

# The Pamlico News



Wednesday, November 8, 2017

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**NOTABLES**

**FARMERS FRESH MARKET**  
Perfect for Holiday Shopping  
Oriental Farmers Market  
Open Saturdays

The Oriental Farmers Market on Hodges Street is Open Every Saturday, 8-11 am.

The market features a wide variety of goodies including locally grown produce, farm fresh eggs, home-baked breads, biscotti, cookies, cakes, pies as well as preserves and chocolates and lots more to start your holiday shopping!

**Lost and Found**

Found: Belk Gift Card Card found at the Hospice Thrift Store in Bayboro. Please call 252-745-5171

**Goose Creek State Park Basics Of Prescribed Burning**

Saturday, November 11th at 2 p.m. Fire is a valuable tool in maintaining a healthy ecosystem. We will talk about the reason we burn, how we burn and how it can benefit the landscape. Meet in the visitor center. Call the park office at 252-923-2191 for more details.



**Hospice Of Pamlico County 2nd Annual Glow Run**

The 2nd annual Hospice of Pamlico County, Inc. 5k Glow Run will be held on November 18 at 6 p.m. The 5k Glow Run will be a run/walk for participants of all ages and activity levels and will begin and end in Lou Mac park in Oriental. There will be live music and food provided by the Oriental Rotary Club. For more information call 745-5171.

**OWC Christmas Luncheon**

On December 5th, 11:30-2:00 the Oriental Woman's Club will host its annual Christmas luncheon to raise funds for local scholarships. This is an annual event and proceeds go to awarding a few of the counties top students scholarships to assist in their college endeavors. The event is open to the general public. Join us for a catered lunch, games and music as we celebrate the season. Tickets are \$15 and are available at First Citizens Bank and through the OWC.



**Unitarian Coastal Fellowship Goods And Services Auction**

"PLEASE JOIN US at the Unitarian Coastal Fellowship, 1300 Evans Street, Morehead City on November 10 at 6 p.m. for our annual GOODS AND SERVICES AUCTION.

This is an annual event, with many special auction items. Examples include home baked goods, jewelry, candlelight dinners, wine tastings, pottery, etc. It is our biggest fundraiser for the year which allows us to contribute to many worthy non-profit organizations in our county. It's a very lively event! Lots of laughs with fun people!" Fore more info. contact Harriet Altman at 910-340-9270.

**New Bern Farmers Market**

Grow it, Sew it, Make it, Bake it... Now accepting SNAP/EBT. Open Saturdays from 8 a.m. to 2 p.m. and Tuesdays from 10 a.m. to 2 p.m. Located at 421 South Front Street in Downtown New Bern. Vendor space available. Call 252-633-0043.



**Fairfield Harbour Harvest Craft Fair**

The Fairfield Harbour Harvest Craft Fair will be held on Saturday, November 11 from 9AM until 2PM at the Fairfield Harbour Community Center at 585

See Notables, page A

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Welcome to The Pamlico News special Veterans Day edition honoring our Veterans and active military men and Women. Many generations of Pamlico County residents have had a rich history of military service. We are very proud that such a large percentage of native born sons from earlier centuries through modern day sons and daughters, have chosen to serve and protect our country. We are also proud that many more young men and women, whom have served locally or elsewhere, hold our local way of life dear enough to choose to make coastal North Carolina their forever home. And finally, we are proud and honored to have Cherry Point as our neighbor as we appreciate all other military institutions and the work they do.



**Veterans Day Observance Begins With Parade In Bayboro**

Pamlico County will be observing Veterans Day with a parade in Bayboro on Saturday November 11th at 10:00 a.m. Our Grand Marshall is Russ Spalti. Russ, a USMC Gunny Sergeant, has been involved in the county as Sergeant in Arms with the Oriental Dragon Detachment #1413 of the Marine Corps League, Commander of the Pamlico Honor Guard, and active DAV and Veterans Council member.

Following the parade at 12:00 PM, our Pamlico County Veterans and their guest will be honored with a luncheon at the Fred A. Anderson Elementary School. Veterans need to show some proof of residency and service.

Our Pamlico County Veterans Council and County Government honor our veterans for their ser-

vice to our country and continued contribution to Pamlico County. The Guest Speaker will be MCPO Dave Matthews, Naval Science Instructor - Pamlico NJROTC. In January 2011 Master Chief Matthews retired from the United States Navy after 23 1/2 years of active Naval service and deployments to Afghanistan, Iraq, Saudi Arabia (during Desert Shield/Desert Storm), and South America (Unitas cruise). His decorations include the Meritorious Service Medal, Navy Commendation Medal with 4 gold stars, Army Commendation Medal with 4 gold stars, the Combat action Ribbon and various other personal and unit awards.

Please come out and enjoy the parade and show your support for our Veterans.



Jimmy Buffet's brand new, custom-built sailboat stopped at Sailcraft Marina. The vessel, built at Pacific Seacraft in Little Washington, was hauled and is heading south to West Palm to be put in the water to step her mast. Photo by Jane Wright

**ATTENTION TAXPAYERS**

The Pamlico County Tax Office has begun their assessment of real property for the 2020 Revaluation. You may see appraisers in your area or on your property assessing real estate. Please contact the Pamlico County Tax Office if you have any questions or concerns at 252-745-3791 or email: sarah.davis@pamlicocounty.org

**Frances Mae Makes A Splash**



The NC Heritage Association celebrated the first official voyage and christening of Frances Mae, a Core Sound work boat classroom built by Harkers Island native Heber Guthrie in the centuries-old rack-of-the-eye tradition of boat construction.



**Get Your Game On With PC Athletics Club**



See Page 14A For Full Details

**Dental Lab. Tech. Instructor, Student Help Out At Area Clinic**

By Sandy Wall, Pamlico Community College  
An instructor and a student from Pamlico Community College's new Dental Laboratory Technology program volunteered at the recent Mission of Mercy free dental clinic in New Bern.

Instructor Kathy Nicodemus and first-year student Patricia Willis worked a day at the event, which was held Oct. 27 and 28 at The Epiphany School of Global Studies.

The event provided free dental care to more than 700 low-income patients, including about 85 men and women who received dentures, partials or other prostheses. Nicodemus and Willis helped pour and trim models for many of those prostheses, among other tasks.

"I absolutely did enjoy helping," said Willis. "The experience was very rewarding in different aspects for now and in the future."

The Mission of Mercy free dental clinics are outreach projects of the N.C. Dental Society. They are staffed by volunteers, including dentists, hygienists, assistants, lab techs and others.

The New Bern operation featured more than 70 dental chairs and a mobile X-ray trailer. Marines stationed nearby also were on hand to help.

Willis said the clinic gave her an opportunity to take the information she had learned in Nicodemus' class and put it to good use.

"Pouring models was one of the first hands-on things I learned in class," she said. "The hands-on experience definitely gave me a different prospective into the field of study. The experience has made me want to pursue becoming a dental laboratory technician even more, and I'm so eager to learn everything

I need to know and start a career."

Willis added that she was impressed by the pace of activity at the clinic and enjoyed seeing her instructor thrive in it.

"I enjoyed the whole thing, but working beside Ms. Kathy (Nicodemus) was definitely at the top of the list," she said. "While she was in a comfort zone for herself, it was a new thing for me, and she helped me through everything and made sure I felt comfortable in such a fast-paced, first-time experience."

PCC President Dr. Jim Ross was pleased to learn that a PCC student and instructor had volunteered at the clinic and commended them for caring enough to do so.

"When we launched the Dental Laboratory Technology program, we knew it had the potential to improve people's lives," he said. "This Mission of Mercy clinic is a perfect illustration of how a PCC program can provide training that enables students to start careers and to make a positive difference for people in our region."

Nicodemus was glad she and Willis got a chance to take part in the effort.

"Overall it is a fantastic organization and a very rewarding experience for all involved," she said.

For more information about the college's Dental Laboratory Technology program, contact Nicodemus at knicodemus@pamlicoccc.edu or 252-249-1851, ext. 3017.

Sandy Wall can be reached at 252-249-1851, ext. 3010, or swall@pamlicoccc.edu.



Pamlico Community College Dental Laboratory Technology student Patricia Willis, left, and Instructor Kathy Nicodemus take a break during the recent Mission of Mercy free dental clinic in New Bern. Contributed photo

**OBITUARIES**

- Billy Raeford Rogers, age 77, of Reelsboro
- William "Red" Bryan Jones, age 67, of Mesic

**TURNAGE**  
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Got News?  
Call us at, 249-1555 or  
email editor@thepamlico-  
news.com.



**McNeill Jewelers**

**60% OFF**

**90 DAY LAYAWAYS**

*Selling Out all Inventory!!!*

All of our Fine Jewelry Merchandise is being sold at a huge discount

**RETIREMENT SALE**

Diamonds-Gold-Watches -Silver Nearly Everything\*

The owners are retiring and new owners will soon take over but all merchandise must first be sold.

\*Pandora is not discounted due to contractual agreements.

Hours:  
Monday - Friday: 10:00AM - 5:30PM  
Saturday: 10:00AM - 2:00PM  
Sunday: CLOSED

1909 S Glenburnie Rd  
New Bern, North Carolina (252) 514-0265

**Beerfest 2017 At Minnesott**

Join Minnesott Golf and Country Club for an outdoor "Bavarian Biergarten"!

Saturday, November 11, 2017  
Gates open at 6:30

\$30 per person; \$35 starting November 5th

Includes: Beer, Food and Entertainment by Blue Moon Jazz Band

Information and ticket sales:  
Minnesottgolf.com or in person at Minnesott Golf and Country Club

**WAYFARERS COVE**  
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**PAMLICO COUNTY SENIOR CENTER HAPPENINGS**

<b>Wednesday, November 8</b> 10 am -12 pm Crocheting & Knitting 10-10:30 am Bible Study	2 pm Young At Heart Crafts
<b>Thursday, November 9</b> 10-10:30 am Health Screening Blood Pressure ck/wt 10:30-11:30 am Talk & Exercise With Beth 1-2 pm Arthritis Exercise Class 1-2 pm Stain Glass Class	<b>Monday, November 13</b> 9 am Acrylic Painting 9 am Center Volunteers Paperwork 1 am Arthritis Exercise Class 2 pm Alzheimer's /Dementia Support Group
<b>Friday, November 10</b> Fantastic Friday 10 am Bingo 1 pm Cards 1:30 pm Movie & Popcorn	<b>Tuesday, November 14</b> 9:30 am Line Dancing 10:30 am Singing 11 am 50+ Club 1 pm Wicker Basketry Class 1 pm Cards 5:30 pm TOPS Meeting

**WEATHER**

<b>Wednesday</b> A chance of rain. Mostly cloudy, with a high near 63. North wind 8 to 10 mph. Chance of precipitation is 40%. New precipitation amounts between a tenth and quarter of an inch possible.	A chance of rain. Mostly cloudy, with a low around 53. Chance of precipitation is 40%.
<b>Wednesday Night</b> A chance of rain. Cloudy, with a low around 56. Chance of precipitation is 50%. New precipitation amounts between a quarter and half of an inch possible.	
<b>Thursday</b> A chance of rain. Cloudy, with a high near 65. Chance of precipitation is 50%.	<b>Friday</b> Partly sunny, with a high near 62.
<b>Thursday Night</b>	<b>Friday Night</b> Partly cloudy, with a low around 46.
	<b>Veterans Day</b> Mostly sunny, with a high near 59.
	<b>Saturday Night</b> Mostly cloudy, with a low around 50.
	<b>Sunday</b> A chance of rain. Mostly cloudy, with a high near 65. Chance of precipitation is 30%.

**QUICK REFERENCE**

<b>Emergency:</b> Dial 911 for police, sheriff, fire departments, rescue squads, ambulance	<b>County Manager:</b> 745-3133
<b>Animal Poison Control Center:</b> 1-888-426-4435	<b>Emergency Management:</b> 745-4131
<b>Carteret General Hospital:</b> 808-6000	<b>Health Dept.:</b> 745-5111
<b>Coastal Carolina Regional Airport:</b> 638-8591	<b>Recycling Center:</b> 745-3283
<b>Emergency Pet Care:</b> 444-1399	<b>Senior Services:</b> 745-7196
<b>Highway Patrol:</b> 1-800-441-6127	<b>Sheriff's Dept. (non-emergency) -</b> 745-3101
<b>Medical Assistance (CarolinaEast Medical Center):</b> 633-8111	<b>Social Services:</b> 745-4086
<b>Nova Urgent Care:</b> 745-7440	<b>Tax Collector:</b> 745-4125
<b>Pamlico County Departments</b>	<b>Water Dept.:</b> 745-5453
<b>Board of Elections:</b> 745-4821	<b>Poison Control Center:</b> 1-800-222-1222
	<b>US Coast Guard (Hobucken):</b> 745-3131

**Horoscopes**  
November 2017 • Week 2

 <b>CAPRICORN</b>	December 22 - January 20 Changes, particularly early in the week, will do you good, Capricorn. Rearrange furniture or even try out a new hairstyle for some new perspective.	 <b>CANCER</b>	June 22 - July 22 Hoping and wishing for something without taking any action will not lead to satisfaction, Cancer. Figure out what you hope to achieve and then work toward that goal.
 <b>AQUARIUS</b>	January 21 - February 18 Aquarius, take some time to do something with your partner, who can probably use your help right now. This can change your life emotionally and financially.	 <b>LEO</b>	July 23 - August 23 Optimism abounds this week, Leo. You are ready to tackle any project big or small. Even though you may feel like you can take on the world, enlist a few helpers.
 <b>PISCES</b>	February 19 - March 20 Pisces, remain tight-lipped about a positive development. You won't have to stay silent forever, but wait a little longer to share the news.	 <b>VIRGO</b>	August 24 - September 22 Safeguard your personal information, Virgo, because not everyone you meet is on the up and up. Be cautious without being suspicious and things will turn out fine.
 <b>ARIES</b>	March 21 - April 20 An emotional encounter that you have with someone close to you gives you clarity and peace of mind, Aries. This is a catalyst for making personal changes that improve your life.	 <b>LIBRA</b>	September 23 - October 23 Libra, you can make a big difference by contributing time, money or both. Don't hesitate to pitch in. Celebrate all that you have accomplished with someone you love.
 <b>TAURUS</b>	April 21 - May 21 Taurus, it's good to want to help others. But do not let someone take advantage of your generosity. Be as accommodating as you can and them communicate your feelings.	 <b>SCORPIO</b>	October 24 - November 22 Scorpio, this week you can dictate your time to something that will educate you further on an area of concentration you want to pursue. It may be a charitable cause.
 <b>GEMINI</b>	May 22 - June 21 Gemini, spend time fixing up your home this week or doing things that are geared around family. This is a great time for parents and children or even extended family to get together.	 <b>SAGITTARIUS</b>	November 23 - December 21 Your great imagination often causes you to be the life of any gathering, Sagittarius. This week you may have to let others' creativity take center stage.



Land/Home Sales  
Property Management  
Appraisals Development



Agent of the Week

Allen Propst  
Broker-In-Charge

Here's what one of Allen's customers had to say...

We have bought and sold 12 houses over the course of our lives, but Allen Propst is by far and away the best realtor we've ever worked with. Incredibly responsive and available, willing to take time to get to know us, honest and direct when he needs to be, and very willing to think outside the box, he is simply a terrific realtor. You really can't get better than this!

Steve & Sally, Oriental



**GRANTSBORO** – Beautiful rural setting yet convenient to all your needs and close for New Bern commute. Well maintained **3BR/1BA** ranch w/ tree lined privacy, completely fenced back yard, two-car attached carport. Unrestricted, no HOA dues, and not in a flood zone.  
**OFFERED AT \$129,000**



**ORIENTAL** – Views of Smith & Green Creeks, deep-water boat slip in foreground. **2BR/2BA** condo, eat-in kitchen, dining area, spacious living room and master suite. Laundry closet & spacious pantry. Covered waterfront deck, sunset views, prevailing summer breezes.  
**OFFERED AT \$175,000**



**ORIENTAL** – Spacious **3BR/2BA** waterfront home in the heart of Oriental with loads of character. Open floor plan with unique hand carved-wood work. Breezeway, 2 car attached garage and 2 separate workshops, boat lift.  
**OFFERED AT \$299,900**



**ORIENTAL** – Gorgeous brick home with 200' of waterfrontage on Broad Creek. **3BR/2BA** in Up The Creek development w/ deeded boat slip on deep-water. Hardwood flooring in kitchen, living, dining & master bedroom. Wood-burning fireplace, breakfast area, spacious laundry room, FROG, huge Carolina room and a 2-car garage.  
**OFFERED AT \$325,000**



**ORIENTAL** – Waterfront **3BR/2BA** +FROG (with additional full bath), boat dock and covered lift on scenic 1.66 acres in the Spicers Creek community. Vaulted ceilings, sunroom, formal dining room, gas log fireplace, tile & hardwood flooring, attached 2-car garage & detached RV garage/workshop/garden shed.  
**OFFERED AT \$449,900**

See all Listings & Visual Tours at  
[www.orientalncwaterfront.com](http://www.orientalncwaterfront.com)  
1-800-347-8246 • 252-249-1014  
Or contact Allen Propst  
**252-671-4644**  
704 Broad St, PO Box 750  
Oriental, NC 28571



## Dr. Jim Ross Discusses



Dr. Jim Ross, PCC's President

### PCC President Dr. Jim Ross Speaks Out on... Becoming Part of the Pamlico Community College Family!

Pamlico Community College was recently honored to be ranked as the No. 1 community college in the United States for 2017 by SmartAsset, a New York-based personal finance technology company.

The designation was based on a review of U.S. Department of Education data on 808 community colleges located in every state throughout our nation. One of the most impressive

facts: PCC students have an extraordinarily high graduation/transfer rate of 84 percent, compared to the national average of 40 percent.

As PCC President, I am extremely impressed by the family atmosphere here that is essential to this success. PCC employees are outstanding professionals who go way above and beyond the call of duty to serve each student.

Because of this, I have seen over and over again that students become part of a family at our college. As part of the PCC family, they are surrounded by people who care about them and their hopes, dreams, and family who are counting on them.

This column is to invite you or someone you love to become a part of our PCC family too! There has never been a better time to check out the courses available to prepare you for a better life at your community college.

Whether you are a traditional college-age student, a high schooler looking to get ahead in your studies or an adult learner who wants to complete a long-held academic dream or investigate a new career, PCC has something worthwhile for you to consider.

This month is a good time to come by and meet with our Student Services staffers to see how PCC can help you get started. From November 13 to 15, the college will be offering Early Advising and Pre-registration for the upcoming Spring 2018 semester.

You're invited to contact our Student Services staff at 252-249-1851, ext. 3001, to set up a visit and to see how your life can become better through your community college.

In selecting a college, I urge you to consider quality and cost.

In terms of quality: In addition to being named the best community college in America by SmartAsset, the Aspen Institute recently named PCC one of America's elite community colleges. PCC in 2016 was ranked the third-best community college in America by WalletHub. Our Medical

Assisting program is rated No. 1 among U.S. community colleges by the website [rwm.org](http://rwm.org), which stands for Real Work Matters.

PCC students who transfer to universities have had the highest performance success at the UNC system level for three straight years among all state community college students. In fact, we take great pride in the fact that students who transfer from PCC perform higher at the public university level than students who enroll there as freshmen!

In terms of cost: With our nation's citizens in debt by more than \$1.2 trillion from student loans, it makes good sense to attend your community college. Annual tuition and fees for a full-time, in-state student for 15 credit hours per semester at Pamlico Community College is about \$2,400 per year. The U.S. Department of Education reports that the average cost for tuition and fees for universities in our nation is about \$24,000 per year. This means the PCC cost is about one-tenth the cost of the average university for tuition and fees, yet you will receive an outstanding education at PCC just as you will at many universities.

I can cite more statistics, honors, and accolades PCC has received in recent months, but here's what I believe is the most important thing that allows PCC to help you succeed: We care.

We offer students a family atmosphere with faculty members and staffers who are committed to your success. We have extremely small class sizes with a 9 to 1 student to faculty ratio, which means much more individualized attention and instruction.

Classes are taught by our highly qualified faculty members, and the approved college credits earned here transfer to the 16 public universities in North Carolina and to many private colleges and universities in the state.

If you or someone you love is wondering what to do with life, please consider calling PCC and coming to see us to help you have the best life possible.

Thank you so much for giving me the great honor to serve as President of Pamlico Community College, the top-ranked community college in America.

Thank you for allowing Pam and me to be your very appreciative neighbors.

The Pamlico News provides an opportunity for Dr. Jim Ross, Pamlico Community College's president, to write a monthly column. Dr. Ross has an extremely impressive record of extensive leadership accomplishments in community colleges, business, and non-profits based on encouraging high-achieving teamwork to make communities better. Dr. Ross welcomes the opportunity to meet you and hear your suggestions or questions. Please e-mail [jross@pamlico.edu](mailto:jross@pamlico.edu) or call 252-249-1851 ext. 3007 to contact him.



## Arapahoe Charter School To Offer New School Tours, Local Seafood Lunch

Kick off the holiday season with a old-fashioned celebration at Arapahoe Charter School's First Annual See&Sea - a unique event offering tours of its new school and an "over-the-top" seafood lunch.

ACS and the North Carolina Fisheries Association, working together to provide a Sound Education, invite everyone to enjoy a Down County Boil and Fish Stew on Saturday, November 11th, noon-3 pm on the school grounds.

The celebration kicks off the last leg of its new \$9 million building complex and will offer the first tours of its state of the art educational complex scheduled for competition in March. To launch the last phase of project, NCFCA members are donating seafood for this special event that will offer a seafood stew including fresh, locally-caught clams and shrimp as well as a fish stew, crusty bread, a beverage and a selection of desserts for \$20, 12 and under - \$10. Your seafood lunch will be served in a commemorative bowl for you to take home.

"As an educational institution we recognize the importance of our commercial fishing heritage through the many students who have

connections to the industry that go back many generations," said Dr. Dennis Sawyer, ACS Administrative Director. "This is a way to celebrate that heritage coupled with celebrating the building of our dream school - what better way than with a seafood lunch."

"This is an opportunity for NCFCA to not only serve the fishing community but to support our educational institutions," said Glenn Skinner, Executive Director of NCFCA. "Schools can play a pivotal part in educating the public about the commercial industry and we always look forward to participating in events such as this one."

To order tickets (\$20) for the seafood dinner celebration, visit [www.arapahoeharter.org](http://www.arapahoeharter.org) or call Greg Rohrman in the front office at 252-249-2599. Or, just show up - we'd love to welcome you to this fun, over-the-top event welcoming the fall holiday season.

Arapahoe Charter School, located at 9005 Hwy 306S, Arapahoe in Pamlico County, is a regional public school of choice serving grades Kindergarten through 12th.

For additional information/questions, email [maureen.donald@arapahoeharter.org](mailto:maureen.donald@arapahoeharter.org).



## Pamlico County Employee Recipient Of LGFCU Scholarship

Local Government Federal Credit Union (LGFCU) congratulates Lynn Lewis, Pamlico County Register Of Deeds, who is the recipient of a career development scholarship award. Lewis used the scholarship money to attend the course "Leading Change in Government Organizations" for Government Professionals at the School of Government (SOG), UNC-Chapel Hill. Lewis said the class centered on shifting your thinking about change to make local government better overall.

Lewis has been with the Register of Deeds office since 2002 and became Register in 2012. "I've been with the county for over 15 years. Working in this office has given me the opportunity to help and meet many wonderful people. It is a job I love and one I am passionate about. I am honored to serve as the Pamlico County Register of Deeds," said Lewis.

"I was very humbled to once again be a recipient of the LGFCU Scholarship Program. It is a great program, and I am proud to be a member of the Local Government Federal Credit Union. I would encourage any local government employee to apply for an LGFCU



scholarship," added Lewis.

"The credit union is proud to partner with the School of Government to offer these scholarships to North Carolina's local government employees," said LGFCU President Maurice Smith. "As a result, these LGFCU members are able to strengthen their skills and enhance their job performance, thereby better serving their communities."

The SOG is the largest university-based local government training, advisory and research organization in the United States, offering classes, seminars, schools and specialized conferences for more than 12,000 public officials each year.

For more information on LGFCU scholarships or to apply visit [www.lgfcu.org](http://www.lgfcu.org).

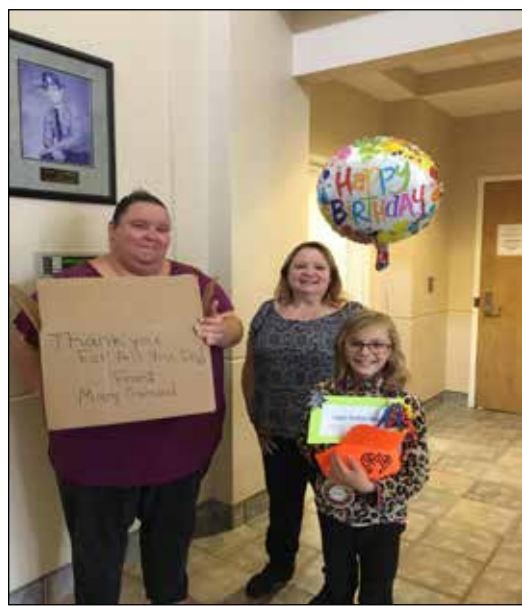
Local Government Federal Credit Union serves North Carolina's local government employees, elected/appointed officials, volunteers and their families. The \$1.8 billion federally chartered credit union is a cooperative of more than 300,000 members associated with various facets of local government in North Carolina's 100 counties and 546 cities, towns and villages.

## Reelsboro Youth Celebrates Birthday By Giving Back

When asked what she wanted for her tenth birthday, Mary Ann Garrard a fourth grade student at Fred A. Anderson Elementary School, she thought for a moment and decided she wanted to do something special, not for herself, but for those who protect and serve. On Monday, October 16, Mary Ann's tenth birthday, she along with her mother dropped of 21 gift bags to the Pamlico County Sheriff's Department. She felt that the local police were not appreciated enough and this was her way to say thank you for all that they do.

She was so excited to bring a bit of joy to their day. The Sheriff's Department was so moved by this gesture they got her something too. Mary Ann says she will always remember this day and would like to thank the Sheriff's Department for making this a birthday she will always remember.

Mary Ann of Reelsboro is the daughter of Bonnie and Page Nethercutt and Mike Garrard of SC.



## Donate Your Clock To Help With Teaching Time At HeartWorks

Submitted by Katherine Hudson, HeartWorks Volunteer

Recently, several 8-year-olds at the HeartWorks' After-School Program expressed a desire to learn how to "tell time on a real clock". Apparently, most children as well as many adults under the age of 40 have never used anything but digital devices for telling time. A quick search on the internet described the many benefits of learning to use analog clocks. The HeartWorks' volunteers and teachers have started to teach this basic skill, but need more clocks on the bookcases and up on the walls! So, if you have an extra analog clock; the



kind with numbers plus a big hand and little hand, please consider donating it to HeartWorks.

New, unwrapped toys for children aged 5 - 14 are also being collected in preparation for Santa arriving at HeartWorks in mid-December. Elves will be wrapping the gifts on December 14th and 15th. So, while you are out shopping, please consider picking up an extra toy or perhaps a child's analog wrist watch and bringing your donation to HeartWorks in

Bayboro. What fun if every 8-year-old could get a toy and an old-fashioned watch for Christmas!

## Dinner Theater Returns To O'Town With Scrooge's Christmas



The Old Theater in Oriental and O'Town Restaurant are teaming up again to present another special event of theater and fine dining on December 18, 19 and 20 at 6:30 PM at O'Town's Pub located at 518 S Water St, Oriental, NC 28571. This event will feature Scrooge's Christmas which is an adaptation by Ken Jones of the Charles Dickens' classic tale A Christmas Carol. Actors portray all the characters of this Christmas tradition

which include Christmas carols where the audience can sing along to get you in the Christmas spirit.

During the Victorian era of the 1800's, the ghost story aspect of A Christmas Carol, is emphasized. The play is narrated by Jacob Marley who returns to earth after being deceased for seven years to try and reform his ex-partner Ebenezer Scrooge. The miserly Scrooge is seen frowning at carolers, chasing away charity collectors, and making life miserable for his clerk, Bob Cratchit. But Marley appears to Scrooge on Christmas Eve and sends three spirits: Christmas Past, Present and Future. Each spirit reveals a different aspect of Christmas and in the end, old Scrooge is changed and celebrates Christmas dinner with the Cratchit family.

Tickets are \$40.00 (no discounts) which includes a full course meal (alcoholic beverages not included), and go on sale November 15 at Nautical Wheelers-Oriental. There will be no tickets available at the door. This is a limited engagement, where seating is limited to 50 guests per night. Seating begins at 5:30; performance begins at 6:30.

This performance is presented by the Old Theater Corporation, and O'Town' Restaurant; produced with special arrangement with Hauer Publishing LLC.

## Hurricanes Cross Country Ends Season On High Note

By: Cooper Metts  
KERNERSVILLE-- The Pamlico County Cross Country team concluded their season on Saturday at the North Carolina High School Athletic Association State Championship. The male team placed 13th overall in the state. Cameron Lee, Eastern Region individual female representative, placed 37th overall as an individual.

"It's obvious the state meet was a departure from normal, both in terms of the level of competition and the number of competitors," said Head Coach Paul Delamar. "Overall, I was satisfied with the effort our kids gave. There's little to complain about as a coach. In this case they were," said Delamar.

Leading the way for the Canes was senior Alden Sylvester with a 5K time of 18:26. Sylvester had the best performance of his high school career on the biggest stage. "I really try not to think about the race or the people. Once I get my breathing in check I just let my body take over until I hit the finish line," said Sylvester. This performance came as no surprise to Delamar. After the race, Delamar said, "Alden has always had his best races at big meets at the end of the season; we've come to expect that of him. He's going to be a great runner at UNC-Pembroke."

Coming in behind Sylvester, were seniors Derrick Columbus and Malik Barber with times of 19:30 and 19:32. "I've never seen three better senior leaders than Alden Sylvester, Malik Barber, and Derrick Columbus. There aren't words to describe how important they've been," said Delamar.

Rounding out the Canes top seven were David Rice with a time of 19:38, Cooper Metts with a

time of 19:49, Josiah Stephen with a time of 20:04, and Jahmere Miller with a time of 20:19.

"Cameron Lee has been solid all year, and Saturday was no different. She ran a smart race, and she took the hills well. I could see her taking as much as a minute off her 5K time between now and next year. She's a phenomenal athlete with great potential," said Delamar.

Lee qualified as an individual for the State Championship meet at the Regional Championship two Saturday's ago. "It meant a lot for me to qualify for states in my first year at Pamlico. It was the culmination of a lot of hard work," said Lee. Lee crossed the finish line with a 5K time of 22:13.

Reflecting on the season Delamar said, "There are too many bright spots to mention. This team has been rewarding as a coach. Imagine how fortunate we've been to have a group of kids totally dedicated to each other and to their team goals. I'll never have a tighter, more enjoyable team; they spoiled me." Expanding on the same idea, Sylvester said, "We win, lose, and hurt together."

Looking forward to next season, the male Hurricanes will lose four runners from their top seven and the Lady Canes will lose three of their top seven. Delamar expressed his concern. "The program needs to continue to attract high-quality athletes, kids who are willing to put in the time and effort to excel at a sport that is underappreciated," said Delamar. "Training year round is the key. It's not a sport at which you can achieve any meaningful success if you only do it during the season."

The Hurricanes Cross Country program looks to recruit future runners and expand upon last year's successes next season.



## Hospice of Pamlico County's 2nd Annual "GLOW OVER THE BRIDGE" 5K FUN RUN

- Saturday, Nov. 18, 2017
- Lou Mac Park, Oriental
- Registration at 4:30 pm
- Run begins at 6:00 pm

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**Financial Focus: Stampeding Bull Market May Slow Down ... So Be Prepared**



Dan M. Roberts, IV  
Financial Advisor

As you know, we've been enjoying a long period of steadily rising stock prices. Of course, this bull market won't last forever – and when it does start losing steam, you, as an investor, need to be prepared.

Before we look at how you can ready yourself for a new phase in the investment environment, let's consider some facts about the current situation:

- **Length** – This bull market, which began in 2009, is the second-oldest in the past 100 years – and it's about twice as long as the average bull market.

- **Strength** – Since the start of this long rally, the stock market has produced an average annualized gain of 15.5% per year.

While these figures are impressive, they aren't necessarily predictive – so how much longer can this bull market continue to "stampede"? No one can say for sure, but there's no mandatory expiration date for bull markets – in fact, they don't generally die of old age, but typically expire either because of a recession or the bursting of a bubble, such as the "dot.com" bubble of 2000 or the housing bubble of 2007. And right now, most market experts don't see either event on the near-term horizon.

Still, this doesn't mean you should necessarily expect an uninterrupted streak of big gains. Some signs point to greater market volatility and lower returns. To navigate this changing landscape, think about these suggestions:

- Consider rebalancing your portfolio. If appropriate, you may want to rebalance your investment mix to ensure you have a reasonable percentage of stocks – to help provide the growth you need to achieve

your goals – and enough fixed-income vehicles, such as bonds, to help reduce your portfolio's vulnerability to market volatility and potential short-term downturns.

- Look beyond U.S. borders. At any given time, U.S. stocks may be doing well, while international stocks are slumping – and vice versa. So, when volatility hits the U.S. markets – as it surely will, at some time – you can help reduce the impact on your portfolio if you also own some international equities. Keep in mind, though, that international investments bring some specific risks, such as currency fluctuations and foreign political and economic events.

- Develop a strategy. You may want to work with a financial professional to identify a strategy to cope with a more turbulent investment atmosphere. Such a strategy can keep you from overreacting to market downturns and possibly even help you capitalize on short-term pullbacks. You could invest systematically by putting the same amount of money in the same investments each month. When prices go up, your investment dollars will buy fewer shares, and when prices drop, you'll buy more shares. And the more shares you own, the greater your potential for accumulation. However, this strategy, sometimes known as dollar cost averaging, won't guarantee a profit or protect against all losses, and you need to be willing to keep investing when share prices are declining.

During a raging bull market, it's not all that hard for anyone to invest successfully. But it becomes more challenging when the inevitable volatility and market downturns appear. Making the moves described above can help you keep moving toward your goals – even when the "bull" has taken a breather.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

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**Legislation May Bring More Health Services To Poor Areas**

By Lindsay Marchello, Carolina Journal News Service  
RALEIGH — The infant mortality rate remains frustratingly high in North Carolina compared to the national average, a report from the state Department of Health and Human Services finds.

Loosening state regulations on medical practice may enable more health care providers to offer services where they're needed most.

North Carolina reported 7.2 deaths per 1,000 live births in 2016, ranking it seventh from the bottom among states. The most recent data for the U.S. average is from 2015 and shows 5.9 deaths per 1,000 live births.

Last year, on average 331 babies were born each day in the Tar Heel State; two each day didn't survive.

"We need to do more to address the true determinants of health, if we want to see improvements," Dr. Elizabeth Tilson, state health director and chief medical officer, stated in a press release. "Our goal is to lower the infant mortality rate for all babies in North Carolina and decrease disparities within our populations."

A scarcity of physicians in low-income, rural areas is one of the problems. Legislation in the General Assembly would ease the restrictions on some medical providers, including certified nurse-midwives, which should make their services more available in areas where obstetricians are hard to find.

The Child Fatality Task Force held its annual presentation at the Legislative Building, which included an update on infant mortality rates Oct. 25. It detailed the racial disparities still persistent in the state.

Black infants were 2.7 times more likely to die before their first birthday compared to white babies, and the racial disparities are widening. The infant mortality rate for black babies increased by 7.2 percent from 2015 to 2016. Similarly, the rate increased by 11 percent for Hispanic infants. The mortality rate for white infants decreased by 12.3 percent during the same period.

The leading causes of death for infants in 2016 were prematurity and low-birth weight, a category comprising 20.6 percent of all infant deaths, according to data from N.C. DHHS. Congenital malforma-

tions, deformations, and chromosomal abnormalities were the second most common cause of death – 19 percent of all infant deaths.

Poverty is just one factor contributing to higher infant mortality rates, the Child Fatality Task Force stated.

"The numbers (of infant mortality) are greatest in the eastern part of the state," Karen McLeod, chair of the Child Fatality Task Force, told North Carolina Health News. "There seems to be a correlation around poverty in that area as it relates to death. This is something we really need to look at and investigate further and see what kind of interventions can be put in place to move North Carolina to a better place."

A shortage of physicians hurts the eastern part of the state, McLeod said during the infant mortality presentation. According to North Carolina Health News, McLeod said, women often have to travel outside their home counties to see an obstetrician.

The N.C. Perinatal Health Strategic Plan 2020, launched in 2016, is seeking solutions that would lower the infant mortality rate and end the racial and income disparities. Through a 12-point plan, N.C. DHHS, along with perinatal health experts, intend to address not only the infant mortality rate but also the health of the parents.

A legislative fix is also in the works with House Bill 88, otherwise known as the Modernize Nursing Practice Act. The bill has stalled in the House Health Committee.

H.B. 88 would reduce regulations and allow Advanced Practice Registered Nurses the ability to practice without direct physician supervision in some circumstances. Certified nurse-midwives are just one type of APRNs who benefit by H.B. 88, says the North Carolina Nursing Association.

"The fact that so many mothers in rural areas are struggling to see any provider due to the status quo is unconscionable," said Tina Gordon, the chief executive officer of the North Carolina Nurses Association. "Passing House Bill 88 would remove the outdated regulations that prevent many Clinical Nurse Midwives from providing this essential care in parts of the state that need it most."

**Letter To The Editor**

On October 28-29, 2017 Oriental hosted the first ever Parkinson's Exercise Prescription (PEP) Retreat. It was a weekend of education and exercise for 25 people from all over eastern NC (and beyond) who have Parkinson's Disease. The goal was to let everyone learn about and experience the specific types and "dosages" of exercise that science has proven can actually help treat this progressive neurological disease.

The PEP Retreat was funded by a generous grant from the National Parkinson's Foundation (NPF), through funds that were raised at Moving Day NC. Blake Tedder, our state's link to the NPF, not only was instrumental in helping us get the grant, but he also came out from Raleigh and personally attended the retreat.

Although the grant funds were critical to hosting the retreat, they were in fact "only the beginning." Those funds alone could not have pulled off the extraordinary weekend that transpired. It indeed took the village. Everyone who attended professed a profound appreciation for all the people of Oriental who made this event happen. I now want to profess my own appreciation . . .

First and foremost was Rita Vorleiter, who organized and oversaw the entire registration process and lead the tandem cycling exercise session - while also single-handedly making and serving up an incredible culinary masterpiece for lunch on Saturday. She went above and beyond what any one person should, or even feasibly could, do. I honestly could not have pulled this retreat off without her. She is a whirlwind of a character whose enthusiasm inspired everyone - and made each and every participant feel welcome and special.

Her husband Greg also spent the weekend helping out, manning the van that the Methodist church so graciously let us use for the entire two-day retreat so that we could constantly shuttle participants back and forth between the different activity venues. Both the Village Health and Fitness and the Oriental Woman's Club were well utilized for the lectures and/or exercise sessions. I want to thank both of these organizations for allowing us to use their facilities.

Cecily Lohmar was another important character. She assisted me in marketing the PEP retreat and in organizing the multitude of volunteers that made this event the success that it was. In the end I believe we had over 25 volunteers helping out with registration, baking a wide selection of delicious breads and pastries for breakfast and for the various breaks between sessions, assisting in transporting people between venues and for being much needed spotters and coaching assistants throughout the different exercise sessions, from dance, yoga and therapy-based exercise classes to boxing, tandem biking and Nordic Walking. The volunteers were fantastic! The participants could not say enough good things about this remarkable collection of volunteers . . . in fact, one participant wrote me a note afterwards stating that he would gladly come back to Oriental and pay big bucks just to hang out with the volunteers that he met over the weekend. He went on and on about how kind, caring, and fun this group was. I

fully agree! Thanks to everyone of them.

Another group of people that made this weekend as special as it was, was our local Parkinson's Dance Troup, lead by Wendy Osserman and Elaine Hills. They lead "DA troupe" in a performance to a very appropriate song called, "Big Steps." It was beautiful, inspiring and truly heart-felt. A memorable moment of the retreat.

On Sunday, just when we thought Saturday's lunch and our home-made snacks couldn't be beat, the Oriental Food Initiative came in with an equally amazing healthy spread for that day's lunch.

They not only donated the food and their time to make it, but they also served it, cleaned up afterwards and spent time mingling in a very positive way with the retreat participants. Everyone got to feel a part of something special.

The PEP Retreat owes its broad and successful reach to the fact that it was well supported by an easy-to-use interactive website (www.PEPretreat.com) that allowed everyone to register on line. This website was developed and maintained by Keith Smith at TownDock.net. Having this website helped us to fill the retreat to capacity.

Local businesses also made their mark, such as Deaton's Yacht Services. They provided top notch water bottles to all the participants and their partners so that everyone could stay hydrated throughout the two full days of exercising. Having a sailboat logo on bottles that everyone took home was a nice local touch.


We also owe a big thanks to the Pamlico Coastal Activities Council (PCAC). This not-for-profit 501C organization has embraced several Pamlico County Parkinson's Activity Programs. In addition to receiving and distributing the grant funds for the PEP Retreat, the PCAC has also been helping to fund the ongoing tandem cycling program (over the past 2+ years) and helping to get the Rock Steady boxing program for people with Parkinson's Disease started in Pamlico County. Ross Pease has been diligent with his accounting task for the PCAC, and has always been both pleasant and professional with the task that we more or less dumped on him. He's keeps everything sorted out beautifully so anyone donating to the PCAC for Parkinson's Programs can rest assured that the funds are being distributed properly!

And last, but not least, I want and need to thank each and every participant. I don't know how we ended up with the collection of people we did, but I couldn't have hand-picked them any better! Every single one brought something unique and important, whether it was a comment, a demonstration, an attitude or a joke. The energy and camaraderie could not have been better orchestrated.

I may have initiated the grant and the idea of the PEP Retreat, but thanks to everyone involved it evolved into something much bigger and better than I ever imaged. Thanks to all.

Maybe, just maybe, you all inspired me to try hosting another PEP Retreat next year.

Jennifer Smart



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Betty Jo Rodgers Correspondent

Pamlico



Fall officially began on September 22, but the weather is just beginning to feel fall like. Some of the leaves are finally changing color and the red maple trees are gorgeous. I saw a thoughtful church sign I liked on my way down highway 43 today. It said, "Leaves fall, Jesus doesn't." Now I like that!

Vandemere United Methodist Church had a successful Spaghetti Dinner Fund Raiser last Friday. They extend thanks to all who participated in donating, cooking, packaging and delivering meals. They especially thank all of the county residents who purchased the meals. This was their 2nd Annual Spaghetti Dinner Fund Raiser.

Alliance UMC and Stonewall UMC had their Fall Bazaars on Saturday, November 4th. I got some nice Christmas ornaments as well as my usual supply of "scrubbies." The ladies at these churches are talented in so many ways; there were some awesome crafts and delicious canned and baked goods available at both churches. Shoppers also received a surprise gift at each church. In Stonewall, they were given Methodist pins and in Alliance they were given Christmas coffee mugs with Hot Chocolate and candy canes inside them.

Also on that Saturday, we had the first practice for the traveling Christmas Cantata. Singers from Pamlico UMC, Bethel FWB and Trent FWB will join together to sing a cantata that will be performed at each of the respective churches. The next practice will be at Pamlico UMC on Saturday, November 11th at 3:00 pm. We would be delighted to have other singers join us.

We visited with Carla Byrnes on Sunday evening. She is finally home in Vandemere with her new car parked in the driveway. Prayers are being answered and we give God the glory.

On November 11th there will be a Veteran's Day Parade in Bayboro at 10:00 am. It will be followed by a program and lunch for the veterans and their spouses at Fred A. Anderson Elementary School.

Camp Don Lee is having their Sunday Dinners again on November 19th, and December 3rd and 10th from 11:30 am-2:30 pm. Cost is \$15 per person with \$1 off with your Sunday church bulletin. Reservations are recommended for groups of 8 or more and can be made by calling 252-249-1106 ext. 21. Offerings include Prime Rib, fried chicken; lime crusted salmon, a variety of Southern style vegetables, salad bar and dessert.

Trent OFWB Church in Merritt is planning a VBS over the Christmas holidays. They are seeking Born Again Believers, with a desire to work in Home Missions from December 19-22. Contact the Reverend Walt Pence at walterpenceIII@gmail.com for information.

As you are marking your busy calendar for this month, remember the Community Thanksgiving Service at St. Peter the Fisherman on White Farm Road the Sunday before Thanksgiving. The Service will begin at 7:00 pm and the Chorale will provide special music. This service is for all ages, all denominations, regardless of where or how you choose to worship. Fellowship after the service is encouraged.

Celebrating birthdays in November are Bill Sage (11/8), Chasidy Gwaltney Voliva (11/10), Paisley Tillman and Carol Heath West (11/14), Kevin Rodgers (11/23), Kari Hudgins and Jerry Harper (11/28) and Frank Maness (11/29).

On November 16, John and Penny \$ Farmer will celebrate 32 years of marriage.

Have a blessed week. Perplexed? Take Spiritual Vitamin P. "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:27)

Annette Jones, 55 Plus Club Correspondent

Goose Creek Island



Goose Creek Island 55 Plus Club met Thursday at the Community Center with President Roseanne Rowe presiding. She and Langston enjoyed spending a few days in Lowland. Members had a good time playing Bingo and winning great prizes. We played until everyone won! We sang Happy Anniversary to Till and Karen Lupton Ireland who have been married 48 years. Following the meeting Brenda and I played two games of Scrabble.

I was happy to bring Herbie home to stay with me for a week. The Rummikub ladies were still playing when we left. Pam Hannah will be guest speaker next week. She is planning a Christmas Play at the Community Center on December 17. We plan to eat out on Nov 16, No meeting Nov 23. We will attend the Community Living Class Christmas Play November 30 at Pamlico Community College.

Prayer List: Sandra O'Neal who recently had surgery has had a long recovery, but was finally released from the hospital on Friday. Please continue to remember Rev. John Carawan, Judy Brown, Tom Caroon, Scooter Leary and others on the prayer list. We were saddened to hear of the passing of J. D. Gaskill, formerly of Hobucken and William Bryan Jones of Mesic last week. Our love, prayers and condolences go out to the families.

Happy Birthday: Glen Hopkins, Kenneth Wayne Ireland, Bernice Jarvis Brothers - Nov 9, Janie Everett Miller - Nov 10, Lionel Frank Alcock, Zona Ray Lupton Ross - Nov 11, James Cavanaugh, Roxanne Williamson Lewis - Nov 12, Ginger Flowers, Joyce Marie Lupton Breton, Sue Gaskill Gilgo and Nancy Rose Reeder Johnson - Nov 13, Steven Elwood Leary, Barbara Sue Potter Cayton, Curtis Leon Rice, Raymond Thomas Jones, Julia Ray Lupton Mobley and Margaret Lupton - Nov 14. Happy Anniversary William & Aimee Rowe - Nov

10, Bryan & Rebecca Fletcher Caroon - Nov 11.

Joanne McKinney Clark of Tenn. visited her mother, Edna Ruth McKinney last week. She attended Worship Service Sunday at New Vision Church with Edna and her sister Nancy Lou. They also had a nice day shopping in Morehead City, Beaufort and New Bern. Joanne left to drive back home on Friday.

Jackie Potter, Teresa Hopkins and Kristen Hopkins enjoyed a vacation to the mountains of North Carolina and Pigeon Forge, Tennessee. Wanda Atkinson is preaching at New Vision PH Church during the month of November while the church is looking for a permanent minister. They were delighted to have former Pastor, Brother Ray Bonner and wife, Scarlet with them on Sunday.

Halloween was a big night here on the island. Treat and Treaters came out in a variety of costumes. There was candy galore! Many folks took bags of candy to the Methodist Church where it was passed out to the kids. My granddaughter Jenna passed out candy for me and I just sat in my easy chair. Many of them came inside to speak to me and that was so neat. I even got my picture made with two sweet little "spirits" from Mesic. It was a fun time for all!

Rhonda Mayo, Lynn Lewis, Miriam Prescott and Kathy Tyndall, co-workers at the Pamlico County Courthouse, went out Friday night looking for something "different." They decided on Bay Leaf Restaurant who specializes in Indian cuisine in downtown New Bern. After dinner they attended Aida at New Bern Civic Theatre. They enjoyed the show very much and reported a very nice evening.

Karen Ireland, Brandi Flowers and Ashley Flowers attended the 60th birthday celebration in honor of Nancy Jones at the Chelsea Restaurant in New Bern Saturday. Brandi worked for Nancy's late husband, Attorney Doug Jones for many years. Happy Birthday Nancy!

Reba Tiller Correspondent

Whortonsville



November has brought us a beautiful week of weather. Weeks and I celebrated our 60th anniversary on Tuesday. Amanda Godwin and I trimmed shrubbery while Weeks slept in his chair. I am not sure you would call that a celebration! Fran and Darlene really celebrated their anniversary last week by going to Outback.

On Friday evening Woodmen Life enjoyed pizza and dessert at the lodge on Florence Road. Starting next year all meetings will be held during the day for the benefit of those who do not like to travel at night. There are still openings for the Christmas party at the Carolina Grill in New Bern. There is a five dollar co-pay for the delicious meal. Only fifty members are eligible for the cost of the meal. Call Verna Roberson at 249-0611 or Marena Hayes at 617-7708 by December 10th. The Woodmen will have a float in the Veterans Parade in Bayboro this Saturday at 10:00. a.m. and they will give out small American Flags.

A larger crowd at church on Sunday. When I see the thousands of

folks yelling and screaming at football games on Saturday, I wonder where they are on Sunday mornings?

Thanks to Elizabeth Cuthrell for pressuring washing our deck and front porch. Melydia Edge also pressure washed her deck. The women have been very busy around here!

Saw Nick Santoro, Melydia Edge and Maura McAullife out sailing on Saturday. This Saturday at 6:00 p.m. a concert by Four in Christ Quartet will be at Oriental FWB Church in Oriental. Sunday evening before Thanksgiving will be the Community Thanksgiving Service at St. Peter Catholic Church. The Pamlico Chorale will be singing.

As we approach this season, I hope that folks will think of all the reasons that we as Americans should be so thankful to be living in this country. If we could get rid of all the negativity that is out there, especially in the news, put a smile on our face, remember to be helpful to our neighbors and those that are not as fortunate as us, our lives would be so blessed. Thought for the week-- Be thankful for what you have. There are many who have less!

Obituaries

Billy Raeford Rogers, 77, of Reelsboro, passed away Tuesday, October 31, 2017 at CarolinaEast Medical Center. He retired from PCS Phosphate with 30 years of service, he was a member of Arapahoe Masonic Lodge #479 AF & AM, Scottish Rite and Sudan Temple Shriners. He is survived by his wife, Carol Rogers of the home; one sister, Virginia R. Melvin; sister-in-law, Jean Rogers; and several nieces and nephews. His funeral service was held on Saturday, November 4th at Bryant Funeral Home Chapel with Millie Rice officiating. Interment followed immediately in New Bethlehem FWB Church Cemetery with Masonic Rites. The family received friends one hour prior to the service at the funeral home. Arrangements by Bryant Funeral Home & Crematory, Alliance, NC.

William "Red" Bryan Jones, 67, of Mesic went home to be with his Lord & Savior Friday, November 3, 2017.

He is survived by his wife of 47 years, Charlotte Jones; daughter, Rachel Albert (John); son, Joseph Jones (Joy); brother, Paul Jones (Donna); sister, Sheron Styron (Stanley); two grandchildren, Harper & Lochlan; and pet-grandchild, Lola.

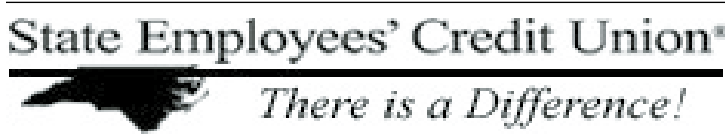
His memorial service was held on Monday, November 6th at Vandemere Missionary Baptist Church with the Rev. Donald Arthur officiating.

The family received friends and relatives one hour prior to the service at the church.

In lieu of flowers the family suggested memorial contributions be made to Bryant Funeral Home, PO Box 99, Alliance, NC 28509.

Arrangements by Bryant Funeral Home & Crematory, Alliance.

SECU Offers College-Bound Students FAFSA Help Throughout Nov.



Raleigh - Planning to attend college in the 2018-2019 academic year and need assistance completing the Free Application for Federal Student Aid (FAFSA)? State Employees' Credit Union (SECU) will be offering FAFSA assistance to members during normal business hours throughout the month of November. Credit Union staff at all branches statewide will be available to answer questions and help students and their parents complete and electronically file the FAFSA, a required document to be considered for all federal and most state financial aid for college, career school or graduate school.

SECU has been partnering with the College Foundation of North Carolina (CFNC) and the North Carolina Association of Student Financial Aid Administrators (NCASFAA) to offer FAFSA support since 2009. The FAFSA provides a snapshot of the student's and parents' financial situation and must be completed each school year that the student wishes to apply for college financial aid, including scholarships, grants, work-study and loans. Information about the FAFSA and what documents are needed to complete the form can be found on

CFNC's website.

"SECU's commitment to education and helping North Carolina students pursue their educational goals has always been a top priority," says Krista Loew, SECU Vice President of IRA Services. "With the submission window open as of October 1st this year, completing the FAFSA early will help students take advantage of all the financial aid opportunities available. Our assistance in November will offer North Carolinians greater access to educational resources, and will also help CFNC and NCASFAA achieve their goal of helping as many North Carolina students and their families as possible complete and submit their FAFSA applications."

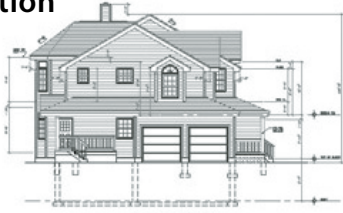
About SECU

A not-for-profit financial cooperative owned by its members, SECU has been providing employees of the State of North Carolina and their families with consumer financial services for 80 years. The Credit Union also offers a diversified line of financial advisory services including retirement and education planning, tax preparation, insurance, trust and estate planning services, and investments through its partners and affiliated entities. SECU serves 2.2 million members through 261 branch offices, nearly 1,100 ATMs, 24/7 Member Services via phone and a website, www.ncsecu.org.

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			8	5				
		4			1			9
2	8		7	3				
5	2			8				
		7						
8			3	7				4
			4					1
		6						
3		5	6			8	7	

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Here's How It Works:

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

4	7	8	2	6	9	5	1	3
3	6	2	7	1	9	8	9	4
1	9	1	8	3	4	7	2	6
2	4	5	9	7	1	3	1	8
8	3	6	9	2	7	4	7	9
9	1	7	4	7	4	8	6	5
6	5	8	3	4	7	4	6	7
7	6	8	1	9	2	4	5	7
1	3	9	8	5	4	2	7	

ANSWER:





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Andra Davis, Commander  
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The Veterans Council Honor Guard of Pamlico County

## How To Show Your Appreciation To Members Of The Military

Civilians who join the military find their lives change forever upon entering the service. The armed forces shape a person, teaching discipline, humility, bravery, and many other life lessons. Joining the military often means making substantial personal sacrifices, as servicemen and women are typically called away from their families and the comforts of home.

Many grateful men and women want to show their appreciation to those who risk their lives to defend their country, but they may not always know how. The following are a number of ways you can show your appreciation to members of the military.

\* Thank a service member. If you see a person in uniform, thank them for their service to the country. Use the person's title if you can identify rank, or simply use the respectful terms of "sir or madam." Though a simple gesture, a verbal token of gratitude can go a long way toward brightening a soldier's day.

\* Volunteer with a veteran's association. Volunteering is another way to show veterans and active service members how much you appreciate the sacrifices they have made. Volunteer at a veteran's hospital or help to organize an event that's commemorating the efforts of local veterans and active service members.

\* Propose an event to honor local service members. Petition a town council for a special parade to honor your community's military personnel, including veterans and active duty members.

\* Raise funds. Fundraisers are another way to show military members how much you appreciate their service. Collect money for a military-based scholarship, asking a local high school or university to establish the scholarship in the name of a local veteran or active duty service member.



\* Provide a forum in which a serviceman or servicewoman can share his or her story. Soldiers can offer unique insight on issues that affect civilians, and the community can benefit from servicemen and women who share their stories. When hosting a community event, ask a soldier to be a keynote speaker.

\* Send gifts to active military. Make care packages or write cards and thank you notes to stationed troops. Organizations like the USO, Military-Missions.org or AnySoldier.com can ensure your packages make their way into the hands of soldiers.

\* Help an active duty service member's family. Spouses of active duty military personnel often must handle all of the chores that come with managing a household on their own. To show how much you appreciate a service member's efforts, offer to lend a hand around his or her house. This can make life easier on a service man or woman's spouse, and your companionship may provide a world of good. You can even go the extra mile by organizing a military spouse appreciation night at a nearby church or recreation hall. Offer free babysitting and provide refreshments and entertainment.

\* Publicly display your patriotism. Active duty service members and veterans joined the military to defend our way of life, and you can show pride for your country and appreciation for their efforts by hanging a flag outside of your home.

\* Pick up the tab. Surprise a person in uniform by paying for his or her meal at a restaurant. It's a simple gesture, but it shows how much you appreciate that service member's sacrifice.

Gestures that show military personnel how much you appreciate them need not be lavish. Any and all expressions of gratitude can make a world of difference.

## CCHC's Overall Quality Score Ranks #1 In Nation



On October 27th The Centers for Medicare and Medicaid Services (CMS) publically released the quality and cost results for 432 Accountable Care Organizations from around the country for 2016. Calculations performed on this data show that Coastal Carolina Health Care, P.A.'s (CCHC) Accountable Care Organization, Coastal Carolina Quality Care, earned the top quality score 1 and saved Medicare \$4.6 million.

CCHC entered its first contract, with CMS, in 2012 with the goal of improving quality and reducing the growth of the overall cost of care for its patients. The CMS program's quality score is based on a set of 30 measures in four domains that include how highly patients rated their doctor, how well clinicians communicated, how frequently patients were readmitted to a hospital, and ensuring patients received recommended preventive care.

"Our team worked very hard to achieve these results," said Ken Wilkins, Jr., MD, President and Chief Medical Officer. "We've learned a great deal, but we are still learning and trying to continually improve our patient care. We are moving towards a more team-based model of care, especially for our most complicated patients. We are very excited that these CMS initiatives align incentives for practices such as CCHC to move toward our goals of better access to care, high quality care, and lower costs of care."

"This national recognition is well deserved, and demonstrates that our patients are receiving an unparalleled level of care," said Ronald A. Preston, MD, Vice President Medical Affairs.

"While there is still room for improvement, these results are especially rewarding because they demonstrate our team's commitment to

promote the health of its patients," said Stephen Nuckolls, CEO. "In order to help achieve these results CCHC has expended significant sums to add a number of new clinical and administrative positions, as well as the systems necessary to support its providers and patients and transition to a more team-based model of care."

About Coastal Carolina Health Care  
CCHC is a nationally recognized physician-owned and led multispecialty medical practice with more than 60 physicians and advance practice clinicians operating out of 16 locations in Craven, Pamlico, and Carteret Counties. Their operations include an Ambulatory Surgical Center for Gastrointestinal Endoscopy, Sleep Lab, Central Clinical Laboratory, Urgent Care, and Imaging Center. The group's specialties include Internal Medicine, Family Practice, Gastroenterology, Cardiology, Pulmonary Diseases, Critical Care, Endocrinology, Rheumatology, and Neurology. For more information, visit [www.cchealthcare.com](http://www.cchealthcare.com)

About Coastal Carolina Quality Care: CCQC is wholly owned subsidiary of CCHC and was one of 27 organizations accepted into Medicare's Shared Savings Program (MSSP) in the first round in April 2012. In 2016 over 11,000 Medicare Beneficiaries from Craven and surrounding counties were assigned by CMS to the organization. CCQC's mission is to assist doctors in providing high quality and improved coordinated care for the patients they have been entrusted while reducing the growth in costs. For more information, visit [www.ccqchealthcare.com](http://www.ccqchealthcare.com)

The top quality score was calculated based on the data located at <https://www.cms.gov/Research-Statistics-Data-and-Systems/Downloadable-Public-Use-Files/SSPACO/> and is based on quality attainment, and therefore, excludes quality improvement points and the full credit that was given to new participants and existing participants for new measures.

## Potters Group Plays Elf to Historical Society's Gingerbread House Contest

The elves of the New Bern Potters don't take a back seat to Santa's crowd when it comes to Christmas preparations. They are partnering with the New Bern Historical Society preparing ornaments and awards for the upcoming Gingerbread House Contest & Display. Each person or group that enters the Gingerbread House Contest will receive a unique ornament crafted by members of the New Bern Potters. In addition, they are preparing the very special pottery awards that will accompany the cash prizes presented to the winners in each category.

At a recent workshop session, the potters prepared more than 50 ornaments that will be given to participants. Joyce Basye, organizer of the group is leading this effort. She explains, "Working with the New Bern Historical Society on this project we are able to support New Bern and share our love of clay. We are working together and giving to the community and at the same time we are able to showcase our creative talents. I am not at all surprised by the generosity of the clay community and I have tremendous respect for their creative ability."

All the awards and a sampling of the ornaments will be on display for public viewing in the window of Thornbury Brides from November 11 to November 24th. "We hope that people will take the time to see and appreciate these wonderful works of art that we are excited to be able to award to the Contest winners", said Mickey Miller, Executive Director of the Historical Society. "Perhaps seeing

them will move many to enter the contest. Remember the deadline is November 17."

The Gingerbread House Contest and Display is part of the festivities of Beary Merry Christmas downtown. Both individuals and groups are invited to make their own gingerbread house and enter it in



the contest. Completed houses will be displayed at selected downtown merchants. There will be three categories for contestants: Youth (up to 14), Adults, (age 15 and up), and Professionals (bakers, chefs, caterers, cooks, etc.) There will be cash prizes up to \$200 and special prizes hand made by members of the New Bern Potters. And all who enter will receive a hand-crafted pottery ornament. The deadline to enter is November 17th. Information and entry forms will be found on the New Bern Historical Society website [www.NewBernHistorical.org/gingerbread/](http://www.NewBernHistorical.org/gingerbread/)

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located in the historic Attmore Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go [www.NewBernHistorical.org](http://www.NewBernHistorical.org) or [www.facebook.com/NewBernHistoricalSociety](http://www.facebook.com/NewBernHistoricalSociety).

New Bern Potters Debbie Stephens, Jared Nichols, Pat Eglington, Debra Wheeler and Jo Wheeler prepare ornaments for the Gingerbread House Contest.

## The Trucks Are Coming!!!!

Put your imagination in gear and go! Join us for Coastal Women's Shelter's Touch A Truck Plus event on Sunday Nov 19 from 10 am-3 pm at Pamlico Community College. kids will get a chance to get behind the wheel and rub elbows with their hometown heroes. Come climb on and explore on your favorite equipment including helicopters, fire engines, military vehicles, farm equipment, construction trucks, boats, and much more. Touch a Truck Plus is an educational community event that will provide children with a hands on opportunity to see and touch heavy machinery and meet the people who build, protect and serve the Pamlico and Craven community. Featuring:

Rockin' Game Party, the best in mobile entertainment throughout Eastern North Carolina. We set up, entertain, and cleanup! Game trucks, battle ball, laser tag, a mobile glamour lounge and more!

Help us Fill The Truck by bringing Canned Food and New Childrens Toys for your chance to enter rad prizes. Admission is a \$5.00 donation per family at the gates. The rain date will be Sunday Dec 3.

So much to do and see including:  
Helicopters from the North Carolina Vietnam Helicopter Pilots

- Association
- Children's Face Painting
- Rock Climbing Wall
- Bounce Houses by Jump N Thump
- Children's Crafts
- Free Child ID Kits
- Free Plastic Children's Construction Hats
- Police Demonstrations with our favorite drug busting pooches Trucks, Trucks, Trucks!
- Boats
- Animal Adoption Drive
- Military Equipment and the National Gaurd Tractors
- The Aurora Fossil Foundation Traveling Exhibit
- Come and check out Craven and Pamlico's favorite food trucks such as Jitterz Food Truck, Nest Cafe on Wheels Food Truck, Surf Shack Food Truck, Urban Street Eats Food Truck, La Cocina Del Coqui Food Truck, and more!

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Put your imagination in gear and go! Join us for our Touch A Truck Plus event, where kids get a chance to get behind the wheel and rub elbows with their hometown heroes. Come climb on and explore on your favorite equipment including helicopters, fire engines, military vehicles, farm equipment, construction trucks, boats, and much more. TRUCKS ARE SUBJECT TO CHANGE. \*Only Child Climbing Not 2\*

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## Growing And Learning At Pamlico Christian Academy

### Growing & Harvesting Vegetables



Students in Mrs. Kim Stark's 3<sup>rd</sup> class harvested radishes from the PCA fall garden recently! Mrs. Lisa Jones, upper school science teacher, talked to the students about root plants and root structures. Students were asked to name different plants that had edible roots, and they discussed the various things that plants need to grow, including sunlight, rain and good soil. The students enjoyed this hands-on learning experience!



### Learning Multiplication Tables



Students in Ms. Terri Bucksot's 1<sup>st</sup> and 2<sup>nd</sup> grade classes celebrated mastering their addition tables this week with a "Friends of Tens" party! Friends of tens are any numbers that when added together equal ten, and students were able to take their test quickly, with confidence! Yummy hot chocolate and marshmallows was the featured party drink.

### Growing Future Librarians



Young ladies in Mr. Paul Steurnagel's 6<sup>th</sup> grade class completely reorganized and cleaned out the PCA library recently, taking great pride in their work! From the excess books, the 6<sup>th</sup> graders selected books that younger students would want to take home and invited grades K-5 to come "shop" for three new books to add to their home collection. This has been a great opportunity for learning organization, library management and how to cultivate a love of reading in younger students. We are so proud of our students and their desire to lead!



### Learning About Fire Safety

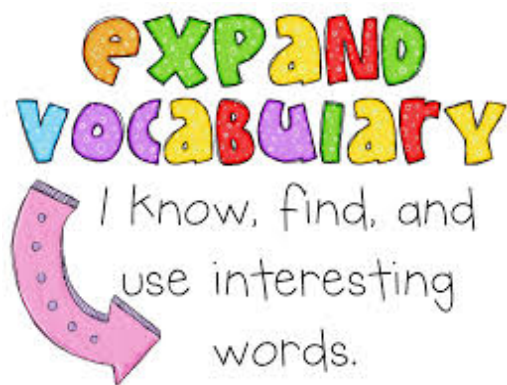


Students in both preschool and our lower and upper school learned about fire safety during Fire Safety Prevention Month. Students were exposed to fire fighter equipment and procedures to familiarize them with those who would rescue them in case of fire. Mr. Dale Belvin, chaplain for Vandemere Fire Department and also PCA's Assistant Head of School as well as Ms. Kathy Lewis, Goose Creek Island Volunteer Fire Department volunteer, taught the students about fire safety.

### Learning to Expand Vocabulary



Students in Ms. Sharon French's 4<sup>th</sup> and 5<sup>th</sup> grade classes, along with our 3<sup>rd</sup> grade students, were the proud recipients of dictionaries presented generously by the Oriental Rotary Club. Mr. Larry Gracie, faithful Rotarian, spent the morning speaking to students about the treasures found within the pages of the dictionaries that were made specifically for school students. Students looked up the longest word in the English language (1,909 letters) as well as specific words in the dictionary. We appreciate the Oriental Rotary Club for sharing this wonderful gift with us!



### Growing Our Sports Program



PCA has two firsts this fall – our first-ever middle school boy's basketball team and our inaugural PCA Mariners cheerleading squad! Practice is underway for these two new sports, and we can hardly wait to begin our season. We are pleased to announce that PCA will be partnering with Camp Caroline in the Dawson's Creek area to play our home games in the Jack and Gladys Lee Gym Building. We are excited about these new opportunities for our students!!



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Looking for a new direction, education, or a fun diversion, our Library programs can help you take the first step. *Checkout our programs in November!*

**Ask your Pamlico Pediatrician**  
Wednesday, Nov. 8 @ 5:30 pm -6:30 Pm  
Meet Pamlico's new pediatrician, Dr. Michele Parish. She will answer parent/guardian questions and concerns. Discussion will include healthy eating for children with snack recipes. This program is family friendly and free to the public. Drop-ins are welcome.


**Meet the Author**  
Thursday, Nov. 16 @ 5:30 pm  
Come out to Pamlico County Library Thursday, Nov. 16 at 5:30 pm for a book signing and civil war lecture with local author Cathwren Hermon. Ms. Hermon will present a program based on her book, *Why Weep and Wait? A Civil War Tale*— a compelling and poignant collection of stories about the unique role of women during the American Civil War. Books will be available for purchase.

**Using Deed records to Trace your Ancestry**  
Tuesday, Nov. 21 @ 6:30 pm  
Pamlico County Register of Deeds, Lynn H. Lewis, will present an Online Index Book Presentation. She will demonstrate how to search online the Pamlico County real estate records dating back to the year 1872. Early land deeds are especially detailed and predate most other record sources. The importance of land records increases the further back a researcher goes.

**Grief Workshop**  
Thursday, Dec. 7 @ 11 am & 6:30 pm  
When you've experienced a significant loss – the death of a loved one, loss of health, the loss of a relationship, loss of your job etc.– it can be helpful to attend this one hour workshop with Pamlico Hospice Bereavement Coordinator, Catherine Cooper, LCSW. Mrs. Cooper will give attendees insight, tools, and resources to manage their grief during the holidays. This workshop is designed for the grieving individual as well as loved ones, coworkers, friends, and school personnel. Two opportunities to attend are available.

**Storytime with Ms. Fran**  
Friday, November 10th and 17th @ 10:00 am  
Raise your children to be lifelong readers by bringing them to storytime at the Library! Mrs. Fran's storytimes are designed to be fun and aid in the development of your child's early literacy skills with books, song, interactives, and crafts All ages welcome from infant up!


### It's Trout Time!!



chance to tangle with a king mackerel or a shark while you are out in the blue water. As a final word, fall is a great time to be in NC fishing for your favorites. But PLEASE REMEMBER TO BE COURTEOUS WHEN YOU ARE ON THE WATER!! Don't run your boat at full motor when you are going down a narrow creek and you can see other anglers working the water. That disturbance will ruin the fishing for those already in the area, AND it will ruin it for you as well. If you are ready to leave an area that has other anglers in it, please idle out quietly for a safe distance before you accelerate out to your next spot. No one owns the water, and if someone is in "your spot" quietly move on to "your next spot" because no amount of yelling, "close casting", or other such tactics will move another boat off of an area that is holding fish. If you see someone working an area of the bank, please don't motor just ahead of them and cut them off just because you want to fish that area as well. By the same token, if you are near a boat that is on fish, don't squeeze in tight to that boat to try and work the same group of fish. Be respectful of each other out there, we are all trying to do the same thing: have a great day catching fish. Tight lines everyone!!

By Stuart Creighton  
It's trout time on the Neuse River! The specks are making their annual move into the creeks, and the bite is turning on! While you are working the creek shores, you will also find flounder, puppy drum, stripers, and white perch scattered in with the speckled trout, so don't overlook them. Deep grassy points are great spots to search for trout as are spots with structure such as docks, rocks, and blowdowns. During this time of year, trout feed aggressively, and will hit several different baits. MR-17's and other twitchbaits are extremely popular this time of year. However, don't forget that jigged soft plastics, popping corks, and topwater baits will all draw strikes. Trout are heavily pressured this time of year, so if you can find some clean water that has not been worked over by netters or other anglers, take the time to fish it. You never know, you might just find the next honey hole!!

This is also the time of year to go out in the ocean to chase albies. If you can find a school of them working bait, or feasting off of the cull from a shrimp trawler, you are in for a SERIOUS FIGHT! While you are out cruising for those albacore, keep your eyes out for schooling bluefish and spanish mackerel. You may also get the




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### Cooler Weather Paddling



will wear wet suits or dry suits. These can be expensive and do not breath when you paddle. I always carry a high-energy snack, a lighter and fire starter in a waterproof bag in my pocket. Also I carry a change of clothes in a dry bag.

For cooler weather following all the normal safety rules is even more important. Always wear your life vest (it's an extra layer of insulation) with a whistle attached. Brightly colored clothing and vest are important for visibility. Always paddle with a partner and let people know where you will be paddling and when to expect you back. Carry a cell phone in a waterproof container. Always check the weather conditions especially the wind direction and speed. Many of our creeks in Pamlico County are great for paddling. The narrower creeks are more sheltered from the cool breezes. Beard's Creek and the South Branch of the Bay River/Neal Creek are good cool weather paddles.

In the cooler months you'll see a different environment and different wildlife along the way. It's a great time of year to see our seasonal ducks and geese. Also a good time to keep and eye out for our seasonal White Pelican and Tundra Swans.

See you up the creek – WITH a paddle.



By Bill Hines  
Many paddlers think that cooler weather means you hang up your paddle till Spring. With a little careful preparation you can paddle year round. Dressing for the weather is the key to comfortable paddling. The priority is staying dry. To accomplish this, start from the bottom up. It's easy to launch your boat and keep your feet dry but landing may present a different problem of having to put your feet in the water. This is not much of a concern because you can get to your vehicle and dry off your feet and change into dry shoes before loading your boat. I usually wear easy on and off shoes and often wear warm wool socks that I will slip off before climbing out of my boat. I wear my normal paddling shorts with rain or wind pants over them. This keeps my lap dry from any paddle splash and also when I climb out of the boat the rain pants shed the water. You can also use a paddle skirt to keep out the drips. The key to keeping your upper body dry and warm is wear a rain jacket. A hat is always important year round but you may need a heavier one for cooler days. Some paddlers

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# Early Advising and Pre-registration for the Spring 2018 semester is set for Nov. 13, 14 and 15!

Current and prospective students are encouraged to meet with their curriculum adviser soon so they can be ready for the Spring 2018 semester!

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## Sign Up Now For P.A.C Basketball



Pamlico County Athletics Club (P.A.C.) organizer and coach, Maurice King, says the club is growing by leaps and bounds. What started as a non-profit basketball club six years ago has become so much more.

Now there are almost 150 members from ages 3 to 18 with 16 coaches, including King, dedicated to mentoring young athletes. Flag football has also been added to the program.

"I've been involved in athletics since I was in seventh grade," says King. "I want to thank our sponsors because without them, we wouldn't have this program for the children in our county."

King also acknowledged his dedicated and hard-working volunteer coaches, the Pamlico County School System for use of the Middle School Gymnasium and athletic fields, parents and family members.

To sign up for the 2017-2018 P.A.C. basketball season please call Maurice King at (252) 626-3261. Volunteers and donations to keep the club going are always appreciated.



## Notables

Broad Creek Rd, next to the Fire Station. Plenty of parking and both breakfast and lunch are available thanks to the Harbour Hospital Auxiliary, which uses the funds to support their activities. Craft items include artwork, books, and quilts, handmade items to include pottery, soaps, creams, holiday wreaths, decorations and ornaments. Come early to start

### Friday Night Flick At The Old Theater

November 10th. Box Office opens at 6:30 p.m. Doors open at 7:00 p.m. Movie starts at 7:30 p.m. Admission \$6.00 Includes FREE popcorn. Member discount is a \$1.00. All proceeds go to the support of The Old Theater, a non-profit organization.



your holiday shopping. Raffle proceeds benefit the FH Garden Scholarship Fund. For more information about this information contact Karen Dodd 229-2033

### Partnership Play Group

Wednesday Mornings at Pamlico Primary School, Room 205. Choose from one of the following times to attend: 9:00-10:15 am Or 10:30-11:45 am. Children (birth to age 3) along with their caregiver are invited to participate in a FREE weekly Partnership Play Group, provided and lead by Pamlico Partnership for Children! Please contact Michelle Shields at Pamlico Partnership for Children for more information, 252-745-7850 or michelle@pamlicopartnership.org

### Free REFIT® Classes

Free REFIT® classes will be held most Tuesday evenings from 6-7pm at the Delamar Center at Pamlico Community College. REFIT® is a workout program that is structured around cardio-dance movements, toning and flexibility, strength training and stretching. REFIT® uses value positive,



*Continued from page 1*

energetic, and family-friendly music in multiple genres and is designed for all shapes, sizes, and fitness levels. The Delamar Center's schedule on the PCC website will have classes listed, follow "REFIT® Pamlico" on Facebook, or call Yolanda at 828-421-7981.

### Pamlico Amateur Radio Society

The Pamlico Amateur Radio Society will hold its monthly meetings on the last Saturday of the month. The meetings will be held in the back room of Brantley's Restaurant in Oriental from 9 am to 10 am. Everyone is welcome as well as amateur radio enthusiasts. Please park in the back to allow for customer parking. The Pamlico Radio Society also provides assistance with local EMS services.

### Pamlico County Public Library

Wednesday, November 8: Ask Your Pamlico Pediatrician at 5:30 pm; Thursday, November 9: Beach Book Breakfast Club at 9 am; Friday, November 10: Preschool Storytime at 10; Closed Saturday, November 11th in honor of Veterans Day; Tuesday, November 14: Knitting at 1pm and Basket Weaving at 5:30 pm.

### Alzheimer's Dementia Caregiver Support

Are you, or someone you know, caring for a loved one with Alzheimer's or Dementia? This can be very challenging, and there is support available. You are invited to the Alzheimer's/Dementia Caregiver Support Group Meeting at the Pamlico County Senior Center the first and third Monday of the month at 2 p.m. For more information call Beth Hardison at 745-7196.

### NAACP Monthly Meeting

The NAACP of Pamlico County will hold its regular monthly meeting on the second Monday of each month at 6 p.m. at the Pamlico County senior Services Center at 800 Main Street in Alliance. All interested persons are invited and welcome to attend.

