



Pamlico County
Veteran's Day Luncheon

See page A5

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The Pamlico News

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Minnesott Golf & Country Club 50th Anniversary



Cheryl Thompson



George Lupton one of the first members.

This past weekend the members, friends and guests of Minnesott Golf and Country Club celebrated the 50th Anniversary of the Club. The weekend's events started Friday afternoon with a nine-hole Twilight Golf event followed by dinner. Dinner was accompanied by music provided by Ken Belangia. Saturday morning over forty golfers participated in a tournament to commemorate the opening of the golf course back in 1969. The eighteen-hole layout is the only golf course in Pamlico County accessible to the public.

Saturday evening the Club hosted a dinner and dance with the music provided by Jill Williamson and the Soundwaves. In brief remarks Club President Ed Kujat talked about the history of the club and how the volunteerism of the membership has been the key ingredient that has allowed the Club to continue to operate while so many others have had to close in recent years. Following his remarks Ed opened the floor to members in attendance to recount many hilarious stories of past events that occurred on the golf course and in and around the pool. Those included stories about amazing golf shots, some not so amazing golf shots, snakes in coat pockets and skinny dippers in the club pool. The stories might have gone on all night if not for the anxious dancers.

Evening events were culminated by a brief fireworks display over one of the club's ponds.

Minnesott Golf and Country Club is located on County Club Road just off Route 306 in Minnesott Beach. In addition to the year-round golf course, the club facilities include an outdoor pool, boat ramp with access to the Neuse River, fishing ponds and clubhouse with ballroom and grill. The Club has various levels of golf, social and pool memberships. Anyone interested in membership can have their questions answered by calling the Club at 252-249-0813 ext.3.

Pamlico Makes History at State Semi-finals.

By: Parker Watson



Group Photo After 5th Round playoffs. Photo By Kim Potter

The Pamlico county volleyball team's historic season was brought to a dramatic end in its game against Falls Lake Academy last week. After the state semifinal game, the team was named the regional runner-up for the first time in Pamlico county volleyball history.

The team was successful throughout the season earning an overall record of 20-5 and went undefeated in all 12 conference games. Pamlico proved it had both the determination to win games that went to five sets and the skill to take a team out quickly, throughout its many matches.

Unfortunately, the match last Tuesday was too much for the 'Canes to handle, and the team ended its impressive streak after losing the fifth set of the game, 15-13. However, this does not prevent the team's two coaches from being proud of all of their players.

Volleyball Coach April Rose has trained many of her players since before high school, including the six senior players on the varsity team. Their success is something for which she is proud. "I knew in middle school they would be special, and they

proved me right," said Coach Rose.

One of the team's varsity players is senior Annie Anderson. Annie has played a crucial role on the team since her first year as a freshman. "Making it to the fifth round meant a lot to me because my freshman year we finished just short after a loss to Louisburg in the fourth round," said Anderson.

Each senior helped their team to succeed throughout the season and helped to bring the team so close to the state finals. There were six seniors on this year's team: Annie Anderson, Margaret Audilet, Katie Bennett, Holley Brooks, Jakiya Jones, and Jazmin Cervantes.

"To share the title of first-ever regional runners-up, and to have made history with this group of girls, has made for an unforgettable senior season," said Anderson.

Both of the team's coaches, John Ashley and April Rose, are proud of the team, and the history that they have made with it. These two coaches will continue next season knowing that their players have what it takes to make history.

Lewis Forrest's talk at Hyde Co. Historical Society meeting draws 90 people



The Hyde County Historical & Genealogical Society's fall meeting, held at the Mt. Olive Church of Christ in Ponzer, was attended by 90 people who came to hear Dr. Lewis Forrest, Executive Dir. of the Mattamuskeet Foundation, speak about the schooner Star, a Beaufort County trading vessel built in Hyde County in 1842. Captain David Gaskell ran the Union blockade in the Pamlico Sound on returning from the West Indies in 1862 and the schooner was later burned to the waterline and allowed to sink in the Pungo River. The Mattamuskeet Foundation sponsored underwater archaeological investigations in 2001, 2002 and 2003 to confirm the oral history and document remains. Following the 2003 dive, an ECU graduate student, Travis Snyder, wrote his master's thesis on the Star, comprehensively documenting her twenty-year history, including a list of owners and masters. A copy of the thesis is a part of the historical research materials section at the Mattamuskeet School library.



The fall issue of the Society's journal, High Tides, has an article about the Star as well as an article about Stonewall Jackson and two Hyde County soldiers among other articles. Copies are available at R.S. Spencer, Inc. in Engelhard. For information, please call 252-542-0000 or go to the Society's Facebook page www.facebook.com/HydeCountyHistoricalAndGenealogicalSociety/ or <http://www.ncgenweb.us/hyde/HYDE.HTM>

The mission of the Society is to preserve and record the history of Hyde County and its people; anyone interested in the history of Hyde County can contact the Society at POB 517, Engelhard, NC 27824.

Pamlico County Veteran's Day Parade

Story & Photos by: Hiram Lupton



A crisp, cool, and patriotic day awaited over 30 groups and organizations marching in the annual Pamlico County Veteran's Day Parade held Saturday. With attendance and entrants down in recent

years for this event, a concentrated effort was made by the County to encourage more participation in this years Parade to honor those who served in the military and there was a noticeable increase this year compared to the last few years. Law enforcement vehicles and fire trucks from several Pamlico community fire stations were there along with the always reliable (and Great sounding) Pamlico County School's Marching Hurricanes. Antique auto owners cruised and bikers from the Bayboro Chapter of the Christian Motorcyclists Association and others revved up and rode on the cool morning to honor our vets. Several local churches, PCC, The Pamlico Library and the Woodmen of the World were also represented. Smokey the Bear was chill in a Forestry Service Truck and The Pamlico Dazzling Dancers showed off some hot moves on a blustery day. The Pamlico County Horseman's Association brought out their finest saddles as well as a manure removal squad and rode to honor those who served. And of course, there were guests of Honor, The Veteran's, some walking and others riding on bus transportation provided by Camp Seafarer or the DAV vehicle, led by members of the Pamlico County High School Navy ROTC color guard. Hopefully this year will be the beginning of a trend, with more and more participants and spectators in future years turning out to honor those who served.



The Bayboro Chapter of The Christian Motorcyclists Association



Pamlico County Schools Marching Hurricanes



The Stonewall Methodist Church, one of several local churches represented

WEEKEND WEATHER

Sat. Nov 16 Rain early...then remaining cloudy with showers in the afternoon. High 48F. Winds NNE at 15 to 25 mph. Chance of rain 70%. Rainfall near a quarter of an inch. Higher wind gusts possible. Sat. Night Considerable cloudiness with occasional rain showers. Low around 45F. Winds NNE at 10 to 20 mph. Chance of rain 50%.

Sun. Nov 17 Showers in the morning, then cloudy in the afternoon. High 57F. Winds N at 10 to 20 mph. Chance of rain 40%. Sun Night Mainly cloudy. Low 44F. Winds N at 5 to 10 mph.



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Bill & Minnie Washington DC



MINNESOTT BEACH – Riverfront **2BR/2BA** condo w/ Neuse River views. New exterior, windows & decks on complex. Newer heat pump & water heater. Storage building, pool, gazebo. Great location next to the ferry. Easy access to New Bern and Oriental. Minutes to Minnesott Golf & Country Club.
OFFERED AT \$ 119,000



ORIENTAL – Oriental West Condos top-floor, end unit facing Smith Creek with open waterfront views. **2BR/2BA** comes w/ deep-water boat slip 50 steps away. Screened covered deck facing Smith Creek. Exquisite kitchen with Crystal self-closing cabinets & drawers, granite counters, top-shelf appliances.
OFFERED AT \$ 215,000



ORIENTAL – Custom **3BR/2BA** in quiet Buccaneer Bay neighborhood, generous yard, cedar ceilings, oak floors, above-ground pool, flowering trees, 2-car garage with FROG and nearby boat slip.
OFFERED AT \$224,000



ARAPAHOE – Pristine **3BR/2BA** home in the heart of Minnesott Beach. Wonderful open air living area. Large 2 car garage. Deck overlooking well-manicured backyard. Convenient to Minnesott Golf & Country Club, the Ferry and New Bern.
OFFERED AT \$225,000



MINNESOTT BEACH – Waterfront **3BR/3.5BA** with dock & boat house on South Lake, built and used as the private residence for Master Builder Stuart Hardy, is one of the finest homes ever built in Pamlico County! Custom-designed study with wood shelves & cabinets, fireplace, chef's kitchen, 2 screened porches, never flooded.
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Pamlico Community College

Recipients Honored, Donors Saluted at PCC Ceremony

By Sandy Wall

The Pamlico Community College Foundation saluted its 2019-20 scholarship recipients and thanked its generous donors for their support during the 11th annual Scholarship Recognition Ceremony held Wednesday, Nov. 6.

About 100 people turned out for the uplifting event, which took place in the college's Delamar Center auditorium.

Because of the generosity of individual donors and organizations, the PCC Foundation was able to award more scholarships this year than ever before. In all, 84 students received scholarships valued at \$52,200.

"What you've done makes our community and our world better," PCC President Dr. Jim Ross said as he addressed donors during his opening remarks. "You have selected a cause that we believe in our hearts will make a great difference in our world."

The president challenged the student recipients to dream big and to do great things with the opportunities they have been provided.

"We want to see you go out and change the world," Ross said.

He saluted the college's faculty, staff, leadership team and supporters, past and present, whose dedication and hard work over the years helped PCC achieve its 2019 ranking by SmartAsset as the No. 2 community college in America. Ross also recognized the members of the Scholarship Selection Committee as well as Janice Cox and Gail Johnson, the surviving spouses of two of his predecessors.

Student Matthew Bailey, who is studying Electrical Systems Technology, thanked donors for their support of scholarships, saying the financial assistance had made it possible for him to attend college without having to work a full-time job also.

"It's been easier for me to go to school full time," he said, adding that scholarships also have helped many of his classmates. "It allows the student body to have a much better chance of succeeding."

Later in the ceremony, Vice President of Student Services Jamie Gibbs read the names of each scholarship recipient who was present and the names of each respective scholarship's donor and/or presenter.

The students who received scholarships this year include:

- Daniels/Holton/Muse Scholarship** — Callie Polaski
- Oriental Rotary Club Scholarship** — Ariel Arnold and Callie Polaski
- Dr. Cleve H. Cox Memorial Scholarship** — Matthew Bailey
- Paul H. Johnson GED Scholarship** — Brian Huertas and Candy McKeown
- State Employees' Credit Union Scholarship** — Chelsea Dietz
- Gussie Siegel Memorial Scholarship** — Madelyn Sparks
- Rufus Brinson Memorial Scholarship** — Madelyn Sparks
- Geraldine Beveridge Memorial Scholarship** — Ariel Arnold and Madelyn Sparks
- Ned Delamar Scholarship** — Jordan Baker and Kyle Zundel
- PCC Foundation General Scholarship** — Clarence Carawan, Natasha Coleman, Amanda Manning, Candy McKeown and Kimberly Williams
- PCC Foundation Student Ambassador Scholarship** — Matthew Bailey and Brian Huertas
- Mt. Vernon Lodge #359 Masonic Scholarship Honoring Brother Douglas Taylor** — Vanessa Gaskins
- Wells Fargo Scholarship** — Lashonda Harris
- Thomas E. Minges Memorial/Pepsi Scholarship** — Noelle Baker and Amanda Manning
- PHJ Next Step Voucher** — Danny Bell, Brian Huertas, Thomas J. Jones and Bobby Woolard
- Golden LEAF Foundation Curriculum Scholarships** — Brittany Armstrong, Ariel Arnold, Morghann Bennett, Cierra Brown, Tontrisa Brown, Chelsea Dietz, Verity Christenson, Ginger Flowers, Anita Foster, Alyssa Godwin, Katelyn Griffin, Mikaila Heck, David Huff, Danyelle Johnson, Tiarra Jones-Nickeson, Stephanie Knowles, Teresa Kreman, Shamillia Leary, Shatoria Leary, Aubrey Lewis, Jade McDaniels, Candy McKeown, Callie Polaski, Patrice Prichard, Stacy Rowe, Atiyah Sanders and Wendy Schultz
- Golden LEAF Foundation Continuing Education Scholarships** — Lauren Adams, Misol Alfonso, Shameckia Carter, Tamara



Pamlico Community College student Callie Polaski, right, accepts the Oriental Rotary Club Scholarship from club member Dr. Larry Gracie. Polaski, who is studying Medical Office Administration, received two other scholarships at the event. *Contributed photo*

Cintron, Summer Dail, Daja Edwards, Josefina Gomez, Cherita Green, Larry Henderson, Angelynn Hinnant, Wendy Honeycutt, Danyelle Johnson, Megan Jones, Misty Jones, Lillie Larkins, Passion London, Jessica Miller, Brandon Shackelford, Theresa Spivey, Connie Ward and Bari Wiley

PCC Foundation Continuing Education Scholarships — Lauren Adams, Zaynab Al-Amin, Cala Campen, Shameckia Carter, Tamara Cintron, Elizabeth Cuthrell, Summer Dail, Josefina Gomez, Spenser Goode, Cherita Green, Tanika Hamilton, Marcie Hawkins, Larry Henderson, Angelynn Hinnant, Megan Jones, Misty Jones, Lillie Larkins, Passion London, Jessica Miller, Ratreveyia Mustipher, Jasmine Selby, Brandon Shackelford, Theresa Spivey, Connie Ward and Bari Wiley

Continuing Education, State Employees' Credit Union — Cala Campen, LeAnn Cline, Elizabeth Cuthrell, Yushika Gordon, Destiny Ham, Destiny Poole, Mayra Ramirez, Catherine Sanders, Derrick Sanders, Alissa Sarda, Silverette Swindell, Shyanne Toler, Jordane Tomczak, Linda Tomczak, Janice Tyler and Karen Vargas-Jovel

A reception sponsored by Gary's Down East Seafood Restaurant followed the event.

For more information about the PCC Foundation and its efforts to fund student scholarships, please contact Executive Director Michelle Noever at 252-249-1851, ext. 3084, or mnoever@pamlicocc.edu.

Enrollment for the Spring 2020 is underway. For more information, call 252-249-1851, ext. 3001.

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

Honour, The Musical Tickets Now Available

World Premiere January 23-February 2

NEW BERN, NC, The New Bern Historical Society is thrilled to present Honour, The Musical, an original telling of the Stanly-Spaight duel written by Bill Hand with music by Simon Spalding. This historic tale will be brought to life as the full-length musical sweeps you from the signing of the Constitution to the dispute that would lead these bitter rivals to a fight to the death on the field of honor. Tickets are now ready in time for holiday gift giving. They are available on line at www.HonourTheMusical.com or by phone at 252-638-8558 or in person at the New Bern Historical Society office at 511 Broad Street.

Honour, The Musical will be presented January 23- February 2 at the Orringer Hall on the Craven Community College New Bern Campus.

It's North Carolina's most notorious affair of honor - the Stanly-Spaight Duel. A young legislator goes an older statesman in a heated political contest. The older man insults the younger. All in public. In newspaper. Add the story of Sarah Rice, favored slave of the Spaights, who had a son by John Stanly. Combine it with the knowledge and wit of writer Bill Hand and the music of Simon Spalding and you have Honour, The Musical.

This exciting event comes together with a whole team of New Bern elements. Presented by New Bern Historical Society with Title Sponsor CarolinaEast Health System, Educational Sponsor, Craven Community College, Media Title Sponsor, the New Bern Sun Journal, Gold Sponsor, Public Radio East, and many others. Historical Society Executive Director Mickey Miller is thrilled by the response: "We are so proud of the community leaders who immediately stepped up to support this hometown story told and performed by hometown talent."

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



Per Erichson as Richard Dobbs Spaight and John Stilley as John Stanly

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EDITORIALS

To Impeach or Not?



Jim White

It seems that the number one topic of conversation today is whether or not to impeach the President. I dealt with this to a degree several weeks ago but feel that it is necessary to go into it again. As I said then, "According to the United States Constitution, impeachment of a President can only be for "high crimes and misdemeanors." Impeachment is the process by which a legislative body levels charges against a government official. Impeachment does not in itself remove the official from office; it is the equivalent to an indictment in criminal law, and thus is only the statement of charges against the official. Once an individual is impeached, they must then face the possibility of conviction on the charges by a legislative vote, which is separate from the impeachment, but flows from it. A judgment which convicts the official on the articles of impeachment would entail the official's removal from office. Once a President or any other government member has been impeached by the House of Representatives, or charged with high crimes, then he must face a public trial by the United States Senate with the Chief Justice of the United States presiding over the trial."

In determining whether or not President Trump should be impeached one must take in consideration what he did or supposed to have done and then consider whether or not it would be considered a "High crime or misdemeanor" and thus an impeachable offense. What is it specifically that Trump is being tried for? First of all, he is being tried for getting elected President in 2016. Many Democrats have never accepted the fact that Trump won the election. They see impeachment as a way to overturn the election and get rid of Trump and thus voiding the election where the people chose Trump as their president. This is a political issue and not an impeachable issue. The way to deal with this is to wait until 2020 and the Presidential election then and elect someone else. Get rid of Trump the political way that people got rid of Carter, Ford, and Bush. The people did not like them or their politics and thus failed to reelect them. That is the responsible way to get rid of Trump, let the public decide on if he is qualified to be president or not.

The second reason for the impeachment is that the majority of Democrats don't like Trump. In fact, they absolutely hate him. Again, like above this is not an impeachable offense. Again, if they don't like the President, don't vote for him in 2020 and

elect someone they do like.

The third reason for impeachment is that the President has supposedly held back money for weapons or foreign aid to Ukraine if the government there doesn't do something in return. It really doesn't matter what it is that Trump wanted done in return, the effect is the same. Quid Pro Quo or blackmail, either one is not a good thing and yet, don't we have the right compared to request things in return for our money? I think the problem with all our foreign aid is we are giving away all this money and getting nothing in return. Asking a favor is nothing to what I would ask in return for millions of dollars, excuse me, billions of dollars. All we get in return for our foreign aid is demonstrations and lack of support in the UN. By the way, yes we should pull out of the UN as well. It might not be liked, and you might consider Trump a bully for doing this, but again, it is not an impeachable offense.

The fourth reason for impeachment is obstruction of justice. I'm not sure that fits since he has not been charged with any crimes yet. In addition, the executive branch has certain rights and privileges to protect them, I'm not sure this will hold water either. Bill Clinton lied to a grand jury which is much worse than holding information back and the Democrats did not see that as an impeachable offense. So, I am under the impression that holding back information is not high crimes and misdemeanors for Trump either. OR do the rules apply differently for Republicans than Democrats?

Finally, the Democrats have tried to impeach the President since the very day he was inaugurated as president in 2017? He hasn't had time to work on all his programs because of the impeachment and the Democrats wanting to say no to all his programs. The Democrats need to get off the impeachment band wagon and begin working with the Republicans and get to the business of the people in Congress. There is way too much to do in Congress for them to be spending all their times dealing with issues that are not truly impeachable.

The attempt to impeach President Nixon had true bipartisan support in both houses of congress. The house was set to impeach President Nixon with nearly universal support and it was pretty well determined that the Senate would find Nixon guilty of high crimes and remove him from office. The only thing is that Nixon took the gentleman's way out and resigned, saving the nation of a strong divisive process of the trial.

The Democrats do not have a bipartisan support for the impeachment of President

Trump. This is totally divisive of the people and has the potential of tearing the nation apart. In order for the impeachment to be successful, they have to have a true bipartisan support of the process. When it goes to the Senate for trial, it is going to turn out to be a Kangaroo court. Then when the vote comes to find Trump guilty or not, they have to have a two-thirds vote and there is no way that there will be two-thirds to vote guilty. The Democrats are all going to vote guilty and all the Republicans are going to vote not guilty. This is a presumption like when Clinton was impeached. When Clinton was impeached, he hadn't done anything that would be considered high crimes and misdemeanors any more than Trump has. In fact, going back even further, President Johnson in 1867 hadn't done anything to be impeached for either.

Knowing all this, the members of the House would be better off in issuing a Resolution of Censure to the President and let it go at that. When Andrew Jackson was president, the Congress wanted to impeach him for his actions in regard to closing the federal banks. But he was near the end of his second administration so they issued him a resolution of censure. He is the only President to be so censured. That would be appropriate and end the discussion. Then the president would run for reelection and the people would make the final decision as to whether or not President Trump should be President or not.

What will be the end result of this impeachment and trial of the President? First of all, President Trump will not be removed from the office and will go on to win reelection. His support is even stronger than in 2016 and he will pick up more of the undecided voters. They will see the impeachment process as an attempt to over throw the government and overturn the election by the people. Vice-President Biden will be the big loser in the process. A lot of light will be pointed to him on his and his son's business dealings in the Ukraine. This will possibly prevent Biden from getting the Democratic nomination for President in 2020. So I see him as the big loser. The second big loser will be Nancy Pelosi. She will probably lose her position as Speaker of the House of Representatives. Finally, the Democrats as a whole will take a big hit in the 2020 election. The public and the Republicans will take their revenge out on the Democrats in the election and I predict that there will be a massive turn out of voters and that many of those who voted for impeachment will not be returned to Washington.

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.

INTRODUCTORY NC MARINE FISHERIES MANAGEMENT FOR FISHERMEN

This course provides an overview of the process of North Carolina's marine fisheries management. All who work, play, and live along the coast are welcome.

For more information, contact Scott Baker at 910-962-2492 or msbaker@ncsu.edu.

Tuesdays
Nov. 26 through Dec. 10
6:30-8:30 p.m.

Center for Marine Sciences and Technology (2nd floor)
 303 College Circle, Morehead City, NC 28557

Via webinar

Registration costs \$15 and is limited to 60 attendees (20 in-person, 40 via webinar). Register to attend in-person or online at <https://commerce.cashnet.com/NCUSIG?CNAME=COURSES>. Contact Mary Beth Barrow at mbarrow@ncsu.edu if you need assistance. Light snacks will be provided at the Center for Marine Sciences and Technology.

Speakers include Scott Baker and Sara Mirabillo from North Carolina Sea Grant; Steve Murphey, Kathy Rawls, Steve Poland, and Mike Street (retired) from N.C. Division of Marine Fisheries; and others representing commercial, recreational, and scientific perspectives on state management.

DATE	TOPICS
Nov. 26	History of NC Marine Fisheries Management (Past) • The earliest of days...up until the Fisheries Reform Act (FRA) in 1997 • 1997-2017: Successes and failures of the FRA from stakeholder perspectives
Dec. 3	Fisheries Management Today (Present) • Grand overview and applicable state and federal legislation that guides efforts • Saltwater state (DMF) overview
Dec. 10	Fisheries Management Challenges and Opportunities (Future) • Panel of perspectives followed by audience Q&A

Illustrations by John Norton



Marine Fisheries Southern Flounder Amendment

MOREHEAD CITY – The N.C. Division of Marine Fisheries will hold a public scoping period Dec. 4-18 to solicit public comments on potential management strategies for an upcoming amendment to the Southern Flounder Fishery Management Plan.

The primary management strategy for Amendment 3 is long-term sustainable harvest in the southern flounder fishery. The South Atlantic Southern Flounder Stock Assessment update (containing data through 2017) indicated the stock is overfished and overfishing is occurring.

Fisheries stakeholders can provide in-person comments at two scoping meetings that will be held:

- Dec. 9 at 6 p.m.
 N.C. Division of Marine Fisheries
 Central District Office
 5285 Highway 70 West, Morehead City
 Dec. 17 at 6 p.m.
 Dare County Government Complex
 Commissioners Meeting Room
 954 Marshall C. Collins Dr., Manteo

Beginning Dec. 4, comments can also be submitted through the division's website with an online form or by mail. A news release will be issued closer to the scoping period providing details on how the public can participate.

A scoping document outlining the potential management strategies can be found on the Southern Flounder Amendment Information Page.

"Is it hard?" Not if you have the right attitudes. Its having the right attitudes thats hard."

SUDOKU

Fun By The Numbers

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

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

Level: Advanced

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

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

ANSWER

NC COOPERATIVE EXTENSION Pamlico County

Large Patch Disease in Turf

Daniel Simpson, County Extension Director, Agriculture Agent



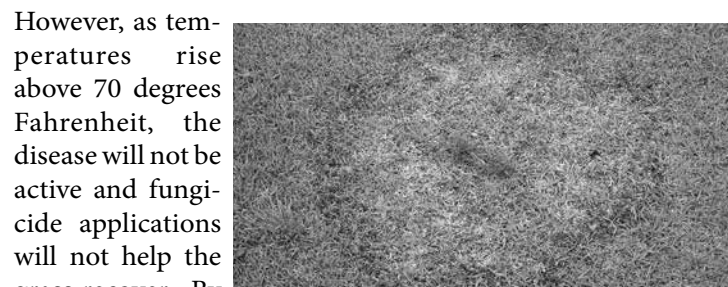
As winter approaches a very common turfgrass disease begins to affect grasses like centipede, zoysia, and St. Augustine. Centipedegrass is the most commonly infected grass type that I see in Pamlico County. As soil temperatures begin to fall below 70 degrees Fahrenheit, the disease pathogen (Rhizoctonia solani) becomes active and symptoms can appear.

Current symptoms may include circular areas in turf that have a reddish leaf color along with dying turf. As our warm season grasses go into dormancy, these spots will be difficult to see as all the individual leaf blades turn straw brown. However, the disease is still active and will progressively enlarge these circular dead areas within your turf. In the spring as the grass breaks dormancy and begins new green growth, you will be left with a very noticeable area of dead turf.

Large patch disease is favored by cool temperatures and wet conditions. Areas in your yard that are prone to hold or channel water will usually be infected first. However, the disease can occur almost anywhere when conditions are favorable. You can make the disease worse by over fertilizing with nitrogen and with early or late season nitrogen applications in spring and fall. In general, nitrogen should not be applied to warm-season grasses within 6 weeks before dormancy in the fall or within 3 weeks after green-up begins in the spring.

A well timed fungicide application in the fall before the disease becomes active can provide very good control. Timing of these applications should coincide with soil temperature. Apply a fungicide labeled for Large Patch disease in your particular turf. Common turf fungicides such as Bayer, Fertilome, Spectracide, and Scotts, have active ingredients (propiconazole, myclobutanil, azoxystrobin) that should provide adequate control. Refer to the label for specific directions on rate and turf type. For more information on available control options, visit the N.C. State Extension Turffiles Website at <https://www.turffiles.ncsu.edu/diseases-in-turf/large-patch-in-turf/>.

If you see evidence of the disease in the spring as your grass greens-up, then applying a fungicide may help reduce the spread.



However, as temperatures rise above 70 degrees Fahrenheit, the disease will not be active and fungicide applications will not help the grass recover. By mapping these areas in the spring, you can provide a targeted fungicide application in the fall to help limit recurrence.

Dead areas in the grass can be encouraged to fill back in by the rhizomes and stolons (runners) of warm season grasses. Limit weed competition and provide adequate sunlight and water to encourage regrowth. Do not apply a preemergence weed control product in these areas, as many of our preemergence products inhibit root growth. New runners trying to grow back into these areas will have a difficult time rooting through these herbicide applications.

Most grasses can fill back into these areas during one growing season. Wide spread applications of fungicides are generally not needed and can be quite costly. Just be familiar with the symptoms of this disease and keep an eye out for progression.

If you have questions of about this disease or other turf related issues, please feel free to contact me Daniel Simpson at 252-745-41 or Daniel_simpson@ncsu.edu.

SPORTS

Pamlico XC Breaks Records at State Championship

By: Parker Watson

An exciting race in Kernersville ended the cross country season in success for many of Pamlico County's athletes at this year's state championship. The men's team, one of the strongest teams in Pamlico's recent history, put forth the effort to place 5th in the state, higher than any other team in the school's history.

Pamlico has seen some of the fastest times in recent history out of their runners this year, and the team hoped to perform well at the state competition. Their hopes came true, as they placed 5th, after being seeded in 9th before the championship. The team surpassed several traditionally strong schools, including Lejeune High School, which defeated the Hurricanes in the regional championship only a week before.

"Our men's team finished higher than any in the program's history. It feels great, but mostly because it validates the hundreds of miles these kids have put in since the summer," said cross country coach Paul Delamar.

No team from the Eastern region has placed higher than 5th since 2004. The success of the team would not have been possible without the contributions of the team's four seniors: Shawn Huffman, Daniel Beltran, Zayne Perkins, and Parker Watson. The women's team's appearance at the State Championship was only possible due to seniors Cameron Lee and Macy Tyson.

Besides the successes at the State Championship, the men's team has had another successful season, and went undefeated in Conference for the third



year in a row and was the regional runner-up for the fourth year in a row. The women's team placed 3rd in their region and competed at states for the first time in six years.

"This team came to work every day. They all understood that the only way to

success in this sport is through diligence and hard work," said Coach Paul Delamar. Although both the men's and women's teams are losing many seniors, both look to their remaining members on the remarkably talented make more history in the 2020 season.

Pamlico County Veteran's Day Luncheon

Story & Photos by: Hiram Lupton

Pamlico County honored its men and women who served in the armed forces with a luncheon on Saturday at Fred A. Anderson Elementary School's cafeteria. The event welcomed nearly 100 Veterans, their spouses and caregivers as well as a few local and state government officials. After opening remarks by Larry Summers, of Post 93 of the Disabled American Veterans, the colors were posted and the Pamlico Community Brass Ensemble played the Star Spangled Banner which was followed by The Pledge of Allegiance. There was a Blessing of the food by David Burley, Pastor of Mount Olive Missionary Baptist Church in Mesic after which attendees enjoyed a delicious meal catered by Brantley's Village Restaurant of Oriental. A Remembrance Ceremony was presented by Mrs. Mavis Harper where she explained the POW/MIA table setting and the significance of each item on the table set for one. Presentations by Gail Vergato, Pamlico County Veterans Service Officer and Lynn Lewis, Pamlico County Register of Deeds followed. Veterans in attendance from the major wars and conflicts fought by the United States were recognized, the oldest present being Mr. Bill Smith, a 91-year-old World War II Veteran. Mr. Summers then introduced the special guest speaker for the luncheon, Retired United States Air Force Major William H. Rouse, III. Major Rouse shared some of his experiences, from growing up in Pamlico County, being a member of the last all black graduating class of Pamlico Central School, attending North Carolina A & T, and of course his time in the U. S. Air Force as a crewman on B-52 Bombers during the Vietnam War. He stated that he was proud to have been in the military and that while in service his biggest concern was to not let down his crew, the people back home and especially his Country. He also talked about his wife, also a Pamlico County native, whom he met in while in High School and who had stuck with him through all his time in the military including several moves back and forth from coast to coast around the country. After door prize drawings and closing remarks, the Colors were retired.



Beth Bucksot, Pamlico County Economic Development, N. C. State Representative Bobby Hanig, and Larry Summers



Guest Speaker, Retired U. S. Air Force Major William H. Rouse III

Oriental Woman's Club Garden Club Yard of the Month



Fall has finally arrived and our November winner of the Oriental Woman's Club Garden Club Yard of the Month is the perfect example of Fall's glorious show of color. Cheryl Thompson's home at 209 Neuse Street includes Bronze and Orange Mums, display will put a smile on your face and the perfect welcome of Autumn to our area.

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it's sunday dinner time!

 Join us for the popular Sunday Dinners in November and December

Great for Sunday School Classes, Church Groups, Neighbors and Friends!

Our Fall Sunday Dinners Are:
 November 17, 2019 • December 8, 2019
 Serving from 11:30am to 2:00pm

On the Buffet:
 Prime Rib, Baked Salmon, Shrimp Bisque, Fried Chicken, Clam Chowder, She Crab Soup, Chili, Broccoli, Sweet Carrots, Steamed Rice, Mashed Potatoes, Assorted Desserts, Yeast Rolls, Coffee and Tea
 Menu subject to change each week but sure to delight!

Price:
 \$16.00 per person, ages 13+ years old
 \$8.50 per child, ages 5-12 years old
 Free, 4 years old and under
\$1.00 off with Sunday Bulletin!

Reservations for groups of 8 or more are strongly recommended. *Photo by Paul J. Delamar III*
 For more information or for reservations:
 Call (252)249-1106 ext. 21
 Email missy@donleecenter.org
 315 Camp Don Lee Road, Arapahoe, NC

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Hospice of Pamlico County, Inc
DONATIONS NEEDED
 Do you have gently used clean Spring or Summer clothing you can donate to Hospice of Pamlico County?

 Why not bring your donations by **Saturday, November 16th** and join us for a free BBQ Pork Sandwich, chips and beverage -(while supplies last) and while here, shop at the Thrift Store's half price clothing sale!

Our Thrift Store is open from 10am to 4pm & the Warehouse will be open 9am until 2pm. We will begin serving sandwiches at 11 AM. A thousand **THANKS** for your support! We appreciate you so much and couldn't do it without you!

SEE YOU THERE!

Hospice of Pamlico County, Inc. is a Non-Profit 501 C3 Company located at 602 Main Street in Bayboro, NC (across the street from the Pamlico County High School). **252-745-5033**

 While a donation on this date would be appreciated, it is not necessary to enjoy one of our free sandwiches.

FINANCIAL FOCUS

New at Investing? Follow These Suggestions



Dan M. Roberts

If you're fairly new to investing, you might be wondering what sort of rules you should follow or moves you should make. And while everyone's situation is different, there are indeed guidelines that make sense for all investors. Here are some to consider:

- Learn the basics. The investment world can seem confusing, but the more you know about the basic components, the more confident you'll be when you begin to invest. For starters, you'll want to be familiar with the essential types of investments: stocks, bonds, mutual funds, government securities and so on. And it's also important to know that some investments are designed to provide growth – an increase in the investment's value – while others provide income in the form of dividends or interest payments, and still others may offer growth and income.

- Set your goals. You need to know why you're investing – and that means you must clearly define your goals. Do you want to retire early? When you do retire, what kind of lifestyle would you like to have? Are you planning on helping your children (or grandchildren) pay for college? Once you've established your goals, you can create the appropriate investment strategy for achieving them, taking into account your time horizon and risk tolerance.

- Invest regularly. At first, you may only be able to afford to put in small amounts to your investment accounts, but even so, try to contribute regularly. You'll get into the habit of investing and, later on, when you earn more money, you can ramp up your contributions. If you have a 401(k) or similar plan at work, the

money can come out of your paycheck before you even see it.

- Think long term. As you begin investing, it's important to have the right attitude. Specifically, don't look for the "hot" investments that will make you a "bundle" in a matter of weeks. Investing just doesn't work that way – instead, it's a decades-long process of carefully choosing, managing and adjusting a diversified portfolio that's suitable for your individual needs. And by maintaining a long-term focus, you'll be less susceptible to making ill-advised moves in response to short-term market events.

- Don't get scared off by downturns. If you invest for many years, it's inevitable that you will experience sharp drops in the financial markets. But these declines are actually a normal part of investing. If you overreact to them by selling investments just because their price has dropped, you'll not only be breaking a cardinal rule of investing – to buy low and sell high – but you'll also be disrupting the type of cohesive, continuous investment strategy that's necessary to help you achieve your goals.

- Get some help. You may find it easier to navigate the investment landscape if you get some help from a professional advisor – someone who understands your goals and family situation and who can make appropriate investment recommendations. A financial advisor can also suggest changes to your portfolio in response to changes in your life (new job, child graduating college, etc.) and in your goals, such as a new date for retirement.

When you invest, there aren't many guarantees. But by following these suggestions, you will know, at the very least, that you're taking the steps that can lead to success.

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

Delamar & Delamar, PLLC

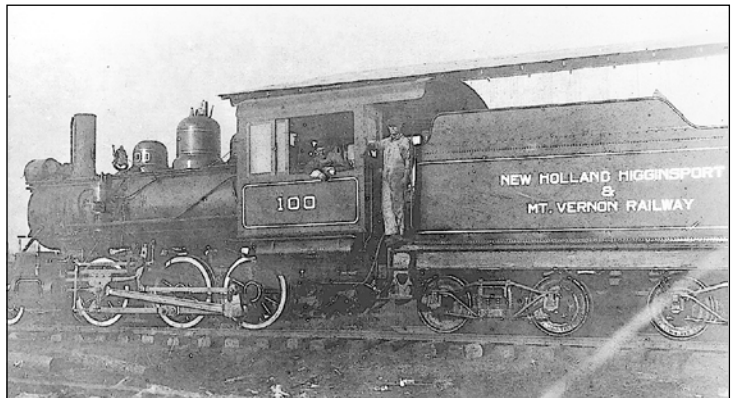
Attorneys at law

Sara Delamar
Residential, Commercial Real Estate
Small business incorporation, set-up
Estate Planning

Paul Delamar, III
Criminal Defense
Traffic Citations
Domestic Law
Estate Administration

408 Main Street • Bayboro
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M-F 8:30am to 5:00pm

Swan Days Festival Educational Presentations



The New Holland, Higginsport, and Mt. Vernon Railway (ca. 1921-1932) was the only public railroad to ever serve Hyde County, N.C.

LAKE MATTAMUSKEET, N.C.--According to Dr. Lewis Forrest, executive director of the Mattamuskeet Foundation, the 2019 Swan Days Festival in Hyde County will feature five educational presentations in the multipurpose room of Mattamuskeet School on Saturday, December 7, between 10:00am and 3:00pm. Forrest described each of these programs as free and suitable for all ages.

Dr. Forrest will speak on the history of the New Holland, Higginsport, and Mt. Vernon Railway. Morgan Harris, retired teacher, coach, and superintendent, will speak on the history of Hyde County. Chip Gentry, Hawk Manor Falconry of Raleigh, will speak on the history and physiology of falconry. Dr. Randall Ethridge of East Carolina University and Michael Flynn of the Coastal Federation will jointly present a program on the research efforts at Lake Mattamuskeet to reverse the declining water quality. Bob Glennon, biologist at Virginia Tech, will address the wildlife habitat on Mattamuskeet National Wildlife Refuge in a presentation entitled "Habitat: where they."

For more information about the festival, vendors, and other educational programs, follow the Swan Days Facebook page, or visit <www.swandays.com>. Forrest can be reached at 252-341-7882 or <mail@mattamuskeet.org>.



"If you stand in the meat section at the grocery store long enough, you start to get mad at turkeys. There's turkey ham, turkey bologna, turkey pastrami. Someone needs to tell the turkey, 'Man, just be yourself.'"

Pamlico County Library Insider –November Events

Nov. 14th - Beach Books 9:30am
Nov. 15th - Preschool Storytime 10am; YA Gaming 3pm
Nov. 18th - Bridge Club 1pm; Inspiring Inventions 3:30pm; Girl Scouts 6pm
Nov. 19th - Knitting 1pm; Basket Weaving 5:30pm; Genealogy 5pm; Annual Friends Meeting 5:30pm
Nov. 20th - ESL Class 6 pm
Nov. 22nd - Preschool Storytime 10am; Book to Film 6:15pm
Nov. 23rd - Christmas Tree Auction 3pm
Nov. 25th - Bridge Club 1pm; Book Worm 1pm
Nov. 26th - Knitting 1pm; Basket Weaving 5:30 pm
Nov. 27th - Closing at 6pm
Nov. 28th - CLOSED
Nov. 29th - CLOSED
Nov. 30th -

Open regular hours (10-2) The Halloween Fall Festival was a huge success with over 160 attending. Last year we had to have an indoor Trunk or Treat but this year the weather was nice enough for us to be outside. After coloring, crafting a hanging ghost, and completing a Scavenger Hunt the costumed Trick or Treaters made rounds outside in the the library parking lot gathering plenty of candy and fun goodies. Thank you to the Friends of the Library for donating a generous amount of candy, your support is greatly appreciated.

Monday, Nov. 25
Calling Local Crafters and Artisans to participate in the next Pamlico Library Christmas Market!

From Monday, December 2nd to Friday, December 20th Pamlico Library will feature local crafters and artisans. Displays will be on book shelving located in the Quiet Room. Items must be packaged and priced for sale. Setup begins on Monday, November 25th during operating library hours.
Food For Fines

Sunday, Nov. 17th through Saturday, Nov. 23rd
Bring boxed or canned non-perishable food items to any Craven-Pamlico-Carteret Regional Library to pay off your overdue fines and help out your local community. Each single food item will count as \$1 off existing overdue fines. You are also welcome to donate items to help towards patrons fines.

Please be aware:
* No expired items
* No damaged items
* No glass, plastic, or cardboard drink containers
* No open packages
* No non-nutritious items such as candy, chips, etc.
* Ramen noodles (and other multi-pack items) will be accepted at a value of 4 packages = \$1

Fines charged for Interlibrary Loans, damaged or lost materials are not included in this event. For any additional information, please call 252-745-3515.

Christmas Tree Auction Saturday Nov. 23 @ 3 pm
Storybook Christmas Tree auction. Come in and bid on pre-decorated Christmas Trees. Winners are responsible for picking up and transportation of their Christmas tree.
Family Movie - Aladdin
Friday, Nov. 8 @ 6:15pm

Aladdin stumbles upon a magic oil lamp while visiting the exotic palace. He unleashes a powerful genie and they start to become friends. Their new friendship is put to a test when they learn that they must embark on a mission to stop the evil sorcerer Jafar.
Beach Book Club
A Woman of No Importance
By: Sonia Purnell
Thursday, Nov. 14 @ 9:30am

In 1942, the Gestapo sent out an urgent transmission: "She is the most dangerous of all Allied spies. We must find and destroy her." The target in their sights was Virginia Hall, a Baltimore socialite who talked her way into Special Operations. She became the first Allied woman deployed behind enemy lines. Virginia established vast spy networks throughout France even as her face covered wanted posters and a bounty was placed on her head. Wanting to save as

many lives as possible she led a victorious guerrilla campaign, liberating swathes of France from the Nazis after D-Day.
Book to Film - The Art of Racing In The Rain
Friday, Nov. 22 @ 6:15pm
A witty and philosophical golden retriever named Enzo has gained a wealth of knowledge through his bond with his owner, Denny Swift, an aspiring Formula One race car driver. Enzo loves to watch car racing, on television with Denny. Enzo witnesses family stress, conflict, and tragedy, and understands that the techniques needed on the race-track can also be used to successfully navigate the journey of life. Based on the book The Art of Racing In The Rain by Garth Stein.

Bookworm Club - The Silent Patient
By: Alex Michaelides
Monday, Nov. 25 @ 1pm
Alicia Berenson's life is seemingly perfect. A famous painter married to an in-demand fashion photographer. One evening her husband Gabriel returns home late and Alicia shoots him in the face, and then never speaks another word. Alicia's refusal to talk turns a domestic tragedy into something far grander. The price of her art skyrocketed, and she is hidden away from the tabloids and spotlight at the Grove, a secure forensic unit in North London.

Spencer Rogers Receives ASBPA President's Award

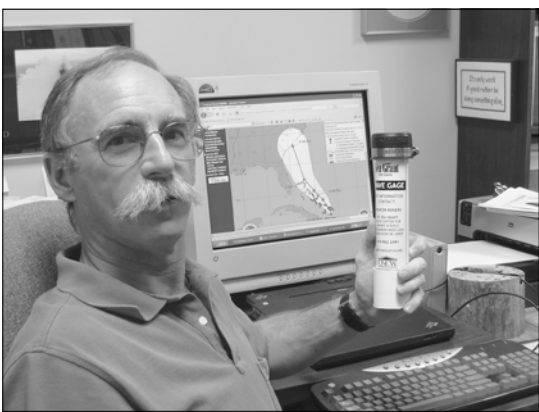
November, 2019 | Katelyn Vause

Spencer Rogers, North Carolina Sea Grant's coastal construction and erosion specialist, is the recipient of the 2019 American Shore and Beach Preservation Association (ASBPA) President's Award. The award is given to an individual the president selects for their contribution to the protection and restoration of beaches and shorelines.

"For all of my career in beach management, which spans over 40 years, I have known, worked with and respected Spencer Rogers," said Tony Pratt, ASBPA president, in the association's newsletter. "Spencer, based in North Carolina, has always been a reasoned, well thought-out coastal practitioner who observes well, researchers thoroughly and speaks knowingly to a very broad reach of communities, agencies and individuals."

Throughout his career, Rogers has helped property owners, builders, designers, and governmental agencies to develop hurricane-resistant construction methods, understand shoreline erosion alternatives, and implement marine construction techniques. He serves on a panel of science experts who advise the N.C. Coastal Resource Commission. He also is co-vice chair of the Coastal Resources Advisory Council.

Rogers also is recognized from the Carolina coast to Australia as an expert on rip current science and outreach. He is a founding member and Sea Grant network representative on a task force on rip current safety that includes partners from the National Oceanic and Atmospheric Administration and the U.S. Lifesaving Association.



Spencer Rogers with a wave gauge used to collect data for hurricane modeling.

He says he's honored to receive the award for his work at North Carolina's coast, terrain he always has appreciated.

"We've got a little of everything," he recently explained on American Shoreline Podcast. "We've got gorgeous beaches from 300 miles of oceanfront, and we've got 14,000 miles of estuarine shorelines, a lot of which is pristine. Over half of the oceanfront of the state is in public ownership in parks and national seashores, so there's a lot of public access and undeveloped land. We've got some densely populated areas, but we don't have the [more crowded] Miami or Myrtle Beaches. We're more along the lines of family beaches and good small-scale summer resorts."

North Carolina Sea Grant's Community Collaborative Research Grant program is accepting proposals now through Jan. 20, 2020. Funding is open for projects across the state.

Swan Days Festival

on Dec. 7, 2019
Mattamuskeet
National Wildlife Refuge &
Mattamuskeet School in Hyde County

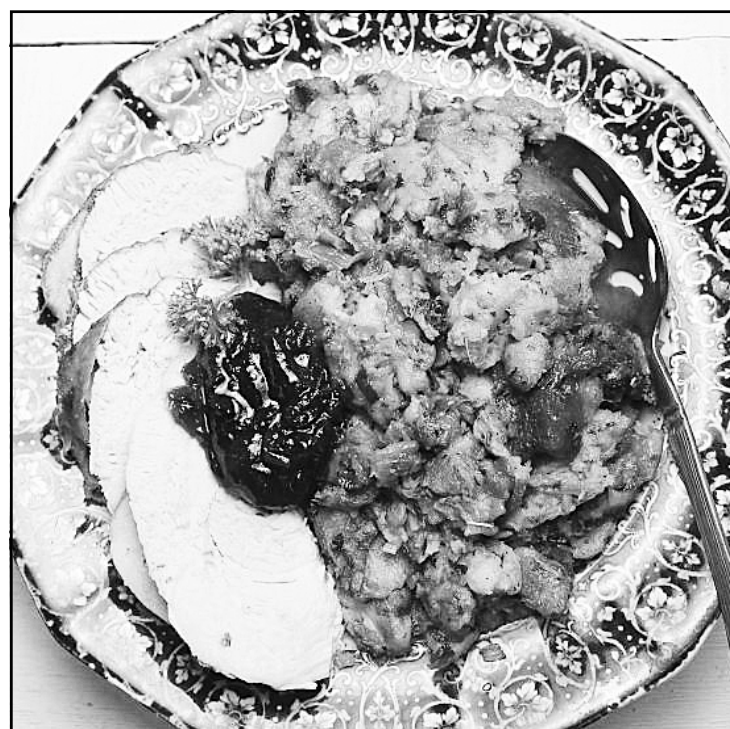
Caravan Bird Viewing Tour
Educational Presentations & Exhibits
Raptor Presentation & Demonstrations
Photo and Decoy Carving Workshops
Arts, Crafts, and Food Vendors

Swan Days

Follow us on Swan Days Facebook &
www.swandays.com
or call 252-341-7882

Kitchen Chatter

by Nancy Winfrey



Traditional Bread Stuffing. Also known as Savoury Bread Stuffing, this old fashioned bread stuffing is straight up traditional. That means it's savory stuffing and contains no sweet stuff like apples. Nor is there any sausage or nuts in it. It's simple and it's pure. Easy Turkey Stuffing. The great thing about this stuffing is that it's sooo easy!

Old-Fashioned Bread Dressing

- 1 loaf (or more) white day-old bread
- Turkey stock
- Celery, finely chopped, to taste
- Onions, finely chopped, to taste
- Butter or margarine (to sauté vegetables)
- 1 stick butter or margarine, melted
- Sage to taste
- Pepper and salt to taste
- Canned chicken broth, if more is needed

Put enough butter or margarine in a skillet to sauté the onions and celery until crisp-tender. In a large mixing bowl, tear the bread into pieces, using the edges, too. Add the sautéed onions and celery and toss to blend. Pour in turkey stock until dressing has consistency of a loose cake batter. (I usually mix stock from turkey with the canned chicken broth so I'll be sure to have enough turkey stock for gravy.) Add the melted butter or margarine to the dressing and blend well. Season with sage, salt and pepper and place in large baking dish or two small baking dishes. Bake in 350 degree oven until dressing begins to turn a light golden brown and is crisp around the edges. As the dressing bakes, you may need to pour a little more stock or broth over the top if it seems to be drying out.

NOTE: This dressing is not the firm type that you can cut into squares. The consistency of the dressing should be so moist with stock that it requires a serving spoon. If desired, chopped fresh oysters may be added to the scrumptious dressing before baking.

Oyster Dressing

- 3 cups soft breadcrumbs
- 1/8 teaspoon pepper
- 1 teaspoon salt
- 1/4 to 1/2 cup finely chopped celery
- Fresh chopped parsley, to taste
- 1/2 cup finely chopped onions
- 1 cup oysters (about)
- 1/2 cup liquor from oysters (adding water, if necessary, to make 1/2 cup)
- 1/2 cup butter, plus 1 tablespoon, melted
- Turkey stock or canned chicken broth (or a combination of the two)



In a small skillet, heat the 1 tablespoon butter and sauté the celery and onions until tender but not browned. In a large bowl, combine all ingredients, including the onions and celery and toss to blend. Add enough turkey stock or canned chicken broth to achieve a very, very moist mixture. Place in a well greased baking dish and bake in 250 degree oven until golden brown. If you're having a crowd around your holiday table, double recipe.

AROUND THE COUNTY

Goose Creek Island Annette Jones, 55 Plus Club Correspondent



Goose Creek Island 55 Plus Club met Thursday at the Community Center with Vice Pres. Ila Dowdy Leary presiding, Karen Lupton Ireland brought the devotion from Mathew 13:24-30, James 3:16 and Romans 12:2 The Theme being "A Well Tiled Garden." Lottie Caroon arrived with Barbeque plates from the Pamlico County Heritage Center fund raiser. We blessed the meal by praying the prayer which we used years ago at Hobucken School. Some members carried plates home. Others enjoyed the meal together at the Center. Vice Pres Ila asked everyone to bring a Household invoice with them next week so we can compare who is getting the best deal. That should be fun! Shelby Keech will bring the devotion next week.

Prayer List: Please remember Richard Henries, Dorothy Lee, Karen Ireland, Lottie Caroon and others on the prayer list. Please remember Scarlet Bonner she had outpatient surgery last week and Ray Bonner will be having outpatient surgery this week. Please keep both in your prayers.

Happy Birthday: Raymond Thomas Jones, Steven Elwood Leary, Barbara Sue Potter Cayton, Curtis Leon Rice, Julia Raye Lupton Mobley, Margaret Lupton Bowen and Sharlene Leary - Nov 14, Megan Hopkins and Vicky Jay Ireland Lewis - Nov 16, Mary Kirk and Ricky Manker - Nov 17, Lena Bennett Rice - Nov 18, Billy Jack Golden - Nov 19, Karah Mayo Sawyer, Albin Rhodes Henries, Frances Pridgen Hill and Janise Dean Cayton Edwards - Nov 20. Happy Anniversary Dustin & Kelsey Sawyer Turnage Nov 18.

Mrs. Bernice Jarvis Brothers was honored on her 100th birthday Sunday, Nov 10 at Lowland Pentecostal Holiness Church. The party was hosted by Steve & Shirley Rowe Brothers and members of the church. There was a large number of family and friends in attendance with many gifts & cards. Mrs. Bernice was presented with a lovely birthday cake. Guests enjoyed an abundance of delicious refreshments. Steve described his mother's years here on earth as 'a life well lived.' Her memory is excellent, and she enjoys sharing events that have taken place during her lifetime. Our community has truly been blessed by having Mrs. Bernice with us. Thank you, Jesus.

Many thanks to the ladies of GCI 55 Plus Club who baked cakes for the Heritage Center Fundraiser. Lottie Caroon delivered the cakes to Arapahoe Wednesday. On Thursday morning she drove back to Arapahoe and picked up Barbeque plates and delivered then to Vandemere Town Hall, R.E. Mayo Fish Co. and GCI Community Center. Thank you so much Lottie.

Wendy Lupton Honeycutt was awarded the Golden Leaf Foundation Continuing Education Scholarship at Pamlico Community College, a two-year scholarship in the medical field. Ginger Flowers was awarded a curriculum scholarship by the Golden Leaf Foundation. Congratulations Wendy and Ginger.

Many folks from the island attended the Veteran's Day Parade in Bayboro Saturday Local churches recognized veterans who attended Sunday Worship Services. Patty Leary and Tillman Ireland, Jr. placed American Flags on the graves of veteran's at Cemeteries in Lowland. Many thanks to our veterans for their service!

Whortonsville Reba Tiller, Correspondent



Each week it gets more beautiful (my favorite word) here. The sunsets are glorious as you look out over Brown Creek. The water is so clear that four or five people stood on our dock watching a large mullet while I was waiting for them to come in for lunch.

It has been a week with not much happening here since everyone was away. Nurse Midgette was here to see Weeks on Monday. This was her first time here because two folks that work for Hospice were in Hawaii, so everyone was helping out wherever needed. Katherine Cooper, the social worker came by to bring Weeks some of her delicious custard and he always tells her what a nice lady she is.

Reverend Caton's wife Essie was transferred to a nursing home for rehab. after surgery at Carolina East. The report at

church today was that she is doing well. Reverend Cayton from Concord is filling in at Bethel this month. Sixteen attended church service today. Tried a new recipe on the lunch bunch on Sunday. The Cuthrells, Joan Ford, the Bryans and Dennis and Sara gave it a thumbs up and topped it off with peach cobbler. I shall keep inviting my neighbors to come and dine with us until all of Whortonsville is here. Suzy Bryan and I finished the most frustrating puzzle on Wednesday and both of us were so happy that it is done! Saw Cal outside his house today. So glad he is back home after his surgery. I lost two pecan limbs during Dorian and James Cuthrell cut the wood up into stove length. If anyone would like to have some you are welcome to come and pick it up.

Thought for the week--Veterans Day is Monday so remember to tell a military person "Thank you for your service."

Pamlico Betty Jo Rodgers, Correspondent



All the soybeans have been harvested except at Scott Gooding's on the corner of Pamlico Road and Straight Road. Lucas Tree Company has been trimming trees on Straight Road this past week for Tideland.

I did not make it to the Pamlico County Veteran's Day Parade on Saturday; it was just too cold for me to stand out in the weather. I pray our younger generation supported our Veterans this week. Pamlico UMC always has a special service for the Veterans with a fellowship meal following. Warren Chapel UMC honored our Veterans, our first responders, and others who are of special service to the community. We prayed over stockings that will be sent to men, women, and K-9s in the military that are deployed this Christmas.

There was a pastor's anniversary celebration for Bishop Antonio "Ron" King at Broad Creek United Church of Christ this past weekend. There was a pre-anniversary gathering on Friday night with Pastor Genard Sawyer and the Antioch Christian Church Family. On Sunday, Reverend Cedric Moore and the Women of Praise brought the morning worship message. For the Sunday afternoon Pastor Tony Credle and the West Branch Missionary Baptist Church Family led the worship.

Dinner was served to all who came to celebrate this man of God and his faithful family.

The Community Thanksgiving Service at St. Peter the Fisherman on White Farm Road is the Sunday before Thanksgiving beginning at 7:00 pm. The Pamlico Chorale will provide special music. This is a service for all ages, all denominations, regardless of where or how you choose to worship. Fellowship after the service is encouraged.

Camp Don Lee is having their Sunday Dinners again beginning November 17th, then December 8th from 11:30 am-2:00 pm. Cost is \$15 per person with \$1 off with your Sunday church bulletin. Reservations are recommended for groups of 8 or more and can be made by calling 252-249-1106 ext. 21.

Celebrating birthdays in November are Paisley Tillman and Carol Heath West (11/14), Kevin Rodgers (11/23), Kari Hudgins and Jerry Harper (11/28), and Thelmond Cooper (11/29). On November 16, John and Penny \$ Farmer will celebrate 33 years of marriage.

Have a blessed week. Nervous? Take Spiritual Vitamin N. "Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee." (Hebrews 13:5)

Thank God every morning when you get up that you have something to do that day, which must be done, whether you like it or not.

-James Russell Lowell

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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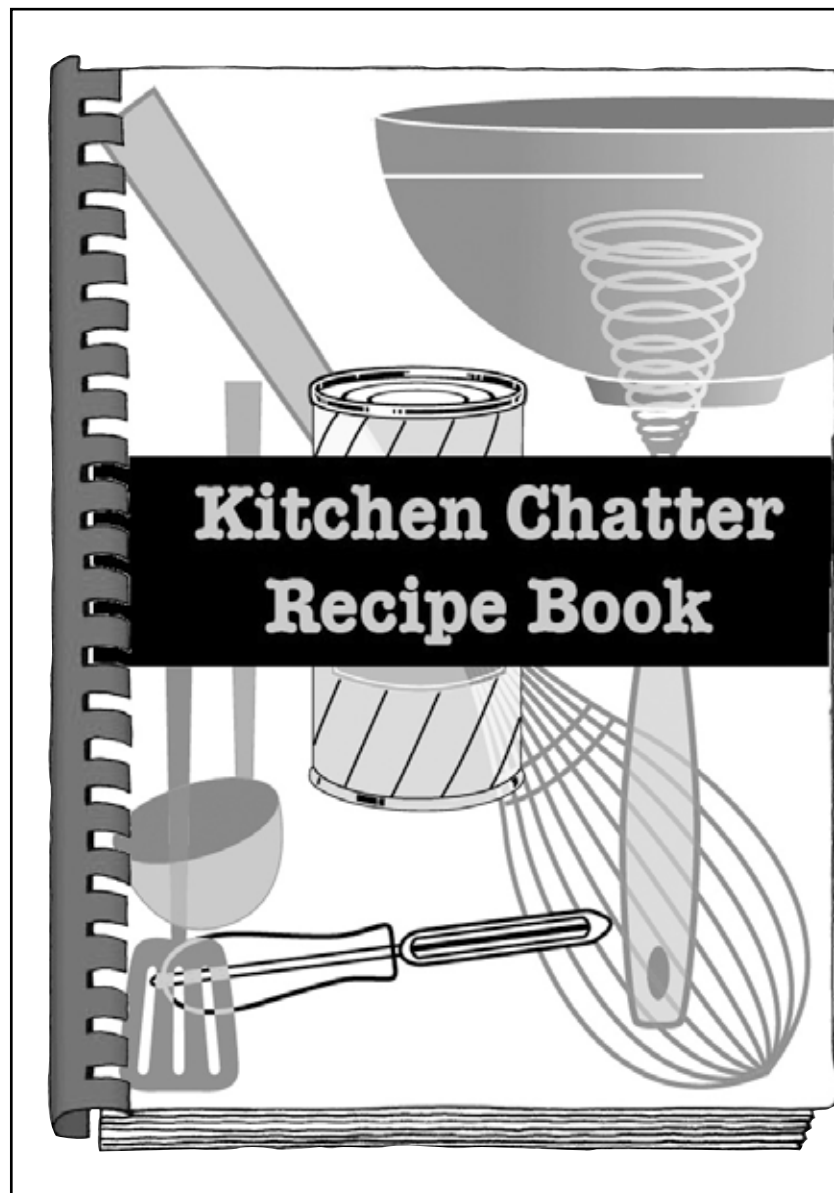
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Health & Wellness

How to manage back pain

Back pain can have a debilitating impact on those suffering from it. But even those who have endured back pain might be unaware of just how far-reaching and expensive it can be. According to the National Institute of Neurological Disorders and Stroke, lower back pain is the foremost cause of job disability around the world. The NINDS study, in which researchers examined data from 117 studies conducted in 47 different countries, found that one in 10 people suffer from lower back pain, a discovery that no doubt startles many people, especially when considering the global scope of the study. A condition that affects 10 percent of the world may seem impossible to prevent, but there are steps men and women suffering from back pain can take to make their condition more manageable.

- Contact your physician. A bruised back or mild stiffness may not require the help of a physician. Such issues will likely disappear shortly enough to make medical attention unnecessary. But EmblemHealth recommends that people suffering with back pain visit a doctor if they experience numbness or tingling in their back, legs or arms; suffer pain after a fall; and/or are feeling pain with additional symptoms, including fever, trouble passing urine or unexplained weight loss. Such symptoms indicate that the back pain is more than just a temporary nuisance, and something that may need to be treated by a professional. When a physician visit is necessary, the doctor will attempt to understand just what's causing the pain. Identifying the cause can help to develop an appropriate and effective course of treatment. The most common causes of back pain include bulging discs, pinched nerves, arthritis, muscle spasms or strains, and sciatica, a nerve condition that goes from the lower back through the hips. Some cases of back pain are a result of poor posture or tight muscles.
- Exercise regularly. When speaking with a physician, men and women who suffer from back pain should discuss exercise as a treatment method. Regular exercises such as riding a bicycle or swimming can improve strength and flexibility in the back. More complex exercises, such as yoga, also have been recommended to sufferers of back pain. Yoga improves flexibility



and builds strength while also promoting strong bones which can reduce a person's risk of injury. Injuries that limit movement can increase a person's risk of developing back pain, so an exercise routine that builds flexibility and strong bones can be an effective way to manage or even prevent back pain.

- Sit up straight at work. Many people can trace their back pain to their offices, where uncomfortable chairs and poorly positioned desks don't provide the necessary support men and women need to reduce or prevent back pain. Chairs should provide adequate lower back support, and desks should be at a comfortable height that does not force the body to hunch or place itself in another awkward position just to get work done. When sitting, make sure you are sitting upright with your shoulders relaxed and your body against the back of your chair.
- Don't resort to too much rest. Long-time sufferers of back pain no doubt recall a time when physicians would prescribe rest to treat back pain. But too much sitting around has now been shown to worsen back pain. If you must rest, do so for only a day or two before gradually becoming more active. Swimming or walking can be great and less physically taxing ways to acclimate your body to physical activity after resting for a day or two due to back pain. Studies have shown that back pain is prevalent across the globe. Coping with back pain is often painful, but there are healthy ways for men and women to manage their back pain and start feeling good again.

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Free Event!

Storybook Christmas Tree Auction and Student Arts Calendar Release Party

Saturday, November 23, 2019

3 - 5 p.m.

Pamlico County Library
Bayboro

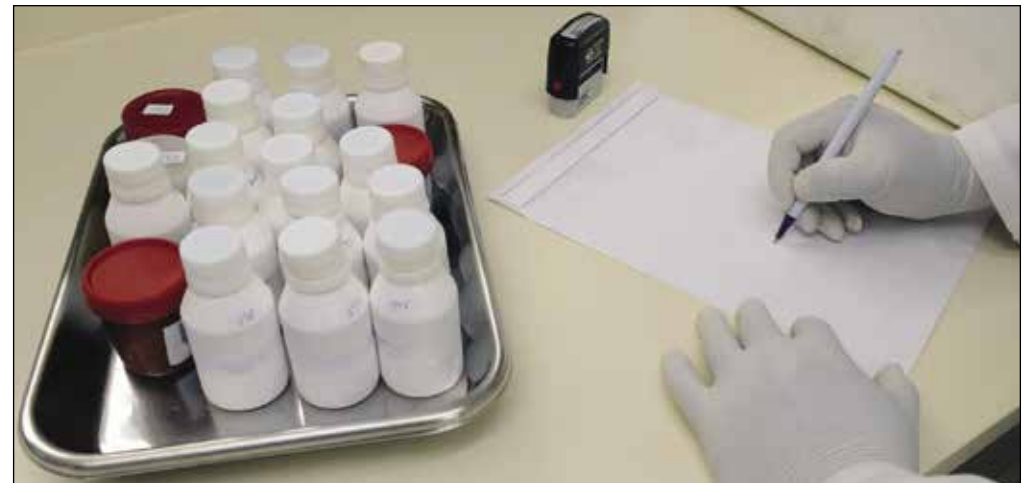
Light refreshments will be served.



Pamlico County Arts Council is the designated County partner of the North Carolina Arts Council, a division of the Department of Natural and Cultural Resources, a state agency dedicated to the promotion and protection of North Carolina's arts, history and culture.



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Nurse Aide II
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SCHOOLS

ACS High School Students Host “The Reality of Money”

The Arapahoe Charter School Gym was transformed recently with the help of the State Employees Credit Union. The Reality of Money is an event that gives students a peek into the future as they are transformed into young adults with jobs, debt, families and other real world responsibilities. Students moved through multiple expense stations where volunteers assisted them in making a series of everyday financial decisions necessary to make it to their next payday. With the help of SECU, parents and community volunteers, this opportunity helped students prepare for their financial future.



Honoring Our Veterans



Arapahoe Charter School hosted its Annual Veterans Day Assembly on November 8th. The entire staff, student body, community members and most importantly, our veterans turned out to commemorate the holiday.

Rep. Michael Speciale gave the keynote address, ACS students provided the music and as always, veterans were honored.



All About Autumn



Protecting the Neuse

Seventh grade students took a field trip to Camp Don Lee to learn about how people impact the Neuse River, learned how to test water quality, map reading, weather in our state and how to track animals who live on the Neuse River.



Harvest Decorating Contest

With an overwhelming majority of the students' votes and the parents' choice award as well . . . the winner of this year's harvest decorating contest is Aliens (Chase, Hardison, Nunley, and Hester). The display received 131 total votes! Congratulations to your team and thank you to everyone for putting your all into your displays.



All Wrapped Up!

Middle and High School students enjoyed a special Halloween prank by duct taping Upper School Director Cody Edwards to an ACS bus. Mr. Edwards is probably still trying to free himself!

Costumes, Costumes, and More Costumes



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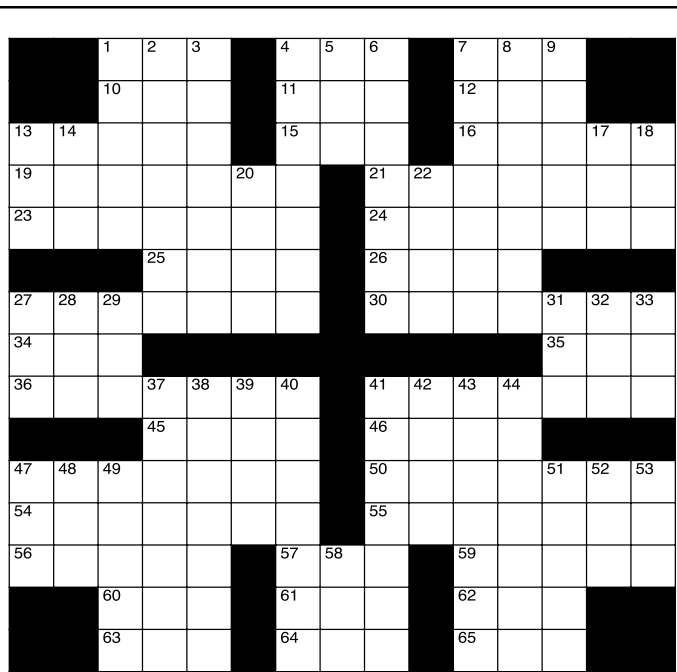
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CROSSWORD PUZZLE



CLUES ACROSS

- | | |
|----------------------------------|---|
| 1. Small viper | 41. Showy |
| 4. Some are covert | 45. Fall down |
| 7. A waiver of liability (abbr.) | 46. Shoelaces are often this |
| 10. Speak out | 47. Disease-causing bacterium |
| 11. Retirement plan | 50. Egg-shaped wind instrument |
| 12. Small dog | 54. Sufferings |
| 13. City in Iraq | 55. One who noisily enjoys |
| 15. Car mechanics group | 56. About blood |
| 16. Shrimp-like creature | 57. Transaction verification system (abbr.) |
| 19. Majestic | 59. Related through female family members |
| 21. TV detective | 60. Low velocity grenade |
| 23. Central Canadian province | 61. "In Living Color" comedian |
| 24. Causing to wind around | 62. Veterans battleground |
| 25. Wise man | 63. Expression of creative skill |
| 26. Knicks legend Willis | 64. Midway between northeast and east |
| 27. Muscular weaknesses | 65. Patti Hearst's captors |
| 30. John Stockton compiled them | |
| 34. South American plant | |
| 35. To some extent | |
| 36. Where manners are displayed | |

CLUES DOWN

- | | |
|--|---|
| 1. Something useful | 31. Female sibling |
| 2. It goes great with peppers and onions | 32. This stimulates the thyroid (abbr.) |
| 3. Orifice | 33. Reserved |
| 4. Turned into bone | 37. More prickled |
| 5. The Princess could detect it | 38. Forbidden by law |
| 6. Bands of colors | 39. One-time presidential candidate |
| 7. Makes use of | 40. A TV show has more than one |
| 8. Central African country | 41. A place to stash things |
| 9. Lake in the Kalahari Desert | 42. Defunct currency in India |
| 13. He was a "Chairman" | 43. Causes to ferment |
| 14. Legally possess | 44. A type of gland |
| 17. One point north of due west | 47. ___ Humbug! |
| 18. Small peg of wood | 48. Everyone has one |
| 20. Stretch of swampy ground | 49. Punctuation |
| 22. Is indebted to | 51. Central American fruit |
| 27. Where you were born (abbr.) | 52. Brooklyn hoopster |
| 28. A team's best pitcher | 53. 100 square meters |
| 29. Cool! | 58. Local area network |

PUZZLE SOLUTION

	A	S	P		O	P	S		A	B	N			
	S	A	Y		S	E	P		P	U	G			
M	O	S	U	L		S	A	E		P	R	A	W	N
A	W	E	S	O	M	E		C	O	L	U	M	B	O
O	N	T	A	R	I	O		T	W	I	N	I	N	G
			G	U	R	U		R	E	E	D			
P	A	R	E	S	E	S		A	S	S	I	S	T	S
O	C	A										I	S	H
B	E	D	S	I	D	E		S	P	L	A	S	H	Y
					P	L	O	P		T	I	E	D	
B	A	C	I	L	L	I		O	C	A	R	I	N	A
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H	E	M	I	C	O	L	A		E	N	A	T	E	
	M	E	I		D	A	G		N	A	M			
	A	R	T		E	N	E		S	L	A			

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CRAVEN CC

Craven CC to host "Lewis n Clark" Timeless Broadway Showtunes

NEW BERN – Craven Community College's Adult Enrichment Program will host singers Von Lewis and Abbey Clark for the "Lewis n Clark" Expedition: Timeless Broadway Showtunes Friday, Nov. 15 at 7:30 p.m. at Orringer Auditorium on the New Bern campus. With Tim Maddox on piano, "Lewis n Clark" will explore timeless showtunes from Broadway's greatest hits. Starting with the Golden Age of Musicals in the 1930s up to songs from today's Broadway musicals, this intimate experience is sure to entertain and educate.

Doors open at 6:30 p.m. and tickets are \$25. Tickets are available in the cashier's office in Barker Hall or at the door if available. For more information, contact Megan Johnson at 252-638-7273 or johnsonm@cravencc.edu.

Craven CC's Lifetime Learning Center announces Explorations in The ARTS Three-Concert Series

NEW BERN – The Craven Community College Lifetime Learning Center (LLC) is pleased to announce Explorations in The ARTS three-concert series. It is a unique mix of "informances" created by live performance, Q&A session and audience participation. The series will open with a concert by Jon Shain and FJ Ventre. Jon Shain is a veteran singer-songwriter who's been turning heads for years with his words, his fiery acoustic guitar work and his evolved musical style – combining improvised Piedmont blues with bluegrass, swing and ragtime. He took first place in the solo/duo category of the 2019 International Blues Challenge in Memphis, besting over 260 competitors for the win. Shain's most recent solo disc, "Gettin' Handy with the Blues: A Tribute to the Legacy of WC Handy," was released in January 2018. His newest release, the roots album "Tomorrow Will Be Yesterday Soon," was recorded along with long-time collaborator FJ Ventre on bass, who will join him for this concert. Shain and Ventre began playing music together when they met in high school back in 1982. Ventre went on to attend the University of Massachusetts-Lowell,

earned a B.A. in Music Performance and Sound Recording and then relocated to Chapel Hill in 2000. He has performed with his own group, The Swang Brothers, and is a highly sought-after sideman for many projects. Each performance will take place in Orringer Auditorium on Craven CC's New Bern campus at 7:30 p.m. Thursday, Nov. 21, 2019 - Jon Shain & FJ Ventre | Tickets: \$18 Adults/\$10 Students Saturday, Feb. 22, 2020 - Molasses Creek | Tickets: \$25 Adults/\$12 Students Friday, March 20, 2020 - Cane Mill Road | Tickets: \$22 Adults/\$12 Students This year's series is inspired by Public Radio East's (PRE) "The Sound," hosted by George Olsen. It can be heard weeknights from 8 p.m. to midnight on PRE's News and Ideas Network and features four hours of Americana, roots rock and contemporary folk music with an emphasis on performers from North Carolina. The LLC is excited to present a lineup of North Carolina musicians for this series. To view music video previews or purchase tickets, visit cravencc.edu/llc/performing-arts-series/. For questions, call Jennifer Baer at 252-633-2618.

Craven CC to hold STEM Saturday event Nov. 16 at New Bern-Craven County Public Library

NEW BERN – Craven Community College will host STEM Saturday for students in grades K-12 on Saturday, Nov. 16 from 11:30 a.m. to 1:30 p.m. at the New Bern-Craven County Public Library. This event invites families to participate in interactive activities as they explore, create and learn about the exciting opportunities that await in the fields of Science, Technology, Engineering and Math (STEM). Please note that all children in attendance must be accompanied by a caregiver, as STEM Saturday is meant to engage families in fun learning experiences. This is a free event held in conjunction with the New Bern-Craven County Public Library. If you have any questions about this event, contact Carmela Byrnes at byrnesc@cravencc.edu or 252-638-7285.

Oriental Rotary Club Recognized Guests for their Contributions



Betsy Hughes, Marsha Papham, Jayne Demers, Mary Skinner, Kim Ball (Regional Director of the NC Community Foundation), Flora Moorman, Cathy Delcambre, Sage Mylan, Joshua Chitalo, and Rotary President, Dan Giro. (L to R)

On October 28th the Oriental Rotary Club, recognized several guests for their contributions to the community. A check was presented to Jan Mosca and Jayne Demers for the Neuse Neighbors Network. Mrs. Demers spoke about the aging-in-place services they provide. Speaker Mary Skinner (with Kim Ball, Flora Moorman and Marsha Papham) described the support by the Pamlico County Foundation for local service groups. Grants were presented by Flora Moorman, Grants Chair of the Foundation, to Joshua Chitalo and Sage Mylan from Promise Place, and to Betsy Hughes and Cathy Delambre representing Girls on the Run. Both Mr. Chitalo and Mrs. Hughes shared about the work of their organizations. Kim Ball, Regional Director of the NC Community Foundation, spoke about the Foundation's support at the State level. The event was a presentation of community service recognition and appreciation of and by these organizations.

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