

## Samaritan's Purse Does Great Work In Pamlico County

■ Read about it on page A8



■ See page 5

Vol. 51 No. 23, 12 Pages

# The Pamlico News

Wednesday, June 05, 2019

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## 13 Year Old Dies in Accident



On Monday June 3rd at approximately 5:00AM a 13 year old boy was struck by a car on NC HWY 55 in Reelsboro. Two young boys were traveling down NC HWY 55 on their bikes, when a car traveling down the road swerved to miss one of the boys and struck the other. The 13 year old who was struck has been identified as Allen Jones. Jones was a student at Arapahoe Charter School and a member of the Alliance Pentecostal Holiness Church. The Pastor of Alliance Pentecostal Holiness Church had this to say about the young man. "With a heavy heart this morning I heard the news that one of the youth that goes to our youth group passed away this morning in a tragic accident! Allen Jones will be missed by so many! On Friday April 19, 2019 Allen gave his heart to the Lord! Please be praying for the Jones family during this tragic time!"

- Pastor Matt Guthrie.

Our thoughts and prayers go out to the family and friends of this young man in their time of grieving.

## Senate Approves Budget

Raleigh, N.C. – In a bipartisan vote, the North Carolina Senate on Thursday gave initial approval to a budget for the biennium that will deliver pay raises to state employees and teachers while also providing significant increases in funding for public education and major tax relief to hardworking families and job-creating businesses, despite opposition from most Senate Democrats. "As a result of their singular focus on expanding socialized health care for able bodied adults, most Democrats just voted against a budget that increases access to health care for disabled individuals, lowers taxes for families and employers, provides the largest pay increase for state employees in more than a decade and provides the sixth and seventh consecutive teacher pay raises," said Senate Leader Phil Berger (R-Rockingham). "It's unfortunate that we can't find common ground on issues that would benefit all North Carolinians. I am pleased that

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## Arapahoe Charter School Graduates 36 at Delamar Center



The third Arapahoe Charter School graduation exercise was held at the Delamar Center, Pamlico Community College on May 31st.

Thirty-six high school graduates received diplomas in front of a packed house that included parents, staff members and a number of local dignitaries. The ceremony included speeches by Cody Edwards, Assistant Administrative Director and Sherry Reeves, High School Counselor.

Also addressing the graduates were salutatorian, Duncan Jonathan McFarland and valedictorian, Elijah Jo Buckout.

Special recognition was given to Hannah Pegram and Gabriela Serrano-Lugo as Legacy students this year. Both young women have been in attendance at Arapahoe Charter School since they began kindergarten. Phyllis Yadowski of the Oriental International Rotary Club awarded a scholarship to Ragan Michelle Tyndall and Samantha Johnston was named winner of the



National Honor Society Scholarship.

Other scholarships awarded included the Embry-Riddle Prescott Presidential Scholarship totaling \$68,000 to Elijah Buckout. Elijah will be attending Embry-Riddle Aeronautical University in Prescott, AZ.

The Barton W. Stone Scholarship totaling \$40,000 has been awarded to Sammi Jo Johnston as a Presidential Leadership Fellow and this fellowship totals \$16,000. She will be attending Barton College in Wilson, NC.



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## From The Newsroom



It is with a humble heart that we write this article detailing the current state of The Pamlico News. For the past several years we have watched as newspapers across the country go out of business, some after decades or even centuries of publication, only to be swallowed up as consumers switch to digital base consumption of news media. While switching to digital media may seem an easy answer for the paper we have always felt that a good portion of the people in our community appreciate a print newspaper and rely on it for honest local reporting. Yet, we have continued to watch our advertisements dwindle off and subscriptions fall similar to publications across the nation.

The Pamlico News has been owned and operated by the Winfrey family since the late 1970's. The paper is currently owned by Sandy Winfrey and his wife Katherine Winfrey. Sandy and Katherine took on the challenge of continuing the paper despite having full time careers in order to carry on the tradition and provide this important service to the community. Regardless of declining, often non-existent revenues, they have continued to support and consistently publish the paper. The Pamlico News team has remained committed to bringing the community an array of reliable news coverage and ensuring that the families of Pamlico County have a paper they can call their own. Whether it is a high school graduation or the destruction of hurricane Florence, we have made it our business to be there for you.

Unfortunately, we have hit a crossroads here at the paper. As much as we have attempted to avoid transitioning to a full digital model, or worse closing our doors entirely, we feel we are quickly approaching that intersection where we will need to make a decision. While we wish to continue to offer a printed paper to our paid subscribers and community, we will be unable to afford to print the paper if our advertising sales continue to decline at the current rate.

If you are one of the hundreds of subscribers that have called in, written in, or emailed us letting us know that you appreciate the paper we need your help. If you wish for the paper to continue to be printed you can help us by taking the following actions:

1. Let our current advertisers know that you see their ad in The Pamlico News and that you appreciate their continued support of the paper. We have some wonderful advertisers that run ads with us regularly and without them we would no longer be in print. They often do not know that you see their ad and they are simply trusting that their ad is reaching people.
2. Let the companies that advertise in other tabloid, free newspapers know how you feel. These tabloid publications undercut any price that we offer customers simply to take the business. Unfortunately, many advertisers can only afford to run in one publication and we lose the business to the tabloid publication. This allows these publications to attend events and claim to be the "County Newspaper" which is fully inaccurate and misleading. If you feel advertisers' money is better spent with the actual county newspaper and that this is the best way to gain your business, we implore you let those advertisers know how you feel.

■ Continued on Page A4

## WEEKEND WEATHER

**Saturday:** The forecast for Jun 08 is 74 degrees and Cloudy. There is 92 percent-age chance of rain and 4 mph winds from the East-Southeast.

**Sunday:** The forecast for Jun 09 is 79 degrees and Moderate or heavy rain shower. There is 83 percentage chance of rain and 8 mph winds from the East-Southeast.



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# COMMUNITY

## PROBABLE WEATHER

**Wednesday:** The forecast for Jun 05 is 85 degrees and Cloudy. There is 48 percentage chance of rain and 8 mph winds from the South-Southwest.

**Thursday:** The forecast for Jun 06 is 89 degrees and Partly cloudy. There is 49 percentage chance of rain and 8 mph winds from the West.

**Friday:** The forecast for Jun 07 is 92 degrees and Light rain shower. There is 43 percentage chance of rain and 5 mph winds from the Southeast.

**Saturday:** The forecast for Jun 08 is 74 degrees and Cloudy. There is 92 percentage chance of rain and 4 mph winds from the East-Southeast.

**Sunday:** The forecast for Jun 09 is 79 degrees and Moderate or heavy rain shower. There is 83 percentage chance of rain and 8 mph winds from the East-Southeast.

**Monday:** The forecast for Jun 10 is 90 degrees and Overcast. There is 55 percentage chance of rain and 3 mph winds from the South.

**Tuesday:** The forecast for Jun 11 is 90 degrees and Thundery outbreaks possible. There is 58 percentage chance of rain and 6 mph winds from the Southwest.

**Wednesday:** The forecast for Jun 12 is 87 degrees and Torrential rain shower. There is 71 percentage chance of rain and 2 mph winds from the East-Northeast.

**Thursday:** The forecast for Jun 13 is 77 degrees and Moderate or heavy rain shower. There is 83 percentage chance of rain and 3 mph winds from the East-Southeast.

## OBITUARIES

**William “Billy” Robinson Ireland Jr., 46,** of Lowland passed away Monday, May 27, 2019. He was an avid Star Wars fan and enjoyed shooting his guns. He was a talented carver and would carve wildlife from any type of wood. Billy loved his “girls”, they were his life. He is survived by his parents, Diddle & Marsha Ireland; wife, Srynea Sawyer Ireland; daughters, Abigail and Willow Ireland; and sisters, Tricia Ireland and Wendy Morris (Eric). The family will receive friends and relatives from 5 to 7 p.m., Friday, May 31st at Bryant Funeral Home. His memorial service will be held at a later date. In lieu of flowers memorial contributions can be made to The American Heart Association, 4217 Park Place Court, Glen Allen, VA 23060-9979 or the American Diabetes Association, PO Box

15829, Arlington, VA 22115. Arrangements by Bryant Funeral Home & Cremations, Alliance.

**John Raymond Baldree, 80,** of Arapahoe passed away Sunday, May 26, 2019, at CarolinaEast Medical Center. He is a veteran of the U.S. Air Force and retired from U.S. Civil Service MCAS, Cherry Point. He was preceded in death by his wife, Betty Roberts Baldree and a son, John R. Baldree Jr. He is survived by son, Michael Baldree & wife, Tammy; daughter, Sherry B. Rice & husband, Brad; sister, Eva Knowles; and five grandchildren, Thomas Pollock, Timothy Pollock, Laura Pollock, Jenna Baldree and Isaac Baldree. A private inurnment will be held in Greenleaf Memorial Park, New Bern. Arrangements by Bryant Funeral Home & Cremations, Alliance.

## QUICK REFERENCE

Emergency: Dial 911 for police, sheriff, fire departments, rescue squads, ambulance  
Animal Poison Control Center: 1-888-426-4435  
Carteret General Hospital: 808-6000  
Coastal Carolina Regional Airport: 638-8591  
**Emergency Pet Care:** 444-1399  
Highway Patrol: 1-800-441-6127  
Medical Assistance –  
(CarolinaEast Medical Center): 633-8111  
Nova Urgent Care: 745-7440

**Pamlico County Departments**  
Board of Elections: 745-4821  
County Manager: 745-3133  
Emergency Management: 745-4131  
Health Dept.: 745-5111  
Recycling Center: 745-3283  
Senior Services: 745-7196  
Sheriff’s Dept. (non-emergency) – 745-3101  
Social Services: 745-4086  
Tax Collector: 745-4125  
Water Dept.: 745-5453  
Poison Control Center: 1-800-222-1222  
US Coast Guard (Hobucken): 745-3131

## CORRECTION: Article on USCG Station Hobucken

An interesting article on the station, however, the Chief’s name is Nathan Jones, not Macon Jones.

Wayne Mulligan



## HOROSCOPES

**ARIES – Mar 21/Apr 20**  
Start sorting through things, Aries. You have many irons in the fire and not much time to get things done. You might have to call in a backup team to help out.

**TAURUS – Apr 21/May 21**  
Relationships take work, Taurus. You have to put in the effort if you want to see yours blossom to its full potential. Schedule some time to spend with your sweetheart.

**GEMINI – May 22/Jun 21**  
Gemini, everyone at work needs to pitch in to get a job done. If you feel like you are putting in more of the effort than others, you may need to speak up .

**CANCER – Jun 22/Jul 22**  
Put a strong face on if upsetting news comes your way, Cancer. You’re tough enough to get through it, and you may need to take a leadership role.

**LEO – Jul 23/Aug 23**  
Leo, don’t throw in the towel when things do not go your way. Simply find another work-around or tactic that may prove a path to success. Keep trying.

**VIRGO – Aug 24/Sept 22**  
A few things are coming up that will be completely out of your control, Virgo. Letting go of the reins can be good for you once in a while. And you may learn a thing or two.

**LIBRA – Sept 23/Oct 23**  
You are doling out tons of advice lately, and it suits you, Libra. Others want to know your opinion on many different things, and you are ready and willing to offer it to them.

**SCORPIO – Oct 24/Nov 22**  
“When life gives you lemons, make lemonade.” Why not turn it into lemon meringue pie instead, Scorpio? Really put a positive spin on the situation,

and you’ll feel better.

**SAGITTARIUS – Nov 23/Dec 21**  
Investigate some travel options that can get you away for a little bit, Sagittarius. A change of scenery can do you good, and you will feel reinvigorated after your trip.

**CAPRICORN – Dec 22/Jan 20**  
After a bumpy start, the week will smooth out quite nicely and can prove very enjoyable for you, Capricorn. Invite some friends over or go out for happy hour.

**AQUARIUS – Jan 21/Feb 18**  
It is time to put yourself first, Aquarius, even though that’s not always your style. Find some interests and let work slide for a little while so you can recharge.

**PISCES – Feb 19/Mar 20**  
Be sure to periodically check your on your finances, Pisces. If much has been flowing out, you may have to curb spending for a little bit.

**FAMOUS BIRTHDAYS**  
**JUNE 9**  
Michael J. Fox, Actor (58)  
**JUNE 10**  
Kate Upton, Model (27)  
**JUNE 11**  
Joe Montana, Athlete (63)  
**JUNE 13**  
Chris Evans, Actor (38)  
**JUNE 14**  
Donald Trump, US President (73)  
**JUNE 15**  
Neil Patrick Harris, Actor (46)

**HURRICANE COMMUNITY FORUM IN ORIENTAL, JUNE 12, 2019, 6-8 PM**  
The National Weather Service in Newport/Morehead City, NC will be conducting a community forum on hurricanes on June 12th from 6-8 pm. The class will be held at the Oriental Town Hall located t 507 Church Street in Oriental, NC. The forum is free and open to everyone; no age requirements. All are welcome! The goal of these forums is to teach you more about hurricane preparedness while giving you a chance to ask any questions you may have. If you have any questions please call 252-223-5122 ext. 5 or send an email to erik.heden@noaa.gov

**COASTAL WOMEN’S SHELTER**  
The Coastal Women’s Shelter 21st Annual 5K/10K/1 Mile Run for Shelter will be held on Saturday, June 8, 2019 at Creekside Park. Registration will begin at 7am; the run begins promptly at 8am. Registration cost is \$25; please call 252-638-4509 or email cwsfundd@coastalwomensshelter.net for more information.

**QUILTING**  
Every Friday, 9 am - 12 pm  
403 Mildred Street, Oriental

**PAMLICO COMMUNITY COLLEGE CULTURAL & LIFE ENRICHMENT PROGRAM**  
*CHAIR YOGA & MEDITATION*  
Seated muscle toning & joint lubrication for strenght/ balance. Instructor: Diana Peterson. Oriental Town Hall, Wednesdays, June 26-August 28, 3-4 pm, \$28

*ADVANCED T’AI CHI*  
Instructor: Diana Peterson.  
Tuesdays & Thursdays, July 9-August 8, 3-4 pm, Oriental Town Hall, \$35

*BASIC T’AI CHI*  
Instructor: Diana Peterson  
Tuesdays & Thursdays, September 10-October 10, 3-4 pm, Oriental Town Hall, \$35

*SHORT STORY METHODS “WHAT IS IN A WORD?”*  
Instructor: Sarah Swan; published YA Author  
Tuesdays & Thursdays, July 9-August 1, 10:30-12, \$20, call to register: 252-249-1851 ext. 3113

*MACHINE QUILTING*  
Sewing machine experience not required, all levels are welcome!  
Instructor: Karen Dodd  
Thursdays, September 5 – October 3, 1-4 PM, \$60 call to register 252.249.1851 ext. 3113

*UKULELE/VIOLIN/MANDOLIN/BANJO/GUITAR LESSONS*  
Instructor: Simon Spalding  
Wednesdays, September 11-October 16, 10-1 pm, \$90 call to register 252.249.1851 ext. 3113

*GOLF LESSONS/BEGINNING & INTERMEDIATE*  
Instructor: Golf Pro Terry Bobbin  
Mondays and Tuesdays, September 16-October 8, 4-5:30 pm, Minnesott Golf and Country Club, \$64 call to register 252.249.1851 ext. 3113

*BRIDGE FOR BEGINNERS FREE!*  
Instructor: Craig Welling  
October 22,23, 24, 5:30-7, PCC Library  
call to register 252.249.1851 ext. 3113

*BRIDGE FOR BEGINNERS PHASE II FREE!*  
Instructor: Craig Welling, October 29, 30, 31, 5:30-7, PCC Library  
call to register 252.249.1851 ext. 3113

*WEAVING ON A HULA HOOP LOOM*  
Learn basic principles of “rug twinning”, loom construction and the weaving of a chair mat.  
Instructor: Julia McDonald,  
Mondays, October 4-18, \$60 (price includes materials)  
Learn basic principles of “rug twinning”, loom construction and the weaving of a chair mat.

*FALL BIRD WATCHING*  
Instructor: Diane Midness  
Tuesdays, September 10-October 1, Initial class meets at 9 am in PCC Delamar Bldg, Room 102A with subsequent classes held in the field Call to register 252-249-1851 ext 3113

**CRAVEN COMMUNITY COLLEGE ADULT ENRICHMENT PROGRAM**  
*SILK SCARF DYEING*  
A great way to make your own wardrobe statement, painting 100% silk scarves. All materials are provided, and you keep the two scarves. No art skill is needed, just willingness to let your mind go wild with color and “found” objects (bobby pins, Clothes clips, rubber bands, etc.) Tuesday, July 16 or August 13, 9:30-11:30 am, \$40

*SHIBORI DYEING*  
In this two-hour hands-on workshop, Julia McDonald will demonstrate the basics of Shibori, a Japanese dyeing technique dating from the 8th Century. It is an addictive and fascinating type of dyeing that is currently in the spotlight, a type of dyeing that uses various methods of manipulating the fabrics to achieve desired effects. Participants then have the fun of using one or more of these techniques on two 8”X 54” silk scarves or 22” square cotton bandanas provided by the instructor. After immersion in a traditional Indigo dye bath they will have created their own unique masterpiece. Since there are an infinite number of ways one can bind, stitch, fold, twist, or compress cloth for shibori, each way results in very different exciting patterns. Saturday, October 5, 10-12 pm or 1-3 pm, \$40

## NOTE THE DATE

*INTRO TO SELLING ON EBAY*  
Want to learn how to earn spare cash? Have you ever wanted to join the millions who sell items on eBay but didn’t understand the process? Well, fear no more! John Lawrence, who has bought and sold on Ebay for the past 15 years, will take students through the process so they can begin selling items with confidence. This comprehensive six-session class will cover the history of eBay, requirements for selling, how to get started, understanding eBay help menus, setting up accounts, how to prepare & take photos, list items and what to do once your item is purchased. So, get your collectibles, decor, appliances, computers, furnishings, equipment, vehicles and other miscellaneous items ready to sell on Ebay! Thursdays, Sept 19-Oct. 24, 6-8 pm, \$80

*PHOTOSHOP ELEMENTS*  
This three-session class teaches the elemental basics of Adobe Photoshop Elements. Students learn how to use the tools available in the software to edit their own photos so that they look more professional and how to create their own images from a blank screen. This class is for both photographers that would like to learn about editing their own photos as well as for artists that would like to be able to present their work better online. Students will learn about each of the options available in the toolbar, working with layers, masking, font use and filters. The basics of cutting and pasting, and merging images will be covered. Thursdays, Oct. 4-18, 6-8 pm, \$75

*SCUBA OPEN WATER CERTIFICATION*  
Become a certified Scuba diver! If you have always wanted to take SCUBA diving lessons, experience unparalleled adventure, and see the world beneath the waves, this is where it starts. Get your SCUBA diving certification with the NAUI Open Water Diver course. Course starts May 31st. Contact Inman Campbell at (910)465-1902 or BlackBeardScuba.com for more information.

**PAMLICO LIBRARY SUMMER BOOK SALE**  
The library has a wide range of books for sale at the Summer Book Sale taking place Saturday, June 8 from 9 am-2 pm. The sale will continue from June 10-12 during regular library business hours. Wednesday, June 12 bring your own grocery bag and pay only \$5 to fill it with books. 603 Main Street, Bayboro

**PCHS CLASS OF 1979 40TH REUNION** will be Oct. 12, 2019 at 6:30 at The Chelsea. The cost is \$50 per person. Mail payment to Donna Rice, PO Box 62, Simpson, NC 27879. For more information connect with us on Facebook - Pamlico County High - Class of 79 or contact Donna at donnahrice1@gmail.com.

**UNDERGROUND ARTISTS OF ENC MEETUP**  
Are you an artist or entertainer looking to meet people that share your passion for all things art? Underground Artists meets every other Saturday to discuss art, collaborate, and to plan our upcoming community art Summer Solstice event. Join us on Saturday, June 8th at 1 pm at Bellas Cafe in New Bern. All are welcome! For more info join our Meetup group https://www.meetup.com/Underground-Artists/

**OPEN MIC NIGHT AT THE SILOS**  
The Silos hosts Open Mic Nights every Wednesday starting at 7 pm. The Mic is open to those that wish to perform. 1111 Broad Street, Oriental

**HOPE CLINIC REGALA WEEKEND**  
*Fill the Harbor with Fun* at River Dunes June 7-9. Friday will feature live Bluegrass music and delicious BBQ. On Saturday The Hope Clinic hosts The Regala Gala with a cocktail reception, dinner, dancing, an auction and \$10K Golden Raffle. Questions please call Hope Clinic at (252)745-5760

**CROAKERFEST 2019**  
The annual Croakerfest will take place this year from Friday, June 28-June 30. Take part in the activities for all ages at this family event in Oriental

**ORIENTAL MINDFULNESS MEDITATION GROUP**  
One hour meetings including 30 minutes of meditation. Practice to teach mindfulness through meditation. Sessions are free and open to the public, regardless of experience level. Mondays at 7 pm and Thursdays at 7 am, Perry-Griffin Community Center, 300 High Street. Questions please contact Tony Noel at togetherwesit@gmail.com

**GREAT TRENT RIVER RAFT RACE**  
Two day event in New Bern on Friday June 21st and Saturday June 22nd. Friday kicks off with the “Rockin on the Rivers” Concert including fly-overs on both days by the Bandits Flight Team. Saturday hosts a full day of racing on the river. There is still time to get your boat together and join the fun! register at thegreattrentriverrafttrace.com

**SUMMER SOLSTICE CELEBRATION**  
Underground Artists ENC hosts the Summer Solstice Celebration at The Garage in James City on Saturday, June 29th from 12pm-12am. Join us as we celebrate summer with a variety of different and unique art vendors, live art performances and classes, interactive art exhibits, live music, food trucks and more! Daytime and nighttime events, including a glowing afterparty! To join the artists group: https://www.meetup.com/Underground-Artists/ and for more information about the event: www.summersolstice2019.com

# The Pamlico News

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# Pamlico Community College

## Pamlico’s non-profit sector celebrated at third annual breakfast event

By Sandy Wall  
Pamlico Community College



Representatives of about 50 charitable groups and service organizations listen to a speaker’s comments during Pamlico Community College’s third annual Non-profit Breakfast. Contributed photo

Nearly 150 people representing local charitable groups and service organizations came together in a spirit of celebration at the third annual Pamlico Community College Non-profit Breakfast held May 23 at PCC’s Delamar Center.

About 50 organizations were represented at the inspirational and informative event, which this year was sponsored in part by Wells Fargo.

PCC President Dr. Jim Ross conceived of the Non-profit Breakfast in 2017 as a way to recognize and salute non-profit organizations in Pamlico County and to thank them for the important work they do to improve people’s lives.

“The non-profit sector, I believe, is the foundation of any great community,” he said to open this year’s event. “That’s the case here. We have outstanding non-profits that are made great by all of you who go above and beyond the call of duty every day to change lives and save lives.”

Much of this year’s event focused on the local non-profit sector’s response to Hurricane Florence, including ongoing efforts to help affected residents rebuild and move forward. A short video highlighting some local recovery efforts was shown as the program got underway.

After some welcoming remarks by Ross and Paul Delamar III, vice chairman of the college’s Board of Trustees, Richard Foley of Wells Fargo discussed the company’s commitment to local communities and the process for applying for grants.

The bank then presented a \$500 donation to the Pamlico County Sheriff’s Office, which was selected in a random drawing from among the organizations present to receive the funds.

Local resident Rhonda Potter offered an emotional testimonial of how the local Habitat for Humanity chapter

had helped her obtain a home of her own after she had been living in a camper.

“You have changed my life,” she said, addressing representatives of the local Habitat chapter. “This is a dream come true for me.”

After PCC Community Living student Sarah Vieregge sang “The Star-Spangled Banner,” representatives of each non-profit group in attendance came forward to introduce themselves and to share a brief two-minute recap of their work over the last year.

Brantley’s Village Restaurant of Oriental catered the breakfast. As he had done before, Brantley Norman Jr. donated \$150 of his catering fee to a non-profit group in attendance. HeartWorks of Bayboro was selected in a drawing to receive the gift.

To end the event on a sweet note, several pies from Brantley’s were raffled off.

“Thank you for all you do,” Ross said to close the event. “You make this community the fantastic place it is. We’re proud of you.”



Richard Foley, Wells Fargo assistant vice president and regional branch manager, discusses the company’s commitment to local communities and the process for applying for grants. Wells Fargo sponsored this year’s Pamlico Community College Non-profit Breakfast. Contributed photo

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



**Land/Home Sales  
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**Allen Propst**  
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*Here’s what one of Allen’s customers had to say...*

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Woody & Jean / Oriental



**MINNESOTT BEACH** – Riverfront **2BR/2BA** condo w/ Neuse River views. New exterior, windows & decks on complex. Newer heat pump & water heater. Storage building, pool, gazebo. Great location next to the ferry. Easy access to New Bern and Oriental. Minutes to Minnesott Golf & Country Club.  
**OFFERED AT \$123,000**



**ARAPAHOE** – Pristine **3BR/2BA** home in the heart of Minnesott Beach. Wonderful open air living area. Large 2 car garage. Deck overlooking well-manicured backyard. Convenient to Minnesott Golf & Country Club, the Ferry and New Bern.  
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**MERRITT** – Spacious **4BR/2BA** nestled in the trees on +/- 11.5 acres in the Bell Point community. Granite in kitchen and bathrooms, wood & ceramic floors, full wrap around porch. Exterior boasts durable hardy plank siding and a metal roof in 2009.  
**OFFERED AT \$278,500**



**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 \$310,000**



**ORIENTAL** – Waterfront **3BR/3BA** with panoramic views of Smith Creek. Tiled kitchen flooring with granite countertops & SS appliances. Vaulted ceiling in living room w/ fireplace. Downstairs family room w/ fireplace & 2 bonus rooms. Dock w/ 3 wet slips & 10,000 pound boat lift!  
**OFFERED AT \$429,900**

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



**FREE Lunch & Learn at Paula's Restaurant, June 19 at 1:30 PM**



## Confused About Hearing Aids?

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- Even if you don't have a hearing loss, we welcome you to join us!
- We'll clear up all the confusion about hearing aids and hearing health.
- If you or a loved one are experiencing symptoms of hearing loss, then don't miss this opportunity!

**You must make a reservation to attend this event.**  
**Space is limited, RSVP TODAY: 252-636-2300.**



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Tony Monaco, Hearing Aid Specialist

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# EDITORIALS

## Voter ID

■ *From the Editor’s Desk*



Jim White

In other countries, voters have to not only prove who they are, but make sure that no one else is voting for them. In the most recent election here in North Carolina, one did not have to show any forms of identification what so ever. This allows for voter fraud where one person could vote twice, one in one district and then in a second district. Why depending on how crooked the precinct is, even the dead can vote. In addition, one person could easily vote twice. You might think, why no one would do such a thing, but voter fraud takes place in the states every election. There are some simple discrepancies in each political race and the pollsters try to take them as best they can. But on occasion, there are a number of such discrepancies which are going to occurred we are a bit nervous, which is understandable for the voter registration people.

## Letter to the Editor

I’m so thankful that we are finally seeing some victories for the pro-life movement in Alabama, Kentucky, Missouri, Louisiana, Arkansas, and Ohio! Most of these “heartbeat” bills will face legal challenges and will end up in federal court, but some of that is by design. Legislators and pro-lifers are hoping that some of these cases will land in the Supreme Court, and result in a possible upset for Roe v Wade. As pro-lifers, we should all be encouraged, as these kinds of bills haven’t seen the light of day in years, but science is on our side. In Alabama, the new law calls for the prosecution of doctors who perform, or attempt to perform abortions. It would become a Class A felony with a maximum prison sentence of 99 years and attempted abortion would become a Class C felony with a maximum sentence of 10 years. Some say this law goes too far, but I don’t. Murderers, if convicted, can be sentenced to life, or given the death penalty. Taking an innocent life should carry such penalties in my opinion. In Missouri, doctors who violate this ban up to 8 weeks are subject to a penalty of 5-15 years in prison. In Georgia, many of the members of the party of infanticide walked off the floor and mounted protests. The bill’s harshest critic, democrat John Rogers, an afro-american who claims to be catholic, argued that many of these children SHOULD be killed. He insists that most of them would end up being criminals, retarded, “half-deformed” and that it was a case of “kill them now or kill them later”! How horrific to assume that every aborted baby had a zero chance of leading a valuable, productive life! Tell that to Nick Vujicich and his wife and children. Nick was born with no arms and no legs, but is the picture of vitality and fulfillment. He travels the world preaching the Gospel of Jesus Christ. He inspires and encourages millions. There are millions born with congenital defects or deformities who have lived full, productive lives despite their challenges. John Rogers said “well, maybe

I’ll just bring up a bill to force men to have vasectomies. That will end this whole thing.” Blatant eugenics in action. He also stated that President Trump’s mother should have aborted him! This is the same reprobate that said he was concerned that the island of Guam might “tip over” from the additional weight while questioning a high military officer about increasing our military presence there. “TIP OVER”! I’ve never heard anything so ridiculous. How do these people get elected to public office? There are very dark spiritual forces at work here. As Christians, we must engage in spiritual warfare to hold these forces at bay. This man needs the light and love of Jesus Christ in his life. He is to be pitied, but loved, despite his depraved heart condition. He also needs some education! In North Dakota, South Dakota, Iowa and Indiana the courts have struck down new laws restricting abortion. Most are being appealed. Many other states are considering further restrictions, and some have passed legislation that will go into effect only if Roe v Wade is overturned by the US Supreme Court. President Trump signed the “New Mexico Policy” in January 2017 which bans US aid to any international organization that performs abortion or offers information about the “procedure”. Although this policy is still being violated in a few places, it is a step in the right direction. I do not want my tax dollars used to fund abortion in anyway, whether here or abroad, and that includes Medicaid and Medicare. In New York, Vermont and Virginia, new laws have been passed to expand abortion “rights”. It’s not a woman’s body we’re talking about here. It’s the child within her body that is the issue. It’s THEIR body. The woman has already made her choice. The child is entitled to life, liberty and the pursuit of happiness just like she is.  
Donna Nickell  
Merritt, NC

# Senate Approves Budget that Prioritizes Pay Increases for State Employees and Teachers, Public Education and Tax Reform

■ Continued from page 1



Republicans were able to once again pass a budget that delivers on these important priorities and ensures the success story we have seen in our state over the past eight years will continue.” The Senate budget maintains the responsible budget growth that has defined Republican fiscal policies since 2011 and, among other highlights: The budget provides for \$1.3 billion in additional spending for public education over two years. Every teacher will receive a raise, and veteran teachers will receive a bonus of up to \$1,000 each year. The average teacher raise, excluding bonuses, is 3.5% over two years. Invests

\$85 million in school safety measures to protect children in schools, including \$24 million in new recurring funding for additional mental health professionals and school resource officers. Allocates funding for 100 new school psychologists and requires at least one psychologist in each school district. Sets aside \$4.8 billion across three accounts for school construction and maintenance over 10 years, which should begin immediately. Provides most state employees with a 5% salary increase by adding \$220 million over the biennium. It is the largest salary increase in more than a decade.

Appropriates more than \$32 million over two years to fund 1,000 slots on the Intellectual/ Developmental Disability (IDD) Medicaid Program waitlist. This program provides personal care services and other in-home assistance for people with severe intellectual developmental needs. Provides \$15 million to increase access to substance abuse treatment and recovery options and to fight the opioid epidemic. Allocates \$3 million to test sexual assault evidence collection kits to address the backlog, and commits to providing additional funding in the second year to cover any remaining backlog Correctional officers will receive a 5% raise over two years, plus at least \$7,500 in salary supplements for facilities with the highest employee vacancy rates. Includes \$64 million over the biennium to implement “Raise the Age.” Increases the standard deduction to \$21,000 and decreases the Franchise Tax. Promise kept: \$2.5 million to construct a monument on the state Capitol grounds honoring the contributions of African Americans. \$1.1 billion to the Rainy Day Fund over two years. State economists estimate the fund requires at least \$2.6 billion to withstand the next recession. \$15 million recurring each year for GREAT Program rural broadband grants and commits to \$150 million in funding over the next decade. \$53 million each of the next two years for airport improvements to support a growing North Carolina.



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## From The Newsroom

■ Continued from page A1

3. Ask stores currently not carrying The Pamlico News to start carrying the county paper. It does not cost a store anything to display our paper except shelf space, yet they earn a commission off of every paper they sell. If you’d like to see The Pamlico News in more places please let store managers and owners know that you would be interested in purchasing the paper from them.
4. Purchase the paper. At only \$.50 a copy it’s a steal! We have continued to keep the price of our paper as low as possible to ensure that it remains accessible to everyone in the community. So, if you see the paper and aren’t already a subscriber grab a copy. Heck, why not grab one for your neighbor. At such a great price and with such awesome content, how can you go wrong?
5. And, since you are purchasing the paper, why not subscribe. Our subscriptions have been only \$30 for as long as we can remember, so it won’t cost you much to make sure you don’t miss out on any local news or events and support the paper’s continuation.
6. Be a part of the paper’s growth. Let us know how you feel. Your thoughts, ideas, and suggestions are what keeps us growing and creating content that encompasses the true community of Pamlico County. Let us know what you like and dislike, what you’d like us to cover, and your opinions.

These are just a handful of ways, both free and inexpensive, that you can help The Pamlico News remain an integral part of the community. We are your county news and we would like to continue to be. We love sharing your personal stories, life events, community happenings, joys and sorrows. We hope that you will take a moment out of your day to pick one or two of the items from the list above and make a difference for your local newspaper. Thank you for allowing us to be a part of the community and your lives.

“We are not afraid to entrust the American people with unpleasant facts, foreign ideas, alien philosophies, and competitive values. For a nation that is afraid to let its people judge the truth and falsehood in an open market is a nation that is afraid of its people.”

–John F. Kennedy



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## Croaker Festival 2019

Just a few short weeks away the 39th Annual Croaker Festival will be here. June 28, 29, 30, July 1, are the dates so mark your calendar for a fun weekend to begin our Independence Day Celebration. This year we welcome our Title Sponsor Greene Wilson Crowe, Trial Lawyers for their support. The 2019 Croaker Festival honors “Pamlico County’s First Responders” so let’s come together to make this year’s festival one of its best. Become a part of the festival by entering the parade, decorate your golf cart, tractor, horse, float, or whatever floats your boat! Enter the baking contest on Friday lots of categories to choose from.

Outstanding entertainment including headliners “The Bryan Mayer Band” on Friday and “The Embers” featuring Craig Woolard on Saturday. Pamlico County’s Community Band and Chorale will perform on Friday evening prior to the Miss Minnow and Croaker Pageant. On Saturday patrons will enjoy the 2nd Marine Division band from Jacksonville followed by local musicians: Moore Creek Boys, River Ratz (Charlotte), Brandt Island Strings, Shannan Grace, and Ken Belangia.

Seventy plus vendors will fill the park and streets selling their wares or giving out information from their various organizations. The Croakerfestival regatta starts around 1 and weather permitting can be seen from the waterfront.

The Hearwork Kid’s Park and Downeast Destinations activity and game area have been relocated to South Ave. and King Street and will offer bounce houses and mechanical rides with ticket purchase and free activities by Jeff and Flora. xxxxxxxx

The Fireworks Display caps off the evening on Saturday night. As always the Festival committee is asking for donations towards that expense. You may donate through our website croakerfestival.com and Sponsor a Sparkle or send a check to Croakerfestival, Inc. , PO Box 1067, Oriental, N.C. We could also use a few more volunteers in the area of garbology and croaker booth. Contact Cheryl @ 252-249-0510 or email cetsail23@aol.com.

### Croaker Festival Quilt


Tickets are currently on sale for the Croaker Festival Quilt to be raffled on Saturday, June 29 @ 7:00. The quilt is being displayed at First Citizen’s Bank; tickets can be purchased at the Bank, Marsha’s Cottage, Nautical Wheelers, & The Village Hardware. During the festival you may purchase tickets at the Croaker Booth. This quilt was specially designed and made from past Croaker Festival t-shirts by the “Green House” quilting ladies. It is magnificent!!!!

### Croaker Festival Golf Tournament

Calling all golfers , join us on Monday July 1, 2019 (July 2 raindate) for our 2nd annual Golf tournament to be held at Minnesott Golf and Country Club. 9:00 Shotgun Start, Captain’s Choice Best Ball. Four person teams flighted by handicap, Men, women, Mixed teams welcome. Register individually or as a team by calling MCC @ 252-249-0813. The club’s pool will be available for guests of players at no extra charge. Lots of Prizes: \$5000.00 for a Hole in One on Hole #5...other prizes for hole in one on any other par 3. Putting contest \$100.00. Price for this event is \$50.00 optional purchases: \$10.00 buys you a Mulligan & Tee Buster and Island Green Chipping contest \$5.00. Lunch catered by Brantley’s Village Restaurant. This event is being co-sponsored by Mariner Realty.

“A good newspaper, I suppose, is a nation talking to itself”  
– Arthur Miller

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## Congratulations Arapahoe Charter Class Of 2019!

*Congratulations graduates of Arapahoe Charter School class of 2019!*

Anticipation filled the air as family and friends awaited their graduate from Arapahoe Charter School class of 2019. While waiting for their graduates to arrive guests were entertained by photographs of the graduating class, each an obvious expression of each of the students personalities. As friends and family members flashed on the screens the crowd cheered, clapped and laughed at the many funny pictures. It’s obvious this graduating class had a true bond that they will carry with them throughout their lives.

The Third Commencement Exercise of Arapahoe Charter School took place in the Ned E. Delamar Center at Pamlico Community College. The Commencement started promptly at 10 am on Friday, May 21, 2019. Students in attendance wore rich red caps and gowns and were greeted by roars from the crowd as they entered the auditorium. Each student’s face beaming with almost as much excitement as their parents, which were obvious among the crowd. Proud parents snapped pictures as students were seated.

After a traditional introduction, pledge of allegiance, and singing of the Star Spangled Banner students and the crowd were asked to sit as Ashli Bryant was invited

to the stage to sing The Climb. Ms. Bryant’s performance moved many to tears and those in the crowd that were left with a dry eye were surely not after the speeches of Duncan Jonathan McFarland and Elijah Jo Buckout. Duncan Jonathan McFarland gave the Salutatorian Speech and Elijah Jo Buckout followed with a moving Valedictorian Speech that left even the non-parents in the crowd with a tear or two in their eye. The Commencement Speaker was Cody Edwards, Administrative Director of the High School, who explained to all in attendance that he had made it his personal goal to make everyone in attendance both laugh and cry a little, of which he clearly succeeded.

Scholarships of all denominations were awarded by Sherry Reeves to the continued excitement of the crowd. Chris Watson followed Reeves with the Class Introduction and diplomas were presented to the proud graduates. The Presentation of the Class by Chris Watson was followed by the Recessional by Pomp and Circumstance Elgar (who also performed the Processional). Audience members continued to cheer on their freshly graduated loved ones as they filed out of the auditorium and into a new world of experiences.

# CONGRATULATIONS

# GRADUATE 2019



**Congratulations Graduate**

Johnny

We are so very proud of you and your accomplishments!

We love you,  
Mama & Daddy

**STYLE #1**

**Congratulations!**

I knew you would do it!

*We are so very proud of you and your accomplishments!*

*We love you,*  
*Mama, Billy and Grandma*



**STYLE #2**

**Congratulations!**

*To My Little Sister, Mary*

*It seems like only yesterday you were helping me get ready for my graduation, now you're the graduate!*

*I love you with all my heart!*

*Your Big Sister*



**STYLE #3**

**Congratulations**

NOW GO OUT AND CONQUER THE WORLD!



*Michael Miller*

*We are so proud of you and your accomplishments and the person you are becoming.*

*We love you,*  
*Mom, Dad and Mary-Lou*

**STYLE #4**

**You did it!**

**Congratulations**

*Doug Smith*

*We are very proud of you and all your accomplishments.*

*We Love You,*  
*Mr. Mike, Ms. Sharon and Julie*



**STYLE #5**

(Please Print) Please indicate which example you are purchasing! **STYLE #** \_\_\_\_\_

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# FINANCIAL FOCUS

## Vacation and Retirement: Different Goals Require Different Investment Strategies



Dan M. Roberts

To achieve any of your financial objectives, you need to save and invest – that much is clear. But just how you save and invest may differ from goal to goal. Let’s look at two common goals to see the differences in your savings and investment strategies.

The first goal we’ll consider is a dream vacation – one lasting a couple of weeks or more, possibly to an exotic locale. So, for the investments you’ve designated to fund this vacation, you need two key attributes: liquidity and low risk. The liquidity requirement is pretty self-explanatory – you want to be able to get to your vacation funds exactly when you need them, and you don’t want to be slapped with some type of early withdrawal or tax penalty.

The low-risk part of your vacation strategy means you want investments that won’t drop in value just when you need to sell them to use the proceeds for your trip. However, you need to be aware that those types of stable-value invest-

ment vehicles likely will not offer much growth potential. As you may know, the investments with the greatest possible rewards are also those that carry the highest degrees of risk. Yet, by starting to invest early enough in more conservative investments, and putting away money regularly, you may be able to compensate for the lack of growth opportunities.

Now, let’s turn to your other goal – retirement. When you are saving for retirement, your primary objective is pretty simple: to accumulate as much money as you can. Consequently, you will need a reasonable percentage of your portfolio devoted to growth-oriented investments. But what’s a reasonable percentage? There’s no one-size-fits-all solution – the amount of growth investments in your portfolio should be based on several factors, including your age, risk tolerance and projected retirement lifestyle.

Furthermore, this percentage may need to change over time. When you’re just starting out in your career, you may be able to afford to take on the greater risk that comes with having a higher

percentage of your portfolio in growth investments. But as you get closer to retirement, you might want to begin shifting some dollars toward more conservative vehicles – you don’t want to be over-exposed to the volatility of the financial markets just when you need to start selling investments to help fund your retirement.

Nonetheless, you won’t want to give up all growth investments, even during your retirement years. You could spend two or three decades as a retiree, and over that time, inflation could take a big toll on your purchasing power. To counter this effect, you will need to own some investments that have the potential at least to equal, and ideally outpace, the cost of living.

The examples of taking that extensive vacation and enjoying a long retirement illustrate the importance of recognizing that you will have many goals in life – and you’ll need to prioritize and plan for them, sometimes following significantly different investment strategies. When you do, you’ll give yourself a better chance of reaching your destinations.

## NC COOPERATIVE EXTENSION Pamlico County

### Fun With Home Pickling



Kate Neeland  
4-H Agent

Summer is just around the corner and soon gardens will be teaming with tomatoes, cucumbers, zucchini, okra and all sorts of summer delights. But what do you do if you’ve planted more than you and all your friends could possibly eat? Perhaps you want to save some of that Eden for the autumn, and winter when everything’s gone bleak? The answer is home canning. If you don’t know much about canning you might think you need a pressure cooker, or that all you may end up with is some bland watered down produce and the fervent wish that you had enjoyed that produce at its peak.

I say it ain’t so. There are ways to ensure you not only maximize the preservation of that fresh off-the-vine flavor, but you can even enhance it. That process is called pickling. Pickling is a form of water bath canning of which I am particularly fond. Not only is water bath canning easy, but also fresh pickled zucchini is one of my favorite treats. While I think a pantry full of delicious fruits and vegetables waiting to grace my table are temptation enough, there are other benefits of home food preservation, and in particular pickling.

Pickling is a method of fermenting, and fermenting is a method of food preservation that is not limited to wine and beer. It may surprise you that the following foods are products of fermentation; yogurt, soy sauce, miso, tempeh, buttermilk, and sauerkraut. Fermenting is an ancient and delicious way of preserving food for the seasons to come.

The process of fermentation offers an expansive variety of health benefits. Fermentation increases some nutrients such as folic acid, vitamin B12, nicotinic acid, riboflavin, and thiamine. Further, fermented foods also have what some call ‘friendly bacteria’ or probiotics. These are similar to the beneficial microorganisms found in the digestive system. Fermentation also partially brakes down lactose, which makes it easier for lactose-intolerant individuals to consume milk-based products such as yogurt.

An additional benefit of all-home canning is that some vegetables when cooked (ie heated to a certain temperature.) show an increase in cancer - fighting antioxidants than vegetables in their raw form. Cornell University has shown that cooking tomatoes increases lycopene, and the overall antioxidant activity in tomatoes. Lycopene is a naturally occurring chemical that decreases the risk of cancer and heart disease. Now does this mean you should cut out raw vegetables? No, however, it does mean that you should add cooked, and fermented vegetables to your healthy balanced diet.

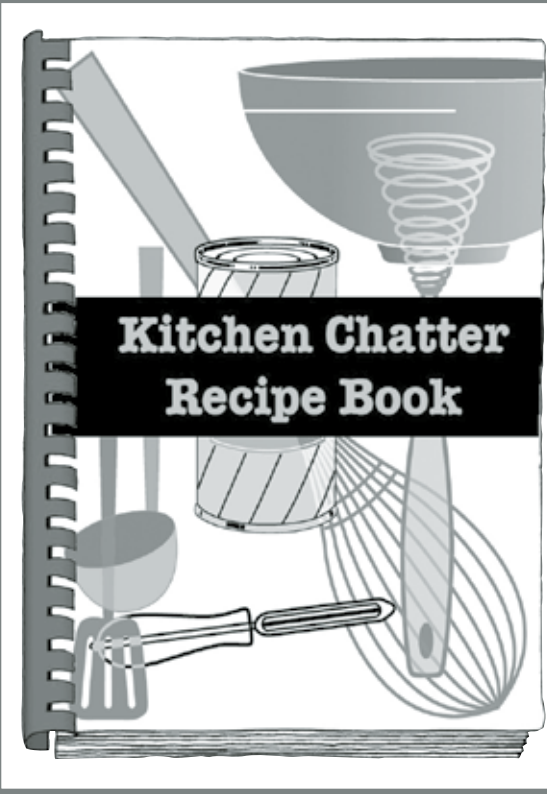
With all these health benefits, fermentation giving us probiotics and folic acid; cooked vegetables giving us lycopene to fight cancer and heart disease, its hard to imagine there could be any more benefits. There is at least one other beneficial aspect of home food preservation, and that is that it can be a shared

experience. Whether you want to grow a garden with your kids and preserve your harvest, or spend an afternoon with friends, the process of home food preservation is a fun way to spend the afternoon celebrating your harvest and the company of you friends and family.

If you think that home pickling sounds like something you would enjoy learning beginning with the basics, before the harvest comes in this year, join us for our Home Pickling class on June 14th, from 9- 12pm at the Pamlico County Cooperative Extension Center. Please give us a call if you are interested, and be sure to let us know if you have any food allergies. Don’t Forget to check out all the great programs we have for grown ups. This is the last class in Mr. Simpson’s series of garden workshops, however there is always more to learn and there will be more opportunities through out the year.



If you are interested in programs for kids check out our 2019 Summer Fun Programs. Youth could travel all around the world with Book Explorers at the Pamlico County Library, reading stories, tasting food, and making art from different countries. Alternatively, youth can blast off the planet with Out of this World learning about planets, stars, and aeronautical engineering. Children will engage in challenges to get their astronaut and all the mission supplies safely off the planet. They could also dig themselves into Pamlico County with Garden to Gourmet, growing tasty treats we will prepare for ourselves. Nothing quite tastes as good as a vegetable you’ve grown yourself. Finally we’ll join the Centers for Disease Control to help them fight an epidemic outbreak, by learning how to develop a vaccine, to cure contagious bacteria. All of these programs will get kids up, active, and engaging their curiosity, building on educational, and motor skills masteries of the previous year. Register soon to guarantee a summer of fun! If you are interested in any of these programs give us a call at 252-745-4121, email kait\_neeland@ncsu.edu, check us out online at pamlico.ces.ncsu, stop by our office (13724 NC, Highway 55, Alliance, NC 28509).



### The Pamlico News is pleased to offer Mrs. Nancy Winfrey’s Treasured Kitchen Chatter Recipe Book

Nancy started writing her cookbook long before she started her food column in The Pamlico News and that means her cookbook has some recipes that have been in the newspaper and many that she reserved especially for her cookbook.

In Kitchen Chatter, you’ll find the recipes Nancy considers the best, the most unique, elegant, the most fun to prepare, the most pleasing to serve and the best tasting.

This 150 page classic is now available. Order your copy by calling 252-249-1555 or mailing the order form to The Pamlico News, PO Box 510, Oriental, NC 28571 with your payment. For \$15.00 you can pick your copy up at The Pamlico News office or include \$5.00 for shipping and handling.



Mrs. Nancy Winfrey

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### Indulge Your Guilty Pleasures! Books & Pocketbooks Bethany Christian Church Saturday, June 1st, 8-noon

Don’t miss this unique fundraiser at the Fellowship Hall of Bethany Christian Church, Arapahoe.

Reading is a guilty pleasure for some folks whether it’s escaping into a good book or increasing your knowledge with a challenging non-fiction.

For others, the siren’s call of a new pocketbook is a guilty pleasure. Choose from a wide array of designer bags ranging from fabrics, leathers, everyday, evening and travel.

To view available purses, go to bethanyarapahoe.org and read the descriptors. Not able to be in Arapahoe on the 1st? Just send a text to 252-514-5870 and we’ll accommodate your transaction using a Square account.

**Books are only available at Bethany during the fundraiser.**



### Giant Turtle Found

By Stephen Rice

Over the Memorial holiday weekend a man found a massive turtle dead on the North Carolina coast. While traveling and fishing the back creeks near Oak Island, NC, Jesse Overman of Oak Island spotted the turtle. We asked him what happened and he told The Pamlico News “I found it in the back Creek near blue water point Marina. I almost hit it with my 14-foot skiff so I contacted Marine fisheries. Marine fisheries said it was too big for them to transport with their boat so I tied a rope to it and drug it out of boat traffic and carried it to the boat ramp”. Marine fisheries and NC turtle rescue personnel told us that this is about a 15 year old leatherback turtle, weighing around 700 lb. They also said this is a baby that Leather Back turtles get up to 1500 lb. and they can live up to 100 years old. After getting the turtle to the boat ramp, personnel took measurements and pictures to study of the Leather Back. Afterwards Mr. Overman help the town load the turtle up on a backhoe to have it removed and buried on the beach nearby.



# AROUND THE COUNTY

## Bay River Metropolitan Sewerage District F.O.G. Program *(Fats, Oil, and Grease)*

Sewer back-ups and overflows are frequently caused by improper materials such as fats, oils and grease being placed into the sewer system by customers. Since fats, oils and grease are lighter than water, they tend to accumulate at the top and sides of sewer pipes and can build up until a blockage happens. If a blockage does occur, the sewer will back up or overflow.

- DO NOT:**
- Pour grease, fats and oils from cooking down the drain
  - Use toilets as a wastebasket
  - Use the sewer system as a means to dispose of food and scraps

- DO:**
- Collect grease in a container to dispose of it in the garbage
  - Place food scraps in waste containers or start a compost pile
  - Place a wastebasket in the bathroom for disposable diapers and personal hygiene products

Eric Harper – BRMSD Collection System (ORC)  
Operator Responsible Charge  
Chris Venters, BRMSD Superintendent

Bay River MSD  
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Bayboro, NC 28515  
Phone: 252.745.4812

## Black Bear Festival Celebrates Its 5th Anniversary *The annual award-winning Black Bear Festival is setting the pace*



PLYMOUTH, NC April, 2019 – The award-winning NC Black Bear Festival is celebrating its 5th Anniversary with a bang. After recently winning “Best Event” in the State for the 2nd time in four years from the NC Association of Festival of Events and Entertainment, the Bear Fest has big plans for June 1-2, 2019.

The festival, created in 2015, celebrates the little-known fact that coastal North Carolina has the world’s largest black bears. It features over 30 educational and fun bear-themed activities for the entire family. The event received state-wide recognition in its first year, winning the “Rising Star Award” from the NCAF&E. Since then, the festival has been named “Best Event” in NC twice and received the Top Twenty Event Award from the Southeast Tourism Society. Last year Bear Fest was named “Best Small Festival” from the Southeast Festival & Events Association.

Each year they come up with zaney new ideas – like the world’s first mechanical black bear ride. This year they have added a motorcycle stunt show, airboat rides, a black bear tent theater, make-your-own bear, and a bass tournament. This festival is unique not just because of its black bear focus, but also because it is located on the banks of the Roanoke River, providing loads of opportunities. For instance, they offer a Bear Necessities Paddle, Lazy River Tubing and a kids fishing event.

According to Harrison, the festival’s popularity has a lot to do with the wide appeal of black bears along with a heaping helping of fun and creativity. “No matter what age or interests a person has, almost everyone loves bears!” Last year guests came from more than 18 States and 4 foreign countries, and attendance has steadily grown from 7,000 to upwards of 30,000.

The festival hosts wild bear tours conducted on a local wildlife refuge, as well as presentations by the NC Black Bear Biologists, and free wildlife photography presentations. There are also more whimsical activities such as the Run with the Bear 5K, Baby Bear Contest, and a children’s bear train. Last year Harrison was able to get a designation for a National Black Bear Day to be celebrated on the first Saturday in June each year and expanded the event to include a Blackberry Extravaganza.

The weekend highlight is one of the most creative fireworks shows in the State. Taking place on Saturday, June 1st at 9 pm, the Reflections on the Roanoke is a show stopper. The festival planners unleash new surprises each year to wow the crowds. It is a not-to-be-missed show of sound, light and fireworks fired from barges reflecting beautifully on the Roanoke River.

About NC Black Bear Festival

The award-winning NC Black Bear Festival is happening on June 1-2 in Plymouth, NC – “where traffic ends and the adventure begins!” For more information visit: [www.ncbearfest.com](http://www.ncbearfest.com).

## Aurora Joy McCracken, *Correspondent*



I’m starting to see Daddy Long Legs about. They always make me think of this one episode of Jonny Quest. I saw my first Ray out near the dock; at first I thought ‘Wow, what a huge fish lunging about!’, then saw the twin fins flapping just above the water line and knew. I’ve also seen and heard Dolphins on three occasions in the last week; twice at night just off the dock, then one morning closer to the old causeway. I hope this proves to be a better year than normal for sightings.

My Orchard Oriole has more or less taken over the yard with its constant singing, and am detecting a couple more further away answering back. It has definitely put a damper on my Mockingbird’s kingdom. I’ve had a few Cardinals come to the feeder and saw that my Red-headed Woodpecker is back. Cowbirds are still visiting the feeder also. My lone Bobwhite is back calling while moving about a 180 degree perimeter to the property. There seems to be more Crows about now and am

not seeing many Gulls.

After the afternoon and night of those fierce storms (over 1.5 inches of rain!) the frogs and toads had a massive and raucous party down at the pool that was loud enough to hear from inside. The tree frogs have ventured a few songs during the heat and dry spell that was halfhearted as if they were trying to call in rain.

I had an opportunity to visit St. John’s Missionary Baptist Church and I must say the interior is just spectacular. That same day saw Aurora buzzing with activity: a social event at the town’s Community Center, many folks fishing at the boat ramp, a ball game at the beautiful athletic park and so many cars parked downtown that it made me think of days of old when Aurora was a bustling place. It made me proud to drive around on a Saturday and see my beloved town so full of life.

The Aurora High School Memorial Group sadly relays the passing of Barbara Christine Cayton (Hollowell) from The Class of 1948 (May 29, 2019).

## Goose Creek Island Annette Jones, *55 Plus Club Correspondent*



Goose Creek Island 55 Plus Club met Thursday at the Community Center chaired by Pres. Rosanne Rowe. Chaplain Bob Johnson brought the devotion from Psalm 33 -13:14. We discussed last week’s meetings and community events, etc. I thought it was Bingo Day, but Bingo is next week. Sorry about that.

Prayer List: Larry Foreman is undergoing rehabilitation at Grantsbrook due to recent heart surgery. and is doing well. Tillman Ireland, Jr. was added to the prayer list.

Our community was saddened to hear of the passing of William Robinson “Billy” Ireland, son of Diddle & Marsha Ireland. A visitation was held Friday night at Bryant Funeral Home. A Memorial Service will be held at a later date. Please keep the Ireland family in your prayers.

Happy Birthday: Nina Voliva Jarvis and Hope Sadler Messer - Jun 6, Benjy Voliva, Vanessa Lupton Pegram and Alex Lee - Jun 7, Malachi Grubbs and Joshua Balance - Jun 8, James Jones and Kristin Joelle Peed - Jun 10, Allison Beacham, Wilma Annette Alcock Perry - Jun11, Andrea W. Stilley -Jun12. Happy Anniversary Earl & Lucy Lupton Spell – Jun 11, Vance & Judy Brown - Jun 12.

## Pamlico Betty Jo Rodgers, *Correspondent*



Praise the Lord; we finally got some rain in Pamlico. I know the crops and the animals appreciated it very much; however, Jake is not a fan of thunder, lightning or rain. Trent Road has been mowed and it looked nice until some thoughtless people threw out their trash. Please “Keep NC clean and green.”

I am writing this article on the first day of June, which is also the beginning of the Atlantic hurricane season. I pray that Pamlico and surrounding areas are not affected by strong hurricanes this year. I know rain can help prevent drought, but rain in moderation is just wonderful. I continue to pray for those around the country who are experiencing tornadoes, hail, and flooding.

Jonathan Fulcher, son of Brent Fulcher, and grandson of Mildred Harrison and the late Gaston Fulcher, Jr. of Oriental was married to Emily Knortz on June 1st. Congratulations!

The Ordination Service for Pastor Shontina Green May 25th was followed Tuesday May 28th by her ordination in heaven when Shontina went home to be with the Lord. Her funeral was held Friday at the West Street Christian Church in New Bern. Her interment was in the Green Family Cemetery in Pamlico. I was

privileged to pray at the graveside for this special celebration of her life. This phenomenal Woman of God will be truly missed by everyone, especially by the family and friends she leaves behind,

The local United Methodist pastors and their congregations are preparing for their annual conference which will be held in Greenville this year on June 12-15. Oriental UMC will be appointed a new pastor at this time.

The Croaker Festival is just a month away. Make your plans now to attend and enjoy this special time in Oriental.

Celebrating birthdays in June are Cathie Hopkins (6/5), Gray Winfrey (6/7), Peg Graves (6/14), Julie Sanders McCulley (6/15), Walter Graves and Phillip G. Nanny (6/19), Brantley Norman, Jr. and Dennis Delamar (6/20), Jonathan Fulcher (5/21), Tyler Fulcher (5/22), Cousin Shirley Edwards (6/24), Russell Gregory, Brent and Cathy Fulcher (6/25), Carly Alisha Sanders (6/28) and Grace Farmer Nanny (6/30).

The Pamlico County High School Baccalaureate Service is scheduled for Thursday night, June 13, 2019 @ 7:30 pm in the A.H. Hatsell Memorial Auditorium at PCHS.

Have a blessed week. Quitting? Take Spiritual Vitamin Q. “Watch ye, stand fast in the faith, quit you like men, be strong.” (1 Corinthians 16:13)

## Whortonsville Reba Tiller, *Correspondent*



Finally the rain came this week so we did not have to water our plants for one day, but the days are beautiful and the nights are a bit cooler. I guess everyone gets tired of hearing about the wonderful neighborhood we have with our neighbors in a row along the creek. They overwhelm Weeks and me with their kindness to us and for their compassion to Weeks. On Saturday we were supposed to attend a luncheon at the Rose Hill Restaurant honoring my sister Lillian and her husband Charlie on their 70th wedding anniversary and since Weeks was not feeling well, three of our neighbors came over and stayed with him, so thanks to Melydia Edge, and Bill & Sylvia Nickerson. While Bill was there he fixed a leak in the kitchen, did weed eating around the water then he and Sylvia started working on a 2000 piece puzzle in our sun room that Betty Jo Rodgers had shared with us. Elizabeth Cuthrell went to the anniversary with me and we

did a musical skit on love and marriage for my sister. We stopped at my nephew’s Blueberry Farm on the way home and picked up so delicious berries. After church and our usual luncheon, the Nickersons and the Cuthrells went out on their kayaks. Next door neighbors Melydia and Maura were out working on their boat and decided to have dinner on the boat. Shopped at Hospice with my niece and her husband who live in the Villages in Florida. They were having a \$1.00 sale on all clothing the day after Memorial Day. Enjoyed chatting with volunteers that were working that day. Still miss not being able to work at the store. Women’s Auxiliary meets tomorrow night at Bethel. The play was at the Old Theater this past weekend and it brought back memories of my dear friend Judi Heit who worked so hard for so many years in the theater. Homecoming is Sunday at Bethel so everyone is invited to attend the service and enjoy lunch in the Fellowship Hall. Thought for the week---Bulletproof vests, fire escapes, windshield wipers and laser printers were all invented by women.

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# Samaritan’s Purse Does Great Work In Pamlico County



Last Friday Ms. Irene Griffin of Pamlico County was greeted by dozens of volunteers from The Samaritan’s Purse as they gathered in her home briefly to celebrate the completion of this long recovery project. For months Ms. Griffin has been surrounded by teams of volunteers working diligently to repair her house after the destruction of hurricane Florence. Friday there were no longer signs that Florence had ever passed through thanks to the hard work and dedication of the scores of volunteers that have given their time and money to make sure people are able to get back in their homes and start to get back to normal.

The love and compassion was palpable in the crowded room as Ms. Griffin graciously sat for pictures with volunteers and friends. It was apparent that a close bond had formed between

the volunteers and Ms. Griffin as they shared stories of working in her home. After a few words of heartfelt thanks from friends, Dan Burton, Project Superintendent of North American Ministries for The Samaritan’s Purse, gave a heartfelt speech and led a prayer to bless Ms. Griffin’s home. After the speeches and prayers volunteers lingered a little longer sharing funny stories and discussing The Samaritan’s Purse.

The Samaritan’s Purse was founded in 1970 by Bob Pierce who had made it his mission “to meet emergency needs in crisis areas through existing evangelical mission agencies and national churches.” He was soon joined by Franklin Graham and together they worked to help rebuild some of the neediest communities in the world. After Pierce’s passing in 1978 Graham continued on Pierce’s mission, which continues to grow every day.

Pamlico County was hit hard by hurricane Florence. Many in the community were left without homes, without basic necessities, and many families were sometimes forced to live in multiple places or separate homes in order to maintain their daily lives. Some residents had inadequate or no hurrican insurance coverage, leaving them unable to repair their damaged homes. Thankfully, organizations such as The Samaritan’s Purse have stepped in to help aid those in the most need.

The dedication of the volunteers of The Samaritan’s Purse could be felt in the details of their work and the tones of their voices as they greeted those in attendance. They did not miss any of the important details or do a rush job repairing Ms. Griffin’s home. Despite having the responsibility and stress of repairing multiple homes these volunteers paid attention to all the fine details, just as a fine craftsman would, ensuring Ms. Griffin’s home was repaired to pre-storm perfection. It truly looked as if the home were recently purchased.

Pamlico County will be forever grateful for the contribution of The Samaritan’s Purse. Today residents like Ms. Griffin are safely back in their homes thanks entirely to The Samaritan’s Purse.



# Kitchen Chatter

by Nancy Winfrey

## Who Wants a “Heavy” Meal on a Hot Day? Try a Delicious Salad for Change

### Parmesan Shrimp

- 1-1/2 pounds shrimp, shelled and tail on
- 1 tablespoons lemon juice
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup all-purpose flour
- 3 eggs, beaten
- 1 cup freshly grated Parmesan cheese (or more, if needed)
- 3 cups vegetable oil for deep frying

In a mixing bowl, toss together the shrimp, lemon juice, Worcestershire sauce, salt and pepper until shrimp are well coated. Let stand for at least 10 minutes. Set up three pans or shallow pie plates for breading the shrimp, one for the flour, one for the beaten eggs and one for the grated cheese.

Working in small batches, drain the shrimp and toss in the flour, carefully dip each one into the beaten eggs and drain excess egg, then roll in the Parmesan cheese to coat all sides. Place coated shrimp on a rack. Heat the oil in a heavy saucepan until oil bubbles when a cube of bread is dropped in and the bread browns - about 1 minute. In small batches, fry the shrimp for about 3 minutes or until golden brown, turning one time. Drain on paper towels and keep warm while frying the rest of the shrimp.

### Cold Tomato Soup

- 6 or 7 ripe medium tomatoes
  - 1 medium cucumber
  - 6 green onions
  - 1 slice white bread, torn into pieces
  - 1/2 cup tomato puree
  - 2 cups tomato or V-8 juice
  - 1 tablespoon olive oil
  - 1 garlic clove, minced
  - 1/2 to 1 teaspoon salt
  - 1/2 teaspoon sugar
- Plunge the tomatoes in a large saucepan of boiling water for several seconds and then remove from heat. You should then be able to remove the peel with little effort. Cut the tomatoes in half and squeeze the seeds out. Peel the cucumber, cut in half lengthwise and scoop out the seeds and then slice into large chunks. Cut the green onions into chunks. In a food processor or blender, place the bread pieces and whirl for a few minutes to chop the bread into crumbs.
- Add the tomatoes, cucumbers, green onions and remaining ingredients and process until everything is finely chopped. Place in a bowl, cover and refrigerate to chill for at least 4 hours or overnight. When ready to serve, garnish with croutons, if desired.

### Potato Salad

- 10 small new potatoes, unpeeled, cooked and cut into chunks
  - 1/4 teaspoon salt
  - 1/8 teaspoon pepper
  - 4 hard-cooked eggs, coarsely chopped
  - 1 rib celery, finely chopped
  - 1/4 cup finely chopped fresh parsley
  - 1/2 to 3/4 cup mayonnaise
  - 1/4 to 1/3 cup sour cream
  - 1 teaspoon sweet mustard
- Combine the potatoes, eggs, celery, onions and parsley in a large bowl and toss gently to mix. In a separate bowl, combine the mayonnaise, sour cream and mustard, blend, and then pour mixture over the potato mixture and toss gently to coat. Season with salt and pepper.

### Baked Acorn Squash

- 6 strips bacon
  - 2 acorn squash, cut in half
  - Butter
  - Salt to taste
  - Pepper to taste
  - Maple syrup
- In a small skillet, cook the bacon until translucent and barely brown. Rub the inside of each squash half with 1 tablespoon of the butter and sprinkle with salt and pepper. Place the bacon slices in the cavity of each squash half. Place in a buttered 9x13x2-inch baking dish or pan and bake in 350 degree oven for 30 minutes or until squash begins to soften.
- Remove from oven and add another tablespoon of the butter in each squash half and then pour about 2 tablespoons of maple syrup in each squash half. Return to oven, cut heat to 400 degrees, and continue to bake for 15 minutes longer. When ready to serve, discard the bacon and place on serving platter. Serves 6.

### Molded Sweet Cherry Salad

- 1 can (17-oz.) light sweet cherries, drained, pitted and liquid reserved
  - Boiling water
  - 1 package (3-oz.) cherry-flavored gelatin
  - 8 stuffed olives, chopped
  - 1 cup slivered almonds, toasted and chopped
  - Crisp lettuce leaves
  - Mayonnaise
- Measure separately the reserved cherry liquid and enough boiling water to make 2 cups, but do not combine. Dissolve the gelatin in the boiling water and then add the cherry liquid. Chill mixture until thick and syrupy. Fold cherries, olives and almonds into slightly thickened gelatin. Pour mixture into a 5 cup mold and chill until firm. Unmold on bed of crisp lettuce and garnish with mayonnaise. Serves 6.

### Spiced Peaches

- 1 can (29-oz.) peach halves, drained, liquid reserved
  - 3/4 cup peach liquid
  - 1 teaspoon ground cinnamon
  - 1/2 teaspoon ground cloves
  - 1 teaspoon ground allspice
  - 3/4 cup firmly packed brown sugar
  - 1/2 teaspoon cider vinegar
- Combine the spices, brown sugar and vinegar with the peach liquid and bring mixture to a boil, reduce heat and simmer for 5 minutes. Pour mixture over the peach halves while hot. Let cool for several hours or overnight before serving. Place in covered container in refrigerator to chill.
- NOTE: If serving as a salad, combine 1 package (3-oz.) cream cheese, softened with enough half-and-half cream to make a smooth mixture and place a dollop in center of each peach half.

### Zesty Potato Salad

- 4 large unpeeled new potatoes, cooked, drained, cooled and cut into chunks
  - 1 package (1-3/4-oz.) package onion soup mix
  - 1 cup sour cream
  - 1/2 cup finely chopped celery
  - 1/4 cup sweet pickle relish (or finely chopped sweet pickles)
  - 2 hard-cooked eggs, chopped
  - 1 tablespoon chopped pimiento
  - Dash of paprika
  - 1/2 teaspoon salt, or to taste
  - 1/8 teaspoon pepper, or to taste
- Combine all ingredients and toss gently to blend well and coat potatoes. Cover and chill for several hours or overnight before serving. Serves 8.

### Deviled Potato Salad

- 6 medium new potatoes, boiled, peeled and cut into cubes
  - 6 hard-cooked eggs
  - 1 tablespoon prepared horseradish
  - 2-1/2 tablespoons prepared mustard
  - 1 cup mayonnaise
  - 1 cup sour cream
  - 1/2 teaspoon celery salt
  - 1 teaspoon salt
  - 1/8 teaspoon pepper
  - 1 cup finely chopped celery
  - 1/4 cup finely chopped onions
  - 2 tablespoons finely chopped green pepper
  - 1 or 2 tablespoons chopped pimienta
- Cut the eggs in half and remove yolks. Mash and blend yolks with the vinegar, horseradish and mustard. Add the mayonnaise, sour cream, celery salt, salt and pepper and blend well. Chop the egg whites and combine with the potatoes, celery, onions, green peppers and pimiento. Fold mixture into the egg yolk mixture, blend gently to coat. Place in a bowl, cover and chill before serving. If desired, serve on bed of crisp lettuce and garnish with tomato wedges. Serves 8.

### Refrigerator Strawberry Jam

- This sounds so good and easy!
- 2 cups mashed ripe strawberries
  - 4 cups sugar
  - 1 package Sure-Jel
  - 1 cup water
  - 2 tablespoons lemon juice

Combine the strawberries with the sugar and allow them to stand at least 10 minutes. In a saucepan, combine the Sure-Jel and water, blend, and bring to a boil. Boil rapidly for 1 minute, remove from heat and add to crushed strawberries.

Stir well for 3 minutes. Pour into sterilized jelly jars and cover tightly with lids and allow to stand overnight. Store in refrigerator. Will keep in refrigerator for about 2 months.

### Hot Chicken Salad

- 2 cups cooked, diced chicken
  - 1 cup thinly sliced celery
  - 1/2 cup cashews
  - 1/2 teaspoon salt
  - 1/8 teaspoon pepper
  - 1 medium onion, grated
  - 1 cup mayonnaise
  - 1 to 2 tablespoons lemon juice
  - 1 cup grated sharp Cheddar cheese
  - 1 cup coarsely crushed potato chips
- Combine all ingredients except the grated cheese and crushed potato chips. Blend the mixture thoroughly and place in a buttered baking dish. Sprinkle the cheese evenly over the top and they top with the crushed potato chips. Bake in 400 degree oven for about 20 minutes or until mixture is bubbly and cheese is melted. Serves 6.
- NOTE: If desired, cooked, chopped shrimp may be substituted for the chicken.

Many people eat salad dutifully because they feel it is good for them, but more enlightened types eat it happily because it is good.

–Laurie Colwin





Katherine LaGuardia graduates from Furman University

On May 11, Katherine Eileen LaGuardia graduated Summa Cum Laude from Furman University in Greenville, SC and received a Bachelor's Degree in Business Administration. During her time at Furman, Katie was highly involved in her sorority, Delta Delta Delta whose national philanthropy is St. Jude Children's Research Hospital. She served as the Academic Chairman, as well as a member of the Standards Committee and Nominating Committee. Katie was also a member of numerous honor societies, including Phi Eta Sigma and Order of Omega. She was selected to study abroad in Edinburgh, Scotland during her junior year. While there, she attended a Scottish university, interned at a global communications firm, and traveled to over eight different countries. Katie is the daughter of John and Jan LaGuardia of Trent Woods and graduated high school from the Epiphany School of Global Studies. She has accepted a position at Accenture and will be moving to Washington, D.C. this summer to pursue a career in business.



Snowden Closing in Aurora

By: Joy McCracken, Correspondent

S.W. Snowden Principal Debra Windley speaks about the many positive student and staff accomplishments while Travis Midgett Sr. and Beaufort County School's Superintendent Matthew Cheeseman look on. The meeting was held to communicate factual knowledge concerning the reported perhaps closing of SWS which rallied the community to seek out additional information. One possible scenario is to relocate the middle school population to Southside High School while leaving the K-5 grades intact in Aurora.

SUV Ends Up In Pond

On Wednesday May 29th, a vehicle traveling on NC HWY 55 in Grantsboro, struck another vehicle exiting the Food Lion parking lot. After striking the automobile exiting the parking lot the driver and her car ended up in the water retention pond next to the parking lot driveway. Pamlico EMS 3 with the crew of (Eric Kindle and Scott Durci) and Chief Danial Suggs of Grantsboro-Silverhill FD responded to the Emergency Call. After arriving on scene, the 2 crews worked together to rescue the patient in the submerged vehicle. The cause of the collision is under investigation by NC Highway Patrol.



6th Annual Environmental Field Day at PCPS

On May 24, 2019 Pamlico County Primary School held their sixth annual Environmental Field Day. Students in kindergarten, first grade, and second grade rotated between five stations and learned about different elements of their environment.



Students learning how to safely approach Wyatt.

Each station talked about what they do as a profession, why it is important to the environment, and how that aspect of the environment related to the students. Stations and their resource staff included: Animal Control with Animal Control Officer Berkley Hill, Honey Bees with Cooperative Extension Agent Daniel Simpson, Wildlife with NC Wildlife Resource Officer Alex Holbrook, Fish and Boating Safety with NC Marine Patrol Officer Erik Smith, and Small Farming with Farmer Bobby Hacker.

During their time at each station students learned and participated in a number of things: the importance of proper pet care and keeping pets up



Students learning about a beeper's suit and why it is important.

to date on their rabies vaccinations, and practicing how to safely approach a pet; honey bees, their role as pollinators, trying on a beeper's suit and seeing live caged honey bees; hunting facts and knowledge on what to do if a student was to interact with a wild animal; different fishing facts and boating safety for the upcoming summer boating season; and what it takes to run a small farm, different foods farms give us, and getting to see and pet a miniature angus calf.



Officer Smith explaining fishing and crabbing laws.

Sabra Cahoon, Administrative Conservation Technician of the Pamlico Soil and Water Conservation District, organized the day with her contacts of the different agencies. Cahoon says, "The purpose of the Environmental Field Day is to expose children to important information who would not normally be exposed to subjects such as these. Spring and summer are the perfect times of year to plant gardens, see wildlife, have campfires, and go boat riding. This information is good to have to understand what they are experiencing. Also, when they are older and start taking electives, joining clubs and other organizations, they may decide to partake in those that offer education and work in environmental and conservation efforts because of what they saw and experienced here today."



Officer Smith explaining life jacket safety.

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Origins of Father's Day

The campaign to celebrate the nation's fathers did not meet with the same enthusiasm—perhaps because, as one florist explained, "fathers haven't the same sentimental appeal that mothers have."

On July 5, 1908, a West Virginia church sponsored the nation's first event explicitly in honor of fathers, a Sunday sermon in memory of the 362 men who had died in the previous December's explosions at the Fairmont Coal Company mines in Monongah, but it was a one-time commemoration and not an annual holiday.

The next year, a Spokane, Washington, woman named Sonora Smart Dodd, one of six children raised by a widower, tried to establish an official equivalent to Mother's Day for male parents. She went to local churches, the YMCA, shopkeepers and government officials to drum up support for her idea, and she was successful: Washington State celebrated the nation's first statewide Father's Day on June 19, 1910.

Slowly, the holiday spread. In 1916, President Wilson honored the day by using telegraph signals to unfurl a flag in Spokane when he pressed a button in Washington, D.C. In 1924, President Calvin Coolidge urged state governments to observe Father's Day.

Today, the day honoring fathers is celebrated in the United States on the third Sunday of June: Father's Day 2018 occurred on June 17; the following year, Father's Day 2019 falls on June 16.

In other countries—especially in Europe and Latin America—fathers are honored on St. Joseph's Day, a traditional Catholic holiday that falls on March 19.

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LEGALS

NORTH CAROLINA  
IN THE GENERAL COURT OF JUSTICE

PAMLICO COUNTY  
SUPERIOR COURT DIVISION

NOTICE TO CREDITORS AND  
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OF ROBERT J. SMITH  
File No.: 19 E 76

All persons, firms and corporations  
having claims against ROBERT J. SMITH  
deceased, are notified to exhibit them to  
JOHN W. SMITH, Executor of the Estate,  
on or before August20, 2019 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 22nd day of May, 2019.

Estate of Robert J. Smith  
c/o John W. Smith  
2543 Locust Ave  
Ronkonkoma, NY 11779

Publish May 22, 29 and June 5 and  
12 2019

PROPERTY TRANSFERS

May 20, Baird Creek Point Lot: 30 Section 2 Phase I; PCA 171-8; Baird Creek Point Marina Unit:3 Condo Cabinet 1 Slide 11/15-17, from Demey, Timothy R. and Demey, Karen M. to Demey, timothy R and Demey, Karen, \$0

May 21, N?Side Yawl Place; MB 6/83; Metes and bounds, from Layer, Charles D. and Layer, Patricia A. to Johnson, Wayne G. and Howell, Bonnie L., \$370

May 21, 0.074 AC; See map in DB 370/626, from Earlyfalsom Properties, Inc. to Wheeler, Gary L., \$30

May 21, Sea Vista Lot: 19 Windward Shores Area, Section I; MB 5/34, from Chant, Alan B. and Chant, Particia T. to Smith, Timothy Scott and Smith, Lisa S., \$130

May 22, 0.92 AC; S?S NCSR 1005; See map DB 280/188, from Ward Rental Properties to Ward, Roland J. Jr and Ward, Cynthia V., \$0

May 22, .96 AC tract; PCA 30-1, from Caraway Sonok and Carraway, Sonok to Caraway, Jonathan B., \$0

May 22, Dawson Creek Lot: 39 Phase 1; PCA 150/10-16; Ocracoke Drive Oriental, from Carolina Design Build, LLC to Lee, Christen Hardison, \$9

May 22, Lots A and C, from Sheppard, John Leonard and Sheppard, Kimberly Overcash to The Sheppard Trust Sheppard J. Leonard/TR and Sheppard, Kimberly O/TR, \$0

May 25, Lot: 2 PCA 3-4; S/S Fulford Point Rd (SR 1233) Lot: 3 PCA 3-4; S/S Fulford Point Rd (SR 1233), from Evans, Herbert Donald and Evans, Susan K. to Edwards, Stephan Trey, \$4

May 22, Four tracts; Interest, from Gray, Ramona B. to Gray, Ramona B. and Ewing, Helen G., \$0

May 23, 0.36 AC; Map attached PCA 13-3, from Jones, Kaylyn J., Jones, Bryan Dean, and McGuire, Shauna Michelle to Ackiss, Roger W. and Ackiss, Sharon J., \$66

May 23, Two tracts; Silverhill; PCA 142-19, from Lane, David A. II and Lane, Joy S. to Shaw, John William, \$52

May 24, 23/100 AC; MB 5/13; NE/S Neuse St, from Everett, Aaron C., Price, Brad N., and Price, Teresa E. to Ostendorff, Louis F. and Ostendorff, Marcia W., \$127

May 24, Brown Creek Lot: 14 Phase two; PCA 123-1; boat slip 1; PCA 122-10, from Carpenter, Joyce C. to Mayo, Catherine Elizabeth, \$400

May 24, Sail Loft Lot: 34, MC 6/83; Part lot 35; see map DB 254/545, from Moye, Lois G. to Andleton, Deborah L., \$376

May 24, Four tracts, from Lee, Sue H., Lee, Rodney M., Ackiss, Rebecca H., Hollowell, Bernard B. Jr., Hollowell, Jane Z., Hollowell, Steven E. and Hollowell, Deborah T. to Congo Squares, \$0

May 24, 0.31 AC; See Map BD 292/481 & DB 498/258; Deed of Gift, from Long Creek Farm, LLC. to Habitat for Humanity of Pamlico County, Inc., \$0

May 24, Main St, Bayboro, Felony probation violation out of county

May 24, North St, Bayboro, Calls for service

May 24, Lakeshore Dr, Arapahoe, Reported B&E

May 24, Main Street, Bayboro, Found property

May 25, NC 55 Hwy, Grantsboro, Calls for service/assist EMS

May 25, NC 55 Hwy, Bayboro, Theft of motor vehicle part or accessories

May 25, Leaf Lane, New Bern, Family offenses, nonviolent

May 26, NC 55 Hwy, Grantsboro, Larceny

May 26, Link Lane, Oriental, Credit card fraud

May 28, NC Hwy 55, New Bern, Damage to real property


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2019 MAY 10 A 9:39

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*Peek & Edwards*

DATE RETURNED: *5-10-19*

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Doc ID: 002584710003 Type: CRP  
Recorded: 05/10/2019 at 09:47:24 AM  
Fee Amt: \$26.00 Page 1 of 3  
Pamlico, NC  
Lynn H. Lewis Register of Deeds  
BK **648** PG **235-237**

NORTH CAROLINA  
PAMLICO COUNTY

IN THE GENERAL COURT OF JUSTICE  
SUPERIOR COURT DIVISION  
BEFORE THE CLERK  
2019-SP-19

IN RE: REGISTERED ESTATE  
NUMBER10

NOTICE OF PETITION FOR NEW  
CERTIFICATE OF TITLE

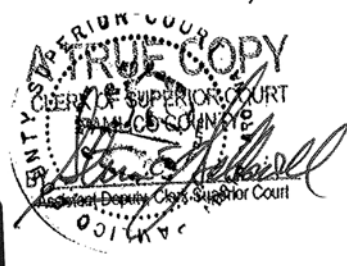
TO: All persons having or claiming an interest or estate in Registered Estate Number 10.

NOTICE is hereby given that a Petition has been filed by NL INDUSTRIES, INC., requesting the  
cancellation of certificate of title of for Registered Estate Number 10 due to said certificate being lost or  
misplaced and requesting the issuance of a new certificate of title to NL INDUSTRIES, INC. The  
property described in Registered Estate Number 10 is as follows:

SEE EXHIBIT A ATTACHED.

All persons having or claiming any interest or estate in the land above described shall appear on  
the 18<sup>th</sup> day of June, 2019 @ 10:00 A.M/P.M. at the office of the undersigned at the Pamlico  
County Courthouse, to show cause, if any exists, why the relief prayed for in the Petition should not be  
granted.

This the 10<sup>th</sup> day of May, 2019.



CLERK OF SUPERIOR COURT  
OF PAMLICO COUNTY

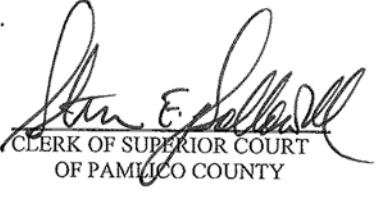


EXHIBIT  
A

Lying and being in Number One (1) Township, Pamlico County,  
North Carolina, BEGINNING at the intersection of the Old Sand Hill Road at  
the Beaufort County-Pamlico County line, at an iron pipe, which point is North  
88 deg. 45 min. East 17 ft. from a 4" concrete marker at a corner in the mid  
county line; thence with the said Old Sand Hill Road the following courses and  
distances: South 55 deg. 15 min. West 151 ft.; South 47 deg. 10 min. West  
182 ft.; South 73 deg. 45 min. West 424.5 ft.; South 43 deg. 0 min. West 217  
ft.; South 28 deg. 25 min. West 230 ft.; South 15 deg. 45 min. West 236.5 ft.;  
South 19 deg. 30 min. East 310.5 ft.; South 17 deg. 55 min. West 140 ft.;  
South 2 deg. 0 min. East 177.5 ft.; South 9 deg. 0 min. West 130.5 ft.; South  
18 deg. 10 min. West 135.5 ft.; South 8 deg. 25 min. East 130 ft.; South 5 deg.  
25 min. West 102.7 ft.; South 6 deg. 50 min. East 213.8 ft.; South 7 deg. 15  
min. West 165 ft.; South 1 deg. 40 min. East 256.2 ft.; South 6 deg. 25 min.  
East 362 ft.; South 15 deg. 0 min. West 165.5 ft.; South 7 deg. 40 min. East  
397.5 ft.; South 5 deg. 30 min. West 399.5 ft.; South 31 deg. 0 min. West  
282.7 ft.; South 44 deg. 15 min. West 440 ft. to an iron stake #133; thence  
still with said Old Sand Hill Road South 0 deg. 45 min. West 338 ft.; South  
9 deg. 40 min. West 675.3 ft.; South 8 deg. 40 min. East 594.7 ft.; South 2 deg.  
10 min. East 163.3 ft.; South 24 deg. 20 min. East 405.5 ft.; South 19 deg.  
35 min. East 254 ft.; South 14 deg. 50 min. West 140.7 ft.; to an iron stake  
#110; thence still with said Old Sand Hill Road South 6 deg. 15 min. East 496.5  
ft.; South 6 deg. 5 min. West 372.7 ft.; South 0 deg. 10 min. East 164.5 ft.;  
South 11 deg. 20 min. West 228 ft.; South 19 deg. 30 min. West 246.5 ft.; South  
10 deg. 50 min. West 397.8 ft.; South 10 deg. 15 min. West 402.2 ft.; South  
13 deg. 20 min. East 253 ft.; South 28 deg. 10 min. West 270 ft. to an iron  
stake #105; thence still with said Old Sand Hill Road South 14 deg. 10 min.  
West 575.5 ft. to an iron pipe; thence leaving said Old Sand Hill Road South  
86 deg. East 360.5 ft., to an iron stake in the Western edge of H. G. Hay,  
#306; thence crossing said H. G. Hay, #306 South 55 deg. East 60 ft.; thence  
with the Eastern edge of said H. G. Hay, #306 South 35 deg. West 89 ft.; thence  
still with the Eastern edge of said H. G. Hay, #306 and with the curve thereof  
Southwarily 2312 ft. to an iron pipe; thence still with the Eastern edge of  
said H. G. Hay, #306 South 5 deg. East 261 ft. to an iron pipe; thence leaving  
said H. G. Hay, #306 South 88 deg. East 1420 ft. to a concrete monument; thence  
South 1 deg. 5 min. West and crossing a power line 1346.5 ft. to a concrete  
monument; thence North 78 deg. 8 min. East 696 ft. to an iron pipe in the  
Hubbell Road; thence with the Hubbell Road North 4 deg. East 6043 ft. to an  
iron pipe; thence North 86 deg. West 1038 ft. to an iron pipe in the Eastern  
edge of said H. G. Hay, #306; thence with the Eastern edge of said H. G. Hay,  
#306 North 5 deg. East 280 ft. to an iron pipe; thence South 86 deg. East 1013  
ft. to an iron pipe in said Hubbell Road; thence with said Hubbell Road North  
4 deg. East 1207 ft. to an iron pipe in a farm road; thence crossing said farm  
road North 4 deg. East 236 ft. to an iron pipe; thence North 89 deg. West 994  
ft. to an iron pipe in the Eastern edge of said H. G. Hay, #306; thence with  
Eastern edge of said H. G. Hay, #306 North 5 deg. East 774.4 ft. to an  
iron pipe; thence due East and crossing said Hubbell Road 3020 ft. to an iron  
pipe; thence due North 7715 ft. to an iron stake in the line dividing Beaufort  
and Pamlico Counties; thence with the Beaufort County-Pamlico County line  
South 88 deg. 45 min. West 3182 ft. to the point of beginning; containing 924.8  
acres, less 14.6 acres of highway right of way, leaving a net acreage of 900.2  
acres, as per map and survey by H. L. Naburn and J. L. Holstun, Registered  
Surveyors, dated August 10, 1995 and entitled, "Map of National Lead Company  
Tracts, Township No. 1, Pamlico County, North Carolina," and duly filed for  
record in this proceeding.

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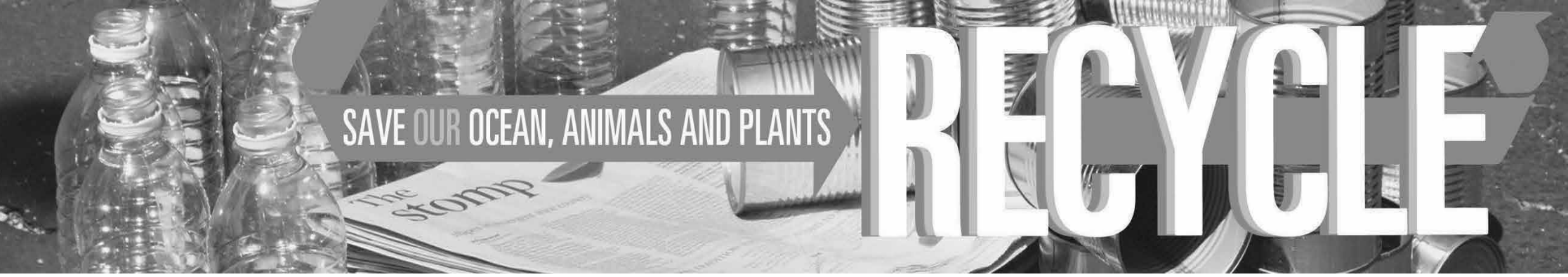
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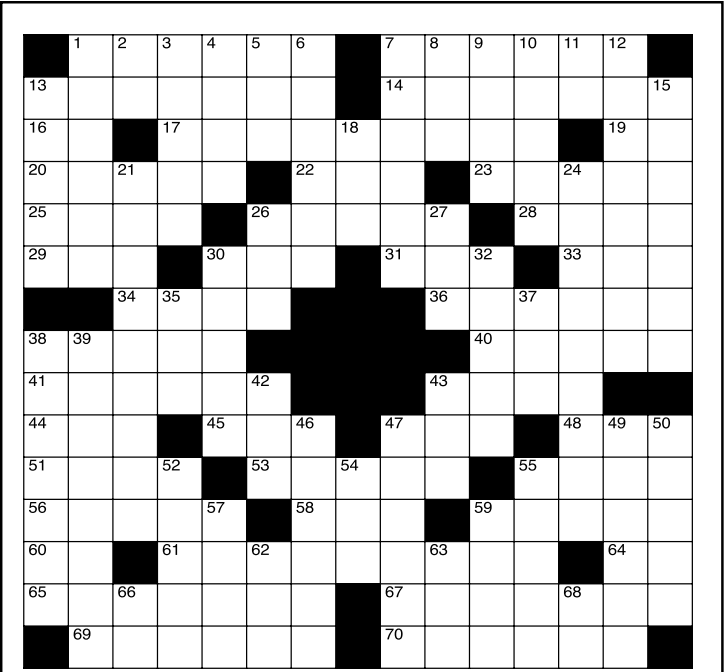
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CROSSWORD PUZZLE



CLUES ACROSS

1. Ancient Rome had one

7. Engagement rings tend to have them

13. Not the leader

14. Decorated

16. Morning

17. The Garden State

19. \_\_, myself and I

20. Gets up

22. Type of meal

23. Cavalry sword

25. Proclaims

26. Historic places

28. They go into space

29. Hostelry

30. Peter's last name

31. Necessary for syrup

33. Kids' channel

34. Take upon oneself

36. A bog

38. Small cavities in a gland
40. Grand Theft Auto vehicle

41. More vigorous

43. Supply to excess

44. Pie \_\_ mode

45. Dash

47. You sometimes pardon it

48. Catch doing something wrong

51. A constellation's second star

53. Famed French painter of dancers

55. Engines do it

56. Chemically inactive

58. Moved quickly on foot

59. Threaten persistently

60. Commercial

61. Listen without the speaker's knowledge

64. Rhodium

65. Caregivers to kids

67. Highly ornamented

69. Real, fixed property

70. Brains

CLUES DOWN

1. Resembling apes

2. Famed TV host Sullivan

3. Rare Hawaiian geese

4. Convicted traitor

5. Make into leather

6. Urge to do something

7. Small town in Spain

8. They promote products

9. Small Eurasian deer

10. Ancient people

11. The Volunteer State

12. Academic term

13. Natives of Alberta, Canada

15. Cause to become insane

18. Feed

21. Crime organization

24. Acrobatic feats

26. Car mechanics group

27. Mustachioed actor Elliott

30. Inquired
32. S. Korean industrial city

35. Member of the cuckoo family

37. Test for high schoolers

38. Some nights are these

39. Helps you stay organized

42. Cool!

43. Genus containing pigs

46. An opinion at odds

47. Types of bears

49. Smartphones give them

50. Nobel physicist Hans

52. Where rock stars work

54. Your car needs it

55. Dutch name for Ypres

57. Go after

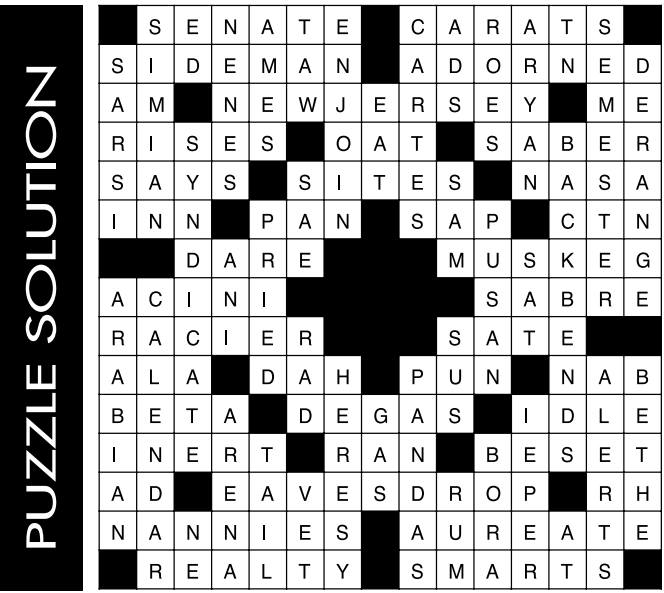
59. Cold wind

62. Examines animals

63. Popular island alcohol

66. Northeast

68. Indicates position



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# Health & Wellness

## Are the Brain and the Gut Connected?

By: Amber Gibson



In recent years there have been an array of studies and medical journal articles written on the connection between our guts and brain function. These studies suggest that there is a direct correlation between the brain and digestive system that can influence overall health and well being. An imbalance in the digestive system can cause stress and anxiety, as well as physical, behavioral, and emotional symptoms. To the contrary, a well balanced gut can help prevent stress, as well as a variety of illnesses. Imbalances in the gut are often triggered by stress signals from the brain, explains Harvard Medical Journal.

The connection between the brain and the gut is evident and easily tested. Simply think of your favorite food and you start salivating. Harvard Medical Journal suggest that the instantaneous response we have to the thought of food shows us just how connected our brains are to our guts. They explain,

“The brain has a direct effect on the stomach and intestines. For example, the very thought of eating can release the stomach's juices before food gets there. This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression. That's because the brain and the gastrointestinal (GI) system are intimately connected.” This connection proves that mental stress and anxiety can manifest itself physically, often instantly.

This connection can also explain how everyday, seemingly small stresses, can cause physical discomfort and sickness. Stressful situations that occur often or everyday, such as public speaking or having an stressful meeting can lead to physical symptoms such as shaking, indigestion, and irritable bowel symptoms. Harvard Medical explains that people with high stress and anxiety may also have a lower pain tolerance and that they actually perceive pain more acutely, “ Psychosocial factors influence the actual physiology of the gut, as well as symptoms. In other words, stress (or depression or other psychological factors) can affect movement and contractions of the GI tract, make inflammation worse, or perhaps make you more susceptible to infection.” They further explain, “In addition, research suggests that some people with functional GI disorders perceive pain more acutely than other people do because their brains are more responsive to pain signals from the GI tract. Stress can make the existing pain seem even worse.”

If you are experiencing stress and feel that you may also have related physical symptoms Harvard Medical explains that there are a few things that you can watch for including: tense or stiff muscles, headaches, sleep problems, weight loss or gain, and restlessness. They also outline the behavioral symptoms ranging from: procrastination, teeth grinding, difficulty concentrating or completing work, changes in consumption of alcohol, smoking, or other vices, and rumination. Emotional symptoms may include: crying, overwhelming sense of tension or pressure, trouble relaxing, quick temper, depression and indecisiveness. If you feel you are experiencing some of these symptoms they suggest contacting your physician to discuss a treatment plan with your doctor. They can help you come up with a plan to deal with the stressors in your life and to ultimately ease the related physical symptoms.



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