



Pertussis (Whooping Cough) Cases Caldwell County

LENOIR, NC (July 18, 2019) -- Health officials at the Caldwell County Health Department (CCHD) have noticed higher than usual activity of pertussis, also known as "whooping cough," reported in Caldwell County in the past few months. All known Pertussis cases in Caldwell County have been handled and investigated appropriately. In response to this increase in cases, CCHD is educating the community about symptoms and urging everyone to get the vaccine if they have not had the recommended amount of doses.

What is Pertussis/Whooping Cough?

Pertussis is a highly contagious, but preventable bacterial infection that causes uncontrollable, violent coughing lasting up to 10 weeks. The disease does not only affect children; adults can develop whooping cough and are often not diagnosed until later on in the illness.

Symptoms can include:

- * Severe fits of coughing, including rapid coughs followed by a high-pitched, "whoop" sound
- * Coughing fits followed by vomiting
- * Exhaustion after coughing fits
- * Apnea (temporarily stopped breathing usually in infants)

Symptoms can vary by the individual. Contact your primary care provider if you suspect yourself or your child are experiencing pertussis symptoms.

Who Should Receive the Vaccine?

Everyone needs protection from pertussis. Children under 7 years of age should receive five doses of **DTaP**. DTaP is a vaccine series that helps children younger than age 7 develop immunity against diphtheria, tetanus, and pertussis. It is recommended that the DTaP series begin at 2 months of age, and continue at 4 months, 6 months, 15-18 months, and 4-6 years of age.

The **Tdap** vaccine is what is given to older children and adults. Children 7 through 10 years of age should receive one dose of Tdap if they were not fully vaccinated with DTaP. If previously fully vaccinated with DTaP, children age 11-18 should receive one dose of Tdap. Everyone 19 years of age or older should receive one dose of Tdap, if not previously vaccinated with Tdap.

The Tdap vaccine is highly recommended for the following populations:

- * Women who are pregnant or may become pregnant
- * Anyone who has close contact with infants under 12 months of age (parents, siblings, grandparents, household contacts, childcare providers)
- * Anyone with a pre-existing, chronic respiratory disease.

Pertussis vaccine (DTaP and/or Tdap) is available through all state immunization providers, including private health care providers and the Caldwell County Health Department. For more information on pertussis and vaccination, please contact (828)426-8461.



Caldwell Journal Info

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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 (18th): Partly sunny, a t-storm. High 88 Low 68 Precipitation: 0.13 in.

Friday (19th): Mostly sunny; warm & humid. High 91 Low 69 Precipitation: 0.00 in.

Saturday (20th): A p.m. shower or t-storm. High 93 Low 70 Precipitation: 0.05 in.

Sunday (21st): A strong morning t-storm. High 89 Low 69 Precipitation: 0.20 in.

Monday (22nd): A p.m. t-storm possible. High 87 Low 66 Precipitation: 0.19 in.

Tuesday (23rd): Strong t-storms possible. High 76 Low 62 Precipitation: 0.00 in.

Wednesday (24th): Sunshine, a t-storm possible. High 82 Low 63 Precipitation: 0.00 in.

Caldwell County 4-H Welcomes New 4-H Agent Sarah Moyer!

LENOIR, NC (July 2, 2019) -- A reception was held June 27 to welcome Sarah Moyer as the 4-H Youth Development Agent for Caldwell County. Sarah moved to Lenoir recently after graduating from Kansas State University with an agricultural communications and journalism degree. While in college, she interned



with K-State Research & Extension's agriculture radio program. Her first day was July 1.

She grew up on a family cattle operation near Emporia, Kansas. Once she was old enough and had been to a number of 4-H meetings with her big sister, she joined too. Some highlights of her time as a 4-H member included participating in an exchange trip with Havre County, Montana; attending National 4-H Congress and chairing her county 4-H council. Her favorite project areas included meat goats, fiber arts, photography and foods and nutrition.

Sarah looks forward to continuing to meet community members, including the local 4-H youth. Also enjoying writing, she is excited to share columns periodically through the News-Topic. Her other hobbies include baking, hiking and enjoying the mountain views, not found in Kansas.

The Caldwell County 4-H program will focus on building and further developing its network of volunteers in the coming year to enrich the 4-H youth's experiences. Sarah is happy to serve the program by providing leadership, counsel and resources, helping to make the best better!

Please contact her at 828.757.1257 if you have any questions.

Nationwide Aplisol and Tubersol Shortage

LENOIR, NC (July 12, 2019) -- The Caldwell County Health Department would like to inform you there is a nationwide shortage of Aplisol and Tubersol which are used for the tuberculosis (TB) skin test screenings. The health department will notify the public when the shortage has been resolved. Until it is resolved, please review the latest NC TB program measures.

The health department is implementing screening questionnaires that will be completed by public health nurses to determine if additional testing is needed. If determined that no additional testing is needed at that time, a copy of the questionnaire will be given to the patient.

Tuberculosis is a potentially serious infectious disease that mainly affects your lungs. The bacteria that causes tuberculosis are spread from one person to another through tiny droplets released into the air by coughing or sneezing.

For more information, please call 828-426-8415



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Job Opening

The Caldwell Arts Council (CAC) is currently accepting applications for the position of **Assistant Director**.

For more information, including job description summary, minimum requirements, and how to apply, visit the CAC website at www.caldwellarts.com.

Caldwell Arts Council

Counts Named PIO for Caldwell County



LENOIR, NC (July 15, 2019) -- Caldwell County welcomes Ms. Paige Counts as the newly hired Public Information Officer. Ms. Counts brings 20 years of marketing and public relations experience to the public information position.

Her career has included work in the fields of government, healthcare, and higher education. Counts comes to the county from Liberty University in Lynchburg, Virginia, where she

worked in the university's marketing department and oversaw a team of editors.

"It is an honor to be named as public information officer, and I look forward to working with and serving the citizens of Caldwell County," Counts said.

Locally, she has served as public relations and marketing coordinator for Caldwell Hospice and Palliative Care and as regional elder care director for the North Carolina Baptist Aging Ministry. Counts was also vice chair of the Caldwell Council on Aging and a member of the Regional Aging Advisory Committee.

Counts graduated from West Caldwell High School and received her Bachelor's degree in Mass Communication from UNC-Asheville. Counts also completed her Master's Degree in Public Relations from Ball State University, and a Master's Degree in Public Policy from Liberty University.

Counts will start as Caldwell County's Public Information Officer on August 1, 2019.

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Caldwell Journal Weekly Recipe

Cheese Stuffed Buffalo Mustard Meatballs

Ingredients

1/2 lb. ground beef 1/2 lb. ground pork 1 bread crumbs nopped chives, plus m

1/4 c. finely chopped chives, plus more for serving 1/4 c. freshly grated Parmesan 1 large egg

1/4 tsp. garlic powder
3/4 tsp. kosher salt
1/4 tsp. freshly ground black pepper
3 oz. whole milk mozzarella cheese,
cut into twenty 1/2" cubes
2 tbsp. extra-virgin olive oil
1/2 c. French's Sweet Buffalo Mustard
Blue cheese dressing, for serving
Celery sticks, for serving
Carrot sticks, for serving

Instructions

In a medium bowl, whisk French's Sweet Buffalo Mustard with 3 tablespoons water. In another medium bowl, combine ground beef, ground pork, bread crumbs, chives, Parmesan, egg, garlic powder, salt, and pepper.

Scoop meatball mixture into 20 small balls, about 2 tablespoons each. Using your hands, flatten each ball and press one cube mozzarella into the center, then seal meat tightly around cheese. Repeat with remaining balls and mozzarella.

In a medium high-sided skillet over medium-high heat, heat oil. Add meatballs and cook, turning every few minutes, until deeply golden all over and cooked through, about 8 minutes.

Using tongs, transfer meatballs to the bowl with buffalo mustard mixture and toss to coat. Transfer meatballs to a serving platter.

Drizzle meatballs with blue cheese dressing and garnish with more chives. Serve with celery and carrot sticks.



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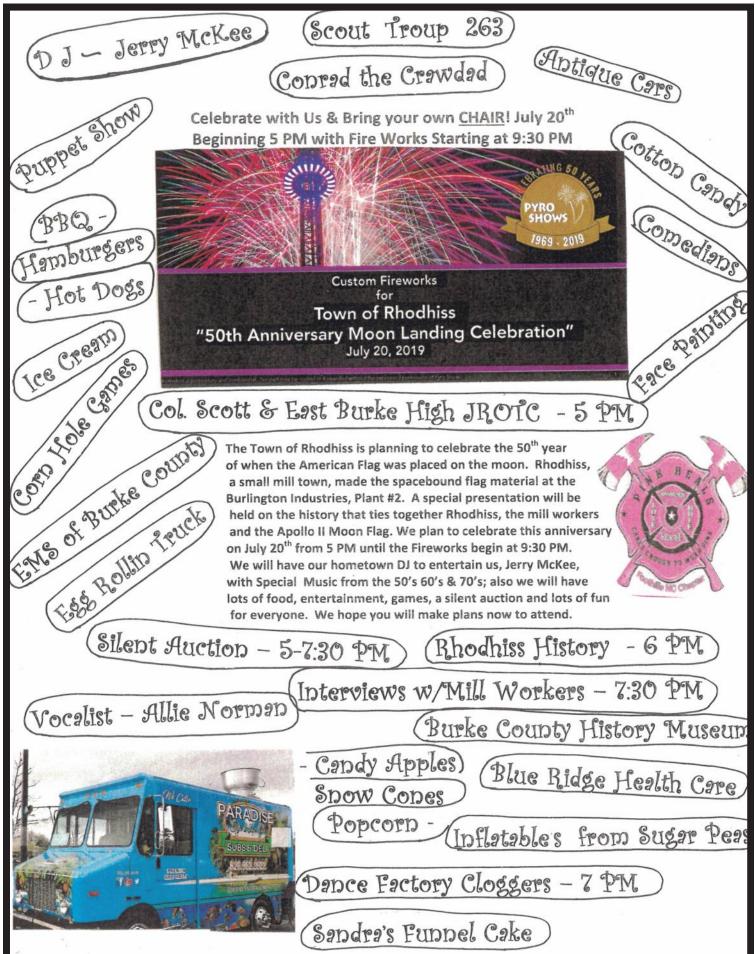
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1 Brand Tracking and Image Study, March 2018. Maru Group.

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Barrier Receives the Distinguished Service Award for Outstanding Science Education Leadership in NC

LENOIR, NC (July 1, 2019) -- Regina Barrier, The Science House, NC State University Northwestern Outreach Director, was presented with the Michael C. Jackson Distinguished Service Award for Outstanding Science Education Leadership in North Carolina by the NC Science Leadership Association (NCSLA), sponsored by Fisher Science Education.

"It has been a positive and rewarding partnership with NC State University to accommodate The Science House at the Education Center," said Superintendent Dr. Donald Phipps. "Our science teachers benefit from the convenience and accessibility to science equipment, programs and teaching materials that empower scientific literacy and hands-on delivery."

The school district provides office space for one of three Science House satellite locations in North Carolina. The Science House helps educators produce successful grants and provides a platform in advancing STEM to school districts in western North Carolina.

Barrier began her career as a Quality Control Lab Manager at Southeastern Adhesives Company in Lenoir in 1988. She entered the teaching profession and taught science, chemistry, and physics at Hibriten High School until 1997 when she became a coordinator for middle and high school science safety at the district level. In 2000, she advanced to the role as The Science House, NC State University Northwestern Outreach Director.

The Michael C. Jackson Distinguished Service Award is given annually to a person who has performed a great service to science education in North Carolina. This award was renamed in 2008 in honor of Michael C. Jackson, a founder of NCSLA, President of three NC science associations, and science teacher for 35 years. Jackson served as a curriculum consultant in math and science in the Caldwell County School System from 1994 to 1997.

As an administrator in the school district, Jackson worked with The Science House to open the first western office in Caldwell County. "While I was teaching at Hibriten High, he told me about the position, and I recommended a Hibriten High science teacher," said Barrier. "Five years later that teacher left the position and Jackson recommended me. So, I have Mike Jackson to thank for my office!"

Center Grove Baptist Church will hold "Shoes of Hope" in their Fellowship Hall on Saturday, August 3 from 11am to 2:00pm. This is tennis shoe distribution for infant through 12th grade. Child must be present to receive shoes and they will be given out on first come first serve basis. Snacks, games, and a hotdog lunch for the family will be provided while waiting. For more information contact Leanna Sigler at 828-396-5284. The church is located at 3176 Deal Mill Road, Hudson.



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Hibriten and South Beta Students Win at the Nationals

LENOIR, NC (July 2, 2019) – State Beta winners from Hibriten High School and South Caldwell High School recently competed at the National Convention in Oklahoma City and seven students won a Top 10 spot in four different categories of competition.

Joe Watson and John Pezzi, both rising seniors at Hibriten High School, brought home a Top 10 finish. Watson placed sixth in 11th grade, Division 2 Mathematics and Pezzi won eighth in 11th grade, Division 2 Science.

From the Spartan team, Rachel Kripner, rising 10th-grader at South Caldwell, placed seventh in Onsite Painting Division I, where students created an original artwork within a two-hour timeframe. Kripner was also a member of the South Caldwell Lead Outside the Box team that took ninth place in the competition where students had 24 hours to research, develop, and present a program on preventing vaping at their high school. The winning team included Kripner, Sarah Arnold and Braxton Griffin, rising sophomores; and Gretchen Hughes, a rising senior.

All students who competed at the National Beta Convention had to qualify by placing first, second, or third at their respective state conventions.

More than 20,000 attendees participated in the 2019 Nationals that offered Beta members the opportunity to share project ideas and showcase their academic and leadership abilities with peers from around the globe.

Shawna Greeno is the Beta Club sponsor at Hibriten High School. "The level of competition was extremely rigorous," said South Caldwell Beta Advisor Jonathan Haas, who also serves as the NC Beta State Sponsor-Elect.

Motorcycle Fatality near Milepost 168 along the Blue Ridge Parkway in Virginia

FLOYD, VA (July 17, 2019) -- On Tuesday, July 16, 2019, at approximately 7:00 p.m., National Park Service dispatchers received a call from Floyd County, Virginia dispatchers reporting a single motorcycle wreck near Milepost 168.4 on the Blue Ridge Parkway.

Local Deputies and Law Enforcement Rangers arrived on scene to find a motorcycle approximately 30 feet down an embankment and the operator deceased. The operator of the motorcycle was identified as Ronald Campbell, age 73, of Sanger, Texas.

Preliminary investigations indicate that Campbell was traveling southbound with his son-in-law when the son-in-law noticed that Campbell was no longer behind him. When he could not locate Campbell, the son-in-law rode to the nearest Sheriff's Department to report Campbell missing. Deputies and Rangers were dispatched and located Campbell and his motorcycle.

No additional details are available at this time.



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Upcoming Caldwell Senior Center Events

LENOIR, NC (July 16, 2019) -- Here are some upcoming Caldwell Senior Center events...

Thursday, July 18

Join us at the Caldwell Senior Center for Trivia Fun at 3:00 PM on July 18th! We will test your knowledge of American pop culture, history and fun facts. Teams will compete against each other in game show fashion. Anyone 60 and older is welcome to participate. Please call (828) 758-2883 to register. The Caldwell Senior Center is a United Way participating agency.

Friday, July 19

The Better Breather's Club® will meet on July 19th at 11:00am at the Caldwell Senior Center. This is a local support group that offers patient-centered, and community-based educational opportunities to persons with chronic lung diseases especially COPD, but also asthma, idiopathic pulmonary fibrosis [IPF], lung cancer and other chronic lung diseases. Family, friends and support persons are welcome. Volunteers facilitate the groups and work with a Lung Association staff member to provide the service. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way of Caldwell County Agency.

Friday, July 19

If you have questions about Facebook, Windows 10, email, using the internet, using Apps or any other related issues, Grainger Beal will be at the Caldwell Senior Center on July 19th at 10:00-11:00am to help you. There is a \$10 per person fee for this class, and it is limited to 6 participants. Please register at (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Friday, July 19

Have you ever wanted to discover your genealogy but haven't known where to start? Hugh Barnes will be at the Caldwell Senior Center on July 19th from 1:00-3:00pm to show you the ropes. He has discovered some interesting things about his own family such as his 5th great grandmother was kicked out of her Quaker Church in 1753 for "drinking hard liquor"! You will learn how to find millions of records at little or no cost. There is a \$10 fee per person for this class. Please call (828) 758-2883 to register. The Caldwell Senior Center is a United Way participating agency.

Friday, July 26

Join us at the Caldwell Senior Center at 10:00-11:00am for some BINGO! Hickory Falls Health and Rehabilitation Center is sponsoring this fun FREE event and the prizes. Space is limited so we ask that you register by calling (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Friday, July 26

Teresa Braswell will be at the Senior Center on July 26th at 2:00-4:00pm for some Karaoke fun! Whether you sing, dance or just sit back and enjoy the show, you are guaranteed to have a great time. Light refreshments will be served to wet your whistle. Please register by calling (828) 758-2883. The Caldwell Senior Center is a United Way participating agency.

Welcome

Lenoir Family Medicine is pleased to welcome boardcertified family physician Dana N. Brown, DO, to its staff.



Dr. Brown attended medical school at Lincoln

Dana N. Brown, DO

Memorial University-DeBusk College of Osteopathic Medicine in Harrogate, TN. She completed her residency at Carolinas HealthCare System Blue Ridge and a Fellowship with Wake Forest Baptist Health.

Dr. Brown has clinical interests in women's health, wellness and preventive medicine, and management of chronic conditions such as diabetes and high blood pressure. She enjoys running, church involvement, spending time with family and volunteer opportunities.

She and her husband, Tyler have a daughter, Leela.

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SBI Deputy Director Returns from Police Leadership Training in Israel

ATLANTA, GA (July 8, 2019) -- Gerald Thomas, Deputy Director of the North Carolina State Bureau of Investigation (SBI), has returned to North Carolina after an intensive two weeks of public safety leadership training in Israel with the country's top police executives.

Thomas trained with a 21-member delegation of senior law enforcement officials from Georgia, Tennessee and North Carolina participating in the Georgia International Law Enforcement Exchange's (GILEE) 27th annual peer-to-peer training program in partnership with Israel. While there, the delegates were shown best practices and the latest technologies in policing and public safety. "This is by far some of the best training I've participated in. It's a multi-faceted approach for law enforcement agencies and how we do our jobs which is crucial today," said Gerald Thomas, SBI Deputy Director.

Community policing, "a policy and a strategy aimed at achieving more effective and efficient crime control, reduced fear of crime, improved quality of life, improved police services and police legitimacy, through a proactive reliance on community resources that seeks to change crime-causing conditions," was the focus again this year. Community policing assumes a need for greater accountability of police, a greater public share in decision-making and a greater concern for civil rights and liberties, according to Robbie Friedmann, who formulated the definition. A professor emeritus at Georgia State University and GILEE's founding director, he led this year's delegation.

More than 770 public safety officials—most from Georgia - have participated in the program in Israel. Nearly 35,000 have attended additional GILEE trainings, briefings, seminars and workshops in Georgia and around the world.

"Our GILEE delegates return with new ways of developing, collaborating on and using strategies to minimize the production of crime and terrorism," said GILEE executive director Steve Heaton. "In GILEE's 27 years, many of these graduates have gone on to serve in key leadership roles in Georgia and beyond."

GILEE is a research unit within Georgia State's Andrew Young School of Policy Studies. It enhances public safety by nurturing existing and new partnerships within and across public agencies and the private sector. It has received multiple awards and honors, including the Special Service Award from the Georgia Association of Chiefs of Police and the Georgia Governor's Public Safety Award.

"I believe GILEE offers one of the best leadership development training programs globally," said Donald De Lucca, a three-time police chief and past president of the International Association of Chiefs of Police (IACP), in a recent letter to GILEE. "The inside look and hands-on learning provide executives with a broader view of some of the best practices available to the police profession."

In fact, several U.S. and international professional policing associations and academic institutions have written this year in support of the many contributions GILEE has made to the field's professional development. Learn more about the Georgia International Law Enforcement Exchange at gilee.gsu.edu.

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