

# NEW YEAR Resolutions

Resolutions may seem silly to some, but there are several positive reasons to make them.

■ Read about it on Page A9

January 16th is Soup Swap Day



Vol. 53 No.02, 12 Pages

# The Pamlico News

Wednesday, January 13, 2021

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## Pamlico County Health Department receives Moderna Vaccine for COVID-19

PAMLICO COUNTY, N.C. (WNCT) – Pamlico County Health Department received the Moderna Vaccine for COVID-19. At this time, the PCHD is the only agency overseeing the delivery of vaccine to Pamlico County residents.

Vaccination will proceed according to risk categories or phases defined by the CDC and the NCDHHS. Phases are updated often. The DHHS web site list the latest vaccine information and phases. The first vaccine doses were given by the Health Department to those in Phase 1a, the health care workers at high risk for COVID-19 due to exposure based on work duties or vital to the initial COVID response in our county.

CVS and Walgreen Pharmacies are also vaccinating those in our congregate living facilities.

The County Health Department will be receiving more vaccine at weekly intervals and will oversee the vaccination effort in Pamlico County. In order to receive the vaccine, you must first preregister with the health department.

The PCHD will register you within North Carolina vaccination database, and you will then receive an email from the State DHHS informing you of your vaccination phase. Once you receive this information, you can call the Health Department at 252-745-5111 to receive an appointment for the vaccine. Currently there is no individual preregistration; you must work through the Health Department.

Currently only Phase 1b is open for preregistration. It is divided into 4 groups.



## CarolinaEast Health System and Local Providers Begin Phase 1b of Vaccination Plan

(New Bern, NC) – CarolinaEast Health System is working with local medical providers to begin vaccination of the Phase 1b priority population consistent with the State of North Carolina guidelines.

CarolinaEast has been vaccinating frontline medical workers in the Phase 1a priority group since receipt of the Pfizer vaccine on December 15, 2020. As of January 8, 2021, vaccinations will begin for the Phase 1b priority population, which includes individuals ages 75 and older as well as health care workers.

CarolinaEast, Coastal Carolina Health Care (CCHC) and Craven County Health Department are working together to vaccinate our citizens. If you are a patient of CarolinaEast Physicians or CCHC, your physician or physician office will contact you to schedule an appointment; you do not need to call your physician's office. The Craven County Health Department will be making similar arrangements for others who are in

■ Continued on Page A02



The flood prone area of Hodges Street in Oriental was once again wet Friday as a stiff easterly wind pushed water from the Neuse up into the street.

## Hodges Street

## The Masked Hurricanes Prepare to Defend Conference Title



Michael Pool

When Coach Earl Sadler's Pamlico Hurricane men's basketball team finally takes to the court to play this season, it will be like no other season in the past. Masks will be mandatory, social distancing will be practiced when possible, and the normally packed Hurricane alley will be limited to only 25 paid spectators. Despite the limitations, Coach Sadler and his team are ready and thankful just to play. As far as the team wearing masks? "We have found when you complain about something it becomes more of an issue, so we made the decision that we had to do it and to just get to work. The guys have said nothing about them since." As usual, Sadler will look to his upperclassmen for leadership, but he also sees others stepping up. "We always look to our seniors, but I'm also proud of our junior class. They have shown some innate leadership qualities and that is very exciting. We talk often of the natural tendency to defer to older players and we encourage anyone who has an idea or feels led to step up to do so. Our graduates last year were very special players and members of our program. However, we're hoping honestly every player who steps on the court can work together to achieve the same success but possibly in a different way. Our biggest need right now is defense. We need players to step up and take charge and improve our help defense which last year's senior class provided." One thing Pamlico rarely has but is blessed with this year is a bit of size in two 6'5" frontcourt players. "We are hoping Tre Lloyd and Jakobi Blackmon can become dominant in the paint." As far as the all-important point position is concerned, "Michael Pool is running the point for us and doing a great job of dictating tempo." The hurricanes will also look to get contributions from senior 3-point shooters Jahmere Miller and Ryan Kinsey. Junior guard Jamie "JD" Gibbs will be prepared to give whatever the team needs every game from defense to scoring and ball handling. "I also really like the Freshmen we have coming in," added Sadler. What's it going to take to

repeat as conference champions? "Effort and hustle. These guys are skilled but everyone we play is skilled as ell. What will separate this team is the ability to do the dirty work like pressuring the ball and getting back in defensive transition. Pamlico athletes are very flexible. Our kids just want to play so any time they get to step foot on the floor they will be ready. This team is very focused, and during our recent quarantine of 14 days due to an exposure, Coach Lewis headed up a home exercise program in which they were doing pushups, squats, and other exercises to stay ready. This shows their commitment! We are so thankful to get to practice basketball and are looking forward to any opportunity we have to get to play. This experience has made us all thankful for all the opportunities we have. Our conference is going to be much tougher this year. With no summer camp work or preseason, I really don't know how this team will respond. Tune in to NFHS network to find out!"



Jakobi Blackmon



Jahmere Miller

## Lady Hurricanes Look to Continue Winning Ways



Mirachell Maher

The Pamlico Lady Hurricane basketball team is ready to go. The 7-time defending conference champs had a slight delay in the start of their season, but hopefully will be able to tip things off this week. With most sports schedules though this

season, it may be best to write that down in pencil. As Coach April Rose says, "If we have learned one thing, it is to take it one day at a time and try not to control the things we can't. We just want a chance to play as much as we can, safely of course." Masks are a requirement, as well as social distancing when possible. "The girls have been fantastic about the masks and very rarely complain. It's an adjustment for sure, but it's either you wear the mask or don't play, and we want to play. This quarantine break is not doing us any favors in the conditioning aspect, nevertheless, we will do our best to get back to where we need to be as soon as we can get back to it."

When the Lady 'Canes do take the court, Coach Rose will look to her seniors Mirachell Maher, DiAnnah Jones and Anari Barron to "set the tone and the mood for the team." The 3-T's on D, Junior Tra'Nijah Pettithome, Senior Tea Boomer, and Sophomore Timia Smith, will look to put pressure on opponents with their quick defense. Sophomores Maya Smith and Kaylee Smith will add spark to the offense.

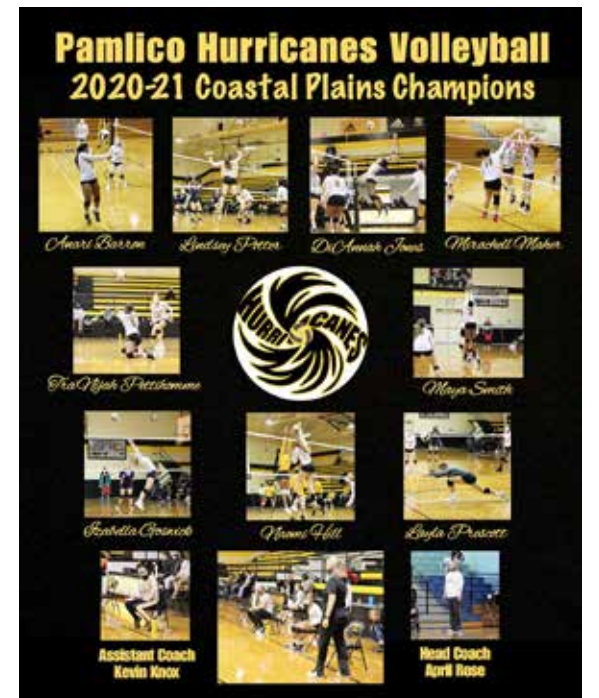
Until the season actually gets started it will be hard to get a handle on how the team will be. "We seem to fare ok during the scrimmage. The break every 4 minutes per quarter will help us for sure. We are just going to have to do our best with what we have been given. We play a full schedule of 18-20 games in the summer between camps summer leagues and tournaments. We had none of that so we are behind but we can't dwell on that. We're just going to capitalize on our strengths and close the gap on the weaknesses. It's going to take a team effort and as we have 10 deep, I plan to use all of them!"



DiAnnah Jones



Anari Barron



## WEEKEND WEATHER

Sat 16 | Day Mostly sunny skies. High 49F. Winds W at 10 to 20 mph. Sat 16 | Night Clear. Low 31F. Winds W at 5 to 10 mph.

Sun 17 | Day Sunny. High 49F. Winds WNW at 5 to 10 mph. Sun 17 | Night Partly cloudy. Low 33F. Winds light and variable.



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# COMMUNITY

## OBITUARIES

### Stephen Tudor Wall “Steve”



Born in Los Angeles, CA, January 14, 1944 to Tudor and Kathleen Wall. Steve passed away at UNC REX, Raleigh on December 30, 2020 after a sudden short illness.

Steve was raised in the San Francisco Bay Area, Piedmont, CA. He spent summers at his grandparents (maternal and paternal) homes in Newport Beach, CA. This is where his love of the water and boating began. He started with a rowboat at the age of 5 exploring the harbor of Newport Beach and became a master rower. This love led to sailing and in 1967 he crewed on the wooden 50 ft. cutter “Rowena” in the Transpac (SF to Honolulu Race). He also crewed on

the return trip to SF. He owned several sailboats and built one. He also built several rowboats including 2 Cosine Wherries.

Beside his love of the water and boats (especially wood) was his love of woodworking. His father taught him woodworking at an early age.

His career was varied. His father was part owner of Nor-Cal Metal Fabricators in Oakland, CA and Steve worked for him. His father later started Fiberglass Structures in Richmond, CA building fiberglass tanks for Dow Chemical, Kodak and others. Steve ran the shop and occasionally had to become involved in the building of the tanks.

Steve had his own businesses one of which was Concrete Shot Blasting in Walnut Creek, CA. His last business was Affordable Home Maintenance in Alameda, CA doing maintenance for homeowners and chain stores.

He met his wife, Debbie in 2001 in Alameda. In September 2003, they decided to retire and came to Pamlico County to check it out. Immediately they decided this was the place they wanted to be. They returned to CA, sold everything and returned in October 2003. Steve was a 4th generation Californian who thought he had died and gone to heaven when he moved to Pamlico County.

He leaves his wife, Debbie, his mother Kathleen (103 years), sisters Kelly(Bill) Clausen and Phoebe(Larry) Wilson.

## MEETING CANCELED

The Special Meeting at Minnesott Beach Town Hall scheduled for January 19 at 7 pm has been canceled due to an increase in COVID cases countywide and will be rescheduled.

## THIS WEEK IN HISTORY

January 13th – 1928, The first home television sets were by GE and RCA in Schenectady, New York. The reception was poor and unsteady, much like satellite TV in a rainstorm.

January 14th – 1784, The U. S. Congress ratified the Treaty of Paris between the United States and Great Britain and the U. S. Revolutionary War was officially over.

January 15th – 1795, The University of North Carolina officially opened in Chapel Hill. Go Wolfpack! (sorry – not sorry, had to say that).

January 16th – 1985, Playboy magazine announced that it would no longer staple its center-fold models in the bellybutton. That had to have been painful for the girls.

January 17th – 1920, The 18th Amendment to the U. S. Constitution took effect and prohibition began.

January 18th – 1778, English explorer Captain James Cook “discovered” the Hawaiian Islands. Somehow, I think the Hawaiians may have discovered it first.

January 19th – 1940, The Three Stooges released the film “You Nazy Spy”, a parody of the German Nazis. It has the disclaimer, “Any resemblance between the characters in this picture and any persons living or dead, is a miracle.”

### Birthdays This Week

January 13th – 1959, Basketball player Chuck Nevitt. (and...1962, Me)

January 14th – 1741, Traitor Benedict Arnold

January 15th – 1929, Civil rights leader Dr. Martin Luther King, Jr.

January 16th – 1935, Race car driver A. J. Foyt

January 17th – 1706, Statesman and inventor Benjamin Franklin  
1942, Boxer Muhammad Ali  
1922, Actress Betty White

January 18th – 1941, Singer and musician David Ruffin (The Temptations)

January 19th – 1946, Singer, songwriter and actress Dolly Parton

## Horoscopes



**ARIES – Mar 21/Apr 20**  
Be aware of the impact words can have, Aries. You may think what you're saying is innocuous, but it really can do harm without intent. Be conscious of what you're saying.



**TAURUS – Apr 21/May 21**  
You don't want to disappoint people who rely on you, Taurus. But remain conscious of what you can and cannot offer other people. Find the right balance.



**GEMINI – May 22/Jun 21**  
Spend some time alone this week to sort things out in your head before you react to a situation that has been on your mind, Gemini. Don't let others affect your state of mind.



**CANCER – Jun 22/Jul 22**  
Cancer, someone draws a proverbial line in the sand and challenges you to take action. This can be a conflict for you, especially if you're not yet ready to make a move.



**LEO – Jul 23/Aug 23**  
Leo, a steep climb is before you, but with patience and perseverance, you will eventually reach the summit. Once you do, you will enjoy an extreme sense of accomplishment.



**VIRGO – Aug 24/Sept 22**  
Try not to nitpick your actions, Virgo. Once you make a decision, stand by your choice and defend it. Typically your gut and your mind do not steer you in the wrong direction.



**LIBRA – Sept 23/Oct 23**  
You may need to put rational on the side and be a little reckless in the days ahead, Libra. This may cause some temporary disarray, but take a chance.



**SCORPIO – Oct 24/Nov 22**  
You may think you have the perfect plan laid out, Scorpio. However, double- or even triple-check all of your data. Doing so will provide reassurance.



**SAGITTARIUS – Nov 23/Dec 21**  
Sagittarius, what you expect to happen this week may turn out to be the opposite of what actually happens. Be prepared for any scenario to come your way.



**CAPRICORN – Dec 22/Jan 20**  
Emotions may cloud your judgment, Capricorn. Try to look at a situation clearly so you can weigh-in in an impartial manner so you have no regrets.



**AQUARIUS – Jan 21/Feb 18**  
Sometimes the best things that happen to you can occur in the most unlikely of places, Aquarius. Always keep your eyes open and ready for surprises.



**PISCES – Feb 19/Mar 20**  
Don't fret if you don't think the same way as another group of people, Pisces. This week you will more fully develop your perspective.

### CAPRICORN Traits & Overview

In the 12 zodiac signs, people under the Capricorn sign are the most patient and careful and they are down-to-earth for everything. The most obvious feature of them is adamancy: they tend to hold on to their own views and never give up before achieving the goal. At the same time, Capricorn people are the most tolerant among the 12 zodiac signs. Of course, they are also the loneliest. They are most concerned about face-saving and others can never read their inner thoughts from the appearance.

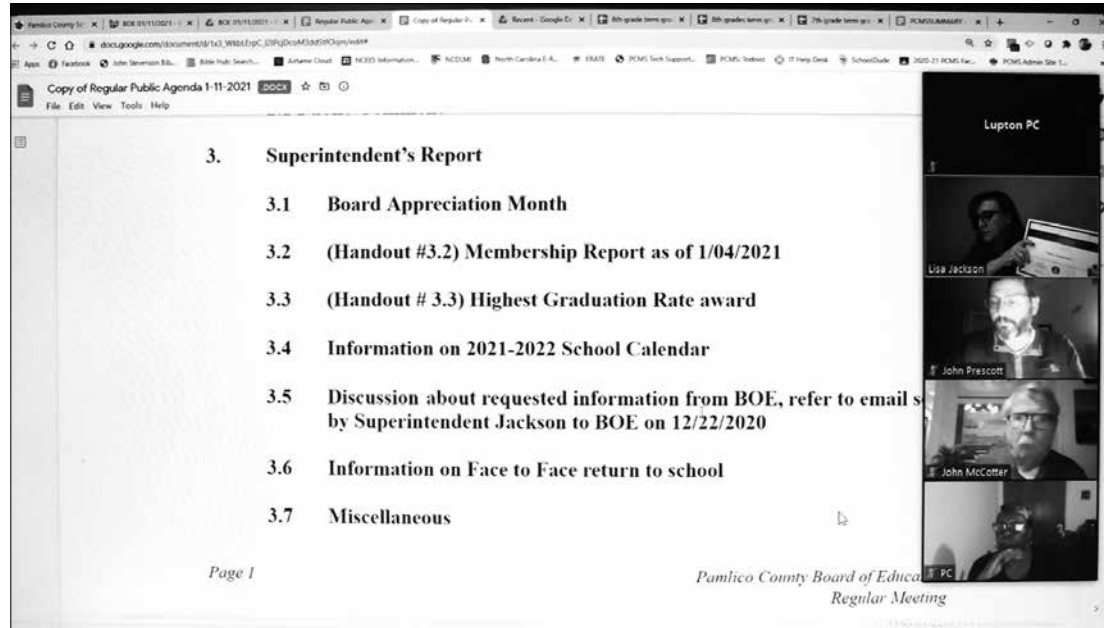
Under the influence of the ruling planet Saturn, Capricorn people are born to be depressive, conservative and dull and they always feel that they are burdened by a lot of responsibilities. Because of this, others always find it difficult to learn their inner thoughts. They generally turn a deaf ear to others' advices and make people around feel they

are very boring, so never try to understand them as they only rely on their own; in fact, they often feel insecure and cannot fully trust others, thus always think twice.

Being highly progressive, Capricorn people have certain leadership ability. They believe only position and power can bring them the sense of security and only such kind of life is meaningful. Therefore, they are eager to the extraordinary achievements, the real power and the prominent position. Such an attitude brings them great pressure and makes them subconsciously believe that they will be the loner without anything if they don't have power and wealth.

They treasure the wealth derived from hard work, often spend in a planned way and hate extravagance and waste. Being diligent and thrifty is one of their true qualities.

FOR ENTERTAINMENT PURPOSES ONLY



## Pamlico School Board Meets

The Pamlico County School Board met Monday evening and the new year began with a familiar topic dominating the meeting, COVID-19. The meeting was held virtually via Zoom. With face-to-face instruction set to return on January 19th under Plan “B”, there was much discussion concerning if this is the right move at this time. With COVID numbers high following the Christmas break and many staff experiencing either quarantine from exposure or positive tests, there was urging from staff and Board members to consider extending the current virtual learning approach until the end of January. In the end, the board made no decision on which route to take, but put the decision on Superintendent Lisa Jackson with their full confidence and backing. Not all Board news was about COVID. It was announced that Pamlico County High School had received a state award for the highest graduation rate, 97+%. The Board also unanimously voted to appoint Kathy Dunbar to fill the vacated seat for Township 2. That seat was left empty when board member Kari Hammond accepted the vacated seat on the Pamlico County Board of Commissioners. At the next election, the seat will be up for election to fill the remainder of the term.



## Announcing

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

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

## CarolinaEast Health System and Local Providers Begin Phase 1b of Vaccination Plan

Continued from page A1

priority group Phase 1b and want a COVID-19 vaccination.

We appreciate the continued patience and understanding of the public, as there are more than 16,000 patients ages 75 and older to be vaccinated by the three entities and limited vaccine allocations coming from the state. Efforts will be made to vaccinate the most vulnerable patients first. By dividing the population to be vaccinated among CarolinaEast, CCHC and the Health Department, we hope to vaccinate more people more quickly. Because the Phase 1b priority group is much larger than the Phase 1a priority group and allocations are limited, it will take several weeks to cover this population.

For further updates on COVID-19 restrictions, visitation and vaccinations at CarolinaEast, visit <https://www.carolinaeasthealth.com/education-and-resources/covid-19-updates/>.

## QUICK REFERENCE

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

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

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

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

clubs and organizations events...

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

## The Pamlico News

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**Land/Home Sales  
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**Agent of the Week**

**Susan Adams**  
Broker

*Here's what one of Susan's customers had to say...*

Just a note to let you know how pleased my wife and I have been with Mariner Realty, and in particular, our agent, Susan Adams. Susan knew that we were interested in selling our home in Oriental, which was located on Smith Creek. The house sold in 5 days at full asking price! We couldn't believe it, even though we knew that it was worth that much. We are grateful to Mariner, but especially to Susan whose kindness and professionalism were wonderful. We highly recommend her!  
*Jim and Elizabeth, Ohio*



**MINNESOTT BEACH** – Waterfront **2BR/2BA** first floor condo with stunning Neuse River views. Enjoy a relaxed lifestyle with a sandy beach, cabana and swimming pool, close to golf & country club and ferry. New metal roofs, new siding, and no deferred maintenance. Not in a flood zone.  
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**ORIENTAL** – Waterfront **2BR/1.5BA** townhome on Smith Creek in Buccaneer Bay community. End home on right side shown above, is beautiful, walk-in ready, one-floor, and features water views from every room. Gorgeous solid hardwood flooring, spacious waterfront deck and walk-in storage.  
**OFFERED AT \$149,500**



**ARAPAHOE** – A great starter home. This **3BR/2BA** home is sold "AS IS". There is a garage and two detached storage and workshop- perfect for an artisan and the workshop would make the perfect "man cave". Just a short walk to Minnesott Golf & Country Club.  
**OFFERED AT \$195,000**



**ORIENTAL** – Waterfront **2BR/2BA** condo facing Smith Creek with views of harbor and Neuse River. Second floor unit, with access to commercial-size elevator. Waterfront covered patio, swimming pool, stainless appliances, close to town amenities.  
**OFFERED AT \$239,000**



**MERRITT** – Well maintained 1,782 sf **3BR/2BA** home in Cabin Creek Subdivision features private 1.41 acre parcel, open floor plan, & a large kitchen a center island. Kitchen opens up to the expansive dining and living area w/access to the wrap around porch. Perfect for entertaining family and friends.  
**OFFERED AT \$245,000**

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**Pamlico Community College**

**It's not too late to register for the Spring 2021 semester at PCC**

By Sandy Wall

There is still time for new and returning to take advantage of the tremendous learning opportunities available for the Spring 2021 semester at Pamlico Community College!

Students can register for seated courses for the new semester as long as they sign up before the first day of class, which is Tuesday, Jan. 19.

Also, high school juniors and seniors who are interested in enrolling in tuition-free N.C. Career & College Promise courses can sign up for those classes Tuesday, Wednesday and Thursday, Jan. 12-14, from 8 a.m. to 3:30 p.m. each day at the Bayboro Center.

"While our college's formal registration period wrapped up last week, there is still time for new and returning students to sign up for the Spring semester," said PCC President Dr. Jim Ross. "You need to move fast. Face-to-face and online courses will begin Tuesday, Jan. 19, so there's not much time. I encourage men and women who want to be ready for a better future to contact PCC today and see how we can help."

New and returning students are encouraged to discuss their options with the college's Student Services staff members. They can be reached at 252-249-1851, ext. 3001, by email at [studentservices@pamlicocc.edu](mailto:studentservices@pamlicocc.edu), or by visiting the Johnson Building on campus.

PCC plans to offer face-to-face courses in Allied Health programs, Cosmetology, Esthetics, Electrical Systems Technology and Welding this semester. All other courses, including courses for university transfer, will be available online.

Meanwhile, high school juniors and seniors – regardless of where they attend school – and their parents are encouraged to contact Derek Godwin at 252-745-7349 or [dgodwin@pamlicocc.edu](mailto:dgodwin@pamlicocc.edu) for more information about how tuition-free PCC courses offered through the N.C. Career & College Promise program can help students get ahead and save money.

Whether you are a traditional student, a high schooler or someone looking for a fresh start, the college can help you get started on a great new career or can put you on your way to earning a bachelor's degree at a fraction of the cost of university tuition.



High school juniors and seniors are eligible to take tuition-free PCC courses through the N.C. Career & College Promise program. It's a great way for motivated students to get a head start on their careers and college degrees! Registration for those time-saving courses is set for Tuesday, Wednesday and Thursday, Jan. 12-14, from 8 a.m. to 3:30 p.m. each day at the Bayboro Center. Contributed photo

PCC features small class sizes, with a 9-to-1 student-to-faculty ratio. The college is also affordable, and financial aid is still available for those who qualify.

Students who enroll at PCC can expect to receive a high quality education. In 2020, PCC was rated by WalletHub as America's No. 1 community college for students' educational outcomes. The ranking was based on a review of U.S. Department of Education data and other criteria.

In addition, PCC last year was ranked by Affordable Colleges Online as North Carolina's best two-year college for web-based education. The ranking came just as colleges and universities across the country shifted most of their program offerings to the convenient online format.

"There is no better way to be prepared for this year's opportunities than by getting a nationally recognized, high quality college education," Ross said. "That's what we offer here at Pamlico Community College. Contact us today!"

Sandy Wall can be reached at 252-249-1851, ext. 3010, or [swall@pamlicocc.edu](mailto:swall@pamlicocc.edu).



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**Outcome:** Because the RLI Personal Umbrella Policy included coverage for Excess Uninsured/Underinsured Motorists with a policy limit of \$1,000,000, the insured was paid the full \$1,000,000 for an accident that was not his fault.

**SCENARIO #1:  
AUTOMOTIVE LIABILITY**

**Incident:** The insured was driving on a two-lane road when he struck a pedestrian walking home from work. The pedestrian suffered serious head trauma. The insured was not speeding, there was no alcohol involved and cell phone records show that no phone was in use at the time of this accident.



**Outcome:** RLI paid the \$2,000,000 Personal Umbrella policy limit after the insured's underlying auto limit of \$500,000 was exhausted.

**SCENARIO #2:  
IMPAIRED DRIVER**

**Incident:** The insured was driving a vehicle when it was struck in the rear at high speed by an uninsured driver who was intoxicated. The insured was airlifted from the accident scene to a hospital. He sustained spinal injuries and other complications as a result of the accident.



**SCENARIO #3:  
BOAT ACCIDENT**

**Incident:** The insured was operating a ski boat on a lake with two passengers. As the insured turned the boat, a strong gust of wind blew an inner tube out of the boat. A rope connected to the inner tube caught one of the passengers around the leg, launching him out of the boat and onto the dock. The passenger sustained substantial injuries to his knee and hip and was totally disabled for six weeks, leading to a business income loss.



**Outcome:** The primary insurance company tendered its full policy limit, which was \$500,000 short of the total claim amount. The RLI Personal Umbrella Policy covered the remaining amount. Without the personal umbrella policy, the insured would have had to pay the \$500,000 out of pocket.

Contact me to learn more.



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## FINANCIAL FOCUS

### How to Respond When Risk Tolerance Is Tested



Dan M. Roberts

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets.

Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy.

- Look past the immediate event. While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more

favorable environment. Yet, while past performance can't guarantee future results, every historical market decline has been followed by a recovery.

- Understand that the Dow isn't your portfolio. When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies – and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments.

- Keep your emotions out of your investment moves. The market will fluctuate constantly – but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and your emotions may drive your financial goals – creating a comfortable retirement, sending your kids to college or leaving a legacy for your family – but when you invest for these goals, you should use your head.

Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture – and a better understanding of yourself as an investor.

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

*Edward Jones, Member SIPC*



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*Attorneys at law*

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

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Criminal Defense, Traffic Citations  
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*Rather than dividing the world between good and evil, the Left divided the world in terms of economics. Economic classes, not moral values, explained human behavior. Therefore, to cite a common example, poverty, not one's moral value system, or lack of it, caused crime. –Dennis Prager*

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## NC COOPERATIVE EXTENSION Pamlico County

### Metabolic Concerns in Equine

By: Katie Carter *Livestock Agent*



Obesity can lead to all kinds of health problems for horses and can even have them living a very uncomfortable or poor quality of life. To help horse owners better understand how to properly care for their horses, several local NC Cooperative Extension agents organized a series of Horse Health virtual presentations. The first presentation discussed Metabolic Concerns with Equine with Dr. Shannon Pratt-Phillips, a professor of Equine Nutrition and Physiology from NC State University. The following information is adapted from Dr. Pratt-Phillips' presentation.

Pituitary Pars Intermedia Dysfunction (PPID) or more commonly known as Equine Cushing's Disease, is a metabolic problem seen in all breeds of horses. Cushing's is caused by an enlarged, benign tumor in the pituitary gland that causes an overproduction of hormones. The most critical hormone that is affected is ACTH (adrenocorticotropic hormone) which increases the production of cortisol. The overproduction of cortisol is the leading cause of many symptoms seen with Cushing's. Signs that a horse may have PPID are shaggy hair coat, muscle loss or wastage, unexplained bouts of laminitis, increased drinking, and increased urination. Many horses with Cushing's can also develop insulin resistance.

Another condition that affects horses is Equine Metabolic Syndrome (EMS). EMS is a collection of metabolic and endocrine (glands that secrete hormones or other products directly into the blood) problems associated with increased risk of laminitis. These problems include Insulin dysregulation or Insulin resistance, obesity, Hyperinsulinemia, Hypertriglyceridemia (elevated fats in blood), and Hyperleptinemia (hormone that is used for energy balance and maintenance of body weight).

Other problems that may occur with obesity are heat intolerance, reproductive problems, and orthopedic disease, such as arthritis. So how do you grade your horse on obesity to prevent these problems? A horse can have a body condition score performed, which has a scale of 1-9. A score of 6 is overweight and a score of 7 and up is considered obese. If you have a crest neck score performed, the scale is 0-5 with >3 being overweight and concerning.

To help prevent horses from developing these metabolic conditions we need to focus on keeping horses at a healthy weight. A horse that needs to lose weight will have better results with exercise and diet combined. There needs to be less energy intake (diet) and more energy output (exercise). It is important to keep in mind that a horse only needs to lose 0.5-1% of their body weight per week. If you have a 1000 lb. horse, they need to lose

about 10 lbs. per week. A horse with a body condition score of 8 will need restricted time on well-established pastures, or a grazing muzzle can be used to limit forage intake. Other steps that can be taken are hay testing and soaking of hay. Hay testing lets you know what nutrients and minerals are in the hay you are feeding your horses. Soaking hay in water lowers the sugars in the hay and also decreases the digestible energy. Another option to help a horse lose weight is with ration balancers. Ration balancers can be fed to a horse multiple times a day, as advised on product label.

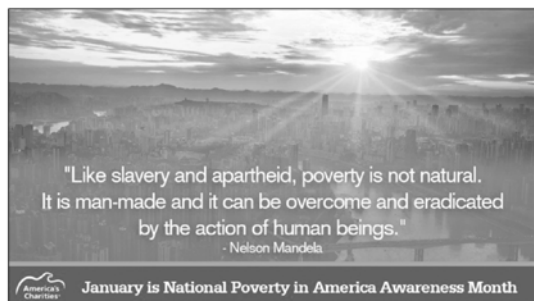
As mentioned before, diet and exercise go hand-in-hand when it comes to getting extra weight off a horse. Different exercises that can be implemented are lunging at a walk and trot for an extended period of time or long rides done at a walk. Within a pasture, different objects can be set up to make the horse walk around more, for example, adding hills or obstacles to maneuver around before getting to pasture, hay, or water.

Having a good relationship with a vet will also be beneficial. A good time to bring up metabolic concerns is when the vet comes out to administer seasonal shots. Issues can be addressed and properly taken care of after the vet has looked over the horse and addressed your concerns.



For more information on horse nutrition and body conditioning you can visit the NC State Equine Husbandry Portal at <https://equinehusbandry.ces.ncsu.edu/equine-factsheets/>. You can also reach out to your local livestock agent if you have any other questions. The next presentation, Equine Dentistry by Dr. Bryan Taylor of Taylor Mobile Equine Dentistry, will be held on January 13th. If you would like a copy of the Metabolic Concerns with Equines presentation form Dr. Shannon Pratt-Phillips, please contact Katie Carter via email at [katie\\_carter@ncsu.edu](mailto:katie_carter@ncsu.edu).

## Poverty in America Awareness Month



January has been designated as National Poverty in America Awareness Month to raise awareness and call attention to the growth of poverty in America. Nearly 40 million Americans live in poverty, or 12% of the US population (329.5 million), with an annual income of less than \$27,000. About 2 million workers earn below minimum wage which is \$7.25 per hour and over 570,000 Americans are homeless. In Pamlico County, approximately 2,000 people are living below the poverty level which is 15.1% of the county population. Poverty is a live or die situation for countless Americans.

Some of the many manifestations of poverty are hunger and malnutrition, limited access to

education and other basic services, social discrimination and exclusion, disabilities, restricted access to participation in the democratic process, and now difficulties receiving healthcare during the Coronavirus pandemic. An estimated 27 million people do not have enough food to eat and depend on food pantries and food stamps. Numerous hard-working Americans cannot afford their rent and face eviction from their homes at the end of January when the moratorium ends. In addition, 140,000 workers lost their jobs in December causing the unemployment rate to climb to 12%. More than 19 million people are receiving unemployment benefits, over one million of them for the first time. Millions are experiencing economic desperation facing hunger, eviction and crushing debt. Economists report that economic recovery has stalled, and it will take years for the employment rate to go back up.

Several federal departments employ programs specific to low-income citizens. The Department of Housing and Urban Development works to ensure rental housing for low-income families, veterans, and the elderly. Nine million

Americans live in subsidized housing. The Supplemental Nutrition Assistance Program (SNAP) provides food assistance for children and their families. The Temporary Assistance for Needy Families (TANF) helps more than 2 million people each month and Supplemental Security Income (SSI) spends \$58 billion a year assisting families with food and housing. There are charities dedicated to helping the impoverished through programs and services concentrated on addressing the root sources of poverty and working to create sound policy frameworks locally and nationally that will help lift our fellow neighbors, family members, and friends out of poverty so they can live independent, sustainable lives and contribute to the community.

We can eradicate poverty. As Nelson Mandela said, "Like slavery and apartheid, poverty is not natural. It is man-made and it can be overcome and eradicated by the action of human beings." Join us by supporting and raising awareness about the following nonprofits who are making a difference in the fight to stamp out poverty for good.

- Meals on Wheels
- Feeding America
- Heart and Hands
- Pamlico County Fishes and Loaves Outreach
- Holts Chapel Community Center
- Lions Club
- Marine Corp League
- Oriental Community Service Group
- Hospice of Pamlico County
- Hope Clinic
- Neuse Neighbors Network
- The Salvation Army
- Volunteer Fire Departments
- Heartworks
- Pamlico Partnership for Children
- Rotary Club
- Habitat for Humanity
- Goodwill
- Promise Place Food Pantry
- Food Bank of Central and Eastern NC
- Pamlico County Foundation for the Aged
- Veterans of Foreign Wars
- Disabled American Veterans

[www.usafacts.org/data](http://www.usafacts.org/data)

## CarolinaEast Cardiopulmonary Rehabilitation Program Certified By Industry Leader



Back row: Schleen Lozica RN, Glenda Skinner RRT, Cliff Petruska EP, Mike Dunlap EP Manager Front row: Kelly Forrest RN, Ivy Morton EP, Tonya Carmichael Secretary

(New Bern, NC) – The CarolinaEast Cardiopulmonary Rehabilitation Program was recognized by the AACVPR for its commitment to improving the quality of life for their patients by enhancing standards of care. American Association of

Cardiovascular and Pulmonary Rehabilitation (AACVPR) certified programs are recognized as leaders in the field of cardiovascular and pulmonary rehabilitation because they offer the most advanced practices available. This is CarolinaEast's sixth

re-certification with AACVPR.

Cardiovascular and Pulmonary rehabilitation programs are designed to help people with cardiovascular problems (e.g., heart attacks, coronary artery bypass graft surgery) and pulmonary problems (e.g., chronic obstructive pulmonary disease (COPD), respiratory symptoms) recover faster and improve their quality of life. Both programs include exercise, education, counseling, and support for patients and their families.

"CarolinaEast has been proud to offer these services to our heart and pulmonary patients for many years," said Mike Dunlap, Manager of Cardiopulmonary Rehabilitation at CarolinaEast. "In fact, we were the first hospital in our region to offer outpatient cardiac rehabilitation, and this re-certification is evidence of our incredible team committed to our patients' recovery and heart health."

The CarolinaEast Cardiopulmonary Rehabilitation program participated in an application process that requires extensive documentation of the program's practices. AACVPR Program Certification is the only peer-review accreditation process designed to review individual programs adherence to standards and guidelines developed and published by AACVPR and other professional societies. Each program is reviewed by the AACVPR Program Certification Committee and Certification is awarded by the AACVPR Board of Directors. AACVPR Program Certification is valid for three years.

About AACVPR  
Founded in 1985, the American Association of Cardiovascular and Pulmonary Rehabilitation is a multidisciplinary organization dedicated to the mission of reducing morbidity, mortality and disability from cardiovascular and pulmonary disease through education, prevention, rehabilitation, research and disease management. Central to the core mission is improvement in quality of life for patients and their families.

## USDA Announces Quality Loss Assistance



Now Available for Eligible Producers Affected by 2018, 2019 Natural Disasters  
Signup begins Jan. 6, 2021

WASHINGTON, Jan. 5, 2021 – The U.S. Department of Agriculture's (USDA) Farm Service Agency (FSA) today announced that signup for the Quality Loss Adjustment (QLA) Program will begin Wednesday, Jan. 6, 2021. Funded by the Further Consolidated Appropriations Act of 2020, this new program provides assistance to producers who suffered eligible crop quality losses due to natural disasters occurring in 2018 and 2019. The deadline to apply for QLA is Friday, March 5, 2021.

"Farmers and livestock producers nationwide experienced crop quality losses due to natural disasters in 2018 and 2019," said Bill Northey, USDA Under Secretary for Farm Production and Conservation. "We have worked diligently over the past couple of years to roll out meaningful disaster assistance programs to help alleviate the substantial financial loss experienced by so many agricultural producers and are pleased to offer quality loss assistance as added relief. Many of the eligible producers have already received compensation for quantity losses."

### Eligible Crops

Eligible crops include those for which federal crop insurance or Noninsured Crop Disaster Assistance Program (NAP) coverage is available, except for grazed crops and value loss crops, such as honey, maple sap, aquaculture, floriculture, mushrooms, ginseng root, ornamental nursery, Christmas trees, and turfgrass sod.

Additionally, crops that were sold or fed to livestock or that are in storage may be eligible; however, crops that were destroyed before harvest are not eligible. Crop quality losses occurring after harvest, due to deterioration in storage, or that could have been mitigated, are also not eligible.

Assistance is based on a producer's harvested affected production of an eligible crop, which must have had at least a 5% quality loss reflected through a quality discount; or for forage crops, a nutrient loss, such as total digestible nutrients.

### Qualifying Disaster Events

Losses must have been a result of a qualifying disaster event (hurricane, excessive moisture, flood, qualifying drought, tornado, typhoon, volcanic activity, snowstorm, or wildfire) or related condition that occurred in calendar years 2018 and/or 2019.

Assistance is available for eligible producers in counties that received a qualifying Presidential Emergency Disaster Declaration or Secretarial Disaster Designation because of one or more of the qualifying disaster events or related conditions.

Lists of counties with Presidential Emergency Disaster Declarations and Secretarial Disaster Designations for all qualifying disaster events for 2018 and 2019 are available here. For drought, producers are eligible for QLA if the loss occurred in an area within a county rated by the U.S. Drought Monitor as having a D3 (extreme drought) or higher intensity level during 2018 or 2019.

Producers in counties that did not receive a qualifying declaration or designation may still apply but must also provide supporting documentation to establish that the crop was directly affected by a qualifying disaster event.

To determine QLA eligibility and payments, FSA considers the total quality loss caused by all qualifying natural disasters in cases where a crop was impacted by multiple events.

### Applying for QLA

When applying, producers are asked to provide verifiable documentation to support claims of quality loss or nutrient loss in the case of forage crops. For crops that have been sold, grading must have been completed within 30 days of harvest, and for forage crops, a laboratory analysis must have been completed within 30 days of harvest.

Some acceptable forms of documentation include sales receipts from buyers, settlement sheets, truck or warehouse scale tickets, written sales contracts, similar records that represent actual and specific quality loss information, and forage tests for nutritional values.

### Payments Calculations and Limitations

QLA payments are based on formulas for the type of crop (forage or non-forage) and loss documentation submitted. Based on this documentation FSA is calculating payments based on the producer's own individual loss or based on the county average loss. More information on payments can be found on farmers.gov/quality-loss.

FSA will issue payments once the application period ends. If the total amount of calculated QLA payments exceeds available program funding, payments will be prorated.

For each crop year, 2018, 2019 and 2020, the maximum amount that a person or legal entity may receive, directly or indirectly, is \$125,000. Payments made to a joint operation (including a general partnership or joint venture) will not exceed \$125,000, multiplied by the number of persons and legal entities that comprise the ownership of the joint operation. A person or legal entity is ineligible for QLA payment if the person's or legal entity's average Adjusted Gross Income exceeds \$900,000, unless at least 75% is derived from farming, ranching or forestry-related activities.

### Future Insurance Coverage Requirements

All producers receiving QLA Program payments are required to purchase crop insurance or NAP coverage for the next two available crop years at the 60% coverage level or higher. If eligible, QLA participants may meet the insurance purchase requirement by purchasing Whole-Farm Revenue Protection coverage offered through USDA's Risk Management Agency.

### More Information

For more information, visit farmers.gov/quality-loss, or contact your local USDA Service Center. Producers can also obtain one-on-one support with applications by calling 877-508-8364.

All USDA Service Centers are open for business, including those that restrict in-person visits or require appointments. All Service Center visitors wishing to conduct business with FSA, Natural Resources Conservation Service, or any other Service Center agency should call ahead and schedule an appointment. Service Centers that are open for appointments will pre-screen visitors based on health concerns or recent travel, and visitors must adhere to social distancing guidelines. Visitors are also required to wear a face covering during their appointment. Our program delivery staff will continue to work with our producers by phone, email and using online tools. More information can be found at farmers.gov/coronavirus.

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## Then And Now' Pics That Show How Time Changes Things

by: Hiram Lupton

If you're not familiar with what rephotography is, it's the art of reshooting old photos of places in the modern day as accurately as possible. This can prove to be rather tricky, especially when it comes to really old photos, as the places often change dramatically over the years, and finding the exact spot where a picture was taken is really challenging. Nevertheless, we love a good challenge, and constantly provide us with amazing recreations of old photos in modern times, proving how time changes things – and not always for the better.

Check out some great examples of rephotography in the coming year.



## Annual project cleans up waterways and employs watermen and women during a slower time of the year



**WANCHESE** - The North Carolina Coastal Federation is set to begin its seventh year of the Lost Fishing Gear Recovery Project this week. Thirty-one commercial watermen along the northern and central coast will set out into the sounds to collect lost crab pots.

Every year, crab pots and other fishing gear are lost in our sounds in a variety of ways. Lost gear can get hung up or drift into channels, creating hazards to boaters and wildlife. Since 2014, the federation has led the Lost Fishing Gear Recovery Project in an effort to remove lost crab pots from North Carolina sounds.

With the help of various partners, commercial fishermen and women are hired to collect the pots during the no-potting period. The no-potting period is the annual closure of internal coastal waters to all crab, eel, fish and shrimp pots.

In January 2019, 3,112 pots were removed from select areas within all three Marine Patrol Districts. The 2021 project will take place in select areas within Marine Patrol District 1, which covers the northeast region of the coast, and District 2, which covers the central region of the coast.

Once the pots are collected, they are recycled to the best extent possible. Crab pots that are recovered from the Albemarle and Pamlico Sound region during the project will be available for the rightful property owners to reclaim after the cleanup is complete.

This project is funded by the N.C. Marine Fisheries Commission Commercial Resource Fund Committee and the Funding Committee for the N.C. Commercial Resource Fund under the Commercial Fishing Resource Fund Grant Program. It is intended to improve habitat, water quality and support coastal economies.

"We've all been hit pretty hard this year. After a tough year of crabbing I am looking forward to this opportunity. With this project not getting funded in 2020, I have a feeling there's going to be a lot of cleaning up to do," JT Outland, project participant from Manns Harbor shared. "Being on the water nearly every day as a full time commercial fisherman, it's important to remove the lost pots and keep our waters clean and safe."

Sara Hallas, coastal education coordinator for the federation and project leader, said she's excited to clean up the waterways and create opportunities for work during this time of the year.

"This project wouldn't be possible without the support of community organizations and our commercial watermen and women, who have consistently expressed that helping with this project and protecting waterways is important to them."

The boat crews will conduct crab pot removal from 8 a.m. - 2 p.m. each day starting around Jan. 8. Removal will take approximately one week.

Members of the media interested in meeting with crab pot removal crews can contact Sara Hallas at 252-473-1607 or sarajh@nccoast.org as soon as possible in order to coordinate meeting logistics. Visits will be weather-dependent.

This project is part of the federation's overall effort to ensure an N.C. coast that is free of marine debris. Establishing an annual paid program for marine debris removal—including crab pots—is a key objective of the N.C. Marine Debris Strategic Plan. For more information on the progress of the Lost Fishing Gear Recovery Project over past years, visit [nccoast.org/crabpotproject](http://nccoast.org/crabpotproject).

### About the North Carolina Coastal Federation

The North Carolina Coastal Federation is a nonprofit membership organization that works to keep the coast of North Carolina a great place to live, work and play. Through a variety of programs and partnerships, the federation provides for clean coastal waters and habitats, advocates to protect the coast and teaches and informs people about the coast and what they can do to protect it.

The federation has offices in Ocean, Wanchese and Wrightsville Beach, N.C.

To learn more, please visit [nccoast.org](http://nccoast.org) or call 252-393-8185.

## Miss Nancy's Hot Minestrone Soup

We all know of Minestrone soup. It is a delicious thick and colorful soup. A lot can be left to the imagination and vegetables can be used that are in season. You do have to have several things, however, that are quite traditional for making this soup – herbs, small pasta or rice, and grated Parmesan cheese. You will want to choose a day when you are not too rushed to put this together. Make enough to freeze. You'll love it.

- ½ pound navy beans
- 4 tablespoons olive oil, or other
- 2 onions, peeled and sliced
- 2 cloves garlic, crushed or grated
- 3 slices bacon
- 4 tomatoes, chopped
- 1 glass red wine, about ½ cup
- 1 teaspoon marjoram
- ½ teaspoon thyme
- 2 carrots, cut into cubes
- 2 potatoes, cut into cubes
- 1 turnip, cubed
- 2 stalks celery, chopped
- ½ head cabbage, shredded
- ½ cup macaroni, or other small pasta
- 1 ½ teaspoon parsley
- Salt to taste
- Pepper to taste
- Parmesan cheese, grated

Soak the navy beans overnight. Heat the oil in large pan and add the onions, garlic and bacon. Saute several minutes. Then add the tomatoes, wine and navy beans. Add about 3 pints of water (7 cups), marjoram and thyme – simmer for about 2 hours – covered. Then add the carrots. Cook about 10 minutes before adding the potatoes and turnips. Cook for about 15 more minutes and then add the celery, cabbage and pasta. Cook until pasta and all vegetables are tender and then add other ingredients. Stir in about 4 tablespoons Parmesan cheese just before serving. Serve with extra Parmesan cheese and hot Italian bread.



Recipe taken from Kitchen Chatter Recipe Book, by Nancy Winfrey. The Pamlico News Publishing, P.O. Box 510, Oriental, NC 28571. Page 13.

# Soup Swap Day



Spend quality time with family and friends, socially distancing of course, on the third Saturday of January (16th) to celebrate Soup Swap Day. Everyone makes their favorite homemade soup and stores them in containers to swap. This tradition was started in 2006 by Knox Gardner and his friend in Seattle, Washington, which began an unofficial fun holiday celebrated all over the US and in many other parts of the world. Interesting to note that the earliest known record of humans eating soup dates back 20,000 years ago. There has never been a better time in history for the soothing, calming effects of a hot homemade soup.

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### STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-100, SUB 167

#### BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of  
Biennial Determination of Avoided Cost Rates for Electric Utility Purchases from Qualifying Facilities -2020 )  
NOTICE OF PUBLIC HEARING )

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission (Commission) has scheduled a public hearing in this docket which will commence on Tuesday, February 16, 2021, at 9:30 a.m., to be held remotely via Webex for the purpose of taking nonexpert public witness testimony as a part of its 2020 biennial determination of avoided cost rates for purchases of electricity by the electric utilities who are parties to this docket from qualifying facilities. The electric utilities who are parties to this docket are Duke Energy Carolinas, LLC (DEC), Duke Energy Progress, LLC (DEP), Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (DENC), Western Carolina University (WCU), and Appalachian State University, d/b/a New River Light and Power Company (New River).

The Public Utility Regulatory Policies Act of 1978 (PURPA) requires electric utilities to offer to purchase electric energy from facilities which obtain qualifying facility status under PURPA. The rates for such purchases shall be set by the state regulatory authority, shall be just and reasonable to the ratepayers of the electric utility and in the public interest, shall not discriminate against qualifying facilities, and shall not exceed the incremental cost to the electric utility of acquiring alternative electric energy. As a part of its responsibility in these matters, the Commission determines on a biennial basis the avoided cost rates and conditions for the purchase of electricity by electric utilities from qualifying facilities in North Carolina.

In addition to the requirements of PURPA, N.C. Gen. Stat. § 62-156 requires the Commission to determine the rates and contract terms to be observed by electric utilities in purchasing power from small power producers as defined in N.C.G.S. § 62-3(27a). The rates established pursuant to N.C.G.S. § 62-156 shall not exceed, over the term of the purchase power contract, the incremental cost to the electric utility of the electric energy which, but for the purchase from a small power producer, the utility would generate or purchase from another source.

The purpose of the hearing cited in this Notice is to consider revision of the avoided cost rates and contract terms previously set by the Commission for the purchase of electricity by the electric utilities who are parties to this proceeding from qualifying facilities in North Carolina.

Members of the public that would like to testify must register in advance of the hearing, no later than 5:00 p.m. on Tuesday, February 9, 2021, by contacting the Public Staff via email at [Avoided-CostPublicHearing@pscnc.gov](mailto:Avoided-CostPublicHearing@pscnc.gov) or by calling 866-380-9816. When registering, provide your name, docket number (E-100, Sub 167), telephone number, and the topic of your testimony.

**Only individuals registered with the Public Staff by 5:00 p.m. on Tuesday, February 9, 2021, will be allowed to testify at the public witness hearing.**

The Public Staff is required by statute to represent the using and consuming public in proceedings before the Commission. Written statements to the Public Staff should include any information which the writer wishes to be considered by the Public Staff in its investigation of the matter, and such statements should be addressed to Mr. Christopher J. Ayers, Executive Director, Public Staff — North Carolina Utilities Commission, 4326 Mail Service Center, Raleigh, North Carolina 27699-4300.

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to The Honorable Josh Stein, Attorney General of North Carolina, c/o Utilities Section, 9001 Mail Service Center, Raleigh, North Carolina 27699-9001. Written statements may also be e-mailed to [utilityAGO@ncdoj.gov](mailto:utilityAGO@ncdoj.gov).

Written statements will be considered by the Commission in reaching its decision but do not receive the same consideration as testimony provided by public witnesses at a hearing.

Any person desiring to intervene in this matter as a formal party of record should file a motion under Commission Rules R1-5 and R1-19 no later than Monday, January 11, 2021. All such motions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300. The comments and exhibits to be presented in this proceeding by formal parties other than DEC, DEP, DENC, WCU, and New River related solely to proposed changes in the methodologies used to calculate or determine the avoided cost rates, as well as the data inputs and assumptions used in applying those methodologies must be filed with the Commission no later than Monday, January 11, 2021. Deadlines for parties' filing of comments and exhibits related to additional issues in this proceeding will be established by further order of the Commission.

ISSUED BY ORDER OF THE COMMISSION.

This the 24th day of November, 2020.

NORTH CAROLINA UTILITIES COMMISSION

Joann R. Snyder, Deputy Clerk

Only the pure in heart can  
make a good soup.

Ludwig van Beethoven



## Pamlico County Health Department

203 North Street  
PO Box 306  
Bayboro, NC 28515  
Tel: (252) 745-5111 Fax: (252) 745-7684

### Attention: Pamlico County Residents

We are happy to share the Moderna Vaccine for COVID-19 has been received by the Pamlico County Health Department (PCHD). At this time, the PCHD is the only agency overseeing the delivery of vaccine to Pamlico County residents. Vaccination will proceed according to risk categories or phases defined by the CDC and the NCDHHS. Phases are updated often. The DHHS web site list the latest vaccine information and phases: <https://covid19.ncdhhs.gov/vaccines>.

The first vaccine doses were given by the Health Department to those in Phase 1a, the health care workers at high risk for COVID-19 due to exposure based on work duties or vital to the initial COVID response in our county. CVS and Walgreen Pharmacies are also vaccinating those in our congregate living facilities. The County Health Department and NCDHHS are assuring those working or serving in jail or prison will receive vaccine.

The County Health Department will be receiving more vaccine at weekly intervals and will oversee the vaccination effort in Pamlico County. In order to receive the vaccine, you must first preregister with the Health Department. The PCHD will formally register you within the State vaccination database, and you will then receive an email from the State DHHS informing you of your vaccination phase. Once you receive this information, you can call the Health Department at 745-5111 to receive an appointment for the vaccine. Currently there is no individual preregistration; you must work through the Health Department.

Currently only Phase 1b is open for preregistration. It is divided into 4 Groups. Group 1 includes persons aged 75 years old or older.

Group 2 includes health care workers not vaccinated in Phase 1a and frontline essential workers 50 years or older

Group 3 includes health care workers not vaccinated in Phase 1a and frontline essential workers of any age.

Frontline workers are those whose job is essential for the COVID-19 response and who work in a setting that puts them at risk to be exposed to the virus including: first responders, correction officers, food and agricultural workers, US postal service workers, manufacturing workers, grocery store workers, public transit workers, education and child care workers.

#### If you are in Phase 1b, PREREGISTER AND GET AN APPOINTMENT NOW

1. Send the following information to: [C19vac@pamlicocounty.org](mailto:C19vac@pamlicocounty.org).

- First and last name
- Your date of birth (writing the month, for example: April 19, 1945)
- Your email (Note: you cannot use a shared email; each individual needs a separate email address)

2. You will then receive an email letter from NCDHHS which will direct you to complete a registration form.

**Be sure and complete every question or it may delay your registration.**

3. Within a short time, usually within a day – you will receive another email from NCDHHS regarding your Phase for vaccination. If you are in Phase 1b, call the Health Department at 252-745-5111 to schedule an appointment for your vaccine. If you are in a later Phase, wait to call the Health Department until that Phase is open for vaccination.

Once we vaccinate all those eligible for Phase 1b, we will notify the public about Phase 2, who will be included and how-to pre-register, especially if there are changes in the process. The County Website ([www.pamlicocounty.org](http://www.pamlicocounty.org)) and the Pamlico County Emergency Management Facebook Page (<https://www.facebook.com/PamlicoEM>) will continue to share our latest information. Information will also be passed to our local printed media to disseminate to the community.

The Governor's Executive order regarding wearing a mask is still in effect, even after the second dose. NC Public Health Officials will determine when a mask is no longer needed. You will not be immune until several weeks after your second dose AND you may infect others during this period, if you are shedding virus. In the meantime, remember to practice the 3 Ws!

If you do not have a computer, or do not know how to set up another email for yourself, try to find a friend, family member or perhaps a church or club member who can help. You can contact the Pamlico County Senior Center at (252) 745-7196 with assistance in finding someone to help you.

*We will do our best to make sure that everyone in Pamlico County is able to get vaccinated!*  
Scott Lenhart

## LETTER TO THE EDITOR

### A Divided Nation

by Mary T. Gurley, Oriental  
January 13, 2021

America has a history of conflict and division from its inception in colonial times when European settlers moved onto the new world pushing Native Americans off their land, imposing their beliefs and killing them with diseases. In the westward movement, there were gun fights over land rights, open grazing for cattle, and the discovery of gold. The country was further divided during the civil war era with a war between the states over money, power, and slavery. The movement toward civil rights for Black Americans was fraught with riots and deadly conflicts with white supremacists. With increasing immigration came cultural clashes and people found new reasons to hate what they did not understand.

The political conflicts in our country are as plentiful as they are powerful in dividing people during a time in our history when support and goodwill are needed. Although the wealthy are thriving, the majority of Americans are not seeing the prosperity that we see in the stock market. The COVID-19 pandemic has caused businesses to close and people to lose their jobs. Salaries have not kept up with inflation, the minimum wage is not a living wage, and people are being evicted from their homes. Health care is not affordable, and people are suffering. These are times when neighbors should be coming together to help each other. Instead, we are fighting over a mandate to wear a mask and who has the right to be president.

We have become further divided by polarizing political beliefs as well as the forced isolation and social distancing resulting from the pandemic. On Wednesday, our democracy was assaulted, and we are now at a crossroads. Will we come together as a country, as we did after 9/11, or be further torn apart by our differences? Are we going to find common ground and shared values that will allow us to respect those differences, agree to disagree, and work together as free citizens and as united states to make our democracy work for all of us or are our differences worth the conflict? Is the government overreaching our civil liberties to mandate that people wear masks to protect the public's health? Are political dissidents becoming anarchists and traitors to our democratic republic? Will the majority still rule in America while the Constitution protects the rights of its minority citizens? The preamble to our Constitution begins, "We the people, in order to form a more perfect union, ..." Will we find peace with one another or continue to live in conflict? It is up to us.

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

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

## Winter Weather Can Be Dangerous; How to Stay Safe

**Raleigh, NC, January 7, 2021:** As people across North Carolina prepare for the winter storm of the year, the American Red Cross urges residents to stay safe and warm by following basic safety tips. The Red Cross has steps you should take to stay safe should winter weather threaten your community.

"The best way to stay safe during a winter storm is to prepare your home, family and pets before the snow starts to fall," said Barry Porter, Regional CEO of the Red Cross in Eastern NC. "The Red Cross recommends families be mindful when heating their homes with space heaters, dress in layers before you play outside, and bring pets indoors."

Take immediate precautions if you hear these words on the news:

- Winter Storm WARNING: Life-threatening, severe winter conditions have begun or will begin within 24 hours.
- Blizzard WARNING: Sustained winds or frequent gusts of 35 miles per hour or greater, plus considerable falling or blowing snow reducing visibility to less than a quarter mile, expected to prevail for three hours or longer.
- WIND CHILL Temperature: How cold people and animals feel when outside. As wind increases, heat is carried away from your body at a faster rate, driving down your body temperature and making you feel much colder. The wind chill temperature is not the actual temperature but rather how wind and cold feel on exposed skin.
- Winter Storm WATCH: Winter storm conditions possible within the next 36 to 48 hours. Review your winter storm plans and stay informed about weather conditions.

#### WHAT YOU SHOULD DO

- Assemble an emergency preparedness kit.
  - Protect pipes from freezing.
  - Caulk and weather-strip doors and windowsills to keep cold air out. Install storm windows or cover windows with plastic from the inside to provide an extra layer of insulation to keep cold air out.
  - Make sure you have enough heating fuel on hand. Conserve fuel. Winter storms can last for several days, placing great demand on electric, gas, and other fuel distribution systems (fuel oil, propane, etc.).
  - Stay indoors and wear warm clothes. Layers of loose-fitting, lightweight, warm clothing will keep you warmer than a bulky sweater. If you feel too warm, remove layers to avoid sweating; if you feel chilled, add layers.
  - Check on relatives, neighbors and friends, particularly if they are elderly or if they live alone.
- STAY SAFE OUTSIDE**
- If you must go outside, protect yourself from winter storm hazards:
- Wear layered clothing, mittens or gloves, and a hat. Outer garments should be tightly woven and water repellent. Mittens or gloves and a hat will prevent the loss of body heat.
  - Cover your mouth to protect your lungs from severely cold air. Avoid taking deep breaths; minimize talking.
  - Watch for signs of hypothermia and frostbite.
  - Keep dry. Change wet clothing frequently to prevent a loss of body heat. Wet clothing loses much of its insulating value and transmits heat rapidly away from the body.
  - Stretch before you go out. If you go out to shovel snow, do a few stretching exercises to warm up your body. This will reduce your chances of muscle injury.

- Avoid overexertion, such as shoveling heavy snow, pushing a vehicle, or walking in deep snow. The strain from the cold and the hard labor may cause a heart attack. Sweating could lead to a chill and hypothermia.

- Walk carefully on snowy, icy sidewalks. Slips and falls occur frequently in winter weather, resulting in painful and sometimes disabling injuries.

- If you must go out during a winter storm, use public transportation if possible. About 70 percent of winter deaths related to ice and snow occur in automobiles

#### WINTER DRIVING SAFETY

Stay off the road if possible during severe weather. If you must drive in winter weather, follow these tips:

- Keep in your vehicle:
- A windshield scraper and small broom. A small sack of sand for generating traction under wheels and a set of tire chains or traction mats. Matches in a waterproof container. A brightly colored (preferably red) cloth to tie to the antenna
- An emergency supply kit, including warm clothing.
- Keep your vehicle's gas tank full so you can leave right away in an emergency and to keep the fuel line from freezing.
- Make sure everyone has their seat belts on and give your full attention to the road.
- Don't follow other vehicles too closely. Sudden stops are difficult on snowy roadways.
- Don't use cruise control when driving in winter weather.
- Don't pass snow plows.
- Ramps, bridges and overpasses freeze before roadways.

If you become stranded:

- Stay in the vehicle and wait for help. Do not leave the vehicle to search for assistance unless help is visible within 100 yards (91 meters). You can quickly become disoriented and confused in blowing snow.
- Display a trouble sign to indicate you need help. Hang a brightly colored cloth (preferably red) on the radio antenna and raise the hood after snow stops falling.
- Run the engine occasionally to keep warm. Turn on the engine for about 10 minutes each hour (or five minutes every half hour). Running the engine for only short periods reduces the risk of carbon monoxide poisoning and conserves fuel. Use the heater while the engine is running. Keep the exhaust pipe clear of snow, and slightly open a downwind window for ventilation.
- Leave the overhead light on when the engine is running so that you can be seen.

**DOWNLOAD APPS** People can download the Red Cross Emergency App for instant access to weather alerts for their area and where loved ones live. Expert medical guidance and a hospital locator are included in the First Aid App in case travelers encounter any mishaps. Both apps are available to download for free in app stores or at [redcross.org/apps](http://redcross.org/apps).

#### About the American Red Cross:

The American Red Cross shelters, feeds and provides emotional support to victims of disasters; supplies about 40 percent of the nation's blood; teaches skills that save lives; provides international humanitarian aid; and supports military members and their families. The Red Cross is a not-for-profit organization that depends on volunteers and the generosity of the American public to perform its mission. For more information, please visit [redcross.org](http://redcross.org) or [cruzrojaamericana.org](http://cruzrojaamericana.org), or visit us on Twitter at @RedCrossENC.

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# SCHOOLS

## CH..CH..CH.. CHANGES

PCPS was on a hybrid schedule with A-day and B-day students attending school two days a week since September 8th. On Thursday, November 5th, Pamlico County Schools began their staggered re-entry plan for K-5 students. Students were now able to attend school four days a week, with Wednesdays being a remote learning day. Staggered reentry allowed for the safe transition for schools and transportation. We were able to remain on campus until Friday, December 11th when we learned of a schedule change due to the rising number of Covid cases and mandatory quarantines throughout the school district. We completed a week of remote learning before leaving for Christmas break. As of right now, we will remain in remote learning until Monday, January 19th, 2021. Luckily our staff and students were able to have some Christmas fun together before having to leave campus.

### PCPS ROCKS AGAIN!



On Friday, November 6th we enjoyed celebrating Keyan's upcoming 5th birthday by taking his and his mom's picture on our school rock. We think his parents did an awesome job painting the lego people. It was Keyan's idea to paint a friend for the Lego boy. On the back, Keyan got to show off his artistic skill while his parents painted the front. Our next rock was painted by the Lewis family reminding Santa not to forget about all the good girls and boys at Pamlico County Primary School by painting the rock bright red with the words "SANTA STOP HERE." It sure did bring smiles to a lot of people's faces. Thanks for sharing your Christmas spirit!



## The Coronavirus That Couldn't Steal Christmas!



Pamlico County Primary School feels very blessed that we got to celebrate Christmas with our staff and students this year. Early in the month teachers began preparations in anticipation that we might have to go home for remote learning before Christmas break arrived. Teachers adapted to our new normal taking safety precautions in connection with our celebrations. Christmas around the World, that typically includes second grade students rotating through classrooms learning about Christmas traditions in other countries still happened. It just looked a little different.

Students remained in their classrooms and their classroom teachers showed their students pre-recorded videos of the other 2nd grade teachers teaching about the tradition of their country and demonstrated how to make an accompanying craft and snack.

Even though annual traditions like Grinch Day in Miss. Wing's class and Elf Day in Mrs. Nelson's class looked a little different, the teachers still did everything they could to make learning and celebrating fun. Miss. Wing stated, "Even though we didn't get to do all that we wanted, we were still able to make Christmas ornaments and listened to Christmas stories (including the Grinch). We had an elf in our classroom and one day the Grinch was with him! We also had a small party with snacks and a movie.



Because they had to go to remote learning, Mrs. Nelson's class celebrated Elf Day virtually. The students dressed up as elves for their live Zoom, did elf addition, read elf books and filled out an application to become an elf. Pictured is Allison with her brother, Alex dressed up like elves.



The Elves on the Shelves were spotted all over the school making their annual appearances. Our office data manager went all out decorating for Christmas. It looked like a winter wonderland with more elves than we have ever had perched around the office. The main office elf, Ralphie arrived in a class jar because he was in quarantine because of the virus. Bookie and a new elf, Techie visited classrooms on carts with Mrs. Debby and Ms. Jennifer when they delivered library books and had library class.

Gifts were still exchanged, Christmas presents were crafted for parents, Christmas books were read, special Christmas treats were enjoyed, elves were spotted, pajamas were worn on our last day of school. These little activities made our holidays a little brighter for our school.



PCPS loves our staff, students and their families and we wish everyone a healthy and HAPPY 2021 NEW YEAR!!!

## Stem Fun, Title I and Pokémon



On November 19th, PCPS held a fun filled evening with the Virtual Family STEM Night with the Aurora Fossil Museum/PCPS TITLE I NIGHT. Families were asked to view the video of our PCPS Title I presentation and virtually attend the Fossil Museum STEM night. By participating in these activities, students became eligible to win one of 29 Pokémon game kits including a stuffed animal with a trainer hat and three packs of trading cards. To be entered into the drawings, parents filled out the Parent Meeting Participation Form and returned it to school by Tuesday morning, November 24th along with the parent survey. Ms. Dixon announced the winners on the day we got out for the Thanksgiving holiday.

Our students were so excited when they heard their names announced over the intercom. Virtual students were eligible as well and were notified by their teachers. The winners were also announced on our school Facebook page. These prizes were donated to our school by First Book Marketplace. They held a drawing this summer and our media coordinator, Mrs. Debby entered the contest not realizing what our school would receive. We were amazed this fall when 7 large boxes arrived with our prizes. First Book partnered with an anonymous donor to get more than 450,000 Pokémon Game Kits into the hands of kids in need to spark joy amidst the COVID-19 pandemic.



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- \* **Notary Public, one-day class, Feb. 6**
- \* **Cardiac Monitor Tech, starts Feb. 9**
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# Health & Wellness

## The benefits of making New Year's resolutions



The end of December is a busy time of year. Families are shopping for gifts for loved ones and friends, holiday celebrations are in full swing and thoughts begin to turn to the new year ahead.


At the stroke of midnight on New Year's Eve, it is customary to sip a glass of champagne and toast to the new year. Many people use the dawn of a new year as a time to create a list of resolutions that reflect positive changes they hope to make in the year ahead.

Between 40 and 45 percent of American adults make resolutions each year, according to the health and wellness group Proactive Mindfulness. According to John C. Norcross, Marci S. Mrykalo and Matthew D. Blagys, coauthors of the study "Auld Lang Syne: Success predictors, change processes, and self-reported outcomes of New Year's resolvers and nonresolvers," within six months of starting a resolution 46 percent of people are still maintaining their resolutions.

Resolutions may seem silly to some, but there are several positive reasons to make them.

- Resolutions provide practice setting goals. Goal-setting is an important component of life. Goals are key because they provide general direction in life. A goal is a map that can give you an idea of where you are heading and what path you need to take to get there, according to the self-improvement guide Success Consciousness. Resolutions can be fun, low-pressure goals. Think of them as dress rehearsals for bigger life changes.
- Resolutions offer time for reflection. Too often people are rushing through daily life without stopping or slowing down to truly assess the impact of their actions. Resolutions help you reflect on the past, present and future, figuring out what has been working and what may need to be changed to provide a boost, according to the wellness resource Alternative Daily.
- Resolutions can serve as a catalyst for positive change. When something isn't working with your routine, personal health or relationships, resolutions can serve as the catalyst that ultimately rights the ship.
- Resolutions can promote self-esteem and empowerment. Making resolutions and keeping them can provide a sense of accomplishment that comes with goal-setting and following through. Resolving to lose five pounds and then seeing the proof on a scale can be a powerful motivator that compels you to make other self-improvements. Accomplishing small goals also can boost self-esteem.

Resolutions are often made at the dawn of a new year. These efforts can provide the motivation and direction people need to make positive changes in their lives.



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# AROUND THE COUNTY

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



Goose Creek Island 55 Plus Club met Thursday at the Community Center with Pres. Donna Jones officiating. Chaplain Rosanne Rowe brought the devotions, Jeremiah 8: 8-15 and prayed for democracy and peace in our country. An Installation of New Officers for 2021 was held, led by Sue Gilgo. Pres. Donna Potter Jones, Vice Press. Sharon Lupton Leary, Sec/Treas Karen Lupton Ireland, Chaplain Rosanne Gaskill Rowe and Correspondent Shelby Ireland Keech. They received a standing ovation from the membership. Many thanks to Karen for preparing a list of members with addresses and birth dates for everyone. We enjoyed playing Bingo and winning neat prizes. The Rummikub ladies stayed after the meeting to play their favorite game!

Prayer List: A.E. Watson is receiving medical treatment. Charlie Lewis of Raleigh (formerly of Lowland), wife Karen and daughter McKenzie have tested positive for Covid - 19. Mary Ann Banks underwent knee surgery last Friday and is scheduled to have surgery on the other knee next week. She is doing well. Please be in prayer for our country.

Happy Birthday: Ricardo Jones – January 14, Christopher Jones, Scarlet Bonner and Madison Elizabeth Sadler - January 15, Gladys Henries Shelton and Ruth Ireland - January 16. Kelly

Walker, Randy Isenhardt and Brandon Hopkins - January 17, Forest Howard Williams, Rita Henries Gray, Sherry Lynn Jones and Marjorie Watson Eggleston - January 18, Andrew Lozica Jr., Susan Burch Caroon, Daphney Ballance Walker, Amber Nethercutt Branum and Ruby Radford Sawyer - January 19, Lana G Balance Zechner, Rita Sadler Olmstead, Makayla Phillips McFadden, Emma Sadler Lupton, Joseph Whitford and Ronald Wayne Berry - January 20.

Rita Lupton and daughter, Wendy Honeycutt drove to Morehead City last week to visit Rita sister Nina Jarvis. They had lunch at Zaxby's Restaurant and picked up plaques for the 55 Plus Club bulletin at Tagg's Engraving. Rita also visited with newcomers to our community, John and Yang Perry who have purchased the former Leadrew Swindell house. They attended Free Will Baptist Church last Sunday.

Roland Leary and Gene Lupton replaced the American Flag and line at the Community Center. While there they trimmed the bushes. Thank you, guys!

Sharon Lupton Leary visited with her good friend Swannie Turner for a couple of days last week. They always seem to have a good time.

G.C. I. Community Development will hold their quarterly meeting Jan 19 at 7:00 PM.

## Whortonsville *Reba Tiller, Correspondent*



When is summer coming back? I am already tired of the cold weather but at least we had a little time with no rain. Three ducks are having a ball playing in the creek every day in front of the house. They are enjoying the cold. We celebrated Bill Nickerson's birthday this week with dinner, then he and wife Sylvia helped to finish a puzzle I had agonized over for a week. My grandson Harry left to go back to Gardner Webb today and they test the students as they come back for the virus. If they test negative, which he did, they let them in, but if they test positive they cannot go back to the school. They are doing this so they do not have to shut down classes on campus. Just learned this week that Grady O'Neal passed away. His wife Gayle has been singing in the

chorale for several years but stepped down a couple off years to be home with him. He was a man of many talents, especially in the building business, and a few years back had the foresight to build them a house with only one story. I have been so thankful that when Weeks and moved here from Durham, we redid the little house on the Lupton property, and opened it up inside for easier movement throughout the house. My sister-in-law Betty Matthews of Wallace passed away last week from complications of the lungs and heart. My brother Robert is delaying her Memorial as I am Weeks, due to the virus. Bethel services have been called off for two weeks because of the increase in cases of the virus.

Thought for the week--Everybody wants to eat at the government's table, but nobody wants to do the dishes! (Werner Finck)

## Pamlico *Betty Jo Rodgers, Correspondent*



Another woman important to the Pamlico Community has gone home to be with her Lord and Savior. We received word from Gordon Keller this week that Elsie Keller, formerly of Oriental died. I know she is in heaven with her husband Franklin and Jesus. She was highly active in the ministry when she was a resident in Oriental and a member of Pamlico United Methodist Church.

There have been many fishermen in Broad Creek so they must be catching some nice fish. Some are fishing from kayaks as well as pleasure boats. I have even seen one gentleman on the pier at the Preserve every morning regardless of the cold, but he does not appear to be fishing; perhaps he is just out walking and taking in the view.

Speaking of the Preserve, I rode in there to turn around one day and I was extremely saddened by the trash and debris that was at the end of the road. There were large tree stumps, piles of tires, old furniture, and just general trash. For those who do not know, THIS IS NOT THE COUNTY DUMP! The county dump is located on highway 306 north of Grantsboro. If you cannot afford the fee, contact me and I will try to get you some help.

The Preserve is directly across from our property and it is in an estuary. Rain will wash the debris into the creek and inadvertently destroy the breeding ground for those fish that so many of you enjoy catching. Please take responsibility for helping to keep our waters clean.

This week there have been several pelicans and herons fishing Broad Creek. Many birds have also been seen on Trent Road eating the worms who have come to the surface due to the recent rains. There were sea gulls intermingled with flocks of snowbirds traveling south for the winter, all enjoying the worm buffet.

We also saw some exceptionally large buzzards in a field on Straight Road. We are not sure that they were feasting on, but it could have been some wild animal that had been hit by a car or shot by someone who was hunting.

Celebrating birthdays in January are Elizabeth Farmer Tillman (1/15), Kelli Hinson and Ruth Ireland (1/16), Ned Ferris (1/21), Kate Moye and Jenny Lupton (1/22), Desiree Brinson (1/25), and Shari Roberts Hale (1/31).

Have a blessed week. Blue? Take Spiritual Vitamin B. "Bless the Lord, O my soul, and all that is within me, bless his holy name." (Psalms 103:1)

# SECU Foundation Provides New Pilot to Benefit Public Charities in Rural North Carolina

Raleigh, N.C. – To expand its reach in rural North Carolina counties, SECU Foundation has announced a new capacity building pilot program to support public charities in the Northwest, Northeast, and Sandhills regions of the state. Funding of up to \$186,000 from the Foundation will support implementation of the Rural Opportunity Grant (ROG) program by an ROG facilitator and three state universities serving as regional anchor sites, each tasked with providing oversight, capacity building coaching, and assessment of the program within their region. Appalachian State University, East Carolina University, and the University of North Carolina at Pembroke will anchor the Northwest region, the Northeast region, and the Sandhills region, respectively.



Dr. Sharon Paynter

requests from organizations in the Northwest, Northeast, and Sandhills regions of the state. This new Rural Opportunity Grant program will help us identify economic and social needs issues specific to these regions. With the help of Foundation and university leaders, identified non-profits will have the chance to strengthen resources and enhance the tools needed to take their mission to the next level."

"Communities across North Carolina benefit from the presence of State Employees' Credit Union branches as well as the work supported by the SECU Foundation," remarked Dr. Sharon Paynter, ECU Assistant Vice Chancellor for Economic and Community Engagement. "East Carolina University is pleased to join with SECU Foundation in the Rural Opportunity Grant program. We are hopeful that together the university and rural communities can develop affordable housing solutions that create jobs, support workforce development, and drive local economies forward in eastern North Carolina."



Jo Anne Sanford

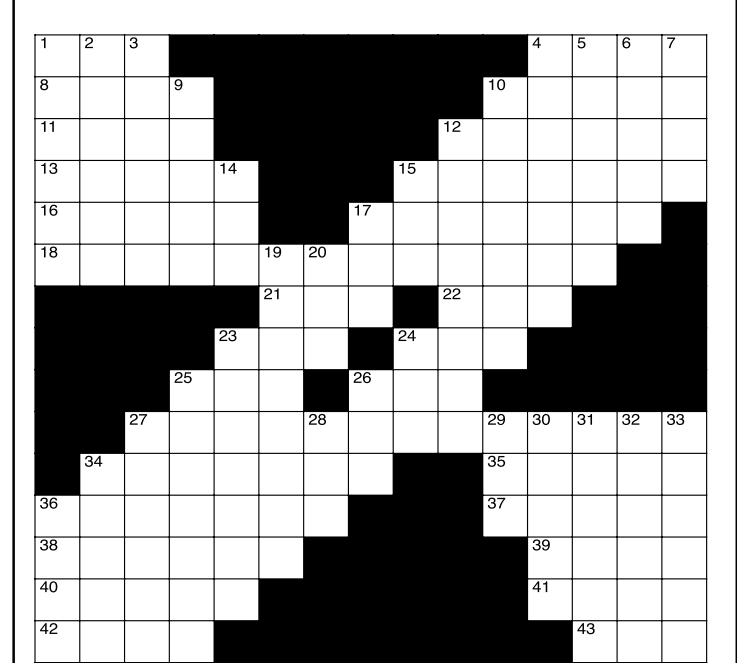
The Rural Opportunity Grant program will provide select non-profits in these economically distressed areas with the opportunity to increase capacity needed to create and sustain a high-impact project identified through the program as a key regional challenge. The execution of the multi-faceted pilot over an 18-month period involves the collaboration of SECU Foundation, SECU Advisory Board volunteers, and representation from numerous leaders in regional communities and educational entities with expertise in rural areas of the state. SECU Foundation first introduced capacity building grants in 2017 to serve as an intermediary program to help non-profits strengthen their organization, expand services, and position themselves for long-term sustainability.

"Expanding the reach of our Foundation throughout North Carolina is a top priority for us," said Jo Anne Sanford, SECU Foundation Board Chair. "We have not had many grant



L to R: Dr. Ashley Allen, UNC-P Interim Associate Dean, College of Arts & Sciences; and Mary Beth Locklear, Director, UNC-P Office for Regional Initiatives.

# CROSSWORD

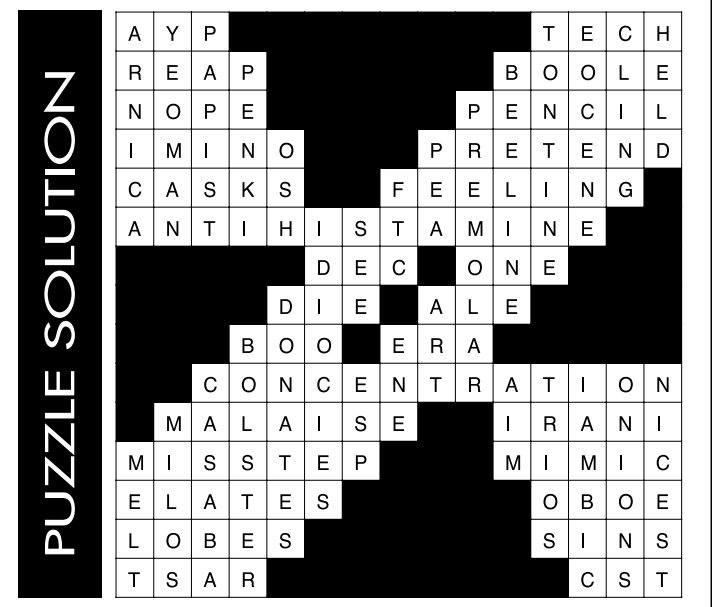


### CLUES ACROSS

- 1. Adequate yearly progress (abbr.)
- 4. Silicon Valley's specialty
- 8. Gather a harvest
- 10. Famed mathematician
- 11. No (slang)
- 12. Students use one
- 13. Type of molecule
- 15. Play make-believe
- 16. Large barrel-like containers
- 17. Touching
- 18. Treats allergies
- 21. Calendar month
- 22. Single
- 23. Cease to live
- 24. Brew
- 25. What ghosts say
- 26. Geological time
- 27. Focus
- 34. Discomfort
- 35. A citizen of Iran
- 36. Trip
- 37. Imitate
- 38. Makes happy
- 39. Double-reed instrument
- 40. Body parts
- 41. Transgressions
- 42. One-time emperor of Russia
- 43. Time zone

### CLUES DOWN

- 1. Used in treating bruises
- 2. One who cultivates a small estate
- 3. One who supports the Pope
- 4. Annuity
- 5. Geological period
- 6. Grab onto tightly
- 7. Kept
- 9. Chinese city
- 10. The most direct route
- 12. Type of tooth
- 14. \_\_\_ kosh, near Lake Winnebago
- 15. Popular veggie
- 17. Supervises interstate commerce
- 19. Foolish behaviors
- 20. Witness
- 23. Gives
- 24. Expression of creative skill
- 25. A way to prop up
- 26. Midway between northeast and east
- 27. Winter melon
- 28. Supernatural power
- 29. Target
- 30. Threes
- 31. A type of poetic verse
- 32. They make some people cry
- 33. Kindest
- 34. Forman and Ventimiglia are two
- 36. A way to liquefy



## Guess Who?

I am a rock singer born in Ohio on January 5, 1969. I worked for a music magazine trying to break into journalism. I found success with a music career, marked by horror-inspired fashion and heavy stage makeup.

*Answer: Marilyn Manson*

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to puzzles.

**S R W D O**

*Answer: Words*

The most terrifying words in the English language are: I'm from the government and I'm here to help.

–Ronald Reagan



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