Neuse Neighbors Network Supports Members During Covid-19

Although COVID-19 has caused Neuse Neighbors Network to temporarily limit some face-to-face services, the organization’s volunteers are continuing to provide valuable support to its Members during these challenging times.

Neuse Neighbors Network volunteers are providing private transportation to medical appointments, delivering groceries, prescriptions, and pet supplies, accompanying Members on neighborhood walks and offering technical support for computers and smart devices. Neuse Neighbors Networks excludes Zoom meetings also gives Members an opportunity to share thoughts with each other in a virtual setting.

“This is our current services are performed according to the COVID-19 prevention mandates established by Governor Cooper,” explains NNN President, Jayme Dotson. “Our hope is to relieve the isolation many of us feel during these days while protecting the health of our members and volunteers.”

Neuse Neighbors Network is a 501(c)3 organization dedicated to helping seniors live safely and comfortably in their own homes for as long as possible. Already this year, its volunteers have provided over 1100 hours of service. In addition to driving Members to appointments and helping them with social questions, its volunteers look forward to organizing friendly, household service such as changing light bulbs, smoke alarms and STOC filters, dog walk, and making in home visits.

Neuse Neighbors Network’s annual membership fees are $120 for a single member and $180 for a household. Anyone interested in learning more about membership or volunteering can visit neuseneighbors.org or call its Help Line, 252-665-8807.

The Political Signage Season

It’s now less than 100 days until the 2020 general elections which means it is prime political yard sign growing season. Many are putting up yard signs every day, for nearly every candidate who can be found in November when you vote your race. Four years ago, I searched the ballot for a name I had seen over-and-over again on signs. I was grinning up everywhere for nearly every candidate but be careful in November when you cast your vote. Four years ago, I searched the ballot for a name I had seen over-and-over again on signs. I was grinning up everywhere for nearly every candidate but be careful in November when you cast your vote. If any person shall wantonly or maliciously mutilate, deface, pull or tear down, destroy or otherwise damage any notice, sign or advertisement, unless immoral or obscene, whether put up by an officer of the law in the performance of the duties of his office or by some other person for a lawful purpose, before the object for which such notice, sign or advertisement was posted shall have been accomplished, he shall be guilty of a Class 3 misdemeanor. Nothing herein contained shall apply to any person marketing, soliciting, pushing or passing along, delivering or advertising any lottery tickets, signs or advertisements put upon two broad lands or of which any of which have charge, control, unless consent of such person to put by such notice, sign or advertisement shall have first been obtained, he shall be guilty of a Class 3 misdemeanor.

State of North Carolina launches a statewide survey today to understand the impact that COVID-19 has had on the state’s communities, community colleges and businesses.

The outcome report will reflect all individual responses, which are confidential. The online survey will remain open through Aug. 21. Preliminary results from the survey will be released in September.

United Way would like to encourage all candidates to work hand-in-hand with their community and families to ensure the election process is safe and fair.

United Way of North Carolina, United Way of Wake County and United Way of Wake County have extended the Fall 2020 registration period through Aug. 14.

In addition to the regularly scheduled Registration period of Wednesday and Thursday, Aug. 5 and 6, new and returning students will be able to sign up for classes through Aug. 14.

“We’ve extended the registration period to provide more opportunities for students to sign up for the Fall 2020 semester,” said PCC Director of Enrollment Services, Laura Zink Marx, United Way of North Carolina’s top two programs online college for affordable Colleges. In addition, seated classes will be available in time-approved locations for classes in health, Computing, Euthatics, Electrical and Environmental technology.

Seats classes begin Aug. 17. Online courses start Aug. 28.

For more information about registering at PCC, contact the college at 252-126-551, ext. 5002, or studnetworx@pamlicoedu.com.
**COMMUNITY**

**OBITUARIES**

Larry Randall Whorton passed away at home on Monday, July 27, 2020 after a hard-fought battle with Carcinoid Cancer. He was 73. Above all, Larry was a devoted, supportive father and grandfather. His most consistent advice was simply to “do your best and let the good times roll.” He was happiest when he was with his family. He was a proud father, and early on dubbed himself “Superdad,” a title that was genuinely bestowed. He later amended it to “SuperGranddaddy” to cover his four granddaughters, each of whom he adored. SGI was always quick to say yes, to offer a slice of watermelon or a pre-bedtime ice cream sandwich.

Larry enjoyed an accomplished 37-year career at Naval Air Station, Cherry Point, NC, working his way up from an apprentice in the instrument shop to Deputy Director of the Quality Division. Known as “Pete” Whorton at work, he was a serious, fair, and respectful manager. He retired in 2010. He was twice Master of the Armistice Rainbow Lodge #479 and a member of the Pamlico County Education Foundation. He was elected to the Minimwah Beech Town Council in 2007 and served three terms. He retired from public service in 2013 and did not seek reelection.

He was preceded in death by his father, S.G. Whorton, and his brothers, Gary and Kevin Whorton. He leaves behind his loving wife, Barbara, his high school sweetheart, Mary Helen “Duck” Whorton, whom he married 52 years ago. Larry was deeply loved and whose steadfast friendship he treasured over 52 years of marriage. Larry was also survived by his son, Kit Whorton Trip of Raleigh; his son and daughter-in-law, Taylor Jennings and Larry Whorton of Florence; and four grandchildren, Meg, Maggie, Brook, and Brooke Trip, and Lindsey and Lucy Whorton.

He will be deeply missed. Groseside service with Masonic rites by Patrick Lodge #479 was held Thursday, July 30 at Greenleaf Memorial Park, 500 River Road, New Bern, NC 28560.

The family requested that attendees of the service wear masks and practice social distancing to ensure the safety of all.

Larry was a long-time member of the Masonic Home for Children at Oxford, NC and frequently traveled to the Hospice of Pamlico County, at PO Box 6, Beaufort, NC 28516 or https://www.hospicepamlico.com/gift-help.

Arrangements by Bryant Funeral Home & Cremations, Atlanta.

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**Hope Clinic’s New Beginnings**

Recovery support group meetings open to anyone in recovery. Using principles from NA, AA, and Smart Recovery, 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

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**Horoscopes**

**aries** – Mar 21/Apr 20
Is it time to recognize your priorities this week? Aries, if you are not a Leo, this could be a time for you to step up and make a difference. It is not your day, but it is your time. You have a lot of energy and you are in the spotlight with you. You will be glad to have a resolve pronto.

**GEMINI** – May 21/Jun 20
If you are not currently under a career, financial, or relationship stress, you will be. A heavy season is coming, and you have to pull out the old hat. It is your time for a resolution. It is not your time to talk, but your time to listen. It is your time to be the one who can do it. This is your time to work as a team and you will be glad to have full cooperation.

**CANCER** – Jun 21/Jul 22
You can change the tone of your attention this week. If you are about to pull a string, you will be the one to pull this string. Use your instincts as a guide, and you will be glad to have a guide of your own. It is not your time to do it, but you can do it. This is your time to think. It is your time to think about what is happening.

**LEO** – Jul 23/Aug 23
On Thursday and Saturday, you will be the center of your social circle. But be a stop sign to the one who is in charge. You can be the one who you can be. You can be the one who you are.

**Virgo** – Aug 23/Sept 22
You will be the one to be the one. You will be the one to be the one who can do it. You will be the one to be the one who you can be. You will be the one to be the one who you are. This is your time to be the one who you are.

**Libra** – Sept 23/Oct 22
This is your time to be the one who you are. You will be the one who you can be. You will be the one who you are. This is your time to be the one who you are.

**Scorpio** – Oct 23/Nov 21
You will be the one to be the one. You will be the one to be the one who can do it. You will be the one to be the one who you can be. You will be the one to be the one who you are. This is your time to be the one who you are.

**Sagittarius** – Nov 22/Dec 21
This is your time to be the one who you are. You will be the one who you can be. You will be the one who you are. This is your time to be the one who you are.

**Capricorn** – Dec 22/Jan 19
You will be the one to be the one. You will be the one to be the one who can do it. You will be the one to be the one who you can be. You will be the one to be the one who you are. This is your time to be the one who you are.

**Aquarius** – Jan 20/Feb 18
You will be the one to be the one. You will be the one to be the one who can do it. You will be the one to be the one who you can be. You will be the one to be the one who you are. This is your time to be the one who you are.
When you are ready for that next home in the Pamlico County area, call Mariner Realty to discuss how we can make you successful in your real estate transaction. With combined experience of over 71 years, let Allen & Angie Propst be your real estate professionals.

Pamlico Community College
Graduates honored at ‘drive-thru’ PCC Commencement

By Sandy Wall
Pamlico Community College

Pamlico Community College honored members of its Class of 2020 with a special drive-thru Commencement ceremony Friday evening outside the Delamar Center at the Grantsboro campus.

Even though it was socially distant and mask-adorned, the event was joyful and uplifting as 27 members of the graduating class came forward one at a time to receive the degrees, diplomas and certificates they earned this academic year at PCC.

Prospective graduates were allowed to bring family members and friends to the outdoor ceremony, which took place under a row of canopies placed along the sidewalk outside the Delamar Center’s entrance.

Each honoree was joined by family members and friends for a walk along a red carpet from the curb toward the podium. About 10 feet from the podium, family members and friends stopped, and the prospective graduate continued forward to the podium to hear his or her name called and to receive their hard-earned credential.

“This certainly is an extraordinary class of graduates for an extraordinary time in our nation’s history,” said PCC President Dr. Jim Ross, who congratulated each graduate and their families during the ceremony. “We are impressed by the determination, resourcefulness and flexibility of these graduates and we salute them for their achievements during this unusual period. We also acknowledge the support they have received from their families and friends on their journeys to academic success.”

After receiving their credential, the graduate rejoined his or her family members and friends for a photograph that the college will send to them free of charge. After each group returned to its vehicle, the next group drove forward for its walk along the red carpet.

Pomp and Circumstance” played on a portable speaker nearby, and the weather was clear, although a seasonal warm and muggy.

Most graduates were their blue caps and gowns. A few graduates decorated their caps, and many vehicles were adorned with signs and congratulatory messages.

The Commencement ceremony originally was scheduled for May 15 inside the Delamar Center auditorium, but was moved to July 31 because of the COVID-19 pandemic. To comply with social-distancing guidelines put in place to slow the spread of the virus, PCC officials devised an outdoor ceremony where graduates could receive their credentials and their moment in the spotlight.

In all, nearly 70 men and women qualified to graduate with associate’s degrees, diplomas and certificates from PCC over the last year, including those who completed their coursework in the Spring 2020 semester, the Fall 2019 semester and the Summer 2019 season.

In addition, 50 credentials were earned by students in the college’s Continuing Education division, including certifications for Cardiac Monitor Technician, Medication Aide, Nurse Aide I and II and Phlebotomy Technician.

This year’s class includes graduates from California, Texas and Oregon. In fact, two Electronics Technology technology graduates – Trace J. Harlin and Lorenzo D. Randall – made the trip from Texas to attend the ceremony. The 31-year-old youngest member is 18, and his oldest member is 56.

During the 2020 Spring semester, Armstrong-Plumley of Grantsboro was honored as the 2020 Academic Excellence Award and also was named the college’s Student of the Year. Armstrong-Plumley graduated at the event with her Associate in Science degree.

At the recipient of the Academic Excellence Award, Armstrong-Plumley becomes Pamlico 2020 honoree in the PCC Community College’s 2020 spring semester.

College Scholarship Applications Available For Local Women

The P.E.O. Sisterhood is a philanthropic educational organization comprised of more than 100,000 women in more than 6,000 chapters throughout the United States and Canada. Founded in 1869, the nonprofit organization has helped more than 113,000 women pursue their educational goals. As of 2019, P.E.O. has given more than $366 million in grants, scholarships and loans. We also own and operate Cottey College, located in Nevada, Missouri, and grant a number of scholarships to that entity.

The P.E.O. Sisterhood is a philanthropic educational organization comprised of women who value the ability of their members to pursue their educational goals. As of 2019, P.E.O. has given more than $366 million in grants, scholarships and loans. We also own and operate Cottey College, located in Nevada, Missouri, and grant a number of scholarships to that entity.

The P.E.O. Scholar Award is designed to provide financial assistance to women in need of financial aid.

Scholarship provides grants for women in need of financial aid.

P.E.O. Chapter CK, Morehead City covers Carteret, Craven and Pamlico Counties. We are pleased to share that we have several educational financial opportunities available for women in our area. P.E.O. sponsors six different financial opportunities for students in our area. P.E.O. sponsors six different financial opportunities for women in need of financial aid. We also offer a $500 scholarship to women in our area. P.E.O. sponsors six different financial opportunities for students in our area.

P.E.O. sponsors six different financial opportunities for students in our area. P.E.O. sponsors six different financial opportunities for students in our area. P.E.O. sponsors six different financial opportunities for students in our area. P.E.O. sponsors six different financial opportunities for students in our area. P.E.O. sponsors six different financial opportunities for students in our area. P.E.O. sponsors six different financial opportunities for students in our area.

When Disaster Strikes, You Need an Advocate.

There’s a new program called “Relief O.R.G,” which is a virtual and personal support for your family and friends for your turn to walk on the red carpet at PCC. You may also reach out to Sandy Wall, Pamlico Community College Commencement on Friday, July 31. Contribute please.

N.C. Community College Systems “Great within the 54” list of high-achieving students.

College is no different,” Ross said. “We want to congratulate our students, their families and friends for their collective efforts to create a ceremony to recognize and honor our graduates in a safe manner. It was truly an extremely happy event, something we all need right now. This event had a true ‘family’ feel, which is representative of the culture we have worked to create at the college. My colleagues and I walk only the first few members of the Pamlico Community College Class of 2020.

Sandy Wall can be reached at 252-248-1851, ext. 3010, or swall@pamlicocc.edu.
In the light of the coronavirus pandemic, virtually all of us have considered health-related issues. But for far too many, a serious, chronic illness such as Parkinson’s disease, multiple sclerosis, diabetes or cancer, health concerns are a everyday reality. United Ways throughout North Carolina may have been affected with such maladies, but the families are navigating through these health challenges bring physical and emotional concerns – but also financial concerns. We are here for you, for you purpose for you families.

Even so, you’ll need to consider the key areas: investments, insurance, legal arrangements and taxes. Let’s take a quick look at each of these.

Investments: You’ll likely need to draw on your investments for at least some of the expenses associated with your illness. So, within your portfolio, you may want to establish a special fund devoted entirely to these costs, whether they be health care, modifications to your home, transportation and so on. A financial professional can help you choose investments for this fund, as well as make recommendations for your overall investment strategy.

What’s up with Mummies? If you don’t know, join us on the 1st of August (Thursday). We will be learning about the different kinds of mummies. What began with youth Corn Clubs over one hundred years ago has grown into one of the largest and most respected 4-H Youth Development Programs in the United States. North Carolina 4-H Clubs are present in all one hundred counties and the EBCI. Founded in 1920, 4-H is a grassroots organization of service, leadership, citizenship, and experiential learning. 4-H has been a part of shaping the lives of North Carolina youth and the nation’s ‘Leaders of Tomorrow’ for generations. While we continue our heritage youth programs in agricultural and livestock projects, we’ve added many other programs annual presentation competitions, record project environment; environmental conservation; youth entrepreneurship; leadership programs (NC 4-H Ambassador); and one of the most robust electrical projects in the nation. This summer things have been different for NC 4-H and 4-H programs around the world. We’ve transitioned Summer Fun workshops online and NC 4-H Congress was completely virtual. While we’ve all felt sadness that these programs that have been enjoyed for over a hundred years were so different this year, we take this opportunity to REGISTER, spaces will fill up!!

Advertise your business at pamlico.ces.ncsu.edu. Don’t FORGET Neeland at (252) 745-4121, or kait_neeland@ncsu.edu, or to learn more about any of these programs, check out our website: pamlico.ces.edu. All registrants are on line. Our first Book Expos will be in September and we will be going to Spain. We will also have a series of fall science workshops, stay tuned.

WHAT'S UP WITH MUMMIES?

If you are interested in participating or learning more about any of these programs, follow us on social media, listen to our live updates 24 hours a day by calling 252-745-4121. To register for these or any 4-H program, check out our website: pamlico.ces.ncsu.edu. Don’t FORGET to REGISTER, spaces will fill up!!

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Keith Bruno at Endurance

The Passion of the Enduring Fisherman

If you sit and talk with Oriental’s Keith Bruno for any length of time, you will quickly realize where his heart lies. His voice rises and his tone becomes a bit more serious. Commercial fishing is his life and he wears his passion for it on his sleeve. He grew up a fisherman and through good times and bad, it’s what he knows and loves about it.

One of those bad times was in the late 1990s. Keith was a lobster fisherman in New York, working the Long Island Sound area in what can be a hard, cutthroat business. “We were doing good, working hard and making decent money!” Then that changed almost overnight. “The lobsters died.” The “West Nile virus was going on and to control the mosquitoes there was a lot of chemical spraying. We had a tropical system move through and it dumped a lot of rain in a short time. The chemical ran into the sound killed everything. We optimistically thought it would come back, but it didn’t.” He had to find another way to make a living. “We had a hard tackle shop along with a Kayak rental business, but being behind a counter all day wasn’t for me.” Then an ad in National Fisherman magazine caught his eye. He really wanted to move, but there it was, a seafood business with waterfront property for sale in North Carolina. A fresh start! He called and after finally getting a reply a few weeks later and to check this place out. After a second trip with his wife, his feelings were confirmed. “This particular deal wasn’t for us.” But, while exploring the area, he discovered something else. They liked Pamlico County, and while observing a teaser being unloaded with box after box of fresh caught seafood in Oriental, he felt he could make a living here, doing what he loved. They contacted a realtor and put her to work. “It was a long process, finding a place, then the back and forth negotiation on a price.” When the deal was finally struck, the valuation hit. “We’re moving.” That was the summer of 2003 and the new beginning for the Bruno family and the birth of their new business, Endurance Seafood.

Since that summer, Keith has seen a lot of water both under and over the dock, literally. “The one thing I hadn’t considered was the hurricanes here. Isabel was the first, then Irene and Frances.” Although the business got knocked down each time, they rebuild and come back. They endure. Something else Keith hadn’t thought of was the nature of the people of Pamlico County. “When times are tough, the people here step up and help one another out. People you don’t even know and have never met, they care and they help. It’s not like that everywhere.” That spring, during the COVID-19 lockdown was another example. “Our fish and crab markets suddenly shut down. We couldn’t ship crabs to Maryland, or any of our catch to restaurants since they were closed. I knew local folks came and bought fish from us they probably didn’t even want, because they knew business was hurting, and they wanted to help.”

Despite the pandemic, the pollution, and the hurricanes, Keith doesn’t see them as the biggest threat to commercial fishing. “Overzealous regulation not based on science,” was his answer. “The commercial fishing industry needs some regulations, or else we’d run ourselves out of business.” But some of today’s regulations aren’t based on science; they’re based on greed and pushed by the recreational side of fishing. “They want people to know that commercial fishermen care. They care about the resource and they want to protect it,” he replied, “If I can enlighten folks about our business and our heritage, I’m always ready to talk. I love being out on the water, and harvesting my catch. The wholesale helps to fill my wallet, but when you sell directly to a person and they come back the next day and tell you how good it tasted, that fills my heart.” When asked if he ever gets tired of giving interviews or talking about commercial fishing, Keith replied, “If I can enlighten folks about our business and our heritage, I’m always ready to talk. I want people to know that commercial fishermen care. They care about the resource and they want to see it still around for future generations of commercial fishermen.”

Keith is also involved with the North Carolina Coastal Heritage Association. “It’s a connection to the past. You have to have a root where you come from, to get an understanding of where you are going.” Endurance Seafood is located at 501 Oriental Road just over the bridge from Oriental and can be reached at (252) 249-2558. They also have a Facebook page. Keith is usually around the dock after lunch. Early mornings and late evenings, he’d be fishing. Also check out a great article about Keith as well as other North Carolina commercial fishermen online at https://alwaysncfresh.com.

...and not the exception for how shoes become the standard, and yet affordable well made out of an intense desire to see Hey Dude emerged in 2008...
NEW BERN, NC. The New Bern Historical Society will continue its popular virtual history presentations with “Ordinary Women, Extraordinary Deeds.” Originally a Lunch & Learn event, this program features a visit from five remarkable women from New Bern’s past. Some will be familiar, others may surprise you. From the 19th and early 20th centuries, and varied walks of life, these women have fascinating stories that you’ll want to hear. You’ll meet Kady Brownell, a Civil War soldier; activist Sarah Dudley Pettey; physician Lula Disosway; photographer Bayard Wootten; and nurse and businesswoman Charlotte Rhone. These characters will tell you how, while they considered themselves ordinary women, they left an extraordinary legacy in New Bern. Five local actors, under the direction of Jane Maulucci will portray these women.

Cast: Nelda Coats as Kady Brownell, Teisha Gibbs as Sarah Dudley Pettey, Cinda Hill as Lula Disosway, Pat Mora Coxe as Bayard Wootten, and Carol Becton as Charlotte Rhone.

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 or www.facebook.com/NewBernHistoricalSociety.

Charlie's Restaurant
Home of Good 'ol Country Cookin'

Charlie’s has the fastest and friendliest service in Pamlico County! We serve a wide variety of food. We have the finest fresh seafood in support of our commercial fishermen, and we cook all of our specials from scratch using local, fresh ingredients. Charlie’s has the fastest and friendliest service in Pamlico County! We serve a wide variety of food. We have the finest fresh seafood in support of our commercial fishermen, and we cook all of our specials from scratch using local, fresh ingredients.

NEW BERN, NC. School may be virtual, but that doesn’t mean your children should skip their regular back to school preventive appointments. Dental offices are open across the state, treating patients and following safety guidelines. So, it’s just as important as ever for parents to help children stay on top of their oral hygiene. Parents and caregivers can support their children’s academic success by ensuring they are not distracted by cavities or other painful dental problems. Since oral health is directly related to your overall health, be sure to include your routine dental checkup as part of your back to school checklist.

“Parents play a vital role in a child’s oral health, and they should help bring their children back to the dentist for their routine checkups,” said Dr. Alec Parker, Executive Director of the North Carolina Dental Society. “When you go back for your child’s routine dental checkup, you may notice additional measures implemented to help ensure your safety. Waiting areas may be restricted, and you may see your dentist and their staff wearing more PPE, known as personal protective equipment. These are all precautions that will help protect you and everyone you interact with from any potential risk of exposure.”

The North Carolina Dental Society shares these oral care tips to help your children maintain a bright and confident smile:

1. Brush: Children should be brushing twice a day for two minutes using a soft bristled brush and fluoride toothpaste. Remember to replace their toothbrush every three to four months, or sooner if the bristles are frayed. A worn toothbrush won’t do a good job of cleaning their teeth.

2. Floss: Leftover food particles can hide in between cracks of teeth. This can lead to bacteria buildup called plaque. Be sure to help children clean in between their teeth using dental floss. This can help prevent cavities and future dental problems, like gum disease.

3. Diet: A nutritious diet is key to a bright smile. Fruits and raw vegetables are healthy choices for an afternoon snack. Leafy greens, carrots, raw broccoli, celery, apples, and almonds contain essential vitamins beneficial for your child’s oral health. These foods will also help produce saliva which will aid in mixing oil food particles from your child’s teeth.

To find out how you can make a difference for a child in our community, go to www.volunteerforgolf.org or call Tracey Brennan at 252-515-2007.

BECOME A GUARDIAN AD LITEM VOLUNTEER CHILD ADVOCATE

We need volunteers now more than ever! When a petition is filed alleging that a child has been neglected or abused, the judge appoints a Guardian Ad Litem to help ensure the child’s best interests in court.

All volunteers are screened, interviewed and receive 30 hours of initial training.

To learn more about volunteer opportunities, call Tracey Brennan at 252-515-2007.
I am seeking re-election for Pamlico County Register of Deeds. It has truly been an honor to serve you for the last 18 years. I began my service in 2002 and was first elected in November, 2012. During my tenure as Register much has been accomplished such as the complete digitization of all records in the office. I am certified by the UNC School of Government at Chapel Hill and the NC Association of Registers of Deeds. Experience makes a difference.

Thank you for your continued support!

Paid for by committee to Re-Elect Lynn Lewis for Register of Deeds

Want Purified Drinking Water? Invest in a KS Drinking Water Station

PURE WATER AT YOUR TAP AND FRIDGE
UNLIMITED SUPPLY • ELIMINATE BOTTLED WATER
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1. Cartridge options. Eight different options to meet your removal needs now and in the future. Includes the Purefecta® Virus/Bacteria Guard for microbiologically pure water. The Mineral Plus+ cartridge improves the taste and health benefits of water by adding magnesium and calcium back into the treated water. Cartridges also available for arsenic, chloramines+, chlorine/sediment, sediment, perchlorate+ and VOC reduction. Final polish with carbon post filter.
2. QuickFio Technology. Delivers a strong flow of water from the faucet. Allows system to produce more water in less time.
3. High Daily Production. Can produce more than 50 gallons per day.
7. Patented, Tamper-Proof MACguard® Filter. No more wondering when to change cartridges. Assures high quality water and peace of mind.
8. Automatic System Shutdown. Conserves water - doesn’t run water continuous to drain.
9. Exclusive Designer Faucet. Lead-free, stylish design available in a variety of finishes.
11. Efficient Operation. Conserves water, lowers operating costs.

Was your home damaged by Hurricane Florence or Matthew?
ReBuild NC Can Help
rebuild.nc.gov/HRP
833-ASK-RBNC

¿Fue dañada su vivienda por el huracán Florence o Matthew?
ReBuild NC le puede ayudar
rebuild.nc.gov/HRP
833-275-7262
Millions of people found themselves out of work as efforts to contain the spread of the novel coronavirus COVID-19 took a toll on the economy. In many places, businesses deemed non-essential were forced to close their facilities to customers, leading many employers to lay off valued staff members.

Confronting a layoff can be difficult. Unlike employees who are fired for cause, laid off workers typically find themselves out of work through no fault of their own. Such was the case for millions of people across the globe whose layoffs were related to the COVID-19 virus. Prior to the outbreak, millions of hardworking, talented professionals had no reason to doubt their career prospects. But after the outbreak and its effects on the economy, those same people, now out of work, may be wondering if there’s anything they can do to keep their careers on track. While laid off workers recognize there are no guarantees in regard to getting their jobs back, they can take steps to keep their careers on track even while they’re not working.

- Continue to be productive. No one will blame a newly out-of-work professional for taking a few days to process their situation and take a deep breath. But it’s important that laid off workers continue to be productive even if they’re not working. Traditional freelancing may not make financial sense for those seeking to secure unemployment benefits, but that does not mean you cannot still work. Set up a blog or vlog where you showcase your credentials and experiences. Offer to serve as a virtual mentor for young professionals or students without much business experience. Using your time productively, and having something like a blog or vlog to show for those efforts, can help you stay on track and land another opportunity when the job market becomes more active.

- Study up. Technology has ensured that modern industry is ever-changing, and laid off workers can use their down time to study up on the latest trends and best practices in their fields. This is an ideal time to fill gaps on your résumé and turn a negative into a positive. If possible, enroll in an online course with a local college or university, or make use of virtual learning programs offered by local libraries or chambers of commerce.

- Research your next job. Uncertainty has reigned in many industries thanks to COVID-19, so finding a new job before social distancing restrictions are lifted may be especially difficult. But laid off workers can use their down time as an opportunity to research their next job. Do your homework on companies within your industry, learning about their client base, culture and goals for the future. Putting forth such an effort now can pay significant dividends when restrictions are lifted and companies attempt to rebuild their staffs.

Professionals laid off due to the COVID-19-related economic fallout can use their down time to their advantage and keep their careers on track.

### 3 tips to planning efficient home-cooked meals

A few generations ago, dining out was an experience reserved for special occasions. However, until recently, when restaurants were shuttered in the wake of the public health crisis prompted by the spread of COVID-19, many people were dining out multiple times a week. Hospitality solutions provider Fourth surveyed 1,000 American adults in 2019 and 56 percent reported dining out at least two to three times per week. Ten percent said they ate out four to six times each week, while 6 percent said they dined out daily.

People accustomed to relying on restaurants for meals multiple times per week may be unaccustomed to cooking many meals at home, which has become the norm thanks to restrictions placed on restaurants and other food-related businesses as part of COVID-19 social distancing precautions. Learning how to shop for food and prepare items by maximizing available ingredients can reduce trips to the store and help people reduce food waste at a time when food is not as readily available as it once was.

1. Plan meals/browse circulars

Meal planning and shopping lists are vital tools for people preparing meals at home. Without doing so, individuals can be left floundering in the supermarket, spending more money than necessary and making impulsive purchases (all the while forgetting items they truly need). Use store circulars to browse weekly discounted items at stores. Build a week’s worth of meals off of those sale items — going so far as to write out a cursory menu — then fill in any extra ingredients or staples needed on a shopping list. Leave a day or two for leftovers. Try organizing the list to follow the natural layout where items are arranged in the store.

2. Shop smart

With paper and pen in hand or a digital list compiled on your phone, go aisle by aisle and check off items as they are added to the cart. If you are shopping for food you hope will last a week or more, consider substituting canned and frozen foods and other nonperishables for fresh items because they can be stored for longer periods of time. “Curb side” or “family size” packages of foods may cost less per volume and can be sub-divided and stored for later use.

3. Minimize waste

Cook only as much as is needed for household. Generally speaking, a meat or poultry serving of three to four ounces per person is adequate. That means a roast or steak of 1 1/2 to two pounds is fine for a family of four. Use up older frozen or perishable foods first. Store foods properly and use them before the use-by date. Wrap up leftovers and turn them into new meals.

With proper planning and smart thinking, homecooking can be more efficient and less wasteful.

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### PCC offers short-term training courses that can lead to great jobs in health care!

**Face-to-face classes are forming now!**

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- **Nurse Aide I & II Fall 2020**

#### Health Careers

- **Phlebotomy Technician Fall 2020**

#### SECU Scholarships are available for those who qualify:

- Contact the Continuing Education office at 252-249-1851, ext. 3015, for more information!

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### And don’t forget about PCC’s other great Continuing Education courses:

- *Basic Computer Skills for Seniors*
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- *Grant Writing*
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- *Microsoft Office*
- *Notary Public*
- *Small Engine Repair*
- *Welding*

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### For more information or to get started, please call 252-249-1851, ext. 3015, today!**

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Aurora

As you read this we have hopefully survived issues. Unfortunately our new windows, generator and shutters are still just installed but the roof is now new. I apologize for not writing last week our Internet box was mowed over by the power line and shutters are still not installed, but the roof is new. I have been keeping an eye on the weather station on the corner of Goose Creek Road. I have also been sitting in a Yoder-billed Cuckoo, a Bobolink, Summer Tanagers and a Clark's-willow warbler. I have watched seeing lists of finches on power lines so doubt getting ready to migrate. I must get old because I locked my keys in the car (one is supposed to prevent me from doing that; another technology lost and found).

About two weeks ago I saw a couple of turkeys on our road; these are the first to pass so far north of Bay City Road. I've also been hearing a Yoder-billed Cuckoo, a Bobolink, Summer Tanagers and a Clark's-willow warbler. I have watched seeing lists of finches on power lines so doubt getting ready to migrate. I must get old because I locked my keys in the car (one is supposed to prevent me from doing that; another technology lost and found).


Aimee Rose and Karen Ireland took Sharon Leary out to dine at Olive Garden Restaurant in Morehead City Wednesday on her birthday. Of course, they shopped at Walmart while there! They enjoyed a great day together!

Next Thursday is (Bingo Day). Donna Jones and we sang Happy Birthday to our dear friend, Leary's birthday. Members enjoyed a delicious cake made by Tina Carawan. They shopped at Walmart where there were a lot of new arrivals.

Happy birthday to the wonderful lady that she was because the church was full church, because many did not have on mask. I do wish people would wear mask when they go out so this horrible virus will slow down. I am holding off the celebration of Wades 6th until things get better. Thanks to Mindy Harris and Charles Moonsey for alerting me that someone must have hacked into my Facebook account. I laughed at the thought of anyone wanting to use my account since I haven't used it in years. I may have gone on three or four times in all the years I've had the account and never put my picture on it. Some years back I told everyone that I don't like Facebook but love friends and would like for them to call or visit me. Lots of my friends and family are on Facebook and they love it, but starting at and scrolling down a screen is just not my thing!

The fields are beautiful with the corn as high as an elephant's eye, and on the Trent road big curve that has soon two accidents already. Stopped in over at Alex and Stephanie Adams today to welcome them to our neighborhood with a pan of homemade cornbread. James Carawan blessed the food which was prepared by the family - lots of good home cooking. The family proudly announces that two new babies will arrive in the near future.

I pray that will be enough for the 'tea kettle' going off for this season, or at least until we get the house buttoned down.

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NOTICE TO CREDITORS
All persons, firms and corporations having claims against
ELISE E. BEHNEH, deceased, of Pamlico County, N.C. (the
same to be the
Personal Representative for-
listed below on or before October
20, 2020, or this Notice will be
in the intersection of the cen-
order, if more than one, or the
Value of Real Property
being offered for sale, in
in possession by the clerk of

The real estate and the improvements, if any, therein
secured by the Deed of Trust, will be sold at auction, to the highest
bidder for the real estate or the personal estate, as
the case may be. The court...
Registration for the Fall 2020 semester is underway!

Advisors will be available today and Thursday from 8:30 a.m. to 7 p.m. to help students get started!

PCC will be offering a huge slate of online courses that you can take at home! Face-to-face classes in Allied Health, Cosmetology, Electrical Systems, Esthetics and Welding also are planned!

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Because of Hurricane Isaias, the Fall 2020 Registration period has been extended!
Students will be able to register Aug. 10-14!
Hours will be Monday-Thursday, 8:30 a.m. to 3:30 p.m., and Friday, 8:30 a.m. to 11 a.m.