

# The Pamlico News

Wednesday, July 22, 2020

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## Fall High School Sports to Start September 1st – Maybe?

Have you been looking forward to seeing Savon “Tank” Tutt burst through the line and sprint to the endzone for a touchdown? How about watching DiAnnah Jones rise above the net and power spike a volleyball or Phillip Pipkin dig deep and sprint the last leg of a cross-country run? The fall sports at Pamlico County High School usually start their games, matches, and meets when school resumes or in some cases just before. But this year, COVID-19 is at the very least postponing that start. On July 15, the North Carolina High School Athletics Association (NCHSAA), the governing body for high school sports in North Carolina, approved rule and calendar changes which delay the start of fall athletic competition until at least September 1st. In addition to the calendar change, the first five student days of the 2020-21 school year will be designated as a “dead period” for all sports. This means no sports activity or practice will take place so that students and staff can focus on the start of the school year.



The NCHSAA also stated that their phase one of summer conditioning and workouts can continue until further notice. High Schools may have organized, non-mandatory team practices, but with heavy restrictions. The football team at PCHS is practicing primarily with conditioning and agility drills. These must be in small groups and heavily supervised by coaches. “Ron (head football coach Ron Cook) is a “by- the-book” guy on this and he is following all the rules mandated by the NCHSAA,” stated High School Athletic Director Earl Sadler, Jr. “We are working out in small groups, staying at least 6 feet apart and not even throwing the ball to each other. Ron is working with the guys on some plays and formations, but if you watch, it almost looks like we are working on trick plays. We are spaced out so far apart.” Sadler said their hope is to start some organized activity with the other two fall sports, volleyball and cross-country soon, but the restrictive guidelines will make it hard.

■ Continued on Page A03



Coastal living Page A5



(Photos from waymarking.com)

## The Battle of the Buck Nakeds

By the summer of 1863, the American Civil War had been going on for over two years, and while several battles had been fought in North Carolina (Fort Macon, New Bern, Kinston), major engagements in our state were still rare. North Carolina however was vital for Confederate survival by not only supplying troops to fight, but by providing for the movement of supplies through our state northward to General Lee’s army in Virginia. Many of these supplies were moved by railroad, and a key link in this supply line was the railroad bridge near Weldon, North Carolina, at a place known as Boon’s Mill Pond. It was decided by the Union Army that the capture or destruction of this bridge would rightfully hamper the South’s war effort and hasten the end of the war. Under the command of Major General John Foster, a substantial force of approximately 5,000 men was dispatched to undertake this task. Troop movements of this kind did not go undetected however, and the Confederates moved a small force of about 200 men under the command of North Carolina native General Matt Ransom to block the Union troop movements toward what they rightly surmised to be their target.

On July 28th, the stage was set for what would become a bit of an unusual battle. In late July in eastern North Carolina it was hot...extremely hot. Many of the Confederate soldiers, who really did not expect an attack to come very soon decided to take advantage of the cool, alluring water of the pond and go skinny dipping. It was at this time when their commander General Ransom, who had been scouting the area, came galloping down the road hotly pursued by Union cavalry. The startled Confederates barely had time to exit the pond and grab a musket, much less put on any clothes. The “Battle of the Buck Nakeds,” also known as the Battle of Boon’s Mill had begun. The Confederates, although caught with their pants down, held a strong position against the much larger Union force. The spot where Ransom had stationed his small force in the swamp and pond was used to create a bottle neck for the Union forces to pass. Fighting continued throughout the afternoon and although fully clothed and superior in number, by nightfall the Union troops were forced to withdraw. Casualties were light. The Union reported 11 dead while the Confederates had 1 killed and 3 wounded. The bridge was saved, supplies continued to roll northward, and the war dragged on for two more agonizing years.

## The Hazard Mitigation Grant Program – HMGP

Photos and Text by: Hiram Lupton



Pamlico County Emergency Planner Autumn Hardison assists a property owner with the Hazard Mitigation Grant application process

There is a myriad of government programs available to help citizens with disaster relief in one form or another and the Pamlico County Emergency Management wants you to know about a new opportunity to obtain assistance in the area of hazard mitigation. Pamlico County Emergency planner Autumn Hardison gave us a quick lesson about the program and just what mitigation is. “Hazard mitigation is reducing future losses to personal property from natural disasters, in our case, flooding. It’s not to help with emergency repairs or restoration of homes.” The mitigation can be done in one of two ways, either by acquisition of the property so a resident can relocate out of the flood hazard area or by elevating an existing home to a height above what has been determined to be a flood risk, also known as the base flood elevation (BFE). The reason this is a new program is that Pamlico County was declared a federal disaster area after, and due to, Hurricane Dorian. “Even though Pamlico County suffered little to no flood damage from Dorian, we became eligible to apply for grants due the disaster declaration. These grants are to reduce losses in the future and you didn’t need to have suffered a loss from Dorian to apply. The thing I am most happy and relieved about with the Dorian program is that all our applicants for mitigation grant money form the hurricane Florence program will have their applications automatically enrolled in this program. It’s a lot of paperwork that I’m glad residents won’t have to resubmit, particularly with the uncertainty of COVID-19”. The hurricane Florence program Hardison referred to had 114 applications submitted for grants, 107 for elevating existing structures and 7 for acquisition. “I wish we had some news about our Florence money”, said Hardison. “This is a very long process. At the county level we make sure the applications are filled out correctly and that they have all the proper documentation required before sending it to the North Carolina Emergency Management Resiliency Section where each property is analyzed and prioritized before it then goes to the Federal Emergency Management Administration (FEMA) where they have 360 days from receiving the application to render a decision on disbursement of funds. I know it’s a long slow process, but I’m just very happy that the whole application process doesn’t have to be repeated for the Dorian program. If you are chosen to receive a grant from the Florence program, your application will be removed from the Dorian applicants, all other applicants are automatically enrolled. The only reason you would need to start the application process is if you had not filed one for Florence grants, or if there has been a transfer of property ownership since they applied, or a change in your project selection (elevation or acquisition)”. The application deadline of August 5th is fast approaching. The applications are available online at [www.pamlicocounty.org](http://www.pamlicocounty.org) or at the Emergency Manager’s office located in the courthouse. If you have any questions on the grant process you can call the Emergency Planner’s office at (252) 745-4131. Hardison added, “EM personnel are standing by to assist with the application process and answer any questions you may have. Although we are never guaranteed approval, our county strives to apply for each funding opportunity available to our citizens and will continue to do so for the benefit of those who call Pamlico County their home.”

## Maegan Speciale Fundraiser



On Saturday, a benefit plate fundraiser was held for Maegan Speciale at the old Piggly Wiggly parking lot in Aurora. It was hosted by the “Riders of the A” Bike and Car Club.

### WEEKEND WEATHER

**SAT JULY 25** Variable clouds with scattered thunderstorms. High 87F. Winds W at 5 to 10 mph. Chance of rain 60%. **SAT Night** Scattered showers and thunderstorms. Low 73F. Winds light and variable. Chance of rain 50%.

**SUN JULY 26** Scattered thunderstorms. High near 90F. Winds light and variable. Chance of rain 40%. **SUN Night** Partly cloudy skies. Low 74F. Winds light and variable.



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# COMMUNITY

## OBITUARIES

**Harvey Paul Austin, 80, of Campbells Creek, NC**, passed away Monday, March 23, 2020, at CarolinaEast Medical Center. He is a member of Campbells Creek United Methodist Church and attended Pamlico United Methodist Church. He was an honorary member of Campbells Creek Hunting Club and a U.S. Air Force veteran. He was preceded in death by his parents, Jesse Harvey and Hattie Paul Austin. He is survived by his wife, Sydney Anderson Austin; son, James “Jim” Austin and wife, Ann; daughters, Karen Austin Cayton and husband, Sid, and Paula Austin Gilgo and husband, Murray; grandchildren, Natalie (Justin) Sepulveda, Ashlea Austin (Bud) Robertson, Kara Cayton (Jordan) Egan, Madison Gilgo, and Andrew Gilgo; and

two great grandchildren, Evy and Parker Sepulveda. A memorial service will be held 3:00 p.m., Sunday, July 26th at Bryant Funeral Home Chapel with the Rev. Mike Roach officiating. Following social distancing guidelines, the family will be receiving friends and family one hour prior to the service at the funeral home. Face coverings are required. In lieu of flowers the family suggested memorial contributions be made to Pamlico UMC, c/o Tillie Roberts, 9985 NC Hwy 306 S, Arapahoe, NC 28510 or Campbells Creek UMC, 30323 NC Hwy 33 E, Aurora, NC 27806. Arrangements by Bryant Funeral Home & Cremations, Alliance.



**Michael Montgomery Manning “Papa Mike”, 77, of Grantsboro, NC** died July 13, 2020. A native of Beckley, WV, he enlisted in the U.S. Air Force after high school graduation on July 3, 1961. After 26 years of military service, he retired as a chief Master Sergeant. His life was filled with his love of golf and special time with his family, children, and grandchildren. He was always generous to causes near and dear to his heart including but not limited to The Special Olympics and local chapters of the Boys Scouts of America. He attended Bethany Christian Church in Arapahoe after relocating from Goldsboro. He was preceded in death by his parents Ralph and Geraldine Manning and his brother, Roger Manning. Michael leaves behind his wife of 22 years, Suellen P. Manning; children:

Michelle Sutton, Michael Manning and fiancé Donna, Scott Manning and wife Dawn, Suzette Manning Bryd and husband Stephen; Step-children: Tracy Collier, Robert Tyson and wife Tara. He was also survived by grandchildren Tyson Collier, Jonathan Sutton, Christopher Sutton, Blake Sutton, Holly Sutton, Macy Tyson, Marcus Tyson, Peyton Manning and Garrett Byrd; great-grandchild M.J. Sutton; along with brothers, Pat and wife, Jeanie; Russell and wife, Julia; and Nathan and wife Sara; and sister, Eleanor and numerous nieces, nephews, great-nieces, and great nephews. With the current health concerns and our desire to insure the safety of our friends and family, a memorial will be held at a future date. Those desiring may make memorial contributions to Camp Caroline. Checks payable to CCNC with Camp Caroline in the memo line: 3398 Janiero Rd, Arapahoe, NC 28510


Recovery support group meetings open to anyone in recovery. Using principals from NA, AA, and Smart Recovery is hosted by Hope Clinic’s New Beginnings program. Meetings occur every evening at 7pm, except for Saturday. Most meetings are online and 2 are in-person at this time. 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](mailto:caitlin@hopeclinic.net)

## NOTE THE DATE

Over the past few months, all of our weekly and monthly events have been canceled and have been removed from our Notables. As we begin to re-open, please send your events, meetings and happenings to [Frontdesk@thepamliconews.com](mailto:Frontdesk@thepamliconews.com).

[obits@thepamliconews.com](mailto:obits@thepamliconews.com)


## Horoscopes



**ARIES – Mar 21/Apr 20**  
Aries, an opportunity to overcome past injustices or things you may have felt you did wrong presents itself this week. It may arrive out of the blue, but you won't miss it.



**TAURUS – Apr 21/May 21**  
Don't be surprised if an old friend calls you this week and wants to catch up. Expect to reconnect as if no time has passed since your most recent encounter.



**GEMINI – May 22/Jun 21**  
Try developing a project in secret and working out the kinks before you bring others in on the plan, Gemini. Conduct several trial runs before going forward.



**CANCER – Jun 22/Jul 22**  
Cancer, when people come to you for advice, it can feel gratifying that others revere you for your expertise and knowledge. This validates your insights.



**LEO – Jul 23/Aug 23**  
Leo, you feel rewarded after helping people, even if you do not get paid for your service. Your naturally generous spirit can be rewarded in different ways.



**VIRGO – Aug 24/Sept 22**  
Someone understands you without having to say a word, Virgo. This is the person you want to permanently have in your camp. Do what you can to make this possible.



**LIBRA – Sept 23/Oct 23**  
Financial matters take a positive spin, Libra. This means you can indulge in some creature comforts that may have been out of reach. Enjoy this good fortune.



**SCORPIO – Oct 24/Nov 22**  
Scorpio, do not be afraid to be passionate at some point this week. Whether it is a pet project or a relationship, approach it with renewed passion.



**SAGITTARIUS – Nov 23/Dec 21**  
Sagittarius, if you are single, now may be a time when you spot someone new in the neighborhood who could be a match. Couples will strengthen their relationships.



**CAPRICORN – Dec 22/Jan 20**  
You have a method of expressing yourself that garners many admirers, Capricorn. Keep up the good work and allow others to express themselves as well.



**AQUARIUS – Jan 21/Feb 18**  
Keep a conversation flowing with a lot of great ideas, Aquarius. Avoid falling too far into daydreaming mode so you can serve as the catalyst for great conversation.



**PISCES – Feb 19/Mar 20**  
Shy away from familiar activities and try something completely new, Pisces. Study something you have always enjoyed or try a new hobby.

**CANCER – Jun 22/Jul 22**  
People born on June 22–July 22 have a moody and circumspect personality but are also very artistic and enterprising. Just like a true Cancer, they are highly emotional and incredibly caring with people around once their own emotional needs are fulfilled. They appreciate helping others and investing time in their domestic hobbies. They dislike feeling ennuï and being faced with combative behavior. Those born under this sign enjoy settings that are close to a water source, be it an ocean, a sea, a river or simply a lake. **Positive traits:** Watchful and charitable, these people are also steadfast and keep finding the most avant-garde ways to help others. Cancer people are usually

good with money and can turn out to be great business people. They also have a born ability to nurture others. Those born under this sign are also attentive and vulnerable just up to a shattering point and are truly interested in knowing everything about each and every person they meet. **Negative traits:** These natives are evasive and often run from troubles. They are devious and moody and often forget but don't excuse. They are not necessarily duplicitous but if the setting requires they can forcibly smile and get their work done. They dwell on their past and this fills their souls with unrequited annoyance. They also find it hard to learn life lessons from other people.

FOR ENTERTAINMENT PURPOSES ONLY

## THIS WEEK IN HISTORY

- July 22nd – 1940**, Jeopardy host Alex Trebek was born in Sudbury, Ontario, Canada.
- July 23rd – 1904**, The ice cream cone was invented by Charles Menches in St. Louis.
- July 24th – 1969**, After 8 days, 3 hours, 18 minutes and 35 seconds in space, the Apollo 11 Astronauts splashed down in the Pacific Ocean, safely returning to Earth after their trip to the moon.
- July 25th – 1729**, North Carolina officially became a royal colony.
- July 26th – 1775**, The U. S. Postal System was established. The first postmaster general was Benjamin Franklin.
- July 27th – 1940**, Bugs Bunny made his debut in an animated cartoon. “What’s up Doc”.
- July 28th – 1863**, During the American Civil War, “The Battle of the Buck Nakeds” was fought near Weldon, North Carolina. (For a more revealing look at this battle see page 1)



Last week we took a look at the Coast Guard Cutter Pamlico which was active from 1907 to 1946 and was homeported in New Bern, N. C. This week we are showing you the current Coast Guard Cutter Pamlico, an inland construction tender homeported in New Orleans, Louisiana. The Pamlico is 160 feet long and has a crew of 16. Her primary job is construction and maintenance of aids to navigation from the mouth of the Mississippi River up to Baton Rouge, La, west to Grand Isle, La, and east as far as Biloxi, Mississippi. As with nearly all Coast Guard vessels, she has a secondary mission of search and rescue if needed. The Pamlico was commissioned in 1976.

## Whose Life Will Your Blood Donation Save?

### Blood Donation Centers

The need for blood is constant and your contribution is important for a healthy and reliable blood supply. You will feel good knowing you’ve helped change a life. *Schedule an appointment at one of our locations.*

- July 22 Life Church 6923 Hwy 70, East, Newport 3-7pm
- July 22 Carteret Community College/Crystal Coast Civic Center 3505 Arendell St., Morehead City 9am-2pm
- July 23 The Gym@Cape Carteret Aquatic & Wellness Center 300 Taylor Notion Rd., Cape Carteret 1-6pm
- July 23 Knights of Columbus 1125 Pine Tree Dr., New Bern 12-6pm
- July 23 First Baptist Church 810 Bridges St., Morehead City 9am-3pm
- July 24 Grantsboro Town Hall 10648 NC Hwy 55, Grantsboro 11am-3pm
- July 24 Knights of Columbus 1125 Pine Tree Dr., New Bern 10am-4pm
- July 25 VFW Post 11119 102 First St., Vanceboro 9am-1pm
- July 28 First Presbyterian Church 1604 Arendell St., Morehead City 9am-3pm
- July 28 Latitude Church 1732 RaceTrack Rd., New Bern 1-7pm
- July 29 United Badges at Knights of Columbus 1125 Pine Tree Dr., New Bern 8:30am-1:30pm
- July 29 United Badges at New Bern Elks Lodge 1175 Pine Tree Dr., New Bern 8:30am-1:30pm

### QUICK REFERENCE

<b>EMERGENCY:</b> 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	<b>PAMLICO COUNTY DEPARTMENTS</b> 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
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clubs and organizations events...

[frontdesk@ThePamlicoNews.com](mailto:frontdesk@ThePamlicoNews.com)

## The Pamlico News

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*Jeff & Rhonda – Louisiana*



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# Pamlico Community College

## PCC's Fall 2020 Course Schedule is filled with tremendous opportunities

By Sandy Wall

Be on the lookout for Pamlico Community College's Fall 2020 Course Schedule, which will begin showing up in area mailboxes within the next few days. It is available online now at [www.pamlicocc.edu](http://www.pamlicocc.edu).

The 24-page booklet features a comprehensive look at the curriculum and Continuing Education courses and programs the college plans to offer between now and December.

PCC will offer a mixture of online and seated classes. Recently rated the best community college in North Carolina in providing online instruction, PCC will offer a very large number of online courses covering a wide range of subjects. While governmental restrictions due to the COVID-19 pandemic have prevented the college from offering a full slate of face-to-face classes, PCC is offering this fall semester the face-to-face courses that are currently permitted by state governmental officials. Permitted face-to-face courses in Allied Health, Cosmetology, Esthetics, Electrical Systems Technology, Welding, and in several Continuing Education areas will be provided by PCC.

"Our college employees are to be commended for the high-quality instruction they have provided our community since the coronavirus struck in mid-March. While this is a challenging time, our faculty and staff are exhibiting extraordinary teamwork to rise above the challenges on behalf of our students and community," said PCC President Dr. Jim Ross. "The Fall 2020 Course Schedule represents a lengthy list of what we will offer our community this fall. It also represents to all who receive it in their mailbox powerful documentation that our community is fighting back with determination to overcome these challenges. We are moving forward with a spirit of optimism that better days are ahead, and our Fall 2020 courses and programs are designed to prepare men and women for those better days. As always, we are here to help people get started on the path to a better life."

The booklet contains helpful contact numbers and website addresses so area residents can reach out and see how the college can help them reach their goals.

"We want to serve every resident possible to help them have better lives," said Ross.

The release of PCC's Course Schedule comes about two weeks before the registration period for the Fall 2020 semester. The registration period for curriculum courses is set for Aug. 5 and

6 from 8:30 a.m. to 7 p.m. at the Johnson Building on campus.

However, even before the formal registration period begins, PCC leaders are encouraging new and returning curriculum students to contact the college now so they can complete the enrollment process, if needed, arrange for financial aid or talk with college officials so they can be prepared to register for classes.

Also in the course schedule is information about PCC's Career and College Promise program, which offers tuition-free college classes to high school students, including those at Pamlico County High School, Arapahoe Charter School, Pamlico Christian Academy and home-schoolers.

**Seated classes will begin Aug. 17.**

**Online courses start Aug. 28.**

The course schedule includes information about the college's Small Business Center, which has planned a series of web-based offerings for current and aspiring entrepreneurs. There is also information on the college's Career Center, which can help people find jobs, and PCC's College and Career Readiness/Basic Skills area, which is committed to helping men and women build their academic skills and earn their GEDs.

For more information about getting prepared for registration, contact the college at [studentservices@pamlicocc.edu](mailto:studentservices@pamlicocc.edu) or 252-249-1851, ext. 3002. New and returning curriculum students also can speak with Neil Callahan (252-229-9710 or at [ncallahan@pamlicocc.edu](mailto:ncallahan@pamlicocc.edu)) or Cristy Lewis Warner ([cwarner@pamlicocc.edu](mailto:cwarner@pamlicocc.edu)) about their options for the upcoming Fall 2020 semester. *Sandy Wall can be reached at 252-249-1851, ext. 3010, or [swall@pamlicocc.edu](mailto:swall@pamlicocc.edu).*



Pamlico Community College's 24-page Fall 2020 Course Schedule is now available online and in print. The booklet lists classes, programs and other learning opportunities available now through December.  
*Contributed photo*

## Fall High School Sports to Start September 1st – Maybe?

Continued from page A1

What games may look like when they resume is another question to be determined as relates to fan attendance. "Its not like professional sports with sponsorships and TV contracts," said Sadler. "We need fan attendance to help generate revenue, particularly in football. We also need the fan support for our athletes."

The September 1st starting date is at best, only hopeful. NCHSAA Commissioner Que Tucker stated, "Please understand this delayed starting date is not 'in cement' and can be delayed even further if we do not have improved data from DHHS, or some other reason exists for delaying the start further into September or beyond. The feeling at PCHS could best be described as optimistic, but realistic. "We'll see how things go," says Sadler. "We'll do what we can within the guidelines provided to us. Ensuring the safety of our athletes and coaches is our top priority."

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# FINANCIAL FOCUS

## What Should You Do with an Inheritance?



Dan M. Roberts

If you were to inherit a large sum of money, what would you do with it?

The question may not be hypothetical, especially if you are in the millennial, Gen X or Gen Z demographic groups. That's because the baby boomers – often referred to as the richest generation in history – are poised to transfer some \$30 trillion in assets over the next few decades, according to the consulting firm Accenture.

Of course, this is a “macro” figure, and everyone's situation is different. Furthermore, since baby boomers are living longer, more active lives, the total amount passed on may end up being considerably less than the estimate. Nonetheless, you may well receive a medium-to-large inheritance someday, and when that day arrives, you'll need to decide how best to use your new-found wealth.

Your first move may be to do nothing at all. Generally speaking, you have enough time to decide how to handle the various elements of an inheritance, although if you are inheriting an investment vehicle such as an IRA or a 401(k) plan, you will eventually have to make some decisions about liquidation or withdrawals. (And since these accounts may carry tax obligations, it's a good idea to consult with your tax advisor fairly soon after you receive your inheritance.) But if a big part of your inheritance simply consists of cash parked in a bank account, there's nothing wrong with moving the money into a cash management account at a financial services company until you decide what to do with it.

However, after some time has passed, you may want to put your inheritance to good use. If you're already working with a finan-

cial advisor, you might want to get some guidance on how to use your new assets to strengthen your existing investment strategy. Do you have any gaps in certain areas? Can you use the money to help diversify your holdings? Diversification can't guarantee profits or protect against all losses, but it can help reduce the impact of volatility on your portfolio.

And, of course, if your inheritance is large enough, it may permit you to “max out” on your IRA for years to come, and possibly free you to have even more of your salary deferred into your 401(k) or similar employer-sponsored retirement account. Plus, you could use the money for other long-term goals, such as funding a tax-advantaged 529 college savings plan for your children.

You also might use part of your inheritance to donate to the charitable organizations you support. Due to recent changes in tax laws that caused many people to stop itemizing their deductions, charitable groups are in more need of support than ever.

And last, but certainly not least, take this opportunity to review your goals. Is your inheritance large enough for you to adjust your planned retirement age? And if that age may indeed change, what about your other plans for retirement? Will you now be free to travel more or pursue other hobbies? Will you even need to modify the way you invest for your new reality, possibly by taking a less aggressive approach? Again, a financial professional can help you answer these questions.

Someone thought enough of you to leave you a valuable inheritance – so use it wisely.

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

*Edward Jones, Member SIPC*

### NC COOPERATIVE EXTENSION Pamlico County

## Gross Science



Kait Neeland  
4-H Agent

In 4-H we love all sorts of science. While we love robots and explosions, we really love gross science. We've learned about mucus membranes, how to make a rubber egg, and now it's time for mummies! That's right mummies – they aren't just for Halloween.

Most of us think of Egypt when we think of mummies. Ancient Egyptians mastered the art of mummification, and it became a large part of ancient Egyptian culture. However, mummies aren't just found in Egypt. Mummies have been found in South America and Europe as well.

So, if mummies weren't made on purpose how are they made? Mummies are made from mummification – mummification is when decay is stopped by either a lack of moisture or a lack of oxygen. It can be an accidental occurrence when proper conditions are met, or an intentional mummification like the mummies we think of in Egypt that were inspired by natural occurrences of mummification.

Which brings us to our fun gross science summer program. We are going to learn about the traditions around mummification, how mummification occurs naturally, and we'll make our own mummies. We will also be talking about the scientific method and how scientists formulate, conduct, and analyze their experiments.

We will create several different mummifying conditions. We will then use apples to simulate a body and will be submerging apple sections into our ‘mummifying sarcophaguses’ to mummify the apples. After we will analyze the state and quality of mummification of the apples in each of the mummifying conditions.

In addition to our What's Up With Mummification Program, we also have a series of gardening workshops, and some STEM



Challenges. In our Gardening workshops we will look at transplanting, planting for fall harvest, as well as, garden creepy crawlies. In our engineering challenges we have talked about invasive species and engineering traps for them, and acoustical engineering. There is still time to register for some of our workshop days.

For more information about our combined hands-on and virtual summer programs give us a call or check out our website. Our website has links for registration and a list of recommended supplies. Once registered, kids will be granted access to the Zoom session, as well as, printables and video recordings. You can also access other resources for coping with stress and screen fatigue on our website. For more information on 2020 Summer Fun Programs check out our website or give us a call at 252-745-4121.

Also keep a look out for fall programs. We are very much looking forward to an improvement of conditions and being able to meet for in-person programs again.

## North Carolina Community Foundation launches North Carolina Healing Communities Fund in response to COVID-19

The North Carolina Community Foundation recently announced the creation of the North Carolina Healing Communities Fund to respond to nonprofit needs across the state stemming from the COVID-19 pandemic.

The Fund will provide critical resources for nonprofit organizations in North Carolina that have been impacted severely by COVID-19 through revenue loss and increased demand. The Fund's focus will be to support nonprofits in marginalized communities that have been disproportionately affected by the virus and its economic impacts and have been underserved by other sources of financial assistance, specifically communities of lower wealth, communities of color, mostly rural communities and where English may not be the primary language.

NCCF is proud to have a deep history of responding to communities in crisis, according to Jennifer Tolle Whiteside, NCCF CEO and president. "Because of our experience in disaster relief and recovery in the aftermath of hurricanes, partners and donors have called upon us to activate philanthropy to address COVID-19's impact on our state," she said. "Our statewide network of affiliate foundations positions us well to respond to this widespread public health crisis in a way that ensures that the voices of smaller communities are heard in decision making."

Nonprofits are where communities turn for help in times of need, according to Leslie Ann Jackson, NCCF vice president of community investment and engagement. "Now, nonprofits need help in return to overcome the impacts of COVID-19," she said. "We have learned a lot in recent years about identifying long-term, unmet needs after disasters and this time, restoring our nonprofit sector has emerged as a critical need that demands attention, especially in our most vulnerable communities."

NCCF will appoint an advisory committee charged with making recommendations for grants from the Fund. The committee will include representatives from the nonprofit sector, health and

human services, rural and faith communities or other philanthropic partners.

The NCCF affiliate network and staff across North Carolina remain a vital source of information about pressing community needs and the nonprofits that are working to meeting those needs. Their insights will inform the decision-making of the appointed advisory committee, as well as the voices of our partners working in rural communities.

Rather than relying on more traditional, community fundraising methods, NCCF is seeking support from corporations and other foundations that are interested in contributing to a collection of large donations which will then be distributed by the community foundation in a way that addresses unmet needs in the flexible manner required in these tumultuous times.

NCCF is grateful to corporations and foundations that have helped to launch the Fund through generous contributions, including the Kate B. Reynolds Charitable Trust, Novartis and Fidelity Bank.

About the North Carolina Community Foundation

The NCCF is the single statewide community foundation serving North Carolina and has administered more than \$161 million in grants since its inception in 1988. With more than \$284 million in assets, NCCF sustains more than 1,300 endowments established to provide long-term support of a broad range of community needs, nonprofit organizations, institutions and scholarships. The NCCF partners with a network of affiliate foundations to provide local resource allocation and community assistance across the state. An important component of NCCF's mission is to ensure that rural philanthropy has a voice at local, regional and national levels. For more information, visit [www.nccommunityfoundation.org](http://www.nccommunityfoundation.org).

**News media contact**  
Louis Duke, NCCF Senior Communications Specialist  
919-256-6922, [lduke@nccommunityfoundation.org](mailto:lduke@nccommunityfoundation.org)

# Inner Banks Chiropractic

**Dr. Shari Richard**  
**252.497.5910**

711 Broad Street,  
Oriental, NC

## Delamar & Delamar, PLLC Attorneys at law

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Residential, Commercial Real Estate  
Small business incorporation, set-up  
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## Christmas in July July 29

Early shopping ideas in this special edition

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Reserve your ad space by July 24 at [sales@thepamliconews.com](mailto:sales@thepamliconews.com)



# Coastal living



## Jack Bond of Pamlico set a new record at the NC State Water Ski Championships

Jack skied in the North Carolina State Water Ski Championships this past weekend. He set a new state record for the men's 8 (70 to 75 year old) division. His record was 4 bouys at 32 mph off the ski line at Max speed of 32.3 mph.

We congratulate you and wish you every success in future competitions.



## The threat of boating-related CO poisoning

Boating is a popular summer pastime. Few activities can be as relaxing and awe-inspiring as a day spent on the water. Safety is an essential component of responsible boating. Veteran boaters know that the work is never done in regard to ensuring their vessels are safe for everyone on board. One potentially harmful component boaters must be aware of is carbon monoxide, often referred to as "CO." Understanding CO and the threat it poses can help boaters and their passengers stay safe this summer.

**Understanding CO**  
When carbon-based fuels burn, they produce CO. Gasoline, oil and propane are some common examples of carbon-based fuels. CO also can be a byproduct of gas-powered generators, cooking ranges and water heaters.

**CO buildup**  
According to the Centers for Disease Control and Prevention, large boats, including houseboats, sometimes have generators that vent toward the rear of the boat. This venting makes people on the rear swim deck or water platform of the boat vulnerable to CO poisoning. The CDC also notes that traveling at slow speeds and idling can lead to a buildup of CO in the cabin, a buildup that can increase due to wind coming from the aft section of the boat. Poorly ventilated canvas enclosures, enclosed spaces, which can trap CO, and blocked exhaust outlets are some additional ways that CO can accumulate on a boat.

**The signs of CO poisoning**  
The CDC says that CO can poison or even kill people who breathe in too much of it. As a result, it's imperative that boaters and people who plan to spend time on a boat, learn to recognize the signs of CO poisoning.

- Headache
  - Dizziness
  - Weakness
  - Nausea
  - Vomiting
  - Chest pain
  - Confusion
- When on a boat, it's important that people do not write any of these symptoms off as seasickness.

**Maintaining a boat**  
The CDC notes that symptoms of CO poisoning may not be evident, so it's important that appropriate measures are taken to ensure boats are always in proper working order. When purchasing a CO detector for your boat, make sure to buy one listed by the Underwriters' Laboratories as appropriate for marine use inside the boat. The following are some additional measures boaters can take to maintain their boats and reduce their risk, and their passengers' risks, for CO poisoning, courtesy of the CDC:

- Properly install and maintain all fuel-burning engines and appliances.
- Educate all passengers about the signs and symptoms of CO poisoning.
- Swim and play away from areas where engines vent their exhaust.
- Watch children closely when they play on rear swim decks or water platforms.
- Never block exhaust outlets, as blocking outlets can cause CO to build up in the cabin and cockpit areas even when hatches, windows, portholes, and doors are closed.
- Dock, beach or anchor at least 20 feet away from the nearest boat that is running a generator or engine. This is important because exhaust from nearby vessels can send CO into the cabin and cockpit of a boat.

Boating is a popular summertime activity. Staying safe on a boat involves protecting yourself and your passengers from CO poisoning.

Check Out Our Daily Specials...



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*Nothing is from a bag or imported here!*

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**HOURS:** Monday – Saturday 6 am-8 pm and Sunday 6 am-2 pm

*Family Style – Good 'ol country cookin' ...*



## NEUSE NEIGHBORS NETWORK



## STAY SAFE DURING COVID-19 WE CAN HELP!

Neuse Neighbors Network volunteers are dedicated to helping our Members age successfully at home. We offer a wide variety of assistance, and although some of our face-to-face services are limited due to the pandemic, we are still helping our Members handle "the new normal," including...

- Driving Members to medical appointments
- Shopping for and delivering groceries, pet supplies, prescriptions
- Hosting Zoom meetings to help Members stay connected with others
- Helping with at-home technology
- Making 'socially distanced' outdoor home visits
- Being a walking buddy
- Providing opportunities to share common interests virtually with "Village Talk"



### WE'RE ALL IN THIS TOGETHER, AND WE'LL GET THROUGH IT TOGETHER!

There's never been a better time to become a Member of Neuse Neighbors Network! For more information, visit our website [www.neuseneighbors.org](http://www.neuseneighbors.org), email us at [neuseneighbors@gmail.com](mailto:neuseneighbors@gmail.com), or call our Help Line 252-665-8807 Mon-Fri 9:00 AM - 1:00 PM. Neuse Neighbors Network is a 501(c)3 organization and a partner with Prime Time



photos by Matt McCotter Media



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# New Bern’s Downtown Renaissance Closes Historical Society’s First Virtual Series July 29



Susan Moffat-Thomas

NEW BERN, NC, Susan Moffat-Thomas’ compelling tale of New Bern’s journey from waterfront eyesore to beautiful award-winning downtown will finish the Historical Society’s first virtual series of presentations from New Bern’s past. *New Bern’s Downtown Renaissance*, the fourth in the series, will be presented on the New Bern Historical Society’s Facebook page on Wednesday, July 29 at 2pm. The online audience will be able to comment and ask questions in real time.

Susan Moffat-Thomas, retired Executive Director, Swiss Bear Downtown Development Corp, is intimately familiar with that part of New Bern history. She’ll describe that 40-year process that brought New Bern to its current delightful state. She’ll provide an overview of the post WWII decline of downtown, the demolition of its waterfront and how the establishment in 1979 of Swiss Bear, Inc., a private nonprofit, in partnership with local government, was the catalyst for downtown New Bern’s rebirth as a vibrant center of civic and social activity. Her presentation includes numerous before and after photos that reinforce the dramatic changes that took place over the past 40 years.

Historical Society Executive Director, Mickey Miller thinks this is the perfect choice to round out the Society’s first Virtual History Series. “We selected four of our most popular presentations. All four sold out in their first offerings. We’ve received such a great response, we’re already working on a second series. We invite everyone to visit our Facebook page for these fascinating New Bern stories.”

Susan Moffat-Thomas was Executive Director of Swiss Bear Downtown Development Corporation from 1985 to December 2014. Under her leadership, Swiss Bear received numerous national and state awards. Susan provided the management and leadership of an award winning downtown New Bern revitalization effort that was recognized nationally as a Main Street success story. She received the Order of the Long Leaf Pine presented by the Governor, the Gertrude S. Carraway Award of Merit from the Historic Preservation Foundation of North Carolina, Special Recognition Award from the NC Board of Transportation NC Main Street Champion, New Bern Rotarian of the Year Award, and Civitan Citizen of the Year Award.

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



Middle Street 1972 and now.



# Pamlico County Sheriff’s Office

Sheriff Chris Davis

Over the past several weeks, The Pamlico County Sheriff’s Office has arrested and charged numerous suspected drug dealers operating within our communities. During this operation, deputies conducted traffic stops, completed controlled purchases utilizing undercover agents, and conducted search warrants at residences that were involved in the use and distribution of illegal drugs. During the operation, 19 criminal suspects were charged, and several others are expected to be arrested in the coming days. **Those arrested were:**



**Andre Ganues**  
172 G Harper Lane,  
Grantsboro, NC  
Charges: PWIMSD Heroin  
Bond: \$25,000.00



**Demetrius Sharpe**  
141 Jo Jane Road,  
Oriental, NC  
Charges: PWIMSD Cocaine &  
Drug Para.  
Bond: \$10,000.00



**Kathleen Marino**  
393 Cowell Loop Road,  
Bayboro, NC  
Charges: PWIMSD Sch II CS &  
Drug Para.  
Bond: \$15,000.000



**Richard Carawan**  
101 Hudson Lane, Lot 16,  
New Bern, NC  
Charges: PWIMSD Meth & Drug  
Para.  
Bond: \$5,000.00



**Shawn Messina**  
6364 Highway 55 E,  
Reelsboro, NC  
Charges: PWIMSD Heroin &  
Drug Para.  
Bond: \$500,000.00



**Stephen Royal**  
2805 Highway 306 N,  
Grantsboro, NC  
Charges:PWIMSD Meth & Drug  
Para.  
Bond: \$5,000.00



**Billy Hall Jr.**  
467 Lovick Lee Road,  
Oriental, NC  
Charges: PWIMSD Cocaine &  
Drug Para.  
Bond: \$25,000.00



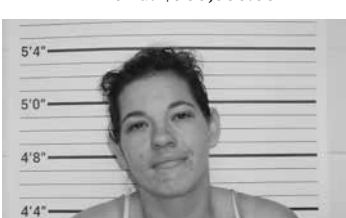
**George Hodges**  
1505 Vandemere Road,  
Bayboro, NC  
Charges: PWIMSD Cocaine &  
Drug Para.  
Bond: \$5,000.00



**Keith Gilliam**  
1436 Pamlico Road,  
Oriental, NC  
Charges: PWIMSD Cocaine &  
Drug Para.  
Bond: \$10,000.00



**Robert Flowers**  
162 Foxwood Trail,  
Reelsboro, NC  
Charges: Possession of Heroin  
Bond: \$6,500.00



**Tiffany Rose**  
5217 Highway 55 E, Lot C,  
New Bern, NC  
Charges: Possession of Heroin  
Bond:\$15,000.00

## Office of the Sheriff

The Pamlico County Sheriff’s Office is led by Sheriff Chris Davis. His office is located in the Law Enforcement Center at 200 Main St, Bayboro. The Law Enforcement Center also houses offices of the County Magistrate’s Office and Pamlico County Detention.



**Christina Rice**  
62 Black Horse Run,  
New Bern, NC  
Charges: Possession of Heroin  
Bond: \$10,000.00



**Jessica Broughton**  
2776 Highway 306 N,  
Grantsboro, NC  
Charges: PWIMSD Meth & Drug  
Para.  
Bond: \$5,000.00



**Matthew Allen**  
11098 Highway 55 E,  
Grantsboro, NC  
Charges: PWIMSD Meth & Drug  
Para.  
Bond:\$5,000.00



**Ryan Woolard**  
172 G Harper Lane,  
Grantsboro, NC  
Charges: Possession of Cocaine  
Bond: \$25,000.00



**Curtis Blake**  
5430 Country Line Road, New  
Bern, NC  
Charges: PWIMSD Heroin &  
Drug Para.  
Bond: \$5,000.00



**Josiah Knox**  
5201 Morton Road,  
New Bern, NC  
Charges: (6 Counts) Trafficking  
Heroin  
Bond: \$2,500,000.00



**Marinda Johnson**  
7105 Buckland Road,  
Arapahoe, NC  
Charges: PWIMSD Heroin &  
Drug Para.  
Bond: \$5,000.00



**Shawn McCormick**  
7105 Buckland Road,  
Arapahoe, NC  
Charges: Conspire to Sell/Deliver  
Heroin  
Bond: \$5,000.00

### What to Expect If You’re Arrested for Drug Possession

The red and blue lights flash before your eyes, and you hear three words that immediately make your heart feel as though it has just collapsed: “You’re under arrest.”

As always, anyone with information pertaining to criminal activity in Pamlico County is asked to contact The Pamlico County Sheriff’s Office at 252-745-3101.

KITCHEN CHATTER

Blue Crab Casserole

- 1 pound fresh crabmeat
- 2 slices bacon
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped celery
- 1/4 cup finely chopped bell pepper
- 1 clove garlic, minced
- 2 cups crushed saltine cracker crumbs
- 1 teaspoon dry mustard
- 1/2 teaspoon salt
- 2 teaspoons chopped parsley
- Dash cayenne pepper
- 1 egg, beaten
- 1/4 cup milk
- 1 stick melted butter or margarine
- 1 teaspoon Worcestershire sauce

Remove shell and cartilage from crabmeat. Cook the bacon until crisp. Crumble and set aside. Sauté the vegetables in the bacon drippings. In a large mixing bowl, combine the cracker crumbs and dry ingredients. Add all other ingredients and mix thoroughly. Place mixture in a generously buttered baking dish and bake in 350 degree oven for 30 minutes. Serves 6 to 8.

Trout Almandine

- 2 pounds trout fillets (or other fillets)
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon paprika
- 1/4 cup butter or margarine, melted
- 1/2 cup sliced almonds
- 2 teaspoons lemon juice
- 4 or 5 drops Tabasco sauce
- 1 tablespoon chopped parsley

Cut the fillets into 6 serving portions. Combine the flour, salt and paprika. Roll portions in the flour mixture and place in a single layer-skin side down-in a well-buttered baking dish. Drizzle 2 tablespoons of the melted butter over the portions. Broil about 4 inches from source of heat for 10 to 15 minutes or until fish flakes easily when tested with a fork. While fish is broiling, sauté the almonds in remaining butter until golden brown, stirring constantly. Remove from heat and mix in lemon juice, Tabasco and parsley. Pour over fish. Serve immediately. Serves 6.

Crispy Fried Catfish With Relish

- 6 skinned, pan-dressed catfish fillets (or other firm fish fillets)
- 1/2 cup evaporated milk
- 1 tablespoon salt
- 1/8 teaspoon pepper
- 1 cup all-purpose flour
- 1/2 cup yellow or white cornmeal
- 2 teaspoons paprika
- Vegetable for frying
- Lemon Relish (recipe follows)

Wash and pat fillets dry. Combine the milk, salt and pepper. Combine the flour, cornmeal and paprika. Dip fish in milk mixture and then roll generously in flour mixture. Fry fish in hot oil for about 4 minutes. Turn carefully and fry for 5 or 6 minutes more or until fish is brown and flakes easily when tested with a fork. Drain on paper towels and serve immediately with Lemon Relish. Serves 6.

Lemon Relish:

- 1/2 cup sour cream
- 1/4 cup crushed pineapple, drained
- 2 tablespoons diced peeled lemon pulp
- 2 tablespoons finely chopped green pepper
- 1 tablespoon finely chopped onion
- 1 tablespoon light brown sugar, packed
- 1 teaspoon grated lemon peel
- 1/4 teaspoon dry mustard
- 1/4 teaspoon celery salt
- 1/8 teaspoon ground cloves

Combine all ingredients and blend well. Cover and chill. Makes about 1 cup relish.



Preparing for Hurricane Season in a Pandemic

Attorney General Josh Stein  
July 2020

While we continue to respond to the coronavirus pandemic, it's easy to forget that hurricane season began in June. But Hurricane Dorian hit North Carolina last year, and parts of our state are still recovering from the damage. As the peak of hurricane season approaches and while cases of coronavirus continue to spread, now is the time to prepare. Here are some steps you can take now to be ready if a storm hits.

While you're at home, make sure that you have an emergency plan in place. Take the time to go over this plan with your family. The plan may be different because of the pandemic – evacuation routes may have changed, and other precautions may be in place to help minimize the spread of the coronavirus. Check your local government's website as you develop this plan, and get tips from North Carolina Emergency Management at readync.org. Many shelters may not operate at capacity during this pandemic because people won't be able to safely socially distance – have a backup location where you can stay safe and socially distant, perhaps with family or friends who live further inland.

Put together your disaster supply kit. Don't forget to include items that will help keep you safe during this pandemic. That includes masks, hand sanitizers, and disinfectant wipes and sprays. You may also consider packing sleeping bags or bedding from your home to further reduce the spread of the virus.

Gather all of your important documents and store them in a waterproof and fireproof container or in your disaster supply kit. If you evacuate, you'll want your driver's license information, mortgage and insurance documents, bank account information, Social Security and health insurance cards, and passports. Consider making a set of copies of all of these documents and storing them in your bank safety deposit box. Don't forget to take your bills, too – to the extent that these payments aren't affected by executive orders or legislation aimed at helping people navigate financial hardships caused by the pandemic, creditors will still expect on-time payments.

Include a battery-powered radio so you can stay updated in case you lose power during a storm. If you hear that a storm is on the way, fuel up beforehand and withdraw some emergency cash. We've largely been cashless because of this pandemic, but debit and credit cards may be difficult to use during power outages.

Make a list of important phone numbers, including contact information for loved ones and your bank, insurance company, and health insurer. Add our office's Consumer Protection Division phone number to the list: 1-877-5-NO-SCAM. In the event of a hurricane, we can help you navigate potential scams and take steps to protect your finances. Keep this list in an easily accessible place.

Take inventory of your home and car through videos and photos, and email them to yourself. If you need to submit an insurance claim, having an accurate record of the condition of your house and car before a hurricane hits will make the claims process easier.

North Carolina's price gouging law is already in effect because of the coronavirus, but it applies to hurricanes as well. This law makes it illegal to raise prices or charge too much during a crisis. After Hurricanes Michael and Florence devastated North Carolina in 2018, I brought seven lawsuits against 22 defendants under North Carolina's price gouging statute, and we won more than \$725,000 in judgments. Our office is committed to holding price gougers accountable and you can report concerns at 1-877-5-NO-SCAM or <http://ncdoj.gov/complaint>.

Hurricanes can be devastating to people and their communities. We can never know for sure how they will affect us or the damage they will cause. Preparation can save you money, time, and stress. You can find more information about storm preparedness at readync.org or by calling my office at 1-877-5-NO-SCAM.

Free health clinic searches for volunteers

by: Madison Forsey WNCT

BAYBORO, N.C. (WNCT) — A Pamlico County group is asking the community for help.

It needs volunteer health care providers to care for people who don't have insurance.

COVID-19 forced Hope Clinic to stop in-person visits for months.

"Some of them may try to tough it out, and not go to the emergency room because there will be a bill there," said Yolanda Cristiani, Executive Director of Hope Clinic. "That starts the avalanche of these issues getting worse and worse."

The clinic sees patients ages 18 to 64 who don't qualify for subsidized care.

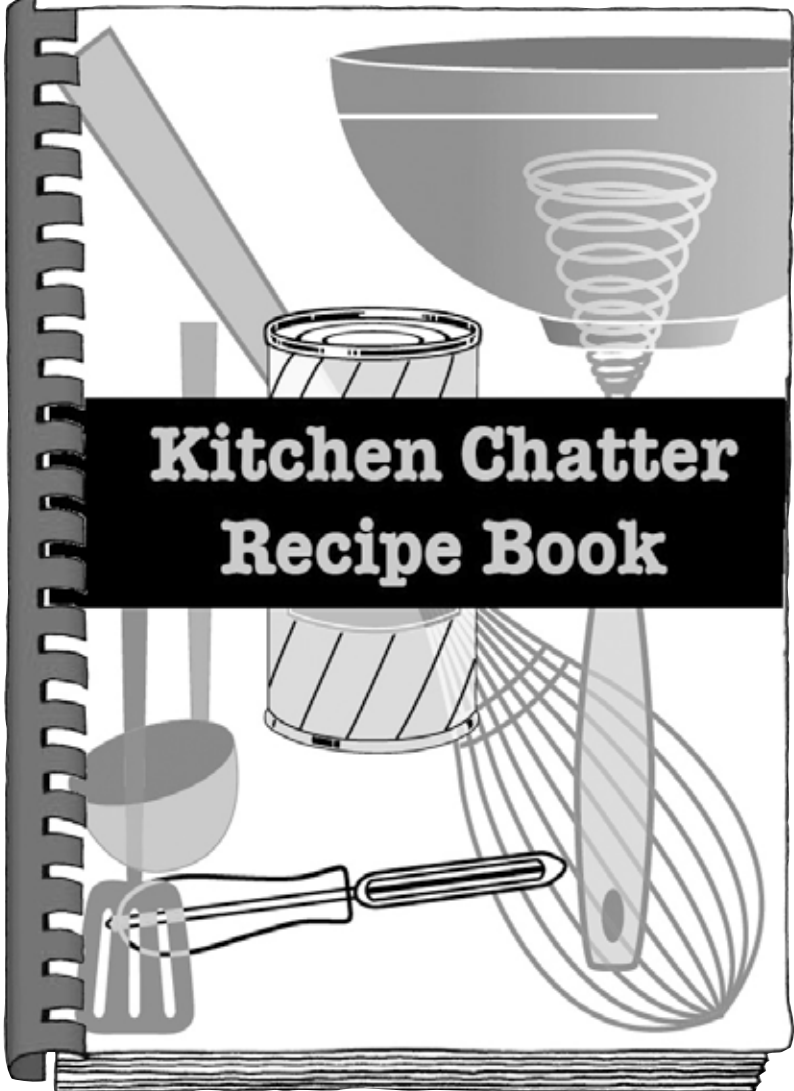
The clinic restarted in-person appointments in mid-June. "Now that we're back to seeing patients face to face...they kind of underestimate how bad they are feeling, or the changes that have been happening," said Cristiani.

Clinic workers are only seeing five to six patients a week. Compare that to their old normal, 30 to 40 a week. Now, they need health care providers like physicians, nurse practitioners, physicians assistants, and pharmacists, who can volunteer their time.

Tele-medicine has been helpful, but face-to-face visits are sometimes essential.

"It has been a silver lining for us to where we think we can still use telemedicine even after things calm down for our practice here in a rural area," said Cristiani. "It still doesn't take the place of a provider visit with some patients in need."

Cristiani says they're also in need of donations. The group's funding comes from donations and grants. The pandemic forced the move of the clinic's main annual fundraiser, and it feels \$30,000 short of the goal.



# 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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# Health&Wellness



For many people, summertime is synonymous with trips to the beach, water sports and recreation. Even though summer warmth is a welcome break from winter weather for many people, State Farm warns that heat is one of the leading causes of weather-related fatalities, resulting in hundreds of deaths each year in the United States alone. Ensuring summer recreation plans remain enjoyable means keeping an eye out for heat-related illnesses and other dangers.

- Hot cars can be traps. It is never safe to leave a pet, child, elderly person, or disabled individual locked in a car. Temperatures can climb rapidly inside of a sealed vehicle, even if the windows are cracked.
- Pay attention. Listen to or read weather forecasts to stay abreast of potential temperature changes as well as the heat index. Discuss safety precautions with members of the family and make sure everyone knows what to do in an emergency.
- Stock up on fluids. The Red Cross says to stay hydrated by drinking plenty of fluids, even if you are not thirsty. Avoid drinks with alcohol or caffeine. Make sure the elderly also get plenty of water, as they often do not recognize dehydration as readily as others.

- Limit strenuous activities. Reschedule outdoor activities if there is a heat wave, or move them to cooler times of the day. Spend the hottest portion of the day, usually between noon and 3 p.m., in the shade or inside in the air conditioning. People on job sites should take more frequent breaks and find shade whenever possible during these hours.
- Change your clothes. Loose-fitting, lightweight, light-colored clothing will help keep you cool. Avoid dark colors when spending time in the sun.
- Recognize distress signals. Heat stress, exhaustion and heat stroke progress as symptoms worsen. Nausea, weakness, elevated body temperature, clammy skin, confusion, and delirium are some of the symptoms of heat-related illnesses.
- Find ways to stay cool. Not everyone has air conditioning. On especially warm days, going to public places with air conditioning, such as libraries, can help. Be sure to check on the elderly or others who may have difficulty finding cool places to spend their day.

*Days in the sun are meant to be fun, but hot days also require extreme caution.*



The arrival of autumn and winter can herald a period of reduced feelings of vitality and happiness for some people. Known as seasonal affective disorder, or SAD, this condition produces a range of symptoms from depression to anxiety to oversleeping when the cooler temps usher in. However, many may be surprised to know that a similar phenomenon can occur during the time when people are supposed to be recharged and ready to take on the world.

Data published in Psychology Today says that about one in 10 people suffer from something similar to SAD in the spring or summer. Dubbed reverse seasonal affective disorder or the “summer blues,” this condition can lead to restlessness, poor appetite, irritability, and weight loss, among other symptoms. Some doctors think this form of depression can be a reaction to higher heat and humidity, noting that their patients have benefitted from traveling to a cooler locale when the condition sets in.

John Sharp, a Harvard psychiatrist and author of “The Emotional Calendar,” has studied the seasons and mental health in detail. He says that, for those who suffer from depression, the expectations of spending time outdoors or resuming social calendars with people now that the weather has warmed can be challenging. For others, a specific event that occurred in the spring or summer, such as a death or traumatic injury, can trigger feelings of depression and anxiety that counter the expectations of the season.

A 2014 study conducted in Austria also found that seasonal variations in unemployment rates as well as the dearth of clinicians available due to summer vacation schedules can contribute to summertime sadness.

Understanding that reverse SAD is a real thing and recognized by those in the mental health profession can be a comfort to sufferers who realize it is not just their imaginations.

Individuals who notice a dramatic change in mood are encouraged to seek help. Talk therapy, medication or a combination of the two can be the right course of action.

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# AROUND THE COUNTY

## Pamlico Betty Jo Rodgers, *Correspondent*



I write my article with a heavy heart. I just read an article in The Washington Post that highlighted Oriental. It was about Lori Wagoner, a retail clerk, and her difficulties trying to enforce the state requirement to wear masks in public. It saddens me to think of what she has to deal with on a daily basis. It really concerns me for all the local residents who are put at risk by those who appear not to care for anyone but themselves.

As I drive around praying for my parishioners, I am reminded how blessed we are to have this time of rest as social distancing keeps us closer to our home and our families. It has given me

a chance to catch up on my reading, put together some puzzles and share some with friends. It has also afforded me an opportunity to write cards and letters to people I can't visit personally. No matter how bleak circumstances look, there is always something to be thankful for and I pray you find something today to praise God about and thank him for his marvelous mercy and grace.

Please continue to keep Joan Ford in your prayers. She is at home, and is showing slight improvement.

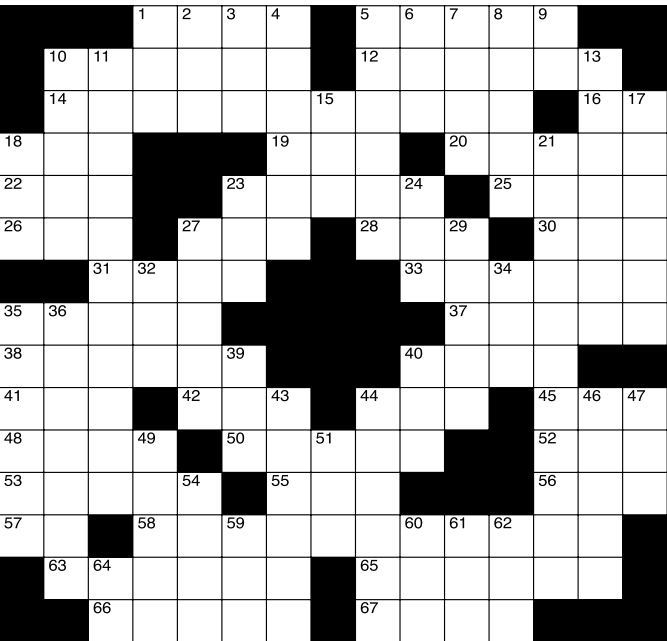
Tuesday night on Trent Road I saw a car in the ditch that did not make it around the sharp curve by the corn field. The air bag was deployed, but I did not see anyone in the car. Rescue had just arrived and I met an ambulance as I was nearing highway 55. Please drive safely; the life you save may be your own.

This week has been extremely hot and humid, but we have not seen much of the scattered showers that were predicted. They seem to have been scattered everywhere except Pamlico. Roy was able to mow since we stayed dry. I have had to water my outside plants daily, and I saw someone in Merritt watering her beautiful flowers with a big red bucket.

July birthdays include Joanne Gwaltney Ashton (7/22), Carlton Muse and Gladys Wright (7/26) and Bertha Gilliam will turn 85 on July 31st. Celebrating their anniversaries in July are Cathy and Brent Fulcher (7/24).

Have a blessed week. Yearning for hope? Take Spiritual Vitamin Y. "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." (Psalm 23:4)

# CROSSWORD



### CLUES ACROSS

1. One-time world power

5. Central Florida city

10. Winged nut

12. Elevate spiritually

14. Creative

16. It cools your home

18. Woman (French)

19. "60 Minutes" network

20. Old World lizard

22. Swiss river

23. Ethnic group of Cambodians

25. Abba \_\_, Israeli politician

26. Tire measurement

27. Affirmative

28. Thrust horse power (abbr.)

30. One point north of due east

31. A type of "pet"

33. Tech giant

35. European nation

37. Fencing swords
38. Acquired

40. Origin

41. Cashless payment interface (abbr.)

42. Pouch

44. Peter's last name

45. Inclined

48. Palestinian territory \_\_ Strip

50. A type of syrup

52. Bravo! Bravo! Bravo!

53. Weather Underground activist

55. Run batted in

56. Frozen water

57. Sodium

58. Philly specialty

63. Cuts the wool off

65. Rules

66. Icelandic literary works

67. Tattled

### CLUES DOWN

1. "Pulp Fiction" actress Thurman

2. Actors' organization

3. Conscientious investment approach (abbr.)

4. Ranch (Spanish)

5. Beginning

6. Index

7. Portuguese wine

8. A feudal superior

9. Military brach (abbr.)

10. Lithuanian given name

11. A way to become different

13. Able to be domesticated

15. Defensive nuclear weapon

17. Hosts film festival

18. Shows you how to get there

21. Arranged alphabetically

23. S. Thai isthmus

24. The 17th letter of the Greek alphabet

27. Woods
29. Make yourself attractive

32. Concealed

34. Large primate

35. A favorite saying of a sect or political group

36. Tropical fruits

39. Obstruct

40. Car mechanics group

43. Stroke gently

44. They're in your toolbox

46. Throngs

47. One and only

49. In a way, bent

51. "Downton Abbey" broadcaster

54. Herring-like fish

59. A major division of geological time

60. Vast body of water

61. Cannister

62. Encourage

64. The man

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



Goose Creek Island 55 Plus Club met Thursday at the Community Center with Pres. Donna Jones presiding. Annette Jones brought the devotion from Psalm 91:1-6. and closing with prayer.

Following a brief business meeting I was honored with a Birthday party. I received a lovely card signed by all the members and they sang Happy Birthday.

I am very pleased to be 85 years of age. We enjoyed refreshments with lemon cake made by Shelby Keech and ice cream with Pepsi. Thanks so much to all my dear friends,

Next week we will play a game, Left, Right Center, led by Rita Lupton. Mary Kirk will be Guest Speaker July 30

Prayer List: Freddie Lewis had a melanoma cancer removed from the tip of his ear. Thursday. He is doing well. Just needs to take it easy for a while.

Happy Birthday Jackie Mercer McCotter, Brandon O'Neal, and Elizabeth price - Jul 23, Patricia Ireland Toler, Blair Lewis -Jul 24, Guy Ireland, Jacob Popperwill, Clifton

Potter and Siera Hartkophf - Jul 25, Jackie Ireland, Sr., Sammie Williamson Carawan., Lynn Sadler and Noah Budachalan -Jul 26, Tiffany Kateina Barber -Jul 27, Marilyn Spain Antrobus - Jul 27, Sharon Lupton Leary, Donna Marie Spain Walker, Len Banks and Blainey Rowe - 29.

Happy Anniversary Robert & Ruby Popperwill and Michael & Lorraine Ireland - Jul 24, Michael & Debbie Lupton Roach - Jul 26.

Mark Edwin & Reva Jones and Alyssa & Emma proudly announce the birth of a son and brother, Bennie Leroy Jones, born July 16 in Greenville, weighing in at 8 Lbs. 2 oz 20 inches long. Mother and son are doing well.

Congratulations Jones family. Mark & Jennie are thrilled to have another grandchild and of course, I am great grandma again!

William "Diddle:" and Marsha celebrated their anniversary with a trip to Maggie Valley and places of interest in the mountains of NC. Still honeymooning!

Jeffrey & Alexis Sanders have moved into their new home in Hobucken. They purchased the house that was formerly owned by Nona Potter.

Langston and Roseanne Rowe drove to Maryland Thursday to visit with their son Craig and wife Lisa and children. Craig is in the US Coast Guard stationed in Annapolis.

They enjoy very nice trip with the family.

Thanks so much to my many friends for all the cards and telephone calls I received on my birthday. Some even sang to me. Nelson Lee brought me fresh tomatoes and cucumbers from Dorothy Nell. Kevin DeOliveria sent a nice bowl of pulled pork for lunch. Mark, Jennie, Jenna, and Rhonda come to see me, and we all had a wonderful visit.

I enjoyed a lovely birthday dinner Saturday with Gary & Rhonda and Amber Lynn. Rylan & Maddox DeOliveria were also with us. A luncheon with my favorite foods was served shrimp, oysters, and sides. Amber brought potato salad, hushpuppies, and a Birthday cake from a bakery in New Bern. They sang Happy Birthday and I blew out the candles (a large 85). I am truly blessed. Thanks again, family & friends!

Many thanks to Billy & Ginger Sawyer for mowing the GCI Com. Dev. Grounds.

## Whortonsville Reba Tiller, *Correspondent*



Last week I started writing this column saying what a sad week it had been, but I will do a turn-around this week saying things are a little better now. Russ, Jeanna, and Colonel Sanders came in about three o'clock a.m. on Wednesday and rounding the big curve on Trent Road were stopped by fire trucks, flashing blue lights and a tow truck getting a vehicle out of the woods. Did not see an ambulance so we hope no one was hurt. I always expect someone to come around the curve

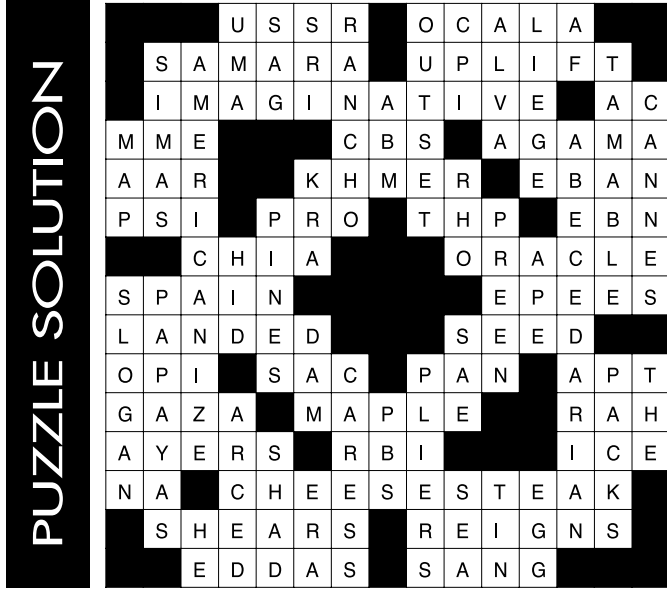
too fast when the corn is so high you cannot see what is coming from the other direction. Being from the country I love corn and we have been getting delicious silver queen corn from Paul's Produce on 55.

Today there were 15 at church for communion and a business meeting. The minister brings his son Billy who has health problems, and Billy has his service dog with him sitting quietly in his lap. We sang Happy Anniversary to Brad and Diane Hodges. Bill and Sylvia Nickerson came over after church and joined us for pulled pork sandwiches and helped me

finish a puzzle. Russ,Jeanna and I had visited Marena Potter and Wendy Hayes on Friday night and we were treated to a tour of their beautiful home and yard. So many flowers of every variety and beautiful trees. Continue to pray for Joan Ford who is making slow progress after surgery

I keep delaying the Celebration of Weeks life because this virus keeps dragging on. I don't think it will ever end.

Thought for the week--I have long thought that the aging process could be slowed down if it had to work it's way through Congress. (George H.W. Bush)





United States  
Department of  
Agriculture

USDA Announces More Than 1.2 Million Acres Accepted in Recent Signup for Conservation Reserve Program Grasslands

RALEIGH, NC, – The United States Department of Agriculture's (USDA) Farm Service Agency (FSA) today announced the acceptance of more than 1.2 million acres in the Conservation Reserve Program (CRP) Grasslands during the recent signup period that began March 16 and ended May 15. The number of acres offered during this signup period was 1.9 million acres, over 3 times the number offered during the last signup period in 2016.

Through CRP Grasslands, farmers and ranchers can protect grasslands, rangelands and pastures while retaining the right to conduct common grazing practices, such as haying, mowing or harvesting seed from the enrolled land. Timing of some activities may be restricted by the primary nesting season of birds.

"This large and unprecedented enrollment is a reflection of the popularity and importance of

CRP Grasslands," said Eddie Woodhouse. "The program emphasizes support for grazing operations and plant and animal biodiversity while protecting land under the greatest threat of conversion or development."

Participants will receive an annual rental payment and may receive up to 50 percent cost-share for establishing approved conservation practices. The duration of the CRP contract is 10 or 15 years. FSA ranked offers using a number of factors, including existence of expiring CRP land, threat of conversion or development, existing grassland and predominance of native species cover and cost.

The 2018 Farm Bill set aside not fewer than 2 million acres for CRP Grassland enrollment. On Oct. 1, 2020, grassland enrollment is expected to be 2.1 million acres. CRP is one of the largest conservation programs at USDA. CRP marks its

35-year anniversary in 2020 with 21.9 million acres currently enrolled.

For more information on CRP Grasslands, contact your Pamlico County FSA office by calling 252-745-5064 x 2 or visit [fsa.usda.gov/crp](https://fsa.usda.gov/crp). To locate your local FSA office, visit [farmers.gov/service-locator](https://farmers.gov/service-locator).

USDA Service Centers are open for business by phone appointment only, and field work will continue with appropriate social distancing. While program delivery staff will continue to come into the office, they will be working with producers by phone and using online tools whenever possible. All Service Center visitors wishing to conduct business with the FSA, Natural Resources Conservation Service or any other Service Center agency are required to call their Service Center to schedule a phone appointment. More information can be found at [farmers.gov/coronavirus](https://farmers.gov/coronavirus).

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PROPERTY TRANSFERS

July 10, Two Tracts, PIN: K071-41; Beneficiary and Executor's Deed; 18E95 from Kurt Michael Lieberman, Kurt Lieberman/Exr, Kurt Michael Lieberman/Exr, Ivy Knowles Lieberman, Edward Marvin Leiberman, Est to Connly Alex Adams, Stephene Jo Adams, \$280

July 10, Two Tracts, Life Estate from Bobbie K. Berry to Robert G. Berry, II, \$0

July 10, Sea Gull Villas Unit: 1, Building B; Condo Book 1/31-32 from Catherine Anderson/TR, Thomas Fredette/TR, Robert J. Fredette Revocable Trust, Robert J. Fredette to Amy Laverne Heath, \$230

July 10, Four Tracts, Deed of Correction; DB 663/410 from Edward B. Stevenson, Patricia J. Stevenson to Mickey C. Bates, Kathrynne Volpe-Bates, Kathrynne Volpe Bates, Kathrynne Volpe Bates, \$0

July 10, One-Half Acre; S/S Neuse or Kershaw Road (SR 1300); metes and bounds from Kenneth W. Belangia, Sally T. Belangia to Jesus E. Cabrera, Elsa B. Cabrera, \$120

July 13, Neuse Winds Lot: 36, PCA 43-7; map attached, from Michael J. Connors, Geraldine P. Connors to Kenneth W. Fry, \$56

July 13, Tract Two; PCB 1-8; PCA 178-16; see instrument from Shane Waddell Scott, Shane Waddell Scot, Justin Allen Scott, Justin Scott to Shane Waddell Scott, \$0

July 13, Tract Three and Tract One; PCB 1-8; see instrument from Shane Wadell Scott, Shane Waddell Scott, Justin Allen Scott, Justin Scott to Justin Allen Scott, \$0

July 14, Arlington Place Mill Creek Lot: 243, Phase I; PCA 172/2-13 from Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc. to Laurel Creek Properties, LLC, \$54

July 14, 1.21 AC; S/S Roberts Road, NCSR 1115; Parcel A; PCB 1-3 from Danny E. Fornes/Exr, Julius D. Fornes/Est, Danny E. Fornes, Marsha T. Fornes, Dennis A. Fornes, Lola C. Fornes, Roy Dale Fornes, Jennifer R. Fornes, Dudley A. Fornes, Deborah I. Fornes to Saralinda Guzman Garcia, Dakota Douglas Weathers, \$86

July 14, Lot: 83, Lot: 84, SE/S Link Lane; survey for Estate of George B. McCreary; map attached DB 236/93; map book 4/42, Deed of Correction; DB 657/857 from Marlene Sykes, Marlene S. Sykes to Sharon C. Morgan, Jerry P. Morgan, Sr., \$0

July 14, Tract A; 15, 034 SQ FT; Tract B: 2,985 SQ FT; map attached from Watts Stokes, LLC to John P. Cliatt, Mary D. Cliatt, \$0

July 14, Buccaneer Bay Lot: 10 Map Book 11/8; Buccaneer Bay Lot: 11 Map Book 11/8; Buccaneer Bay Lot: 12 Map Book 11/8 from Sheila Marie Gould, Sheila M. Gould, Sheila Marie Gould/TR, Sheila M. Gould/TR, Elizabeth L. Gould/TR, The Elizabeth L. Gould Revocable Trust, Elizabeth L. Gould to Elizabeth L. Gould, Sheila M. Gould, \$0

July 14, 212.75 AC; PCB 3/12-13; metes and bounds, PIN: :05-16, L05-5-1, L05-20, L05-15, L05-18 & L05-16 from Stanley L. Styron, Jr., Sheron Jones Styron, Sheron Jones Styron/AIF to Jones Island Club, Inc., \$750

July 15, Cottages at Neuse Village Unit:

7, Condo Book 1/139-146 from Lianne M. Tuomey, Susan Riseling, Joanne E. Berg to David K. Langston, Lori H. Langston, \$495

July 16, Parcel I & Parcel II; see instrument from Carol Marguerite Adcock Revocable Trust, Carol Marguerite Adcock, Carol Marguerite Adcock/TR to Robert Alger, Leslie Alger, \$950

July 16, Bell Point Lot: 11, Phase I; PCA 80-3 from Jennifer Sanders Spain, Jennifer Williford, Fred Dewitt Williford, III to Thomas W. Cregon, Patricia A. Cregon, \$500

July 16, metes and bounds; see instrument, PIN: D04-1-6; 95-SP-19 from Dewitt C. Brinson, Julia B. Given, Brian R. Given to Reimold GP, LLC, \$580

July 16, 16.86 AC; E/S Swamp Road also known as Neck Road; map book 3/34; metes and bounds from Denard T. Potter, Helen Potter to Reimold GP, LLC, \$60

July 16, NC Hwy 55 at Reelsboro; metes and bounds from Fred C. Squires to Tony E. Credle, Vera D. Credle, \$36

July 16, Lake Minnesott Estates, Lot: 16, Section IX; map book 6/70 from Shirley T. Bondurant to Robert D. Kennedy, Elissa D. Kennedy, \$30

July 16, 4/5 AC; metes and bounds, Address: 53 John Pollock Rd., Grantsboro, PIN: D-081-56 from Lakeview Loan Servicing, LLC, Loancare, LLC/AIF to Allied Investors Group, LLC, \$270

July 16, Landings Hargett Lot: 47, Section III; PCA 47-7 from David R. Maier, Susan T. Maier to Paul J. Delamar, III, Sara L. Delamar, \$38

INCIDENTS

July 11, Olympia Rd., New Bern, injury to personal property

July 11, Hudson Lane, New Bern, break or enter w/intent to terror-ize or injure occupant

July 11, NC Hwy 55, Alliance, simple assault

July 11, Live Oak Rd., Grantsboro, no crime committed

July 11, Hudson Lane, New Bern, break or enter w/intent to terror-ize or injure occupant

July 11, Waterview Dr., New Bern, person complaint

July 12, Williams Lane, New Bern, verbal dispute

July 12, Courtland Dr., Alliance, injury to personal property

July 13, NC Hwy 306 S., Arapahoe, simple assault

July 14, Olympia Rd., New Bern, child support warrant

July 14, Neuse Winds Dr., Oriental, communicating threats

July 15, NC Hwy 304, Bayboro, assault on a female

July 15, Main St., Bayboro, civil standby

July 15, Olympia Rd., New Bern, child support warrant

July 15, Middle Prong Rd., Lowland, involuntary commitment

INSPECTIONS

July 13, Josh Hardison, Arapahoe, renovations, \$200; Alan Woodard, New bern, electrical, \$75

July 14, Angela Spencer, Merritt, demo, \$0; Anne Burley, Bayboro, mechanical, \$40; Anthony Pollata, Bayboro, mechanical, \$40; Paul Brant, Merritt, CAMA Minor, \$100; Toby Simmons, Merritt, mechanical, \$40; Buck O'Neil, Oriental, mechanical, \$40; Richard Hudson, Bayboro, mechanical, \$40; Dale Lee, Arapahoe, generator, \$50; Church of Christ, fire, \$50; Gregory Wright, Arapahoe, mechanical, \$40

July 15, Justin Lee, Arapahoe, new, \$1,739.21; Jim Fucile, Grantsboro, electrical, \$40; B. Woodard, New bern, electrical,\$40

July 16, Rosella Hunter, Merritt, elevation; Beatrice Woodard, New Bern, mechanical, \$112; Jerry Woodard, Grantsboro, mechanical, \$40; Gloria Mercer, Grantsboro, mechanical, \$40; Frank Nugent, Oriental, mechanical, \$40; Violet Mollano, Merritt, demo, \$0

July 17, Robert & Sherry Tabor, Merritt, electrical, \$75; Joseph Rhodes, Oriental, mechanical, \$40; Danny Sharpe, Oriental, mechanical, \$40; William Farris, Vandemere, \$137.50, William Farris, Vandemere, \$129.90; Johnathan Caraway, Alliance, electrical, \$40; Eve Roberson, Arapahoe, deck, \$52.48

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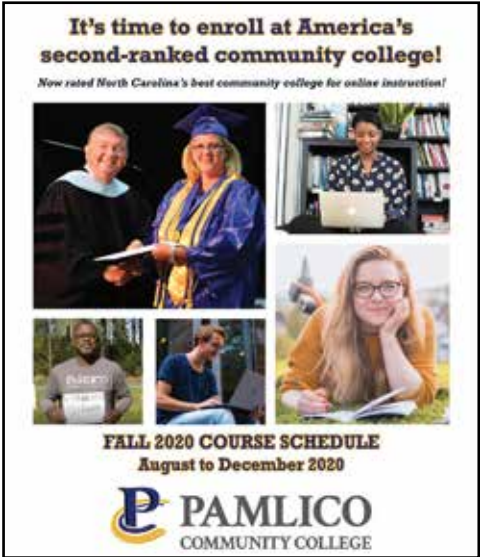
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