



Support and Resources for New Teachers

LENOIR, NC (August 13, 2019) -- Nearly 30 teachers new to the teaching field or new to the Caldwell County Schools are participating in a three-day orientation this week that will cover topics from school board policies to teacher evaluations to curriculum and lesson planning.

"The Beginning Teacher Orientation provides an introduction to the services available to all faculty and staff in the Caldwell County Schools," said Dr. Bill Griffin, Assistant Superintendent of Human Resources. "We support teachers as they adjust to their new surroundings by providing the assistance and resources that they will need to be successful in the classroom from day one and throughout the school year."



On the third day of the orientation, teachers will visit the Caldwell Historical Museum in Lenoir and Teacher Treasures, a non-profit resource center that invites teachers to shop for school and classroom supplies at no cost to them. "Teaching is not an isolated profession. Our job is to provide layers of support and district resources that beginning teachers can use to establish themselves and the framework of their classroom," said Heather Puhl, Beginning Teacher Mentor and National Board Support Coordinator.



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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 Weather

Thursday (15th): Partly sunny. High 90 Low 63 Precipitation: 0.00 in.

Friday (16th): Mostly sunny. High 89 Low 62 Precipitation: 0.00 in.

Saturday (17th): Mostly sunny; warm. High 91 Low 66 Precipitation: 0.04 in.

Sunday (18th): Periods of sun; humid. High 92 Low 66 Precipitation: 0.00 in.

Monday (19th): A shower & a t-storm around. High 84 Low 66 Precipitation: 1.37 in.

Tuesday (20th): Cloudy, a shower or t-storm. High 81 Low 63 Precipitation: 0.10 in.

Wednesday (21st): A t-storm possible. High 86 Low 65 Precipitation: 0.00 in.

Commissioners Proclaim August Child Support Awareness Month

LENOIR, NC (August 13, 2019) -- The Caldwell County Commissioners recently adopted a proclamation recognizing August as Child Support Awareness month.

In Caldwell County, the Child Support program serves 3,274 children, has established 249 new child support obligations and paternity for 199 children, and has issued 5,014 enforcement actions. In fiscal year 2018-19, the staff intercepted over \$300,000 in state and federal income taxes and collected more than \$5.3 million in child support payments.

"I'm very proud of these staff and appreciative of the jobs they do every day," said Martha Hedrick, Economic Services Administrator for Caldwell County Department of Social Services.

A service of the Department of Social Services, the Child Support program is staffed by 10 employees, who assist with locating noncustodial parents, establishing paternity and support obligations, collecting and distributing support, and enforcing support obligations.

Child Support services are available to anyone who is responsible for a child, regardless of income. Cases are often referred by the Work First Family Assistance program, Family and Children Medicaid, Foster Care, and DSS Custody cases. Custodial parents can request assistance at the Department of Social Services by completing a child support application and paying a \$25 fee. In addition to the county's program, private attorneys offer child support services; however, due to legislative changes, the Clerk of Court can no longer enforce Child Support cases.

National Child Support Awareness Month was established in 1995 by President Bill Clinton to recognize the importance of child support programs and the professionals who operate them to ensure children receive the necessary financial support to lead secure and healthy lives.

Caldwell County's New Online Inspection Portal

LENOIR, NC (August 14, 2019) -- The Caldwell County Health Department is proud to announce that Environmental Health now has an online inspection portal via Digital Health Department. This portal has numerous benefits, such as it can be used by multiple program areas, usability in the field, and reduces duplication of work of health department employees.

This portal is also accessible to the public to view the inspection database via the Caldwell County Environmental Health website or directly at http://caldwellnc.healthinspections.us/. There are several viewable inspections including: Restaurants, Food Stands, Food Trucks, Institutional Food, Lodging, Childcares, Adult Day Services, Residential Care, and Summer and Resident Camps. *Continued on page 3...*





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Caldwell County's **New Online Inspection Portal** Continued from page 2...

The portal not only allows you to see the grade of the inspection but also allows you to see the notes taken by the inspector, temperature readings and holding times, and reasons for violations. The system is very user friendly and enables you to search for a specific facility.

For more information about the online inspection portal, please call 828-426-8579.

La-Z-Boy Foundation makes donation to CCC&TI

HUDSON, NC (August 15, 2019) -- On behalf of Hudsonbased La-Z-Boy Casegoods, the La-Z-Boy Foundation recently made a \$2,500 donation to the Foundation of Caldwell Community College and Technical Institute. The Foundation of CCC&TI provides funding for scholarships, academic support, childcare, emergency assistance, counseling, professional development and various achievement awards and grants. La-Z-Boy Case Goods Vice President of Marketing Max Dver (right) presented the check to CCC&TI President Dr. Mark Poarch (left) on Monday, Aug. 12 on CCC&TI's campus in Hudson.





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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 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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Make Sure Your Child Is Up To Date on Vaccines Before School Starts

RALEIGH, NC (Aug 9, 2019) -- As teachers, parents and students are preparing for the start of the 2019–2020 school year, public health officials with the North Carolina Department of Health and Human Services are reminding North Carolinians to ensure their children, especially teens and preteens, are current on their vaccinations.

"Vaccines are key to keeping everyone healthy, from infants to older adults, and helping prevent the spread of diseases in our communities" said Kelly Kimple, M.D., M.P.H., Chief of the Women's and Children's Health Section of the Division of Public Health.

To be fully immunized, children need all doses of all age-appropriate vaccines in the recommended schedule. If your child does not receive the recommended doses, your child and individuals in the community are vulnerable to serious diseases. Check with your child's doctor to find out if he or she is due for any vaccinations.

In North Carolina, vaccination records are checked when a child enters a childcare facility or a school. Children who have not obtained the required immunizations on the first day of attendance may be excluded from any school — public, private or religious — unless they have received immunizations appropriate for their age or have a valid, documented exemption or proof of immunity.

As children move into their preteen and teen years, they become more susceptible to certain diseases, making it especially important to stay current with immunizations. Preteens, ages 11–12, should get the following four vaccines:

Meningitis Vaccine (MCV4)

Protects against some bacteria that cause meningitis and other diseases

Tetanus Shot (Tdap)

Helps prevent tetanus, diphtheria and whooping cough

HPV Vaccine

Protects against human papillomavirus infection and cancers

Flu Shot (Influenza)

Recommended seasonally during fall and winter for everyone 6 months of age and older

MCV4 and Tdap vaccines are required for all children by 12 years of age. A parent or guardian must present a certificate of immunization to the principal or operator of school on the first day of school attendance. These immunizations continue through adolescence to protect against bacteria that cause meningitis and other diseases.

An important change will be implemented for the 2020–21 school year. Effective Aug. 1, 2020 a booster dose of MCV4 is required at age 16 and before entering the 12th grade. Depending on risk factors, some teens may also need serogroup B vaccine. Parents with teenagers should talk to their pediatrician or family physician about which vaccines are appropriate.

The Immunization Branch of the Division of Public Health is partnering with the North Carolina Pediatric Society and the North Carolina Academy of Family Physi-



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cians for a month-long awareness campaign to help ensure that school-age children are protected from vaccinepreventable diseases. Governor Roy Cooper has proclaimed August as Immunization Awareness Month in North Carolina to highlight the importance of vaccines and immunizations.

"You can use any health care visit, including for sports or camp physicals, school health assessments, checkups and sick visits to have your preteen or teen vaccinated," said Susan Mims, M.D., MPH, FAAP, president of the N.C. Pediatric Society. "Talk with your pediatrician or health care professional to know what vaccinations are due and make sure your kids are protected."

It is important to your child's health to be up to date on immunizations. If you are unsure which vaccines your child needs at any age, you can find out what they need by taking this short quiz on the CDC website.

More information, including a list of all required North Carolina school immunizations, from kindergarten through 12th grade is available at www.immunize.nc.gov/family. Additional information on vaccines and vaccine-preventable diseases is available on the CDC's website.



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Five Arrested in Drug Raid

LENOIR, NC (August 14, 2019) -- On August 14, 2019, in the early morning hours, a multi-agency search warrant operation was executed by the Caldwell County Sheriff's Office SWAT at 102 Spruce Street in Rhodhiss. Assisting the Caldwell County Sheriff's Office was the Hickory Police Department and North Carolina State Bureau of Investigation. The search warrant was issued on the basis of an undercover controlled buy for methamphetamine. After the premise was secured, Agents conducted a search and located a total of about 56 grams of methamphetamine from several individuals present at the residence. Also seized were digital weighing scales, baggies for packaging methamphetamine, and other items of drug paraphernalia. The methamphetamine has a street value of \$8,400.

As a result, five individuals were arrested. Marcus Allen Rudisill, age 31, was charged with Felony PWISD Methamphetamine and Felony Maintain a Dwelling to Keep/Store a Controlled Substance. Jason Keith Reichard, age 37, was charged with Trafficking in Methamphetamine and Felony Maintain a Vehicle to Keep/Store a Controlled Substance. Brittany Danielle Sain, age 29, was charged with Felony Possession of Methamphetamine. Billy Clay Everhart, age 42, was charged with Failure to Pay Child Support, and Kasey Lea Hice, age 36, was charged with Misdemeanor Possession of Drug Paraphernalia. All have a first appearance in District Court in Lenoir on August 15, 2019, except for Billy Everhart, on August 27, 2019, and Kasey Hice, on September 16, 2019.

"The operation was a success. No one was hurt and we put several drug dealers in jail." - Sheriff Alan C. Jones

The Caldwell County Sheriff's Office is always in search of any information involving the use and distribution of illegal controlled substances. A concerned citizen's information and assistance will be kept confidential. If you have any information concerning illegal drug activity in Caldwell County, please contact the:

Caldwell County Sheriff's Office I.C.E. Unit 828-757-1178

Lenoir Police Department's Narcotics Division 828-757-2145

Hudson Police Department 828-728-5021

Granite Falls Police Department 828-396-3358

Caldwell County Crimestoppers 828-758-8300





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Confirmed Rabies Case in Caldwell County

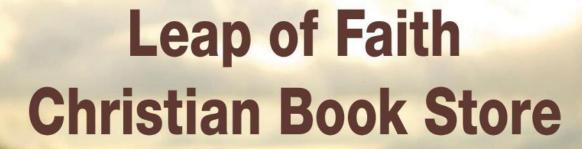
LENOIR, NC (August 9, 2019) -- On August 9th, 2019, Caldwell County Animal Control was notified by the North Carolina State Laboratory of Public Health that a fox submitted for testing was infected with the rabies virus. On August 7th, 2019 a rabid fox was in the Green Mountain Park area of Lenoir, NC. If you have been in contact with saliva or been bitten by a fox from the Green Mountain Park area, please contact Caldwell County Health Department at (828)426-8400.

Please make sure your pet's rabies vaccinations are current as this will help to protect the animal against rabies. Rabies is a viral disease of the central nervous system that is almost always fatal once symptoms begin. The virus is found in the saliva of an animal with rabies and is usually transmitted by a bite or scratch. Rabies is common in NC wildlife. Raccoons, foxes, skunks and bats are the most common carriers of the disease. In 2018 alone there were 142 rabid raccoons and 55 rabid foxes identified in the state. There were also 24 rabid bats and 56 rabid skunks identified. These animals can transmit rabies to dogs and cats, and 13 cats and 3 dogs were identified with rabies last year. Because rabies is fatal and can also be transmitted to people vaccination of dogs and cats against rabies is required by law in NC.

People can protect themselves and their pets from rabies by taking a few simple precautions:

- * Make sure all your companion animals are up to date on their rabies vaccinations. They should always wear their license tags.
- * Supervise your pets to prevent exposure.
- * If a bat is found inside your home, you should contact Animal Control.
- * If your animal is exposed to a potentially rabid animal wear glove to protect yourself from the infectious saliva that may be on your animal's coat.
- * Teach your children to stay away from wild animals including bats or animals they don't know.
- Avoid attracting wildlife to your home by removing food sources such as food scraps and removing cat and dog food at night.
- * Fox and other wild animals are scavengers and search for sources of food. It is important to keep all garbage containers sealed tightly and especially areas of high food disposal. This also pertains to pet food bowls. When your pet finishes eating, clean out the bowl to avoid other animals from getting the food and keep discarded foods inaccessible to animals to lessen the chance of them coming to your residence or business to look for

If there are any questions concerning rabies and/or receiving a rabies vaccination, please contact the Animal Control Division of the Caldwell County Health Department at 829 Fairview Drive SW, Lenoir, NC 28645 or call 828-757-8625. If there is an emergency situation outside the normal working hours of 8:00am to 5:00pm Monday through Friday, please notify the Caldwell County Sheriff Department at 828-758-2324.



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NCDOT Planning 74 Projects in Division 11: All eight counties involved in plans

RALEIGH, NC (August 8, 2019) -- More than 1,700 projects are included in the N.C. Department of Transportation's final draft of its 2020-2029 Statewide 10-Year Transportation Plan, which was released this week. The draft STIP includes projects across all transportation modes and in every county in the state.

The complete draft STIP list can be found on the NCDOT website.

In Division 11, which includes Alleghany, Ashe, Avery, Caldwell, Surry, Watauga, Wilkes and Yadkin counties, there are 74 projects including 20 new projects. Among the improvements planned are:

- Modernizing N.C. 89 from Toast Road to Pine Ridge Road including the Pine Ridge Road intersection in Surry County;
- Constructing a ramp from Dudley Shoals Road to U.S. 321 South in Caldwell County;
- Building a roundabout on U.S. 421 at Popular Grove Road in Watauga County;
- Building a roundabout on Falcon Road with Old U.S. 421 in Yadkin County.

"We are adding 20 new projects to the STIP to address the growth that we are experiencing in Division 11 to help our transportation needs," Division 11 Project Development Engineer Wayne Atkins said. "There are projects in each of our eight counties which will benefit all of our citizens in some manner. We look forward to starting the process of bringing all of the new projects to fruition."

The department's 10-year transportation plan is updated every two years. Projects scheduled in the first six years of the plan are considered committed and are not re-evaluated when a new plan is developed. Projects in the final four years of each plan are prioritized again based on technical data, as well as input from local officials and residents.

The overall statewide list includes 1,319 highway projects, 86 aviation, 234 bike and pedestrian, six ferry, 23 public transit and 50 rail projects selected on statewide, regional and division levels. The projects were prioritized based on technical data as well as input from local officials and residents.

Included in the plan are more than 200 projects worth about \$2.5 billion that are scheduled to be awarded in fiscal year 2019-2020.

The draft plan includes 385 changes in highway projects from the initial draft STIP. Some are new projects, while others have had schedule adjustments.

The Board of Transportation is expected to consider final approval of the draft plan at its September meeting.

More information about the STIP and how transportation projects are funded is available on the NCDOT website.

Welcome

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



ded Dana N. Brown, DO

Dr. Brown attended medical school at Lincoln

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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Caldwell County Health Department TDaP Vaccination Clinic

LENOIR, NC (August 12, 2019) -- The Caldwell County Health Department is hosting a walk-in TDaP (Tetanus, Diphtheria, and Pertussis) vaccination and education clinic at the Caldwell County Health Department (2345 Morganton BLVD, Lenoir, NC 28645). TDaP is the vaccine used to help protect against "Whooping Cough." The clinic will be on September 12th from 4:00 pm-7:00 pm in the front lobby of the Health Department. Please bring a copy of your insurance card and verify the TDaP vaccine is covered with your insurance provider; otherwise the cost is \$33.27, cash only.

Please call 828-426-8486 to check your vaccination record to see if you're up to date on your vaccine or to schedule an appointment for the vaccination clinic.

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.

Who Should Receive the Vaccine?

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, foster parents, healthcare providers)
- * Anyone with a pre-existing, chronic respiratory disease.

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