

House Bill Targets Rec Fisherman

From Capt. George Beckwith Jr.

Those of you who know me have heard by occasional rants. This newsletter is no exception, but unique in that Anna has decided to chime in on North Carolina's southern flounder issues. I want to make it clear that our opinions are just that, our own. My crazy should not reflect on her, just as her good sense does not always rub off on me. Giving full disclosure, Anna Beckwith served on the NC Marine Fisheries Commission from 2009 to 2015 and has been serving on the South Atlantic Fishery Commission since 2012. She is currently in her third term where she strives to maximize access and health of the resource outside of state waters.

In addition, I've got something to say about striped bass and the unfair moratorium on the Neuse River of North Carolina. A similar management strategy continues to keep striped bass harvest closed on the Cape Fear River since 2008! Anna and I will also explain concerns on NC House Bill 483. This bill could end fishing with many of your favorite live or cut bait; putting minimum size limits on mullet, croakers, spots and bluefish while making flounder size limits so large that few people would ever be able to keep one from inside waters.

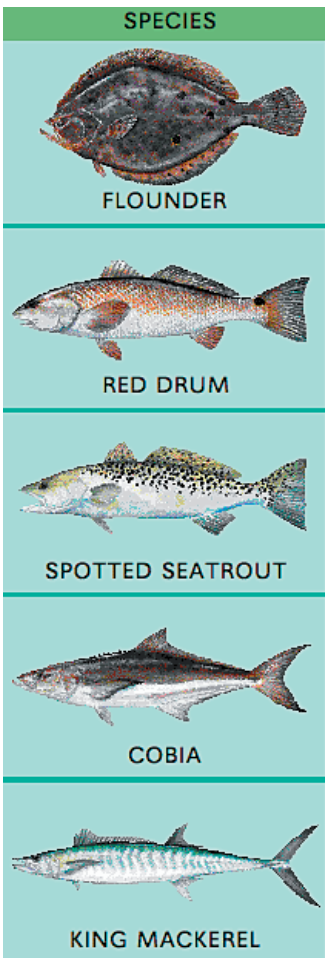
Let Em Spawn Bill NC House Bill 483: An Act to Require a Minimum Size Limit For Certain Species of Marine Fish to Ensure That Seventy-Five Percent of the Juvenile Fish of the Species Will Have an Opportunity to Reach Maturity and Spawn at Least Once.

Anna's Take:

The intent of this bill is to set a minimum size limit for many fish species to "L75". This is the length at which 75% of a particular species reaches sexual maturity. As written this bill would force minimum size limits on many species to be so high that very few fish would be retained by recreational anglers. This bill also does not include an exception for commonly used bait fish and it will unnecessarily complicate fishery management for species that are jointly managed by NC and other federals entities.

Minimum size limits should be set on a species by species basis based on the biology of each. Setting a minimum size limit too high can cause unintended consequences including significant negative resource impact such as increased catch and release discards. Appropriately set size limits should allow some reasonable amount of fish to be retained by anglers while meeting management goals for that particular fish species. Also minimum size limits on many of our common bait fish would be devastating to recreational and commercial fisheries and create significant unintended consequences in fisheries management.

Species such as Bluefish, Atlantic croaker and Spots are federally or jointly managed and go through a rigorous stock assessment process and fall under requirements of Magnuson Steven



Some NC Fish Examples

The Aftermath of Hurricane Florence



It has been eleven months now since Hurricane Florence raised her ugly head here in eastern North Carolina. Pamlico County was among the worst hit counties with many people being evacuated from their homes due to wind, rain, or flooding. While recovery is accepted to take time, people are still in the process of repairing their homes while others are still unable to move back home. Almost a year later, 320 people (Families) have not been helped with disaster assistance for one reason or another. One of the reasons is that the Pamlico County Disaster Recover Coalition which oversees the recovery effort in Pamlico County has only two case workers to process the applications of those people in need of help. Mrs. Joy Baker, director of the Pamlico County Disaster Recover Coalition said, "We could have all the money in the world, but you have to have the case work to vet the individuals and make sure that it was storm related and make sure it was their primary home and make sure they were living there at the time of the flood occurred." She went on to say that the case workers had to find out "what did they get from FEMA. Find that out and if they had insurance, we need to know what they got and they have to show us the letter they got from the insurance company and if they spent any of it what they spent it on to account for that money. Based on their income, social security, whatnot, generally that takes all your social security just to live on, you don't have any extra to fix your home. So we kind of vet them in that respect to know ok now we are going to kick in and see what we can do to help them." She went on to say that the heavy majority of the 320 people waiting for assistance indicated that they needed help to repair roof damage. Roof damage "can be anywhere from a couple of shingles to the whole entire roof needs to be got. So as a case worker we will send our construction analysist out and we got one from the state his name is, we call him Mack, Mack Dillihunt, and he goes out to the houses he makes appointments and goes out to the houses and makes sure that the damage is storm related. And he reports back to us. So when we see that yes, the majority of the damage is storm related, cause you are going to find a lot that is pre-existing in the county, we've got a lot of homes in bad shape, and the storm has made them unlivable. And if we are able to help them we do what we can so we are replacing a floor in one double wide mobile home right now that's probably a 70s mobile home model but she had a great big big branch Oak tree to fall on her roof and wind driven rain got in there and so it got into her kitchen and it came through the ceiling and ran down the lamps or something and pooled this one part of her kitchen floor and she was evacuating for three weeks.

So when she came back the hole was big. Now based on the what the kitchen floor looked like, she may have had a soft area to start with, but that made a big actual hole. And so in order to fix that and to make it safe in there, there was nothing that was good enough to attach plywood to so we are replacing the whole floor. This is not the case in everybody's home. We cut out the bad section and replace it if we can. And the majority of what we are doing is trying to concentrate on roofs." Baker went on to add, "We've got a lot of homes in bad shape, and the storm has made them unlivable." Tonya Mattocks is a good example of a family in need of help. "her house was flooded and they got money from the insurance company and they were going to elevate it and Skip Lee told them that it is a block house and it was one a cement slab, he said, "You elevate this house and these blocks will fall to pieces." Just was not an option. They were flooded twice I think. There was nothing we could do and their house had mold everywhere and when these people evacuate their house for that period of time and the heat we had last year, she was staying with someone up in Reelsboro and so she had a place where she was staying. So we had her in an unmet needs file because we didn't know what to do with her and with Samaritan Purse called me up, I said, "Oh



Fred A. Anderson Adds New Program to Curriculum



Fred A. Anderson Elementary School is adding a new STEMs program to its curriculum this school year to increase critical thinking among the students and staff. STEM stands for Science, Technology Engineering and Math. Mrs. Sheri Hale, long time teacher at Fred Anderson, has been picked to teach the STEM program. Ms. Bennett, Anderson's principal said, "I think that having at STEM program that's focused on corporation and collaboration communication and that is incorporating that science technology engineering and math is exciting. That's going to enhance what we are doing throughout the school and in every content area."

The students will go to Mrs. Hale's STEM classes at least twice a week and sometimes three times a week. Classes will be conducted in a group like setting. Mrs. Hale said, "When I have taught either just science or just science or math or even everything, I like to teach in a manner where I have the kids moving around the room all the time in stations. I try to group the kids sometimes according to what I know that they can do after I get to know them. So I can have a good leader, I can have a good recorder, and I can have a good time keeper, they may not know that and some may figure it out but I like to have a lot of movement in the room. Then it enables me to sit down with a group and teach core instruction while the other groups are practicing either technology, or their writing portion of whatever they need to be doing for the day. Whatever the other things are that I need to be getting across to them at that point but I'm working with a small group so there is more one on one that way."

Mrs. Hale is well known in the school system for making learning fun and for having students who want to be in her classes. "I try to make it where kids want to get up in the morning and they want to come to school, not, "OH my God, I've got to go to school today." I want it to be a fun place for them to come even on those bad days. A lot of them have so many struggles before they even walk in to the classroom. I want to be part of that joy of their day. So yes, I get really passionate."

Ms. Bennett said of Mrs. Hale, "I think it will be very natural for you for you very naturally teach an individualized instruction for all your kids. And you insure that all of your kids are engaged and I think the greatest thing about having the opportunity of having a STEM class is that we have a teacher whose philosophy is aligned to what STEM truly is. And it takes that. She is truly passionate about it. So you know that when kids are coming into her classroom that they are going to get one of the best, the access to one of the best teachers we have in our school that understands that."

WEEKEND WEATHER

Saturday: The forecast for Aug 17 is a high of 89 degrees with times of clouds and sun, a shower or thunderstorm possible. Chance of rain 30%.

Sunday: The forecast for Aug 18 is 89 degrees for the high. Variable cloudiness, a shower or thunderstorm possible. Chance of rain 30%.

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COMMUNITY

WEATHER FORECAST




Pamlico County,
North Carolina






Wednesday:

The fore-cast for Aug 14 is times of clouds and sun, a couple of showers and thunderstorms, mailny later. Very humid. High of 90 degrees and Chance of rain 60%.




Thursday:

The forecast for Aug 15 is a high of 87 degrees with times of clouds and sun, a shower or thunderstorm around. Chance of rain 56%.




Friday:

The forecast for Aug 16 is mostly cloudy with a shower or thunderstorm in the area. High of 89 degrees and Chance of rain 40%.




Saturday:

The forecast for Aug 17 is a high of 89 degrees with times of clouds and sun, a shower or thunderstorm possi-




ble. Chance of rain 30%.




Sunday:

The forecast for Aug 18 is 89 degrees for the high. Variable cloudi-ness, a shower or thunder-storm possible. Chance of



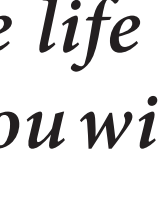
Monday:

The forecast for Aug 19 is 90 degrees and mostly cloudy with a chance of a shower or thunderstorm in the after-noon. Chance of rain 30%.



Tuesday:

The forecast for Aug 20 is plenty of clouds, and a chance of show-ers/thunderstorms. The high will be 90 degrees. Chance of rain 30%.



Wednesday:

The forecast for Aug 21 is a high of 91 degrees and partly sunny. Slight chance of storms later. Chance of rain 30%.

“Do not take life too seriously. You will never get out of it alive.” Elbert Hubbard


OBITUARIES

Israel Calvin Ross, 31, of Lowland passed away Monday, August 5, 2019. He is survived by his parents, Wesley C. Ross and Alice D. Ross; brother, Lee Daughety (Amy); sister, Zoe Ross Bennett (Edward “Bud”); and nieces, Hunter, Chasity & Chloe. His memorial service was held at 3:00 p.m., Saturday, August 10th at Bryant Funeral Home Chapel with the Rev. Phillip Lewis officiating. In lieu of flowers the family requested memorial contributions be made to Bryant Funeral Home, PO Box 99, Alliance, NC 28509. 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	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
EMERGENCY PET CARE: 444-1399 HIGHWAY PATROL: 1-800-441-6127 MEDICAL ASSISTANCE – CarolinaEast Medical Center: 633-8111 Nova Urgent Care: 745-7440	

Horoscopes




ARIES – Mar 21/Apr 20

Don't let your emotions get the best of you in a heated situation, Aries. You can come out on top if you remain calm and think through your responses with utmost caution.




TAURUS – Apr 21/May 21

Taurus, there are a few different ways you can play an upcoming situation. Taking a back seat and letting another person lead the way may be the smartest strategy.




GEMINI – May 22/Jun 21

A few opportunities may drop into your lap, Gemini. However, just because things come about easily does not mean they are the right choices for right now.




CANCER – Jun 22/Jul 22

Cancer, keeping things bottled up until the last minute seems to be the way you have been operating lately. You may want to try sharing your feelings and seeking feedback.




LEO – Jul 23/Aug 23

Wearing your emotions on your sleeve may get you attention, Leo, but it won't necessarily be the kind of attention you were hoping for. Reconsider what you share.




VIRGO – Aug 24/Sept 22

Virgo, it can be challenging to relinquish control, but that is just what you will have to do at some point this week. This will be a good lesson to learn.




LIBRA – Sept 23/Oct 23

It's hard to see someone's perspective when you have never gone through this particular situation, Libra. Keep that in mind when sup- porting a loved one in need.




SCORPIO – Oct 24/Nov 22

All it takes is a subtle change of per- ception to turn a situation around, Scorpio. Start by taking a few risks outside of your comfort zone for some new inspiration.




SAGITTARIUS – Nov 23/Dec 21

Sagittarius, it is good to be proud of your accomplishments. Just be sure not to come across as boast- ful, especially in certain company. You don't want to come across as bragging.




CAPRICORN – Dec 22/Jan 20

Capricorn, asking for help is not admitting weakness. If you feel you are in over your head, call in the reinforcements. Then you can get back on track more quickly.



AQUARIUS – Jan 21/Feb 18

Good fortune is coming your way, and you can certainly spread the wealth if you desire, Aquarius. Chances are there are a few other people who can use a smile in the weeks to come.



PISCES – Feb 19/Mar 20

Job security may have you stick- ing with a position long after the time has come to move on, Pisces. Reexamine the bigger picture and your goals.

FAMOUS BIRTHDAYS

AUGUST 11
Chris Hemsworth, Actor (36)


AUGUST 12
Cara Delevingne, Model (27)

AUGUST 13
Sebastian Stan, Actor (37)

AUGUST 14
Mila Kunis, Actress (36)

AUGUST 15
Joe Jonas, Singer (30)

AUGUST 16
Carey Price, Athlete (32)



"Astrology is just a finger pointing at reality."
–Steven Forrest

FOR ENTERTAINMENT PURPOSES ONLY

NOTE THE DATE

PAMLICO COUNTY ARTS COUNCIL
The Pamlico County Arts Council presents “Gospel, Blues, and BBQ” on Saturday September 7 from 2-7PM at Joe Himbry Waterfront Park in Bayboro, featuring local gospel performers and the Joe Brown Band. Food will be for sale. Bring your lawn chair or picnic blanket.

BACK TO SCHOOL DRIVE
The 4th annual back to school drive is happening on saturday August 17th 2019. Come to William & Cora Community Park at 17501 Hwy 33 East in Blount's Creek from 12pm-3pm to receive free bookbags and school supplies for students. There will also be food, a waterslide, bounce house, and sno cones!

TOWN OF ORIENTAL
Please NOTE from Bay River Sewer: A compromised sewer manhole is now covered with steel sheeting at the corner of Main St and Broad St- USE CAUTION crossing that street. Repairs to the manhole and repaving around it will start next week. Please pass it on.

PAMLICO COMMUNITY COLLEGE CULTURAL & LIFE ENRICHMENT PROGRAM
Chair Yoga and Meditation-Seated muscle toning & joint lubrication for strength/balance
Inst: Diana Peterson Date: September 11 – November 13, Wed Time: 10:30 a.m. – 11:30 a.m.
Cost: \$35.00 (10 classes) Loc: Oriental Town Hall
Learn Ukulele/Violin/Mandolin/Banjo and or Guitar
Inst: Simon Spalding Dates: September 11 – October 16, Wed, Time: 10:00 a.m. – 1:00 p.m. Cost: \$90.00 (6 classes)
Golf Lessons Beginning & Intermediate
Inst: Golf Pro Terry Bobbin Date: September 16 – October 8, Mon and Tues Time: 4:00 p.m. – 5:30 p.m. Cost: \$64.00 (8 classes) Loc: Minnesott Golf and Country Club
Fall Bird Watching
Insts: Diane Midness & Bill Hines Date: September 17 – October 8, Tues Cost: \$40.00 (4 classes)
Initial class will meet 9:00am PCC Delamar Bldg. Rm 102A Subsequent classes will be held in the field So...You Want to Write a Story?! Learn Short Story Writing Methods
Inst: Sarah Swan; published YA Author Date: October 1st – October 29th, Tues & Thurs Times: 10:30 a.m. – 12:00 p.m. Cost: \$20.00 (8 classes)
Advanced T'ai Chi
Date: October 15 – November 14, Tues and Thurs Time: 3:00 p.m. – 4:00 p.m. Cost: \$35.00 (10 classes) Loc: Oriental Town Hall
Bridge for Beginners – FREE!
Inst: Craig Welling Date: October 22, 23, and 24th Time: 5:30 p.m. – 7:00 p.m. Loc: PCC Library
Bridge for Beginners: Phase II – FREE!
Inst: Craig Welling Date: October 29, 30, and 31st Time: 5:30 p.m. – 7:00 p.m. Loc: PCC Library
Weaving on a Hula Hoop Loom
Learn basic principles of “rug twinning”, loom construction and the weaving of a chair mat.
Inst: Julia McDonald Date: October 4 – 18, Mon Time: 10:00 a.m. – 12:00 p.m. Cost: \$60.00 (3 classes) - Price includes materials.
Roadmap to Wellness Series Inst: Michele Musella. This program in a series of interactive holistic healing topics designed to complement current medical therapies. Date: Call for details Thurs, 6:00 p.m. – 8:00 p.m. Ayurveda Workshop Date: September 19th – 26th, Thurs Time: 6:00 p.m. – 8:00 p.m. Cost: \$50.00 Aromatherapy Workshop Date: October 10th – 24th, Thurs Time: 6:00 p.m. – 8:00 p.m. Cost: \$75.00 (3 classes)
Spinning Wool Into Yarn
Instructor: Shirley Thobe Spinning wheels for use and all materials are provided. Date: Call for details Time: 2:00 p.m. – 5:00 p.m. Cost: \$50.00 (2 classes) Location: Pamlico Museum and Heritage Center
“Don't Know Much About...”! This is a new series of FREE monthly seminars by “those in the know” on various topics.
“Don't Know Much about the Economy!”
A FREE seminar on ‘Understanding the Economy’ is an apolitical explanation of where the economy is and where it is going! Presenter: Craig Welling Date: October 17th, 6:00 p.m. – 7:30 p.m. Cost: Free advanced registration is required Date/Time: Call for details
“Don't Know Much About Holistic Medicine!”
An introductory seminar and discussion on creating a mind, body and spirit balance with the inclusion of alternative healing strategies. Presenter: Michele Musella BSN, MSN, Doctor of Integrative Medicine Date/Time: Call for details
“Don't Know Much About Poetry...”!
Attendees will come away with a better understanding of the subtle poignancy and craft behind the formulation of a memorable or significant poem. Presenter: Claire Pittman Date/Time: Call for details DKMA...! TBA World Religions, Song Writing, Transgenderism, or... Let us know what you would like to learn about and discuss.
PCC MUSIC JAMS THIRD & FIFTH THURSDAYS!
Musicians of all levels gather to share song and camaraderie in a relaxed and open atmosphere. Pick, play, sing, or just listen! Date: Jul 18th, Aug 15th & 29th, Sept 19th, Oct 17th & 31st, Nov 21st. Time: 6:00 p.m. Free and Open to the Public Loc: PCC Delamar Auditorium Atrium
REFIT® - Free!
Insts: Yolanda Cristiani and Kacy Forbes REFIT® is a workout program that is structured around cardio- dance movements, toning and flexibility, strength training and stretching. These FREE classes are offered Date: Most Tues Time: 6:00 p.m. – 7:00 p.m. Loc: PCC Delamar Auditorium Join the Cultural and Life Enrichment Instructors’ “Club of Distinction” If you would enjoy sharing a talent, hobby or skill with enthusiastic students who are often of like mind and vast experience themselves then... Come on down to Pamlico Community College and be a part of a stress-free and fulfilling experience!
For more information please contact: Denise - 252-249-1851 x3113, dmeyerson@pamlicocc.edu.

CRAVEN COMMUNITY COLLEGE ADULT ENRICHMENT PROGRAM
SILK SCARF DYEING
A great way to make your own wardrobe statement, painting 100% silk scarves. 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.) Tues, July 16 or Aug 13, 9:30-11:30,\$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

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

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.

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

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

HARBORFEST FOR HEARTWORKS
SEPTEMBER 27-29, GRACE HARBOR, RIVER DUNES 2 night event featuring live music, Roland's BBQ, silent auctions and a buffet by The Chelsea on Saturday. Register at heartworkscnc.org Donations Are Needed for Harborfest for HeartWorks 2019 HeartWorks is getting ready for their annual fundraiser to be held at River Dunes on September 27 and 28, 2019. Funds raised at this event support the four HeartWorks programs that serve 400 at-risk kids each year in Pamlico County. To make the event a success, items are needed for the Live and Silent Auctions. In past years, fishing trips, a week in the Carribean, gourmet meals, oyster roasts, and helicopter rides were very popular. Jewelry, art works, gift certificates to local businesses, small boats, handcrafted pottery, stained glass, and hand knit scarves drew lots of bidders. To make a donation to be auctioned, please stop by HeartWorks at 709 Main Street, Bayboro or call Karen Prince at 252-745-9703 or Katherine Hudson at 919-906-4968.

THE OLD THEATER PRESENTS HENRI HERBERT
Henri Herbert is coming to the Old Theater for a night of Boogie-Woogie. Henri Herbert is a piano-playing phenomon. Performing September 7, 2019 at 7:30 PM at The Old Theater, 609 Broad Street, Oriental. Box office opens at 6:30 PM General Admission is \$20.00 with discounts available for Theater members, Military and Students with ID. Tickets go on sale August 6 at Nautical Wheelers in Oriental; at The Old Theater Box Office on performance night. Available online at www.oldtheater.org

PAMLICO COUNTY LIBRARY
Aug 14 ESL Class 6 pm/Aug 16 Preschool Storytime 10 am Trillium 12 pm YA Gaming 3 pm/Aug 19 Bridge Club 1 pm/Aug 20 Knitting 1 pm Basket weaving 5:30 pm/Aug 21 ESL Class 6 pm/Aug 23 Preschool Storytime 10 am Trillium 12 pm/Aug 26 Bridge Club 1 pm Book Worm 1 pm/Aug 27 Knitting 1 pm Basket Weaving 5:30 pm/Aug 28 ESL Class 6 pm/Aug 30 Preschool Storytime 10 am Trillium 12 pm Book to Film 6:15 pm

ADDICTION RECOVERY SUPPORT GROUP
Recovery support group meetings, using principles from NA, AA, Smart Recovery, and Celebrate Recovery – hosted by Hope Clinic's New Beginnings program. Every evening at 7pm inside the Pamlico County Health Dept. The entrance is the middle door on the courthouse side of the building. If the door is locked, please knock, if group is already in session. There are no requirements to attend, and meetings are free. For more information, please call Caitlin at (252) 745-5760 or email her at caitlin@hopeclinic.net

The Pamlico News

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Pamlico Community College

Get cooking with culinary course at Pamlico Community College

By Sandy Wall
Pamlico Community College

Pamlico Community College wants to help you learn your way around the kitchen so you can be prepared for a great career in the food service industry.

Beginning in September, the college will offer a culinary course titled “Essential Skills – Get Ready to Work in the Food Industry” to train men and women the basics of food preparation, baking, kitchen protocol and food safety.

Participants also will learn knife skills, cooking terminology and the proper ways to use kitchen equipment.

Through lessons and hands-on experiences, students will gain the knowledge and self-assurance they’ll need to thrive in a fast-paced work environment.

“We want to give someone the tools to feel confident to pursue a job in the food industry,” said Rod Vilches, an experienced chef who will be teaching the course with fellow chef Andrew Rochlus. “This class will qualify someone to be more confident.”

Vilches is a native of Chile who currently serves as director of dining at YMCA Camp Seafarer and Camp Sea Gull in Pamlico County. He grew up watching his grandmother, who had Italian heritage, prepare delicious dishes and baked goods.

Vilches went on to graduate from culinary school in Chile. He has worked at restaurants and commercial food operations in the United States since 2001.

Rochlus, who works as senior chef manager at Camp Seafarer, grew up in Carteret County. When he was young, food played a prominent role in his family life, he said, recounting stories about helping his mother prepare huge family meals.

Rochlus graduated from Le Cordon Bleu College of Culinary Arts in Las Vegas and has worked in kitchens and restaurants



Chefs Andrew Rochlus, left, and Rod Vilches look over the commercial-grade kitchen at Pamlico Community College’s Delamar Center. The men will teach a PCC culinary course beginning in September. *Contributed photo*

across North Carolina since 2010.

The men say their PCC course is perfect for anyone who is interested in learning the culinary fundamentals, regardless of their prior experience.

“We’re starting at the basics,” Rochlus said. “You don’t have to know which side of the saucepan to cook on. That’s what we’re here for.”

Vilches said students who complete the course would become qualified to apply for jobs in commercial kitchens throughout the area, including at Camps Seafarer and Sea Gull.

“We are very excited about this course offering here at Pamlico,” said Lori Giles, the college’s chair of Continuing Education and Technical Programs. “We are extremely fortunate to have two experienced chefs

on board to teach this course.”

PCC President Dr. Jim Ross encouraged men and women who might be interested in a culinary career to give the PCC course a look.

“We’re very pleased to offer this option for adult learners,” he said. “The food service industry is an important part of the local economy, and there are lots of great opportunities for people who enjoy working with food to find an exciting career.”

The course will begin Sept. 3 and will run until Dec. 10. The course fee is \$180.

For more information or to register, please call the college at 252-249-1851, ext. 3013.

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



**Land/Home Sales
Property Management
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Agent of the Week

Allen Propst

Broker-In-Charge

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

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Nick & Karen, Oriental



AURORA – This **3BR/2BA** is on 3.56 wooded acres w/ beautiful grassy lawn. Storage, privacy & space to relax. Gas log fireplace makes living room extra cozy in the winter. Master bedroom and bath area includes walk-in closet. Eat-in kitchen is full of light with plenty of room for cooking and dining. Features a 30 x 40 wired workshop, which has water plumbed on the outside & a separate 20 x 20 storage shed. Minutes away from the quaint town of Aurora, the PCS facilities, and public access to the Pamlico River!

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Pamlico Community College Foundation Seeking Silent Auction Items



Mark your calendars for the August 30 “BBQ, Beer and Brant Island Strings” fundraiser at The New Village Brewery and Taproom in Oriental. This fun event will feature a whole hog barbecue by Jim Kellenberger and the bluegrass-infused classic Rock and contemporary Americana sounds of Brant Island Strings.

We are seeking items for the event’s silent auction. The silent auction is a popular feature of all our events, and greatly boosts our fundraising. Artwork, pottery, decorative items, event tickets, vacation getaways, business services, gift certificates, and gift baskets would make excellent additions to our auction. What about those unwanted Christmas gifts sitting in the closet? Very gently used items are acceptable.



Sponsorships are also available. Become a major sponsor, food/music sponsor, or friend, and your name and/or business logo will be featured in event advertising, social media, banners at the event and on the college’s electronic sign fronting Highway 306.

Contact Michelle Noevere, Foundation Executive Director at 252-249-1851, ext. 3084 or mnoevere@pamlicocc.edu for more sponsorship information or to donate a silent auction item. The fundraiser supports student scholarships. Donate/sponsor, and make a difference in your little corner of the world! Thank you.



Mullet, a very common NC Fish

■ Continued from page A1

Act (blue fish) and the Atlantic Coastal Fisheries Cooperative Management Act (Atlantic croaker and Spots). Adding additional state requirement will unnecessarily complicate

management.

There is a need for fisheries reform and having an educated and engaged legislature is beneficial to all of us in the long run. I encourage folks to voice their respectful and thoughtful concerns individually to the bill sponsors. An individual message based in fact carries an incredible amount of weight while online petitions provide little impact. Further information on the bill including the sponsors and their contact information is provided online.

George’s View: Dubbed the Let Em Spawn Bill, HB 483, on the surface sounds like a good bill, let 75% of fish spawn before harvested. It may work for some fisheries, but the life cycles, fecundity and availability to anglers through the lifestyle of other species would prevent fishermen from ever being able to harvest them or utilize them as bait. If the bill moves forward you will not be able to use bait that is under legal size, so no little spots, croakers or bluefish can be used. No more finger mullet despite NCDMF noting that the most recent stock assessment for stripped mullet, completed in 2018, indicates that over fishing is not occurring on this stock.

Also, using cut bait from fish that have a size limit is prohibited in North Carolina so even if your mullet is big enough to keep, you can’t cut off its head and put it on a hook. In short this is a BAD BILL for recreational anglers.

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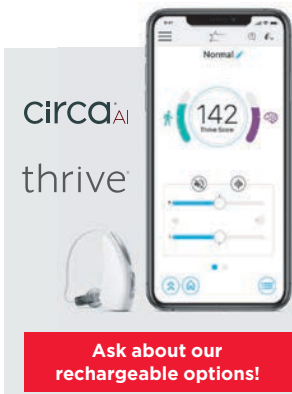
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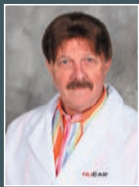
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EDITORIALS

Teachers Matter

■ *From the Editor’s Desk*



Jim White

I was discussing education the other day with a couple of Pamlico County educators and one of them said, “Teachers Matter.” That turned our conversation from education in general to the plight and importance of teachers in general. With school opening in a few days, I felt it was a good time to talk about teachers and their role in society.

In the late 1800s, there was this young boy in England who was in first grade. He was not very successful in school and his teacher commented at the end of the year that he was a privileged, spoiled child who was lazy and would never amount to anything. Luckily, his second grade teacher saw him in a different light. That year his grades were much higher and his teacher wrote that he was a bright child, creative, hard working and would be successful in life. That boy whose first grade teacher wrote off, was Sir Winston Churchill. Thank God for his second grade teacher who saw the potential in him and encouraged him throughout the year. Imagine the world today had his second grade teacher been like his first grade teacher.

In the 1930s, there was this boy in Massachusetts who did not do very well in second grade and “failed” second grade. He was retained and had to repeat the grade. That year his teacher talked about how smart he was and how creative he was. That boy who failed second grade was Bobby Kennedy who became United States Senator, Attorney General, and ran for President of the United States. Just think if he had the same second grade teacher the second time he went through the second grade. We probably would never have heard of Bobby Kennedy.

There was this one guy in Germany who didn’t do well in school but loved art and wanted to go to art school. When he got old enough he applied to art school but there, the teachers told him his art wasn’t good enough. He had no one to counter that and became bitter. He enrolled in the army in World War I where he was gassed in an attack and spent time in a psych ward. We know him as Adolph Hitler. Suppose he had gotten in to art school or had teachers who had encouraged him in school and he had been more successful there. Again, the world might have turned out differently.

Teaching is the most powerful job in the world. IT is the only job I know where one person has hundreds of lives of young impressionable children in his/her care, where the teacher can mold that child in a positive or negative way. A positive teacher

who is called into the profession who loves kids and teaching, can take one child who has it rough at home and turn his day into sunshine. He or she can offer that child hope and a promise of a better tomorrow. He can give that child the keys to a future that is much better than his present. That teacher can turn that child’s life around from disaster to success in only a short year. I have seen former students praise their former teachers by saying that everything they have and have done is because a teacher cared enough about them to love them and encourage them to do the best they could. That teacher gave that student a future filled with love and hope, love and hope which he was not getting at home or in the community. That teacher turned that child’s life around from a bad situation to help him learn how to deal with it by the promise of a better life.

At the same time, I have seen a teacher call a child dumb and stupid in class in front of his/her peers, said that child would never amount to anything and was a waste of air it took to breathe. How much of a future does that child have? What did that teacher do for that student’s self-esteem and self-concept. In both cases, a child’s life was changed by the role of a teacher.

Regrettably, there are too many of the negative teachers out there exercising power over the students, putting them down, and destroying their lives. BUT, thank God, most of the teachers are called into the profession by God and are positive teachers who lift up their students and offer them hope and a future. Most of those teachers are giving their students a life of promise by denying much of their own life and money in order to provide for their students. There’s not a good teacher who does not buy things for their students and classes. They give up their time to the detriment of their own needs and those of their families.

So as your child begins to go back to school in the next few days, think of his or her teachers. Thank them for all that they do and for all that they give up in order to give your child the best education they can give. Know that for the most part, your child’s teacher is trying to make a president out of your child, not a mass killer. And yes, a teacher can turn a child into either one.

Thank your teacher. Why not send your child’s teacher a thank you note sometime. It will make their day. Flowers are always nice. So is candy. But appreciate your child’s teacher and know he or she is doing everything he can do to make your child’s education the best possible.

If you can read this, thank a teacher.

Letter to the Editor

Your editorial in the July 31 issue was a disappointment for it became a fear mongering statement about second amendment. I support the amendment and the right of citizens to own guns. I own two. However, I believe there are valid limitations that needed. There is no need for the average citizen to own assault guns which are made for military and for the purpose of being able to kill the most people possible.

Further more, I have not felt safer due to the fact more people are going armed. Instead, I feel less safe because we now have a lot of hot heads, untrained people carrying firearms every where. The one or two days of so called training for concealed carry

permits. Police officers go through firearms training repeatedly throughout the year, including new laws regarding the use of firearms, deadly force and skills in shooting. The average citizen does not.

Yes, I do believe in the second amendment but also believe there is a strong need for him control. To follow your thinking we would go back to the days of the wild west.

Jerry Harper
660 Goose Creek Rd.
New Bern, N. C.



Dr. Jim Ross discusses...Thanks for helping PCC reach great heights!

We can’t stop smiling about the fantastic news that Pamlico Community College has been designated as the No. 2 community college in America by SmartAsset!

It’s the third consecutive year that the New York-based personal finance technology company has ranked PCC in the Top 3, which is a remarkable achievement and a tremendous honor.

When the college receives national accolades such as this one, I am always thrilled. I also am humbled when I think about all of the hard work my colleagues do each day to make these achievements possible, and I am honored by the trust our wonderful community places in us.

At times like this, we believe it’s important to take a moment to thank the people who have helped to make Pamlico Community College the nation’s second-ranked community college.

First, I want to thank my PCC colleagues – instructors, staffers and administrators – for their work at our college. PCC has a noble purpose to help men and women improve their lives and the lives of their children through higher education, and my colleagues share this vision. It’s the key to our success.

We also want to thank the men and women who serve on the college’s Board of Trustees. These people are true public servants, giving us their time and talent to make PCC the best institution it can be.

We thank the generations of men and women who came before us – educators, administrators and community leaders – who built PCC into the institution it is today. They laid the foundation for a great, nationally recognized institution and they deserve our thanks.

We applaud the generations of hard-working students who have come to Pamlico in search of an opportunity for a better life. They are the reason we’re here, and we marvel at their strength,

determination and perseverance. Likewise, we salute our students’ families, many of whom sacrifice so that men and women can enroll here.

We are very fortunate to enjoy tremendous support from our local elected leaders, including our county commissioners. We work together in exemplary partnership to serve our community. We also have tremendous support from our state legislators, particularly my great friend Sen. Norman Sanderson. We thank them.

We also thank and salute our partners in the local public school system, the Arapahoe Charter School and the Pamlico Christian Academy, as well as the leaders at Pamlico Correctional Institution, where we are working together to give offenders a better chance to succeed after their release.

Finally, we want to thank the residents of Pamlico County and the surrounding areas, who have embraced our college and have trusted us to deliver on the promise of a great education at an affordable price. We are honored to serve you.

News of PCC’s ranking has spread quickly. We received kind words from U.S. Sen. Thom Tillis, and the college has received some coverage from area media outlets.

While we welcome the recent attention, we are mindful that there’s always room for improvement. Higher education is a quickly changing field, and we must be responsive to the evolving needs of our community.

I’ll conclude by saying again how humble and fortunate I feel to serve as president of this wonderful community college. We might be small in size, but we are huge in heart, and we’re the No. 2 community college in all of America!

Dr. Jim Ross, Pamlico Community College’s President, welcomes the opportunity to meet you and hear your suggestions or questions. Please email jross@pamlicocc.edu or call 252-249-1851 ext. 3007 to contact him.

1960s. The class officers for 1969 were: Harold Lloyd, class president; Tal Cowell, Vice President; Cynthia Cahoon; and Elizabeth Williams, Treasurer.



Fred A. Anderson Adds to Curriculum

■ Continued from page A1

Hale talked about the curriculum and how she is going to teach the class. She said, “Even though I’m going to be teaching the STEM portion, I’m still going to be teaching the reading, still going to be doing the math, still going to be doing the writing; but I really want the creativity to come out . We’ve got green screens, we’ve got trying to work on building to make her space trying to work on Lego. I’ve got how the donors choose they were funded in three days. I don’t know if I’ve ever had one ever funded that fast before. For flexible seating so the kids can move around. I don’t want it to be where you just came in a classroom and the kids are sitting and working on worksheets. That’s not who I am. . . . I want kids to be excited and I want them to take something away. I’ve had a lot of kids this summer come out here and help me and that’s because they want to. They know how excited I am about this. Even the parents are very supportive of the ones that I have had in the past and I won’t have any more of their children. But they are excited to help me and see it grow because they know it’s in my blood.”

Ms. Bennett said it was all about problem solving. “ It’s all about problem solving. When I try this there is the possibility that it might not work. And that is ok. And if it doesn’t work, I know that I can go back to the drawing board and figure out something else. It’s all about problem solving. And we never, ever, ever, most of the time have a major problem that you can solve in one try. Because sometimes you miss something. You miss a factor. But you can arrive at something as long as you can analyze the problem and arrive at a solution. I want my teachers to see that failure can empower a kid to think critically. Not in just the STEM classes but in all aspects of learning.”

Hale added to that, “We haven’t been taught to wait for the answer. It is that wait time. To give a kid a question to pose a problem and give them the time to think through it . Educators need to sit back and give them time to work out the problem. Just leave them and let them figure out the solution. We are back at that failing forward again where they need to learn to fail and then learn from that and move on. You are not going to get a certificate every time. They are not going to get a trophy every time. They have to learn how to lose. To learn how to fail gracefully.”

Ms. Bennett showed a lot of excitement when talking about the new STEM program. “I’m just excited about this being something new to our school and the impact it’s going to have throughout the school. Because when you talk about STEM that’s critical thinking, when you are reading, that’s critical thinking, when you solve a math problem, you are thinking critically, when you are analyzing an event in history, and you are trying to keep that from happening again, or understanding the why, you are thinking critically. Being able to be in an environment where it’s safe to think differently it’s safe to be arriving at a different answer or response, I think the that’s going to impact our school on a wider scale and in the regular classroom within the content areas. Everything is for a reason and I feel like STEM is for a reason. It’s because it is there for the kids.”

For more information on the STEM program, call Mrs. Hale or Ms. Bennett at Fred A. Anderson Elementary School, 252.745.4611.



Well, here we go AGAIN.

The North Carolina Wildlife Federation (NCWF) has submitted another Petition for Rulemaking to the Marine Fisheries Commission (MFC). Like the previous petition this one proposes severe restrictions on shrimp trawling in the internal waters of NC.

The NCWF Petition Proposes:


- 1- All internal coastal waters that are not currently designated as Nursery Areas or Trawl Prohibited Areas would receive the new designation of Shrimp Trawl Management Areas.
- 2- Opening shrimp season in Shrimp Trawl Management Areas one the shrimp count reaches 60 shrimp per pound (heads on) during sample tows in Pamlico Sound, or once the harvest of shrimp exceeds the harvest of juvenile fish during sample tows in the Pamlico Sound or June 15, whichever is earliest.
- 3- A three-day shrimping week in Shrimp Trawl Management Areas.
 - a. Monday (12 am until 18:59)
 - b. Wednesday (12 am until 11:59 pm)
 - c. Friday (12 am until 18:59)
- 4 A Maximum headrope length of 110 feet on all shrimp trawls for all internal waters of NC.

These changes will not go into effect if the petition is approved during the August 2019 meeting, instead it will start the lengthy process that the previous petition went through before being deemed dead in February 2019.

The Pamlico News Editorials and Opinions section features opinion articles, newspaper editorials and letters to the editor on the issues of the day.

The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.





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■ Continued from page A1 God thank you so much.” So she was number one that we referred to them, so she was the first one that they accepted. So they are rebuilding their house. They tore the other one down and are rebuilding them a house, a two bedroom house.”

Another guy’s house had his roof blown off in the hurricane and the disaster relief went out to help him. “ we have done some peoples’ roofs and got one double wide that we put a metal roof back on a house and they had paid somebody last year to put a metal roof on. This guy who is deceased now, was one of those fly by night people, put the roof on over rotten plywood. And so when Florence went through the whole back left side of his roof, peeled it completely off, he went up there and tried



to put a tarp on it and almost fell through the roof. He had no idea it was rotten. We put 54 sheets of plywood on that roof along with a new metal roof. So with his house, he had the wind driven rain that got in multiple places and so he’s got big areas in his ceiling where he’s tacked black plastic all up it looks like little balloons hanging down all in multiple rooms about nine rooms that were damaged in the double wide between the kitchen, hall way, and the bed rooms and whatnot, he has tried to do as much as he could, couldn’t do the roof. Two of his bedrooms, that were right there on the end where the roof came off, rain had poured in there. His floor furniture and everything had fallen through the floor. That is way beyond our scope to come in here and help you do anything inside. WE can get his roof but that is all we can do. So, again we are referring.”

One house that this reporter went in and observed in progress was Mr. James Gibb’s home in Reelsboro. The house was flooded in Irene first and while he applied for every type of assistance available, he was turned down each time. Mr. Gibbs when to FEMA “and they came and looked at it and they could see the water line there where the water rose and the water had blown under the house, yet they still denied it.” When Florence came, it did the same thing, flooding the lower room and coming completely in the under part of the house. “ it leaked in and I had to take stuff out to get the water out and still water was under the house and from time to time, the floors were getting weaker and weaker. .and the floor had just fell in on the ground. From that moment on things just started getting weaker and weaker from one joist to the other.”

Mr. Gibbs “filled out applications for disaster and some more friends came with applications cases and through all the connections and God had His path, and I call it His straight and narrow path to walk on, through that I realize that in time my prayers will be answered.”

Samaritan Purse has come in to work on Mr. Gibbs house, working to put it back so he can live in it. “Samaritans Purse is a ministry out of Boone, North Carolina and Wilksboro, North Carolina and our main focus is to share the Gospel of Jesus Christ and be where His hands and feet need to be.” Glenn Davis, foreman for the Samaritans Purse working on Mr. Gibbs house, said, “We are here, we’ve got a rebuild project going on right now from the storm Florence and we have three different crews here in your county, Pamlico County, and in New Bern, and we are doing several different projects. Many of them are brand new projects, new homes, from scratch from the ground up, and we are also doing rebuild projects where we are repairing damaged homes from the storm and also putting in mobile homes where houses cannot be built. We are using multiple different avenues to get people back into their homes that have no hope.” The lumber and other materials have been provided by donors who donate money to support Samaritan Purse that are supporting the Lord. This support comes from many churches which are affiliated with them, but their main office is located in Boone, North Carolina and in Wilksboro, North Carolina. Davis said they had been working on Mr. Gibbs’ house for about five and a half weeks and expected it to take another five or six weeks. When describing Mr. Gibbs’ house upon entering it, Davis said, “When we entered this house, Mr. Gibbs’ house, of course it was damaged by the water, it had come up into the flooring system of his house and it caused major decay and also he has had previous damage from previous storms that we have had to address and repair and we have basically started over, we started from the foundation up.”

Mr. Gibbs is not the only one who has not gotten financial help from FEMA. When asked about the amount of help FEMA has provided in Pamlico County, Mrs. Baker responded, “ NONE! FEMA hasn’t done anything to help us. Not a bit.” She went on to explain that she still had a lot of people to help with very little money left to do so. She has applied for a VOAD grant through the state, but so far hasn’t heard a thing from them. They have received one grant which they have almost used up. “ the main one that we have received is the Gold Leaf Foundation Grant and that was something we had to apply for and that was all disaster counties in the state of North Carolina could apply for this money. It is money that is donated to the state of North Carolina for hurricane relief it was given charge by Roy Cooper to the Gold Leaf Foundation for them to administer it so each individual county had to apply, so that is where that came from. Supposedly there is supposed to be more money there that you could reapply for—where is it? We don’t know. We haven’t heard anything since the budget got vetoed.” She went on to add, “ Where’s the money? I don’t know. We’ve put some phone calls in to some congressmen to see if we can get some answers.”

I asked Mrs. Baker about the STEP program to see how much money Pamlico County received from that program. STEP “funded repairs for roughly 2,300 homes after Florence but wasn’t available after Matthew.” She replied to that, “Well the STEP Program we did not get in our county because they said that we did not qualify for it because we didn’t have enough people damaged and they were going by FEMA’s statistics. So we had a lot of people who went up to sign up for FEMA help, and because they were helped before in prior hurricanes and had not maintained their flood insurance because they couldn’t afford it, they were shown the door. So their statistics weren’t even entered in the computer. This is our problem. This is why we didn’t qualify for housing, for the FEMA trailers, whatever.”

In an article in the Courier Post on Line for Friday, July 26, 2019, “North Carolina Housing and Urban Development awarded North Carolina a community block grant of \$237 million for Matthew but as of July 2019, the state had only spent 6% of those funds.” Where are the other 94% of the funds and why haven’t they been disbursed? And that was for Hurricane Matthew. If they are that far behind on Hurricane



Matthew, where is the money allocated for Hurricane Florence? “So for the first 311 days, the state had literally no ability to pull on those funds.” When asked about Federal money for Hurricane Florence relief, “HUD spokesman Brian Sullian declined to comment beyond referring a reporter to online materials that characterize North Carolina as a ‘slow spender’ of its Matthew-related grant.” With it taking so long for Matthew, “it’s unclear how long this process will take for Florence, which flooded an estimated 74,500 homes. HUD announced in May it will award North Carolina \$336.5 million in community block grants for the storm, but spending rules must be settled first.”

In the same article, “After Florence, FEMA approved giving an average of \$3,785 to 34,665 homeowners and renters through its Individuals and Households Programs. FEMA stresses this program is intended to cover basic needs but not compensate for all losses or replace insurance.”

Pamlico County is in desperate need of more money to help those 320 families who are still in need of assistance. The Pamlico County Disaster Recover Coalition is in dire need of volunteers to help with case work. If you can volunteer even one day a week, let them know and they will train you to go into your own community and take down the case work to allow your neighbors to get the help they so desperately need. As Mrs. Baker said, “We are not asking for 5 days a week, not even three days a week. If you can give me one day a week, just one day a week and come in and let us train you to do some case work,, go back to your community and work, pull up on our data base a list of names from your area and give them to you to work with and just reach out to your fellow man if its only for half a day, a day, one day a week, it makes a difference. One person at a time. One individual family at a time.” In addition, churches and other groups need to come together and do some fundraising to raise money to help Pamlico County Disaster Recover Coalition provide the services they so desperately need to do. There are so many people out in the county who need help to get their roofs replaced or repaired and the Disaster Recover Coalition cannot do it with the little bit of money they have left.

If you want to donate money or time, or if you need to apply for help with the Pamlico County Disaster Recover Coalition, their office is located at 210 Vandemere Road in Bayboro, in the Bay River Commons. Their office phone is 252.745.0883.

To be continued. . . .

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Dan M. Roberts

As a business owner, you can't afford to ignore your competition. You can't afford to miss out on the trends affecting your industry. You can't afford to alienate customers. And here's one more item to add to the list: You can't afford not to create a retirement plan for yourself.

Of course, you might think that, one day, you'll simply sell your business and live off the proceeds. But selling a business isn't always simple, and there's no guarantee you'll receive enough to pay for a comfortable retirement – which is why you should strongly consider creating a retirement plan now.

Here are some of the most widely used plans:

- SEP-IRA: You can contribute up to 25 percent of your compensation — as much as \$56,000 in 2019 — to a SEP-IRA. Your contributions are tax deductible and your earnings grow tax-deferred until withdrawn. This plan offers you significant flexibility in making contributions for yourself and your employees. Plus, as an employer, you can generally deduct, as business expenses, any contributions you make on behalf of your plan participants.

- SIMPLE IRA: In 2019, you can put in up to \$13,000 — or \$16,000 if you're 50 or older — to a SIMPLE IRA. As is the case with the SEP-IRA, your earnings grow tax deferred. You can match your employees' contributions dollar for dollar, up to 3 percent of compensation. If you work for yourself, you can combine employee and employer contributions, so if you use the 3 percent matching rule, and you earn enough to fully match employee contributions, you can put in up to \$26,000 per year (or \$32,000 if you're 50 or older). Alternatively, you could contribute

2 percent of each eligible employee's compensation each year, up to a maximum of \$5,600, regardless of whether the employee contributes. Contributions to your employees are tax deductible.

- "Owner-only" 401(k) plan: If you have no employees other than your spouse, you can establish an "owner-only" 401(k) plan, which functions similarly to a 401(k) plan offered by a large employer. Between salary deferral and profit sharing, you can contribute up to \$56,000, in pre-tax dollars, to your owner-only 401(k), or \$62,000 if you're 50 or older. Like a SEP-IRA and SIMPLE IRA, a 401(k) provides the potential to accumulate tax-deferred earnings. However, you could choose to open a Roth 401(k), which can be funded with after-tax dollars. With a Roth 401(k), your earnings can grow tax-free, provided you've had your account at least five years and you don't start taking withdrawals until you're at least 59-1/2.

Which plan is right for you? The answer depends on several factors, such as whether you have any employees and how much money you can contribute each year. But all the plans mentioned above are generally easy to establish, and the administrative costs are usually minimal. Most important, any one of them can help you build some of the resources you'll need to enjoy the retirement lifestyle you've envisioned. To select an appropriate plan, you may want to consult with your tax and financial advisors.

In any case, don't wait too long. Time goes by quickly, and when you reach that day when you're a "former" business owner, you'll want to be prepared.

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

Oriental's Dragon Boat Races



Oriental's tenth annual Dragon Boat Race and Festival Day was held August 10th at Grace Harbor, River Dunes. The Dragon Boat Race are a part of the traditional Chinese Festival each year with a history of more than 2,000 years. This ancient tradition has evolved into festivals and races around the world including international championship races. Today, over a million paddlers take part in annual Dragon Boat Races and festivals all over the world.

Dragon boating's greatest appeal is how easily people of any

ability can participate. It is the "ultimate team sport" that brings together diverse groups of healthy and sick people in a common and healthy cause where synchronicity is as important as strength. The crews vary in makeup, style, intensity, and purpose. Representing all ages from teens (12) to senior citizens



(oldest last year 87), along with all races and experience levels.

The day's events began at 9 a.m. with the parade of teams and the opening ceremony. The first set of races was held between 10 a.m. and 12 noon, with two or three boats racing in each heat. Lunch was between 12:00 and 12:30 with team awards being announced at that time. The second set of races were held between 12:30 and 3 p.m. The day's events were over following the award-

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## Stop The Stigma Overdose Awareness Forum



Hope Clinic’s New Beginnings program will host Stop the Stigma Overdose Awareness Forum from 6:00 to 8:00 p.m. on Thursday, August 29th, at Pamlico County High School Auditorium in Bayboro. The community event is being held to stop the stigma associated with substance use, encourage people to talk about it and seek help, and to remember loved ones lost to overdose deaths.

New Beginnings is a free, comprehensive outpatient opioid and alcohol addiction treatment program serving Craven, Pamlico, and Beaufort Counties in Hope Clinic. The program involves 4 components: medically-assisted detox, daily support groups, counseling, and case management.

The event is part of International Overdose Awareness Day, which takes place globally annually on or around August 31st. More than 800 events took place around the world last year, and more than 500 of those took place in the United States. This is Hope Clinic’s 3rd annual event in our area.

Stop the Stigma will highlight guest speakers and community resources; provide a prescription medication drop-off container for the sheriff’s office; hold a moment of silence in remembrance of those we’ve lost; and distribute wristbands to those in attendance. Speakers include Sen. Norm Sanderson, District Attorney Scott Thomas, Sheriff Chris Davis, and others. The event will include discussions on how the stigma of addiction impacts prevention, treatment, recovery, and support.

We want to offer anyone touched by addiction a gathering where they will not be judged or feel isolated,” said Sheri Rettew, director of Hope Clinic. “Stigma often prevents people from asking for the help they need, setting the state for death by overdose. One of Hope Clinic’s goals of its New Beginnings program is to change the language which contributes to the stigma of substance use. Everyone should be able to talk about it without risk or fear of judgement.

Addiction is a chronic brain disorder, in many cases brought on by untreated adverse childhood experiences (ACE), not merely a behavioral problem or simply the result of wrong choices.

Hope Clinic invites everyone to get involved in Stop the Stigma on August 29th at 6:00 p.m. This is an opportunity for the community to come together and help bring about positive change. We can and must save lives by ending the stigma around addiction.

For more information, contact Sheri Rettew at [sheri@hopeclinic.net](mailto:sheri@hopeclinic.net) or call (252) 745-5760.



## Community Eligibility Provision (CEP) Continues in Select Schools For 2019-2020 School Year

The Pamlico County Schools district will continue the Community Eligibility Provision (CEP) meal option for Pre K – 8th grade students for the 2019-2020 school year. All enrolled students at Pamlico County Primary School, Fred A. Anderson Elementary School and Pamlico County Middle School will be provided nutritious meals (breakfast and lunch) without having to submit a meal application and at no cost to the household for the entire school year.

Pamlico County High School students (grades 9-12) will be offered breakfast only at no cost. The traditional Family Meal Application for school lunch meals, however, will be available to parents/guardians of high school students. Households receiving benefits from the Supplemental Nutrition Assistance Program (SNAP) or Temporary Assistance for Needy Families (TANF) are exempt from completing a meal application and notifications will be mailed to these exempted households. The cost of lunch for high school students who do not submit a meal application or do not receive SNAP or TANF benefits will be \$2.80. Please be advised that School Board policies prevent meals from being charged.

The 2019-2020 Family Meal Application will be available at the Pamlico County High School’s office or it can be found on the district website at <http://www.pamlicoschools.org>. For questions, please contact the Child Nutrition Department at (252)745-4171 ext. 638/639.

## JPMorgan Chase Opens first retail branch in NC with local ties

JPMorgan Chase Bank has opened its first retail branch in North Carolina. The branch is located on Franklin Street in Chapel Hill. A ribbon-cutting ceremony was held on Wednesday August 7, 2019 with JPMorgan Chase CEO Jamie Dimon attending.

New Bern native Jade Swindell was selected to staff and manage the new branch. Jade is a 2000 Pamlico County High School graduate and a 2004 graduate of the University of North Carolina at Chapel Hill. He has worked for Chase Bank for 11 years. His parents are Danny and Judy Swindell of New Bern.

Chase plans to open up to 40 new branches across the state over the next 3 years.



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## Aurora Joy McCracken, Correspondent



We had a good foggy morning the other day and weather lore says for every fog in August, there will be a snowfall later on in winter. That didn’t pan out for last year. This is the time of year I start getting excited about snow possibilities, but by February will be anticipating the daffodils.

I’ve taken down my seed feeder as there weren’t any customers for a few weeks and the resident Mockingbird has still been on top of the pole staking out his territory which intimidates the Hummingbirds.

I’ve had to play Mockingbird song to get him to fly off so the Hummers can have a go.

The dragonflies are in abundance flying all over the road on their missions. It’s hard to believe they’ve been around for 300 million years.

I was able to get Mr. Ken Adams to do his magic on my car which looked like it had been in an insect and bird war and as usual it looks fabulous. I sat in front of Lyle & Shirley’s with a coke while he worked and it was just comforting to see the

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



Goose Creek Island 55 Plus Club met Thursday at the Community Center with Pres. Rosanne Rowe presiding. Chaplain Bob Johnson gave the devotional. Today was Bingo Day. Members vied for great prizes and enjoyed lots of laughs as usual!

Following the meeting Shelby Keech & Rita played Rummikub. Sharon Leary & Karen Ireland had other appointments. Mildred Fulford and I played Scrabble, each winning a game. Mildred insisted

that I bring “Herbie” home with me. It is always an honor to have him. Don’t forget to come to the Center next Thursday to get a Free Hearing Test at 11:00 am.

Prayer List: Markie Gaskill continues to improve following shoulder surgery. Audrey Lupton has been a patient at Carolina East Hospital this past week suffering with an intestinal blockage, which required extended medical tests. Sammie Leary Voliva was added to the prayer list.

We were saddened to hear of the passing of Israel Ross, 31 years of age, son of Wesley & Alice. The family attended Lowland PH Church. Israel had been in poor health for a good while. Our condolences and prayers go out to the family.

Happy Birthday Peyton Jade Lupton - Aug 15. Cathy O’Neal, Markie O’Neal, Albert Lynn Campen. and Earl Sadler Jr. - Aug 16, Lynn Hacker Lewis - Aug 17, Jewell Leroy Meekins and Ban Watson O’Neal - Aug 18, Karen Ham - Aug 19, Sammie Voliva Leary, Judy Potter Murphy and Patsy Ellen Balance

## Whortonville Reba Tiller, Correspondent



Rain! Rain! Beautiful rain this week so there was a day that I did not have to water plants. We have been watching the eagles nest off Straight Road and I noticed there is another nest on the right when you turn on to Straight Road. The dolphins came into Brown Creek on Sunday. We had guests from Delaware and Colorado so the children were excited to see the dolphins breaking on top of the water. They asked if we had alligators but we said “no.” Hope

we are right. Made jam from the figs that Marena brought us and is it ever delicious! Taste more like strawberry jam because I used strawberry jello with the figs.

Small group at church on Sunday but a large group at our house for the Sunday luncheon. Visitors included Kevin’s sister Linda and husband Ritzer from DC and their children Ritzer Jr., Paul, and Casey as well as his brother Richard from Colorado and his daughter Sadie. We celebrated Maura and James birthdays on Sunday, then the “Puzzled Ones” put in another Thomas Kinkade puzzle, a lighthouse with 50 shades

Aurora world go by; people coming and going greeting each other with friendly conversation and watching the commerce on the highway. Another good place to do this is in front of the fossil digs on Main Street.

We had a powerful set of storms Saturday afternoon and the difference between them was remarkable. The first was windy and brutish with rolling thunder which as usual skittered around us, the second more compact with jarring strikes. Both convinced the ever outdoor loving cats to come in off the porch. Lily the Dog had to have her calming pill and took refuge under the bed for a good nap.

The Town of Aurora is currently handling the water system upgrades, continuation of seeking an industrial park and other town improvements. The Recreation Department has been very busy with a successful softball tournament that had 250 in attendance, installing the new score board and hosting a Fall Cookoff.

There will be two Back to School events on 8/17: Riders of the A at the Community Center at 11 am and one at the William and Cora Powell Community Park from 12-3 pm.

Leary - Aug 20, Judy Rice Styron, Rosa Rodriguez Jones, Jordan Jones, Rodney Lee Watson, Ashley Leary, Charles Glenn Lewis, Jr., June Hathaway Lane and Maurice Lewis - Aug 21. Happy Anniversary George & Brandi Flowers - Aug 15.

Jesse Voliva recently returned home after visiting maternal relatives in Bloomer, Wisconsin. He reported a nice time with his mother’s family.

The 63rd annual Lupton Family Reunion was held Saturday, August 10 at Goose Creek Island Community Center in Hobucken with 82 Lupton descendants in attendance. Look for detailed report and pictures in next week issue of Pamlico News.

Karen and Sharon and family had cousins Gene, Richard Reese and Patty Grace from Indiana who flew in for their very first 63rd Lupton Family Reunion and Martha Sue and Roderick Abbott Jr. drove in from Charlotte. Karen and Sharon had not seen their cousins for many years.

“Grief Share,” sponsored and conducted by Motion Church is a grief support group who advises, assists and encourages folks after the death of a spouse, child, family member or friend. The group will meet Thursday, Sept 12, 6:30 - 8:30. Twelve more meetings to follow. For more information call 252-671-9392.

A “Gospel Blues & Barbeque Festival” is being planned for Sept. 7, 2:00 pm - 7:00 pm to be held at the Joseph Himbrey, Jr. Waterfront Park in Bayboro. The event is sponsored by the Town of Bayboro.

of gray, a challenging one! Sadie came over and played piano for me while Ritzer and Kevin worked on my computer. I asked “what did you do to fix it?” Kevin said “I don’t know!” So good to have great neighbors but Kevin is one of my “adopted sons.” It is Monday morning and we are having more showers and the weather is cooler. Woodmen Life members are coming to our house for a meeting and cookout on Saturday.

It was a quiet week until Saturday when 23 folks from Woodmen Life were here for a cookout. Mike Cuthrell grilled delicious chicken quarters and the others

bought side dishes. The Woodmen Representative Bob and his wife Melissa joined us for the day. Mike and Linda Cuthrell were awarded the Fraternal plaque for their work for the lodge. Everyone had a great day fishing, playing cards, visiting and eating. On Sunday the after church crowd had BLT’s for lunch, then the Puzzled Ones put in a very large puzzle. The Bradshaw family from near Clayton provided special music at Bethel on Sunday.

Thought for the week--Love your neighbors and they will love you back!

## Pamlico Betty Jo Rodgers, Correspondent



The dragon boat races were held in Oriental this past weekend with several of the festivities taking place at River Dunes in the Pamlico Community.

On Saturday several pastors from Pamlico County led by Ray Lewis prayed over every school in Pamlico County as well as the Board of Education. They prayed at PCC, Arapahoe Charter School, Pamlico Middle School, Pamlico High School, Fred A. Anderson Elementary School, Pamlico Primary School, and ended at Pamlico Christian Academy as they circled the county with a stop at each school for prayer. Several of us could not participate due to previous obligations such as Kairos training.

Bayboro Baptist Church hosted the third Kairos training on Saturday. Volunteers trained for the Kairos spiritual walk at Pamlico Correctional Institute this October. Other volunteers prepared agape to share with the prisoners.

Also on Saturday, 82 members of the Lupton Family celebrated their 63rd Family Reunion at the Goose Creek Island Community Center. There was a family in attendance from Indiana for the first time. Gene Lupton’s granddaughter from Kodiak Alaska was part of the family

that traveled the farthest. Some family statistics: Oldest Lupton male- James Lupton from Washington, NC age 88. Oldest male descendant - Roderick Abbott from Charlotte, NC age 78. Oldest Lupton female - Martha Lupton Stilley age 78. Oldest female descendant - Gladys Ives Holton age 89. Youngest Lupton male - J.P Lupton age 18. Youngest Lupton female - Gena Lupton Hackett age 54. Youngest male descendant - Dante Macias age 2. Youngest female descendant - Emily Rose Macias age 4. Couple married the longest: James and Colleen Lupton 67 happy years. There was a dessert contest but I did not get the names of all the winners. I did win a beautiful bowl for my entry of pecan spice cookies. It was a variation of the fruitcake cookies I usually make at Christmas time.

Celebrating August birthdays are Mrs. Eunice Parker & Jennifer Whorton Phillips (8/14), Morgan Hudgins & Karen Spruill (8/15), Earl Sadler (8/16), Linda Gwaltney (8/17), Jodi Moore (8/18), Judy Styron (8/21), Reba Tiller (8/23), Joan Ford and Cathy Muse Bunn (8/25), Chris Meadows (8/27) and Elsie Keller (8/31).

Have a blessed week. Are you Anxious? Take Spiritual Vitamin A. “All things work together for good to those who love God, to those who are the called according to His purpose.” (Romans 8:28)

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# Health & Wellness

## Simple and healthy ways to boost your energy

As a day wears on, many men and women find their energy levels steadily decreasing. Some resort to a cup of coffee, while others prefer a sugary snack to get more pep. Such solutions are not always healthy and rarely provide more than a temporary jolt of energy.

So what are men and women to do when the inevitable post-lunch doldrums rear their ugly heads? Oftentimes the best way to remedy a dip in energy levels is to prevent it in the first place. There are several simple and healthy ways to boost your energy levels so you don't find yourself falling flat in the afternoon.

- Drink water throughout the day. Water is a versatile beverage that serves many purposes, not the least of which is its ability to make a positive impact on your energy levels. When the body does not get enough water, it can send a variety of signals that are easily misread. The symptoms of thirst or dehydration can easily be confused for hunger, which may cause you to eat more during the day, and that food can make you feel sluggish as the day progresses. Even slight dehydration can make you feel fatigued. If drinking water isn't a part of your daily routine and you find yourself feeling fatigued on a regular basis, start drinking water and your energy levels will likely increase. Water is an especially good way to boost your energy levels thanks to its availability and affordability.



Something as simple as drinking more water throughout the day can dramatically improve your energy levels.

- Don't skip meals. Skipping meals is robbing your body of the fuel it needs to get through the day. Skipping breakfast is especially harmful, as you will be starting the day off essentially on a fast and your energy levels will suffer as a result. A healthy breakfast that includes whole grain cereals or breads as well as some fruit and lean protein is a great way to start the day off energized. And no matter how busy you are during the day, be sure to eat a healthy lunch, ideally one that includes some protein. Protein is important because it takes the body longer to break down protein than it does carbohydrates, giving you an energy source that lasts longer than a lunch without any protein.
- Exercise. Fatigue can be a byproduct of a body that's overworked but also a side effect of a body that isn't being worked enough. Daily exercise will increase your energy levels, even if the exercise is minimal. Research conducted at The California State University found that even a brisk 10-minute walk increased energy levels for as much as two hours. If your energy levels tend to start waning in the afternoon, consider a short, mid-afternoon jaunt. The dividends such a walk pays regarding your energy levels may just last until it's time to call it a day.
- Don't cut too many calories. Men and women fighting fatigue may feel as though their weight is the main culprit behind that lethargy. Though being overweight or obese can have a negative impact on energy levels, it's important men and women don't cut too many calories from their diets when attempting to lose weight. Doing so may slow your metabolism, which can cause feelings of fatigue. If you are overweight or obese, you may very well need to cut calories, but don't do so at the expense of your energy levels.

Many men and women find themselves battling fatigue come the mid- to late-afternoon. Though it's easy to pour yourself another cup of coffee or lean on an energy drink once the post-lunch listlessness rears its ugly head, there are several alternatives to such remedies that can be more effective at boosting your energy levels over the long haul.

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Continued from page A1

ing of the race awards at 3:30 p.m. Approximately \_\_\_\_\_ individuals in \_\_\_\_\_ teams participated in Saturday's events. This year teams existed in many categories. Military Men and Women, Cancer Survivor Team, Youth Team, Club Team, Non-Profit Teams, Community Teams, and Corporate Teams. The Dragon Boat Race and Festival supports the work of local non-profit by donating fundraising proceeds raised by teams going to local non-profit organizations in the county. Thanks go to Flora Moorman and Jeff Adyette for helping organize the races and festival and to Flora for providing much of the information for this article.



## Pamlico Cross Country Trains for 2019

By: Parker Watson

Official practice started for all teams at Pamlico County High school Thursday, August 5th. For cross country, this meant a return from the more informal workouts of summer, to the structured training and tough competition that veteran runners know so well.

After two consecutive seasons of strong growth, the team fielded 30 runners at the official start of practice. Coach Paul Delamar hopes that with the entire team now attending official practice, the competition they create will push the team to success in the new season.

"I normally try to ramp up the intensity of the workouts, and I become a lot more concerned about making sure people are at practice and giving their full attention to the workout," said Coach Delamar

Nearly half of the large team started their training early this year and consistently spent their afternoons running with Coach Delamar and Assistant Coach Malik Barber.

"The summer turnout was the best we've ever had, as far as numbers, so I was pleased with that," said Coach Paul Delamar.

Coach Barber is returning this year as the team's assistant coach. Barber helps to manage and coach the unusually large team, both during summer workouts and in the regular season. This is the second year that the veteran cross country runner has helped to coach his old team.

Shortly after the start of official workouts comes the start of the season. Pamlico will have its first taste of their competition on August 19th when Pamlico will run at home against Lejeune High School. "It gives us an idea of how we stand up against the best in the East, early on, as early in the season as we can get that sort of understanding," said Coach Delamar.

At this meet, both Hurricanes teams will test their mettle against a traditionally strong team in the eastern region, and see if their training has paid off.

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- Delivery Available to Local Area



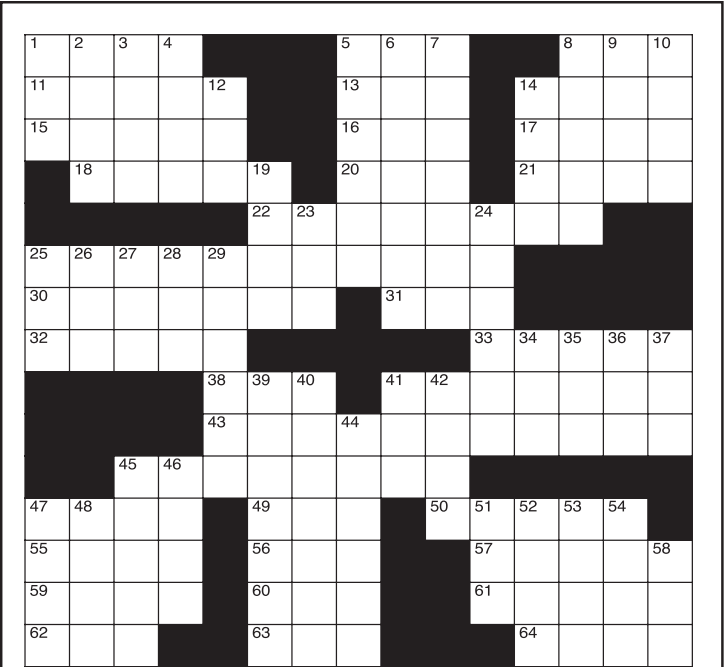




CLASSIFIEDS

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CROSSWORD PUZZLE



CLUES ACROSS

1. Social reformer Lucretia  
5. Engine additive  
8. Where draft beer comes from  
11. Skin lesions  
13. Denoting one or more things  
14. Beloved dish  
15. Packaging allowances  
16. Surrounds the earth  
17. Expresses pleasure  
18. "For goodness \_\_\_!"  
20. Liquefied natural gas  
21. Paul \_\_, Swiss painter  
22. Benign tumors  
25. In an early way  
30. Covered with wood  
31. Principle underlying the universe  
32. Message
33. Become dry through heat  
38. Printing speed measurement  
41. One who does not succeed  
43. Type of agent  
45. Type of waste  
47. Wings  
49. Giants' signal caller  
50. Polio vaccine developer  
55. Congo native  
56. Mortal is one type  
57. Fishing vessel (Naut.)  
59. Ethnic group of Thailand  
60. Where golfers begin  
61. Western Florida city  
62. Belonging to us  
63. Soviet Socialist Republic  
64. Influential Israeli diplomat

CLUES DOWN

1. Mountain Time  
2. Int'l political organization (abbr.)  
3. Olympic champion Lipinski  
4. March  
5. Less fresh  
6. Reduced in size  
7. Garden archway  
8. Professional translators group (abbr.)  
9. Type of pain  
10. What to do for the cameras  
12. Midway between south and southeast  
14. Bangladeshi monetary unit  
19. Satisfy  
23. Flop  
24. Nearsightedness  
25. Parts per thousand (abbr.)  
26. Bravo! Bravo! Bravo!  
27. Midway between northeast and east
28. Swedish castle  
9. War-ravaged Syrian city  
34. American model Carol  
35. Bitterly regret  
36. Grand \_\_: superior grade wine  
37. Of she  
39. Clergymen  
40. Ringwald and Shannon are two  
41. Daze  
42. Scores perfectly  
44. More narcissistic  
45. Fencing sword  
46. Highest point  
47. In addition  
48. Hawaiian feast  
51. Appropriate under the circumstances  
52. Hillside  
53. Metrical foot  
54. Winemaking region  
58. Someone

PUZZLE SOLUTION

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| M | O | T | T |   | S | T | P |   |   | T | A | P |   |   |   |
| S | C | A | R | S |   | T | H | E |   | T | A | C | O |   |   |
| T | A | R | E | S |   | A | I | R |   | A | A | H | S |   |   |
|   | S | A | K | E | S |   | L | N | G |   | K | L | E | E |   |
|   |   |   |   |   | A | D | E | N | O | M | A | S |   |   |   |
| P | R | E | M | A | T | U | R | E | L |   |   |   |   |   |   |
| P | A | N | E | L | E | D |   | D | A | O |   |   |   |   |   |
| T | H | E | M | E |   |   |   |   |   | P | A | R | C | H |   |
|   |   |   |   |   | P | P | M |   | F | A | I | L | U | R | E |
|   |   |   |   |   | P | R | O | V | O | C | A | T | E | U | R |
|   |   |   | S | P | O | I | L | A | G | E |   |   |   |   |   |
| A | L | A | E |   | E | L | I |   |   | S | A | B | I | N |   |
| L | U | B | A |   | S | I | N |   |   | P | R | A | A | M |   |
| S | A | E | K |   | T | E | E |   |   | T | A | M | P | A |   |
| O | U | R |   |   | S | S | R |   |   |   | E | B | A | N |   |

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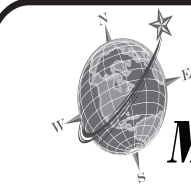
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