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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 (19th): Clouds giving way to some sun.
 High 75 Low 61
 Precipitation: 25%

Friday (20th): A couple of afternoon showers.
 High 79 Low 56
 Precipitation: 64%

Saturday (21st): An afternoon shower or two.
 High 72 Low 46
 Precipitation: 64%

Sunday (22nd): Cooler with a shower in spots.
 High 51 Low 44
 Precipitation: 40%

Monday (23rd): A little morning rain.
 High 61 Low 43
 Precipitation: 61%

Tuesday (24th): Times of clouds & sun.
 High 58 Low 48
 Precipitation: 22%

Wednesday (25th): Chance for rain.
 High 71 Low 43
 Precipitation: 35%

MISINFORMATION VS. DISINFORMATION

The meaning of misinformation is often conflated/confused with that of disinformation.

Disinformation means "deliberately misleading or biased information; manipulated narrative or facts; propaganda."

The difference between misinformation and disinformation comes down to intent.

When people spread misinformation, they often believe the information they are sharing. Disinformation is crafted and disseminated with the intent to mislead others. Further confusing the issue is the fact that a piece of disinformation can ultimately become misinformation. It all depends on who's sharing it and why. When an individual sees this disinformation, believes it, and then shares it, that's misinformation.

CCS restricting visitors on campuses and educational sites

LENOIR, NC (March 19, 2020) -- To limit the spread of coronavirus (COVID-19), all schools are closed to students as directed by Gov. Roy Cooper. Effective Friday, Mar. 20, the school district will restrict visitors who are non-employees on all school campuses and educational sites.

Unless you have an urgent matter or you have been contacted to pick up student assignments, all other visitors are asked to call the school's administrative office or the Education Center (828-728-8407) for assistance. All school numbers and addresses are posted online on the district website at caldwellschools.com.

"We encourage you to heed to the precautionary measures and the preventive guidelines recommended by the state and federal health agencies. We appreciate your cooperation and patience in maintaining a healthy school environment," said Superintendent Dr. Donald Phipps.

Relay for Life of Caldwell County Statement

LENOIR, NC (March 16, 2020) -- These are unprecedented times for everyone, but the American Cancer Society's premier focus and priority remains our cancer patients and volunteers. Due to the Center for Disease Control's recent announcement recommending the cancellation of all events with 50 + people for the next eight weeks, Relay For Life has been postponed until the fall. Our Survivor Dinner will also be delayed. Additionally, the current fundraising challenge will be pushed back until April in an effort to take care of their families. If you have any questions or concerns, please do not hesitate to contact me. Look for more information to come and please visit our website for the most up-to-date information.

www.relayforlife.org/caldwellcounty

CCC&TI Cobra Athletics: Announcement from NJCAA-Cancellation of Spring Sports for the Remainder of the Academic Year

HUDSON, NC (March 16, 2020) -- Statement from the NJCAA concerning the cancellation of spring sports for the remainder of the academic year:

Following the recent recommendations from the Center for Disease Control and Prevention (CDC), the NJCAA has made the difficult decision to cancel all upcoming basketball championships as well as spring competition, effective immediately.

"In light of the progressive evolvement of the COVID-19 situation, the NJCAA has decided to end all competition for the remainder of the academic year," stated Dr. Christopher Parker, NJCAA President & CEO. "As an association, the NJCAA exhausted all possible avenues to potentially postpone competition for both upcoming basketball championships and spring sport competition. We believe following the recommendations of the CDC is in the best interest of our member colleges and our student-athletes."

Spring competition includes all practices, regular season, postseason, and national championship play.

Regarding eligibility for spring sports, no spring sport student-athlete who was enrolled at a member college in 2020 will be charged a year of participation.

Along with the cancellation of competition, all on and off-campus recruiting for all sports will be halted until April 15 with further evaluation to be assessed at that point in time.

The NJCAA will explore the opportunity to expand allowable Letters of Intent for spring sports for both the 2020-21 and 2021-22 academic years under the recommendation of the NJCAA Eligibility Committee.

The NJCAA will continue to monitor the situation and provide updates as more information becomes available.

 Read us on issuu

Read the Caldwell Journal online in the format of a booklet
www.issuu.com/caldwelljournal

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Coronavirus COVID-19

Interactive Map & Info

Caldwell Journal Coronavirus COVID-19 Info Page below that includes a COVID-19 interactive map, statistics, reports, recommendations, cancellations, closings, postponements, press releases, resources, important & practical tips and more. www.caldwelljournal.com

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Caldwell County Declares a State of Emergency

LENOIR, NC (March 18, 2020) -- In response to the recent declarations by NC Governor Roy Cooper and the Federal government, and to help mitigate the spread of Coronavirus (COVID-19) Caldwell County Commissioners officially declared a state of emergency beginning at 8:00 a.m. today, March 18, 2020.

The declaration supports the local municipalities with their needs, implements components of the Emergency Operations Plan necessary to facilitate response and plans for COVID-19, and increases the flow of verified and accurate information to the public and our partners in local government.

The municipalities of Blowing Rock, Cajah's Mountain, Cedar Rock, Gamewell, Hudson, Rhodhiss, and Sawmills also signed the declaration. The City of Lenoir and the Town of Granite Falls issued a similar declaration also effective on March 18.

"This declaration is another step in our effort to help protect citizens," said Caldwell County Director of Public Health Anna Martin.

The Caldwell County Health Department opened its Health Information Line to provide about Coronavirus (COVID-19). To access the line, people can call 828-426-8456. If a person believes they have been exposed to COVID-19 and develops a fever and symptoms, such as cough or difficulty breathing, they should call their healthcare provider, urgent care, or the health department and tell them about their symptoms and suspected exposure.

Additional Information/Closings Cancellations

The Town of Hudson has cancelled the Butterfly Festival scheduled for May 2, the March of the Cross scheduled for April 10, and the Easter Egg Hunt at Redwood Park scheduled for April 11. Those who had already reserved a booth for the festival will be contacted by the Hudson Community Development staff. For more information, call the Town of Hudson at 828-728-8272.

Due to the critical need, the American Red Cross will hold its blood drive scheduled for Friday, March 20, from noon to 4:30 p.m. at the Caldwell County Resource Center (Library). Donors will report directly to the bus that will be parked in the lower Library parking lot.

Per recommendations from the ADA, the Caldwell County Health Department Dental Clinic will be rescheduling patients with appointments from March 18 - April 8. If a patient is in pain or having a dental emergency, please call us at 828-426-8525.

For information about Coronavirus, call the Caldwell County Health Department Health Information Line at 828-426-8456.

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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

CCC&TI Online Instruction Resumes March 23; Campuses Will Close Through March 31

HUDSON, NC (March 18, 2020) -- Based on state and federal guidance Caldwell Community College and Technical Institute will close its campuses beginning at 5 p.m., Thursday, March 19 and remaining closed through March 31. CCC&TI also will suspend classes that require in-person instruction until further notice.

CCC&TI is working to convert as many Spring Semester courses as possible to an online format. Those classes will resume beginning March 23. Instructors will contact students with details on how individual classes will be impacted.

While CCC&TI's campuses are closed, student support services will be available online. Included in those services are: admissions, advising, financial aid, tutoring, writing center, library, TRIO, student activities and distance learning support. The CCC&TI website also will have resources that allow students to ask questions and to help with the transition to online instruction.

Students who lack access to home Internet or devices needed to complete online courses, should communicate that issue to their instructor.

For CCC&TI updates and announcements related to COVID-19, please visit www.cccti.edu/covid-19.

City of Hickory closes libraries and all recreation centers

HICKORY, NC (March 17, 2020) -- As further precaution against the spread of the coronavirus (COVID-19), the City of Hickory will close both branches of the Hickory Public Library, Highland Recreation Center, and Ridgeview Recreation Center at 1 p.m. today, March 17. All Hickory libraries and recreation centers will remain closed until further notice.

Due dates for checked out library materials will be extended. Hickory Public Library does not charge overdue fines for late materials. Patrons may return checked out library materials to the outside drop boxes at Patrick Beaver Memorial Library and Ridgeview Branch Library.

The City has created a page on its website, Coronavirus (COVID-19) Updates, with information regarding City closings and schedule changes, as well as links to important resources.

For the most up-to-date and accurate information regarding the coronavirus (COVID-19), the City recommends residents frequently check the CDC website; NCDHHS website, Coronavirus Disease 2019 (COVID-19) Response in North Carolina; and Catawba County Public Health for updates.



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Statement from Second Harvest Food Bank of Northwest NC

WINSTON-SALEM, NC (March 16, 2020) -- Second Harvest Food Bank of Northwest NC, the primary source of food for a network of more than 470 local food assistance programs (pantries, soup kitchens, shelters, and meals programs for children and seniors) throughout 18 Northwest North Carolina counties is doing all it can to ensure our region's food assistance system remains strong in the wake of COVID-19 and is calling on the community for support.

"Second Harvest Food Bank is committed, first and foremost, to the health and safety of our community, our staff, our partner agencies, our volunteers, and people facing hunger during this public health threat, and we will continue to take all steps necessary to ensure families, children, and seniors have access to the food they need, while preventing the spread of COVID-19," said Eric Aft, CEO of Second Harvest.

Critical measures being taken by Second Harvest Food Bank include:

- Increasing the frequency of deep cleaning and sanitation beyond our already aggressive standards;
- Shifting our food distribution operations to keep as much nutritious food as possible flowing to where it is needed most;
- Ramping up the Providence Community Meals program to provide healthy meals for children and seniors in collaboration with local partners;
- Partnering and collaborating with school systems, local partners, and supporters to build real-time solutions to reach children with the nutritious meals that are vital to their health and well-being; and
- Working with federal, state, and local officials to remove barriers to food access and reach people facing hunger, wherever they may be.

Thousands upon thousands of families rely on the Second Harvest network each year—and in times of crisis, the need only grows as many of the support mechanisms they usually rely on are put on hold. School schedules are disrupted, and traditional youth program schedules are altered or placed on hold, creating a potential gap in meals for countless families. Seniors, people with chronic conditions, and those with compromised immune systems face high risks in public spaces, forcing many to remain home.

"We deeply appreciate the work already being done by area school systems and governments to assist many children with their nutritional needs, and our partnerships with them will ensure as many kids as possible, as well our most vulnerable families, can gain access to food," Aft said.

Strong community support will be needed and that help, says Aft, can be in the form of financial gifts to Second Harvest's recently launched Virtual Community Response campaign at SecondHarvestNWC.org or through signing up for individual volunteer spots. The food bank is limiting the size of volunteer shifts, but there is still a great need for volunteers to help keep food moving through the organization and out to people who need it. Community members can also help simply by letting people know that food remains available to all whom may face challenges at this time.

"It's time like these that our commitment to coming together to take care of one another is most visible and, for those most at risk, letting them know we are here for them is crucial," said Aft. "These are certainly unprecedented times, but Second Harvest and our community has stepped up many times before, and we've never shied away from taking action and doing all we can."



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KNOW THE SYMPTOMS

CORONAVIRUS

- Fever or feeling feverish
- Cough
- Shortness of breath

FLU

- Fever
- Cough
- Runny or stuffy nose
- Sore throat
- Body aches
- Headaches
- Fatigue

ALLERGIES

- Sneezing
- Runny or stuffy nose
- Watery eyes
- Itchy nose, eyes or roof of mouth

Source: CDC



CALDWELL COUNTY TAKE OUT & DELIVERY OPTIONS

EAT, DRINK, AND SUPPORT LOCAL BUSINESSES

Caldwell County Take Out & Delivery Facebook Group Page
Brought to by the Caldwell County Chamber of Commerce

Food Pantries for Families in Caldwell County

Name	Address	City	State	ZIP	County	Phone Number	Hours of Operation
The Salvation Army - Lenoir	4370 Hickory Blvd	Granite Falls	NC	28630	Caldwell	828.322.8061	M - Th: 9a - 1p
South Caldwell Christian Ministry	5 Quarry Rd	Granite Falls	NC	28630	Caldwell	828.396.4000	Tu & Th: 9a - 5p; W: 9a - 2p
Caldwell County Yokefellow	1602 Harper Ave NW	Lenoir	NC	28645	Caldwell	828.754.7088	M - Th: 9a - 3:30p
First Baptist Church Whitnel	1201 Connelly Springs Rd SW	Lenoir	NC	28645	Caldwell	828.754.3240	Th: 8a - 12p (2nd and 4th Thursday of Jan., Mar., May, July, Sept., Nov. and Dec.); Sa: 9a - 12p (3rd Saturday of Jan., Mar., May, July, Sept., Nov. and Dec.)
Dulatown Presbyterian	1537 Miller Hill Rd	Lenoir	NC	28645	Caldwell	828.758.5826	W: 2:30p - 4p (1st and 3rd Wednesday of each month)
Mountain Grove Baptist Church	2485 Connelly Springs Road	Granite Falls	NC	28630	Caldwell	828.728.9557	Tu: 5p - 7p (2nd and 4th Tuesday of each month)
Mt Olivet UMC Community Food Pantry	3282 Collettsville Rd	Lenoir	NC	28645	Caldwell	828.989.4221	Sa: 9a - 12p (3rd Saturday of each month)
Pay It Forward Food Pantry	2058 Harper Avenue NW	Lenoir	NC	28645	Caldwell	828.729.2581	Th: 9a - 12p (2nd and 4th Thursday of each month); Sa: 9a - 12p (3rd Saturday of each month)

Please call the site prior to your visit to ensure that the operational hours posted above are still in effect.

**COVID
19**
CORONAVIRUS
DISEASE**SYMPTOMS OF CORONAVIRUS DISEASE 2019**

Patients with COVID-19 have experienced mild to severe respiratory illness.

Symptoms* can include

FEVER



COUGH



***Symptoms may appear 2-14 days after exposure.**

**SHORTNESS
OF BREATH**



Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



For more information: www.cdc.gov/COVID19-symptoms

COVID-19: What to Do If You Feel Sick

March 23, 2020



1. Stay home and call your doctor, if needed.

Most people who get COVID-19 will recover without needing medical care. The Centers for Disease Control and Prevention (CDC) recommends that you stay home if you have mild symptoms – such as fever and cough without shortness of breath or difficulty breathing. You can call your doctor to see if you need medical care.

Some people are at **higher risk** of getting very sick with COVID-19. People at higher risk should call their doctor if they develop symptoms of fever or cough. You are at higher risk if you:

- Are 65 years and older
- Live in a nursing home or long-term care facility
- Have a high-risk condition that includes:
 - Chronic lung disease or moderate to severe asthma
 - Heart disease with complications
 - Compromised immune system
 - Severe obesity — body mass index (BMI) of 40 or higher
 - Other underlying medical conditions, particularly if not well controlled, such as diabetes, renal failure or liver disease

People who are pregnant should be monitored since they are known to be at risk for severe viral illness. However, to date, data on COVID-19 has not shown increased risk for severe illness.

Call your doctor or 911 right away if you have:

- Shortness of breath
- Difficulty breathing
- Chest pain or pressure
- Confusion
- Blue lips

Most people do not need a test.

When you leave your home to get tested, you could expose yourself to COVID-19 if you do not already have it. If you do have COVID-19, you can give it to someone else, including people who are high risk.

Your doctor can help you decide if you need a test. There is no treatment for COVID-19. For people with mild symptoms who don't need medical care, getting a test will not change what you or your doctor do.

Testing is most important for people who are seriously ill, in the hospital, people in high-risk settings like nursing homes or long-term care facilities, and healthcare workers and other first responders who are caring for those with COVID-19.

2. Isolate yourself.

If you are sick with COVID-19 or believe you might have it, you should stay home and separate yourself from other people in the home as much as possible.



When can I go back to my normal activities?

You can stop isolating yourself when you answer YES to ALL three questions:

- ✓ 1. Has it been at least 7 days since you first had symptoms?
- ✓ 2. Have you been without fever for three days (72 hours) without any medicine for fever?
- ✓ 3. Are your other symptoms improved?

Call your doctor if your symptoms are getting worse or you have any concerns about your health.

What if I'm not sure if I have COVID-19?

If you have fever and cough and other symptoms of respiratory illness, even if it is not from COVID-19, you should isolate yourself as if you have COVID-19. This will reduce the risk of making the people around you sick.

What should my family members do?

Anyone in your household or others who have been in close contact with you should stay home for 14 days as much as possible and monitor themselves for symptoms. Close contact means within six feet for at least 10 minutes. If they start having symptoms of COVID-19, they should take the same steps to prevent spreading it.

Family members who are healthcare workers, first responders, or others who are needed to respond to the COVID-19 pandemic should review [CDC guidance](#) and check with their employers about when to return to work.

3. Stay informed.

- Visit ncdhhs.gov/coronavirus for information from the NC Department of Health and Human Services.
- Text COVIDNC to 898-211 to get text updates.
- Found out more information on what to do if you are sick at cdc.gov/coronavirus.



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