible.

So, what does that mean for someone currently on a Medicare Supplement plan? It means that for current policyholders their plan won't change, and they are not required to take any action.

What does it mean for someone eligible for Medicare benefits on or before the end of the year, 12/31/19? It means that the Medicare plan choices (for most companies) will remain the same as they are today until then and that they can purchase a Medigap plan that does cover the Medicare Part B deductible if they so choose.

What does it mean for someone eligible for Medicare benefits after 12/31/19? It means that the Medigap plan choices will change and that they can't purchase a plan that covers the Medicare Part B deductible. The guaranteed issue plans that will be available at that point are Plans D, G, and High Deductible G, which is a brand-new plan.

What does it mean to be newly eligible for Medicare? It means someone that first becomes eligible due to turning age 65, disability or end-stage renal disease.

What should I do now if I'm an existing Medicare Supplement customer? Your plans and policies options aren't changing, and you can keep your existing coverage (unless otherwise notified by your carrier.)

Medicare choices can be complicated. Get in touch with Bush and Associates today for more information about these upcoming changes and/or a free quote comparison always with no obligation.

~Bush and Associates has been offering Medicare Supplement and Other Medicare Products to the Unifour Area for over 35 years. We also service the policies we offer. Find out more: Bush and Associates, 916 Wilkesboro Blvd. Lenoir, (828) 754-2601, [quotes@bushandassociates.net](mailto:quotes@bushandassociates.net) <http://www.mynchealthplan.com>





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## Letter to the Editor

To the Granite Falls community:

I visited your sweet little town over the Memorial Day weekend. My son-in-law preaches at Anchor Church of God. On Sunday I attended services there and it was a very good message. This was not because he's my son-in-law...Lol...

One of the missions of that church is to help the community for homeless, people with addictions, relationship problems, and other people who are feeling at their wit's end. Currently it is a small church and would love to have anyone who God has laid on their heart to help. The pastor has worked hard to find resources for those who need a helping hand and has been able to help some already.

If you don't have a church home or would like to support this ministry, please contact Pastor Rocket Barber. Being very picky about what is preached I believe you'll be blessed and can be a blessing to others here. Also, if you know someone who needs a helping hand please send them over.

Thank you for a wonderful weekend in your town and God bless you all.

Gale Porras  
Myrtle Beach, SC

**Anchor Church Of God**  
158 Duke Street  
Granite Falls, NC 28630  
828-212-1250

## Summer Music Camp Offered by Caldwell Arts Council

LENOIR, NC (June 2, 2019) — The Caldwell Arts Council which is based in Lenoir will be offering the following music camp this summer.

### Summer JAM Music Camp

Instructors: Bob Henson, Mary Ervin, Dawson Clark, and Bobby Steadman

Students age 8-18, \$100

REGISTRATION DEADLINE JUNE 5, 2019

June 11-August 20 Tuesday classes for Piedmont Blues Guitar at Martin Luther King Jr. Recreation Center

June 12-August 21 Wednesday classes for Guitar, Fiddle, Banjo at HUB Station Arts & Business Center

June 13-August 22 Thursday classes for Mandolin at HUB Station Arts & Business Center

Students learn their choice of instrument in 10 weekly one-hour classes over the summer (old-time music in the traditional Appalachian style of singing and playing by ear), culminating with a performance on the Youth JAM stage at the Happy Valley Fiddlers Convention on Saturday, August 31. Registration and details are at [cdarts.co/jam](http://cdarts.co/jam), or call 828-754-2486.



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## Grandfather Mountain's Animal Birthday Party returns June 12

GRANDFATHER MOUNTAIN, NC (June 5, 2019) -- This June, visitors to Grandfather Mountain will be able to meet some true party animals.

On Wednesday, June 12, the Linville, N.C., nature park will host its annual Animal Birthday Party, a day of celebration and special events designed to honor the black bears, bald eagles, river otters, cougars and elk that call Grandfather Mountain home.



Most activities are included with regular admission to Grandfather Mountain.

"This is a great way to celebrate all of the habitat animals, from our oldest bear, Gerry, at 30 years old, to Uno, our youngest river otter, who's only 2," said Christie Tipton, animal habitats curator for the Grandfather Mountain Stewardship Foundation, the nonprofit organization that owns and operates the park. "We want to use this day to thank the animals for all they do to enrich our lives and to educate people about our native wildlife."

From 10:30 a.m. to 3:30 p.m., young guests and their parents can celebrate with games, contests, crafts and other surprises — including making special birthday treats for the birthday animals, which they'll get to see the animals enjoy later that day.

Plus, from 10:30 a.m. to noon, guests can enjoy Behind-the-Scenes Tours at a special discounted rate of \$20 per person. These tours offer guests the chance to get up close and personal with Grandfather's many animals, while learning how the keepers care for them on a daily basis.

Those interested in Behind-the-Scenes Tours can register the day of at the Nature Museum gift shop or beforehand by contacting the Grandfather Mountain habitats office at 828-733-8715 or [habitats@grandfather.com](mailto:habitats@grandfather.com).

"The animals tend to get very excited about their special day," said Frank Ruggiero, director of marketing and communications. "They can definitely sense that we've got some special birthday presents in store for them."

### Birthday Gifts

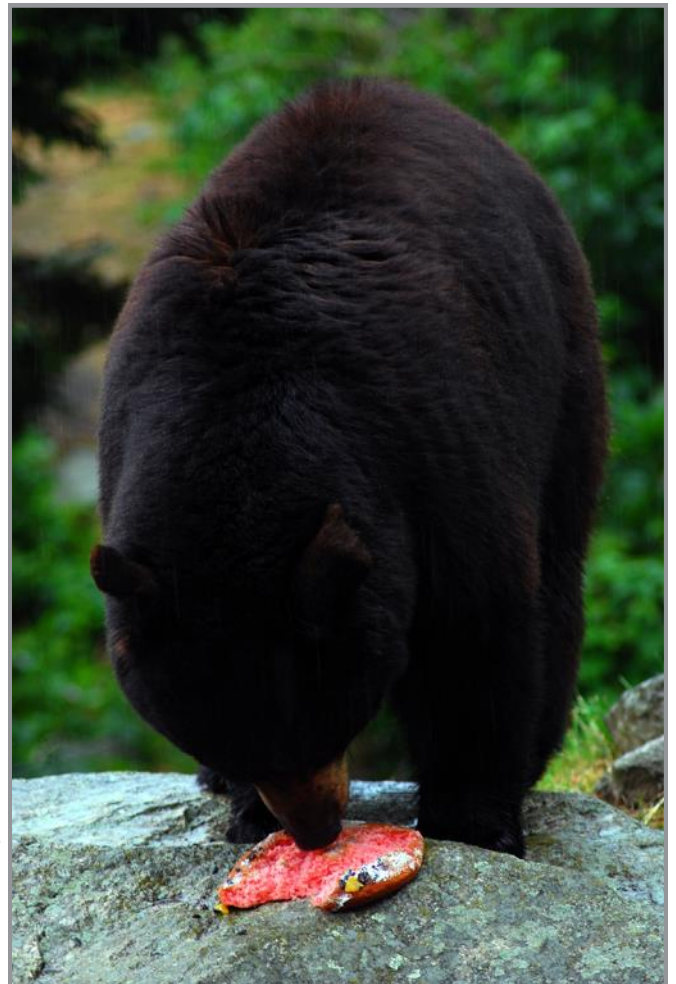
Want to send the animals a more personal gift?

Grandfather Mountain has an Amazon.com wish list, featuring toys and supplies that are appropriate for its resident animals. Donors can choose a gift for their favorite animal, purchase it online and have it delivered straight to Grandfather Mountain for immediate enjoyment by its furry or feathered recipient.

The list of suggested items is available at <http://bit.ly/GMAmazonWishlist>.

Animal lovers also can contribute through the mountain's Adopt-an-Animal Program. Honorary adopters receive a photo of their animal, certificate of adoption, informational sheet about the animal's life and additional items at higher donation levels. For more information, visit <http://bit.ly/2sYbaIm>.

The not-for-profit Grandfather Mountain Stewardship Foundation strives to inspire conservation of the natural world by helping guests explore, understand and value the wonders of Grandfather Mountain. For more information, call (800) 468-7325, or visit [www.grandfather.com](http://www.grandfather.com) to plan a trip.





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## NC HART crew airlifts injured hiker from Grandfather Mountain

GRANDFATHER MOUNTAIN, NC (June 5, 2019) -- Members of North Carolina Helo-Aquatic Rescue Team, known as NC HART, airlifted an injured hiker on Wednesday, June 5 from a trail on Grandfather Mountain near the Avery/Watauga county line.

The man suffered a broken ankle and was unable to hike out of the woods. Local rescuers from Watauga and Avery counties hiked in and treated the patient on site. Facing an extended carry-out of more than six hours with the injured man, local rescuers requested assistance from the NC HART program. While avoiding fog rolling over the mountain, the NC HART crew hoisted the injured hiker into the aircraft, flew to a nearby landing area and transferred him to a waiting ambulance for transport to a local hospital.

"NC HART represents the best of North Carolina, partnering our state's first responders and aviators to save lives," NC Emergency Management Director Mike Sprayberry said. "Wednesday's rescue required extensive training and skill and I appreciate the dedication and service of our NC HART members and local rescuers."



NC HART is a North Carolina Emergency Management program that pairs civilian rescuers with military and law enforcement aircraft and aircrews. Local rescue technicians complete extensive helo-aquatic rescue training with helicopters and aircrews from the State Highway Patrol and N.C. National Guard. On any given mission, two or three of the 60 specially trained technicians are called upon and partnered with an aircrew to rescue stranded or injured persons. Technicians and pilots train together monthly, rotating training sites so they can practice various types of rescues: people stranded in rapidly moving water, on mountains, cliffs or waterfalls.

Wednesday's rescue was conducted by a Salisbury-based aircrew from the N.C. National Guard flying a UH-60 Blackhawk helicopter and three rescue technicians from the Charlotte Fire Department. More than a dozen emergency service agencies statewide provide trained rescue technicians that participate in the program.

Established in 2004, the NC HART program was the first of its kind in the nation to implement a regimented training and response program that combines civilian and military resources. Teams have saved hundreds of lives since the program's inception.

## Blue Ridge Electric Membership Corporation Director Elections, Annual Membership Meeting

LENOIR, NC (June 4, 2019) -- Blue Ridge Electric Membership Corporation's election for four seats on the Board of Directors is now open through June 19. Director election kits, which were sent to members on May 29, include a proxy and directions for voting by mail or online as well as biographical information on candidates for the four open seats: one each in Caldwell, Watauga, Ashe and Alleghany district.

Blue Ridge members may vote for one candidate in each district as all Board members represent the entire membership. Director elections give members an easy way to participate in their cooperative. All votes must be received by 5 pm, June 19.

The cooperative's annual membership meeting will be held Thursday, June 27, at 4 pm in the cooperative's corporate office at 1216 Blowing Rock Blvd, Lenoir. Business reports delivered at the annual meeting from keyboard and staff members will also be shared online on the cooperative's website and social media. Results from the director election will also be announced.

Members also received annual meeting and director election information in their May issue of Carolina Country which contains the member newsletter, Membership Matters, and other local member information on the cover of the magazine. Information is also available on the cooperative's website at [www.BlueRidgeEnergy.com](http://www.BlueRidgeEnergy.com).

Under the market name of Blue Ridge Energy, Blue Ridge Electric Membership Corporation serves some 76,000 electric cooperative members in northwest North Carolina. Blue Ridge Energy's Propane and Fuels subsidiary provides residential and commercial propane, fuels and related hearth and outdoor living products in each local district office showroom. Blue Ridge Energy also offers energy efficiency programs, community solar options and innovative energy solutions. More information about Blue Ridge Energy can be found at [www.BlueRidgeEnergy.com](http://www.BlueRidgeEnergy.com).



## Granite Falls Garden Club awards June “Garden” and “Yard” of the Month

GRANITE FALLS, NC (June 3, 2019) -- Granite Falls Garden Club presents two awards for the month of June.

**“Garden of the Month”** was awarded to Darrell Richards on Finn Street in Granite Falls. How do you have a “No Weed Garden?” First is dedication, second is shredded newspaper in place of mulch. Darrell shreds papers year-round and stores in 55-gallon drums to use when he plants his garden. The Richards garden consists of corn, tomatoes, green beans, onions, squash, okra and potatoes. Club member Cary Ross presented the award.



**“Yard of the Month”** was awarded to Denise and Paul Staley. The couple have lived at Lakeside Drive in Granite Falls for 10 years and have cultivated their yard into a colorful showcase, displaying many varieties of flowers. The plants include clematis, drift roses, holly hock, daylilies, astilbes and columbine. Many of the plants at the home have been purchased from the Granite Falls Garden Club annual plant sales over the years. The award was presented by club members Sherrie McGill and Peggy Lowdermilk.





**WBTV Is First Again, Finishes May #1**

CHARLOTTE, NC (June 1, 2019) -- The top television station in the Charlotte market for the May 2019 Nielsen sweeps period is WBTV. As the station prepares to celebrate 70 years on the air as the first broadcaster in the Carolinas, WBTV's ratings are also firmly in first place, winning sign-on to sign-off across all households whether measuring Monday-Friday or Monday-Sunday.

"There are a lot of positives for us to build upon," said Vice President and General Manager Scott Dempsey. "We look forward to carrying this momentum into the remainder of the year, especially with new leadership in the News Department. I am confident the team will continue to earn the trust of our audience by delivering accurate and timely local content."

After introducing new anchor lineups back in February, WBTV continues to strengthen its position as the station prepares for more change. First, WBTV News Director Kim Saxon takes over following the retirement of Dennis Milligan after a successful 18-year run. Next, CBS This Morning has adjusted its anchor lineup with Norah O'Donnell expected to make her debut on the CBS Evening News very soon. In September, the station will launch "QC @ 3," a new hour of local programming to bring the total number of hours of content produced by WBTV to 52, the most in the Charlotte market.

The WBTV May ratings win was driven by impressive year-over-year growth in local news with the coveted advertiser demographic of Adults 25-54, especially women. Among the shows enjoying double-digit share growth versus last year were CBS This Morning, Morning Break, WBTV News at 4 p.m., 5 p.m. and 6 p.m., as well as WBTV News on both Saturday and Sunday mornings.

WBTV also enjoyed significant growth with Adults 18-49, particularly from 4-6 p.m. and 7-8 p.m.

The first television broadcaster in the Carolinas will officially celebrate 70 years on the air at 12:00 p.m. on July 15, 2019. A committee at the station is planning a variety of projects and content surrounding the anniversary. Learn more at [www.wbvtv.com/since1949](http://www.wbvtv.com/since1949).

Source: Nielsen LPM data; May 2018 and May 2019 sweeps average

**Fellowship Baptist Church** is seeking a full-time Associate Pastor for children, families and youth. Please send resume to Fellowship Baptist Church, 2682 Fairwood Drive, Hudson to the attention of Pastor Sheldon Green or email [pastorsheldongreen@gmail.com](mailto:pastorsheldongreen@gmail.com).



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