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Caldwell Journal Info

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

Caldwell Journal

Caldwell Journal Weather

Thursday (29th): Abundant sunshine; pleasant.
 High 83 Low 53
 Precipitation: 0.00 in.

Friday (30th): Plenty of sunshine; pleasant.
 High 86 Low 58
 Precipitation: 0.00 in.

Saturday (31st): Mostly sunny; pleasant.
 High 86 Low 60
 Precipitation: 0.00 in.

Sunday (1st): Mostly sunny; nice.
 High 82 Low 61
 Precipitation: 0.00 in.

Monday (2nd): Shower or t-storm around.
 High 86 Low 62
 Precipitation: 0.08 in.

Tuesday (3rd): Intervals of clouds and sunshine.
 High 88 Low 63
 Precipitation: 0.00 in.

Wednesday (4th): Times of clouds and sun.
 High 84 Low 65
 Precipitation: 0.00 in.

Attorney General Josh Stein Files Lawsuits Against Eight E-Cigarette Companies

RALEIGH, NC (August 27, 2019) -- Attorney General Josh Stein today announced that he will be filing lawsuits against eight e-cigarette companies: Beard Vape, Direct eLiquid, Electric Lotus, Electric Tobacconist, Eonsmoke, Juice Man, Tinted Brew, and VapeCo. The suits, which are brought under the North Carolina Unfair or Deceptive Trade Practices Act, allege that these companies are aggressively targeting children and do not require appropriate age verification when selling these dangerous and addictive products. In May 2019, Attorney General Stein filed a similar suit against Juul.

"At the same time as our kids are headed off to school, we are hearing new stories about the health risks associated with e-cigarettes on a daily basis," said Attorney General Josh Stein. "Our complaints allege that these eight e-cig companies are helping to fuel an epidemic of vaping among high school and middle school students. One look at their marketing materials demonstrates just how egregious their sales tactics are – with flavors like cotton candy, gummy bear, unicorn, and graham cracker, they're clearly targeting young people. To teenagers, the health and addiction risks of vaping are simply too high. That is why my office is asking the court to protect our kids by shutting down these operations in our state."

While tobacco use among teens dropped from 28 percent to just above 5 percent from 2000 to 2017, the rise of e-cigarettes has led the number of high schoolers using tobacco products back up to nearly 30 percent and 7 percent among middle schoolers. Confirmed health risks include nicotine addiction, nicotine poisoning, heart disease, lung disease, behavior changes, and more.

Attorney General Stein's lawsuits ask for the courts to shut down sales from these companies in North Carolina. In May of this year, Attorney General Stein filed a similar lawsuit against Juul.

2019 George Reighard Memorial Golf Tournament

Our 5th annual George Reighard Memorial Golf Tournament will be held on October 19th, 2019 at 12:00pm at Cedar Rock Country Club in Lenoir. I'm including the brochure containing details for teams and sponsorships. The format is Captain's Choice. Prices are \$240 per team (\$60/person), mulligans and skirts \$5 a piece, sponsorships available for golf carts, greens/tees, and others. Please contact us if you have more questions! We hope to see you all out there again this year! Thank you so much for your support!

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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.

Upcoming Movie At Clover Baptist Church

GRANITE FALLS, NC (August 29, 2019) -- The movie, "Play The Flute" will be shown at Clover Baptist Church on Saturday evening, September 14 at 7 pm and again on Sunday evening, September 15 at 6 pm. Rich Christiano, Christian movie writer, director and producer, carries a heavy burden especially for young people today. Usually, Rich partners with churches to place his films in a local theatre and sell tickets in advance of the showing. This new movie is not available on dvd and can only be viewed in a theatre hosted by a church. Rich has given Pastor Keith permission to host this movie showing at Clover Baptist Church. In the film, a new youth pastor, portrayed by Brett Varvel begins his youth ministry with a heart for the young people in the church where he grew up. His goal is to not only reach these young people with the Gospel but to get them into the Word of God. Expanding on an idea taken from Luke 7:32, he conveys the message that "we are either playing the flute or the flute is being played to us."

"In a world of indifference, as a pastor, I agree it's time to Play The Flute. This movie carries a powerful message that is not only relevant for young people today, but for people of every age. I have invited other churches to bring their youth and others to view this movie. All seating is free, and we will also share free 'movie style' refreshments. A free will love offering will be received to hopefully enable Rich to pay for the production of this movie and make other Christian movies in the future. We ask that those churches planning to bring groups notify us so we can make sure to have plenty of refreshments prepared. If planning to bring a group please contact the church secretary at 828 396 2417 or email either she or the pastor at:

carol@cloverbaptistchurch.com
keith@cloverbaptistchurch.com

Clover Baptist Church is located at 100 Pinewood Road, Granite Falls just one mile off of Hwy 321 between Hickory and Lenoir. If you would like to view the trailer of this movie just search Play The Flute The Movie.

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No Vaping on School Campuses – Not Even Once

LENOIR, NC (August 26, 2019) -- After four decades of national attention that successfully reduced the appeal and usage of combustible cigarettes, the introduction of the Juul electronic cigarette in 2015 began to reverse the efforts of progress and in 2017, 2.1 million middle and high school students were e-cigarette users making it the most frequently used tobacco product among adolescents.

“E-cigarettes have skyrocketed in popularity,” said Superintendent Dr. Donald Phipps. “Health officials are now calling it an epidemic, and we are asking parents and the community to help the school system educate our youth on the ill effects of using any tobacco product, especially e-cigarettes or Juuls. Since these small devices are harder to detect, yet pose serious health risks, we have put forth a new effort to inform the public that tobacco products are prohibited on school campuses – including e-cigarettes.”

These lightweight, techno lookalike devices easily facilitate vaping, the act of inhaling and exhaling an aerosol - often mistaken for water vapor, but these fine particles contain varying amounts of toxic chemicals.

Within the last couple of weeks, vaping has sent nearly 100 people, mostly teens and young adults, to the hospital with lung illnesses.

The Centers for Disease Control and Prevention is investigating 94 possible cases of severe lung illness associated with vaping, which have been reported in 14 states as of Aug 17. and linked to e-cigarette vaping.

Due to the possession of e-cigarettes, the health risks, and the North Carolina law that prohibits anyone under the age of 18 from purchasing any tobacco products, including Juuls, the Caldwell County School System has taken a stronger stance in enforcing the use of e-cigarettes beginning this school year. If students are caught vaping on campus or during a school-sponsored event or activity, the following disciplinary measures will be taken at Hibriten, South Caldwell or West Caldwell High School:

1st Offense - 1 Day of Out-of-School Suspension (OSS)

2nd Offense - 3 Days of OSS

3rd Offense - 5 Days of OSS

4th Offense - 7 Days of OSS

During each of these disciplinary actions, the e-cigarette or Juul will be confiscated, disposed of, and not returned to the student. On the second and subsequent offenses, students will be required to complete an educational program, which is an online tobacco prevention and cessation curriculum for middle and high school students.

Students in middle school grades or students attending the Caldwell Early College High School or the Caldwell Applied Sciences Academy will receive the following disciplinary measures for using e-cigarettes or Juuls on a school campus or during a school-sponsored event or activity:

1st Offense - 1 Day of In-School-Suspension (ISS)

2nd Offense - 1 Day of Out-of-School Suspension (OSS)

3rd Offense - 3 Days of OSS

4th Offense - 5 Days of OSS

5th Offense - 7 Days of OSS

During any of these actions, the e-cigarette or Juul will be confiscated, disposed of, and not returned to the student. On the first and any subsequent offenses thereafter, students will be required to complete an educational program, which is an online tobacco prevention and cessation curriculum for middle and high school students.

Across the nation, schools are enforcing stricter policies with disciplinary consequences ranging from out-of-school suspension to required attendance in tobacco-free classes to excluding participation in sports, clubs or special events. **Continued on page 6...**



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No Vaping on School Campuses – Not Even Once

Continued from page 5...

Top 10 Reasons Not to Vape:

1. Teens who vape are seven times more likely to progress to smoking cigarettes. (Medical Journal Pediatrics)
 2. E-cigarettes contain high levels of nicotine. According to the Juul website, the nicotine content of one Juul pod is equivalent to one pack of cigarettes.
 3. The added pleasant, sweet flavors – caramel, cappuccino, watermelon, etc. - lead users to intensify inhalation and increase frequency.
 4. Severe lung illness is linked to vaping; at least 60 chemical compounds have been found in e-cigarettes besides nicotine.
 5. Because of these high nicotine levels, vaping is extremely addictive – and teens are already more susceptible to addiction than adults because their brains are still developing, which makes them more likely to habituate to using drugs and alcohol.
 6. E-cigarettes and similar devices contain carcinogenic compounds, and a recent study found significantly increased levels of carcinogens in the urine of teens who vape.
 7. Vaping causes lung irritation akin to that seen in smokers and people with lung disease and causes damage to vital immune system cells.
 8. Vaping increases heart rate and blood pressure, which can cause an increase in circulatory problems.
 9. Vaping devices have been known to explode.
 10. The Law strictly prohibits the purchase of tobacco products, tobacco-derived products, and vapor products by persons under the age of 18.
- "I encourage our parents to have open communication with their teens," said Phipps. "The schools will provide educational strategies throughout the year to make students aware of the concerns that have surfaced over vaping. Prevention is a lot easier than treatment later on."

PROST TO THE ARTS!...Autumn Party to benefit the Caldwell Arts Council

LENOIR, NC (August 24, 2019) -- Caron Baker Studio and Liquid Roots invite you to PROST to the ARTS! – a fundraising pARTy to benefit the Caldwell Arts Council.

Build and design your own clay stein at Caron Baker Studio in the Old Lenoir High School Gym (1114 College Avenue, Lenoir) on Thursday, September 19th 6-8pm.

Glazed & fired steins will be on display at Liquid Roots (1048 Harper Avenue, Lenoir) 4-6pm on Thursday, October 10th. Your first fill is included with your ticket. At 6pm, have a group toast and picture, then hang out and enjoy the crowd until 9pm.

\$100/person, limit 15.

Call 828-754-2486 or visit www.caldwellarts.com to make your reservations now!



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*Benefit quoted and monthly premium (rate) is for Plan G quoting a female, non-tobacco and is effective until May 31, 2020. 1 Based on Blue Cross NC internal data, November 2018. Rates are subject to change June 1 of each year, but members will not be singled out for premium increases based on their individual health. ®, SM Marks of the Blue Cross and Blue Shield Association. The agency is an independent entity that has been appointed as an authorized agent of Blue Cross NC. Blue Cross NC is an independent licensee of the Blue Cross and Blue Shield Association.

U3198c, 3/19

Blue Ridge Parkway Issues Safety Reminder for Labor Day Weekend

ASHEVILLE, NC (August 29, 2019) -- This Labor Day weekend, National Park Service officials are debuting a new safety video to remind all drivers and motorcyclists that a ride on the Blue Ridge Parkway is different than most roads. The Parkway's unique design includes many steep grades, limited sight distances, and beautiful built in distractions; as a result, all motorists must pay extra attention to ensure a safe and memorable visit. Safe riding and driving practices can help reduce the number of accidents on the Parkway. By raising everyone's awareness, both drivers and riders will be safer sharing the road.

In addition to watching the new motorcycle safety video, visitors are asked to keep the following guidelines in mind before heading out on the Parkway...

- Keep speeds within posted limits and be prepared for heavy traffic, wildlife and non-motorized users that may slow traffic further.
- Stay focused! Put cell phones and other devices away in a glove compartment or bag; and out of reach of the driver.
- Use pull-outs and overlooks to enjoy the views. When on the road, driving needs your full attention.
- Bicyclists should keep as far to the right as possible and allow opportunities for traffic to move around you. Multiple riders need to stay in a single file line and should avoid groups larger than 4 riders. The Parkway is not recommended for inexperienced cyclists, especially during the highest period for traffic volume.
- Motorcyclists need to pay special attention to tunnels where lighting and visibility are poor, leaves and other debris on the roadway such as branches and rocks and early icing on bridges and at higher elevations. Slow down and focus on the road.
- Take your time - stop at visitor centers along the route and learn something new about the Parkway from a ranger.

Visitors can also find specific information to prepare for their Parkway adventure from a variety of sources. Park updates and information are available on multiple social media platforms including Facebook, Instagram and Twitter. The park website provides a real-time road closure map, facility schedules, suggested itineraries, visitor center locations, and much more at www.nps.gov/blri.

Fellowship Baptist Church is having their 4th Annual Fritos and Flipflops, Women's Outreach Luncheon, on September 7 from 1:00-3:00pm. The guest speaker will be Wendy Pfau. This is a free event and all are welcome. Call the church for more information or to RSVP at 828-728-2248 or contact Julie Green at 770-597-4552.

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Sixth rabies case of 2019 confirmed in Catawba County

NEWTON, NC (August 28, 2019) -- Catawba County Animal Services has confirmed the county's sixth rabies case of 2019 following an incident in Maiden. Previous cases reported to the county this year occurred in Claremont, Hickory, Maiden and Newton.

On August 26, Animal Services responded to a call from a Maiden resident concerning a dog bitten by a fox. The fox was sent to the North Carolina Public Health Laboratory in Raleigh, which notified Animal Services August 28 that the fox tested positive for rabies.

Because the dog's owner had proof of prior rabies vaccination, the dog was provided a booster vaccine the day after the incident. Per state vaccination guidelines, animals with prior rabies vaccination should receive a rabies booster within 96 hours of possible rabies exposure.

Signs that an animal may be infected with rabies include loss of appetite, irritability and unusual aggression, lack of fear and restlessness, dilated pupils, seizures, trembling and unsteadiness, difficulty swallowing, and drooling or foaming at the mouth. People who encounter an animal with any of these symptoms should avoid contact with the animal and report it to Catawba County Animal Services at (828) 464-7686. Pet owners who suspect their pet had contact with a rabid animal are also urged to call Animal Services.

Animal Services reminds pet owners that rabies is a threat to pets and humans year-round. The best way to protect pets is to have them properly vaccinated for rabies

Buffalo Cove Baptist Church will have homecoming on Sunday, September 15 with the service beginning at 11:00 AM. The guest speaker will be Lance Wilson.



Caldwell
Journal

Welcome

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



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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Google and Friends of the Caldwell Co. Public Library Launch Wi-Fi Lending Program to Help Bridge the Digital Divide

LENOIR, NC (August 26, 2019) -- Google has partnered with the Friends of the Caldwell County Public Library to launch a Wi-Fi lending program designed to connect people, at no cost, with the educational, career and other empowering resources to be found on the Internet.

**“Loaning out the Internet” Will Allow 24/7 Access Well
Beyond Library Walls**

“Thanks to our partnership with Google, our library has been able to provide our citizens with more digital access and become one of the few public libraries in the state to offer such an innovative program,” said Caldwell County Board of Commissioners Chair Randy Church.

As part of the one-year pilot program, the library will lend hotspot devices and various kinds of screens (e.g. Chromebooks) for two weeks at a time to residents of Caldwell County with a library card in good standing. The program’s logistics are spelled out at www.ccpl.libguides.com/adults.

“By loaning out the Internet, and a device, we can provide our patrons with 24/7 access,” says Lesley Mason, director, Caldwell County Public Library. “We will no longer be tying patrons to the confines of the library’s operating hours. Offering mobile hotspots and devices to our patrons will help meet their information needs in new and exciting ways.”

Google, which operates a data center in Lenoir, made the program possible through a grant to the Friends of the Caldwell County Public Library. The partners will monitor and assess the results of the pilot, and consider tweaks and an extension in the summer of 2020.

“Google is proud to be in Caldwell County, and committed to helping address the needs of the community that supports our data center,” says Lilyn Hester, the company’s head of Southeast of external affairs. “This includes supporting efforts to bridge the digital divide through Caldwell County’s public libraries. By making Wi-Fi access possible 24/7, more of our neighbors will be able to explore the educational and economic opportunities afforded through digital tools.”

The hotspots and devices are available at the Library’s main branch in Lenoir.

As the American Library Association noted in a recent report, the modern library has evolved from its traditional role as a research-centric establishment to a central location for digital access, learning and literacy. Caldwell County Library patrons, for example, log almost 4,000 computer sessions per month across three locations. **Continued on page 13...**

Happy Valley Fiddlers Convention



FRIDAY, AUGUST 30

Fun starts at 7pm—free

SATURDAY, AUGUST 31

Competitions start at 10am

\$10 for ages 16+

SUNDAY, SEPTEMBER 1

Concerts start at 11am

\$15 for ages 16+

This is a program of the Caldwell Arts Council with support from the NC Arts Council, a division of the Department of Natural and Cultural Resources, along with local donors and sponsors. Find out more at HappyValleyFiddlers.org or by calling the Caldwell Arts Council at 828-754-2486



Google and Friends of the Caldwell Co. Public Library Launch Wi-Fi Lending Program to Help Bridge the Digital Divide *Continued from page 12...*

Some of the benefits of the lending program include: accessing health information, allowing individuals living with disabilities the option to access the Internet from the comfort of home, bridging the Digital Divide in our community, lessening the homework gap for children, offering connectivity to financially disadvantaged patrons, helping individuals access employment opportunities, and the ability of secondary students, or non-traditional students to study at home.

For more information, please contact Lesley Mason, MLS at (828) 757-1288 or lmason@caldwellcountync.org.

Background on local digital access

In Caldwell County, approximately 2,000 people do not have access to 25mbps wired broadband. Approximately 2,000 people in Caldwell County don't have access to any wired internet. Residential fiber service is available to only 10% of people living in Hudson.

While Caldwell County is listed at having access to broadband connectivity, 17% of residents are living in poverty, and can't afford the monthly service or the device in which to access the internet. Among the 10 most populous states, North Carolina has the largest proportion of individuals living in rural areas. Its rural population is larger than in any other state except for Texas. Almost 20% of Caldwell County residents don't have a computer in their home. Only 14% of residents hold a bachelor's degree or higher.

Dudley Shoals Baptist Church is sponsoring DivorceCare, a special help seminar and support group for people experiencing divorce and separation. The first meeting will take place Monday, September 9 from 6:00 -8:00 PM at Grace Village Chapel, 3912 Berry Creek Circle, Granite Falls. The meetings will be held every other Monday. For more information call Dudley Shoals Baptist Church at 828-396-7300 or Angela Pelotte at 828-493-2968.

Shred & Protect will take place on Saturday, September 21, 9:00am-12:00pm at Grace Chapel EMS Base (Old Grace Chapel Fire Department), 4470 Grace Chapel Road, Granite Falls. Protect yourself from identity theft by bringing your personal documents and records to be safely shredded at no cost to you. Sponsored by Caldwell County Government and hosted by the Caldwell County Register of Deeds Office.



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