

The Pamlico News

Wednesday, September 11, 2019

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9-11 Remembered



Most of us can remember what we were doing on that fateful day when the planes flew into the twin towers. We sat there mesmerized, glued to the television watching the news and listening to reporters as the worst attack on the United States in its history unfolded before our eyes. We watched as the second plane crashing into the side of the World Trade Center. This wasn't something we read in history books, about an event long past; this was something historical taking place before our eyes. While we watched with horror, we heard of the plane going down in Pennsylvania rather than crashing into the Capitol building. That plane had been taken over by some of the passengers and forced to crash in Pennsylvania rather than crash into the capitol. Then there was the fourth plane which flew into the side of the Pentagon taking more lives and doing more damage. There was another plane that is rarely mentioned because it's mission was thwarted before it ever got off the ground. There were a number of terrorists supposed to board that plane at Boston Logan International Airport and to fly it into the White House, but the crew of terrorists who were to take over the plane got scared, lost their nerves, and left the airport without accomplishing their goal. Even so, the White House was placed on alert and evacuated. All totaled, 2,977 people were killed in those attacks not including the death of the terrorists. That was more deaths than Pearl Harbor. That includes 2,606 killed at the Trade Center and 125 killed at the Pentagon. Most of those killed were civilians except for 343 firefighters and 71 law enforcement officers. More than 90 countries lost citizens killed in that attack.

Terrorism is defined as the unlawful use of violence and intimidation, especially against civilians, in the pursuit of political ideals. Over the past thirty or forty years, we have become accustomed to terrorist's activities throughout the world, especially in the Middle East. But terrorist's acts were limited to "over there." Primarily in the Middle East. Specifically Israel. As long as the terrorists' actions were overseas and not on our shores, we were not involved and did not care or worry too much about terrorism. It just didn't happen here.

The events of 9-11 changed all that. It pulled down the curtain of innocence under which we Americans hid and lived. With the attack on the World Trade Center we were introduced to major attacks on the United States and on a large scale.

We had to deal with terrorism in Beirut in 1983 when the military dorms were blown up killing 241 Marines, many of whom were stationed in North Carolina. Since then it seems as if there have been domestic bombings or some other type of attack monthly in the United States. Whenever such an attack happens, the far left began to shout "Gun Control" while the right tends to ignore the gun control issue period. While all this is going on, Congress is doing an excellent job of sitting on their duffs, and doing nothing. The Democrats can't agree with the Republicans and the Republicans can't deal with the

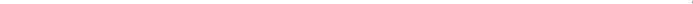
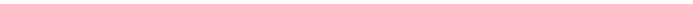
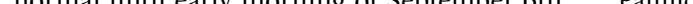
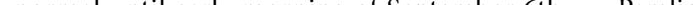
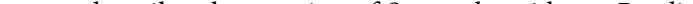
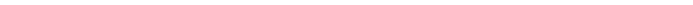
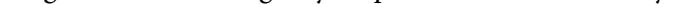
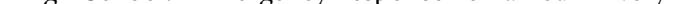
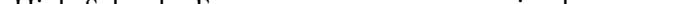
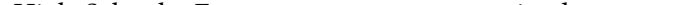
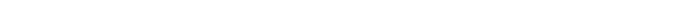
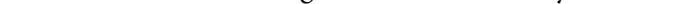
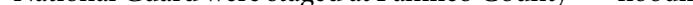
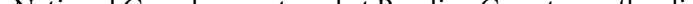
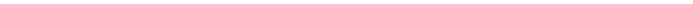
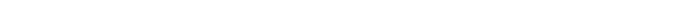
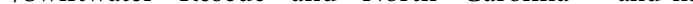
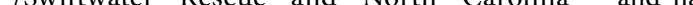
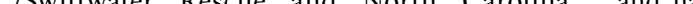
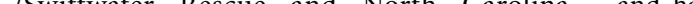
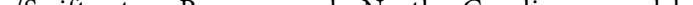
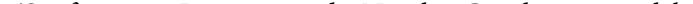
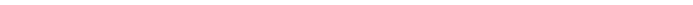
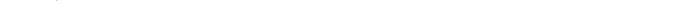
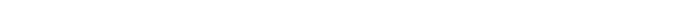
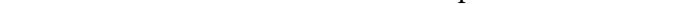
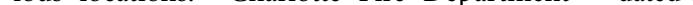
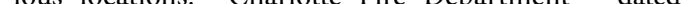
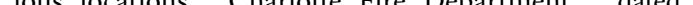
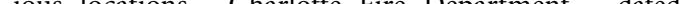
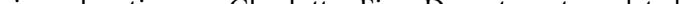
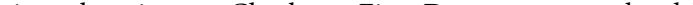
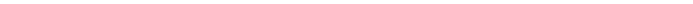
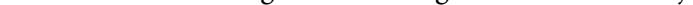
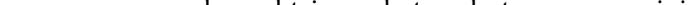
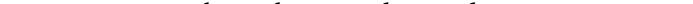
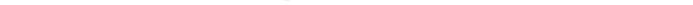
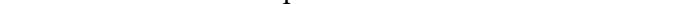
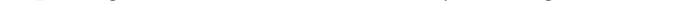
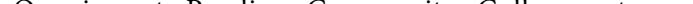
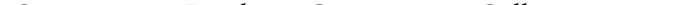
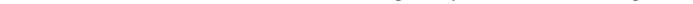
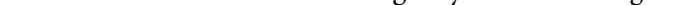
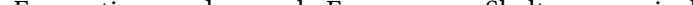
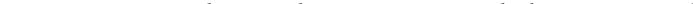
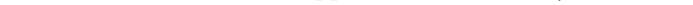
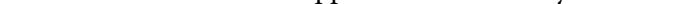
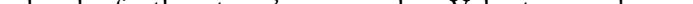
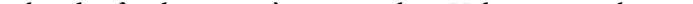
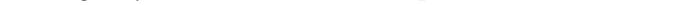
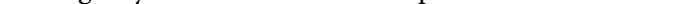
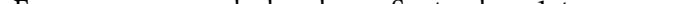
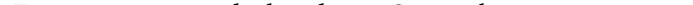
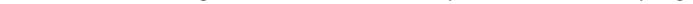
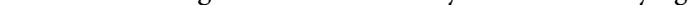
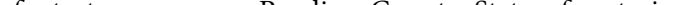
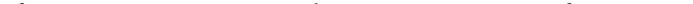
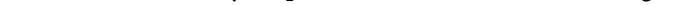
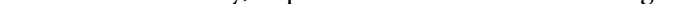
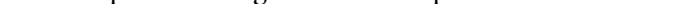
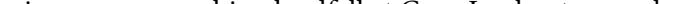
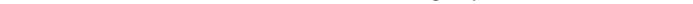
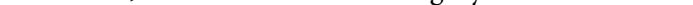
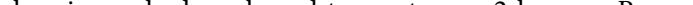
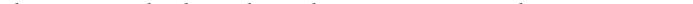
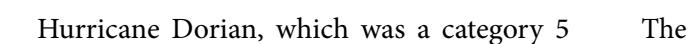
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Bradley and Ada Spangler Dawson and Carter Jones photo by Olivia Spangler



Hurricane Dorian Fizzles Out



COMMUNITY

WEATHER FORECAST



Wednesday: The forecast for Sept 11 is sunny and partly cloudy. High of 86 degrees. Real feel of 94 degrees. Chance of rain 8%.



Sunday: The forecast for Sept 15 is cloud and very humid. High of 85 degrees and a real feel of 91 degrees. Chance of rain 25%.



Thursday: The forecast for Sept 12 is mostly sunny and humid. High of 88 degrees with a real feel of 97 degrees. Chance of rain 8%.



Monday: The forecast for Sept 16 is mostly cloudy and humid with a high of 87 degrees. Real feel of 96 degrees. Chance of rain 25%.



Friday: The forecast for Sept 13 is humid with sun and area of high clouds, then mainly cloudy. High of 87 degrees. Real feel of 94 degrees. Chance of rain 19%.



Tuesday: The forecast for Sept 17 is times of clouds and sun and very humid. High of 87 degrees and a real feel of 94 degrees. Chance of rain 25%.



Saturday: The forecast for Sept 14 is times of clouds and sun and humid. High of 86 degrees. Real feel of 95 degrees. Chance of rain 20%.



Wednesday: The forecast for Sept 18 is variable cloudiness and warm. High of 87 degrees and a real feel of 95 degrees. Chance of rain 25%.

OBITUARIES

Suzette A. Goodwin, 88, a native of Pamlico County, NC died Sunday, September 1 in Athens, GA. The daughter of Goethe and Ruby (Wiley) Aldridge of Pamlico County, NC, she was a long-time employee with Lee County government in Fort Myers, FL working with the US Soil Conservation Service.

She is survived by one brother: Bud (Annette) Aldridge of Arapahoe, NC; three sons: Dennis, Keith (Lisa), and Robert (Nancy) Goodwin, all of Athens; eight grandchildren: Will, Philip (Jessie), Zack (Jen), Stephen (Brittany), Kaitlin Coast (Michael), Lucas, Elizabeth, and Bella; and one great-grandson: Phin Goodwin. There are other nieces, nephews and cousins scattered across the country and around the globe.

Suzette was a great mom: she never complained about anything, was non-judgmental, thoughtful, caring, and she taught her 3 sons to accept others regardless of color, social status, education, you name it. She taught us to look at the actions of others and make decisions about relationships based on that. She loved football and always followed the North Fort Myers HS (FL) Red Knights and, of course, the Georgia Bulldogs.

Suzette was baptized on 08/27/19, five days before her passing. Unburdened, she was joyful in her final days: smiling, chatty, and energetic.

A celebration of her life will be held on Sunday, September 15 at 5:00 p.m. at Athens Church of Christ, 3720 Mars Hill Road, Watkinsville, GA 30677. A memorial service in Pamlico County, NC will be held later.

In lieu of flowers, the family asks that friends make donations to either of the following: by contacting the YWCO, 562 Research Dr., Athens, GA 30605 (706-354-7880) or by mailing a check payable to Swamp Camp Services, Inc., ATTN: Swamp Corps Donation, 33 Stratford Drive, Athens, GA 30605.

Lord and Stephens Funeral Home, EAST, Athens, GA, is in charge of arrangements. www.lordandstephens.com



Don Lowell McKown, 82, of Reelsboro, NC passed into life eternal on September 3, 2019, at Bayview Nursing and Rehabilitation Center. Don was born on April 5, 1937, the only son of Charles Donzel and Genevieve Deshler McKown. He was a graduate of Parkersburg High School in Parkersburg, WV, class of 1955. Immediately after high school he joined the United States Air Force and served proudly for over 20 years. Upon retirement he lived in Goldsboro, NC and had many small businesses, including a taxi service and a used tire business. He was an avid football and racing enthusiast. Don was preceded in death by his parents and his first wife, Anna Tyndall McKown after 37 years of marriage. He is survived by his son, Brian Tyndall McKown, of the family home in Reelsboro; three grandchildren, Joshua McKown, Kimberly McKown Hall and Kristina McKown; and four great grandsons, Caleb, Julian, Jonathan and Adrian. He is also survived by his wife, Euna Faye McKown of New Bern and two sisters, Beverly McKown Carpenter and Teri McKown (Jerry) Duckworth, both of New Bern, NC.

A memorial service with military honors will be held at Don's home church, Reelsboro Pentecostal Holiness Church on Saturday, Sept. 14th at 2:00 p.m. with the Rev. Alan Woodard and the Rev. Steve Willis officiating. The family will be available one hour prior to the service for visitation.

Memorials may be made to Bryant Funeral Home, PO Box 99, Alliance, NC 28509 or to the Reelsboro Pentecostal Holiness Church, 221 Neuse Rd, New Bern, NC 28560.

Arrangements by Bryant Funeral Home & Cremations, Alliance.

Bethany Christian Church is having a yard sale this Saturday, Sept. 14th from 7 am until 12 noon 8126 Hwy 306 South, Arapahoe, NC. Some of the items that are available are household items, Christmas, yard, camping, furniture, books, purses, small appliances, toys and games, etc.

Horoscopes



ARIES – Mar 21/Apr 20

Aries, it is time to take charge. Do not allow obstacles to get in the way of your grand goals. Don't hold back at all, and attack every project with full force.



TAURUS – Apr 21/May 21

Taurus, concentrate on what you already have instead of trying to attain more. When you analyze the things around you, you'll discover you already have what you need.



GEMINI – May 22/Jun 21

The more you let your emotions show this week, the more prosperous you can become, Gemini. Try new things, even if they scare you a little.



CANCER – Jun 22/Jul 22

Cancer, if it seems as though people aren't taking you as seriously as you'd like, you may have to adjust your tactics a little bit. Perhaps the delivery is just wrong.



LEO – Jul 23/Aug 23

Do not turn down any opportunities that come your way, Leo. Even if they seem like they may not amount to anything, they can get you the kind of exposure that you need right now.



VIRGO – Aug 24/Sept 22

Virgo, put your plans in motion and get as many helping hands as you can muster while you're at it. This will only make the work go that much more quickly.



LIBRA – Sept 23/Oct 23

Always aim for the gold, Libra. You are in a position right now where you do not have to settle for anything less than the best. Use every tool at your disposal to get what you desire.



SCORPIO – Oct 24/Nov 22

Scorpio, take a decisive stance on a problem that has been lingering and be confident about the choices you make; otherwise, things will just stall out indefinitely.



SAGITTARIUS – Nov 23/Dec 21

Arguments can turn into bigger battles if someone doesn't concede their position, Sagittarius. Communication is a key thing for you right now.



CAPRICORN – Dec 22/Jan 20

Everything in your life seems to be going in different directions, Capricorn. Seek Pisces' help as you figure out a way to get everything pointed in the same direction.



AQUARIUS – Jan 21/Feb 18

An idea can grow into something much bigger if you just give it a chance, Aquarius. With a little nurturing, you may see your idea grow into something much bigger.



PISCES – Feb 19/Mar 20

Take a step back from a problem that has been tough to solve, Pisces. There's nothing you can do right now, so a break makes sense.

FAMOUS BIRTHDAYS

SEPTEMBER 8
Pink, Singer (40)

SEPTEMBER 9
Michael Bublé, Singer (44)

SEPTEMBER 10
Misty Copeland, Dancer (37)

SEPTEMBER 11
Tyler Hoechlin, Actor (32)

SEPTEMBER 12
Emmy Rossum, Actress (33)

SEPTEMBER 13
Niall Horan, Singer (26)

SEPTEMBER 14
Andrew Lincoln, Actor (46)



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-ZOLAR, Zolar's Starates

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NOTE THE DATE

CLASS REUNION

The PCHS Class of 1959 is having a class reunion on October 5, 2019 at Brantley's Restaurant. Other weekend activities are also being considered. If you were in our class, please contact Jimmy Ragan at 252-671-0257 or Julia Walker Lee at 252-745-3891 for more details.

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Pamlico Community College

PCC explores adding a Nursing program and seeks community input

By Sandy Wall

Pamlico Community College leaders are engaging in a multi-pronged process to explore adding an Associate's Degree in Nursing (ADN) program, and local residents can play a critical role in the effort.

"I believe adding a high-quality Nursing program would be a transformative addition for Pamlico Community College," said PCC President Dr. Jim Ross, "and most importantly would be a transformative addition for the citizens throughout Pamlico County."

Ross has been a leader in envisioning the creation of a Nursing program for PCC because of the huge positive impact this could have on the lives of students and their families in Pamlico County and because of the impact their work in the medical field would have in helping others.

The PCC Board of Trustees previously approved Ross' request for the college to proceed with the steps necessary to assess and pursue the numerous steps for this potential new program.

"It is an ambitious project which requires an extensive and lengthy evaluation and approval process from various layers of outside groups," he said.

An important current step in this process is documenting community need and support for it to provide in a potential application package. To achieve this, the college has created a short online poll to gauge the community's interest in a Nursing program and the demand for it from potential students and their families.

Community residents are invited to take part in the free online survey, which is available at <https://www.surveymonkey.com/r/communitypcc>. Participants will be entered into a raffle for a \$50 gift card.

Data from the online survey is an essential piece of the decision-making process, said Ross.

"That's why we're encouraging community residents to go online and offer their honest opinions about this idea," he said.

Associate Degree Nursing is one of the premier programs offered by community colleges in North Carolina. Graduates of ADN programs who pass the state board exams go on to good-paying jobs in the fast-growing health care sector.

However, because of equipment costs and the need for highly qualified faculty members, a Nursing program can be an expensive endeavor for the state's community colleges, particularly smaller ones.

"Before we take on this challenge, we want to be sure there is a demand for a Nursing program and the community support for it," Ross said. "There are many important state and local requirements we'll have to meet in order to successfully launch



Students who earn an Associate's Degree in Nursing are eligible to take the state board exams and become registered nurses.

Contributed photo

a Nursing program, so we're being very deliberate in our decision-making process."

The online survey for community residents is short and can be completed in just a few minutes. To encourage participation, PCC has posted the online link on the college's homepage and has shared it on both Facebook and Twitter.

Some prospective students have greeted the idea with enthusiasm. One woman posted on Facebook that the answer to whether PCC should add Nursing was "a million times yes!"

Another Facebook poster wrote, "Yes! I would quickly change majors!" A third stated she had completed PCC's popular Nurse Aide training and would welcome the opportunity to become a nurse close to home.

"Love the school, the people, and would be so much easier living in Pamlico County," the post states.

Ross said the college wants to be responsive to the community's needs. If a Nursing program is not the correct move at this time, PCC will look at other opportunities, including other Allied Health offerings, he said.

"Higher education is a quickly changing field, and we must be responsive to the evolving needs of our community," Ross said. "Nursing would be a wonderful addition to our college. Others have suggested we should explore a different program offering. To help us make the best decision possible, we want the community's honest input, so I would encourage everyone to take the survey."

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

Debra Greene: Living with Hurricane Florence

■ continued from page A1

is horrible." She went on to add, "I don't know if they are going to be able to clean it or not and get all that stuff that fell on it. Because that stuff will mess you up. I don't know and they didn't cover it. They just started covering it. My furniture in here. I asked them if I needed to get my stuff out before they started work and they said no. I could have gotten my stuff out of here before they began work and that way you wouldn't have to worry about it. This (sofa) was a brand new set. And now it looks horrible." Continuing she said, "They say they can clean it but I'm not sure. I hope they can. But look at that, it makes you feel like, Oh My God. And all they had to do, I could have gotten it out. But they told me I didn't need to. 'We're going to cover everything and your stuff is going to be fine.' But now look at it. Just look at it. Look at my fire place. But guess what? It's ok. I'm thankful for what I have and for what they are doing for me."

The ceiling basically had to be replaced. "And there is damage in here where the walls have to be replaced." When asked if FEMA or any other agency had been able to help her with her house, she replied, "NOPE! They denied it. And I got denied for the SGA loan too. They denied me. They came in



and walked through the house and said I couldn't afford the loan. Plus there were no grants of any kind."

"I stayed in here as long as I could. I had to get out of here, it got so bad. But trust me, I probably stayed in here longer than I should have. Because when they came to work, when they first came to work, I was still here. And they started, they went into my room first and I slept on the couch until it got to the point where I was having complications from the insulation. I started breaking out so I said ok, I'll leave. I've got to go. I didn't want to. Yes, I had to. They said I could come back when finished, but I don't know if they sprayed for mold yet or not. This part, they just tore it out and redid it. Hopefully in about two weeks they will be finished. Now I'm hoping."

When asked how much longer All Hands and Hearts would be to finish her house, she did not know. While there have been some mistakes made in working on her house, Mrs. Greene is happy to see work progressing and looks forward to being back in her house soon.

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EDITORIALS

9-11 Remembered

■ From the Editor's Desk

Democrats With all this inaction on what to do about guns, no one seems to be talking about what to do about domestic terrorism. So there have been more and more domestic actions of terror in the United States.

President Bush said that the source of these terrorists was the radical Islamists in the Middle East. Thus he attacked Iraq where he felt was the source of domestic terrorism. He argued that either the battle against Islam has to be fought in the Middle East, or it will be fought over here in the states. If that be the case, then it is necessary to fight and destroy it over there.

We can't fight terrorists with our hands tied behind our back. The military has to have the utmost in modern weapons and the freedom to use them. Our military is the best in the world, but all too often Congress intervenes in the process and passes laws to limit the powers of the military to deal with the entire matter via politics instead of militarily. In the matter of war, the military needs to have full authority to do their job and not to be second guessed by the press or public.

The Congress needs to set up a committee to work closely with the military so that the military can do its job and have the authority to do what they have to do. They need the support of the Congress as well as the public. Having only minor support of the public or the Congress during Vietnam led to the defeat of Vietnam. Here, politics lost a war that could have been won.

Since 9-11, there has been fighting in Iraq, Syria, Lebanon, Afghanistan, and Iran. There has been shooting after shooting after shooting in America. Those of us who are "Baby Boomers" aren't used to all the domestic violence, while the newer milleniums have grown up with domestic terrorism. They see it as part of the daily cycle of events. But for those of us who are "Baby Boomers" we expect more, we don't want to live a life of fear.

So how do we deal with domestic terrorism? Domestic terrorists should be severely dealt with as having committed a major criminal action and then tried and executed shortly afterwards, not have their sentences dragged out over many years and all too often released before their time was up. Homeland Security needs to be vigilante in seeking out possible terrorists and stopping terrorist attacks before they occur. Community people need to be vigilante as well paying close attention to people in their midst who might be a terrorist and do some damage in the near future. Often such attacks can be stopped by a local citizen who sees something of importance and



notifying the proper police departments can prevent an attack.

The movies and TV shows need to be toned down to eliminate some of the violence which contributes to public violence here. But much of the violence has been religious driven by radical Muslims. Most liberals consider Islam to be a peaceful religion. One thing it is not and that is peaceful. It encourages the domination of all other religious peoples forcing them to become Muslim, enslaving them to do work for them or killing them if they are worthless or won't convert to Islam. Some will point out to sections in the Koran where Mohammed told his people to treat Jews and Christians as brothers because they belonged to the one book. The Bible.

But those sections of the Koran were written early in the development of the religion and Koran. Many years later, Mohammed wrote the parts of the Koran where he orders Muslims to kill off infidels such as Christians and Jews unless they converted to Islam. The Koran was written in stages much like our Bible was. In the case of the Koran, there are many discrepancies between what is written in the early years and what is written in the later years. The sections of the Koran written in the later years over ride the material in the early years. So the peaceful parts of the Koran which ordered coexistence with Christians and Jews is made void by the sections in the later parts of the Koran which orders the Muslim not to mingle with them and orders their deaths.. The liberals refuse to acknowledge this part of the Koran and want us to believe in a peace loving Islamic religion that we can live next to each other as neighbors and trading partners. They don't see any problems when Muslims are elected to congress and are sworn in on a Koran rather than the Bible. The fastest growing religion in America today is Islam. By the year 2050, Islam will be the largest religion in the United States. They will be able to elect the majority of congressmen and senators as well as president. They will be able to scratch the Constitution and adopt Sharia Law as the law of the

Land. While I won't be around when that happens, my children and grandchildren will have to deal with it and I dread it for my granddaughters most of all. The law is dreadfully harsh on women who have little to no rights at all. If they like it so much now, why don't they move to Saudi Arabia where they can live under those laws and enjoy the loss of freedom they have here. After a few years there, they may change their minds and decide that it isn't so bad here under the Constitution.

President Bush was right when he said it was better to go after the various radical Islamic groups over there in the Middle East, meaning Iraq, Iran, Syria, etc. and fight the wars there than for them to bring the war here. They have no respect for human life and don't mind killing hundreds of innocent children to prove a point. While Bush was president there weren't any more major terrorist actions here in the United States. During Bush's administration there were 20 such terrorist attacks against American forces in the Middle East, but not one domestic attack here in the United States.

Under the previous administrations, there were numerous attacks of terrorism in the United States. While Obama was president there were 5 major domestic terrorist attacks here in the United States. Since Trump has been President, there have been 5 major domestic terrorist attacks in his first administration alone. George Bush had no domestic terrorist events during the 8 years of his administration after 9-11. To me that says the president has to be tough on terrorism and fight it where ever it is with whatever power we have. It is the major job of a president to protect the citizens of the United States and that means to do whatever he can to prevent terrorist attacks foreign and domestic. Congress has an obligation to support the president in carrying that out or it divides the government against itself. This shows the terrorists that we are weak and won't respond. We cannot allow the terrorist to get that impression of us. We must respond to each attack in like or stronger manner and get the attackers, dead or alive. There are too many domestic attacks today and they must be stopped. I believe that they are being financed and supported by some outside force to divide the country, to get rid of guns, and to destroy our government from within. While I cannot prove that, there is a lot of logic there. At any rate, the government must do what it can to prevent future attacks and respond in rapid manner when one takes place to serve justice on the perpetrators of the attacks.

■ Continued from page A1

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.

UNC Hospitals granted accreditation, but further scrutiny likely

By Julie Havlak
Carolina Journal News Service

RALEIGH — UNC Hospitals is one step closer to regaining its clean reputation, but concerns remain.

After completing follow-up inspections, the Joint Commission lifted its preliminary denial of UNC Hospitals' accreditation and upgraded the hospital to "accreditation with a follow-up survey."

UNC Hospitals was originally placed on probation because it failed to meet the suicide prevention standards of the Joint Commission — an independent, nonprofit association that certifies most hospitals in the U.S.

In earlier news releases, UNC insisted there was no threat to patient safety. But in internal emails, UNC leadership expressed concerns about suicide risks.

"I just think it is risky to say there was no threat to patient safety when we were put on probation for failure to meet suicide prevention standards," Senior Vice President and General Counsel Glenn George said.

UNC Hospitals was also diagnosed with problems involving hospital-acquired infections, patient assessment, medication storage, the reliability of emergency power sources, and fire safety.

Most of the serious problems revolved around the treatment of mental health patients, particularly those at risk for suicide attempts or for being abused and exploited. The Joint Commission demanded better management of ligature risks — places where a patient could hang or choke themselves — and better identification of potential victims of abuse.

The Joint Commission only recommends Preliminary Denial of Accreditation when there's an immediate threat to health and safety, a submission of falsified documents or misrepresented information, a lack of a required license, or significant noncompliance with Joint Commission standards.

Rarely does the Joint Commission actually deny hospitals accreditation. It stripped accreditation away from less than 1% of the hospitals that violated Medicare standards in 2014. In more than 30 instances, violations were severe enough to potentially endanger patient safety, according to a Wall Street Journal investigation.

The clean bill of accreditation means the Joint Commission is satisfied with UNC Hospitals' response to its performance issues. But the hospitals will probably face added scrutiny.

"UNC Medical Center leadership is confident in our ability to provide excellent patient care to all North Carolinians," UNC Health Care said in a statement. "UNC Health Care is committed to continuous quality improvement, and working with the Joint Commission is an important part of that ongoing effort."

District Attorney Thomas Informs Residents, Warns Scammers

New Bern, North Carolina — District Attorney Scott Thomas is warning all residents of Carteret, Craven, and Pamlico Counties to be wary of a variety of crimes that are typically committed following a major catastrophe, such as Hurricane Dorian, and to report any and all such crimes as soon as possible.

District Attorney Scott Thomas said, "Following a major event such as the damage done by Hurricane Dorian, we typically see most residents — friends, neighbors, even complete strangers — band together and lend a helping hand toward recovery. My prayers are with our neighbors who have suffered as a result of Hurricane Dorian. We will work through the aftermath of Dorian and move forward in a positive direction. Unfortunately, after major storms in our prosecutorial district of Carteret, Craven and Pamlico Counties, scammers show up to commit crimes. In the past, we have prosecuted these criminals -- and we will do so again. If you become a victim of a scammer, file a complaint with your local law enforcement agency immediately so it can be investigated and reviewed for prosecution. Scammers are put on notice that their conduct will not be tolerated in our district. They will be investigated, charged with the most serious provable offense, and prosecuted vigorously."

REPAIR SCAMS AND FRAUD

One of the most common crimes committed following a storm is fraud committed by so-called contractors who offer a range of services, from tree cutting and removal, to home repairs, to paving and masonry work. Often, these persons are unlicensed, and while they have a good sales pitch, they are only looking to steal. Once they get a "downpayment," they quickly cash the check, and flee that neighborhood, moving on to the next possible victim. No reputable contractor should require payment up front to purchase materials for any construction project. Homeowners should always check the background of a contractor before entering into any agreement, written or otherwise, to work on their home. Warning signs of a possible scam include: pressure to pay up front; pressure to pay in cash rather than by check or credit

card; a lack of a North Carolina phone number, office, or work location; an obvious lack of tools, equipment, or manpower to undertake the job; a lack of references in this area; and a lack of a license issued by the North Carolina Licensing Board for General Contractors (<http://www.nclbgc.org>). When in doubt, do not pay. There are plenty of honest, hard-working contractors in our three counties to hire and trust. Often, a simple check of the North Carolina Department of Public Safety's site will uncover prior criminal records: <https://webapps.doc.state.nc.us/opi/offendersearch.do?method=view>.

District Attorney Scott Thomas added, "In order to solve these cases and successfully bring charges, we need all homeowners to pay careful attention, and make notes — not just of the person's name and business name, but the business phone numbers, the make and model of any vehicles on your property, the license plate numbers for those vehicles, and copies of any forms of payment you make. Without this information, often law enforcement cannot find the person who defrauded the homeowner, and they are able to escape justice. Keep all contracts, estimates, business cards, and other paperwork, and take plenty of photographs — not just of the damage to be repaired, but of the people who come to your house to perform work, and their vehicles. If they are nervous about your taking pictures, tell them to leave and not come back."

CHARITIES

Charities in our area perform amazing and under-appreciated work following natural disasters such as hurricanes; however, sometimes unscrupulous people will pose as representatives for charities, and seek donations of cash or property (clothing, furniture, even vehicles) while intending to simply steal these items. Before making any charitable donations, take the time to confirm that the charity is a reputable one, and that your donation is going directly to the charity. Sites such as <http://www.charitywatch.org>, and <http://www.give.org> have done background work on charities and provide reliable information whether to trust them with your donations.

PRICE GOUGING

Another common report made after hurricanes and other catastrophes is that of price gouging. The North Carolina Attorney General's Office notes the following:

North Carolina's price gouging law is usually triggered when the state suffers or is threatened by a natural disaster such as a hurricane, tornado, winter storm, or flooding. Price gouging—or charging too much in times of crisis—is against North Carolina law when a disaster, an emergency or an abnormal market disruption for critical goods and services is declared or proclaimed by the Governor or a municipality. The price gouging law is currently in effect for the state of North Carolina after a State of Emergency was declared on August 31, 2019, related to Hurricane Dorian. Under the law, the Attorney General's Office can put a stop to price gouging and seek refunds for consumers who paid too much. The courts may also impose civil penalties against price gougers of up to \$5,000 for each violation.

If you suspect an instance of price gouging, report it immediately using the Attorney General's online form available here: <https://www.ncdoj.gov/Consumer/2-2-12-File-a-Complaint/Price-Gouging-Complaint.aspx>.

INSURANCE FRAUD

Occasionally, there also appear some claims of insurance fraud following a storm such as Hurricane Florence. If you suspect any kind of insurance fraud, you may report it to the North Carolina Department of Insurance by email at reportfraud@ncdoi.gov, or by calling 1-888-680-7684.

REPORTING SCAMS AND FRAUD

Reports of scams and frauds should not be made using the 911 system. Please only use 911 when an emergency exists and needs immediate response. In all other cases, call your law enforcement agency's non-emergency number to make a report. An officer will respond, and often a detective or investigator will then continue the investigation.

SAVE OUR OCEAN, ANIMALS AND PLANTS

RECYCLE

In remembering those who lost their lives in the London attacks and the September 11th attacks we continue our commitment to fighting for freedom, democracy and justice. –Doc Hastings



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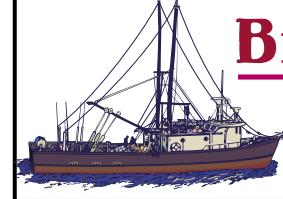
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Neuse River near Camp Seafarer. Taken just after daybreak Friday morning. —photos by Olivia Spangler



Photo by Hiram Lupton

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FINANCIAL FOCUS

Consolidating Accounts Can Lead to Clear Financial Strategy

–Dan M. Roberts



Dan M. Roberts

None of us can completely control all the things that happen to us. Yet, when it comes to achieving your long-term financial goals, including a comfortable retirement, you do have a great deal of power – as long as you follow a clear, well-defined financial strategy. And one way to help build and maintain such a strategy is by consolidating your financial accounts.

Over the course of their lives, many people pick up a variety of financial accounts from multiple sources. They might have a few IRAs from different providers, a couple of old 401(k) plans from past employers, an insurance policy (or two) purchased many years ago, and a scattershot of stocks, bonds, certificates of deposit and other investments.

If this picture describes your situation, you may want to think about consolidating. For one thing, having a variety of accounts can run up a lot of fees. Furthermore, you'll have lots of paperwork to keep track of all your accounts, including several different tax statements. Plus, just by having so many accounts, you risk forgetting about some of them – and if you don't think you'd ever forget about your own money, consider this: Well over \$40 billion in unclaimed cash and property, including 401(k)s, pensions and IRAs, is awaiting return to the rightful owners, according to the National Association of Unclaimed Property Administrators.

But beyond reducing your possible fees, paperwork and potential for lost assets, consolidating your accounts with one provider can give you a centralized, unifying investment strategy, one that can help you in the following ways:

- Diversification – If you own several different financial

accounts, including IRAs, 401(k)s and online accounts, you might have many similar investments within them. You might even own a cash-value insurance policy containing investments that closely track the ones you have in the other accounts. This type of duplication can be harmful, because if a market downturn primarily affects one type of asset, and your portfolio is dominated by that asset or similar ones, you could take a big hit. But if you have all your investments in the same place, a financial professional can review your holdings and recommend appropriate ways to diversify your investment dollars. (Be aware, though, that while diversification can reduce the impact of market volatility on your portfolio, it can't guarantee profits or protect against all losses.)

• Staying on track – With all your accounts in one place, you'll find it easier to keep the big picture in mind and make the moves necessary to help you progress toward your financial goals. Two main actions include buying or selling investments and adjusting your portfolio to make it more aggressive or conservative, depending on your situation.

• Avoiding mistakes – If you own several separate accounts, you could see a loss in one or more of them and overreact by selling investments that could still be valuable to you. But with a consolidated investment platform, you can see more clearly that the impact of a loss may be small, relative to the rest of your holdings.

As we've seen, consolidating your investment accounts with a single provider can have several advantages. So think carefully about bringing everything together – you may find that there's strength in unity.

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



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HURRICANE DORIAN NOTICE #5

Based on the current assessment, Pamlico County will not be picking up storm debris. Please do not place storm debris in the public right-of-way unless authorized by your respective Town or a North Carolina Department of Transportation (DOT) official.

In the past when the storm in question has produced little to no structural damage and construction and demolition pickup wasn't required, we have not picked up exclusively green waste. To get rid of green waste, you may take to the transfer station or dispose of by other approved means. If you live in a municipality, contact municipal officials about pickup within corporate limits. DOT may be picking up debris along DOT rights-of-way. You can contact DOT at (252) 745-3731.

National Forests in North Carolina

Cedar Point Campground on the Croatan National Forest reopens Monday, September 9

New Bern, NC, September 8, 2019 - Cedar Point Campground on the Croatan National Forest will reopen on Monday, September 9. The ranger district office in New Bern will return to regular business hours starting Monday at 8 a.m. Visitors should be aware that minor cleanup work may be ongoing in open areas.

All other campgrounds and many recreation areas and roads remain closed due to the impacts of Hurricane Dorian. U.S. Forest Service staff have begun assessing damage and hazards and will reopen closed areas and roads on a case-by-case basis as conditions allow.

District work crews and the Cherokee Interagency Hotshot Crew will begin clearing roads and trails starting today. The following roads are known to have downed trees: Mill Branch, Cahooque Creek, Millis, Billfinger, Holston Hunter, Great Lake, and Pine Cliff.

Visitors should avoid closed areas to ensure their own safety and that of work crews.

In addition to blocked roads, there is a high risk of falling trees. The health, safety, and well-being of our employees and the public is our number one priority.

Follow the National Forests in North Carolina on Facebook (www.facebook.com/nfsnc for more news and features.

Attorney General Josh Stein Announces Investigation into Google's Business Practices

(RALEIGH) Attorney General Josh Stein today announced that he has launched an investigation into Google to learn more about the company's business practices. Attorney General Stein is part of a bipartisan coalition of 50 attorneys general investigating whether Google's actions in the online advertising and search traffic markets suppress competition, violate antitrust laws, and harm consumers.

Attorney General Stein released the following statement:

"Internet is the critical infrastructure of the 21st century. It's where we communicate, work, learn, get entertainment – it's where it all happens. But I'm increasingly concerned about the way the internet has come to be dominated by a few major tech companies."

"When companies in any industry get too powerful and too big, they can use their power and size to harm people and damage markets. Antitrust laws help us ensure that people get the best services and prices, that their privacy is respected, and that they benefit from competition that fosters the next generation of technology."

"I joined in this bipartisan investigation to take a look at this massive company to make sure that it is not engaged in business practices that hurt consumers and stifle competitors."

Attorney General Stein is also part of a separate coalition of nine attorneys general investigating Facebook for potential anti-trust violations.

Competition law

Competition law is a law that promotes or seeks to maintain market competition by regulating anti-competitive conduct by companies. Competition law is implemented through public and private enforcement.

Pamlico County



If you were driving anywhere near the courthouse this past Thursday (August 29th) you would have been treated to the very tempting scent of BBQ. This was the second annual County Employee appreciation event hosted by Daniel Simpson (County Extension Director), and Lynn Lewis (Register of Deeds). This year we had a three-way cook off, which in itself is very exciting for everyone involved. Our three BBQ masters started at 2:30 in the morning smoking loins, shoulders, ribs, and hams. Paired with some wonderful sides, we had a wonderful opportunity to fellowship with all of the departments. While any chance to get together with coworkers is awesome, it was very exciting for me because it was also the culmination of our 2019 4-H Youth Livestock project.

If you weren't aware, this year we were very honored to be invited to join the Coastal Plains 4-H Livestock Show & Sale. This is one of my favorite 4-H Projects because it involves so many great learning opportunities. Our 4-Hers raised pigs from January to April. They constructed suitable pens, learned what to feed, and how much to feed, they mucked the pen, and learned about illnesses pigs can contract. Equally as important they learned how to show their pig, how to guide her around the ring to present the pig to her best advantage to the judge. They also learned their animal's anatomy, where cuts of meat are taken from, what makes the best market animal, and the best practices for ethical animal husbandry. Learning anatomy of a pig is an important aspect of learning about market animals.

This was very in-depth project that allowed 4-Hers to not only learn about ethical animal husbandry, animal anatomy, and livestock showing, but also important life skills such as budgeting and public speaking. One of the most important aspects of the show is not only being knowledgeable of the animal but also being able to articulate clear answers to the judge's questions. It's a great way for kids to learn about all of these life skills without feeling like they are sitting in a classroom.

We had great fun this year and are really looking forward to the 2020 4-H Livestock Project. All Pamlico county kids between the ages of 5 and 18 (as of January 21st 2020) are eligible to participate in the 4-H Youth Livestock Program. HOWEVER! Our program starts October 24th with an interest meeting.



This is a great opportunity to learn all the project details (which animals can be shown – lambs, steers, goats) and sign up. It's important to register early so that animals can be secured for the kids' projects.

If you're interested in learning more about the 4-H Youth Livestock give us a call (252) 745-4121, send an email kait_neeland@ncsu.edu or stop by our office. This isn't our only exciting Fall Fun Program. Book Explorer's is back! We had so much fun this summer, that we decided to keep it going through the fall. We read a story from another culture, create folk art, and try food from that country. Our first meeting will be September 25th. Every school year we have a Fall Fun STEM club. This year's will be Robots and Programming with Dash and Cue. We have two tracks for this program, for older and younger children, be sure to register before spaces fill up. We are also excited to get our brains working with Debate Club. If you are interested in our Fall Fun Programs or want to learn more about the 4-H Program in Pamlico County contact Kait Neeland at (252) 745-4121, or kait_neeland@ncsu.edu, or check us out online at pamlico.aces.ncsu.edu. Don't FORGET to REGISTER, spaces will fill up!



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Division of Marine Fisheries seeks
public comment on proposed blue
crab management changes

MOREHEAD CITY - The N.C. Division of Marine Fisheries is accepting public comment on proposed management changes to reduce blue crab harvest in the state to end overfishing and rebuild the overfished stock.

Draft Amendment 3 to the Blue Crab Fishery Management Plan<http://portal.ncdenr.org/c/document_library/get_file?uuid=08c5970a-bd05-4a7e-8de2-7665fd-5e8d73&groupId=38337> contains several proposals to achieve sustainable harvest as well as additional blue crab and habitat protection measures. Proposals include:

- Implementing a size limit for mature female crabs and prohibiting the harvest of immature female crabs;
- Implementing a closed season;
- Reducing the cull tolerance;
- Increasing the number of cull rings required in crab pots and removing all cull ring exempted areas;
- Prohibiting the harvest of sponge crabs year-round and implementing a 3-inch size limit on peeler and soft crabs;
- Prohibiting crab dredges and reducing the crab bycatch allowance for oyster dredges;
- Establishing Diamondback Terrapin Management Areas and requiring terrapin excluder devices in pots used in those areas;
- Expanding existing spawning sanctuaries and establishing new ones.

The draft amendment also includes an adaptive management framework that allows the division director to adjust the management measures prior to the next full management plan review if an update of the blue crab stock assessment shows the stock is still overfished and/or overfishing is occurring.

Details of the proposed management changes can be found in a Blue Crab Information Page<<http://portal.ncdenr.org/web/mf/blue-crab-topic>> on the division's website.

The public may comment on the draft amendment in three ways.

1. Public Meetings - The public may speak at any of five public comment sessions to be held in conjunction with advisory committee meetings as follows:

Northern Regional Advisory Committee
Southern Regional Advisory Committee
Sept. 12 at 6 p.m.
Sept. 24 at 6 p.m.
N.C. Department of Environmental Quality Washington Regional Office
N.C. Division of Marine Fisheries
Central District Office
943 Washington Square Mall, Washington
5285 Highway 70 West, Morehead City
Shellfish/Crustacean Advisory Committee
Habitat and Water Quality Advisory Committee
Oct. 1 at 6 p.m.
Oct. 3 at 1 p.m.

N.C. Department of Environmental Quality Wilmington Regional Office
N.C. Department of Environmental Quality Washington Regional Office
127 Cardinal Drive Extension, Wilmington
943 Washington Square Mall, Washington
Blue Crab Advisory Committee
Oct. 8 at 6 p.m.
N.C. Department of Environmental Quality Washington Regional Office
943 Washington Square Mall, Washington

1. Online Comments - Public comments will be accepted until 5 p.m. Oct. 3 through an online format that can be accessed through the Blue Crab Information Page<<http://portal.ncdenr.org/web/mf/blue-crab-topic>>.

2. Mailed Comments - Written comments may be mailed to Blue Crab Comments, P.O. Box 769, Morehead City, N.C. 28557. Comments must be received by the division by 5 p.m. Oct. 3.

The division will not accept public comment through email.

Reductions in harvest are necessary because a recent North Carolina stock assessment for blue crab determined the stock is overfished and overfishing is occurring. Overfished means the population is too small. Overfishing means the removal rate is too high. North Carolina law mandates that fishery management plans include measures to end overfishing within two years of adoption and rebuild the stock to achieve sustainable harvest within 10 years of adoption. At least a 2.2% reduction in the number of crabs harvested (in 2016) is needed to meet the statutory requirement. To increase the probability of successfully rebuilding the resource, the division proposes management measures above the minimum statutory requirement.

The Marine Fisheries Commission is scheduled to consider public comment and advisory committee input and select its preferred management measures for departmental and legislative review at its November meeting and give final approval of the amendment in February 2020. Approved management measures will be implemented shortly afterward by proclamation.

Aurora Joy McCracken, Correspondent



If there is such a thing as a preferable hurricane, Dorian was it. It was a quick-moving CAT 1 with the brutal northeast quadrant staying off the coast. The wind lashed out initially from the east which the house was protected from by forest, then turned from the north, again protected by woods and finally from the west which blew back out the water surge (about a foot an hour!) We never got any rain on the porch on the creek side much to the delight of the cats

who chose to stay out. Because my weather station went offline, I'm estimating we had sustained winds in the low 50's, a rain total of 4 inches and a tidal surge of 3 feet. The worst of the storm came around 4-5 am Friday with the power going off at 5:30. I was amazed and happy it stayed on as long as it did. The crickets and birds were back in action by 8 am. By noon all that was left was a gentle, blowing mist of rain.

Tideland got the power back on by 7:15 pm Saturday only to go back out again for 6 hours the next day. I lost everything in the fridge, but had been frugal about food purchases for several weeks in preparation to the storm so we only lost some condiments and crabmeat. It was humbling to deal with the heat and lack of air conditioning. The most punishing and ironic part of after a storm is the lack of a breeze to cool off oneself.

I finally identified my mystery bird; a juvenile Barred Owl. It stayed around a week, calling at all times of the day, even made it through Dorian, but is gone now.

Snowden is collecting again Box Tops for Education. They now have an app where one can scan their box tops or you can still drop them off at the school. They must get scanned or to the school within 14 days of purchase.

The Aurora Library is again collecting information for its annual community calendar. The cost is 25 cents per listing and a calendar is \$4. Please contact the library at 252-322-5046 or hazelllibrary@gmail.com.

On 9/14 White Hill FWB Church will hold a yard sale (off of Highway 306) from 7 am to 12 noon.

The Richland Seniors Club is seeking new members who must be 50 or older. The club meets on the first Tuesday of each month at the Richland Senior Center (old bank) and dues are \$24 a year. They are very busy taking trips and hosting a big Christmas Party for local seniors. If you are interested please call Alice Briley at 252-635-8517.

Goose Creek Island Annette Jones, 55 Plus Club Correspondent



Goose Creek Island 55 Plus Club didn't meet Thursday due to folks preparing for Hurricane Dorian. Next week we will celebrate President Rosanne Rowe's birthday. Please bring your favorite finger food.

Prayer list: We praise the Lord that any damage from the storm was minimal in our area. So far as I know no one

on the island had any water in their houses. Our prayers go out to the people in the Bahamas and also closer to home in Ocracoke. Members of the Mayo & O'Neal families and others transported several boat loads of food and supplies to Ocracoke. Via face book people were asked to carry donation to Mayo's Restaurant in Alliance. Motions Church made large contributions. The supplies were delivered Sunday morning.

Ponce Ham Jr. is suffering from the Shingles. Edna McKinney continues to have nerve damage from a shingles attack.

Our community was devastated to hear of the death of two young half-brothers who were fatally injured in a tragic automobile accident. Nathan Toler, who graduated from PCHS in 2018 and Colby Bernard, who graduated in 2019. Funeral Services were held Monday morning at Bryant

Funeral Home, burial following in Vandemere. Our prayers and condolences go out to the families.

Happy Birthday: Carla Ireland - Sept 13, Mark Edwin Jones, Herbie Fulford, Linda Everett Anderson, Kelsey Nicole Sawyer Turnage, Chris Jarman - Sept 14, Kaley Tijerina - Sept 15, Yvonne Jones & Penny Flowers - Sept 16, Katherine Potter Golden and Wendy Fulford - Sept 17, Anna Mae Jones Brinson and Tim Nichols - Sept 18. Happy Anniversary Norwood & Angela O'Neal Walker, Sept 17.

Rhonda Jones Mayo attended a bridal shower August 31 at the Alliance Town in honor of Jamie Schofell, daughter of Kathy Tyndall. The event was hosted by family and best friend, Kim from Virginia. Jamie received many beautiful and useful gifts.

Russ Hudson, owner of Squidders in Vandemere sponsored a Community Celebration Aug 31. Signature Band featuring Gary Mayo entertained the group with popular dancing music.

Many thanks to Ryan & Shanna Mayo, Andrew & Violet Spruill and Rhonda for cleaning up the debris from my yard. Mark & Zack mowed and cleaned the ditches last week. Now, everything looks great. I really appreciate all the work they did. Thanks again, youngun's. (you know, I consider anyone under 65 a young'un)

Whortonsville Reba Tiller, Correspondent



For two weeks we have been watching and waiting for Dorian. Well, she finally showed up and did she give us a scare! We think a twister may have come through our area because we have trees down, limbs twisted off trees, and debris all over the place. The water did not get so high but it was the wind that was so scary! The power being off for three days was the hardest to deal with because of the intense heat! Not having air condition for a few days really makes you appreciate the luxuries we have in America. We feel guilty thinking about the people in the Bahamas that lost everything. The humming of generators kept some folks awake but our little house is so tight it did not bother us. Weeks and I were packed to go to our house in Durham but because it was hard on Weeks when we spent almost two weeks

there during Florence, I decided we would take a chance and stay here. The neighbors were very good in helping us especially Maura, Melydia, Kevin, Suzy, Bill, Sylvia, and Elizabeth. Julian Bond and Alyce Santoro drove down to stay at Nick and Jeannette's home and Marina. Church service at Bethel was called off because the power did not come on until 8:00 on Sunday. Our Sunday luncheon was grilled chicken cooked by Kevin and Suzy and enjoyed by Elizabeth and Mattie Cuthrell, Alyce Santoro, Weeks and myself. Suzy and I were the only "puzzled ones" as we worked on a puzzle with every kind of iced doughnut you could think of! On Saturday evening I watched an ibis (type of crane) fishing in Brown Creek. He would stand perfectly still on those long legs for several minutes until he put his long beak in the water and came up with his prey. If only we could have that kind of patience in our every day life.

Thought for the week-- a bit of advice; say nothing often

Pamlico Betty Jo Rodgers, Correspondent



Many folks in Pamlico are now clearing debris left by Hurricane Dorian. The impact on Pamlico was not as devastating as it could have been. Yes there was water across the road and some wind damage, but overall we were blessed. Trent Road was closed due to high water. Many people lost power, but ours was back on in about 12 hours. Thanks go out to the hardworking men at Tideland EMC for a job well done. We did not lose a lot of trees like we did with Hurricane Florence, but we lost quite a few branches off of our still standing trees and a few shingles off of the roof of the house. All in all, we have no reason to complain. I really enjoyed being able to cook on my new gas range. Thank you J.E. and the men at Eastern who got it connected to the gas line for us and also anchored our gas tank prior to the hurricane season.

I was saddened to learn that a resident of Oriental died of a heart attack while he was out tending to his boat.

Sunday was grandparents day and an extra busy day for me. After preaching at Warren Chapel UMC in Blounts Creek in the morning, I traveled to Richlands to preach the first night of revival at Ha Banch UMC. This was my first appointment where I served from 2009-2012. I was blessed to be able to fellowship with the congregation again.

Celebrating September birthdays are James Paul (9/17), Peg Witt (9/18), and Fay Bond (9/29). Celebrating anniversaries during the month of September are, Kevin and Suzie Rodgers (9/10), and Chris and Maria Machle (9/27).

Have a blessed week. Empty? Take Spiritual Vitamin E. "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name." (Psalms 100:4)

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Health & Wellness

Strength training important to women's health

Women's bodies are built different from men's to accommodate the changes of pregnancy and childbirth. Although women may store fat differently and have less muscle mass than men, it's still important that women include weight resistance training in their exercise routines.

Lifting weights is an important part of staying fit. Yet many women do not pick up weights out of fear of bulking up and gaining weight. In a 2011 opinion poll conducted by the U.S. Centers for Disease Control and Prevention, less than 20 percent of women said they accomplished the CDC's recommended 2.5 hours of aerobic exercise and two periods of strength training each week.

Contrary to popular belief, women who weight train will not turn into the bulking behemoths of competitive weight lifting. The Women's Heart Foundation says that high levels of estrogen make it quite difficult for women to become overly muscular. When they strength train, rather, women's muscles will improve in tone, endurance and strength instead of size.

Resistance training provides an efficient way to build strength and burn calories. A study from researchers at the University of New Mexico found that the body will take between 15 minutes and 48 hours after exercise to return to a resting state. That means that a person continues to burn calories after exercising, a phenomenon known as "after-burn" or "excess post-exercise oxygen consumption." The more intense the workout, the longer the after-burn may last.

Studies performed at the Quincy, Mass., South Shore YMCA found that the average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle, but lose 3.5 pounds of fat. With that lean muscle addition, resting metabolism increases and more calories can be burned each day.

The following are some additional benefits of strength training.

- Reduces risk of heart disease by lowering LDL cholesterol and increasing HDL cholesterol.
- Builds stronger muscles and connective tissues that can increase joint stability.
- Improves the way the body processes sugar, which can help reduce the risk of diabetes.
- Reduces rates of depression. A Harvard University study found that 10 weeks of strength training reduced clinical depression symptoms more successfully than standard counseling. Women who strength train commonly report feeling more confident and capable.

Women with no strength training experience can consult with a personal trainer who can teach them proper strength training form. This ensures that the exercises are being done efficiently while reducing the women's risk of injury. Qualified trainers also can keep people moving toward fitness goals.

ISAAC IS COMING HOME!!!!

That's right, you read that correctly. Isaac is coming home!! So MANY of you have reached out and helped this sweet family over the last year with meals, work on their house, financially, prayerfully, etc... so we are inviting you to come out this **Wednesday September 11th at 4:45 and fill the sidewalks throughout Bayboro with smiling faces, signs, waving hands and welcoming hearts!** We are anticipating them to arrive around 5:00 pm. They will have a police escort them from the county line all the way to their house. We decided to have people meet along the highway in Bayboro so we could safely utilize the sidewalks, like we would if there were a parade. Please find a safe spot to park, find a safe place on the sidewalk and wait for the blue lights. We know that so many of you have fallen in love with Isaac and his family so we wanted to give you the opportunity to see his sweet smiling face ride through Bayboro, but more importantly for Isaac to see all the love you guys have for him. He's heard and felt the love, now lets **SHOW HIM THE LOVE!!** Please come out and let him see your smiling face!!



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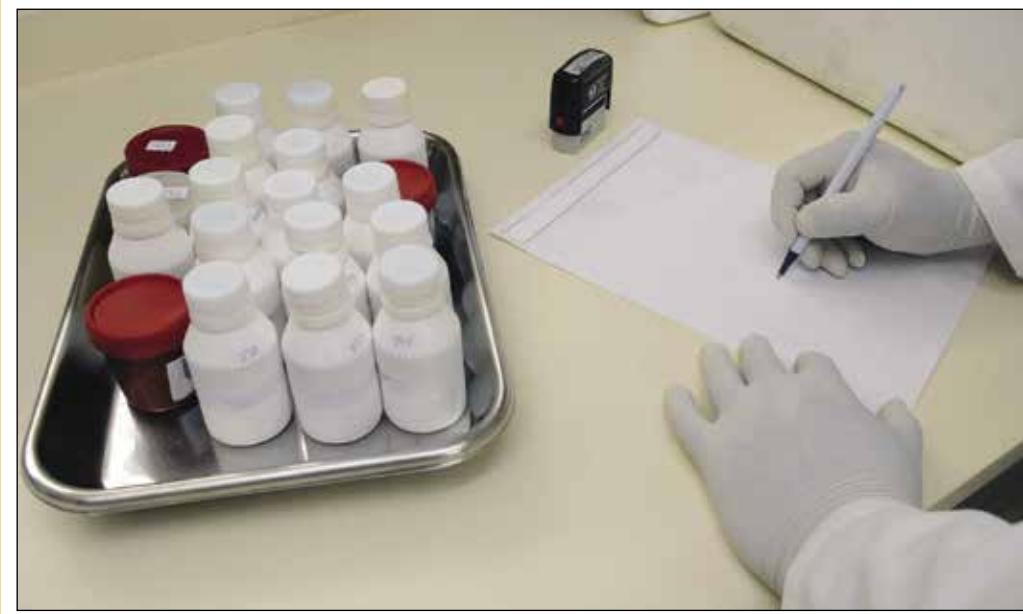


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Should PCC offer a Nursing program? Let us know what you think!

PCC leaders are exploring the idea of launching an Associate's Degree in Nursing (ADN) program! Should the college pursue this idea? Please let us know what you think by taking the college's free online survey!

The link is: <https://www.surveymonkey.com/r/communitypcc>

Participants will be entered into a raffle for a \$50 gift card! Let us know what you think!



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Announcing

Celebrate the milestones of your life in the Sunday in The Pamlico News and on www.thepamliconews.com. Submit your birth, engagement, wedding and anniversary announcements to frontdesk@thepamliconews.com. The deadline to submit announcements is 3 p.m. Friday, for publication the following Wednesday.

Announce memorable occasions whether it's your Engagement, Wedding, Anniversary or your child's Birthday. Let friends and family celebrate with you by viewing your announcement.

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SCHOOLS

3 Reasons Preschoolers Should Play with Building Blocks

From StatePoint.net



Playtime is important to a child's development. Offering many social and emotional benefits, it helps lay the foundation for children's future success and prepares them for school. One classic toy-building blocks-should be incorporated into every child's playtime. Here are three reasons why:

• Building Blocks Build Skills:

Playing with building blocks hones hand-eye coordination, while helping to strengthen hands and grip, skills that will be needed in the classroom, when playing sports and beyond. Additionally, building blocks encourage kids to be creative and to learn how to problem solve. When working together with a friend or caregiver, they also offer opportunities for cooperation, which can foster language development and communication skills. Be sure to talk to your kids about what they are building!

• Building Blocks Are Getting Smarter:

Like so many household items, building blocks are getting

smarter and more innovative, and this means more opportunities for both fun and learning. In fact, LeapFrog's first-ever line of smart building blocks-LeapBuilders-was just introduced. Combining technology and interactive, curriculum based content, these playsets feature an electronic Smart Star cube and double sided learning blocks that respond with fun sounds and educational songs on topics such as colors, animals, numbers, letters, and more.

Among those in the new line-up is the ABC Smart House, an interactive 61-piece house-themed block set that enhances building play with learning content for a unique, engaging experience. A fun way to familiarize kids with their ABC's, kids can also use the learning blocks from other sets in the interactive Smart Star to unlock additional responses. Recommended for ages 2 and up, LeapBuilders is available at major retailers. For more information, visit leapfrog.com/leapbuilders.

• Building Blocks Grow With A Child:

Unlike many toys that children outgrow, building blocks will grow with your child through various stages of development, and you will likely notice your children interact with building block differently as they acquire new skills and knowledge. For example, at a younger age, kids may use building blocks to test the concept of gravity. Later, they will use building blocks to create larger complicated structures.

Preparing a preschooler for school success can be fun, especially when you put an emphasis on playtime. When seeking out toys that help children reach developmental milestones, be sure to include building blocks, especially those that take learning a step further.

The Test Every Kid Needs Before Going Back to School

From StatePoint.net

Before schedules get too hectic, experts say that parents should prioritize a visit to the eye doctor this back-to-school season.

"An annual comprehensive eye exam is essential for optimal wellness, as well as ensuring your child reaches his or her full academic potential," says Dr. Jennifer Wademan, VSP network eye doctor.

The incidence of visual impairment in preschool children is expected to increase 26 percent over the next 45 years, affecting almost 220,000 children according to a recent study by the USC Gayle and Edward Roski Eye Institute. What's more, kids have more demand on their eyes and vision than ever before due to the increased use of digital devices.

To help ensure a smooth transition back-to-school, consider the following tips and insights:

Get a Comprehensive Eye Exam

While 76 percent of parents said sight is the most important sense, only 50 percent take their kids for an annual eye exam, according to a recent survey conducted by YouGov and VSP Vision Care, with many parents under the incorrect impression that the vision screening conducted by the school nurse or at the pediatrician's office is sufficient. Although many schools offer abbreviated vision screenings throughout the year, they can miss up to 80 percent of vision problems, including serious conditions like amblyopia (lazy eye), which can lead to vision loss if not treated. An annual comprehensive eye exam is the best way to detect vision problems, as well as other conditions related to the eyes that can affect overall health and wellness.

"how a child's brain processes visual information is complex, and a screening alone isn't a substitute for a comprehensive exam, nor is it the most reliable way to track a child's eye health," says Dr. Wademan. "A comprehensive eye exam with an eye doctor however, evaluates multiple aspects of vision, including the close-up skills essential for reading, tracking and focusing".

Don't Wait for Complaints

Among those parents who do not bring their children to the eye doctor annually, 72 percent of moms and 48 percent of dads said they would be motivated to do so if their child complains of discomfort or changes in vision. Don't wait for that first complaint! Certain changes to eyesight can happen gradually, and children may not realize that their vision is impaired.

Dr. Wademan points out that catching problems early is important:

"When a child's visual system is not given a clear and focused image, and if his or her eyes are not working together, the child could fail to ever achieve normal visual acuity," she says. "These patients end up struggling to see well in adulthood, even with contacts or glasses".

To find an eye doctor near you, visit VSP.com.

Remember, vision and learning are directly connected, as approximately 80 percent of what a child learns is presented visually. For success in the classroom, the sports field and more, start the school year right with a comprehensive eye exam.



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Bring a friend for a free gift!!



PAMLICO
COMMUNITY COLLEGE



9.12 ~ 6:00-9:00 pm
Bayboro Center

Ethics in the Workplace

Workplace ethics refer to choosing the options that are determined to be the moral or legal "right" choices, even if other alternatives are very attractive, and even if you can "get away with" less ethical choices. This seminar explains the meaning of business ethics, the cost of abuse, and ways for companies to avoid such breaches. This seminar is combined with the "Attaining Business Excellence" seminar.

Hands-On Business Photography

9.23 ~ 6:00-9:00pm
You need visuals to represent your business on your website and social media. Local photographer Bob Mackowski will give you some basic, entry-level tips to use with any camera (yes, even your cell phone) and you'll spend time with hands-on practice. After that, you'll learn how to make sure that it's seen and that it leaves the right impression. Please bring a mobile device (phone or tablet) and a camera (phone/tablet/DSLR/point-and-shoot) to class with you for the hands-on portion.

Participants should bring behind the scenes photos/videos, product photos/videos, and logos. Bringing your own devices (laptop/tablet/phone) is encouraged.

There is no need to attend all three seminars.
Pick and choose!

For more information about other services offered by the Small Business Center, customized onsite training, or counseling, please contact, Mindy Moore at 252.249.1851 x3045 (mmoore@pamlicocc.edu)

LEGALS

**NORTH CAROLINA
IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS
OF
JAMES A. MITCHELL**
File No.: 19 E 118

All persons, firms and corporations having claims against JAMES A. MITCHELL deceased, are notified to exhibit them to JAMES A. MITCHELL, JR. Executor of the Estate, on or before November 19, 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 21st day of August, 2019.

James A. Mitchell, Jr. Executor
Estate of James A. Mitchell
P.O. Box 297
Alliance, NC 28509
Publish August 21, 28, September 4, 11, 2019.

**NORTH CAROLINA
IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS
OF
ROBERT PAUL SMITH, JR**

RUTHANNE L'HOMMEDIEU

File No.: 19E 119

All persons, firms and corporations having claims against ROBERT PAUL SMITH, JR deceased, are notified to exhibit them to PEGGY W. SMITH, Executor of the Estate, on or before November 19, 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 21st day of August, 2019.

Estate of Robert Paul Smith, Jr
c/o Peggy W. Smith
19 West North Shore Lane
Arapahoe, NC 28510
Publish August 21, 28, September 4 and 11 2019

NOTICE TO CREDITORS

All persons, firms and corporations having claims against the Estate of MARK C. L'HOMMEDIEU, Deceased, of Pamlico County, N.C., are notified to present the same to the Personal Representative listed below on or before November 28, 2019, or this Notice will be pleaded in bar of recovery. All debtors of the said Estate are asked to make immediate payment. This 28th day of August, 2019.

RUTHANNE L'HOMMEDIEU

Executor
c/o GREGORY T. PEACOCK
Ward and Smith, P.A.
Attorneys at Law
Post Office Box 867
New Bern, NC 28563-0867

Publish – August 28, September 4, 11, and 18, 2019.

**NORTH CAROLINA
IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS
OF THOMAS G. GREEN**
File No.: 19 E 132

All persons, firms and corporations having claims against THOMAS G. GREEN deceased, are notified to exhibit them to DELCINE R. GIBBS, Executor of the Estate, on or before November 3, 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 4th day of September, 2019.

Delcine R. Gibbs, Executor
Estate of Thomas G. Green
712 Town Road
Oriental, NC 28571
Publish September 4, 11, 18, 25, 2019.

PROPERTY TRANSFERS

(AUG 30-SEPT 11, 2019)

Aug. 30, 54/100 AC, from John A. Nealis and Allyson M. Nealis to Charles F. Bohan Jr. and Jane L. Bohan, \$55

Aug. 30, Sea Vista, Pierce Creek Area Block: A Lot: 26 Tract One; Sea Vista, Pierce Creek Area Block: A Lot: 28 Tract Two, from Laura D. Bridge and Byard P. Bridge Jr. AIF to Laura D. Bridge Irrevocable Grantor Trust and Laura D. Bridge, \$0

Aug. 30, 2.07 Acres, from Richard A. Hodges and Patricia S. Hodges to Roger D. Gilbert and Sue B. Gilbert, \$76

Aug. 30, Three Tracts, from Jerry L. Gardner and Carolyn F. Gardner to James Wade Ellison, \$26

Aug. 30, Shine Landing Lot; 46, Shine Landing Lot: 40 1/4 Interest; Proposed 4 Slip Marina of Lot 40 Boat Slip #2, from Debra J. Garrison to David W. Creech, \$0

Aug. 30, 1.56 Acres, from Alfredo G. Mollano and Alfredo Mollano to Alfredo G. Mollano and Joseph G. Mollano, \$0

Sept. 3, Blackwell Cemetery Lot: 126 Phase 4, from Muchelle M. Fodrey to Robert Vierheller, \$2

Sept. 3, 2.871 Acres; Mills Road; Metes & Bounds, from Janet Crane, Richard Ratner, and Debra Ratner to Thomas Warfield, Robin M. Warfield, adn Robin Mustain, \$653

Sept. 3, W/S Granny Gut, Neuse Road; Leading from Arapahoe to Oriental via Kershaw; Metes & Bounds, from Joy Renee Belangia to Janice D. Hall, \$264

Sept. 3, Otter Creek Lot: 1, from Donald H. Smith and Gloria J. Smith to Jessica L. Mayo, \$52

Sept. 3, Mapleleaf Lot: 6, from Nettie L. Cohen, Tomica C. Green, Tomica Green, Derrick L. Green, Eric L. Green, Eric Green, Malissa Saunders, Herbert L. Green, Herbert Green, Miranda Green, Geneva Green, Phylis Greene, and Phylis Green to Andra D. Davis, \$157

Sept. 3, Creek Pointe Lot: 21 Section I, from Duane J. McFarland and Elizabeth A. McFarland to Paul W. Hoover and Nancy W. Hoover, \$54

Sept. 4, from Grantsboro Partners LLC to Scott R. Robinson, \$28

Sept. 4, from Robert D. Austin and Jacqueline A. Austin to Kaye White, \$50

Sept. 4, from Ronald W. Ireland, Diana H. Ireland, Bryan Dean Jones, Kaylyn Jones, Luray Jones, Paul J. Delamar GDN, Lauren Cooper, Summer Roberts, and Kira Wayne to International Furniture Consultants Inc., \$724

Heidi Souza to play recital on St. George's 1919 Hinners Pipe Organ

Heidi Souza, organist and concert pianist, will be the performer for the Sunday, Sept. 22, 2019 organ recital planned at St. George's Episcopal Church, Engelhard, to celebrate the 100th birthday of the church's 1919 Hinners Pipe Organ. The recital begins at 2 p.m. and will include works by Bach, Handel, and Buxtehude along with audience participation in singing of "How Great Thou Art" and "Seek Ye First." The public is cordially invited to attend the free performance.

A classically trained pianist who performed many solo piano concerts in other states, Heidi Souza has performed extensively in North Carolina since moving to Bath, NC in 2001 with her husband, the Rev. Ray Souza. She has also been a church organist for 30 years, serving in VA, TX and NJ before coming to NC. More recently, she has served as organist at St. Thomas (Bath), Trinity Lutheran Church (Rocky Mount), and First Christian Church (Robersonville). Currently, she is the organist at Zion Episcopal Church in Washington, NC.

St. George's Hinners Pipe Organ (Opus 2526) was originally built in 1919 for the Zion German Evangelical Lutheran Church in Johnstown, PA. By the 1990s, it was in storage, was purchased by St. George's in 1995 and restored that year by organ builder, John Allen Farmer, Inc., in Winston-Salem. It has been in place and a part of services at St. George's since late 1995. Designated funds at the Beaufort-Hyde Community Foundation have helped with the 100th birthday celebration for the Hinners Pipe Organ.

St. George's Episcopal Church is located at 31655 US Hwy 264 near Engelhard, NC.



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.



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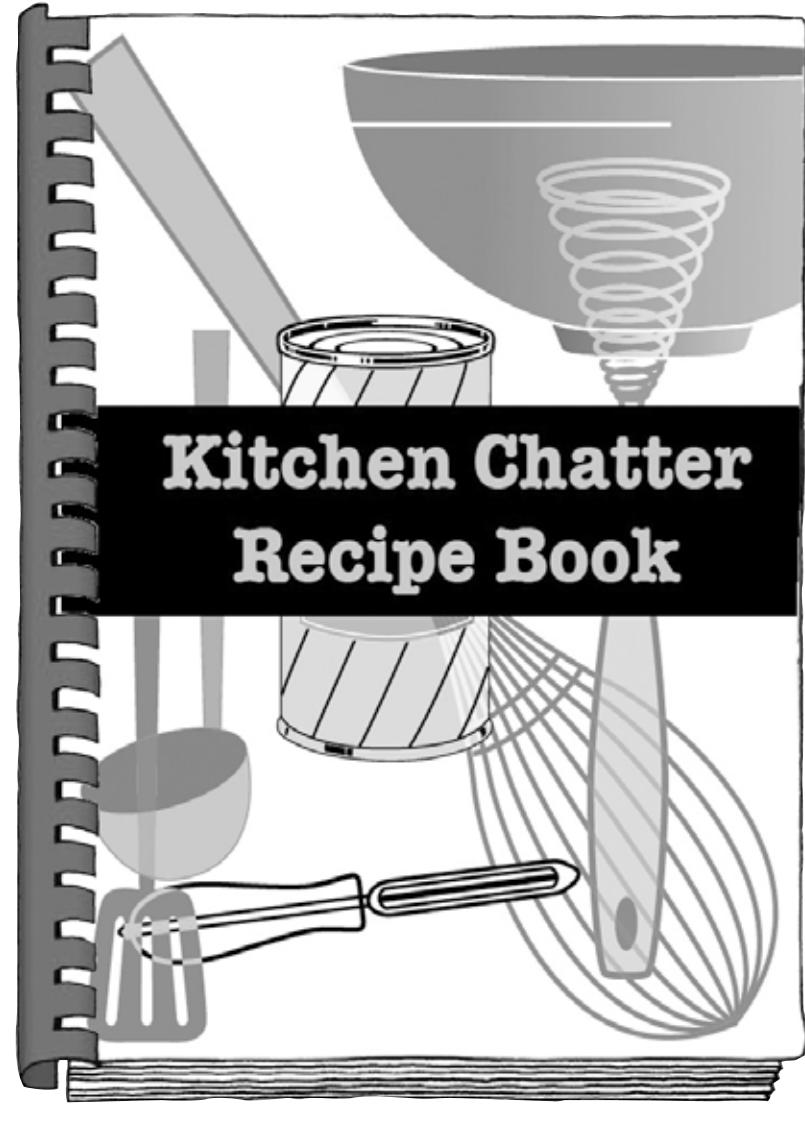
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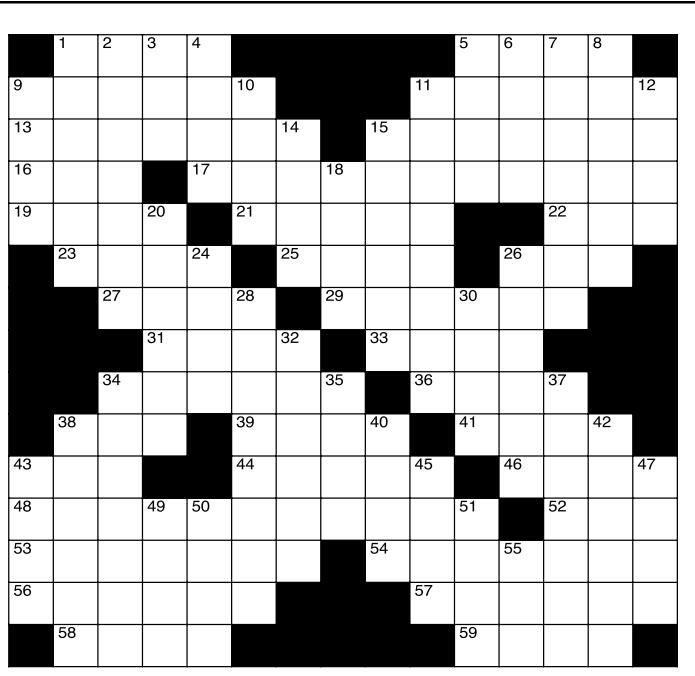
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CROSSWORD PUZZLE



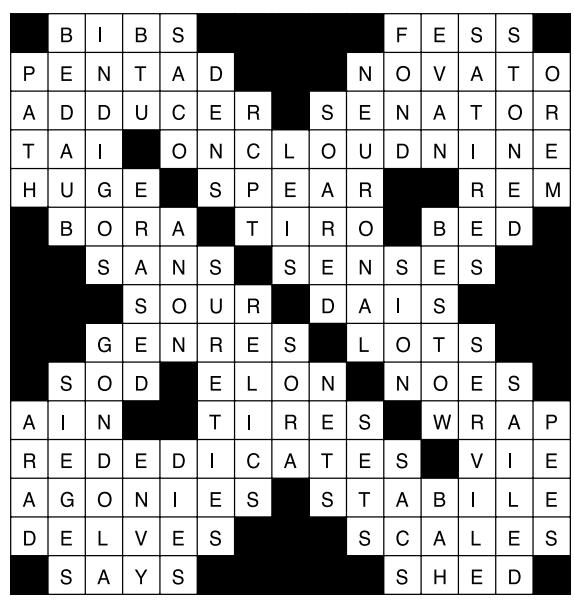
CLUES ACROSS

- 1. Babies' eating accessories
- 5. Charge on a coat of arms
- 9. Set of five
- 11. California town
- 13. One who cites
- 15. Elected official
- 16. Japanese delicacy
- 17. Couldn't be happier
- 19. Enormous
- 21. Hunter's tool
- 22. Georgia rockers
- 23. Cold wind
- 25. Beginner
- 26. Where you sleep
- 27. Without
- 29. We all have them
- 31. Spoiled
- 33. Platform
- 34. Drama and horror are two
- 36. In abundance
- 38. Turf
- 39. Inventor Musk
- 41. Negative answers
- 43. French river
- 44. Saps of energy
- 46. Type of sandwich
- 48. Sets apart again
- 52. Engage in a contest
- 53. Sufferings
- 54. Freestanding sculpture
- 56. Digs into
- 57. Fish have them
- 58. Speaks
- 59. Storage unit

CLUES DOWN

- 1. Spread over
- 2. Dyes
- 3. British thermal unit
- 4. Small city in Maine
- 5. Having an affection for
- 6. Welsh for John
- 7. Plays that ridicule
- 8. Not of your right mind
- 9. A way to get there
- 10. Hideaways
- 11. Relating to neurons
- 12. "Family City USA"
- 14. Proof of payment (abbr.)
- 15. Flew high
- 18. Wreaths
- 20. Got rid of
- 24. Shortly
- 26. Confer
- 28. Monies given as support
- 30. German electric car
- 32. Objects of an earlier time
- 34. Flat-bottomed boats
- 35. Small waterbird
- 37. Willingness to please others
- 38. Military actions
- 40. Brooklyn hoopsters
- 42. Took to the seas
- 43. Romanian city
- 45. What the sun eventually does
- 47. Titans' DC Dean
- 49. Resentful longing
- 50. Ceases to live
- 51. Pouches
- 55. Humbug

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FOR RENT

Oriental-Whittaker Point Road Duplex 2BR/2BA home with garage located in the village. Walking/biking distance to waterfront, restaurants and shopping. Available mid-September
\$900/mo + Utilities

Merritt-Gibbtown Road 3BR/2BA expansive triple wide sitting on an acre of land. Nestled between Oriental and Grantsboro, convenient to shopping. Gorgeous kitchen with spacious breakfast nook. Master bedroom suite with his and her closets.
\$900/mo + Utilities

Oriental-Windward Drive Marvelous furnished 2BR/2 and a half BA home on a Whittaker Creek tributary. Open floor plan through kitchen breakfast nook and Livingroom. Formal dining room. Screened in porch overlooking the water. Boat dock. Plenty of room under the house for cars and storage.
\$1500 + Utilities

Oriental-Skipper Circle 4BR/3BA furnished home located in the heart of Oriental. Generous windows and skylights allowing ambient light to convey a bright warm feeling. In addition to the 4 bedrooms there is a studio, home office and 2 car garage/workshop.
\$1500/mo + Utilities

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Excellent Commercial property. This Landmark business location has been used for canvas, sail and custom art for over 26 years in Oriental only a couple hundred feet from the Oriental Bridge on Broad street in Oriental. Beautiful cedar-clad building that is handicap accessible with off-street parking. Built high above the ground so flooding is not a problem. Gorgeous pinewood flooring throughout! Beautifully landscaped w/ flowering crape myrtles & fig bushes. Sewer & water. Like-new HVAC system. Walking distance to marina/shops. 1050 sq. ft w/1BA
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2011 Nissan Altima 2.5 S. \$6,774

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2005 Merz CL 500 \$4,500

2010 Mitsubishi Galant \$3,600

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Oriental Woman's Club Fall Fashion Show

By Marsha's Cottage

**Sunday, September 15, 2019
4-6:30 pm**

Oriental Woman's Club
1007 Gilgo Rd., Oriental, NC

\$10

Wine, Punch & Hors d'oeuvres



Tickets available at
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OWC has partnered with Marsha's Cottage to bring you the season's latest Fall Fashions modeled by some of our very own members. Come join in the fun and maybe do a little shopping.



Feel the pulse of Italy's vibrant culture.

The people, the food, the way of life—experience what Italy is all about as you make your way from one city to the next.

May 30, – June 7, 2020

Jim White, editor of the Pamlico News, is taking a group to Italy May 30 through June 7, 2020. Those who wish to go need to go to the web site and sign up as soon as possible due to possible cost increase and to take advantage of special offers.. Several have asked about the itinerary for the trip. Below, you will find the itinerary for the trip to Italy. We have attached an extension to the Sorrento peninsula and the city of Pompeii. This is an extra to the main trip and you will need to pay extra for this extension which is only a little over \$479 for this two day trip. Total cost of the trip, including trip to Pompeii and air fare is \$4254.

Itinerary for Trip to Italy

Overnight flight to Venice

Day 2. Arrive in Venice, Transfer to hotel, get settled in, meet others in group.

Day 3. Sightseeing of Venice

Day 4. Transfer to Florence and sightseeing tour

Day 5. Free day in Florence

Day 6. Transfer to Rome and Sightseeing tour

Day 7. Free Day in Rome

Day 8. Free Day in Rome

Day 9. Departure for home

Day 9. Sorrento Peninsula via Pompeii

Day 10. Free day on the Sorrento Peninsula

Day 11. Departure

For more information call the travel expert today

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Bennett's Landing Condo, Unit #6B

\$1500/month

2 bed/2.5 bath Pets Negotiable. Elegant River Front Condo with reversed floor plan, stainless steel appliances, spacious master suite, hardwood floors and 2 covered porches. The living room contains a fireplace with wide open views of the water. Community Pier Access to Neuse River. Open dual level porches overlooking the Neuse River. Vaulted ceilings, gas log fireplace, Gourmet kitchen with Jenn Air Appliance Package. No flood or hurricane damage



Bennett's Landing Townhome, Unit #2A

\$1500/month

Water View of Neuse River, Dual Level Porches, 3 Bed / 2.5 Baths Townhome overlooking the Neuse River. 1st floor consists of a two car garage and laundry closet. The bedrooms are on the 2nd floor with the 2 secondary bedrooms sharing a jack and jill bath. The Master bedroom opens up to a covered deck and . The open concept Kitchen, Living and Dining are on the 3rd floor as well as a half bath and office space. 2 car garage, hardwoods throughout main living areas, Stainless steel appliances, gas log fireplace, recessed lighting, community pier with access to Neuse River.



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