



Good morning!

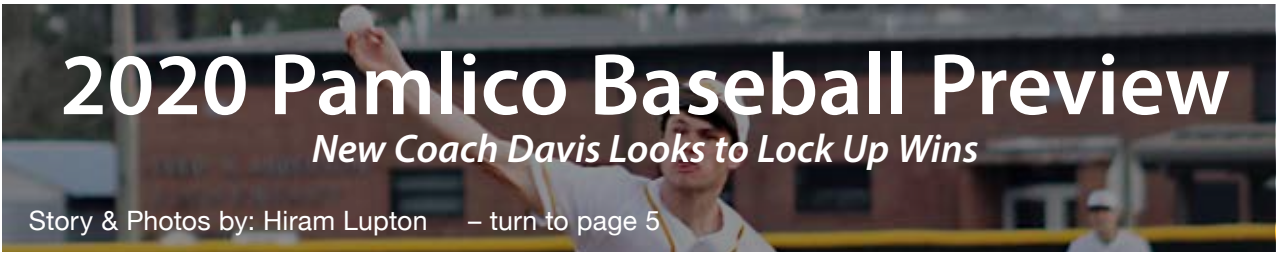
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2020 Pamlico Baseball Preview

New Coach Davis Looks to Lock Up Wins

Story & Photos by: Hiram Lupton – turn to page 5



Vol. 52 No. 11, 12 Pages

The Pamlico News

Wednesday, March 11, 2020

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Pamlico Primary Elections

by: Jim White

The voters of Pamlico County went to the polls and voted March 3rd in the Democratic and Republican primaries for President, Governor, Lieutenant Governor, Council of State, and more. In the Presidential race, the Democrats voted for Biden 54%, Bloomburg 16%, Sanders 12%, Warren 4%, Buttigieg and Klobuchar each 3%. The rest of the Democratic candidates for President received 1% or less of those voting. The Republicans voted 95% for President Trump and 2% or less for the other Republican candidates for President.

For United States Senate, the Democrats voted for Cunningham 57%, Smith 36%, Swenson 3% Fuller 3%, and Goel 1%. The Republicans voted for Tillis 84%, Wright 8%, Hudson 5% and Holmquist 3%.

For Governor of North Carolina the Democrats voters 86% for Governor Cooper and 1% for Reeves. The Republicans voted 94% for Forest and 6% for Grange.

On the local level, Republicans voted 69% for Bobby Hanig and 31% for Rob Rollason. For District Court Judge, Republicans voted 48% for Wigmore, 36% for Mack, and 16% for Dacey. For the Pamlico County Board of Commissioners, incumbent Missy Baskervill defeated Kenny Heath 58% to 42%. In the election for Board of Election, Board Chairman John Prescott was defeated by Karl Forrest 65% to 35%. Incumbent John McCotter soundly defeated Gene Dudley 62% to 38%.

Local Students Learn How to Prevent, Avoid Dating Violence



Ruzalia Davis (center, in purple) poses with some of the many students who learned about teen dating violence at Pamlico High School.

During February, representatives of Coastal Women's Shelter spoke with area students about teen dating violence as part of the agency's outreach mission. The presentations used a "relationship-positive" lens, focusing on defining healthy relationships as well as exploring responsible behaviors, creating essential communication skills, and establishing safe personal boundaries in romantic relationships.

Speakers also facilitated discussions about the signs and risk factors of violent dating relationships and shared information about services CWS offers to help adolescents needing support.

Pamlico High School coaches Earl Sadler and April Rose hosted CWS advocates Ruzalia Davis and Kimberly Drew, who spoke with over 100 students in PE/Health classes.

At New Bern High School, the two advocates spoke with over 200 students in classes led by Coach Calvin Campbell, Robert Curlings, Joe Davis and Bo Lansche.

CWS Executive Director Tova Hairston spoke with 20 members of Craven Early College's Junior Civitans, which is advised by Amanda Smith.

Outreach to teenagers is a vital part of our mission because according to the Centers for Disease Control and Prevention – nearly 1 in 11 female and 1 in 15 male high school students reported having experienced physical

■ Continued on Page A4



Grantsboro Firefighter Seriously Injured While Responding to a Fire Call

Grantsboro-Silver Hill Volunteer Fire Department member, Maegan Speciale, granddaughter of NC Legislator Michael Speciale, was seriously injured while responding to a fire call with the Aurora Fire Department. She was seriously injured after being struck by a car while directing traffic. She was immediately attended to by the Aurora EMS providers on scene along with Pamlico County rescue squad. Via ground ambulance to Carolina East Medical Center in New Bern and later transferred to Vidant Medical Center in Greenville where she remains in critical condition.

The Pamlico County Fire Marshal's Office in conjunction with Beaufort County Fire Marshal's Office responded to the scene of the incident and are continuously working together regarding this occurrence.

Portsmouth Island Homecoming



On Saturday, April 25th, hundreds of descendants and friends of Portsmouth Island, loaded down with chicken, ham sandwiches, pimento cheese, potato salad, and cakes of all kinds, will load up on boats and travel the five miles from Ocracoke, across Ocracoke Inlet, to Portsmouth Island for their bi-annual reunion and homecoming. From 1735 until 1971, Portsmouth Island was home to as many as 600 people including 100 slaves in 1860. Throughout much of the eighteenth and nineteenth century the island was the main port of entry for North Carolina. Then Hatteras Inlet opened up and more and more ships came in to the state through that port and the need for Ocracoke Inlet began to decline. The decade prior to the Civil War was the height of the village with around 600 people living there, 500 whites and 100 slaves. While everyone did not own a slave, everyone on the house had a servant. Those who had a number of slaves, would rent out one to another person so they would have a servant who could cook, clean, and wash for them. When the Civil War descended on the island, most of the islanders left for the mainland, taking their slaves with them. After the war, most of them did not return to Portsmouth. Each decade afterwards saw a further decline in the population until 1970 census saw only three people living on the Island. They included Henry Pigott, Marian Gray Babb, and Elma Dixon. In 1971, Henry Pigott died of cancer which left the two ladies alone. At that point, their families insisted that they insisted that they leave

the island because there was no one there to protect or take care of them. The state of North Carolina bought up all the land on Portsmouth Island, eventually turning it over to the Cape Lookout National Seashore which oversees the island and village today.

The Friends of Portsmouth Island was organized in late 1989 to provide assistance and support for the Cape Lookout National Seashore. They help with preserving the history and culture of the island and have taken on the project of restoring the Henry Pigott house. They are now in the process of restoring the Henry Babb House. They sponsor an Island Homecoming ever two years on even numbered years. The first Island Homecoming was on October 19, 1980, and the more current homecomings began in 1992.

This year homecoming will be Saturday, April 25th. Activities will include descendants sharing family materials and stories, group photo, hymn sing, homecoming program under the and dinner on the ground. Bring food to share. Ice, paper products and tea will be provided. Please label your food containers and coolers. Trips from Ocracoke to Portsmouth Island are through Rudy Austin at Ocracoke and he can be contacted at 252-928-4361. The cost is \$20 per person round trip. There are still some rooms available in the various inns and hotels on the island, but rooms are going fast. If you want a room, you need to make reservations fast. See the list of hotels and inns below.

by: Jim White

Forty-Three Students from Illinois State Here to do Community Service



Forty-Three students from Illinois State University and their leaders will be here in Pamlico County doing community service from March 9 until March 12, according to Joy Carawan Baker. They will be working at the Pamlico Heritage Center in Grantsboro, the Parks and Recreation playground and ball fields in Bayboro, Holt' Chapel Community Center on Janiero Road, and Camp Don Lee in Arapahoe. Half of the team will be volunteering with the Fuller Center in James City doing work rebuilding projects damaged by Hurricane Florence.

The students will be housed at Camp Caroline and will be carried to their various work sited by chartered bus.



WEEKEND WEATHER

SAT Mar 14 Mostly cloudy. High 58F. Winds NE at 5 to 10 mph. **SAT Night** Rain showers in the evening will evolve into a more steady rain overnight. Low 44F. Winds NE at 5 to 10 mph. Chance of rain 90%.

SUN Mar 15 Cloudy with showers. High 51F. Winds NNE at 10 to 15 mph. Chance of rain 80%. **SUN Night** Overcast with rain showers at times. Low 47F. Winds NNE at 10 to 15 mph. Chance of rain 50%.



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COMMUNITY

NOTE THE DATE

OBITUARIES



Dora Owens Lee, age 83, of Aurora, NC, passed away on March 4, 2020. Dora, also known as Dean, was born January 23, 1937, in Columbia, North Carolina to Roy and Maudie Owens. After graduating high school, she moved to Norfolk, Virginia, where she met her husband of 43 years, Robert Lee Sr. of Grantsboro, NC. The two moved to Aurora, NC where they operated the Aurora Texaco station. Later, they owned and operated Robert L. Lee Trucking, hauling seafood along the eastern seaboard for the next 25 years. As a young couple, they enjoyed boating and traveling together. Dora has always been an avid crafter; including painting, knitting, and beading. After her husband's passing in 2003, she thoroughly enjoyed spending time at the Pamlico County Senior Center. She is survived by her daughter, Deborah O. Lee of Starkville, Mississippi, and her son, Robert Lee Jr. and his wife, Michelle, of Aurora, NC. Dora was also the proud Mema to two grandchildren, granddaughter, Kaitlyn Lee Watson and her husband, Aaron, of New Bern, NC and grandson, Harrison, of Lake Worth, Florida. Graveside services were held Saturday, March 7th at Joshua Rowe Cemetery at the corner of Walker Rd. & Walls Mill Rd., Aurora, NC. The family received friends and relatives immediately following the service at the home and any other times prior to the service. In lieu of flowers the family suggested memorial contributions be made to Pamlico County Senior Center, PO Box 184, Alliance, NC 28509. Arrangements by Bryant Funeral Home & Cremations, Alliance.

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■ OBITUARIES Continued on page A10

Neuse-Pamlico Sound Women's Coalition Walk/Run

Let's Make a Difference: The Neuse-Pamlico Sound Women's Coalition, Inc. (NPSWC), a 501(c)3 organization is proud to announce our 5th Annual Sickle Cell Anemia Walk/Run on Saturday, March 14, 2020. "Why Sickle Cell?" Simple, SCD is a devastating blood disease affecting millions worldwide. Greater than 300,000 are here in America, with 1,800-2000 infants born in the United States with SCD each year. Race starts at 9:00am at Union Point Park in Downtown New Bern. Medals will be awarded for TOP FINISHERS. Post race celebration and Prizes to be awarded. Vendors will be onsite so come join us for this worthwhile cause. Register Online: <http://www.runtheeast.com/> Packet Pick-up Times Friday, 3/13 @ Coastal Sole Shoe Store 2122 Trent Blvd, New Bern, 4-6pm Saturday, 3/14 @ 8:00 - 8:45am Union Point Park in Downtown If you have questions, please feel free to contact Millicent McLean, president, at 252-229-8675. To learn more about our organization go to: NPSWC.com.

Pamlico County Democratic Party Convention

The Pamlico County Democratic Party will hold it's Annual County Convention on Saturday, March 28, 2020. We will Elect county officers, district and state convention delegates, and consideration of resolutions from the precincts. Please check our website at PamlicoDemocrats.com for details.

Upcoming Events at the Craven County Fairgrounds Sponsored by the Craven County Jaycees

March 14 - 9am-4pm - Myrtle Beach Home Improvement Auction
March 21 - 6-10pm - Shockwave Wrestling (Tickets are \$10 at the door)
April 4 - 6-9pm - Bingo Night (Free Admission but cards are \$1 each or a book of 15 cards for \$12)

Addiction Recovery Support Group

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

Horoscopes



ARIES – Mar 21/Apr 20
This week should begin with seemingly little activity, Aries. But like an iceberg, much is hidden beneath the surface ready to be exposed when the time comes.



TAURUS – Apr 21/May 21
Taurus, there is no need to take everything on this week, Taurus. Focus on small details to keep yourself occupied and engaged for some time to come.



GEMINI – May 22/Jun 21
Gemini, you have unique goals and ambitions. Do not let others' preconceived notions get in your way. Stay the course and reap the rewards of your hard work.



CANCER – Jun 22/Jul 22
Think long and hard about what you have to say before you start sharing your opinions, Cancer. It is hard to retract statements, so choose your comments wisely.



LEO – Jul 23/Aug 23
Move outside of your comfort zone this week, Leo. Doing so can be especially valuable as you embark on a new path that you believe will help you in the future.



VIRGO – Aug 24/Sept 22
Virgo, skip any shortcuts this week, however tempting they may be, because they'll only cost you more time in the long run. Invest the time up front and you'll be rewarded.



LIBRA – Sept 23/Oct 23
Libra, some time off in the days ahead provides a great opportunity for some relaxation and reflection. Make the most of this free time and form a plan for the future.

Pisces is the twelfth sign of the astrological year and is known by its astrological symbol, the Fish. Pisces natives are in touch with their emotions, though not to the point of mawkishness. With Neptune as the ruling planet, they are apt to be idealists. Pisces natives are physically and emotionally strong but may put their hardness to the test if they try to resolve others' emotional conflicts.



SCORPIO – Oct 24/Nov 22
Scorpio, your social schedule has been busy of late, and the roller coaster ride does not figure to end anytime soon. Take some time for yourself to get away for a few days.



SAGITTARIUS – Nov 23/Dec 21
Sagittarius, an influential person may come into your life this week and make some big changes to your perceptions about the future. It may be an exciting time.



CAPRICORN – Dec 22/Jan 20
Some powerful people have taken notice of your efforts, Capricorn. Your hard work may be paying dividends before you know it. Expect to see more of these people soon.



AQUARIUS – Jan 21/Feb 18
Aquarius, it is alright to share your latest successes with close friends or family and perhaps shout it to an even wider audience. You are modest about much of what you do.



PISCES – Feb 19/Mar 20
Your brain is currently wired to make top-notch business deals, Pisces. Put all other plans on hold for the time being.

FAMOUS BIRTHDAYS

- MARCH 8**
Lester Holt, Journalist (61)
- MARCH 9**
Oscar Isaac, Actor (41)
- MARCH 10**
Robin Thicke, Singer (43)
- MARCH 11**
Terrence Howard, Actor (51)
- MARCH 12**
Liza Minnelli, Actress (74)
- MARCH 13**
William H. Macy, Actor (70)
- MARCH 14**
Daniel Gillies, Actor (44)



FOR ENTERTAINMENT PURPOSES ONLY

PAMLICO COMMUNITY COLLEGE CULTURAL & LIFE ENRICHMENT PROGRAM

PCC's Cultural & Life Enrichment Program is designed to promote personal growth and self-enrichment. This may include courses in leisure activities, non-vocational skill development, learning a new language, discovering a new talent, arts & crafts, media techniques, wellness activities and much more, as well as musical and theatrical productions. These classes are non-curriculum and self-supporting and use the talents and skills of some of our community's gifted residents who are so often eager to share with the community. For more information and registration, please contact: Denise - 252-249-1851 x3113, dmeyerson@pamlicocc.edu.

March 2020

Forum on National Interests
A series of nonpartisan, interactive discussions on topics of national interest. March topic: "Immigration Policy"; what to know and understand about this complex structure. Date: Thursday, March 26th, 1:30 – 3:00 p.m. PCC Delamar Bldg. Rm. 112 Please call for info: 252.249.1851 x 3113

Reflexology
This class describes the application of appropriate pressure to specific points and areas on the feet, hands and ears. Instructor: Michele Musella Date: Thursday, March 12th, 6 – 8 p.m. Registration: \$25, call 252.249.1851 x 3113

Basic Computers for Seniors
Would you like to learn how to use a computer? Are you over the age of 65? If so, we have a FREE class that will teach you the basics! Dates: Mondays, 3:00 – 5:00 p.m. March 16 – June 15 June 22 – September 14 September 21 – December 7. Registration: call 252.249.1851 x 3013

Ukulele/Violin/Mandolin/Banjo or Guitar
Instructor: Simon Spalding Dates: March 18 – April 22, Wednesdays, 10 a.m., 11a.m. & noon Registration \$90 (6 classes) Space is limited, please call 252.249.1851 x 3113

Intro to Hoop Weaving
Instructor: Julia McDonald Date: March 19th Thursday, 5:30 – 7:30 p.m. Registration: \$25 (includes materials). Call for registration information: 252.249.1851 x 3113

Grant Writing
Date: Saturdays, March 21 – April 25, 9:00 a.m. – 12:00 p.m. Registration: \$70

Healing Art of T'ai Chi
Instructor: Diana Peterson Advanced T'ai Chi Prerequisite: Intermediate Tai Chi Tuesdays & Thursdays, 3 – 4 p.m.

Dates: March 24 – April 23
Registration: \$35 (10 classes)
Location: Oriental Town Hall

Notary Public - This course will provide instruction in legal ethical and procedural requirements of the Notary Act. For notary qualifications, please see <http://www.sosnc.gov/notary/>. Date: Saturday, March 28, 8:30 a.m. - 3:30 p.m. Location: Bayboro Center Registration: \$70.00 plus books Call: 252.249.1851 ext. 3013 to register.

Chair Yoga and Meditation
Seated muscle toning & joint lubrication for strength, balance and stability. Breathing techniques for relaxation, stress reduction and meditation. Instructor: Diana Peterson Date: March 25 – May 20 Wednesdays, 11 – noon, \$35 (10 classes) Location: Oriental Town Hall Please call for more information: 252.249.1851 x 3113

Weaving on a Hoop Loom
Learn to construct your own hoop loom and weaving methods. Instructor: Julia McDonald Date: March 26 – April 9 Thursdays, 5:30 – 7:30 p.m. Registration: \$60 (3 classes) Includes materials. Space is limited call 252.249.1851 x 3113

Spring Bird Watching
Viewing capabilities include numerous species in full breeding plumage that migrate here from the tropics. Instructors: Sheryl McNair & Diane Midness Date: March 27 – April 17, Fridays Registration: \$35 (4 classes) Must preregister 252.249.1851 x 3113

Quilting Arts
Exploring unique techniques, while working on various projects. All levels of experience are welcomed to join this generous and sharing workshop. Instructor: Karen Dodd Date: March 31 – April 28th, Tuesdays, 1:00 – 4:00 p.m. Registration: \$60 (5 classes). Please call 252.249.1851 x 3113

REFIT® Workout Program - Free!
Cardio-dance workout program designed for all fitness levels. Instructors: Yolanda Cristiani and Kacy Forbes Dates: Most Tuesdays, 6 – 7 p.m. Location: PCC Delamar Auditorium

PCC MUSIC JAMS: Free and Open to the Public
THIRD & FIFTH THURSDAYS! 6 p.m. Dates: January 30, February 20, March 19, April 16 & 30, May 21. Location: PCC Delamar Auditorium Atrium

For more information and registration, please contact: Denise - 252-249-1851 x3113, dmeyerson@pamlicocc.edu. Join the Cultural and Life Enrichment Instructors' "Club of Distinction" If you would enjoy sharing

a talent, hobby or skill with enthusiastic students who are often of like mind and vast experience themselves then... Come on down to Pamlico Community College and be a part of a stress-free and fulfilling experience!

For more information please contact: Denise - 252-249-1851 x3113, dmeyerson@pamlicocc.edu.

ONGOING EVENTS

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

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

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

The Pamlico Amateur Radio Society meets the last Saturday of every month, except June and holidays, at Brantley's Village Restaurant, 900 Broad Street in Oriental at 9am. We meet in the back room. Come early for breakfast prior to the meeting. Check out our website at www.N4PPRS.org or contact our club President, Bill Michne, at 252-249-1175 or email drnichne73@gmail.com.

Greenhouse Quilters - Friday, 9am to noon, 403 Mildred St., Oriental, 252-249-1503.

The **Pamlico County Democratic Party** holds a monthly meeting at the PCDP Headquarters every third Thursday at 5:00pm. PCDP Head Quarters is located at 11146 NC 55 in Grantsboro. Everyone Welcome!

Oriental's History Museum 802 Broad Street: Exhibit: Remembering World War One. History, Photos, Artifacts, and Memorabilia from the "War to End all Wars" that happened 100 years ago. Museum Hours: Friday 11-3, Saturday 1-4, Sunday 1-4. Exhibit runs through May. For more information contact museum@dockline.net

Upcoming Oriental Woman's Club Meetings

April 7 at the Oriental Woman's Club, 1pm, 1007 Gilgo Rd. Home Life Chairperson Gay Webster will be speaking on the Easter Basket Program .

A organized effort among the Home life committee and the O.W.C provides Easter baskets for the children in Pamlico County

obits@thepamliconews.com

The Pamlico News

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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.
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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.
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ORIENTAL – Spectacular private **2BR/3BA** waterfront peninsula on protected Camp Creek with deep-water dockage bulkheaded and/or rip-rapped 322'. Zoned MU1 allowing vacation rentals at prime location walking distance to everything in Oriental. Screened porch, water-side deck, 1-car garage/workshop, 1-car carport, western views across Camp Creek, Smith Creek and Green Creek.
OFFERED AT \$299,500



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

Controller keeps the books balanced at Pamlico Community College

By Sandy Wall

Karan Smith knows her way around the quiet, sometimes complex work of business, finance and accounting, but she also can make a joyful noise with the best of them.

The Indiana native is Pamlico Community College's new Controller. Her work responsibilities include ensuring the college manages its money according to internal controls, proper protocols and state rules.

Outside of the office, however, Smith enjoys singing and is an active member of her church, the Word of God Christian Center in New Bern. There she serves as a deaconess and a youth leader, and is an active member of the church's praise and worship team. "I enjoy all of it," Smith said with a smile.

The fourth of seven children, Smith grew up in Indiana and earned an associate's degree in Business from Davenport University.

She left the Midwest about 10 years ago to be closer to family members who lived in New Bern. Smith began attending Word of God, where she met Willie Smith, and the two got married. They have nine grandchildren.

Smith joined the college's Business Office on Feb. 10. In a short time, she has become a valuable member of the PCC staff.

"The Business Office is very excited about adding Karan Smith to our college family," said PCC Chief Financial Officer Sherry Raby, who is Smith's supervisor. "She continues to impress me as a woman with strong fiscal skills and a solid work ethic."

Raby continued, "She has demonstrated a keen ability to learn some of the most complicated tasks associated with her job very quickly and accurately. I am confident that, over time, not only will she prove herself to be a valuable, effective and efficient part of the team, but that she will do so with the professionalism and positive attitude that is characteristic of Pamlico Community College."

PCC President Dr. Jim Ross said he was pleased to welcome Smith to the college and was happy to hear she is adjusting well.

"I am confident Mrs. Smith will do a fantastic job for PCC," he said. "Sherry Raby provides outstanding leadership for our col-



Pamlico Community College Controller Karan Smith says she enjoys working with numbers. Contributed photo

lege's Business Office, and the staffers there are first class in every way. I feel certain Mrs. Smith will fit in nicely."

For her part, Smith said she is happy to be at PCC and looks forward to ensuring the Business Office runs smoothly for PCC students, employees and vendors.

"I'm humbled to be a part of the team," she said. "I believe I'm up for the challenge."

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

Pamlico Community College Board of Trustees welcomes two new members

A community activist who serves as a private school superintendent and a Pamlico Community College graduate who has enjoyed a long career as an electronics mechanic at Cherry Point are the two newest members of the PCC Board of Trustees.

Dr. Dawn Baldwin Gibson, 49, of Merritt, was appointed to the board by Gov. Roy Cooper to serve out the term of Will Riggs. She was sworn in Jan. 28.

Brandon H. Pipkin, 40, of Grantsboro, was appointed to serve out the term of the late Ernestine Mattocks by the Pamlico County Board of Commissioners. He was sworn in Feb. 10.

Both Gibson and Pipkin have strong ties to Pamlico County and are very knowledgeable about the college and its positive impacts on the community and region.

"I think both Dawn Baldwin Gibson and Brandon Pipkin will be great additions to the board," said Bob Lyon, chair of the college's Board of Trustees. "Dawn is dedicated to young people and to ser-



Brandon Pipkin

vice to the community. Her knowledge of the community college system and education issues will give her great insight. Meanwhile, Brandon is a PCC graduate who has a job with a great deal of responsibility at Cherry Point. I think his knowledge of the programs at the college will be very useful."

PCC President Dr. Jim Ross said, "Both Dr. Gibson and Mr. Pipkin will bring important perspectives to our college's Board of Trustees. They bring a deep commitment to our county, passion for our college, and desire to use their commendable experience to



Dawn Baldwin Gibson

make lives better. All of us are looking forward to working with them as we seek to serve our community and help our residents improve their lives through higher education."

Gibson was born in Wilmington, but she has deep roots in Pamlico County. She lives on property here that has been in her family for generations, and her mother, uncle and aunt have worked as educators in the local schools.

Gibson can remember her first visit to PCC when she was a girl, and she says she recognizes the important role the college plays in the community.

"The education piece is always key," she said. "Community colleges are the keys to the viability of any community."

Gibson earned her bachelor's degree at Shaw University in Raleigh and her master's degree at East Carolina University. She earned a doctoral degree from Christian Leadership University and worked as an instructor at community colleges in Kinston and New Bern.

Gibson and her husband, Anthony, launched a Christian ministry in New Bern in 2011, and later an affiliated private school in 2017. She and her family also have been active in hurricane relief and disaster preparedness.

Gibson is a mother and a grandmother.

Pipkin was born in New Bern and grew up in Pamlico County. He first came to the college as a Pamlico County High School student through the former co-op program with Cherry Point. He went on to earn his associate's degree in Electrical/Electronics Technology in 2001 and secured a job at the Marine Corps air station.

He credits PCC with giving him a great start on a rewarding, 20-year career as an industrial controls electronics mechanic on base.

"The college did a great service for me," Pipkin said. "I wouldn't have this job if it weren't for the college. I want to see this college do better than it ever has."

He also is a graduate of the college's Fire Academy training program, which has helped him in his role as an active member of the Grantsboro-Silverhill Volunteer Fire Department.

Pipkin met his wife at Cherry Point. They have three children, ages 14, 12 and 8, and live near the college.

The PCC Board of Trustees consists of 12 members. Four members are appointed by the Governor's Office, four are appointed by the Pamlico County Board of Commissioners and four are appointed by the Pamlico County Board of Education.

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EDITORIALS and OPINIONS

Democrats in Crisis



Jim White

We have watched in awe this past week as the Democratic party has imploded with one after another candidate dropping out of the presidential race. First one, then another, followed by another withdrew from the race, leaving Sanders, Biden, and Warren. All those who dropped out have come out in support of Vice-President Biden; and it is rumored that Warren, who has consistently come in near the bottom of the barrel, is considering withdrawing and pulling her support to Bernie Sanders. Will she withdraw and give her support to Sanders? Politically they are more alike than she and Biden. It has been suggested that she is waiting in the wings hoping that Sanders will offer her the vice-presidential spot on his ticket. Imagine a Sanders-Warren Ticket in 2020. That would leave McGovern rolling over in his grave and have Trump thanking God for the easiest ticket to beat. I have already written how dangerous a Sanders' ticket would be and a Sanders-Warren Ticket would be even more so.

So that leaves us with a Biden ticket. Biden is really too old to be president. As a historian of the presidency, I have repeatedly told people to look at the vice-president candidates. These can be more important than you can imagine. If elected, Biden would be the oldest person ever elected President of the United States leaving the possibility that he could die in office. Thus, look at the person he picks for vice-president. Many people voted for Obama in 2008,because Biden was on the ticket. Many voted for Trump in 2016, because Pence was on the ticket. Speaking of Pence, rumors has it that President Trump is planning on dumping Vice-President Pence and replacing him with the former South Carolina Governor, Nikki Haley, as his vice-president. While that might pull in some women voters, a lot of Trump supporters are STRONG Pence supporters and dumping him would be a big mistake. So look at the vice-president. He/she could all too well become our next president. (And the Democrats are not finished with the impeachment process against Trump. They are interested in replaying that game in his second administration.)

The question is, "Can Sleepy Joe pull the thing off?" Can he take the nomination to the bank? Can he beat creepy Bernie

to the final goal? OR is Bernie going to take that prize, once again denying Biden of his coveted goal of being President of the United States? The two men clearly show the split in the Democratic party as well as the division in the United States itself. On one hand, you have Joe Biden, a life long Democrat who is "progressive" or liberal in leanings. In this day and time, his liberal or progressive ideas are considered to be "moderate" compared to many within the Democratic Party. On the other hand, we have Bernie Sanders. He labels himself as a Democrat Socialist making him one of the most liberal candidates to run for president since Eugene V. Debs in the 1920s. The nation is no more ready for a Social Democrat today than it was in the 1920s, but Bernie will be difficult for Biden to beat. Biden's best bet is to go ahead and name his vice-president candidate which will drum up more support, especially if he were to name a popular person as his vice-president such as Julian Castro. That would be a Democratic coup and pull the rug out from under both Bernie as well as Trump. Another option for his vice-president would be Amy Klobuchar who ran as a middle of the road Democrat. She would balance the ticket in the minds of the Democratic Party. IF Biden wants to win the nomination, he needs to name his vice-president candidate AHEAD of the convention while the primaries are still going on. That way, he would pull in more votes which would help him cinch the nomination. It would also put Bernie on notice, forcing him to name his vice-president as well. The people need a clear choice while voting including knowing who will be the vice-president.

In the end, it looks like the convention will be deadlocked, ending up in a brokered convention. This means that it will take three or four ballots to chose a candidate for president on the Democratic ticket. When that happens, Sanders' delegates will not support a ticket with Biden on it and Biden's delegates will not support a ticket with Sanders on it. It will then be necessary to choose a candidate who will be able to unite the Democratic Party. At that point, the Party will then turn to and nominate Hillary Clinton to be its nominee for President. And yes, she is coveting the office again.

LETTER TO THE EDITOR

What is Medicare? It is a government program that has provided health care to seniors for 54 years. This successful program has bipartisan support and is widely popular among those who have it. Medicare has been shown to be a cost effective way to cover a large segment of our population that uses health care services the most. What is the Medicare For All Act that is in Congress right now? The proposed MAA would extend Medicare to the entire US population. Overall expenses would go down because of the elimination of insurance premiums, drug costs, deductibles, co-pays, and other fees like ambulance costs. The MAA would save the Country about \$450 billion dollars a year. For example, with private health insurance there is a 12% cost associated with paperwork and administrative fees. With Medicare that cost is only 2%. This alone would give a savings of \$200 billion per year.

In addition to cost savings, Medicare For All would also save about 680,000 lives per year. Right now 78 million people are either underinsured or have no insurance at all. In large part this is why the US ranks 27th in the world for overall healthcare. The

U.S. doesn't even make the top 34 countries for things like infant mortality and life expectancy. What about choosing a doctor? Right now you have to choose a doctor who is in your network. Medicare For All wouldn't have "in" and "out" of network. Also important, it wouldn't have all the paperwork and time spent on the phone trying to figure out what is covered and not covered by insurance. Plus, if you move or change jobs, there is no need to worry about losing health care coverage.

Medicare For All will save lives, be more efficient and cost less, just like our successful Medicare program. Please check for yourself by going online and reading the study in the Lancet titled, Improving the prognosis of health care in the USA . As a Country we need to find a better way than GoFundMe to cover healthcare costs. The Medicare For All Act is on the table. Congress needs to do the hard work of figuring out the details so we can save lives and create a 21st Century healthcare system.

Kathryn Garcia
Pamlico County

Internationally Renowned Concert Violinist Midori Coming to Oriental



A child prodigy and internationally renowned concert violinist for over 30 years, Midori transfixes audiences by bringing together graceful precision and intimate expression that allows listeners not just to hear the music, but to be personally moved by it. A visionary artist, activist, educator and noted global cultural ambassador, Midori's unique career has transcended traditional boundaries through her relentless drive to explore and build connections between music and the human experience. Pamlico Musical Society is proud and honored to present Midori in concert at the Old Theater in Oriental on Wednesday, March 25, 2020.

Midori was born in Osaka, Japan in 1971 and began her violin studies with her mother after displaying a strong aptitude for music at an early age. In 1982, conductor Zubin Mehta invited the then 11-year-old Midori to perform with the New York Philharmonic in the orchestra's annual New Year's Eve concert. The standing ovation that followed her debut spurred Midori to pursue a major musical career at the highest level.

Typically soloing with the likes of symphony orchestras of London, Chicago, Boston, San Francisco, Berlin, Vienna, New York, Los Angeles and St. Petersburg among many others, Midori's recent global engagements highlight her versatility through performances of orchestral and chamber works by Bernstein, Bach, Respighi, Beethoven, Schumann, Faure', Debussy, Enescu, Prokofiev, and Brahms. For the concert in Oriental, Midori will be joined by her partner at the keyboard, Özgür Aydin – a celebrated pianist of the highest level with solo and chamber music performances around the world.

Midori's appearance is made possible in part by a grant from the nonprofit organization Partners in Performance, founded by Midori in 2003 and initiated in the wake of Arts Council funding cutbacks across the United States. Partners in Performance aims to stimulate local interest in recitals and chamber music, specifically in smaller outlying communities, like Oriental, without the financial resources of major urban centers, and to support classical music presenters in these communities by offering affordable concerts by major artists. Through Partners in Performance, high profile artists--including Midori--can donate their services for concerts to galvanize community attention and offer support to smaller-scale arts presenters such as Pamlico Musical Society which was competitively selected for a grant.

Pamlico Musical Society wishes to thank our sponsors, Doug Sligh and Mary Ann Parham and Yawl's Cafe at River Dunes for their generous support.

This concert is sold out. Tickets for sold-out shows may become available at the door last minute. Check at the box office at 7:15. For more information, call 252-617-2125.

Celebrating over 22 years of great music for our community, Pamlico Musical Society is a non-profit organization bringing quality musical entertainment, enrichment, and education to Pamlico County, and we welcome your support! To learn more about the benefits of becoming a member, including advance ticket sales and artists' receptions, call 252-617-2125, or visit www.pamlicomusic.org. Like us on Facebook @pamlicomusic.

NC Poet Laureate Reading and Workshop



Jaki Shelton Green, our North Carolina Poet Laureate, is visiting Oriental on May 1 and 2, 2020, presented by the Poets of Pamlico in partnership with the Pamlico County Arts Council. Jaki will appear at Holts Chapel Community Center on Friday, May 1 at 6 pm to read from her work and speak with the audience on how Culture and Personal Experience Inform a Writer's Work. A reception follows. The event is free and open to adults.

On Saturday, May 2 from 10 AM - 12 PM, Jaki Shelton Green will lead a writing workshop at Holt's Chapel Community Center. Admission is free.

"Her writing drives like good jazz...making multitudinous connections at light speed"- Michael Dennis, Today's Book of Poetry. Jaki Shelton Green is the first African American and third woman to be appointed as the North Carolina Poet Laureate. When he appointed her in 2018, Governor Copper stated, "Jaki Shelton Green brings a deep appreciation of our state's diverse communities to her role as an ambassador of North Carolina literature. Jaki's appointment is a wonderful new chapter in North Carolina's rich literary history." She is the author of eight collections of poetry including Dead on Arrival and New Poems, Masks, Conjure Blues, Singing a Tree into Dance, Breath of the Song, published by Carolina Wren Press and Blair Publishers, and she has been published in over eighty national and international anthologies.

Ms. Green teaches Documentary Poetry at the Duke University Center for Documentary Studies; she is Visiting Professor for the Carlow University MFA Program; Lenoir-Rhyne University Writer-in-Residence; and Duke University Teaching for Equity Fellow. Just a few of her awards include 2019 NC Humanities Council Caldwell Award, 2019 American Academy of Poets Laureate Fellowship, 2014 NC Literary Hall of Fame Inductee, 2003 recipient of the North Carolina Award for Literature, the highest award the state can bestow for significant contributions in science, literature, fine arts and public service.

Holt's Chapel Community Center, located at 136 Janiero Road in Oriental, is an historic Rosenwald School, one of 5,000 structures built in the 1920's by Julius Rosenwald and Booker T. Washington to bring education to black students in the South.

The presentation on May 1 is made possible through funding from the North Carolina Humanities Council, a statewide nonprofit foundation and state affiliate of the National Endowment for the Humanities and by Holt's Chapel Community Center, Inc. The Writing Workshop on May 2 is partly funded by the Pamlico County Arts Council, a partner of the N.C. Arts Council, a division of the Department of Natural & Cultural Resources. www.NCArts.org.

Photo by Sylvia Freeman

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

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



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M-F 8:30am to 5:00pm

OWC 12th Annual Chowder Cook-Off



The Oriental Woman's Club will be hosting it's 12th annual Chowder Cook-off on Saturday March 21st. Come on out to the Oriental Inn and Marina between 11:00-1:00. Purchase your tasting ballot for \$10. Sample lots of delicious chowders and then vote for your favorite. (There will be no judges this year, only People's Choice) A 2020 winner will be announced! Enjoy music by Harbor Sounds on the deck of the Tiki Bar. And, most importantly help us raise funds to benefit the education, enrichment and development of the youth of Pamlico County and their teachers.

Local Students Learn How to Prevent, Avoid Dating Violence

Continued from page A1

dating violence in America last year. The CDC notes that "during the pre-teen and teen years, it is important for youth to begin learning the skills needed to create and maintain healthy relationships. These skills include things like how to manage feelings and how to communicate in a healthy way."

If you have a youth group who would benefit from a presentation on preventing dating violence, please contact CWS at 252.638.4509.

"The real purpose of the scientific method is to make sure nature hasn't misled you into thinking you know something you actually don't know." - Robert M. Pirsig

FINANCIAL FOCUS

What’s the Difference Between Short- and Long-term Investing?



Dan M. Roberts

As you go through life, you’ll have many financial goals. Fortunately, you don’t need to achieve them all at the same time. But when you have a mix of short- and long-term goals, you will need to pursue some different investment strategies simultaneously.

Your short-term goals may depend somewhat on your stage in life. For example, when you’re starting out with your career and you’re beginning to raise a family, you may well have a goal of saving enough money for a down payment on a home. Later on, though, you may decide you want to travel the world for a year.

Because you know about how much money you’ll need, and when you’ll need it, you can choose the appropriate investments, with these characteristics:

- Low risk – Above all else, you want the right amount of money to be there when it’s time to use it. So, you’ll need low-risk, high-stability investments. You won’t see much in the way of growth from these types of investments, but you also won’t be sweating every single market downturn in fear of not reaching your goal.
- Liquidity – You won’t want to worry about trying to find a market for your investment when it’s time to sell it and then use the proceeds for your short-term goal. That’s why you need to pick short-term vehicles that are highly liquid.

Now, moving on to longer-term goals, the situation can be quite a bit different. Suppose, for instance, you’re saving and investing for a retirement that may be three or four decades away. For this goal, you have one overriding motivation: to end up with

as much money as possible. And since you have so many years until you need this money, you may be able to take on more risk than you could with the investments you counted on for your short-term needs. This isn’t to say you should be reckless, of course – you still need to pay attention to your individual risk tolerance. Overall, though, there’s a big philosophical difference, in terms of risk capacity, between investing for the long term versus the short term.

When you’re saving for a long-term goal such as retirement, you may need to rely primarily on your IRA and your 401(k) or similar employer-sponsored retirement plan. And within these accounts, you’ll need a reasonable percentage of growth-oriented investments. It’s true that growth investments are volatile, with sometimes sharp price declines. But in exchange, you have the opportunity for greater growth potential.

Once you do retire, you’ll still have long-term goals. For one thing, even during retirement, you’ll need your portfolio to have some growth potential to keep you ahead of inflation. And you’ll also need to address perhaps the longest-term goal of all: leaving the type of legacy you desire for your loved ones.

A financial professional can help you clarify and prioritize your short- and long-term goals, as well as assist you in choosing the appropriate strategies for helping meet these goals – whether they’re three years or three decades away.

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

Edward Jones, Member SIPC



Feeling like you paid too much in taxes this year?

Contact your financial advisor today to learn about investing strategies that could benefit you.



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NC COOPERATIVE EXTENSION Pamlico County

Share the Road with Farm Equipment

Daniel Simpson, County Extension Director, Agriculture Agent



As growers prepare for the 2020 planting season, please be mindful that you may need to share the road with large, slow-moving farm equipment. With over 46,000 acres of farmland in Pamlico County, agricultural production is a familiar site along our roadways. During the planting and harvest seasons, farmers are often on the road early in the mornings and late into the evenings. Since most farm equipment moves less than 25 miles per hour, always use caution and obey the rules of the road.

During the planting season, growers will be cultivating soil, applying fertilizer and weed control products, and planting seed. Equipment that you might share the road with includes: tractors with tillage and planting equipment attached, application spreaders and sprayers, and various trucks and haulers that will help to move equipment and supplies. Each piece of equipment varies in size, requiring different levels of space to safely navigate the roadway. Road shoulders, bridges, and tight turns present hazards for both equipment and other vehicles sharing the road. Think before you pass equipment and allow the equipment operator the space necessary to safely maneuver around obstacles.

Most of the crashes that involve farm equipment occur on a clear day, during daylight hours, and/or on a dry, paved surface. Typical crashes with farm equipment include sideswipes and angle crashes. These types of crashes occur while farm equipment is turning left and while a motorist is trying to pass. In some cases, a farmer uses a left-hand signal, and drivers mistake this as a sign for them to pass. Many farmers will use hand signals to warn drivers when they are turning or stopping. The key to safety when sharing the road with farm equipment is to be patient.

Motorists can avoid other potentially dangerous encounters with slow-moving vehicles by following these driving tips:

- Recognize and respect the slow-moving vehicle and when you see one, slow down as if you are approaching a stoplight.
- Watch for hand signals and equipment turn signals. Do not



assume that a slow-moving vehicle pulling to the right side of the road is going to turn right or is going to let you pass. Make sure the driver sees you before you try to pass.

- Keep your distance and be sure to slow down when you see a slow-moving vehicle flashing a turn signal.
- Be patient. It is not easy for the farmer to move aside to let you pass, especially when road shoulders are questionable.
- Watch out for road signs, mail boxes, and other obstructions on the side of road. Equipment operators must navigate around these objects, requiring wider use of the roadway.
- Always make sure the road ahead and behind is clear before you pass. Do not depend on the driver to wave you around.
- SLOW DOWN when passing. An equipment operator may not even know you are behind them. Passing at high speed creates both danger for you and the operator.
- Remember, farm equipment cannot stop or slow down as quickly as an automobile. Try not to cut equipment off or cause them to stop short.

This spring, enjoy your ride around Pamlico County, and watch out for our farmers as they move their equipment from field to field. Remember to always approach farm equipment with care. These farm equipment operators are your neighbors and friends who must navigate the roadway with the same caution and respect that you do. Help them protect both you and themselves by sharing the road.

Pamlico County Public Library

603 Main Street, Bayboro, NC 28515 | 252-745-3515

- March 13**
Preschool Storytime 10 am
Family Movie Night 6:15 pm
- March 16**
Bridge 1 pm
Young Innovators 3 pm
- March 17**
Knitting 1 pm
Basket Weaving 2 pm
- March 18**
Genealogy 2 pm
ESL Class 6 pm
- March 20**
Preschool Storytime 10 am
YA Gaming 3 pm
- March 23**
Book Worm 1 pm
Bridge Club 1 pm
Girls Scouts 6 pm
- March 24**
Knitting 1 pm
Basket Weaving 2 pm
- March 25**
ESL Club 6 pm
- March 27**
Preschool Storytime 10 am
Book to Film 6:15 pm
- March 30**
Bridge Club 1 pm
- March 31**
Knitting 1 pm
Basket Weaving 2 pm
- Family Movie**
Abominable
Friday, Mar. 13 @ 6:15 pm

A young Yeti escapes from a compound in Shanghai owned by wealthy businessman Mr. Burnish who intends to use him to prove the existence of yetis to the world. Yi encounters the Yeti near her cubby house on the roof of her apartment, which she names "Everest." While hiding him from Burnish Industries' Yi learns that Everest wants to reunite with his family on Mount Everest. Yi and Everest flee on a ship followed by Peng and a reluctant Jin where they plan to reunite Everest with his family.

Beach Book Breakfast Club
The Book Woman of Troublesome Creek
By: Kim Richardson
Thursday, Feb. 12 @ 9:30 am

Thanks to Roosevelt's Kentucky Pack Horse Library Project, folks of Troublesome Creek have books. Cussy Mary Carter, the town's traveling librarian, is the last of her kind, her skin a shade of blue unlike

anyone else. Not everyone is keen on Cussy or the Library Project. If Cussy wants to bring the joy of books to the town, she's going to have to confront prejudice and suspicion.

Book to Film
Richard Jewell
Friday, Mar. 27 @ 6:15 pm

During the 1996 Summer Olympics in Atlanta, American security guard Richard Jewell saves thousands of lives when he discovers a suspicious backpack under a bench in Centennial Park. Unconvinced that Jewell is a hero the press and FBI reports that Jewell's is a terrorist. As attorney Watson Bryant works to clear his client's name, he soon learns that he is out of his depth as he fights the combined powers of the FBI, GBI and APD. Based on the book The Suspect: An Olympic Bombing, the FBI, the Media, and Richard Jewell, the Man Caught in the Middle Hardcover –

November 12, 2019
by: Kent Alexander
Book Worm

The Nickel Boys
By: Colson Whitehead

Monday, Mar. 23 @ 1 pm

Elwood Curtis is about to enroll in the local black college but he makes one innocent mistake and destroy's his future. Elwood is sentenced to a juvenile reformatory called the Nickel Academy. Stunned to find himself in incarcerated, Elwood tries to hold onto Dr. King's ringing assertion "Throw us in jail and we will still love you." His friend Turner thinks Elwood is worse than naive, that the only way to survive is to scheme and avoid trouble.

The tension between Elwood's ideals and Turner's skepticism leads to a decision whose repercussions will echo down the decades.




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12:00 pm – 4:00 pm
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Churches, civic groups, nonprofits, charities, community leaders, exhibitors and concerned citizens are all invited!

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The most terrifying words in the English language are: I’m from the government and I’m here to help. –Ronald Reagan

PAMLICO COUNTY MIDDLE SCHOOL

Honor Roll & Principal's List



| | |
|--|--|
| 6th Grade Principal's List Madison Anderson Julia Bain Krista Ballance Trevor Barton Marie Bennett Claire Boyd Brian Brothers Ayden Broughton Abigail Cahoon Avery Cain Madalyne Cook Mya Curtis-Hill Kaitlyn DellaBadia Mckenzie Edwards Yharen Espinoza Mia Felix-Osuna Darien Fisher Payton Force Kaylee Freeman Alyssa Hook Jaxon Hughes Amy Johnson Mya Klein Catherine Lackey Serenity Owens Moriah Phillips Jonah Rose Jackson Sampson Raul Saucedo Dakota Schmidt Hayley Shamblin Emma Smith Brianna Young | Jasmine Lee Lukas Malone Ava Marquez Morgan Mason Lillie McKeown Ross McLamb Paris Pollard Molly Poppervill Gavin Potter Kaedyn Powers Jordan Pratt Alina Ramirez-Ortega Aubrey Rice Isaiah Rodriguez Jaylin Savage Samarl Turman Ocean Verrall Dustin Ward Maegan Welch Nazri Williams Daniel Wooster Amier Worthy |
| 7th grade Principal's List Kimberly Beltran-Lopez Lucas Browne David Curtis Guy Eyster Ariana Godette Hunter Harrison Kandise Hodges Allyson Leaming Shelby Mehrling Hunter Mosher Peyton Robinson | 7th grade Honor Roll Tucker Banks Tariq Barber Eric Brantley Lucio Bustamante Anthony Chaparro-Alvarez Isaac Cuthrell Alexyanna Dawson Wrighton Edwards Danielle Evans Nathan Gibbs Kendall Harris Madlyn Ireland Annie King Moises Lopez Samyah Maiden Taylor McHenry Kiyoshi Midgett Bailey Misner Charles North Yazmin-Rae Olguin Alani Ollison Abdiel Perez Kristen Powell Summer Sawyer Holly Scott Johnson Sheaffer Shelby Tabor Heavens Toler Larry Tribby Luisa Valles De Los Santos Elena Vilches Cameron Wade |
| 8th grade Principal's List Emma Altman Catalina Alvarado Barwick Audilet William Barton Hunter Bennett Jackson Callen LoriBeth Dunn Isabella Goswick Mercedes Grimes Julieana Harding Kendal Hartley Braylen Ollison Layla Prescott Anna Rose Caroline Rose Alyssa Schmidt Autumn Schroeder Ragan Shields Kara Spain Kaitlyn Toler Kevin Vanzandt Diana Villa-Sugura Jacob Whitley | 8th grade Honor Roll Harlie Akins Lucas Bailey Savannah Baker Alex Brothers Kelvin Chaparro Alvarez Keegan Cofer Morgan Connor Emily Edwards Adyson Foreman Naomi Hill Layla Ireland Carlee Johnson Hakeem Jones Antoine King Amya Koonce Neil Landow Aaliyah Lockey Allen Long Jasmine Pfarr Bryan Riggs Tristen Sanders Brylei Simpson John Smith Tyler Walker Paul Watson Zachary Whitley Jayden Williams Dusty Willis |
| 6th grade Honor Roll Marian Auguilera Elizabeth Aldridge Malachi Banks Tasiah Brown Braxton Buck Erica Cannon Iain Cowell Braxton Finch Ava Ireland Dakota Keel Jada Kersey Mackenzie Leaming | |

Friday Flick at The Old Theater

March 20, 2020

Presents: The Zookeeper's Wife

The Zookeeper's Wife is a war drama that tells the true story of how a Polish couple rescued hundreds of Jews from the Germans by hiding them in their Warsaw zoo during World War II. In 1939 Poland, Antonina Zabinska (two-time Academy Award nominee Jessica Chastain) and her husband (Johan Heldenbergh) successfully run the Warsaw Zoo and raise their family in an idyllic existence. Their world is overturned, however, when the country is invaded by the Nazis and they are forced to report to the Reich's newly appointed zoologist (Daniel Brühl). To fight back on their own terms, the Zabinskis risk everything by covertly working with the Resistance and using the zoo's hidden tunnels and cages to save families from Nazi brutality.

DIRECTORS Niki Caro (Whale Rider)

WRITERS Angela Workman and Diane Ackerman, author of the non-fiction book by the same name

PRODUCERS Jeff Abberley, Jamie Patricof, Diane Miller Levin, Kim Zubick

STARS Jessica Chastain, Johan Heldenbergh, Daniel Bruhl and Michael McElhatton

MUSIC Harry Gregson-Williams

Box Office opens at 6:00 p.m. Doors open at 6:30 p.m.

Movie starts at 7:00 p.m. Admission \$6.00 Includes FREE popcorn

All proceeds go to the support of The Old Theater, a non-profit organization, located at 609 Broad Street Oriental, NC

To view trailer click below: <https://youtu.be/eiEfrA6MWs4>

AROUND THE COUNTY

Aurora Joy McCracken, Correspondent

With the coming of this early spring I'm already seeing lightning at night way off the coast on 2/29 and 3/3. I might have seen my first Hummingbird in the yard a week ago and one was documented on Broad Creek that very day. Someone saw some Tundra Swans feeding in a field on 2/23 down in Royal presumably on their way out of town.

Pelicans come in and enjoy the area recently; the first time I've seen any without being in a mixed flock. I have even seen a rare sighting of Canada Geese swimming by the dock. The feeders have picked up traffic and it helped defer the bully Mockingbirds by putting up another feeder away from their staked out domain. They have discovered the new one and

After several weeks of quiet on the creek and cove, the ducks are back in good numbers. My Brown Pelicans are still around even hanging on the pilings for a short while the other day. I saw a small group of White

swoop in like Velociraptors ruining the party until they hurry off to reclaim the original feeder thus leaving everyone in peace for a spell. I've seen the Titmice return (never did have any last spring and summer) and even a White-throated Sparrow along with a few Cardinals. They must have finally figured the coast was clear with all the Chickadees around. The yard is abound with the singing.

Spring has also gotten the usual quiet neighborhood into action with sawing, hammering, mowing, gunshots (assuming that was target practice) and new folks moving in.

I've seen several of my old students while out and about and am just so proud of their accomplishments: a nurse's aide, a college student studying entrepreneurship and a language arts major.

I must brag on a local business: Willis Electric out of Bayboro. They sent out in a timely manner a charming technician, Travis, who expertly and quickly diagnosed and replaced a faulty outlet that was worrying me.

I still have nothing sprouting in the greenhouse, perhaps starting too soon, but have hopes of that changing in the near future. I see in the distant forecast no really cold temperatures at night.

Goose Creek Island Annette Jones, 55 Plus Club Correspondent

Goose Creek Island 55 Plus Club met Thursday at the Community Center with Pres. Mildred Fulford presiding. Chaplain Rosanne Rowe brought the devotional 1 John 1:7. Today was Bingo Day. Everyone enjoyed winning prizes. Afterwards the Rummikub ladies played and Mildred and I played Scrabble. Dog gone it she beat me again! I'm just gonna have to do better. Speaker for next will be one of our members, Brenda Watson Lewis.

Prayer List: Nancy Jones Leary underwent an endoscopy procedure at Chapel Hill last Tuesday. She was released that afternoon and is now at home doing well. David Leary, son of Roland & Ila, is presently living in Smithfield and is being treated for a virus in a hospital there. Ali King of Mesic hasn't been feeling very good lately. Sheila Ireland Andrews was added to the prayer list. We hear that Jay Warren, grandson of Vance & Judy Brown passed away several weeks ago. Our love and condolences go out to the families. Claude James Potter. Jr. of Raleigh passed away March

8, 2020. He was born and raised in Lowland and attended Hobucken School. Claude always enjoyed attending the Hobucken School Reunions. Our prayers and condolences go out to the family.

Happy Birthday: Tina Sawyer Gray, Howard Gregg, Feta Rowe Webb and Theresa Tardanico Hewson - Mar 12, Felicia Almond Lewis and Cassidy Blough - Mar 13, Leigha Godwin. Merritt Watson, Jr. and Martha Lupton Stilley - Mar 14, David Lupton, Camden Popperwill, J.J. Ford and Jude Taylor Grubbs - Mar 15. Todd Popperwill and Wesley Ross - Mar 16, Janice Balance Ireland, Brandi Rowe, and Pam Popperwill Ireland -Mar 17, Marsha Lupton Ireland, Arthur Leary, Michala Cahoon and Lynette McCann Beegle - Mar 18. Happy Anniversary - Benny and Katherine Golden.

Pamlico County High School Winterguard competed in the Corinth Holder Winterguard Classic in Raleigh Saturday. They earned a fifth-place award Many thanks to Guard Instructor Toni Staroing for her dedication. Jenna Jones is a member of the Winterguard. team, Congratulations PCHS!

Pamlico Betty Jo Rodgers, Correspondent

A large pelican was fishing Broad Creek Sunday afternoon. There were some two legged fishermen on the dock at the preserve, but they didn't appear to be as successful as the pelican.

The editor wrote a nice article about the local column correspondents last week. It would be awesome to have someone from Arapahoe, Grantsboro, or Bayboro also write about happenings in their locale.

The orange stakes on Trent Road are markers for Tideland to place power poles closer to the highway so they can access them without destroying the farmer's crops. I am sure this is an improvement that will benefit the farmers, the linemen, and all on the Merritt circuit when repairs are needed.

The Lenten midday service at Bayboro United Methodist Church featured music by Joe Motley at 11:45. The Reverend Ann Sims, pastor at Oriental UMC was sick, so Reverend Betty Jo Rodgers, pastor at Warren Chapel UMC brought the message. If she is better, Reverend Sims will be preaching the upcoming service on March 11th, but as Reverend John Farmer says, "God will supply who he wants at each service, so you just have to come out and experience a 'God thing.'"

Whortonsville Reba Tiller, Correspondent

It is a beautiful Sunday evening in Whortonsville, but a little chilly. Sorry I did not get my column in last week, but being a caregiver, sometimes you just run out of time. This is a favorite period of the year for me as I look out over the creek with the incredible sunsets and the lovely mornings when the creek is sometimes so still you see the reflection of the trees mirrored in the water. We watched the fishermen pulling in their nets last week but there were no fish. I am anxiously awaiting the crabs to show up.

Bill and Sylvia Nickerson went to Lillington on Friday to pick up a saw for Bill, then went to Vandemere on Saturday to pick up more tools. He is retired but he still likes to make and build things. Sylvia is the flower and yard person that has beauty all year. They have a new neighbor who has been working and clearing for several weeks. The Cuthrells were in Lillington for

a friends Hunting Club's annual feast of all the different wildlife they have hunted all over the country. On Sunday Bill Nickerson and I headed up the music at church for Reverend Jesse Caton's second sermon after the death of his wife. The usual crowd came to our house and we were glad that Eric Bryan was home after having a job interview in Edenton and Bill Blair's daughters, Ellie and Vivian were able to join us. We ate, did a puzzle, and played Kings on the Corner. Debbie Whorton had on beautiful earrings at church that daughter Audra made for her. Audra is doing great in her jewelry making business. Vivian told me the 50+ Club has been dissolved at the Senior Center. I have great memories from the past when we had lots of members and a singing group called the Vintage Voices.

Thought for the week--- Pray that the Coronavirus runs it's course very soon and no more people will die!

Oriental's History Museum in Search of Volunteers

Oriental's History Museum, was founded in 2004 with the mission of collecting, cataloging, interpreting, and displaying artifacts from Oriental and surrounding areas. To help keep our little museum open and thriving we need a few more volunteer docents to greet visitors. We ask for only 2 or 3 hours a month of your time, or more frequently if you are able. We also need help with our membership drive, fundraisers and other initiatives we've taken on. Think about becoming part of our all-volunteer family.

Besides our permanent exhibits constantly being updated, the Museum mounts three special exhibits of local interest each year. The current exhibit is about World War One; next up is Dragons and then Hurricanes.

What next? Your ideas and suggestions are always appreciated. Our greatest need at this point is volunteers. We cannot take on these ambitious projects without your ideas and willingness to donate your time. If you would like to help the Museum with a monetary contribution it is tax deductible as we are a 501(c)(3) nonprofit organization. Please contact the Museum at museum@dockline.net for more information about how you can help. Our hours are: Friday 11-3, Saturday 1-4, and Sunday 1-4.

WWW.ThePamlicoNews.com

SCHOOLS

PAMLICO COUNTY MIDDLE SCHOOL



Students in Ms. Leary's math classes have been working in teams to plan a class party. This activity covered the sixth grade standards of the number system (NS.2 and NS.3): Adding, subtracting, multiplying and dividing with multi-digit whole numbers and decimals. For a project, the students had to decide on a theme for their party, brainstorm ideas for games/activities, find items online, and compare prices in order to get the best deal. To complete the decimal unit, she took the students to Walmart in Grantsboro on Friday, February 28th to do some "shopping". Thank you WalMart for accommodating our students and helping us make this project come to life. We look forward to next year!



On Saturday, February 29th, PCMS jazz ensemble students played at the Silos restaurant in Oriental to raise funds for the Worldstrides Heritage Music Festival they plan to attend in Williamsburg, VA. These students were Dantonio Midgette, Anna Rose and Caroline Rose.



The SGA visited with Pamlico Primary students on Monday and Friday as part of our club's giving back to the community initiative. This week is "Read Across America" week in honor of Dr. Seuss' birthday (3/2). SGA students selected their favorite children's books to share with very eager 1st and 2nd graders who enjoyed reading with the "big kids."



On Wednesday, March 4th, selected athletes from Pamlico County Middle School visited Pamlico Primary school to support their Literacy Spirit Week. The theme for this particular day was Sports and Athletes.

PCMS Spelling Bee Results



Thanks to local community businesses, volunteers, the entire PCMS staff, and nine dedicated students, the fifteenth annual Pamlico County Middle School Spelling Bee was a huge success. On February 18th, 2020, some of Pamlico County Middle Schools' finest students put their spelling skills to the test to determine the 2020 Spelling Bee Champ. For some students, this event was the first time being on stage while facing the big challenge of learning the correct spelling of each word. Each student is to be commended for being a participant and stepping up to the plate to make this event a meaningful competition.



This event, coordinated by PCMS Media Coordinator, Kim Prescott, provided an opportunity for parents, relatives, faculty and students to be actively involved in watching the students participate. The words and rules used were provided by Scripps National Spelling Bee. According to Spell It! 2020, which provides word lists and spelling tips, the purpose is to help students improve their spelling, increase their vocabulary, learn concepts, and develop correct English usage that will help them all their lives. The bee also provides great practice with speaking skills and getting up in front of an audience.

The sixth grade participants were Abigail Cahoon, Madalyne Cook, Moriah Phillips, Serenity Owens and Logan Price. Our Seventh Grade participant was Eric Brandley and 8th graders were LoriBeth Dunn, Julieana Harding and Jasmine Pfarr.

Our first place winner was Julieana Harding who will go on to the regional competition on March 21st in Washington, North Carolina. She is in the eighth grade, and is the daughter of Terry and Gayle Ludwick. Our second place winner was sixth grader Serenity Owens and our third place winner was eighth grader LoriBeth Dunn.

Donations from the Pamlico County Education Foundation and Mayo's Restaurant were greatly appreciated to make the bee possible. A big thanks goes to our pronouncer, Mrs. Jennifer Baker, PCHS Media Coordinator, and Ms. Betsy McCandless our judge. Be sure to come out to our Bee next year to help us celebrate "16" years. We hope to see it grow each year, and as always, we thank you for your continued support.



In Mrs. Brown's 6th grade Social Studies class, students learned about the Stone Age and hunter-gatherers by completing a STEM challenge. STEM incorporates Science, Technology, Engineering, and Math with the hope of promoting skills used for specific trades. Students were given 80 paper strips and glue with the requirement to build a basket to hold as many apples as possible. Students were given approximately 45 minutes, using only the materials provided, to build the biggest and strongest basket as possible! The winning group designed a basket that held 35 apples. That was 10 pounds! Students were given the opportunity to reflect upon their design and decide how and why they would change their basket in the future.

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NCSU Winter Guard

■ Photos & Article by: Hiram Lupton



Cheyenne Lupton, a 2019 Graduate of Pamlico County High School and Member of Their Colorguard/Winterguard Teams for 4 Years, now Competes for the North Carolina State University Winterguard Team. The Wolfpack Squad so far has 2 first place finishes in 2 Competitions. The Unit competes in the Atlantic Indoor Association - South, in the Independent Division.

Girl Scouts Commemorates Anniversary of Founding Through Council Patch Program

March’s Patch of the Month helps Girl Scouts celebrate 108 years of tradition

Raleigh, N.C. — March 12th will mark the 108th anniversary of the founding of Girl Scouts when Juliette Gordon Low registered 18 girls in Savannah and began a movement that is now 1.7 million girls strong. The GS Birthday Week patch program was developed to help Girl Scout Daisies through Ambassadors (grades K-12) reflect on what it means to be a member of the world’s largest organization for girls.



Throughout the week Girl Scouts will have the opportunity to celebrate the organizations long history of building girls of courage, confidence, and character through a variety of programming provided by both Girl Scouts of the USA and Girl Scouts – NC Coastal Pines. Girls can celebrate the founding of Girl Scouts by inviting non-Girl Scout friends to a Girl Scout event such as a troop meeting or by hosting anniversary celebration full of traditional Girl Scout songs and games. Troops are also encouraged to reflect on the achievements of Juliette Gordon Low through sharing their favorite quote or examining what life was like for women in 1912.

Girl Scouts has a long legacy of civic engagement and female advocacy and Girl Scout Week 2020 will take on an extra special meaning as we celebrate the Centennial of Women’s Suffrage through our theme of Rally the Vote! Through Rally the Vote! and the Girl Scout Birthday Week patch program, Girl Scouts will be able to gain a deeper appreciation for the women who braved the way for everyone to be seen as equals.

Girl Scouts is proud to offer every G.I.R.L. (Go-getter, Innovator, Risk-taker, and Leader) the opportunity to accomplish big things while developing important skills in a safe and supportive all-girl environment. Girls discover self-empowerment, adventure, and leadership all while going beyond their comfort zone to explore new interests and pursue their passions. And girls are in great company when they join the largest girl-led Movement in the world as half of all U.S. businesswomen were Girl Scouts, 75 percent of current female senators were Girl Scouts, and nearly all women who have flown into space were Girl Scouts

Girl Scouts – North Carolina Coastal Pines offers girls once-in-a-lifetime experiences all while having fun in a safe, girl-only, and girl-led environment. Girl Scouts is open to all girls in K-12. To learn more or join a local troop, visit www.nccostalpines.org or call 800-284-4475.

We’re Girl Scouts of the USA

We’re 2.5 million strong—more than 1.7 million girls and 750,000 adults who believe in the power of every G.I.R.L. (Go-getter, Innovator, Risk-taker, Leader)™ to change the world. Our extraordinary journey began more than 100 years ago with the original G.I.R.L., Juliette Gordon “Daisy” Low. On March 12, 1912, in Savannah, Georgia, she organized the very first Girl Scout troop, and every year since, we’ve honored her vision and legacy, building girls of courage, confidence, and character who make the world a better place. We’re the preeminent leadership development organization for girls. And with programs from coast to coast and across the globe, Girl Scouts offers every girl a chance to practice a lifetime of leadership, adventure, and success. To volunteer, reconnect, donate, or join, visit www.girlscouts.org.



About Girl Scouts – North Carolina Coastal Pines

Girl Scouts – North Carolina Coastal Pines is the largest girl-led leadership development program in central and eastern North Carolina, reaching over 26,000 girls and 9,000 adult volunteers across 41 central and eastern North Carolina counties. Girl Scouts helps develop leaders of tomorrow by empowering girls to take on bold challenges, discover their passions and strengths, and explore programming like STEM, entrepreneurship, environmental leadership, take-action projects, and global citizenship. Today’s Girl Scouts learn to lead with courage, confidence, and character to make their communities and the world a better place. The council’s administrative headquarters is located in Raleigh, with additional program and service centers located in Goldsboro, Fayetteville, and Wilmington. To volunteer, reconnect, donate, or join, visit www.nccostalpines.org or call (800) 284-4475.

Agcarolina Farm Credit Photo Contest In Progress

[Raleigh, NC] AgCarolina Farm Credit’s annual photo calendar contest is in progress at AgCarolina.com. Members, employees, and friends of AgCarolina can submit photo entries via the website until July 31, 2020.

“The AgCarolina photo contest is a highlight of our year,” says Skipper Jones, AgCarolina Farm Credit Sr. VP – Marketing. “The opportunities for beautiful images are limitless in eastern North Carolina. We are consistently amazed by the submissions of sunrises, sunsets, farms, crops, equipment, and so much more... Our outside panel of judges have a very hard time each year selecting the best of the best. We look forward to seeing your submissions!”

Participants can submit up to three landscape orientation (horizontal) photos taken within the AgCarolina Farm Credit 34 county territory. The top three winners will receive cash prizes. The top twelve overall photo entries will be chosen to be used in our 2020 Photo Calendar. Winning entries will also be featured in various AgCarolina marketing materials. Visit the AgCarolina website for AgCarolina photo contest instructions, rules, and regulations.



Cover 1st place overall

AgCarolina Farm Credit is a farmer owned financial cooperative with headquarters in Raleigh. They are the leading provider of credit to farmers in central and eastern North Carolina. AgCarolina Farm Credit has over \$1.4 billion in loans and commitments outstanding to nearly 3,300 North Carolina farmers. Loans are made to finance land, homes, farm buildings, operating expenses, livestock and equipment, as well as other purposes. Credit life insurance, appraisal services, and leasing are also available through AgCarolina Farm Credit. Branch locations are in Ahoskie, Elizabeth City, Greenville, Halifax, La Grange, Louisburg, New Bern, Raleigh, Rocky Mount, Smithfield, Swan Quarter, and Williamston.



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“For every fact there is an infinity of hypotheses.”
- Robert M. Pirsig



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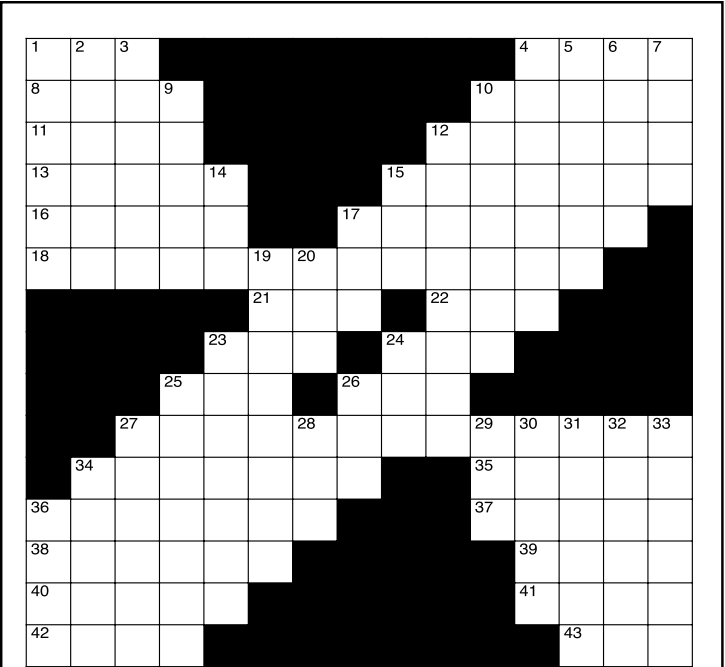
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CROSSWORD PUZZLE



CLUES ACROSS

1. A team’s best pitcher
4. Designer Jacobs
8. Hip joint
10. A dialect of English
11. Portrays
12. Panic
13. The head of a team
15. High priest
16. League of Legends locale
17. Protective folds
18. Treats allergies
21. Voodoo spirits
22. Single unit
23. Unit of measurement
24. Brew
25. Burundian franc
26. Self
27. Bengals great
34. Making letters overlap
35. Piece of pizza
36. Illegal drug
37. Card game
38. The highest point in the development
39. Oh, God!
40. Wives (law)
41. Monetary unit of Samoa
42. Supplements with difficulty
43. Valentine’s Day color

CLUES DOWN

1. Warm climate tree or shrub
2. Silky case spun by larvae
3. Still in existence
4. Light, two-stranded rope
5. Wear away
6. Beginnings
7. Essence
9. American Standard Code for Information Interchange
10. Path
12. Repeated tones
14. Expresses surprise
15. Monetary unit of Burma
17. When you hope to get there
19. Brighten
20. Fifth note of a major scale
23. Dark brown timbers of tropical trees
24. We all do it
25. Scrounges
26. Unit of energy
27. Begin to be
28. Midway between northeast and east
29. Distinctive practice
30. Succulent plants
31. Performer
32. Gas station term
33. Required
34. Soviet monetary unit
36. Eating house

SUDOKU

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

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Fun By The Numbers

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

ANSWER:

The solution often turns out more beautiful than the puzzle.
–Richard Dawkins

WORD SCRAMBLE

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V S O N E

Answer: Ovens

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YOUR GUIDE TO OUTDOOR RECREATION



When exercising outdoors, stick to terrain that is commensurate with your skill level to avoid injury.

How to prevent injury when exercising outdoors

Many people take advantage of nice weather by exercising in the great outdoors. Some might skip the treadmill at the gym in favor of running at the park, while others join recreational sports leagues for some exercise and fun in the sun.

But exercising outdoors carries its share of risk. Unlike gyms where machinery clearly advises members about proper form and warns against lifting excessive weight, Mother Nature comes with no such warning labels. As a result, it's up to men and women to make injury prevention a priority when taking their exercise routine outside. The following are a handful of preventative measures that can help exercise enthusiasts avoid injury as they attempt to get or stay fit in the great outdoors.

- Study the terrain. Part of the danger of exercising outdoors is that, unlike a gym that is designed for the sole purpose of exercise, nature is unpredictable. Safety features you take for granted at the gym, such as padded floors, are nonexistent outdoors. In addition, certain areas might not be suitable to all athletes. For example, mountain biking is a popular sport, but not all mountain biking trails are the same. Some trails are ideal for beginners, while others are best ridden by more seasoned riders. When your outdoor exercise regimen will be taking you off the beaten path, be sure you know the terrain before you start your workout. Speak with fellow outdoor enthusiasts about which trails or courses are best for someone of your skill level, and adhere to their recommendations. When exercising on a trail for the first time, bring a friend along so someone can go get help should an accident happen.
- Stay hydrated. Dehydration is another way athletes can suffer an injury when exercising in the great outdoors. Gyms have water fountains that allow members to take a drink of water when they're thirsty. That water can help prevent dehydration, which can be both

painful and greatly increase your risk of injury. When exercising outdoors, be sure to bring along enough water so you can stay hydrated regardless of how far away from civilization you may find yourself.

- Honestly assess your abilities. When exercising outdoors, it's easy to overdo it. Warm air and sunshine have a way of encouraging athletes to prolong their workout routines or push themselves a little harder. But pushing yourself past your limits can increase your risk of injury considerably. While it's easy to stay within your limits when exercising indoors, where the environment may encourage you to cut a workout short rather than extend it, it's easy to overextend yourself outdoors when the weather is nice. So it's important for men and women to make an honest assessment of their abilities before beginning an outdoor exercise regimen. Once you know what your body can and can't handle, you can tailor an outdoor workout that makes the most of nice weather without putting your health at risk.
- Don't challenge Mother Nature. One of the biggest risks with regard to exercising outdoors is the tendency some athletes have to ignore the elements. Avoid working out in especially cold or hot weather, as such conditions are not conducive to exercise. Extreme weather also reduces the number of people outside, which means there won't be as many people around to help you if you suffer an injury, lose your way or need help with your gear. Exercising outdoors is a great way to enjoy nice weather, but limit such workouts to those times of year when temperatures are most conducive to outdoor activity.

Working out in the great outdoors is a great way to make the most of a beautiful day. But athletes must still take certain precautionary measures to reduce their risk of injury when exercising outdoors.

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