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Vol. 52 No. 13, 14 Pages

The Pamlico News

Wednesday, March 25, 2020

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Good Day, Oriental!

We have received our dredging permit for Whittaker Creek and conferred with DEQ concerning the attached conditions. Our dredger, King Dredging Company, is inbound, and expects to be started by 5:30 this evening.

PLEASE stay clear of the channel as it is being dredged. If you need to contact the dredger, use VHF-13 on the radio. We have been delayed to the point where we can afford no stoppage in work- and even then, may not be able to complete it by April 1, so it's VERY important for boaters to NOT hamper progress.



MCAS Cherry Point officials cancel 2020 air show

MARINE CORPS AIR STATION CHERRY POINT, NC (March 18, 2020) — Marine Corps Air Station Cherry Point officials made the decision to cancel the 2020 Cherry Point Air Show that was scheduled May 1-3.

The decision was made with the primary concern for public health and safety due to the evolving situation of the coronavirus disease (COVID-19) pandemic.

The decision is also in step with community, state and federal guidance of suspending or canceling events with large gatherings, aimed at preventing the spread of COVID-19.

Full refunds will be issued for those who purchased premium seating ahead of the event from the ticketing site during the week of March 16-22. Patrons should note that it could take seven to 10 business days for refunds to appear on credit card statements or account postings. Questions about ticket refunding should be directed to OMBCHPTAir.ShowTickets@usmc-mccs.org.

General inquiries about the cancellation of the air show can be directed to cherrypoint@usmc.mil.



CarolinaEast Health System Screening All Patients and Visitors for Signs of COVID-19

(New Bern, NC) — Beginning Wednesday, March 18, 2020, CarolinaEast Health System is screening all patients and visitors for signs of or potential exposure to coronavirus COVID-19 before being allowed in their facilities, to include the medical center, surgery center and physician practices.

At all points of entry, CarolinaEast staff is asking patients and visitors specific questions that will identify whether they should undergo further

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Billy Flockhart Owner and Manager of the Piggly Wiggly

By: Jim White

One of the unsung heroes of this new environment of shortages and having to stay home is Billy Flockhart of the Oriental Piggly Wiggly. Numerous people have expressed their thanks and appreciation for the job he is doing to keep his shelves stocked, when so many other stores have numerous shelves that are empty. Billy has been in this business for forty-four years and here in Oriental since July 27, 2016. When asked why he came to Oriental to open the Piggly Wiggly here, he responded, "You know, the first year I was really sweating because it had so much debt load, and it still dos, but the townspeople have really supported the store by me getting what they want." He went on to add, "Part of the reason I came was the challenge. Yes, this store is very easy to manage and Walmart built a very energy efficient building which helps to run. But I love it. This is what I do and I'm passionate about it."

When asked about the current situation and how he was able to keep the shelves stocked he replied, "well it's thanks to my wholesaler< NBI Merchant Distributors Incorporated at Hickory. They've been a good partner. But, even that's why we ordered 47 cases of toilet paper and got only six. So everything's on ration. No Clorox, no Lysol. And when you do get it you're only getting one or two cases. We are going to have to start limiting stuff when we do get it in because it's just not fair to everybody else. So we're probably going to limit two packs of toilet paper. You know limit three packets of chicken breast. Some folks are getting 20 and 30 packs right now. It's tough, so we're going to have to do that because we're getting rations from the warehouse." He went on to explain, "The normal fill rate was 94% and the fill rate wasn't even 55% today, what we ordered."

In conclusion, Billy wanted to add, "we are here for the customer. Unless the government tells us to shut down, then we'll be open every single day



seven to eight. Some folks have asked me about different hours for senior citizens. The average age here is 62, so I was thinking that just about everybody is a senior. That's why I haven't done that but if they're, when they read this article, want me to do that, or suggest I do that, then sure we can do that."

Joy C. Baker, 52 Faces

By: Jim White



Pamlico County's Joy C. Baker was recently named one of the 52 Faces by the New Bern Sun Journal for her unselfish service to the county over the past years, especially during the recent Hurricane Florence disaster. Joy was born and raised in Pamlico County and, aside from living in Chapel Hill for just over three years while attending college she has been here her whole life. She is overflowing with ambition and seizes opportunities in every moment of each day and always comes back for more. If she doesn't have the knowledge to carry out a certain task, it doesn't matter, she utilized community connections and her own moxie to figure it out.

After completing graduate school, she initiated the health occupations program at Pamlico County High School and taught for 16 years. While there, she took her students to national competitions across the country and utilized her love for hands-on learning through lots of fun experiments, projects and roleplaying. The classrooms received donations of three hospital beds so students could practice on each other and discover the importance of treating patients with kindness.

Joy retired from the high school in 2009 and went into home healthcare in New Bern for two years. She loved the work but it consumed about 70 hours of her life each week and got to the point where the cons outweighed the pros. "I really enjoyed working with the elderly people, going in homes when they got out of the hospital and having to figure out what they had at the home that we could use to assist them to get in and out of bed when they didn't have medical equipment yet," she said. "It was a real challenge and I had to learn to be very, very, flexible."

From there, Joy began volunteering with different organizations. After Hurricane Irene hit in 2011, she found her latest calling: assisting the Pamlico County community with hurricane recovery. She got together with four other people and decided to set up a distribution center so people in need could get food and other necessities. They worked closely with other disaster relief ministries such as FEMA, the North Carolina Baptist Men and the North Carolina Conference of The United Methodist Church, who were in the area to assist with recovery efforts.

"Irene went through the end of August 2011, and in October, we set u the Pamlico County Disaster Recovery Coalition," said Joy. "We set up bylaws and had officers to work with FEMA and other agencies that came in the county to help. I was the treasurer. We had set up a fund before our coalition formed

■ Continued on Page A03

Pamlico Register of Deeds Lynn Lewis Completes Advanced Course

by: Hiram Lupton

When the University of North Carolina School of Government was established in 1931, its purpose was to provide educational, advisory, and research services for state and local governments. To that end, it offers up to 200 courses, webinars, and specialized conferences for more than 12,000 public servants each year. Earlier this year Pamlico County's own Register



Pamlico County Register of Deeds Lynn Lewis holds her Certificate of Achievement from The UNC School of Government.

of Deeds, Lynn Lewis, attended one of these courses, The Elected Register of Deeds School. The three-day class held from January 22nd through the 24th was an advanced school for those holding their county's Register of Deeds office and is intended to enhance the register's knowledge and analytical tools for fulfilling their decision-making managerial responsibilities. Mrs. Lewis furthered her knowledge in the areas of information and records management, public employment laws, liability, and ethics. Of particular value to her was content related to conflict resolution and budget presentation. At the end of the course, the 30 participants were tested and also required to submit a paper within thirty days in which they analyzed the class topics and explained how they may be applied to their own Register of Deeds offices. Mrs. Lewis received a perfect score of 100 on her final exam and combined with her paper enabled her to be one of 3 attendees to be awarded a special Certificate of Achievement by the school recognizing her superior classroom and assessment performance, the other two being the Registers from Henderson and Heywood Counties. The Advanced School for the Register of Deeds is just the most recent of numerous courses that Mrs. Lewis has completed in her 18 years of service in Register of Deeds office, all the goal of better serving the Citizens of Pamlico County.

Notice

The Pamlico County Chamber of Commerce office at the Pamlico Heritage Center in Grantsboro will be closed until March 31st.

If you need any assistance or have any questions call Paul Slobodian at **252.214.4150**.

WEEKEND WEATHER

SAT Mar 28 Mostly cloudy skies early will become partly cloudy later in the day. High 86F. Winds SW at 10 to 15 mph. **SAT Night** Partly cloudy. Low 69F. Winds SSW at 10 to 15 mph.

SUN Mar 29 Sunshine and clouds mixed. High 86F. Winds SW at 10 to 20 mph. **SUN Night** Partly cloudy in the evening with more clouds for later at night. Low 59F. Winds W at 10 to 15 mph.

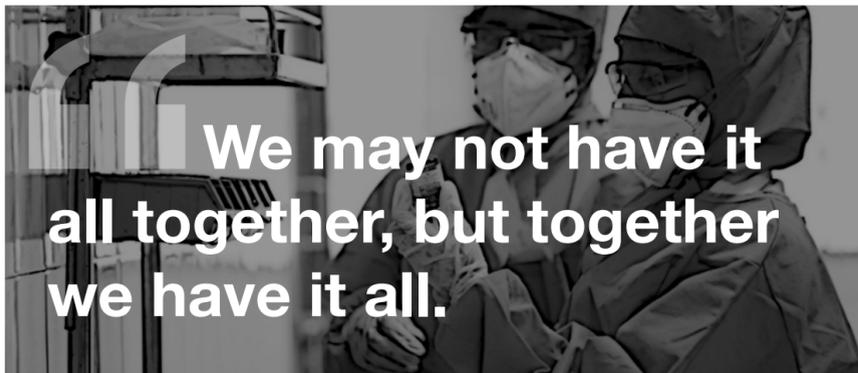


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COMMUNITY



Restricted/Limited Access to County Facilities

Please find below the link regarding restricted/limited access to Beaufort County facilities. These modifications will start Tuesday, March 24, 2020 at 8:00 AM. Additional information regarding specific department modifications will be available on the County's Website located at www.co.beaufort.nc.us.

Beaufort County restricted/limited access to County facilities: https://mcusercontent.com/bb0688cacc1794c87e352491d/files/0ae763e4-5a26-4ec0-8c42-b81bec79c0b9/2020_03_23_Press_Release_Tier_Three_Modifications.pdf

Please contact this office with any questions you may have. Thank you,

Katie Mosher, CMC, NCCCC
 Clerk to the Board, Beaufort County
 252-946-0079, Ext. 1010
 Katie.Mosher@Co.Beaufort.NC.US

QUICK REFERENCE

EMERGENCY: Dial 911 for police, sheriff, fire departments, rescue squads, ambulance
 Animal Poison Control Center: 1-888-426-4435
 Carteret General Hospital: 808-6000
 Coastal Carolina Regional Airport: 638-8591

EMERGENCY PET CARE: 444-1399
 HIGHWAY PATROL: 1-800-441-6127

MEDICAL ASSISTANCE –
 CarolinaEast Medical Center: 633-8111
 Nova Urgent Care: 745-7440

PAMLICO COUNTY DEPARTMENTS

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

The Craven County Jaycees have canceled all events through April 3. if possible, our next event on April 4 will be a bingo night. We are following the lead of the Craven County school systems. If schools are still closed, we will be closed.

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
 Aries, having friends in high places can open doors to some unique places. But you can only keep those doors open through hard work.

TAURUS – Apr 21/May 21
 Widen your social network to have the best opportunities for success this week, Taurus. New people can provide useful information and approaches you never imagined.

GEMINI – May 22/June 21
 Gemini, surround yourself with people who can help advance your career. The changing landscape of your job means you need to be open to all possibilities.

CANCER – June 22/July 22
 There is no need to keep a calm facade if you are experiencing some anxiety, Cancer. Be honest with those closest to you and you'll benefit from their feedback.

LEO – July 23/Aug 23
 The strong force of your sensitivity may surprise you over the course of the next few days, Leo. Just try not to let emotions cloud your judgment on the professional front.

VIRGO – Aug 24/Sept 22
 Single Virgos will have plenty of opportunity to be flirty and fun this week. But even those in relationships can get in on the action, putting romance to the forefront.

LIBRA – Sept 23/Oct 23
 Libra, others may see you as the advice guru this week. That is a role you excel in, but you must balance the extra counseling work with your existing responsibilities.

SCORPIO – Oct 24/Nov 22
 Someone who lays on the flattery can win you over in an instant, Scorpio. But once you delve deeper, you may grow suspicious. Accept praise but don't let it cloud your vision.

SAGITTARIUS – Nov 23/Dec 21
 Sagittarius, you tend to give freely without worrying about the bottom line. But today's stars flash warnings that you may need to keep a tight hold on your cash.

CAPRICORN – Dec 22/Jan 20
 It is never a good idea to enhance the facts, Capricorn. However, you can be enthusiastic about your efforts and what those efforts may lead to. Stand behind your work and opinions.

AQUARIUS – Jan 21/Feb 18
 Aquarius, no matter how busy your schedule may be, carve out some time to take care of some financial issues that have cropped up in the last few weeks.

PISCES – Feb 19/Mar 20
 Take a new approach to a similar task and you may come away with something surprising, Pisces. Take that leap of faith.

FAMOUS BIRTHDAYS

- MARCH 22**
 Nick Robinson, Actor (25)
- MARCH 23**
 Keri Russell, Actress (44)
- MARCH 24**
 Peyton Manning, Athlete (44)
- MARCH 25**
 Ryan Lewis, Music Producer (32)
- MARCH 26**
 Jonathan Groff, Actor (35)
- MARCH 27**
 Mariah Carey, Singer (50)
- MARCH 28**
 Lady Gaga, Singer (34)



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 meekness. 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.

FOR ENTERTAINMENT PURPOSES ONLY

NOTE THE DATE

PAMLICO COMMUNITY COLLEGE CULTURAL & LIFE ENRICHMENT PROGRAM

Due to the current Coronavirus concerns, PCC's Cultural & Life Enrichment Programs are postponed until further notice. Please contact: Denise Meyerson - 252-249-1851 x3113, dmeyerson@pamlicocc.edu for information and schedule changes.

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.N4PRS.org or contact our club President, Bill Michne, at 252-249-1175 or email drmicchne73@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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Ardella and Michael, Merritt



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 – 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**



ORIENTAL – Waterfront **2BR/2.5BA** with dock on Whittaker Creek in town of Oriental. Southern exposure & not in a flood zone so flood insurance is not required. Has 1,936 hsf on 1st floor with additional 1,300 sq. ft. of unfinished floor space with dormers & multiple windows on 2nd floor, so additional bedrooms or family room/studio are possibilities **OFFERED AT \$349,500**



ARAPAHOE – Unobstructed wide-water views of the Neuse River from 2,016 hsf, **4BR/3.5BA** recently renovated Crayton Bay home with open floor plan, quartz countertop in the kitchen, and new appliances including GE SS 5 burner gas range/oven. Upper level has 2 en suite full baths with cultured marble sinks. **OFFERED AT \$399,900**



MINNESOTA 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. **OFFERED AT \$485,000**

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704 Broad St, PO Box 750
Oriental, NC 28571



Pamlico Community College

PCC continues to offer instruction during COVID-19 outbreak

By Sandy Wall

Instruction for Pamlico Community College students is continuing online even as the region and country deal with the ongoing effects of the Coronavirus/COVID-19 outbreak.

In an effort to protect the health and safety of PCC students, instructors and staffers, the college began offering online-only instruction for all curriculum courses – including classes previously offered in a face-to-face format – last Wednesday. The change is in effect through the remainder of this semester and until further notice.

Likewise, seminar offerings from the college's Small Business Center are being offered online or are being postponed.

All scheduled Continuing Education courses, including the Community Living class, have been suspended until further notice.

Finally, nearly all PCC employees are working from home so administrative tasks and other jobs can be completed remotely.

"We took these steps to ensure our students and employees remain safe," said PCC President Dr. Jim Ross. "We also wanted to make sure we continued to offer instruction for students so they can continue to progress. We believe these changes have enabled us to accomplish those goals in a responsible manner."

Colleges and universities across the state and country are taking similar steps in an effort to maintain as much continuity as possible while also working to reduce the risk of spreading the virus.

Anticipating such steps would be necessary, Ross and other PCC leaders had discussed contingency plans in the weeks leading up to last week's decisions. In an all-employee meeting held March 16, Ross thanked everyone for their efforts, particularly faculty members who have been able to convert seated class material to online instruction in a short time.

"I deeply appreciate our instructors' willingness to change formats from seated, on-campus class instruction to online instruction," he said. "This is an important step to allowing our students to continue to finish this semester in a way that reduces their risk of being exposed to this dangerous virus."



Pamlico Community College student Kimberly Williams works on her computer. All of PCC's curriculum courses have transitioned to online instruction. Contributed file photo

Ross continued, "This is the most unusual semester I have ever encountered in my career. We have significant challenges ahead, but by working together as a caring and dedicated team, we are confident PCC students and employees will be able to handle all of them."

Students and community members are encouraged to monitor the college's website – www.pamlicocc.edu – and its social media accounts for any additional updates.

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

Joy C. Baker, 52 Faces

Continued from page A1

for 'Hurricane Irene Recovery; and had a lot of money that came in. I was handling that until we formed out coalition."

When Hurricane Florence hit, Joy revitalized the Pamlico County Disaster Recovery Coalition. Joy and he PCDRRC helped about 1,500 people in September 2018 before closing down the distribution center, but her job was far from over. After dozens of phone calls, she managed to round up some board members in the weeks that followed. "My vision was to have the board members get other people in their community to take five or six neighbors and look out for them before and after a storm hits. I have been and will continue to encourage people: You must take care of your neighbors. That is my vision that we would have communities, out for each other, whether it's an incorporated one or one that has a road sign or not."

Joy enlisted the help of Beth Bucksot, director of economic development for Pamlico County, who has helped extensively with grant writing and obtaining funds to keep the coalition up and running. John also conferred with Casey Perry, director of Camp Caroline, who offered to host volunteer teams that came in to help with hurricane recovery. Through the aid of a long-term recovery group grant, Joy found and opened up an office in January 2019. She operated the office by herself for three days a week before reaching out to the North Carolina Division of Emergency Management. Last February, they sent her someone to run the office during the week for as long as needed. "That has been such a blessing," Joy said. "She has worked in other disasters, so she's been able to help me with what I'm supposed to do and how to do it."

Once Joy began looking over casework, she realized that some people were flooded from the bottom, had rain damage from top and their whole home was destroyed. Others weren't even

in the flood zone, but the wind-driven rain came in and resulted in every wall and floor in the house having to be torn out. She noted that coalition has taken on over 400 cases since Florence hit. Most of the casework has rested on Joy's shoulders. She took on the roles of volunteer team coordinator and construction manager, and she has been assisting with duties as chair, treasurer and secretary of the PCDRRC board.

Joy and the PCDRRCI have been referring the direst cases to the North Carolina Baptist and Methodists organizations, and they recently began collaborating with the Fuller Center Disaster ReBuilders, who have established a volunteer base in New Bern and provide volunteers with construction leadership, tools and projects to help rebuild homes badly damaged by Hurricane Florence. It was a difficult task finding any contractors or volunteers willing and able to assist, and Joy is thankful for everyone who has helped with casework to slowly but surely enable Pamlico County residents to move back into their homes.

In recognition of her unyielding efforts, Joy received the Citizen of the Year award from the Pamlico Chamber of Commerce. She has also involved in a jail ministry for over a year in which a few area churches come together a couple times each month and visit cellblocks for women. While there, volunteers take turns leading praise and worship, as well as spending time praying and talking with the incarcerated women to give them hope and help to turn their lives around.

"Even though it's a daunting job, I love Pamlico County and I love the residents in it," said Joy. "I have been sent some wonderful people to work with me and to help and guide me, and I want to thank all of them and say that I'm in it for the long term and that God willing, I'll be able to see it to the end. I really do appreciate all the help that I have."

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EDITORIALS and OPINIONS

Toilet Paper Crisis of 2020

Who would have thunk it?



Jim White

The country wiped out due to the lack of toilet paper. But yes, there is a run on toilet paper. In fact, there was a fight just the other day in Walmart in Grantsboro between two women who were fighting, yes over toilet paper. What have we come to? The shelves are bare as people rush to the stores to scrape up everything and anything that is left on the shelves. Toilet paper, paper towels, hand sanitizer, canned goods! You would think the zombies were attacking and or the apocalypse is upon us. Well let me tell you, if the apocalypse is upon us, you won't need toilet paper. That will be the last thing you will be thinking of. In fact, for a normal family, there will be no need to horde toilet paper or any other commodity. If one uses common sense, and lives his or her normal life, then there will be enough supplies for all and the stores will have plenty to go around. But no, a few very selfish individuals want to go and gobble up all they can and hoard as much as they can.

The Coronavirus is just that, a virus. Yes it is worse than most viruses that got around and maybe is worse than the

regular flu, but common sense in hand washing and regular hygiene will take care of most of it for most people. For the elderly, they need to limit their interaction with other people and perhaps stay in doors as much as possible as the virus will be more deadly for them than younger more healthy individuals. WE need to keep things in perspective. There have been 100 deaths in the United States from the Coronavirus and 18,000 from the flu. Yet the media is not discussing the flu or warning people to be careful of that, other than get your flu shots.

Like all illnesses, one must use common sense. The schools have been closed, restaurants and theaters closed, large outdoor events cancelled, churches closed, and of all things, sports events cancelled. Who would have thought that in the United States, basketball and baseball would be cancelled—especially March Madness. Go figure.

The cancelling of March Madness only proves that the country has gone totally mad and in truth, the zombies have taken over. Remember to wash your hands after reading this column.

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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For the safety of our customers and staff, Tommy's Backyard Barber Shop will be tentatively closed until April 1. We appreciate your cooperation and understanding.

WEEKLY announcements

Announcing The Virtual Hope Regala



As our day-to-day situation continues to evolve, we at Hope Clinic are taking steps to ensure the safety of our patients, volunteers, and donors like you. The Hope Regala will therefore be virtual this year, with all the excitement of

past years, just without the dinner event.

Don't miss out on our popular \$10,000 Jackpot Golden Raffle drawing! With only 200 tickets available, your winning odds are outstanding. Go online to www.HopeRegala.com for all the details and to obtain your \$100 raffle tickets.

Our Online Auction includes exceptional experiences and other valuable items. Golf with a pro, sail with a legend, bask in the islands, retreat to the mountains - and be in the pits at NASCAR's Coca Cola 600.

Online Auction

Wednesday, May 6th 9:00 AM until Friday, May 15th 5:00 PM at www.HopeRegala.com

Live Online \$10K Golden Raffle drawing

Friday, May 15th 3:00 PM at www.TownDock.net

The Regala is Hope Clinic's largest fundraiser, accounting for almost 1/3 of our annual revenue. The funds help us provide free medical care and addiction recovery services to low-income uninsured adults across the County. In the weeks and months ahead, our patients who are already under-resourced will face new and overwhelming challenges. The 2020 Hope Regala will be critical to addressing their needs. Together, we can do more, and right now that means taking care of one another. Please also consider a tax-deductible donation in lieu of dinner tickets this year. Thank you for your continued generosity.

CarolinaEast Health System Screening for Signs of COVID-19

Continued from page A1

evaluation before being allowed into the health system facilities. A tent has also been set up outside the emergency department to serve as a shelter to screen patients before they enter the building and a protocol is in place for those showing symptoms. This is to ensure staff and other patients and visitors are not exposed unnecessarily.

"Currently, we do not have any COVID-19 patients at our hospital, but are working closely with many public health officials and have determined these additional precautions are necessary at this time," says Dr. Ron May, Vice President of Medical Affairs at CarolinaEast Health System. "During this outbreak, it is important for us to identify everyone entering our facilities for history of travel outside the U.S. and for fever or cough that may mean they have COVID-19 or an acute respiratory infection."

All visitors coming to a CarolinaEast facility during this temporary restricted visitation must be screened daily even if health screened a previous day. The previously implemented visitor restrictions, to include no more than two immediate family members age 12 and over per patient, are still in effect until further notice. In addition, the hospital cafeteria is closed to the general public and the dining-in seating area is closed to everyone.

CarolinaEast Health System Further Restricting Visitation No Visitors Allowed Until Further Notice

(New Bern, NC) – CarolinaEast Health System is further expanding visitor restrictions to help prevent the spread of respiratory illnesses, including coronavirus disease 2019 (COVID-19). In light of the most recent guidance from the North Carolina Department of Health and Human Services (NCDHHS), CarolinaEast is taking the additional measure of restricting all visitation at its facilities to protect patients, staff and the community.

Effective at 5:00pm on Friday, March 20, no visitors will be allowed at CarolinaEast Medical Center and CarolinaEast Surgery Center. This applies to all areas of the hospital, including the Emergency Department, and outpatient Surgery Center. Nursing staff and the attending physician will work with families who have special circumstances, such as critically ill or injured family member, on a case-by-case basis.

Although CarolinaEast has seen no cases of COVID-19 in its facilities, this is a rapidly evolving situation and CarolinaEast Health System will take additional steps to help control the spread of COVID-19 as necessary. CarolinaEast appreciates the public's support in following the recommended guidelines to help prevent the spread of disease.

No Visitors Allowed

FLU: Pandemic Plan. Prepare. Protect.

SECU Branches Transitioning to Drive-Thru Only Service for Member and Employee Safety



Raleigh, N.C. – Effective Thursday, March 19th, State Employees' Credit Union (SECU) branches state-wide will temporarily transition to drive-thru only for the majority of its

services to reduce the possibilities of transmission of the coronavirus to members, their families and SECU employees. Members who need to access safe deposit boxes, drop off tax return information, or inquire about a loan should call the branch to schedule an appointment. While SECU is closing branch lobby access for branches with a drive-thru to help protect the community, SECU remains open for business to make loans, take deposits and provide other financial services to its members during this time of uncertainty.

From applying for a loan to depositing a check, members can conduct most SECU business via other service channels that do not require a visit to the branch. We ask members to please utilize these channels, which include online Member Access through the SECU website, www.ncsecu.org; the SECU Mobile App, available for download from the Apple App and Google Play stores; 24-7 Member Services Support via phone at 1-888-732-8562; ASK-SECU Voice Response services at 1-800-275-7328; and over 1,100 CashPoints® ATMs located across North Carolina through which you can obtain cash,

deposit checks, transfer money between accounts and receive other services.

"Our highest priority continues to be the health and well-being of our members, their families, our staff and the citizens of our state," said SECU President/CEO Mike Lord. "By temporarily limiting branch access, we reduce the risk for virus exposure and remain available to meet the financial needs of our members."

Mr. Lord continued, "Through decades of conservative investing and capital planning, SECU is well positioned to meet your financial needs during this event. Your Credit Union is here to help you and your family through this difficult time."

About SECU and the SECU Foundation

A not-for-profit financial cooperative owned by its members, SECU has been providing employees of the state of North Carolina and their families with consumer financial services for over 82 years. The Credit Union also offers a diversified line of financial advisory services including retirement and education planning, tax preparation, insurance, trust and estate planning services, and investments through its partners and affiliated entities. SECU serves over 2.4 million members through 267 branch offices, more than 1,100 ATMs, 24/7 Member Services via phone, a website, www.ncsecu.org and a Mobile App. Members can also follow and subscribe to SECU on Facebook and YouTube.

Contact: Leigh Brady, EVP – Organizational Development
 Office: 919-807-8347 | leigh.brady@ncsecu.org

CORONAVIRUS

If you start to think of your physical and moral condition, you usually find that you are sick.

– Johann Wolfgang von Goethe

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Dave Wickersham

Chairman of the Republican Party in Pamlico County



Last week, I had the privilege of sitting down and talking with Dave Wickersham concerning the Republican concerns in Pamlico County. I guess we talked about forty-five minutes at the Republican headquarters and he was very open and frank with me. Below is the gist of what he had to say about his concerns for Pamlico County. I look forward to talking soon with Jayne Stasser of the Democratic Party on a similar note.

“The major problem I see for Pamlico County is the youth. We have tremendous assets going for such a small county, but we don’t have a lot of opportunities for our young people once they get out of high school. We don’t have a very good job base here in the county. There are limited economic opportunities for our young people. As a result, we are losing them.

“It seems to me that we need to listen to Einstein and recognize that we’re not going to get different results if we keep doing the same thing.

“Our primary industries are forestry, fishing, and farming. They have evolved to the point that technologically speaking so that something that we’re used to it. A young senior male or female, just out of high school and looking for a career for their family will have a hard time.

“The average age of the people in Pamlico County is probably in the high 60s, around 66 or 67, so from a political perspective, we are not getting the young involved. We have about 70% turnout in elections, people are here to register to vote and they turn out for the elections. From the prospective of the chairman of the Republican Party, not myself, but our members where are the young people? You know, it’s an anomaly that we have, I think Chris Davis, sheriff who is still the

youngest sheriff in the country. And that was a significant election when he was elected. He was under 30 years old. And we were hoping that young people would see what Chris had done and get involved. We need to get young people involved in politics on both sides of the aisle. But it hasn’t happened yet. We need more people, young people getting involved in county commissioner’s races, Boards of Education races, etc. We’d like to see more young people to get involved.

“You know that without seeds, there is no forest. There’s no pasture, there’s no flowers. There’s no produce and succession says that those of us who have spent a long time doing this, if we’re not looking behind us to see what’s there, then our efforts are somewhat wasted for the future. If we forget our past, we won’t have a future.

“Another area of concern is the drug problem. In my opinion, Sheriff Davis and his deputies and partners are doing a very good and credible job of attacking that particular problem. It affects all socioeconomic levels and it’s not going away. So we are fighting a battle against it. Every day and every night.

“One thing I’d like to talk about is what a wonderful place the county is in which to live. What a wonderful population. They’re caring, giving, friendly. And you know, I relate to a story often. I was at M&Ms one day in the summer several years ago, and I was listening in on a conversation at the table next to me. A couple of boaters that were just coming through transit, and they were telling their story to their waitress. They asked the waitress if there was a grocery store nearby. That was when Town and Country was operating. A man overheard them talking and he walked over and pulled the keys out of his pocket and said, ‘That’s my truck out there. Take it and go and get our groceries and use my truck.’ That’s Pamlico.”

PCHS Football Players Recognized

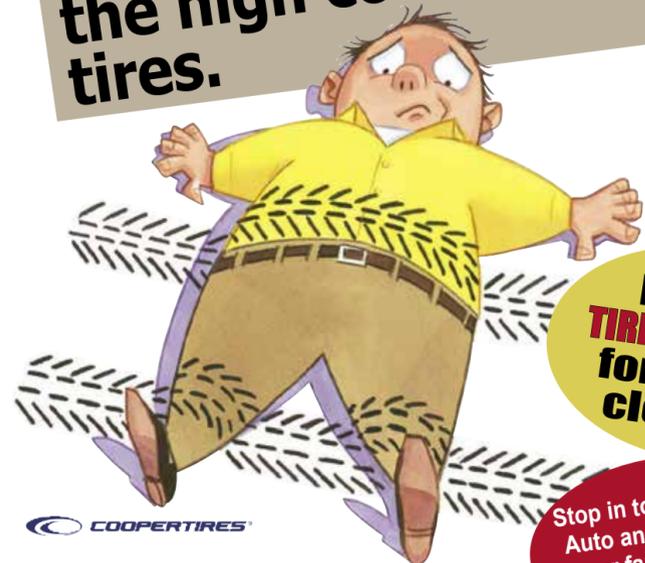
During the March meeting of the Pamlico County Board of Education, several Pamlico County High School (PCHS) football players were recognized. Savone Tutt (junior) and Javon Armstrong (senior) were recognized for having been selected to the All-Area Sun Journal Offensive Football Team. Savone rushed for 1418 yards and scored 20 touchdowns during the 2019 season. Javon had 121 tackles and a sack. Senior Stephen Sawyer, named to the second team, was a force to be reckoned with on the offensive line. Seniors Jordon Wade and Jarrod Ramsey were selected to the All-Area Sun Journal Defensive Football Second Team. These two players were quite instrumental in the success of the Hurricanes as well.

Additionally, running back Savone Tutt was recognized for having been selected as the 2019 Sun Journal Player of the Year! This football season, Savone set a state record and had a touchdown run that was known nationally! He averaged 141.8 yards per game, had three receiving touchdowns with 209 receiving yards and had 392 kick return yards with four touchdowns on special teams. Once again, we look forward to another exciting football season in the fall of 2020.



Pictured: (l-r): Stephen Sawyer, Jarrod Ramsey, Jordon Wade and Coach Ron Cook.

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FINANCIAL FOCUS

Don't Let Fears Drive Your Investment Choices



Dan M. Roberts

First, the coronavirus rocked the financial markets. Then, oil prices dropped more than 20 percent after a breakdown in OPEC production discussions. Not surprisingly, the markets took another nosedive. Yet, despite these events, this recent market volatility may well be attributed more to fear than the forces that usually drive the markets. Ultimately, in the investment arena, as in all walks of life, facts matter. And right now, if you look beyond the headlines, the facts that matter to investors may be far less gloomy than you might have imagined.

So, here are some things to keep in mind over the next several weeks:

- This isn't 2008. If you were an investor in 2008, you well remember the market crash that resulted from the bursting of the housing bubble, which had severe ripple effects throughout the economy. The situation is different now. While it's quite likely that the U.S. economy will take a hit in the short term, the overall economic fundamentals were strong before the coronavirus came along and may indeed prove resilient enough to withstand the recent shocks. Specifically, the labor market conditions were the best in decades, housing activity was improving and interest rates remained low. And even the recent events may have a bright side: The drop in oil prices will likely reduce prices at the gas pumps, leading to more money in the pockets of consumers, which, in turn, can boost spending, a key driver of our economy. And the large decline in interest rates will make home purchases and mortgage refinancing even more attractive – again, positive moves for the economy.

- We've been here before. From the time the markets bottomed out in early 2009 until just a few weeks ago, stock prices climbed

about 300 percent. Yet, during that time, we also saw three separate market drops of more than 15 percent, similar to what we're seeing now. These market corrections always feel unsettling, but it's important to recognize that they are actually a normal part of the long-term investing process.

So, given these factors, how should you respond to the current situation? Instead of simply selling your stocks in an attempt to cut your losses, review your portfolio to see if it is properly balanced between stocks, bonds and other investments in a way that reflects your goals, time horizon and risk tolerance. Those investors with properly balanced portfolios are not seeing the same level of decline as those whose holdings are almost entirely in stocks. And while diversification can't guarantee profits or protect against all losses, it can help reduce the impact of volatility.

Here's another suggestion: Look for good buying opportunities, because they are certainly out there. A well-managed company with a solid business plan that produces quality products and services is going to be that same company after the coronavirus and oil price panics subside – and right now, that company's stock shares may literally be "on sale."

While it's not easy for you to look at your investment statements today, remember that you're investing for goals that may be decades away. By keeping your eyes on this distant horizon, so to speak, you'll be less likely to over-react to the news of the day – and more likely to follow a long-term strategy that can work for you.

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MAKING SENSE OF INVESTING

NC COOPERATIVE EXTENSION Pamlico County Soil Sampling for Gardeners

Daniel Simpson, County Extension Director, Agriculture Agent



It is spring and many folks are beginning their annual gardening traditions. One important task that gardeners can perform right now is to conduct a soil test. Without a soil test, it is difficult to make recommendations for improving soil fertility because there is no reference point from which to start.

The North Carolina Department of Agriculture and Consumer Services Agronomic Division <https://www.ncagr.gov/agronomi/> provides this service to all N.C. residents. Upon completion, samples are available online through the Public Access Laboratory System (PALS) at <https://www.ncagr.gov/agronomi/pals/>. Sample reports are generally easy to read, but if you need assistance interpreting results, please contact the Extension office.

Since plants cannot move, they must use their roots to search out nutrients in soil. Within soil are 14 essential nutrients that plants require. The other three nutrients, oxygen, carbon, and hydrogen, are found in water and air. If one of these nutrients is lacking, plant growth will decrease, no matter if other nutrients are provided in abundance. A soil test will help to identify nutrient deficiencies and offer recommendations to optimize growth.

Soil pH is another important measurement that is provided with a soil test. Soil pH affects the availability of soil nutrients, which might become inaccessible or toxic if soil pH is too low (acidic) or too high (basic). A soil test will identify a pH range for your specific crop and offer recommendations if adjustments are needed.

To complete a soil test, you must first collect 10-20 small, random samples from your yard or garden, from a depth of 4-6 inches (a core or slice of soil from the surface to the specified depth). This is best achieved by walking a pattern across the sample area and randomly collecting samples along the way. These samples are then mixed together to represent



the larger area and placed into a sample collection box. This box requires your name, address and sample ID, which will correspond to a sample submission form that will accompany the sample during submission.

Sample boxes and submission forms are available through my office and I can assist with the collection process if needed. Sample reports should be available in about one-week in the spring, but several weeks may be needed during winter months. Samples should be mailed to the Agronomic lab using the address provided on the form. For more information on completing this submission, review the NCDS&CS sample instructions at <https://www.ncagr.gov/agronomi/pdf/samhome.pdf>.

Liming recommendations should be sufficient for 2-3 years and fertilizer recommendations provide all the nutrients required for the single growing season of the specified crop.

Before we get too far into the spring, take the time to consider a soil sample. Soil sampling is a cheap and effective tool to help maximize plant health and growth. If you would like more information about this subject, please contact me Daniel Simpson at (252) 745-4121 or send me an email at Daniel_simpson@ncsu.edu.

Pamlico County School System Continues to Provide Meals

Text & Photos by: Hiram Lupton



Despite the fact that Pamlico County Schools have closed their doors per a state directive and transitioned to remote at home learning, The School System continues to provide meals for their students. This initiative began on Tuesday, March 17th with pick up only at Fred A. Anderson Elementary School but expanded the next day with pick up locations in seven communities throughout the county for the rest of the week. The week of March 23rd saw a change, as meals would only

be distributed on Monday, Wednesday, and Friday, but would include Breakfast as well Lunch for the following day. On Friday students will pick up meals for Saturday and Sunday as well. These meals are available to any student up to age 18. "The first week of this we distributed over 2000 meals and that was only for 4 days. We only expect that number to go up this week," said Pamlico Schools Superintendent Lisa Jackson. The busiest pick up location was at the elementary school, but as people get more used to the community locations, the expectation is that they will be utilized more. All pick up locations will be distributing from 11:00 AM until Noon except for Fred A. Anderson, which will distribute until 1:00 PM. The School System plans to continue to provide meals to students as long as the current school closure lasts which will be until at least May 15th. As with the schedule modification this week, the distribution logistics may change. This is a fluid situation so please be on the lookout for weekly announcements and updates.



Pamlico County School Staff Distribute Lunches to Drive Up Recipients at the Arapahoe Community Location, The Old Belangia's Supermarket, One of Seven Community Pick Up Points



Pamlico County School Staff Distribute Lunches to Drive Up Recipients at the Reelsboro Community Location, The Pinedale Food Mart, One of Seven Community Pick Up Points.

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Kitchen Chatter

by Nancy Winfrey



Beef & Beer

2 pounds stew meat, cut into 1-inch cubes
Salt and pepper
Flour
Vegetable oil
1/2 teaspoon marjoram
1 bay leaf
1 clove garlic, minced
1 small can beer
2 large onions, chopped
1 large can mushrooms, well drained or 1 cup sliced fresh
Butter
1 loaf French or Italian bread, thickly sliced, buttered and toasted

Season the meat cubes with salt and pepper and then dredge in flour to coat all sides. In a skillet, add enough vegetable oil to brown the beef cubes. Place the meat in a large roasting pan and add the spices. Pour the beer over the meat, cover, and let stand 30 minutes. Cover pan, place roasting pan in oven and bake at 350 degrees for at least 1 hour. In a bit of butter, sauté the onions and mushrooms until tender. Remove pan from oven, uncover and add the sautéed mixture to the beef cubes. Return to oven-uncovered-and bake 40 or 45 minutes longer, adding a little water if necessary. Serve over thick buttered and toasted French or Italian bread slices. Serves 6.

Deep Fried Cubed Steak

1 pound round steak, cut into 1-inch cubes
1-1/2 cups flour
4 eggs, well beaten
2 cups finely crushed crackers

Place flour in a plastic bag, add the steak cubes and shake to coat well. Dip each cube into the beaten eggs, roll in cracker crumbs and fry in deep vegetable oil or in deep fryer until golden brown - about 5 minutes. Serve with your favorite sauce. Serves 6.

Easy Supper Sandwich

Thick American cheese slices
Buttered bread slices
No-bean chili
Sliced tomatoes

In a shallow pan, place desired number of buttered bread slices in pan and top each with a thick slice of American cheese. Place in oven and broil until cheese melts and begins to puff up. Heat the chili and spoon over each slice bread/cheese and top with a slice of tomato. Return to oven and broil until sizzling hot.

Clam Chowder

3 slices salt pork, chopped into bits
3 medium potatoes, peeled and cut into small cubes
2 carrots, scraped and chopped
1/2 cup finely chopped onions
1/2 cup finely chopped celery
1 bay leaf
2 small cans minced clams, undrained
2 tablespoons flour
1 cup milk
2 tablespoons butter

In a heavy skillet, add the salt pork and fry until crisp and then add the potatoes, carrots, onions, celery and bay leaf. Add a small amount of water to just cover vegetables, cover, and simmer until vegetables are tender and liquid is almost all evaporated (remove bay leaf). While vegetables are cooking, in a saucepan add the butter and, when melted, blend in the flour. Cook and stir over medium-high heat until smooth. Add the milk to the flour/butter mixture and cook and stir until thickened. When vegetables are done, add the white sauce and undrained clams into the vegetable mixture and blend well. Heat through and through before serving.



Spanish Style Casserole

1 pound ground beef
1 package (8-oz.) noodles
1 large onion, finely chopped
1 medium green pepper, chopped
3 ribs celery, finely chopped
1 tablespoon vegetable or olive oil
1 teaspoon salt
2 cans (8-oz. each) tomato sauce
1 can (4-oz.) mushroom stems and pieces, drained
1 can (8-3/4-oz.) whole kernel corn
1/2 cup sour cream
2 tablespoons chili powder
2 or 3 drops Tabasco sauce (or to taste)
1 cup grated sharp Cheddar cheese

In a skillet, heat the 1 tablespoon oil and then add the ground beef, onions, green pepper and mushrooms and cook over medium heat, stirring the ground beef to crumble. Cook and stir until beef is done. Add the tomato sauce, corn, chili powder and hot sauce and simmer for 30 minutes, stirring frequently. Cook the noodles according to directions on package, drain and then add to the meat mixture, stir in the sour cream and blend well. Spoon mixture into a baking dish, sprinkle with grated cheese and bake in 350 degree oven until bubbly. Serves 6-8

AROUND THE COUNTY

Aurora Joy McCracken, *Correspondent*



I can't begin without addressing what the globe is going through right now. How quickly things changed since my last column. All I can say is I am most fortunate to be living where I am, surrounded by calm and caring people who are making do with a situation that probably hasn't caused this amount of hardship, upset and fear since World War II.

The neighbors are still working on their spring projects, our new doors were installed and the greenhouse is doing well, although I will be moving some chicks in there soon that were a surprise gift.

Again, I have seen several former students recently; one who is going in the Army, one on local TV discussing his community based organization at SHS and another during my coverage there for The News Nest feature. Every time I encounter someone I taught I am filled with such pride and hope.

Just before this virus was to curtail our movements, a friend and I participated in Find A Grave. I get these alerts from loved ones and scholars looking to obtain photos of graves in Beaufort County. Helpful citizens, like myself, attempt to find these usually obscure graveyards and old plots, photograph them and then upload them to the site. On this particular outing we found 4 out of 7 people in a roadside graveyard north of Bath. If you're looking for something to do that is low risk, you should investigate this program. While on this trip we stumbled across

downtown Pinetown. I love finding these old town gems.

My pelicans are gone although I still see some white ones mixed in with Cormorant flocks (and saw a brown one at the ferry, a first for me). One group was so large it took almost two minutes to fly by out in the creek with their single file formation. In the foreground was my Ruddy Duck



Navy which has been back in the cove for about a week. This was another reminder of just how glad I am to be here instead of anywhere else just now.

The yard should be at peak for the azaleas about the time you read this. This year has proven to be a better than usual bloom. It's ironic that we are in such a state during the most beautiful time of the year.

Aurora is mostly quiet yet with the restaurants offering take out but community activities such as the Easter Egg Hunt and The Women's Club Chicken Dinner have been canceled. I pray the next time I write my column in two weeks there will be some good news on the horizon.

You can reach me at joyecc@me.com for any comments or suggestions.

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



Goose Creek Island 55 Plus Club did not meet Thursday. However, the Rummikub ladies met in the afternoon and enjoyed playing their favorite game. It hasn't been determined if we will meet next week.

Prayer List: Wendy Lupton Honeycutt is a patient at CarolinaEast Health/ She is being treated for COPD. Joyce Potter Carawan of Washington is scheduled for hip surgery in the near future. Wendy Potter Hayes was added to the prayer list.

We were saddened to hear of the passing of Barry Leon Mayo March 17, 2020, son of the late C.E. & Nell Styron Mayo of Mesic and New Bern. He was also preceded in death by one sister, Carla Mayo. A graveside service was conducted Saturday, March 23 at Greenleaf Memorial Park in New Bern. Our prayers and condolences go out to the Mayo and Styron families.

Gary Lewis suffered a stroke Friday. He was carried to CarolinaEast Health and transferred to Vidant in Greenville. Report was they got the clot busted up and he's expected to pos-

sibly have a good recovery, just going to take time. Have speech therapy going on now.

Happy Birthday: Floyd Earl Campen, Dawson Vaughn Jones, Mark Ross and Betsy Watson Rose - Mar 26, Sandra Kay Jones O'Neal, Harli Nethercutt, Ashley Popperwill Bernard and Ali King - Mar 27, Steven Gray Jones, Carolyn Jane Watson Brown, Sherry Pate Sheffield and Ervin Sadler Sr. - Mar 28, Donna Potter Jones, Patricia June Jarvis Loftin and Josh Hopkins - Mar 29, Sandi Carpenter Prescott - Mar 30, Danielle Lynn Rose, Emma Rose Sadler Lupton, Hubert Edward Potter, Jr. - Mar 31, Shelby Ireland Keech - Apr 1. Happy Anniversary Richard & Joanne McKinney Clark and Josh & Kimberly Hopkins - Mar 29.

Pamlico County Schools are delivering free lunches to children of all ages at the GCI Community Center in Hobucken during the time the schools are closed.

Just a reminder: The ninth Hobucken Reunion will be held June 20, 2020 at the Community Center. The cost is \$12 per person. Please send payment by June 6 to Donna Potter Jones 12040 Hwy 304, Bayboro NC 28515.

Pamlico Betty Jo Rodgers, *Correspondent*



First, know that I am praying for you, my readers, and the publishers of the Pamlico News.

I hardly know what to write this week as North Carolina and America have declared emergencies over the coronavirus Covid-19 and residents are requested to practice social distancing. The president has requested no gatherings of 10 or more people, so most churches will cancel on-site services and opt for other mens of communication.

The Pamlico Emmaus Walk #81 for men and Walk #82 for women has been postponed until the fall. Governor Roy Cooper has cancelled all schools. Nursing homes are not allowing any visitors at this time. Lenten midday services at Bayboro United Methodist Church have been cancelled. The Oriental Woman's Club's 2020 Chowder Cook-off was cancelled. Carolina East setup a tent outside the Emergency Department to screen patients before entering the hospital and they have cancelled all volunteer services. There are three coronavirus testing sites set up in New Bern. CCHC, the Health Department, and Carolina East Health System have each set up a site. You have to be referred to these sites by a physician.

On the local front, I saw the first cotton mouth water moccasin snake in Broad Creek. We have seen many turkeys around the county as well as many robin red breasts and other varieties of birds. We have a pelican and blue heron that fish off of our pier regularly.

There are "road work" signs on Straight Road going to Whortonsville. The white lines along the road sides have been removed, but that is the only sign of work so far.

The exciting news for our family is that our granddaughter, Hannah, has come to live with us since her university closed. With her parents in Kenya, it was not feasible for international travel, so we get the pleasure of her company for the duration of this pandemic. There is always some good that comes out of the bad. We are blessed to have her with us for this extended period of time.

Celebrating birthdays in March are Emma Machle & Joanna Harrell (3/27), Debbie Willis Fulcher (3/30), and Santa Klotz (3/31).

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)

Whortonsville Reba Tiller, *Correspondent*



I could not get on the internet last night because I assume, since everyone is home, the computer is being used by young and old. Not much news since no one is supposed to be getting out.

There were no church services on Sunday so everyone had to go to church on television. I was lucky enough to pick up a program of music by the Mormon Tabernacle Choir. The Pamlico Chorale has canceled all rehearsals and the Spring Concert due to the Coronavirus. A lot of people are not taking this serious enough and are getting out. Of course everyone needs food, but try to shop when the least people are in the stores. Melydia mowed our yard on

Saturday, the Nickersons went out on their kayaks while the weather was warm, but it turned back cold again on Sunday. The fence is up for the horses over at Ensign Harbor. We had a surprise on Sunday when we saw someone swimming in the creek! Haven't heard of anyone being sick from the virus in our area. Kevin and Suzy came over to bring water and I gave them a jar of homemade soup. When things go wrong I make a pot of soup to share. We also have a puzzle in called the Titanic and it is extremely difficult. Thanks to the Cuthrells for picking us up some groceries on Sunday.

Thought for the week--Stay home, stay safe, remember those in need, and soon this will just be a memory!

CLOSED – CANCELED

Portsmouth Homecoming Canceled

The biannual Portsmouth Homecoming scheduled for April 25th has been canceled due to the threat of the Coronavirus. The governor has requested that any event over 50 people be canceled and there are usually as many as 500 people at homecoming. In addition there are no facilities for washing hands and many of the participants are elderly. So the Board of Directors felt that it was in the best interest to cancel the event for this year.

Pamlico Heritage Center Closed

The Pamlico Heritage Center and genealogy room in Grantsboro will be closed for the next two weeks and plan to reopen March 31st. OF course this is contingent on the situation at that time and will be reevaluated then. There will be no snapshot meetings for March or April. Notice will go out when the next snapshot meeting will be held. The Board regrets the closure and any inconvenience to those who wish to visit the genealogy room or the museum.

WWW.ThePamlicoNews.com

HOME & GARDEN

5 things to look for when selecting a lawn service

Most people want beautiful, lush lawns and well-maintained landscapes. Not every homeowner has the time or the inclination to do the work, however. Many homeowners rely on a lawn service to help maintain their properties and keep their homes looking great.

Lawn companies come in all shapes and sizes — from fly-by-night workers with ill-maintained equipment to franchised companies with thousands of workers across the country to everything in between. Finding the right service for your needs may require some homework and understanding of what sets a quality lawn service company apart from one that's best avoided.

1. Look to the internet.

The internet connects consumers via shared information and reviews. Reading company and product reviews on Yelp and Angie's List can help homeowners make informed decisions. Homeowners also can seek recommendations via local Facebook group pages.

2. Insist on licensure and insurance.

It's not the standard to be licensed and insured, but it is an essential step for finding a business that stands behind its work and the safety of its employees and customers. If a worker gets injured on your property or if the mower kicks a big rock through your storm door, you'll be liable if the company isn't insured.

3. Get a written proposal.

Be wary of companies that will quote you an offer over the phone without seeing your property in person. Understand which types of services and treatments will be included in the weekly, monthly or annual plan. Discuss the types of fertilizers and herbicides used and whether they fit with your lifestyle and environmental consciousness.

4. Ask for a contract in writing

When you find a business that offers the type of work you need done at the right price, be sure that a contract is worked up and both parties sign it. This protects you as a homeowner and could help you in the



long run if guarantees are not met or work is unsatisfactory.

5. One size fits all.

Landscaping is more than just mowing the lawn. However, some lawn companies may only mow lawns and will plant flowers or perform spring and fall cleanup. If a company cannot fill all of your needs, find one that can; otherwise, you may need to hire specialists in each area of yard maintenance.

Lawn care companies are something to consider as the weather warms and spring projects begin anew.

Smith and Barber Receive Rotary Award



Picture: (left to right) Emma Smith, Ned Brodeur, Rotary Representative, and Hakeema Barber

Pamlico County Middle School (PCMS) student, Emma Smith, and Pamlico County High School (PCHS) student, Hakeema Barber, were recognized as the Oriental Rotary Students of the Month for their school during the March meeting of the Pamlico County Board of Education. Each month, this recognition is bestowed upon students who exhibit scholastic achievement, leadership, honesty, community service, teamwork, and empathy, among other notable characteristics.

Emma Smith was chosen for this award based on her positive character and academic growth. She is highly motivated to learn and goes above and beyond to help out in the classroom. Emma has become a very confident student who gives 212 degrees of effort in all she does. We can count on Emma to follow directions, work independently, and ALWAYS do her best. She is an advocate for herself and others and has a smile that brightens everything. Emma is respected by teachers and peers alike.

PCHS teacher Zarah Forbes nominated Hakeema Barber for the Rotary Student of the Month award with the following comments: "Hakeema is a respectful and responsible student who gives her best in class. She does not hesitate to provide feedback in classroom conversation, even if her opinion is not a popular one. Hakeema greets me with a smile and good morning every day. She is active in sports at PCHS."

Students who are nominated for this award receive a certificate and a Rotary coin which states the Rotary Four-Way Test: "Of the things we think, say or do: 1) Is it the TRUTH?, 2) Is it FAIR to all concerned?, 3) Will it build GOODWILL and BETTER FRIENDSHIPS?, and 4) Will it be BENEFICIAL to all concerned?"



Jayne Stasser Chairman of the Democratic Party

By: Jim White

Last week I talked with Dave Wickersham, chairman of the Republican Party and more recently I had the honor of talking with Jayne Stasser, chairman of the Democratic Party. I appreciate talking with Jayne and we too had a very open and honest discussion on the problems facing Pamlico County today.

"One of the major problems I see are the waters around Pamlico County. We have so much water, good clean water, and we want to keep it that way. So we need to elect officials who will help with that issue. Another issue is affordable housing--especially since Hurricane Florence. It's hard for a young family to move here when they can't find affordable housing. Along that line, job opportunities for young people are very important. There just are not many job opportunities for the young people in Pamlico County today. In addition, we want to expand Medicaid to the elderly in the county."

When asked how to accomplish those goals, Ms. Stasser replied, "it is necessary to elect candidates who support those views and policies." Along those lines, "it is important to increase voter participation and educate the people to do their part and to understand the issues." She went on to say, "A rising tide lifts all boats," to describe the importance of working together to accomplish the various goals for the county. "It is important to get the right candidates to run and then get them elected, who will support those policies."

In conclusion I asked her to summarize her thoughts on Pamlico County and what she might like to say to the citizens of the county. She said, "Any time during any type of disaster we all come together and all Pamlico County comes together to meet that challenge. Whether it be a major hurricane or the current coronavirus. Pamlico County is very good at doing that." Finally she added, "I believe as an American that what unites us is much stronger than what divides us. We can disagree and yet work together to accomplish what is good for Pamlico County."

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 Domestic Law, Estate Administration
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Bay River Metropolitan Sewerage District Sewer Line Smoke Testing

Bay River Metropolitan Sewerage District will conduct sewer line smoke testing on March 30, 2020.

We will be starting work at 8:00 AM and will finish around 5:00 PM.

We understand that this may be a short-term inconvenience and we hope to work together with you in a professional and amicable manner for the long-term improvement of your sewer system.

This testing will effect customers on the following streets which will be notified with pink door flyers:

- | | |
|------------------|----------------|
| Ragan Street | High Street |
| Link Lane | Mildred Street |
| Gull Circle | Second Avenue |
| Neuse Drive | Third Avenue |
| First Avenue | Apple Lane |
| Vandemere Street | Pittman Circle |

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

Bay River MSD
 PO Box 758
 Bayboro, NC 28515
 Phone: 252.745.4812

NOTICE SMOKE TESTING SEWERS

Our work crews will be conducting smoke tests of sanitary sewers in your area on:

3-30-2020

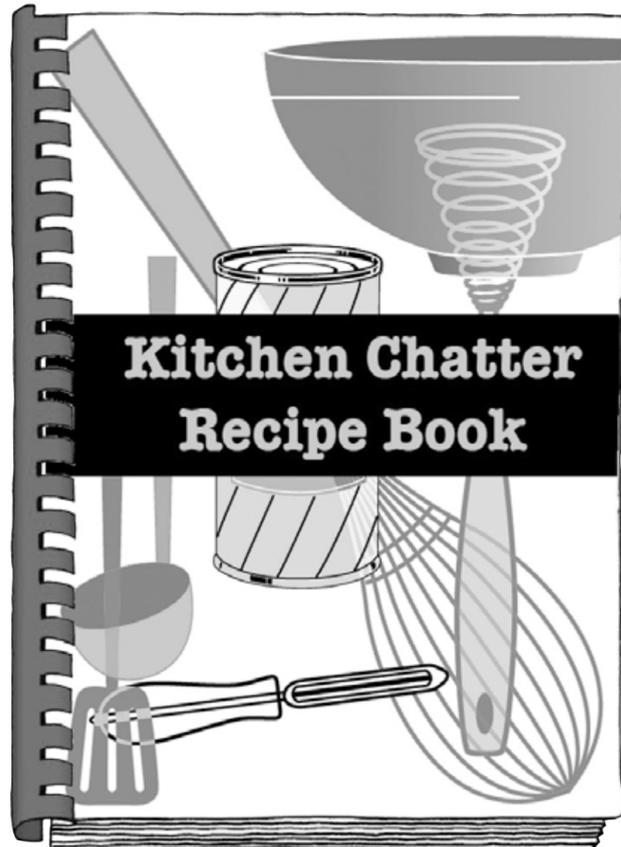
The tests will assist us in locating breaks and defects in the sewer system. During the test, you might see smoke coming from vent stacks on buildings and from holes in the ground. Don't be alarmed. The smoke has no odor, is nontoxic, non-staining, does not create a fire hazard, and will dissipate in a few minutes.

Before we conduct the smoke test, please pour water into your floor drains and into any unused sinks to fill the drain. If this is not done, smoke could enter your building through the drain. If smoke should enter your building during the test, it probably means that there are defects in the plumbing that could allow DANGEROUS SEWER GAS to enter. Open doors and windows to ventilate any smoke that enters the building.

Please notify us before we conduct the test if you have any of the following situations:

- A person who will be alone and is an invalid or will be sleeping during the test
- Any individuals with respiratory problems who will be in the building
- Elderly persons who will be alone and might be alarmed or confused if they see smoke

If you have any of these situations or have questions regarding the smoke test, call Bay River MSD at 252-745-4812.



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

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

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

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



Mrs. Nancy Winfrey

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Total	\$ _____

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SCHOOLS PAMLICO COUNTY PRIMARY SCHOOL

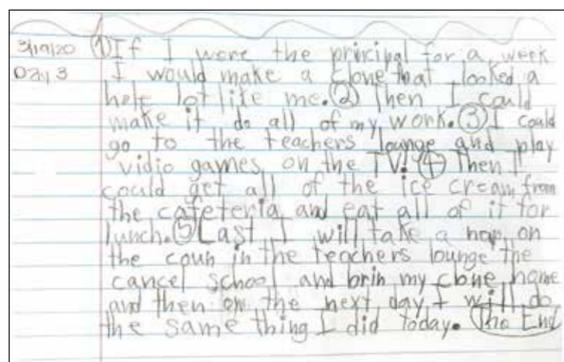
FEBRUARY PAWS BREAKFAST



Front row: Zain Zeidan, Aribella Smith, Evolet Soto-Garcia, De-Monee Monk, Paelin Rose, Sheyla Guadalupe
Second row: Brayleigh Tribby, Nakiyah Kinney, Dean Cook, George Montgomery, Luke Boyd, Aleigha Gentry, Lela Abrams, Jaclyn Curtis, Avery Cahoon **Back row:** Jenna Hacker, Liam Broughton, Nizah Gibbs, Carter Casey, Tre'Mhiya Arrington, Addysen Grant, Angel Garner, our principal, Ms. Crystal Dixon



Ava doing her flower science experiment



Ava wrote an awesome creative writing with the prompt, WHAT WOULD YOU DO IF YOU WERE THE PRINCIPAL?



Antonio and Penelope learning fire safety roasting marshmallows



Skylar working with his daddy on math worksheets.



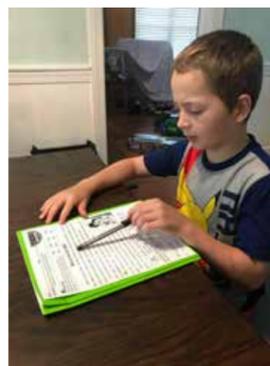
Ava's family enjoying a social distancing picnic lunch



Will doing his snow slime science experiment



Carson playing a math matching game



Finley doing his word work with vowels, adjectives and sounds



Robbie enjoying an electronic book on his computer



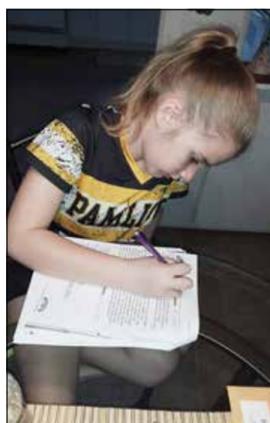
Kenzie took part in a reading challenge and read with their family's bearded dragon, Godzilla



Reid with his science project



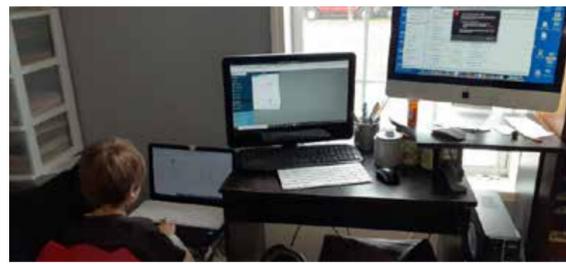
Robbie reading in his pajamas



Cadence said she misses school because she loves it! She really misses her teachers and friends! She understands why school has been cancelled so that everyone can remain healthy.



Sight Word Bingo



Connor and Grandma sharing the home office



Carter with his science project



The Verrall family enjoying the lunch provided by Pamlico County Schools



Mollie getting ready to take an Accelerated Reading test



Will and Kadie writing cards to residents at a nursing home who can not have visitors

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Health & Wellness

How COVID-19 is transmitted

COVID-19, the novel coronavirus that was declared a pandemic by the World Health Organization in mid-March 2020, has claimed thousands of lives across the globe. Though the WHO insisted during a press briefing declaring COVID-19 a pandemic that the virus could be suppressed and controlled, Director-General of the WHO Tedros Adhanom Ghebreyesus described what he felt were “alarming levels of inaction” in regard to preventing the spread of COVID-19.



Understanding COVID-19, including the threat it poses and how it's transmitted, is of the utmost importance. According to the Centers for Disease Control and Prevention, there is still much to learn about COVID-19, including how it spreads. However, the CDC notes the following are some ways that researchers, as of March 2020, feel that the virus is transmitted.

Person-to-person

Researchers who have studied the virus feel that it is spread mainly from person-to-person. People who are within six feet of one another may spread the virus through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of those who are nearby or potentially be inhaled into the lungs.

The CDC notes that the virus is contagious, and that people might be most contagious when they are at their sickest. Symptoms of COVID-19 include difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse, and bluish lips or face. Additional symptoms may be associated with COVID-19 as researchers learn more about the virus, and people who experience anything unusual should discuss their condition with a physician immediately. Researchers also suspect that the virus may be spreading through people who are asymptomatic. So even people who do not feel sick or exhibit signs of sickness may unknowingly have the virus, potentially making them capable of spreading it.

Contact with surfaces

The CDC notes that researchers do not suspect that contact with contaminated surfaces or objects is the main way the COVID-19 virus is spreading. However, the CDC also notes that it may be possible for people to get the virus by touching surfaces of objects that have the virus on them and then touching their own mouths, noses or possibly their eyes. The relative infancy of COVID-19 means researchers have yet to fully understand how the virus is transmitted.

Understanding COVID-19 also involves staying up-to-date on local announcements about the virus and adhering to any restrictions government officials put in place. People living in or near areas where others have been diagnosed should follow all protocols put in place by the government to reduce their own and their neighbors' risk of exposure to the virus. More information about COVID-19 is available at www.cdc.gov.

Various ways to alleviate nurse burnout

Nursing is a rewarding career, and nurses figure to be in high demand in the coming decades.



As fulfilling as nursing can be, nurses routinely confront issues that other professionals may never encounter. Nurses are in high-demand, but a shortage of openings in nursing schools in recent years has led to a widening gap between the demand for skilled nurses and the supply, according to the nursing support resource Nursing.org. As a result, many nurses are taking on more work than they can

handle. Couple this with the inherently demanding nature of nursing, and it's not surprising that nurses may experience fatigue, mental exhaustion and doubts about the value of their work.

Holli Blazey, MSN, ANP-BC, the Nursing Program Coordinator for Employee Wellness at the Cleveland Clinic, says burnout is “a big problem nationally for all kinds of caregivers, whether you work in an ICU or an ambulatory setting.” Long hours, rotating shifts and the stress of caring for ill patients are other factors that can contribute to nurse burnout. Many times nurses muddle through and do not even realize burnout is occurring. However, if anxiety, exhaustion or the desire to skip work is cropping up more frequently, nurses should not hesitate to take action. The following are some ways nurses can cope with burnout.

- Identify your stressors. Write down the things that are stressing you out. Pinpointing circumstances that are causing you to feel overwhelmed is the first step in addressing them. Try tracking responsibilities for a few days and write down feelings after each activity. Then try to identify which are the biggest sources of your stress. Communicate your findings with a supervisor or colleague who may offer advice or work with you to confront your stress in a positive way.
- Don't make new commitments. It's tempting to want to get involved in new projects, especially if job dissatisfaction has you looking for fulfillment elsewhere. But overextending yourself even further may only add to your existing stress.
- Practice relaxation exercises. Engage in slow and meaningful breathing, set aside even a few moments to sit in quiet and take a break, and think about how you can approach the situation in a healthy way instead of giving in to your anxiety.
- Delegate when possible. Find out which tasks can be taken off of your to-do list. Is there something a patient care nursing assistant can do at work? Can you rely on a friend or family member to help out at home? Lighten your load to give yourself time to recuperate.
- Join a support network. Many employers offer employee assistance programs, such as access to a professional therapist. Connecting with other colleagues also can be a great way to build up your support network. These tips can help nurses find the relief they need when burnout starts to set in. More resources can be found at www.nursing.org.

PCC announces the three winners of its raffle for \$50 VISA gift cards!



Narissa Taylor



Danielle Williams



Kennedy Wynn

The college thanks everyone who participated in its recent health care programs survey!

PCC is offering online instruction for its curriculum courses during the Coronavirus/COVID-19 outbreak. Employees are working from home.

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– Winston S. Churchill



Announcing

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

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



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Dr. Jason Rose @ Coastal Pet Clinic, Bayboro
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PAMLICO COUNTY PRIMARY SCHOOL A NEW WAY TO HAVE SCHOOL

Students at Pamlico County Primary School are attending school in a way that they never have before! Saturday March 14th, NC Governor Roy Cooper ordered that all schools be closed for two weeks due to the outbreak of the COVID-19 Novel Coronavirus. Teachers and parents are living through uncharted times figuring out new ways to help our pups learn from home.

Our teachers hit the ground running this past week gathering materials to send home to our students. Parents visited our office to pick up two weeks worth of remedial work and supplies to help keep learning at the forefront. On Sunday night, parents were preparing for Monday by putting their teacher hats on and gathering activities to keep learning going. Teachers then began preparing for online learning by seeking online resources that will be used for remote instruction. One of the major ways we will issue online instruction is through Google Classroom. Many of our teachers have been reaching out to our students with videos of them reading a book and talking with them. We believe it is so important for our students to see their teachers and feel how much they love them.

Teachers will also keep in touch with our families with Class DoJo. We also share great resources and information through our school website: <https://pcps.pamlicoschools.org>

Many educational resources are shared in the STUDENT section of our website. Also, please be sure to visit our Facebook page and like it to stay in touch: <https://www.facebook.com/PamlicoCountyPrimarySchool/>

The Pamlico County School system has also put together an amazing resource for families. Each school in our district has been gathering online resources for Remote Learning for Pamlico County Schools. The site can be found at: <https://sites.google.com/pamlicoschools.org/pamlicoremotelarning/home>

Each school has done an extensive search of educational websites that can help families keep their children learning and staying on track. This is an ongoing collection and the site is updated daily.

One third grade teacher at PCPS has been doing Facebook Live chapter book readings at 7:45 p.m. with her students even before this unprecedented virus disrupted school. Jennifer Rice videos herself reading three chapters each evening while sharing information and interacting with her students. This has continued this past week as her students have been at home creating a special bond with her students and their families. The readings are also being uploaded to Google Classrooms for all third graders to enjoy. She also recently decided to allow her students to present their planet projects on her classroom Facebook page as well. This has allowed her students to continue on with their learning and feel a sense of pride in their work while practicing their public speaking skills. Her students did a fantastic job. Way to go Rice's Reading Rockstars!

Superintendent Lisa Jackson viewed the presentations and stated, "I'm so proud of all my students and teachers for being so creative and the parents too!"

Jennifer Popperwill, ECU intern with Jennifer Rice, has been affected by our school closing as well since she can't complete her student teaching at school. She has begun uploading instructional videos to Google Classroom to instruct students to help with the packets that have been sent home. These uploads are new requirements in place so that Mrs. Popperwill can graduate on time this May, 2020.

In preparing for this article, we reached out to our families to find out what life is like having school at home. Christie Lewis has been documenting her journey into homeschooling with her daughter, Ava and son, Carter. Social distancing was documented on her dining room table as the children were placed on opposite ends of the dining room table to do school work. Ava and Carter took a study break and had a blast dancing to Go Noodle which is an online dance website that helps teachers and parents get kids moving with short interactive activities. They took nature walks and picked flowers which led to a science experiment and finished their outing off with a social distancing picnic to enjoy the beautiful day. But the most telling answer came from Ava from the lunch table, when mom asked Ava, "What do you think about us staying home from school?" Ava readily replied, "I think it is boring because I love school!" We love school too Ava and can't wait to get back to our awesome school and be with all our sweet students. Be sure to check out Ava's awesome creative writing with the prompt, WHAT WOULD YOU DO IF YOU WERE THE PRINCIPAL?

Samantha Cowell, parent of Finley shared this... "He is doing his word work with vowels, adjectives and nouns. Also reading and answering questions about the passage. He misses school and everyday is different about how much resistance he gives me as his teacher. One day he loves it and does all his work without arguing, but the next day he only wants to do part of it but we get it done with play breaks." When asked how Fin feels about not being at school, this is what his mom had to say, "He doesn't like missing school and misses his teachers and friends, but it has been so pretty outside. We have been breaking his class work up so he can play and enjoy the weather. The breaks are actually helping him not to argue about doing the work and making him try his best to get it right so he can be done faster. He definitely doesn't want to be out of school for a long time so he is hoping to go back soon!"

Another parent, Stephanie Walker shared that her children have been busy making cards for her nursing home residents and doing fun science activities like making snow slime. When asked what her son Will's reaction was when he found out he was not going back to school, Stefanie stated, "We have friends who homeschool so I told him

that's what we are going to do for awhile. He wasn't really upset, but he misses his friends and teachers."

Parent Julieanne Wells shared this: "We are still working on getting a schedule that works for me working from home and keeping them busy! We definitely appreciate our teachers and PCPS staff a lot more!!!"

Parent Crystal Carey shared: When asked what her experience has been like with home schooling she replied: "It's tough! I'm trying to think of some amazing words to describe homeschool. All that comes to mind is the word torture. I am glad the schools were able to reach out via technology. Honestly, the day Mrs. Nelson made the video reading, Jack and the Leprechaun to the kids, it was the highlight of my kids week. They felt connected in a world getting disconnected. We all cried a little!"

Parent of six with her husband deployed and hoping to come home in 30 days, Crystal Verrall posted this on her Facebook page, "Getting on here real quick to let everyone know Verrall home schooling is underway!!! Our day consists of Chapel and praise and worship songs and 30 minute learning blocks with assignments!!! We have work areas set up at the computer, table and fun flex seating like a fort I am in the process of building!!! PE and recess are still my favorite subjects!!! We are very thankful to the school for providing lunches, they are a huge help! I noticed that the apples were left in the "I'll eat it later bag" so I jumped on allrecipes!!! Crystal made apple bread and an orange smoothie with apples and oranges from the school lunches that were not eaten that day. Way to go mom!!!"

We appreciate all the hard work our parents are putting in for their families. Remember to read with your children everyday. We have shared numerous ways that our pups can access free electronic books. We have also enabled home access for Accelerated Reader where our students can test on the books that they read. If you have books at home and not sure if they have AR tests, you can find out if they have a test by visiting this website: www.arbookfind.com

Be sure to pick up free lunchtime meals for your children at our remote pick up sites throughout the county. Please check out Pamlico County Schools website: www.pamlicocountyschools.org for current information about pickup locations and times.

Please know PCPS teachers and staff are here for you! Parents/Grandparents/Guardians please relax and do not feel any pressure to complete materials that have been sent home or use all the resources that we have shared. Create your own schedule and make it work for you and your families. We are praying that this soon will pass and we can get back to our regular routine and hug our students and their families! Hang in there pup family! Remember to follow all the guidelines for staying safe during this unprecedented time in our lives! We love you!

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Board Recognizes Band and Band Members

During the March meeting of the Pamlico County Board of Education, the Pamlico County Band and individual band members were recognized. In October, the band participated in the Topsail High School's Pirate Classic Marching Band Competition, competing with other 1A class bands. Kelsi Martin brought home 1st Place 1A Colorguard, Jenna Jones brought home 1st Place 1A Drum Major and the band received 2nd place in the following areas: Percussion, Visual Performance (Marching), Overall Effect, Music and Overall Band. In January, four band members and one alternate were chosen to participate in the All-District Band. From PCHS, Connor Daniels (Tenor Sax) and Abby Harwick (Clarinet) were selected and, from PCMS, Caroline Rose (Flute) and DJ Midgette (Snare) were selected. Jamie Durham (Tenor Sax) was the alternate. Later in January, three students and an alternate were selected for the All-Eastern Region Jazz Band! Jamie Durham (Tenor Sax) A Band, Donnie Berry (Alto Sax) B Band and Connor Daniels (Tenor Sax) B Band also auditioned for the All-State Jazz Band. Claudio Lopez (Baritone Sax) served as the alternate.



Front Row: Jenna Jones, Caroline Rose and Abby Harwick. Back Row: Dave Falardeau, Band Teacher/Director, DJ Midgette, Connor Daniels, Donnie Berry and Jim Durham, Band Teacher/Director. Not pictured: Kelsi Martin, Jamie Durham and Claudio Lopez.

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LEGALS

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF DENNIS O'NEILL

Having qualified as Executor of the Estate of Dennis P. O'Neill, late of Oriental, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 1113 Link Lane, Oriental, North Carolina, on or before the 8th day of June, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 4th day of March 2020

Carolyn H. O'Neill
1113 Link Lane
Oriental, NC 28571

Publish: March 4, 11, 18, 25, 2020

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HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ROBERT MITCHELL PEGRAM, JR.

Having qualified as Administrator of the Estate of Robert Mitchell Pegram, Jr., late of Bayboro, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 712 NC Highway 304, Bayboro, NC on or before the 8th day of June, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 4th day of March 2020

Barbara Pegram

5712 NC Highway 304
Bayboro, NC 28515

Publish: March 4, 11, 18, 25, 2020

HOLLOWELL &
HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

Notice to Creditors: Estate of Wayne W. Lore, File No. 20E40

Having qualified as Administrator of the Estate of Wayne W. Lore late of 659 Raymond Drive, Arapahoe, Pamlico County, North Carolina 28510, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 408 Main Street, P.O. Box 411, Bayboro, North Carolina 28515, on or before the 4th day of June, 2020, or this notice will be pleaded in bar of recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 4th day of March, 2020.

Glenn K. Lore, Administrator
Estate of Wayne W. Lore
C/O Sara L. Delamar, PLLC
408 Main Street
P.O. Box 411
Bayboro, N.C. 28515

(For Publication:03/04/2020;
03/11/2020; 03/18/2020;
03/25/2020)

NOTICE TO CREDITORS NORTH CAROLINA, Pamlico COUNTY

All persons, firms and corporations having claims against the Estate of Raymond John Zrybko., File No. 20 E 0029, deceased, of Pamlico County, N.C., are notified to present the same to the Executor listed below.

David M. Zrybko, Executor

Janice Joyner Panza
Attorney for Estate
2129 S. Glenburnie Rd. Suite 15
New Bern, NC 28562
(252) 672-8500

Publish March 11, 18, 25,
April 1, 2020

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE

PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF BETTY S. BELANGIA File No.: 20 E 51

All persons, firms and corporations having claims against BETTY S. BELANGIA deceased, are notified to exhibit them to LYNDA G. WHITFORD, Executor of the Estate, on or before June 16, 2020 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 18th day of March ,2020

Estate of Betty S. Belangia
c/o Lynda G. Whitford
1903 Scott Store Rd
Grantsboro, NC 28529

Publish March 18, 25, April 1 and 8

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF WALT DAVID EDMUNDSON File No.: 20 E 47

All persons, firms and corporations having claims against WALT DAVID EDMUNDSON deceased, are notified to exhibit them to MARK J. EDMUNDSON, Administrator of the Estate, on or before June 16, 2020 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator.

This 18th day of March ,2020

Estate of Walt David
Edmundson
c/o Mark J. Edmundson
1603 Paramore Dr.
Greenville, NC 27858

Publish March 18, 25, April 1 and 8

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF IRA RUSSELL ALFRED

Having qualified as Executor

of the Estate of Ira Russell Alfred, late of Arapahoe, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 11543 NC Highway 306, Arapahoe, NC 28510, on or before the 19th day of June, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 18th day of March 2020

Patsy T. Alfred
11543 NC Highway 306 South
Arapahoe, NC 28510

Publish: March 18, 25th, April 1 and 8th, 2020

HOLLOWELL &
HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JAMES WHEDBY ALFRED, JR.

Having qualified as Executor of the Estate of James Whedby Alfred, Jr., late of Arapahoe, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 568 Spain Farm Road, Bayboro, NC 28515, on or before the 19th day of June, 2020, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 18th day of March 2020

Barbara C. Alfred
568 Spain Farm Road
Bayboro, NC 28515

Publish: March 18, 25th, April 1 and 8th, 2020

HOLLOWELL &
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P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

INCIDENTS

March 13, Scotts Store Rd., Grantsboro, involuntary commitment order
March 13, Mamosa Lane, Grantsboro, false pretenses/swindle/confidence game
March 13, Scotts Store Rd., Grantsboro, break or enter any building -intent commit felony/larceny; injury to personal property
March 15, Whortonsville Rd., Merritt, missing person
March 15, NC Hwy 55, Grantsboro, obtain property by false pretenses
March 16, Trent Rd., Merritt, found child unattended in the roadway
March 16, Florence Rd., Merritt, welfare check
March 16, Main St., Bayboro, obtain property by false pretenses; identity theft; financial transaction card theft
March 16, Anchor Way, Oriental, missing person
March 17, NC Hwy 55, Grantsboro, larceny (misdemeanor/felony)
March 17, NC Hwy 306 N., Grantsboro, second degree trespass
March 17, NC Hwy 55, Merritt, larceny
March 18, NC Hwy 55, New Bern, communicating threats
March 18, NC Hwy 306 S., Arapahoe, stalking
March 18, Oakwood Dr., New Bern, neighborhood dispute/conditional threat
March 18, NC Hwy 55, Grantsboro, welfare check
March 19, Mill Quarter Rd., Grantsboro, forgery and uttering; larceny (misdemeanor)

PROPERTY TRANSFERS

March 9, Masons Pointe Lot: 27, Section One; PCA 157-3, PIN: J043-58-27, from Christopher B. Garner, Tandra L. Garner, Frances W. Garner to Leigh Ann Smith, \$0
March 9, Masons Pointe Lot: 36, Section One; PCA 157-3, PIN: J043-58-36, from Leigh Ann Smith, Roger W. Smith, Jr., Frances W. Garner to Christopher B. Garner, \$0
March 9, Two Tracts; Orchard Creek Road (SR 1317) PIN: K08-34 & K08-26-1, from Madeline J. Hines to Pamela V. Hines, Tony Ray Hines, \$0
March 9, S/S NC Hwy 55, Reelsboro; PCA 40-1; metes and bounds, from Albert F. Roach to Josh Allen Mills, \$0
March 9, .46 AC; NC Hwy 306; metes and bounds; 1403 NC Hwy 306 N, Grantsboro, PIN: F041-34; Substitute Trustee's Deed; DT 479/723, from Trustee Services of Carolina, LLC/TR, Carolyn L. Bennett to Keith Tyndall, \$35
March 9, Cedar Gut Estates, 3.58 AC; Parcel 2; PCA 172-17; DB 520/417, from Michael F. Brown, M F Brown, Lesley Jane Kent, Lesley Kent to Cynthia Seibert Lang, William Stephan Lang, \$570
March 10, 13 ¾ AC; metes and bounds, from Ricky M. Caton, Martha B. Caton, Patrick M. Caton to M. Scott Whitford, G. Wyatt Whitford, \$36
March 10, 4/5 AC; metes and bounds, address: 53 John Pollock Road, Grantsboro, PIN: D-081-56; Substitute Trustee's Deed; DT 617/742; 19SP61, from Trustee Services of Carolina, LLC/TR, Richard Lee Slade, II and Debra Lowery Slade to Lakeview Loan Servicing, LLC, \$274
March 11, Forest Shore Estates Lot: 11, PCA 38-4; map attached, DB 322/701, PIN: K07-6-11, from Thomas F. Finta, Eleanor J. Finta to Thomas Raymond Finta/TR, Eleanor Joanne Finta/TR, The Finta Revocable Trust, \$0
March 11, Dogwood Landing, Two Tracts; PCA 22-10, PIN: K052-25-7 & K052-25-6, from Matthew Jones, Natasha Jones to Wade V. Amos Connor, Caroline Nicole Connor, \$608
March 12, E. Lemwood Gooding Lot: 2, N/S NC Hwy 55, Reelsboro; map book 4/8; DB 501/79 & DB 523/290, PIN: C051-44, from Kimberly Nelson Ireland, Wesley Ireland, Jr. to Steven Ernest Harrison, Dustin Spruill Harrison, \$270
March 12, 9.54 AC; NC Hwy 304; metes and bounds; DB 129/521, 16E70, from Gary S. Mayo/Exr, Troy D. Potter, Jr./Est, to Kevin Figueiredo DeOliveira, Hannah Jo DeOliveira, \$20
March 13, Tarkiln Acres Lot: 13, PCA 3-2, from Myra Eakins to David Cain, Stephanie Cain, \$50
March 13, Pinedale Lot: 405 Section 7; map book 7/39, Substitute Trustee's Deed; DT 594/562; 19SP21, from Vicki M. Staten, Philip A. Glass/TR to State Employees' Credit Union, \$163
March 13, 64 AC; Lot 9; metes and bounds; DB 118/96 & DB 559/801 from James E. Ragan, III, Marilyn H. Ragan to Douglas L. Beasley, Jeri Ann Beasley, \$178
March 13, 13, 937 square foot lot and 156 square foot right of way; map attached; see instrument, PIN: H094-68; 19E163, from Kelly C. Gainey, Kelly C. Gainey/Esr, James Clifton Moon/Est, Stephen Bruce Gainey, Kenneth Earl Cochrane, Jr., Jennifer Hutkowski Cochrane, Mark Alden Moon, Danielle Renee Moon to Edward Wallace Glover, Jr., Bonnie Scarboro Glover, \$100
March 13, Cabin Creek Section One Amendment One, Six Tracts, from Mary E. Wunderlich to Robin Kane, \$820
March 13, Lot 1; 7 AC; Division of Estate of Clarissa A. Spencer; map book 1/19, from Bruce Jones, Carolyn Jones, Carolyn S. Jones to Michael E. North, Brandy A. A. North, \$114
March 13, 1.00 AC; map attached, from Tammy W. Dail, Gary S. Dail to Tammy W. Dail, Gary S. Dail, \$0
March 13, 0.68 AC; Lot 4; Survey for Earl Sadler; PCA 3-4, PIN: L011-9-4, from Earl S. Sadler, Jr., Merry S. Sadler to Stephen Trey Edwards, \$0
March 13, Hattie Himbry Sub Lot: 3, PCA 115-10; DB 354/936, Address: 148 Chinchilla Drive, Bayboro, from Charles H. Gaskins, Sr. to Duane Eric Gaskins, \$0
March 13, John and Edward Bond Lot: 11, map book 3/115 Interest from Janice Korotki, Harry Korotki, Richard McKee Goodwin to Jane David, Paul R. Jodoin, \$0
March 13, Oaks at Beard Creek Lot: 25, PCA 121-9; Oaks at Beard Creek, Boat Slip 10; PCA 126-6; Deed of Correction; DB 378/73, see instrument, from Coastal Marketing & Development Company, Duncan Harrison/PTNR to Mark F. Augustine, Susan E. Augustine, \$0
March 13, 4.25 AC, metes and bounds; DB 510/843, PIN: D051-29; Declaration to affix manufactured home to real property; see instrument, from Dorothy P. Sadler, Dorothy P. Sadler/AIF, Aaron Sadler, Aaron L. Sadler, 40
March 13, Buccaneer Bay Lot: 11, map book 11/8; Buccaneer Bay Lot: 12, map book 11/8, 13E134, from Spilman Family Trust, Samuel H. M. Spilman/Exr, Samuel H. M. Spilman/TR, Mary M. Spilman/Est to Sheila Marie Gould, \$100
March 16, One and One-Half Acres; Alliance; metes and bounds, DB 31/454, DB 31/453 & DB 129/202, from Harry R. Brooks, Tina G. Brooks to Nicole Renee Collock, Sean M. Collock, \$138
March 16, Grantsboro, Parcel A; PCA 158-9; map attached, 19E4, from Cindi M. Quay/Admr, Mitchell Thomas Sumrell/Est to Kenneth E. Moore, \$96

Legals@ThePamlicoNews.com

Breakfast Now Included in Student Meal Service (Distribution Reduced to Three Days)

Pamlico County Schools will continue providing meals to children during the current school closure. However, meals will now be available for pick up Monday, Wednesday, and Friday, March 23-March 27. On Monday, children will receive meals for Monday and Tuesday, on Wednesday, children will receive meals for Wednesday and Thursday, and on Friday, children will receive meals for Friday, Saturday, and Sunday. Meals are available for all children ages 0-18.

Bayboro – Fred A. Anderson Elementary School Cafeteria Parking Lot
11:00 – 1:00

Hobucken – Community Center Parking Lot
11:00 – 12:00

Vandemere – Fire Department Parking Lot
11:00 – 12:00

Oriental – Empty lot beside Piggly Wiggly
11:00 – 12:00

Florence – Fire Department Parking Lot
11:00 – 12:00

Reelsboro – Pinedale Food Mart Parking Lot
11:00 – 12:00

Arapahoe – Belangia's Supermarket Parking Lot
11:00 – 12:00

Car vs Deer

Text & Photo by: Hiram Lupton



This accident Thursday morning on Seafarer Road, near Arapahoe, should once again serve as a reminder to be on the lookout for deer and other wildlife along the roads in our County. The driver swerved to avoid a collision with the animal and lost control of her vehicle. With many fields newly cultivated and planted for spring, many deer take advantage of seedlings for an easy meal. The driver was uninjured and the deer was last seen leaving the scene of the accident bounding away into the woods.

INSPECTIONS

March 16, St. Peters Missionary Baptist Church, Vandemere, electrical, \$100; Karl Francis Thurber, Arapahoe, fire/bl.d., \$40; Chuck Gordon, Oriental, electrical, \$40; Kelly Green, Oriental, electrical, \$75; Bobby Cahoon, Grantsboro, electrical, \$100; James Fucile, Grantsboro, pool, 480; Don Lee, III, Arapahoe, electrical, \$75; Curtis Grant, New Bern, addition, \$231.50
March 17, Eastern Ice, Bayboro, electrical, \$386.08; Jason Moore, Arapahoe, roof, \$90.40
March 18, River Dunes, Oriental, tower, \$192.76
March 19, Mike Beerli, Minnesott Beach, NR, \$901.22; Luke Henthorn, New Bern, addition, \$294.08; Donald McKeel, Grantsboro, mechanical, \$40; William & Barbara Craven, Arapahoe, renovation, \$337.68; George Bess, Bayboro, singlewide, \$150
March 20, Brian Ellenberg, Stonewall, garage, \$302.08; Robert Pegurri, Merritt, reconnection, 440; Jonathan Weis, Arapahoe, electrical, \$75; Rodney Mann, Oriental, electrical, \$40; Harvey Mason, New Bern, electrical, \$40

The event has been postponed

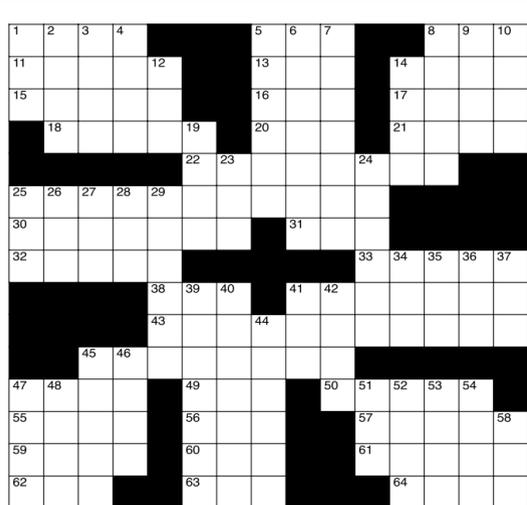
NC Poet Laureate Reading and Workshop

Who: Jaki Shelton Green hosted by the Poets of Pamlico in partnership with the Pamlico County Arts Council and Holt's Chapel Community Center Inc.
When: Friday, May 1 at 6:00 PM and Saturday, May 2 from 10:00 AM – 12:00 PM
Where: Holt's Chapel Community Center, 136 Janiero Road, Oriental, NC
Cost: Free Events

CLASSIFIEDS

www.thepamliconews.com

CROSSWORD PUZZLE



CLUES ACROSS

- 1. As soon as possible
- 5. Gateway (Arabic)
- 8. Doctors' group
- 11. Madder genus of plants
- 13. A team's best pitcher
- 14. Ancient Greek sophist
- 15. Go up
- 16. Neither
- 17. Bolivian river
- 18. Manila hemp
- 20. Comedienne Gasteyer
- 21. British School
- 22. Human reproductive organs
- 25. Surrenders
- 30. Dog with long, silky coat and drooping ears
- 31. Sun up in New York
- 32. Lead alloy
- 33. Eastern Asian plant
- 38. Rapid deployment force (abbr.)
- 41. Japanese warrior
- 43. Festivity
- 45. Interruptions
- 47. Nonsense (slang)
- 49. Data mining methodology (abbr.)
- 50. Fencing sword
- 55. French river
- 56. Global business conference (abbr.)
- 57. Afflicted
- 59. Con man's game
- 60. No (Scottish)
- 61. Jewish spiritual leader
- 62. Fish
- 63. Camera term (abbr.)
- 64. Impudence

CLUES DOWN

- 1. A continuous portion of a circle
- 2. Genus of seabirds
- 3. Infant's dining accessory
- 4. Native Americans from Arizona
- 5. Popular fruit
- 6. Poisonous plant
- 7. Scolded
- 8. Assists
- 9. Hand (Spanish)
- 10. Amazon product identifying system (abbr.)
- 12. Basics
- 14. Cain and ___
- 19. Malaria
- 23. Indicates particular shape
- 24. Respiratory disease
- 25. Central Standard Time
- 26. Imitate
- 27. Golf score
- 28. A place to lay your head
- 29. Three cards of the same suit
- 34. Not in
- 35. Human gene
- 36. Ancient Chinese philosophic concept
- 37. French river
- 39. Thinks up
- 40. Type of geological deposit
- 41. Helps little firms
- 42. Area units
- 44. A device to remove
- 45. Secret political clique
- 46. Polite interruption sound
- 47. Foundation
- 48. Clare Boothe ___, American writer
- 51. Swiss river
- 52. Prejudice
- 53. Actor Idris
- 54. Resistance fighters
- 58. Speak disrespectfully of

PUZZLE SOLUTION

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

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CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to nutrition. Each number corresponds to a letter. (Hint: 7 = i)

A. 14 8 4 3 2 7 20 1

Clue: Units of energy

B. 11 7 24 8 22 7 16 1

Clue: Essential organic compounds

C. 22 7 16 20 2 8 4 1

Clue: Inorganic substances

D. 9 7 6 20 1 24 7 3 16

Clue: Breaking down food

Answers: A. calories B. vitamins C. minerals D. digestion

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to basketball.

A N O E G R



Answer: Orange

Helvetica and Times New Roman walk into a bar.

"Get out of here!" shouts the bartender. "We don't serve your type!"

LANDSCAPING

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Psst, there's a new dragon coming to town.



Pictured are (left to right) Dakota Millard, Camryn Potter (Captain), Alison Bennett (Cheer Coach), Clara Rhinehart (Captain), Naleigha Banks and Jalyn Dunn. Team members not pictured are Nyree Atkins, Ashlyn Cahoon, Marissa Hinshaw, Maddy Lupton, Camryn Gunn, Clara Lugo, Zayne Perkins and Serenity Greene.

PCHS Cheerleading Team Recognized

During the March meeting of the Pamlico County Board of Education, the Pamlico County High School Cheerleaders were recognized for placing 2nd during the 2019 NCHSAA Cheer Invitational (High School/Non-Building) Competition in December.



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