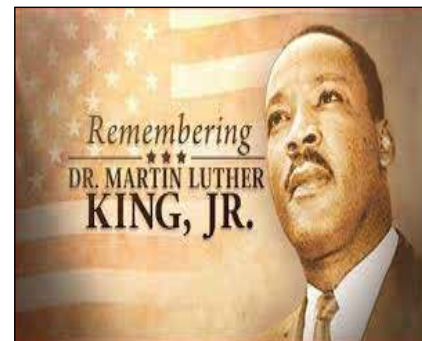


The Pamlico News



Wednesday, January 10, 2018 | Your Community News Source Since 1968 | www.thepamliconews.com | .50

NOTABLES

Goose Creek State Park Hunger Games Hike

Saturday, January 13th at 10 a.m. Come with your family and friends and work together as a team to "survive" your hike on the trail. Face challenges such as finding water, improvising shelter and racing to get a supply bag. Dress for the weather and wear sturdy hiking shoes. Meet at the visitors center. Call the park office at 252-923-2191 for more details.



Minnesott Beach Golf & CC Valentine Dinner Dance

For Everyone Feb 9 from 5:30 to 10 pm at 802 Country Club Drive, Arapahoe. Cocktail Hour, Dinner and Dancing. Wine and Beer Cash Bar. Music by Bob Laverty. Call Terry Bobbin @252-249-0813 for reservations. Call Rock Rockwell @802-318-7493 for questions. Either Dinner (\$30) or dancing (\$20) can be enjoyed separately.



Turning 60 in 2018?

Anyone turning 60 in 2018? If you are interested in the "Party of the Year", please contact Sally Belangia at 252-671-9288.

Antioch Congregational Christian Church

Pre Pastor's Anniversary Program for G.P. Sawyer at Antioch Congregational Christian Church on Friday, January 12 at 7:30 pm. Guest Preacher will be Pastor T. Fleshman from Historical Mt. Shiloah James City accompanied by his church choir. For more info. contact sister Bertha Smith.

Pediatric CPR & First Aid Certification Class

February 6, 2018 at 6:30 pm at Pamlico Partnership for Children, 702A Main Street, in Bayboro. Call 252-745-7850. Cost is \$40.00

Family Movie Night At The Library Will Feature "Leap"

The monthly Family Movie Night at the Pamlico Library will be held this Friday, January 12 at 6 p.m. In a leap of faith, best friends Victor and Félicie hatch a plan to escape from their rural orphanage in 19th-century France. Félicie dreams of becoming a ballerina, while Victor wants to use his brainpower to invent things. But - there's a catch. Determined to succeed, Félicie finds her mentor in the tough and mysterious school custodian, Odette who, along with Victor's encouraging friendship, help her reach for the stars.



Pamlico Amateur Radio Society

The Pamlico Amateur Radio Society holds 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.

Oriental Farmers Market

Open every Saturday from 8:30 to 11:30 a.m. Located on Hodges Street in front of Garland Fulchers Seafood. The market features a wide variety of goodies including locally grown produce, farm fresh eggs, home-baked



See Notables, page 3A



"Awesome sunshine on our snowy day." Submitted by Terry Harper Cannan of Arapahoe

Flu-fighting Tips To Keep You And Others Healthy

Sniffles, sore throat, fever, and aches and pains may accompany a number of illnesses, but during the wintertime such symptoms are typically indicative of influenza.

Throughout much of North America, flu season peaks between December and February. But flu season can occur anywhere from October to March, advises the U.S. Centers for Disease Control and Prevention. The flu is contagious and can sideline people for extended periods of time. The CDC says that each year one in five Americans gets the flu.

Taking steps to fend off the flu can help men and women and the people they routinely come in contact with.

Foods: Food can be used to fend

of the flu. Common foods that many people already have in their pantries can be powerful flu-fighters. Garlic, for example, contains compounds that have direct antiviral effects

and may help destroy the flu before it affects the body. Raw garlic is best. In addition to garlic, citrus fruits, ginger, yogurt, and dark leafy greens can boost immunity and fight the flu, according to Mother Nature's Network. The British Journal of Nutrition notes that dark chocolate supports T-helper cells, which increase the immune system's ability to defend against infection.

A study published in the American Journal of Therapeutics showed that carnosine, a compound found in chicken soup, can help strengthen the



See Flu, page 9A

Registration Still Open At PCC As College Soon Begins New Semester

By Sandy Wall, Pamlico Community College

New and returning students at Pamlico Community College can still register for seated courses for the Spring 2018 semester as long as they sign up before the first day of class, which is Tuesday, Jan. 16.

Meanwhile, students who are interested in online classes can sign up until the first day of class for those web-based offerings, which is Monday, Jan. 29.

The increased flexibility in registering for the Spring 2018 semester comes after PCC was forced to close for 2½ days last week because of wintry weather.

"The snow and ice have created some hardships for people who are interested in enrolling at Pamlico Community College this semester," said PCC President Dr. Jim Ross. "We want to ensure that students have as many opportunities as possible to sign up for Spring 2018 classes. PCC is committed to increasing the community's access to college programs, which enables men and women to improve their lives."

New and returning students are encouraged to discuss their options with the college's Student Services staff members. They can be reached at 252-249-1851, ext. 3001.

High school students have until Friday, Jan. 26, to sign up for PCC classes through the N.C. Career & College Promise program. Contact Derek Godwin at 252-745-7349 for more information.

Before the snow came last week, PCC formally launched the Spring 2018 semester on Jan. 2 with an opening ceremony in the Delamar Center for faculty members and staffers. The event gave college leaders an opportunity to introduce new employees, to brief colleagues on college projects and priorities and to look forward to a great semester.

"Thank you for all you do," Ross told PCC employees at the event.

The president praised the spirit of teamwork among college employees,

which he said was reflected in PCC's 2017 designation as the No. 1 community college in America by SmartAsset, a New York-based personal finance technology company.

The men and women joining the PCC team this semester include:
* David Bell, who is the college's new Assistant Systems Administrator;
* Lori Giles, who is the new chair of Continuing Education and Technical Programs;

* Paul Goodson, who will begin work as Director of Library Services on Feb. 1;
* T.J. Lewis, a maintenance technician hired following the retirement of Herman Turnage;
* George MacIntosh, dental technology instructor at Pamlico Correctional Institution, who started work last semester, and;
* Eddie Norfleet, the new plumbing instructor at PCI, who takes over following the retirement of Grady Simpson.

Additionally, officials announced that PCC faculty member Mindy Moore now would lead the college's Small Business Center. Also, Betsy Bailey, who previously taught high school equivalency classes here, now will teach the Community Living class following the retirement of Pattie Leary.

Instructor Todd Meert, who teaches Electrical Systems, was welcomed back to the college after some time away.

College employees got a little something to take home at the end of the ceremony. Thanks to a gift from PCC trustee Al Herlands, full-time PCC employees received their choice of a free college sweatshirt, hooded sweatshirt or T-shirt.

The shirts continued a tradition begun in 2016 by Ross and his wife, Pam, who bought shirts for college employees to wear at community events and elsewhere.

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



Pamlico Community College staffer Barbara Cayton holds up a PCC sweatshirt at the college's Bookstore, which is located in the Johnson Building on campus. Contributed photo

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OBITUARIES

- Jean Brinson Gibbs, age 85, formerly of Bayboro
- Charlie Griffin, age 84, of Bayboro

Got News?

Call us at 249-1555 or email editor@thepamliconews.com.



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COMMUNITY CALENDAR

Wednesday, January 10 Oriental Mayor Sally Belangia holds office hours from 8 - 9 am National Take To The Stairs Day	Thursday, January 11 PC Council On The Arts Reception at PC Library 5 - 7 pm	Friday, January 12 Ol' Front Porch Music Festival Meeting 9:30 am at Oriental Town Hall
Saturday, January 13	Sunday, January 14 Dress Up Your Pet Day	Monday, January 15 Martin Luther King Jr. Day PC Board Of Commissioners 7 pm Pamlico Chorale 7 pm
Tuesday, January 16		
PC Chamber Of Commerce 7:30 am Town Of Bayboro 7 pm	Email Your Event Or Meeting to frontdesk@thepamlico.com to be posted on The Pamlico News Calendar	



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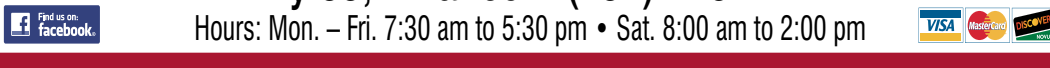


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PAMLICO COUNTY SENIOR CENTER HAPPENINGS

Wednesday, January 10 10 am -12 pm Crocheting & Knitting 10-10:30 am Bible Study	Young At Heart Christmas Dinner Celebration
Thursday, January 11 10 am Health Screening Blood Pressure Ck/wt 10:30 am Talk & Exercise With Beth 1-2 pm Arthritis Exercise Class 1-2 pm Stain Glass Class	Monday, January 15 9-12 Acrylic Painting 9-12 Volunteers Paperwork 1-2 Arthritis Exercise Class
Friday, January 12 Fantastic Friday 10 am Bingo 1 pm Cards 2 pm Young At Heart Crafts	Tuesday, January 16 9:30 Line Dancing 10:30 Singing 11 50+ Club 1 Wicker Basketry Class 1 Cards 5:30 Tops Meeting

WEATHER

Wednesday Mostly sunny, with a high near 57.	A chance of showers. Mostly cloudy, with a high near 67. Chance of precipitation is 50%.
Wednesday Night Mostly cloudy, with a low around 48.	Friday Night A chance of showers. Mostly cloudy, with a low around 52. Chance of precipitation is 40%.
Thursday A chance of showers. Mostly cloudy, with a high near 65. Chance of precipitation is 40%.	Saturday A chance of showers. Partly sunny, with a high near 60. Chance of precipitation is 30%.
Thursday Night A chance of showers. Cloudy, with a low around 57. Chance of precipitation is 50%.	Saturday Night Mostly cloudy, with a low around 40.
Friday	Sunday Mostly sunny, with a high near 47.



QUICK REFERENCE

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



Pamlico Animal Welfare Society (PAWS)

"NEW LEASH ON LIFE" Program
"Everyone deserves a second chance."

PAWS rescues adoptable shelter dogs and pairs them with inmate trainers at the Pamlico Correctional Institution. The inmates learn patience, responsibility and teamwork along with new, marketable skills. The dogs are vetted, vaccinated and altered, house, crate and leash trained, and receive basic and advanced obedience, agility and rally training. These well-behaved companions graduate every eight weeks, ready to join new, forever families - maybe yours?



Hi there, I'm Rose a 2 year old that would love to be your lovebug. Basically I'm an easy going girl that just wants to curl up in your lap while you watch TV or at your feet while you work on your computer. A low maintenance girl that is very treat motivated. A Labrador dachshund mix that is great with large and small dogs. I also really like children, so if you have some we'll be best friends or if you're a grandparent your grandchildren will be like best friend sleep overs. We can have many happy adventures together since I'm a truly happy go lucky girl that just wants to please my people. I'll be graduating from Pamlico's New Leash on Life program in the middle of February. *Rose is sponsored by Lynn & Bill Hines*



Hello, I'm Axel a Miniature Pincher, Pug mix. A handsome black and tan 1 year old boy that gets along well with other dogs. I'm an active little guy that is also very affectionate, so I'll enjoy a romp as well as settling in for quiet evenings as your foot warmer while you work on your computer. I'm a happy, outgoing, low maintenance boy that wants nothing more than to please my family. I'll be graduating from Pamlico's New Leash on Life program in the middle of February. *Axel is sponsored by New Village Brewery*



I'm Indy a peachy brindle Labrador retriever greyhound mix. I'm kinda shy, but I quickly warm up to people if given a chance. I've had a rough 2 years of life, but thanks to Pamlico's NLOL program I'm getting on with my crate training, because I've discover that's where food will be waiting for me. I'm especially fond of my peanut butter bones. I also am getting along well with other dogs, but cats are still a mystery to me. Perhaps you don't have any cats and would like to be my jogging partner? I will need a job and humans to help me figure out what that job will be." I can't wait for you to come to my graduation so you can see all the new tasks I've learned."

All New Leash on Life dogs are fully vetted, altered, heartworm tested, and micro chipped. After they've graduated from the New Leash on Life program they have 8 weeks of crate training, housebreaking, leash experience, with some obedience and agility work. All adopting families are invited to their dog's graduation. If you're interested contact Jackie at 252-649-5504 or Penny at 252-249-1453 and fill out an adoption application at Pamlicopaws.net.

Horoscopes

January 2018 • Week 2



December 22 - January 20
Capricorn, although the digital age has taken over, this week you might be ready to unplug for a while. Stock up on some books that can fuel your imagination.

CAPRICORN



June 22 - July 22
Use your intuition in regard to others' feelings this week, Cancer. Give someone who needs it a little leeway, and your thoughtfulness will be appreciated.

CANCER



January 21 - February 18
Lend an ear to someone who has to get a few things off his or her chest, Aquarius. You do not have to offer solutions. Just being there will be assistance enough.

AQUARIUS



July 23 - August 23
Leo, if you think change will do you some good, then it is time to make it happen. Embrace the excitement that comes with making changes.

LEO



February 19 - March 20
Don't leave any stone unturned when seeking a solution this week, Pisces. The least expected avenue may be the right one.

PISCES



August 24 - September 22
Thanks to a spark of creativity, your plans may change this week, Virgo. Grab someone who is up for an unexpected adventure to join the journey.

VIRGO



March 21 - April 20
It is time to take a relationship to a new level, Aries. You are confident you know just the way to accomplish this. Enjoy the excitement that comes with this new beginning.

ARIES



September 23 - October 23
Libra, a financial windfall has given you some extra spending money. While you may want to splurge, the practical side of you knows some saving is in order.

LIBRA



April 21 - May 21
Taurus, many things are on your plate, but you don't feel overwhelmed at all. In fact, you're ready to lend a helping hand to anyone who needs one.

TAURUS



October 24 - November 22
Scorpio, some things may be beyond your control this week, and that is okay. The measure of success will be how well you can adapt to the changes ahead.

SCORPIO



May 22 - June 21
Recreation is the name of the game this week, Gemini. Coming off of a busy period, you are anxious to put your feet up for a few days. Book that vacation right now.

GEMINI



November 23 - December 21
Home improvements may be in your future, Sagittarius. Projects could be just what the doctor ordered to chase away any feelings of cabin fever that may develop.

SAGITTARIUS

OWC Will Hold Annual Arts Festival



On January 28 the Oriental Woman's Club will hold its annual student arts festival. Participating in visual arts from Pamlico Country will be high school and middle school students from Pamlico Country and Arapahoe Charter Schools. In addition to visual arts students will also compete in a short story and poetry competition. Certificates of accomplishment will be awarded to all participating students in various categories. In February, the Village Gallery in Oriental will display the first place pieces of seniors for the community to view. The public is invited to attend January 28 noon to 3 PM at the OWC clubhouse on Gilgo Street in Oriental. Light refreshments will be served. Please join us and we celebrate the talent of our students.



Land/Home Sales
Property Management
Appraisals Development



Agent of the Week

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

I have had the opportunity to work with Allen Propst for the past ten years. Initially he successfully managed a rental property for me in Oriental and most recently was able to sell that same property in two days. He is very knowledgeable about the local market and highly respected in his field. His strengths include strong customer service, rapid response time and savvy negotiation skills. It has been a pleasure to work with him and his office and I highly recommend his agency.
Kathleen, Oriental



MINNESOTT BEACH - Vaulted/tray ceilings, arched, ornate entrance-ways, hardwood floors & wainscoting, double-lot well above flood plain. 3BR/3BA has formal dining room, split-living arrangement, & gorgeous kitchen w/ SS appliances. FROG, separate office, zoned HVAC, screened porch, 2-car garage, Rinni propane tankless hot water heater, 7,000 watt generator, no HOA dues.
OFFERED AT \$297,500



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 - Exceptional design, workmanship and waterfront setting has created this consummate 3BR/2.5BA +FROG waterfront dream home on Orchard Creek. Water views from every room, deep-water boat dock & lift.
OFFERED AT \$325,000



ORIENTAL - Spectacular 3BR/2.5BA waterfront in Dolphin Point, wide-water views of Pierce Creek. Low-maintenance brick exterior. Recent roof, geothermal HVAC & other upgrades. Kitchen upgrades include SS appliances, granite counters, gas cook top. Sun room, deck, deep-water boat slip & dinghy lift!
OFFERED AT \$429,900



ARAPAHOE - Waterfront 3BR/3BA, with 2 living rooms, 2 kitchens + 3rd outdoor kitchen, 3 bonus rooms, patios and 2 upper decks for great views w/ double frontage on Neuse River & Dawson Creek. New metal roof, vaulted kitchen ceiling with exposed beams, dock & covered boat lift on Dawson Creek. No HOA dues. Great breezes year round.
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Notables

bread, biscotti, cookies, cakes, pies as well as preserves and chocolates.

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. "FANTASTIC FIBER ARTS DAY" Featuring vendors who sew, crochet, knit, felt, macrame, and machine embroidery using fabric, yarn, cord, floss, etc. Watch while they demonstrate their craft. Special Demonstration: Sheep Shearing by Melissa Grey with Southern Sheep Company! Coming soon: Saturday, January 20th - 7th Annual Harvest Bear Cupcake War! Bakers welcome. Proudly accepts SNAP/EBT. Located at 421 South Front Street in Downtown New Bern. Vendor space available. Call 252-633-0043.

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

Pamlico County Public Library

Thursday, January 11: Beach Book Breakfast Club at 9 a.m. and PTO Highschool at 5:30 p.m. The Library will be closed on Monday, January 15 for the holiday. Tuesday, January 6: Knitting at 1 p.m.

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.

Freezin' For A Reason!

The Craven County Special Olympics

will be having their 2nd Annual Polar Plunge on Saturday, January 20th at Courts Plus' outdoor pool at 2911 Brunswick Ave in New Bern. This is a fund raising event for Craven County Special Olympics. The entry fee to Plunge or Dip is \$25, under age 18 is \$12 with parental permission required and Special Olympians plunge for free. You can pre-register on line at firstgiving.com/sonc/cravenplunge2018. On-site registration begins at 9 am. Plungers and Dippers will be Freezin' for a Reason beginning at 10 am. For more information contact Steve Aster at 252-636-6606 or email at saster@cravencountync.gov.



Continued from page 1



RING IN THE NEW YEAR WITH THE SPECIAL GIFT OF HEARING

The tweeting of birds, the rustling of leaves, the crackling of a warm winter's fire and the joyous sounds of children's laughter, Or... do you have difficulty hearing words to a song? Do loved ones seem to mumble? Must you ask them to repeat? Do you avoid social events?

These classic symptoms of hearing loss are often more noticeable during the crowded and noisy holiday gatherings. This holiday season give yourself or someone you love this Special Gift of Hearing with the newest technology available.

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Stay Warm With Some Hot Jazz

Take an exhilarating “dose of jazz vocals” (Time Out), add “shining” instrumentals (Wall Street Journal) and a dash of yesteryear, then mix in a whole lot of musical dexterity and charm -- and you have one of New York’s most beloved swing bands, Svetlana & the Delancey Five, rippling through the city “making hot jazz sound cool” (BlueMonkMoods). On Saturday, January 20 at 7:30 PM, Svetlana & the Delancey Five, will perform at the Old Theater in Oriental, presented by the Pamlico Musical Society.



From premier New York City jazz clubs to the underground world of secret speakeasies, Svetlana & the Delancey Five is a “very sweet & naughty” (Jazzlives), “energetic” (Wall Street Journal), “delightful” (WRHU Jazz Radio), Golden-Age-inspired swing band. Playing hard swinging 1920s-40s jazz standards as well as charismatic originals, the group features Svetlana’s “fine and graceful” (Jazzlives) “made for jazz” (Streeteredmusic) vocals and is backed by the band members’ harmonizing and virtuoso instrumentals. Their tunes

are so infectious, they’ll steal your heart and sweep you off your feet!

Tickets to this concert are \$22 and are available in Oriental at Nautical Wheelers, 411 Broad Street, and online at www.pamlicomusic.org. Tickets for sold-out shows may become available at the door last minute. Check at the box office at 7:15. For more information, call 252-617-2125.

For helping to make these concerts possible, Pamlico Musical Society wishes to thank corporate sponsors Hardison Tire in Alliance and Inner Banks Sails and Canvas in Oriental.

Celebrating 20 years of great music for our community, Pamlico Musical Society is a non-profit organization bringing quality musical entertainment, enrichment, and education to Pamlico County, and we welcome your support! To learn more about the benefits of joining us, including advance ticket sales and artists’ receptions, call 252-617-2125, or visit www.pamlicomusic.org. Like us on Facebook @pamlicomusic

BCTMA Hosts 5th Annual Don Skinner GuitarFest

Here comes the GuitarFest, an afternoon and evening celebration of a variety of guitar talents and styles. This exciting event is sponsored by Beaufort County Traditional Music Association and co-sponsored by Arts of the Pamlico on Saturday, January 13, 2018. GuitarFest showcases eight of the most popular guitar acts and vocalists in Eastern NC. It is held each year in the memory of Don Skinner, a fine musician who was a long-time member of BCTMA. It will be held at the Turnage Theatre Gallery, 150 W. Main Street, Washington, NC from 3:00 PM-10:00 PM. Admission is free and donations are appreciated. Soft drinks and popcorn are available.



GuitarFest Schedule:
BCTMA Open Jam- 10:00 AM-12:00 PM
Performances 3:00 PM-10:00PM
3:00 PM BCTMA Musicians Kick off
3:40 PM “Flatland Folkies”
4:25 PM Lane and Dustin Hollis
5:10 PM Reggie Workman

6:00 PM “Steve Creech All-Stars”
7:00 PM JD Joyner and Friends
8:00 PM “Kat Head Biscuit Blues Band”
8:50 PM John, J.B. and Pam

9:30 PM Rockin’ Guitar Jam

Guitar fans are invited to come and enjoy an exciting variety of music by some of the best musicians from the area. Come and go as you wish or stay for the whole show. Don’t miss this fun family friendly event.

The Beaufort County Traditional Music Association is a grass roots non-profit organization that promotes the performance and enjoyment of traditional music in Eastern NC. Thanks to the assistance and oversight of Arts of the Pamlico, the BCTMA has grown into an active group of musicians and supporters dedicated to the nurturing and sharing of their love of traditional music. The group holds open jams on Thursday evenings and Saturday mornings. For more information, please visit www.bctma.org.

Tryon Civitans Flapjack Fundraiser

The Tryon Civitans will be hosting their 6th Annual Flapjack Fundraiser Breakfast on Saturday, February 17th from 8 am to 11 am at the River Bend Golf & Country Club in River Bend. Tickets are \$7.00 for the delicious pancake & sausage breakfast and can be purchased at The UPS Store at 1822 S.



Glenburnie Rd., Mitchell’s Hardware or from any

please contact Mack Paul at 637-7500.

Tryon Civitan member. Walk ins are also welcome. All proceeds benefit non-profits in our community, a few of which are Coastal Women’s Shelter, Merci Clinic, Habitat for Humanity, Craven County Special Olympics, Religious Community Services and the Twin Rivers YMCA.

For more information

Tryon Civitan Club Sponsoring 8th Annual Food Drive For Salvation Army

For the month of February, The Tryon Civitan Club, in conjunction with The UPS Store, will be sponsoring their Eighth Annual Food Drive to benefit the Salvation Army. The Salvation Army is in need of protein food items such as canned meat, tuna fish, macaroni & cheese. Also canned spaghetti sauce & canned pastas such as beefaroni, ravioli, spaghetti & soups.

According to the Salvation Army, they give out about 40 bags of food each week, with each bag containing enough food to feed a family of four for 2-3 days.

Anyone wishing to donate any of these items can drop them off at The UPS Store, located on South Glenburnie Road (across the street from the Post Office), Monday through Friday 8am to 6 pm and Saturday 8 am to 4 pm.

As always, The Tryon Civitan Club thanks everyone for their continued support of the projects they have during the year in support of our com-

munity. If you have any questions about this project or need any additional information, please contact Mack Paul at 637-7500.



Pirate Radio Is Friday Night Flick for January 19 At The Old Theater

2009 Rated R

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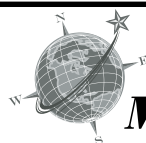


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Kitchen Chatter

by Nancy Winfrey



EASY CHICKEN TETRAZZINI

Such a great dish.

- 1 large fryer, cooked and chicken removed from bone, chopped
- 1 cup uncooked spaghetti, broken in half
- 1 cup chicken broth
- 1 can cream of mushroom soup
- 1/2 jar pimiento, chopped
- 1 small green pepper, finely chopped
- 1 rib celery, finely chopped
- 1 onion, finely chopped
- 1 cup grated sharp Cheddar cheese
- Dash Worcestershire sauce

Combine all above ingredients and mix thoroughly. Place mixture in a generously buttered casserole. Bake in 350 degree oven for about 45 minutes. If dish seems to be drying out, add a bit more broth.

HOT POTATO SALAD

- 5 large red cooked potatoes, cut into cubes
- 3 hard-cooked eggs, sliced
- 1/2 cup celery, finely chopped
- 2 onions, finely chopped
- 2 teaspoons salt
- 8 slices bacon
- 1/4 teaspoon dry mustard
- 3 tablespoons sugar
- 2 tablespoons all-purpose flour
- 1/4 cup water
- 1/2 cup cider vinegar
- 1 tablespoon finely chopped parsley, if desired

Combine the potato cubes, sliced eggs, celery, onions and salt in a large mixing bowl and toss to blend. Place mixture in a generously buttered baking dish. Cook the bacon in a small skillet until crisp and remove from the pan, drain and crumble. Leave 4 tablespoons bacon drippings in skillet and add the mustard, sugar, flour, water and vinegar and blend well with drippings. Bring mixture to a boil and then pour over the potato mixture. Sprinkle with parsley. Keep hot until ready to serve. Serves 8.

POTATOES STUFFED WITH SAUSAGE

Great dish to serve along with steamed cabbage and it's easy too!

For each serving, use one medium potato (any variety). Use link sausage. You will need 1/2 slice bacon or thinly sliced salt pork, 1 teaspoon butter or margarine, salt and pepper to taste and parsley. Peel potatoes and with an apple corer or small knife, make a hole about 1/2-inch in diameter, through the potato lengthwise. Stuff 1 link sausage through each hole of potato. Place potatoes in baking pan, dot with butter, salt, pepper and chopped parsley and cover with bacon or salt pork. Place in 375 degree oven and bake until potatoes are tender, basting occasionally.

QUICK & EASY POTATO CASSEROLE

- 2 pounds frozen hash-brown potatoes, thawed
- 3/4 cup melted butter or margarine, divided
- 1 can (10-oz.) cream of chicken soup
- 1/2 cup finely chopped onions
- 1 pint sour cream
- 1-1/4 cups grated Cheddar cheese
- 1 teaspoon salt
- 1/8 pepper
- 2 cups cornflakes

Mix the hash browns, 1/2 cup margarine, soup, onions, sour cream, grated cheese, salt and pepper and blend well. Place mixture into a well buttered 9x13x2-inch baking dish. Combine the cornflakes and the melted 1/4 cup butter, toss to coat, and spread over the top. Bake in 300 degree oven for 1 hour.

POTATO CASSEROLE

- 2 cups creamed cottage cheese
- 1 cup sour cream
- 1/3 cup finely chopped onions
- 1 clove garlic, minced
- 2 teaspoons salt
- 5 cups cooked, peeled and cubed potatoes
- 1/2 cup grated mild, medium or sharp Cheddar cheese
- 1/2 teaspoon paprika, if desired

Combine all ingredients except the grated cheese and paprika. Blend well and place mixture into a generously buttered baking dish. Sprinkle with grated cheese and paprika. Bake in 350 degree oven for about 40 minutes. Serves 6 to 8.

NOTE: If you would like to serve as a main dish, add a bit of finely chopped cooked ham, cooked crumbled sausage, etc.

DILLED CHICKEN & POTATOES

- 1 fryer chicken, cut up
- 1 pound new potatoes, cut into chunks, peeled or not
- 2 tablespoons vegetable or olive oil
- 1 cup half-and-half cream
- 1 to 1-1/2 teaspoons salt
- 1/2 teaspoon pepper
- 3/4 cup finely chopped or thinly sliced green onions
- 1/4 cup snipped fresh dill or 1 tablespoon dill weed
- 1/2 cup sour cream

In a large skillet over medium heat, add the oil and brown the chicken pieces, along with the potatoes for about 10 or 15 minutes. Remove the chicken and potatoes and set aside. Discard all but 1 tablespoon of the drippings. To the drippings, add the cream, salt and pepper and stir to blend well. Return chicken and potatoes to skillet. Sprinkle with onions and dill. Cover and simmer for 50 to 60 minutes or until chicken juices run clear and potatoes and chicken are tender. With a slotted spoon, remove the chicken and potatoes to a serving platter and keep warm. Add the sour cream to pan and stir to mix and heat until hot and bubbly and serve over the chicken and potatoes. Serves 6.

Combine the cubed potatoes, 1/2 teaspoon salt and 1/8 teaspoon pepper in a mixing bowl - set aside. Melt the butter or margarine in a saucepan and blend in flour, remaining salt and pepper and dry mustard. Add the milk and cook over low heat until sauce is thickened. Stir in 1 cup of the grated cheese and continue cooking and stirring until cheese melts. Remove sauce from heat. Mix just enough cheese sauce into the potatoes to hold them together. Place in prepared loaf pan. Cover and refrigerate several hours or overnight. Refrigerate remaining cheese sauce. Remove potatoes from refrigerator, run knife carefully around edges of pan and empty load onto an oven proof platter or baking sheet. Top load with Ritz cracker crumbs and the remaining 1/2 cup grated cheese. Bake in 400 degree oven for about 25 minutes or until potatoes are lightly browned and heated through and through. Heat cheese sauce, adding about 1 to 2 tablespoons milk, stirring to blend. Continue heating sauce until hot. Pour over loaf before serving or pass the sauce around. Serves 8.

POTATO & CHEESE LOAF

- 6 cups cooked, cubed potatoes
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup butter or margarine
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 teaspoon dry mustard
- 2 cups milk
- 1 cup mild, medium or sharp Cheddar cheese, grated
- 2 tablespoons crushed Ritz crackers
- 1/2 cup grated Cheddar cheese
- 1 or 2 tablespoons milk

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Financial Focus: How Can You Improve Your Financial Fitness This Year?



Dan M. Roberts, IV
Financial Advisor

If one of your New Year's resolutions is to get healthier, you may already be taking the necessary steps, such as improving your diet and increasing your exercise. Of course, physical fitness is important to your well-being – but, at the same time, don't forget about your financial fitness. Specifically, what can you do to ensure your investment situation is in good shape?

Here are a few "healthy living" suggestions that may also apply to your investment portfolio:

- **Build endurance** – Just as exercise can help build your endurance for the demands of a long life, a vigorous investment strategy can help you work toward your long-term goals, such as a comfortable retirement. In practical terms, this means you will need to own some investments with the potential to provide long-term growth. These are the investments that, ideally, you can hold on to for decades and eventually reap the benefits of capital appreciation. Of course, growth-oriented investments, such as most types of stocks, will rise and fall in value over the short term, and there's no guarantee of profits, or even preserving principal. But if you choose wisely, and you've got the patience and discipline to hold on to your investments through the market's ups and downs, you may well be rewarded.

- **Maintain an ideal "weight"** – You can help yourself stay healthy by maintaining your ideal weight. This can be challenging – as you know from the recently finished holiday season, it's

easy to put on a few extra pounds. And, just as inadvertently, your portfolio can tack on some unneeded weight, too, in the form of redundant investments. Over time, you may have picked up too many similar investment vehicles, resulting in an overconcentration, or "flabbiness," that can work against you, especially when a market downturn affects the asset class in which you're overloaded. So, you might be better off liquidating some of your duplicate, or near-duplicate, investments, and using the proceeds to help broaden your investment mix.

- **Get proper rest** – Many studies have shown that we need adequate rest to stay alert and healthy. In your life, you've probably already found that if you over-tax your body, you pay a price in your overall well-being. If you look at your investment portfolio as a living entity – which, in a way, it is, as it certainly provides life to your goals and aspirations – then you can see that it, too, can be weakened by stress. And one of the main stress factors is excessive trading. If you're constantly buying and selling investments in an attempt to boost your returns, you may rack up hefty fees, commissions and taxes – and still not really get the results you wanted. Plus, if you're frequently moving in and out of different investments, you'll find it hard to follow a unified, long-term strategy. So, confine your trading to those moves that are really essential – and give your portfolio a rest.

To enjoy your life fully, you'll want to take care of your physical and financial health – and, as it turns out, you can make similar types of moves to help yourself in both areas.

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

State Officials Seek More Information On Seismic Testing

The N.C. Division of Coastal Management asked four companies to submit additional information about proposed seismic surveying for offshore oil and gas resource development because the original proposals did not consider the latest scientific studies on the harmful impacts to marine life.

In 2015, the state reviewed four consistency determinations and issued consistency concurrences to Spectrum Geo, Inc, GX Technology, MCNV Marine North America and TGS-NOPEC Geophysical Company for seismic surveying in the Atlantic Ocean related to the identification of oil and gas resources off the North Carolina coast. Since that time, additional studies not previously available have demonstrated that the use of seismic airgun arrays has the potential for significant impacts on marine fisheries. To better determine the risk to marine life, the N.C. Division of Coastal Management sent each company a letter requiring each company to provide information supporting their position that the proposed survey activities are consistent with state coastal policies.

On Aug. 17, North Carolina Governor Roy Cooper and Michael Regan, secretary of the N.C. Department of Environmental Quality submitted comments in opposition to oil and gas leasing for offshore drilling along North Carolina's coast. In their comments, Gov. Cooper and Sec. Regan stated that offshore drilling threatens North Carolina's coastal economy and its environment, while offering little economic benefit to the state.

"New studies published after the state's initial review indicate seismic testing may have even more significant impacts on North

Carolina's coastal marine life," said Braxton Davis, director of the N.C. Divisions of Coastal Management and Marine Fisheries. "Based on the new studies, we believe the proposed seismic testing could severely impact North Carolina's commercial and recreational fisheries, and we are requesting more information for review by state officials and the public."

The state is seeking the additional information to determine if a proposed coastal project is consistent with policies put in place to protect North Carolina's coastal resources. The companies are also seeking federal permits from the Bureau of Ocean Energy Management.

In August 2017, the state conducted three public hearings in Wilmington, Morehead City and Manteo to gather comments on the U.S. Bureau of Ocean Energy Management's (BOEM's) request for information and comments on the preparation of the 2019-2024 national outer continental shelf oil and gas leasing program.

The N.C. Department of Environmental Quality sought public input and information on the potential impact of oil and gas exploration on the biological, social, economic and aesthetic values of North Carolina's coast. In total, 465 people attended the hearings in Wilmington, Morehead City and Manteo. Of the 104 people who spoke at the hearings, 96 spoke against oil and gas exploration off North Carolina's coast.

A graphic illustrating the Oil and Gas Leasing Process can be found here <https://www.boem.gov/BOEM-OCS-Oil-Gas-Leasing-Process/>. For more information on BOEM's five-year oil and gas leasing program, go to <https://www.boem.gov/Five-Year-Program/>.



Should School Boards Include Student Representation?



By Liam McCarthy
9th Grader, Arapahoe Charter School

How would you feel if your school was planning to invite a student to serve on the Board of Directors? In my opinion, while student representation on school boards could be both a blessing and a curse, I am definitely in favor of it.

It's simple logic. At Arapahoe Charter School, the school includes representatives from the community, parents and staff but not students. I have never understood why the people most affected by the decisions made for a school don't have a voice in the decision making process. Honestly, at this time students have no say about who represents them on the board since students cannot vote. They just have to deal with whatever outcome happens without being represented.

That said, I realize there are potential pitfalls to the concept. On one hand, students would offer insight into the minds of their peers. On the other hand, some students might use their position in a negative way and make decisions based solely on their opinion instead of how the student body seems to feel as a whole. Of course this can also apply to adult members of the board.

If a school board were to allow students a seat, I think that there are some things they shouldn't be allowed to vote on. They should have the right to contribute to the deliberations, but not have a vote on the final decision. Things students should definitely be able to vote on and deliberate about include scheduling, rules and regulations of the student body, and contribute to the everyday

decisions that affect the school.

If students were to be allowed on the board, I think it should be offered to high school students that maintain good grades, attendance, and behavior. Opening up this position to students could also help get other things going throughout the school such as a student discipline committee which is found in schools throughout America. The job of this committee would be to handle the discipline issues throughout the school - including deciding a punishment for a student and taking the recommendation to either the principal or in-school-suspension coordinator to have the final say for the punishment. Opening up this seat would also provide a

person for other students to come to if they are not comfortable going to an adult on the board.

Some adults may take all this with a grain of salt because some are very dismissive of student opinions revolving around the school, even though the students are the people affected by the boards decisions every day. Also, adults do not always think that students can make well thought out and informed decisions, even though adults also can make impulsive decisions about stuff they hear.

If the board did open up a student seat, the representative should be elected by the students, for the students. In order to be a candidate, I do think you should have to have a teacher recommendation and be approved by the principal just so they can make sure that you fit the qualifications needed to serve. Even though the student would be representing all of the students, I think the representative should be in high school, just because that would be an appropriate age to comprehend most of what was going on.

Should students have the right to have a seat on the school board? Some would answer - yes; some would answer - no. My answer is a resounding yes! How is it fair to make decisions for an entire group of people without seeing how the group of people being affected feels about it? It's not right, it's not okay to make decisions for people without seeing how they feel.

Creating a student position on a board would give students a voice. A voice that would be heard. A voice in the decision making that affects them most of all. One person, but many voices.

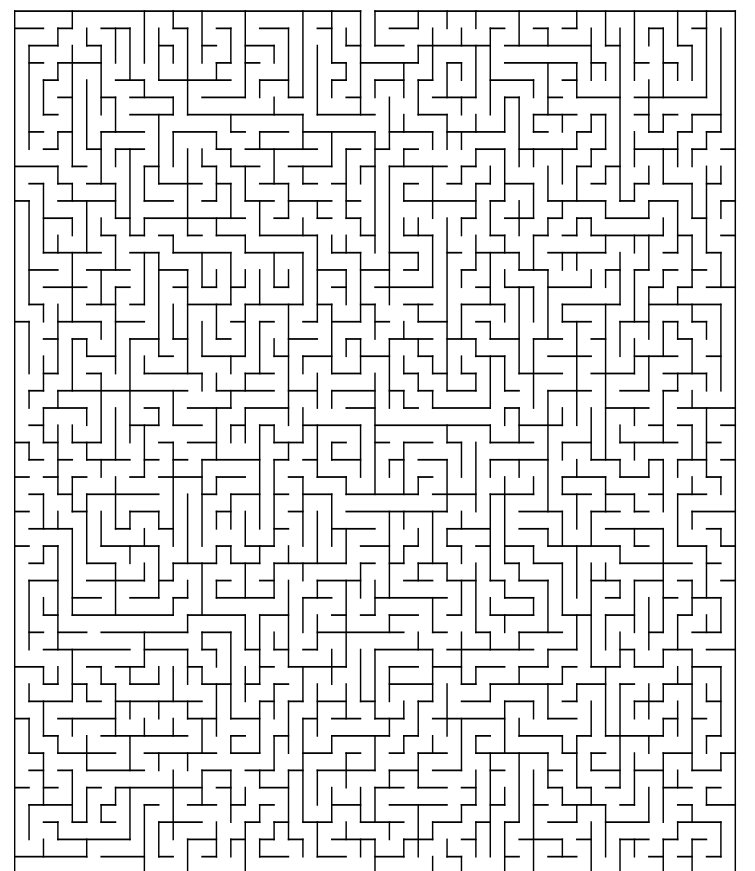


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Solution on page 9A



The Pamlico News

USPS 782-460 Published 51 times a year
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**Notice of Public Hearing
– Oriental –**

The Town of Oriental will hold a public hearing on January 25 at 4:00pm, or as soon after as can be reached, at the Oriental Town Hall, 507 Church Street. The purpose of the public hearing is to take comments on the Planning Board's recommendation to the Town Commissioners concerning:

Change to the GMO Permissible Use Table and definitions to adjust for previously enacted changes to the Manufactured Home section.

Diane H. Miller
Town Manager/Clerk

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



Brrrrrr! Baby, it's cold outside. Pamlico has been a winter wonderland this past week as has all of Pamlico County.

There was a wonderful celebration of the life of Ponce Ham held at Pamlico United Methodist Church with the Reverend Mike Roach officiating on Wednesday afternoon at 2:00 pm. The freezing rain began on our way home from the service turning into snow overnight.

Smart people stayed home safe and warm throughout the week. The secondary roads were still icy even as late as Sunday morning so many churches canceled their worship services, including services at Pamlico UMC.

Waste Industries did not make their scheduled pick up the first week in January and their schedule is changing beginning this week for those in the Pamlico community. That means we have not had a trash pickup in 2018 yet.

I must say I was impressed to hear that about 50 brave souls made it out to Brantley's to celebrate Reverend Jerry Harper's retirement last Friday night. Needless to say, I was not one of them. I stayed in the warm comforts of my home. I was equally impressed that my Sunday copy of the Sun Journal was delivered

Betty Jo Rodgers Correspondent

very early on Sunday morning.

I saw a sold sign on the Town 'N Country in Oriental but I have not found out who purchased it or for what purpose. Maybe I will get out more when the weather is a little warmer this week and can check it out.

There will be a special service at the Fountain of Grace Ministries at 1118 S. Glenburnie Drive, New Bern, NC on Sunday, January 21, 2018 at 3 pm. Senior Pastor, Shontina Green invites everyone to come hear Reverend Lynn Godette, Pastor, Brother Gerald Godette and the members of the Cedar Grove AME Zion Church in Aurora, NC who are the guest messengers for this special service.

Celebrating birthdays in January are Elizabeth Farmer Tillman (1/15), Kelli Hinson and Ruth Ireland (1/16), Ned Ferris (1/21), Kate Moya Fields and Jenny Lupton (1/22), Wayne Dunbar (1/23), Desiree Brinson (1/25), and Shari Roberts Hale (1/31).

Have a blessed week. Uncertain? Take Spiritual Vitamin U. "Ye are my witnesses, saith the LORD, and my servant whom I have chosen: that ye may know and believe me, and understand that I am he: before me there was no God formed, neither shall there be after me." (Isaiah 43:10)

Goose Creek Island



Goose Creek Island 55 Plus Club did not meet Thursday due to inclement weather, therefore news is a little slack this week. So far as we know almost everyone is hunkered down and trying to stay warm.

Several churches in our area did not hold Worship Services Sunday due to the cold weather.

Happy Birthday: Jean Potter Henries, Sabra Nethercutt and Julius Elmo Flowers, Jr. - Jan 6, Jane Potter Whitley, Irma Lewis Armstrong and Jennifer Heath Popperwill - Jan 8, Curtis Dale Lewis - Jan 9, Teresa Caroon Grubbs, Simeon Matthew Grubbs and Jack Sadler - Jan 10, Linda Lewis Caroon, Frank Whitfield Beach III and Michael Leary - Jan 11, Ernest Lee Spain, Hiram Lupton, Jr., Jarod Clay Williamson and Janet Gale Jarvis - Jan 13, Scarlett Bonner and Christopher Jones - Jan 15, Ruth Ireland and Gladys Henries Shelton - Jan 16, Addie Ireland, Kelly Walker and Madison Sadler - Jan 17. Happy Anniversary Jeffrey and Alexis Ireland Sanders - Jan 7.

Joy Williams Guidry was honored Saturday, Jan 6 on her 40th

Annette Jones, 55 Plus Club Correspondent

birthday with a very special celebration at Goose Creek Island Community Center. She was also honored with a "Second Chance High School Prom." Joy and Percy Guidry arrived in a large white limousine and were dressed in formal attire. The prom theme was "Under the Sea" The auditorium was beautifully decorated by Pam Voliva Hannah. Couples danced as music from the 1990's was played. Delicious refreshments were served. Joy was crowned Prom Queen by former Pamlico County High School Principal Joshua Potter. The party was hosted by friends and family. There was around 60 guests in attendance. Most were dressed in prom evening wear. Joy was surely surprised, thrilled and happy. Congratulations Joy Guidry, Prom Queen - 2018!

Congratulations Madison Sadler of Lowland, PCHS Junior, who was chosen for the 2017 Sun Journal All Area Girls Volleyball team! Way to go Madison!

Addie Ireland, daughter of Alexis and Jeffery Sanders was honored on her 8th birthday with a party in the auditorium of the GCICC on Sunday. Refreshments were served, Addie enjoyed opening gifts and lots of fun games were played. There were about 25 children and adults attended. Happy Birthday Addie.

Whortonsville



A beautiful week of white stuff! One of the prettiest snows that just will not go away! Normally here, the snow falls, the next day the weather is warm, the sun comes out and away it goes, but not this time. We have been stuck in the house.

Being a caregiver, I can't take a chance on falling. My next door neighbor Melydia came over and scraped our deck twice so if we had to go out we wouldn't fall. Some of my neighbors pipes froze but so far so good for us.

Several neighbors with cabin fever went outside on Sunday

Reba Tiller Correspondent

and played snow bocce ball. Nick Santoro won the game. Some neighbors across the creek lost their electricity for a short period of time one evening last week.

Pamlico Chorale is supposed to begin rehearsals tonight for the spring season, but no school today. Friends and family are still loving the photo album that Ann Stackhouse made for Weeks and me at our anniversary.

My wi-fi went out this weekend so I may not get this news out. Time to get Christmas decorations up in the attic. There was no church on Sunday. Hopefully we can get back to normal this week. Thought for the week-- May this year bring more positive thinking and less negative news.

Aurora



The first big snow in two years made its debut January 3-4. It was a nighttime snow, which was disappointing because I adore seeing the snow flutter down from the sky. I did get up several times to see when the rain changed over to snow.

Around 2 a.m. I saw accumulation on the front porch finally. It was just about as exciting as when I was teaching! The power went out around 3 a.m. due to 'galloping lines', which Tideland warned us about. Eventually the power was restored only five and a half hours later; many thanks to Tideland again. With the power out, there was an amazing amount of residual light from the snow coming through the windows that made candle lighting not needed.

As soon as daylight occurred and it looked like the storm had passed, I took my first official measurement out in a clear space in the back yard, taking several and finding an average of five inches. I duly reported my findings to the National Weather Service on Morehead City's online system. Friday morning on WITN, there it was with other localities: Aurora—5.00". It was a serious thrill to know that I was the reason we were part of Jim Howard's snow-fall totals. I even took a photo of the television graphic.

Before the storm came in that night, I experienced my own little Mattamuskeet winter bird viewing. Around noon I could see in the cove dozens of white pelicans (we usually only see one or two the

Joy McCracken Correspondent

entire winter), at least three different kinds of ducks and the standard gulls. Blue herons were in number also, which is unheard of as we only have one that patrols the cove. A lone kingfisher stood watch, perhaps in awe, over the entire affair. The songbirds were feverishly attending to the feeder. The wrens were flitting about being very vocal.

While I write this, it is still too hazardous to go out because the incredible severe cold has turned the roads into ice rinks. I recall the big snow we got in Charleston in 1989 (and apparently the last really big snow they received until this one). We got out and about to check on the in-laws and were going over the 'big bridge'. We found ourselves behind a sand truck: two guys shoveling furiously out of the back of a dump truck. Another technique was used to deice small bridges employed by local fire departments pumping water from local salt-water creeks onto the bridges crossed.

We've had a local family experience a devastating house fire and they have lost everything. The family of six desperately needs clothing. You can contact Christine Jones with the Aurora Fire Department at 252-229-4920 if you can help.

Happy Birthday Wishes go out to: 1/10-Nicholas Potter, Stella Harris and Corey B. Hamilton; 1/11-Daneisha Murray; 1/12-Kristin Toler, Verna Hollister, Iris Honeycutt, Bethany Austin and Madison Tomlinson; 1/13-Micki Z. Warren; 1/14-Chris Millard; 1/15-Antonio Cratch, Courtney Holliday and Danielle Harrell; 1/16-Trinity Hollister and Taron Williams.

Obituaries

Jean Brinson Gibbs, 85, formerly of Bayboro, passed away peacefully after years of fighting Alzheimers.

She was a lifelong member of the Bayboro Baptist Church and was a loving mother and grandmother.

She was preceded in death by her husband, Furman Gibbs; parents, Oswald and Gladys Brinson; and four siblings.

She is survived by three daughters, Gladys Coatney of Allen, TX, Susan Gibbs and Pamela Millis, both of New Bern; four grandchildren, Mac McGreger, Tim McGreger, Elizabeth Pegrum, and Donna Pegrum; and four great-grandchildren.

Her funeral service was held on Sunday, January 7th at Bryant Funeral Home Chapel with the Rev. Scott Fitzgerald officiating.

The family received friends following the service at the funeral home.

In lieu of flowers the family request memorials be made to: Alzheimers Association, Eastern NC Chapter, 3739 National Dr. Suite 110, Raleigh, NC 27612.

Arrangements by Bryant Funeral Home, Alliance, NC

Bryant Funeral Home Chapel with the Rev. Phillip Lewis officiating. Interment will be in Sandhill Cemetery.

The family will receive friends one hour prior to the service at the funeral home.

Arrangements by Bryant Funeral Home & Crematory, Alliance.



Charlie Griffin, 84, of Bayboro passed away Wednesday, January 3, 2018, at CarolinaEast Medical Center.

He was preceded in death by his wife, Nina Griffin; son, Michael Griffin; two sisters; and three brothers.

He is survived by two daughters, Stella Griffin and Debra Edwards; and four brothers, Don Sr., Raymond, Harold and Milton Griffin.

His funeral will be held 11 a.m. Wednesday, January 10th at

Legals

IN THE GENERAL COURT OF JUSTICE
OF NORTH CAROLINA
SUPERIOR COURT DIVISION
PAMLICO COUNTY
17SP56

IN THE MATTER OF THE FORECLOSURE OF A DEED OF TRUST EXECUTED BY WILLIAM K. GREEN AND ELIZABETH Y. GREEN DATED APRIL 24, 2008 AND RECORDED IN BOOK 515 AT PAGE 433 IN THE PAMLICO COUNTY PUBLIC REGISTRY, NORTH CAROLINA

NOTICE OF SALE

Under and by virtue of the power and authority contained in the above-referenced deed of trust and because of default in the payment of the secured indebtedness and failure to perform the stipulation and agreements therein contained and, pursuant to demand of the owner and holder of the secured debt, the undersigned substitute trustee will expose for sale at public auction to the highest bidder for cash at the usual place of sale at the county courthouse of said county at **10:00AM on January 18, 2018** the following described real estate and any other improvements which may be situated thereon, in Pamlico County, North Carolina, and being more particularly described as follows:

All those certain tracts or parcels of land in Pamlico County, North Carolina, particularly described as follows:
TRACT I: BEGINNING at a stake on the south side of Orchard Creek Road, and runs South 11° West 60 feet to a

stake; thence North 80° West 98 feet to a ditch; thence North 11° East 60 feet to the edge of the Orchard Creek Road; thence North 15° East 99 feet to the point of Beginning. Being a part of the Holly D. Green Home Tract. TRACT II: BEGINNING at a stake in the Southern right of way line of NC Road #1317, said stake also being located 788 feet from the center line of NC Road #1321 in an easterly direction, and running thence South 11° West 222.24 feet to a stake; thence South 80° East parallel with said road 98 feet to a stake; thence North 11° East, parallel with said ditch, 122.40 feet to the edge of the said road; thence North 80° West along the edge of the road 98 feet to the beginning, containing one-half (1/2) acre, more or less, and being a portion of the lands described in Book 79, Page 39, Pamlico County Registry.

And Being more commonly known as: **156 Orchard Creek Rd, Oriental, NC 28571**

The record owner(s) of the property, as reflected on the records of the Register of Deeds, is/are Elizabeth B. Green. The property to be offered pursuant to this notice of sale is being offered for sale, transfer and conveyance "AS IS, WHERE IS." Neither the Trustee nor the holder of the note secured by the deed of trust, being foreclosed, nor the officers, directors, attorneys, employees, agents or authorized representative of either Trustee or the holder of the note make any representation or warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, at or relating to the property being offered for sale. Any and all responsibilities or liabilities arising out

of or in any way relating to any such condition expressly are disclaimed. This sale is made subject to all prior liens and encumbrances, and unpaid taxes and assessments including but not limited to any transfer tax associated with the foreclosure. A deposit of five percent (5%) of the amount of the bid or seven hundred fifty dollars (\$750.00), whichever is greater, is required and must be tendered in the form of certified funds at the time of the sale. This sale will be held open ten days for upset bids as required by law. Following the expiration of the statutory upset period, all remaining amounts are **IMMEDIATELY DUE AND OWING**. Failure to remit funds in a timely manner will result in a Declaration of Default and any deposit will be frozen pending the outcome of any re-sale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, the Substitute Trustee or the attorney of any of the foregoing. **SPECIAL NOTICE FOR LEASEHOLD TENANTS:** If you are a tenant residing in the property, be advised that an Order for Possession of the property may be issued in favor of the purchaser. Also, if your lease began or was renewed on or after October 1, 2007, be advised that you may terminate the rental agreement upon 10 days written notice to the landlord. You may be liable for rent due under the agreement prorated to the effective date of the termination. The date of this Notice is December 13, 2017. 17-095547

Jonathan Blake Davis
Attorney for the Substitute Trustee
10130 Perimeter Parkway, Suite 400
Charlotte, NC 28216
(704) 333-8107
<http://shapiroattorneys.com/nc/>

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY SUPERIOR COURT DIVISION

NOTICE TO CREDITORS AND DEBTORS

OF THEODORE R. NELSON

File No.: 17 E 205

All persons, firms and corporations having claims against THEODORE R. NELSON deceased, are notified to exhibit them to Gloria N. Randall, Executor of the Estate, on or before April 10, 2018, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 10th day of January, 2018.

Executor Gloria N. Randall,
Estate of Theodore R. Nelson
25 Poults Place
Wilmington, NC 28457

Publish January 11, 18, 25 and February 1, 2018.

Looking Back 35 Years...

This Appeared In The January 12, 1983 Issue Of The Pamlico News



Billy Patton (left), chief of the Oriental VFD, and Sam Spencer of Florence admire the new building that now houses equipment for the Florence-Wortonsville VFW—a substation of the Oriental VFW. The new building was completed in less than 6 days by volunteer labor and has already been paid for through donations. Florence-Wortonsville is the first substation in Pamlico County.

Public Hearing

A Public Hearing on Special Use Permit Issuance for Mr. Sharpe at 309 High Street in Oriental to use their property as a short term rental will be held on Thursday, January 25, 2018 at 4pm, or as soon after as can be reached, in the large Board Room in Town Hall, 507 Church Street, Oriental, NC. The application will be available for viewing by the Public at Oriental Town Hall and online at www.TownofOriental.com.

The meeting is open to the Public.

Diane H. Miller, Clerk, Town of Oriental

Cultural & Life Enrichment Classes AT PCC



WINTER BIRDING:

Sheryl McNair leads a bird watching class with expectations of viewing beautiful waterfowl returning from their northern breeding grounds to winter here with resident and migrant songbirds as well as many hawks and owls on Tuesdays, January 9th – January 30th four meetings, \$35. First class will meet in the PCC Delamar Building at 9:00am for a slide show, discussion of birding optics and techniques with a short field trip afterwards. Subsequent classes will be held in the field with early morning meeting times weather permitting. Class is limited and preregistration is required.



ADVANCED T'AI CHI FOR ARTHRITIS & BALANCE: Basic T'ai Chi is required for instructor Diana Peterson's advanced T'ai Chi class held Tuesdays, January 9th – March 13th, 3:30pm – 5:00pm. Oriental Town Hall, \$55.00 (10 classes).

BEGINNING & INTERMEDIATE INSTRUMENTS: Instructor Simon Spalding of The Bears, Tuppence & Casablanca bands is to teach music Wednesdays, January 10th – February 14th. UKULELE, 10:00 am – 11:00 am, VIOLIN/FIDDLE, 11:00 am – 12:00 pm and MANDOLIN or BANJO at 12:00 pm – 1:00 pm. \$85per session (6 classes per session) in the PCC Library.



CHAIR YOGA & MEDITATION: Instructor Diana Peterson leads a seated muscle toning & joint lubrication class for strength, balance and stability, as well as breathing techniques for relaxation, stress reduction and meditation. Classes are held Thursdays, January 11th – March 16th, 10:30 am – 11:30 am, cost is \$35 for 10 classes at the Oriental Town Hall.

ROADMAP TO WELLNESS: Instructor Michele Musella BSN, MSN, Doctorate in Integrative Medicine is instructing a series of interactive discussions about health and creating mind, body and spirit balance. Sessions include

information on tools available to achieve wellness using various therapies and natural healing strategies i.e. Aromatherapy, Acupressure, Ayurveda etc.

ROADMAP which provides an overview and explanation of the wellness therapies offered in this series on Thursday, January 11th, 6:00pm – 8:00pm, \$10.00.

AROMATHERAPY The art, science and use of ESSENTIAL OILS with In depth information on therapeutic kit building for healing as well as hands on blending and product creation. Thursdays, January 18th, 25th & February 1st, 6:00pm – 8:00pm, \$65.00 (3 classes).

VIBRATIONAL HEALING This class is a review of the use and health promotion of BACH FLOWER ESSENCES, COLOR, GEMSTONE & HOMEOPATHIC therapies. Thursdays, February 15th & 22nd, 6:00pm – 8:00pm, \$45.00 (2 classes)

ACUPRESSURE & AURICULAR ACUPRESSURE This class entails the mapping of Meridian Lines on the body & ear providing guidance to massage points to treat specific health issues. Thursdays, March 1st & 8th, 6:00pm – 8:00pm, \$45.00 (2 classes).

AUYURVEDA An ancient Indian system of PREVENTIVE MEDICINE addressing health and dietary issues pertaining to each DOSHA. Thursdays, March 15th & 22nd, 6:00pm – 8:00pm, \$45.00 (2 classes)

INTRODUCTION TO REIKI An informative peek into the practice and history of Reiki including an abbreviated treatment. Wednesday, February 7th, 6:00pm – 8:00pm, \$25.00 (1 class); Wednesday, March 7th, 6:00pm – 8:00pm, \$25.00 (1 class); Classes are held in the



Animal Reiki

PCC Johnson Building Rm. 121

BRIDGE FOR BEGINNERS Free Class! Instructor: Craig Welling. Learn to play the strategic and social card game -BRIDGE! Tuesday, Wednesday & Thursday, January 16th, 17th & 18th, 5:30pm – 7:00am. This is a no-cost course. PCC Johnson Building Library. BRIDGE FOR BEGINNERS PHASE II Free! Tuesday, Wednesday & Thursday, January 23rd, 24th & 25th, 5:30pm – 7:00pm. This is a no-cost course. PCC Johnson Building Library

JEWELRY Instructor: Suzanne Burchfiel. Learn a new technique and design every time Wednesday 6:00pm – 8:30pm. January 17th, February 7th, March 7th, April 11th, May 9th. \$35.00 per session (materials are included in price). PCC Johnson Building

TRADITIONAL CERAMIC PROGRAM Instructor: Barb Drexler. Students will learn ceramic terms and the use of assorted ceramic tools. Each student will complete 4 projects using various ceramic finishes on each piece. This class is offered to both beginners and experienced individuals. Wednesdays, January 17th – February 14th, 1:00 pm – 3:00 pm, \$70/session (5 classes/session) **Only a cleaning kit and brushes must be purchased by students - all other materials are

included in the cost** Classes held at instructor's studio - Kil "N" Thyme Ceramics

MACHINE QUILTING

Karen Dodd continues her Machine Quilting class on Thursdays, January 18th – February 15th, 1:00pm – 4:00pm, \$55 for five - 3 hour classes in the PCC Delamar Auditorium. Students range from beginners to advanced skill levels so all are welcome to proceed at their own pace with individualized instructions. New techniques and possible unique projects i.e. three-dimensional quilted designs, thread painting, study of stars, beginning a modified Dresden quilt, designing appliques for clothing, the use of the ten degree ruler for circles and



swirls or the completion of your own personal projects. If you enjoy the company of others while learning - this is your class! Please bring your sewing machine, scraps and fat quarters of cloth and sewing supplies.

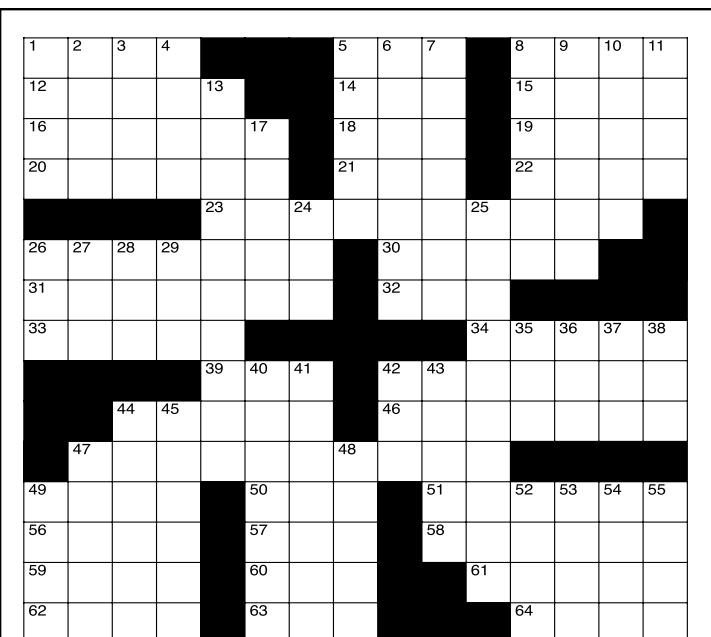
Please note that all classes are limited and require pre-registration. For more information and possible schedule changes contact: Denise ~ 252-249-1851 Ext. 3113, 252-617-1376, dmeyerson@pamlico.edu</promail/src/compose.php?send_to=dmeyerson@pamlico.edu>

REFIT® - Free! Most Tuesdays, instructors Yolanda Cristiani and Kacy Forbes offer a free REFIT® workout program that is structured around cardio-dance movements, toning and flexibility, strength training and stretching. REFIT® uses value positive, energetic, and family-friendly music in multiple genres and is designed for all shapes, sizes, and fitness levels. Most Tuesdays 6:00pm – 7:00pm in the PCC Delamar Center Auditorium. Class schedules are listed on "REFIT® Pamlico" on Facebook, or call Yolanda at 828-



421-7981<tel:828-421-7981>. No registration required.

PCC MUSIC JAMS THIRD & FIFTH THURSDAYS January 18th, February 21st, March 19th, April and May 16th& 30th. 6 pm until PCC Delamar Auditorium STAGE. Musicians of all levels gather to share song and camaraderie in a relaxed and open atmosphere. Pick, play, sing, or just listen! Free and Open to the Public

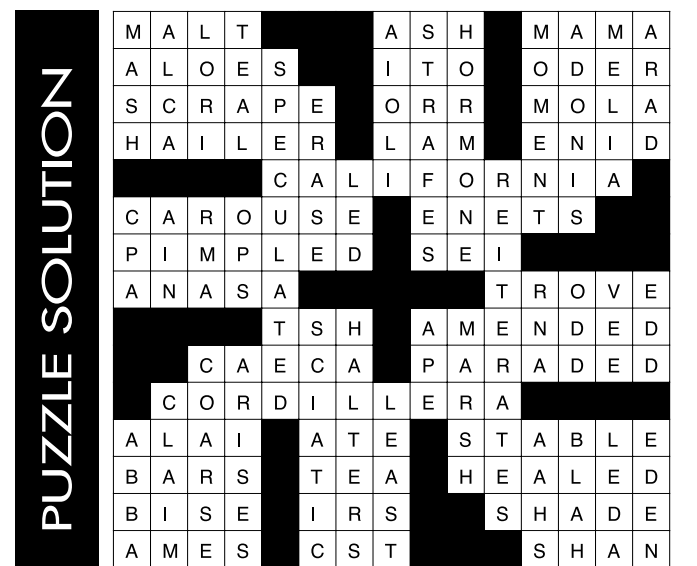


CLUES ACROSS

1. Make ale
5. Residue
8. Female parent
12. Succulent plants
14. OJ's judge
15. Czech river
16. Embarrassing predicament
18. NHL legend Bobby
19. Sunfish
20. One who acclaims
21. On the _ : running away
22. Oklahoma's "Wheat Capital"
23. The Golden State
26. Merrymake
30. Siberian nomads
31. Pock-marked
32. Baleen whale
33. Leaf-footed bug genus
34. Treasure
39. Tanzanian shilling
42. Changed
44. Intestinal pouches
46. Walked in a celebratory way
47. South American mountain chain
49. Jai __, sport
50. Consumed
51. Firm
56. Pubs
57. Leafy drink
58. Cured
59. Northern wind of France
60. Tax collector
61. Respite from the sun
62. American spy Aldrich
63. Central Standard Time
64. Myanmar ethnic group

CLUES DOWN

1. Crush
2. Razorbill genus
3. "Full House" actress Loughlin
4. Bluish green
5. Garlic mayonnaise
6. Attacks repeatedly
7. Secretion
8. Special instance
9. A handsome youth loved by Aphrodite
10. Tree genus in the mahogany family
11. Israeli city
13. Formed a theory
17. Remove
24. Type of light
25. Repeats
26. Certified public accountant
27. River in eastern France
28. Returned material authorization (abbr.)
29. Special _ : military group
35. Ribonucleic acid
36. Not even
37. Power transmission belt
38. Doctor of Education
40. Type of nerve
41. Types of tops
42. Large primate
43. Flooded, low-lying land
44. Gritty
45. Gets up
47. Stake
48. Not the most
49. Swedish rock group
52. Expresses pleasure
53. Expression of boredom
54. Queen of Sparta
55. Where Adam and Eve were placed at the Creation



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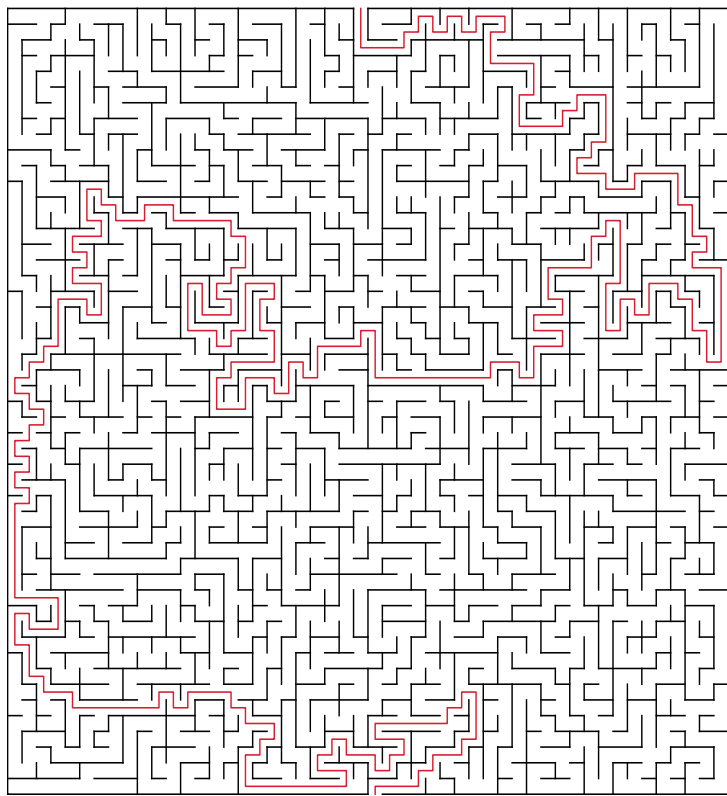
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Blue Crab Fishery Management Plan Advisory Committee To Meet

MOREHEAD CITY – The Blue Crab Fishery Management Plan Advisory Committee will meet at 6 p.m. Jan. 17 at the N.C. Department of Environmental Quality's Washington regional office, 943 Washington Square Mall, Washington. The committee is meeting to continue assisting the Division of Marine Fisheries with development of Amendment 3 to the Blue Crab Fishery Management Plan. Agenda items include a general overview of the division stock assessment process.



There will also be a presentation reviewing data sources considered for the blue crab stock assessment. A full meeting agenda can be found at www.ncdenr.gov. For more information, contact Jason Rock at Jason.Rock@ncdenr.gov or 252-948-3874 or Corrin Flora at Corrin.Flora@ncdenr.gov or 252-264-3911.

Fisheries Committee To Meet To Define A Commercial Fisherman



MOREHEAD CITY – A committee made up of members of the N.C. Marine Fisheries Commission will meet at 1 p.m. Jan. 11 at the N.C. Division of Marine Fisheries' Central District Office, 5285 Highway 70 West, Morehead City. The committee is meeting to develop a

definition of a commercial fisherman. The commission voted to form this committee at its November Meeting and to bring back a report to the full commission in February. The meeting will not include a public comment period. For more information, contact Nancy Fish in the Marine Fisheries Commission Office at 252-808-8021 or Nancy.Fish@ncdenr.gov.

Shrimp Bycatch Reduction Industry Workgroup To Meet

MOREHEAD CITY – The Shrimp Bycatch Reduction Industry Workgroup will meet at 10:30 a.m. Jan. 22 at the New Bern Riverfront Convention Center, 203 S. Front St., New Bern.

The committee will receive a presentation on the 2017 testing of bycatch reduction gears. The committee will also begin developing recommendations to the Marine Fisheries Commission. A full agenda can be found here. For more information, contact Kevin Brown, gear development biologist with the North Carolina Division of Marine Fisheries, at 252 808 8089 or Kevin.H.Brown@ncdenr.gov.



Waters Close To Commercial And Recreational Spotted Seatrout Harvest

MOREHEAD CITY – The N.C. Division of Marine Fisheries closed all coastal and joint waters to commercial and recreational spotted seatrout harvest due to widespread cold stun events.

Cold stuns are natural events that occur when there is a sudden drop in water temperature or prolonged periods of cold weather that makes the fish sluggish. Many fish will die from the cold. Others fall prey to birds and other predators. Studies suggest that cold stun events can have a significant impact on spotted seatrout populations. The division has confirmed significant spotted seatrout cold stun events in six water bodies from Surf City to Manteo. The division is still receiving and verifying more cold stun reports and collecting associated environmental data. These efforts will continue regardless of the closure so that the division may evaluate the magnitude of the cold stun event for use in future stock assessments. Under the N.C. Spotted Seatrout Fishery Management Plan, if a significant cold stun event occurs, the Division of Marine Fisheries will close all spotted seatrout harvests

until the spring. The N.C. Wildlife Resources Commission automatically closes spotted seatrout season in inland waters when it closes in adjacent coastal waters.



The intent of the closure is to allow the fish that survive the cold stun event the chance to spawn in the spring before harvest reopens. Peak spawning occurs in May. The spotted seatrout season will remain closed until June 15, when it will reopen by proclamation. Commercial seafood dealers have until Friday, Jan. 12 to dispose of unfrozen spotted seatrout in their possession that was caught prior to the closure. For more specifics on the closure in coastal waters, see Proclamation FF-1-2018. Fishermen should continue to report any cold stun events they see in coastal waters. To report a cold stun event or for more information, contact division spotted seatrout biologist Steve Poland at 252-808-8159 or Steve.Poland@ncdenr.gov.

Fisheries Ask Public To Report Cold Stunned Trout

The N.C. Division of Marine Fisheries wants to remind the public to report any cold stunned trout they may see in North Carolina coastal waters. During the winter, spotted seatrout move to deeper, warmer waters in coastal creeks, bays and ocean. Cold stuns occur when there is a sudden drop in water temperature or prolonged periods of cold weather that makes the fish so sluggish that humans can harvest them with their hands. Many fish die will die from the cold. Others fall prey to birds and other predators. Studies suggest that cold stun events can have a significant impact on spotted seatrout populations. No cold stun events have been reported yet this year, but conditions are such that one or more could occur in coastal creeks and bays.



Anyone seeing a trout cold stun event should report it to the N.C. Marine Patrol at 1-800-682-2632 or to division spotted seatrout biologist Steve Poland at 252-808-8159 or Steve.Poland@ncdenr.gov. Under the N.C. Spotted Seatrout Fishery Management Plan, if a significant cold stun event occurs, the Division of Marine Fisheries will close all spotted seatrout harvest until the spring. The intent of the closure is to allow the fish that survive the cold stun event the chance to spawn in this spring before harvest re-opens. Peak spawning occurs in May. Under N.C. Wildlife Resources Commission rules, the spotted seatrout season automatically closes in inland waters when it closes in adjacent coastal waters.

Mattamuskeet Foundation Receives Grant

The nonprofit Mattamuskeet Foundation has received a generous grant from the Hulka Family Endowment Fund of Triangle Community Foundation. Drs. Jaroslav and Barbara Hulka of Chapel Hill established the donor-advised fund. The Hulka children now serve as advisors to the fund. According to Dr. Lewis Forrest, executive director of the Mattamuskeet Foundation, "the late Dr. Jaroslav Hulka and his wife, Barbara, are charter members and royal patrons of the Mattamuskeet Foundation, as are their sons, Dr. Gregory Hulka and Bryan Hulka." Forrest indicated that the Hulkas own property in western Hyde County, including a 265-acre tree farm on Slade Creek, where they enjoy hunting and other outdoor activities. Dr. Barbara Hulka has practiced preventive and family medicine in Chapel Hill for more than 50 years. She is also a Kenan Professor Emeritus in the Department of Epidemiology at the Gillings School of Global Public Health. Her son, Dr. Gregory Hulka is a pediatrician and board-certified Otolaryngologist at North Carolina Eye, Ear,

Nose & Throat in Durham and Cary, specializing in the treatment of children. Her other son, Bryan Hulka has a masters degree in forestry and a law degree, and is employed by Weyerhaeuser Company as a Regional Environmental Systems Manager. He manages third party forest certification for 4.2 million acres of company-owned forestland in the Southeast. The mission of the Mattamuskeet Foundation is to engage in research and educational activities to preserve, publish, and otherwise tell the stories of the rich history and ecology of Lake Mattamuskeet and the surrounding areas of eastern North Carolina. Formed in 1995, the Mattamuskeet Foundation will celebrate its twenty-third anniversary on February 9. To join the Mattamuskeet Foundation or provide other forms of support, contact Dr. Forrest at 252-341-7882 or by email at matlake@coastalnet.com. In addition to grants, the foundation accepts donations of boats and vehicles to help in funding its important mission. Call for more information.



Flu



body's immune system and help fight off the flu in its early stages. Flu shot and medications: Annual flu shots administered in advance of flu season can help protect people and their families from getting the flu. The U.S. Food and Drug Administration says that, in select situations, antiviral medications — which are usually prescribed to treat the flu and lessen symptoms — can reduce the chance of illness in people exposed to influenza. Many over-the-counter medicines can alleviate symptoms of the flu, but cannot fend it off. Stop germ proliferation: Germs can be spread easily between persons

through direct contact and indirect contact with surfaces sick individuals have touched. Doctors recommend staying home for at least 24 hours after a flu-induced fever has dissipated. Well individuals should avoid contact with sick people. Frequent hand-washing with soap and water can stop germs from spreading. When soap and water is not available, alcohol-based hand sanitizers can help. People also should avoid touching their eyes, noses and mouths after being in public places or around someone who is ill. Rest and restore: Those who feel symptoms coming on should begin drinking more liquids to keep the respiratory system hydrated and make mucus less viscous. Remember to get adequate sleep, as a tired body cannot effectively fight the flu virus. People of all ages should take steps to protect themselves from the flu.

Continued from page 1

FRED A ANDERSON ELEMENTARY SCHOOL



All students participated in Christmas Around the World before Winter Break. The students "traveled" to 13 countries to learn about traditions and how different cultures celebrate Christmas.



Communities in Schools in partnership with Duke Energy put on a fun-filled robotics night that encouraged reading and creativity. Dinner and a fun take-home activity were given to the participants who attended.



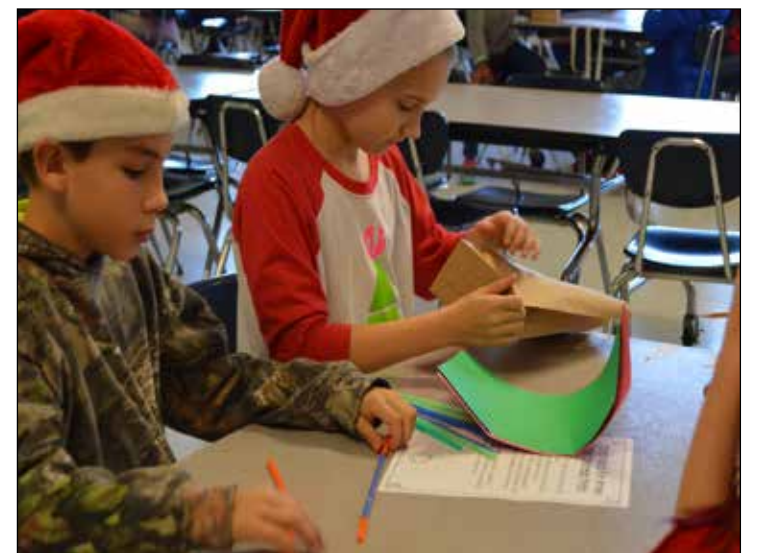
Mrs. Manning, 3rd grade teacher, was awarded two different grants to support literacy in the classroom. She was the recipient of a Bright Ideas grant as well The Pamlico County Foundation for Education.



Mrs. Stefanie Hill entered a national contest with Ident-a-Kid systems and featured FAA in a video describing how we use Ident-a-Kid to help keep our students safe. The Ident-a-Kid system is our check-in and check-out system that is in the front office. Please make sure that you stop by the front office when visiting our school. Mrs. Hill's video won an Amazon Echo dot for the school!



We love volunteers! Our 3rd graders enjoyed "The Santa Claus 3" while our volunteers worked hard preparing and serving tasty treats. There are so many opportunities to get involved at the school. If you are interested in becoming an All-Star volunteer, please contact the front office today!



The fourth grade team challenged their students to create standing structures that resembled a Christmas tree. Each team was given random materials (paper, straws, glue, scissors, etc). It was not guaranteed that the same materials were given to each group. What a fun way to encourage creativity and engineering.



We are so excited to welcome Ms. Tippiie Walston to Fred Anderson! Ms. Walston comes with a wealth of knowledge and experience and will be providing EC resource services to the students at FAA.



We would like to extend a heartfelt thanks to our amazing PTO. The PTO does so much for our All-Star students and staff. From feeding our hard-working teachers to purchasing awards for our annual Spelling Bees, they do it all with a smile. Please consider joining our PTO. The dates for the remaining PTO meetings are:

- January 16th
- February 20th
- March 20th
- April 17th
- May 15th



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