



The Pamlico News

Wednesday, February 10, 2021

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Update Regarding Pamlico County's Vaccination Effort

Here is the most current information as of February 3, 2021.

The Pamlico County Health Department is receiving weekly allotments of vaccine from the State of North Carolina. Through the month of February, the NC Department of Health and Human Services has guaranteed PCHD a baseline allotment of 100 doses to be given each week. (These vaccines are to be given as initial or "1st doses".) Additionally, PCHD will receive a separate allotment for "2nd doses". Usually, 100-200 doses are received to be distributed as "2nd doses", but this number can/will vary from week to week accordingly, as we begin to vaccinate more individuals.

Vaccines are initially allocated to each county based on population; considerations are given for larger aged populations and historically marginalized populations. In addition, to determine allocations to providers, the state takes into consideration the providers stated vaccination capacity. As supplies allow, additional doses may be sent. At the present time, Pamlico County's demand for the vaccine is much higher than our supply allowances.

For the week of February 1, 2021: PCHD received a total of 500 doses of Moderna COVID-19 vaccine. 400 of these were to be used as 1st time doses (100 for our "baseline" + 300 additional 1st time doses=400) and an additional 100 doses to be used as 2nd time doses only. These numbers will fluctuate weekly depending on the vaccine we have on hand.

Currently, the health department is vaccinating: Individuals in Group 1-- health care workers who have the potential for direct or indirect exposure to patients, bodies, or infectious materials; and Individuals in Group 2--citizens over the age of 65. **Since our county's demand far exceeds its supply, we are following the state's recommendation and giving priority to those aged 75+ at the present time. We currently have a waiting list of over 1,200 individuals between the ages of 65-75 who also want to receive the vaccine. We will begin making those appointments as soon as we are able.

The health department would like to point out, Group 2 priority is strictly age-based. Underlying medical conditions will not affect the Group that you are classified in when registering to receive the vaccine. Individuals age 65+ are at the greatest risk should they contract the COVID-19 virus than other populations/age groups.

As defined by NCDPH: Group 3 is classified as "Frontline Essential Workers" who work in essential sectors and must be present in person at their jobs. Group 4 is classified as "Adults at High Risk for Exposure and Increased Risk of Severe Illness." (Group 4 is the only group where medical condition may affect your classification.) Group 5 is classified as the remaining population.

As of February 2, 2021, the Pamlico County Health Department has vaccinated 1,160 individuals. Some Pamlico County residents have been vaccinated in other counties at mass vaccination clinics or through their medical providers. Not all medical providers are registered and authorized to give the vaccine.

■ Continued on Page A03



Jenna Jones - Flute



Anna Rose - Alto Saxophone and Caroline Rose- Flute

Pamlico Band Students Selected for All District Band

The North Carolina Bandmasters Association (NCBA) have announced their selections for the Eastern All District Band. The NCBA is comprised of six districts statewide with the eastern district covering roughly the area from I-95 to the coast. Normally auditions are held on a weekend and in person but in the year of COVID, the competition became virtual and students submitted a video of themselves playing specified scales and a specified solo for their age group and instrument. Judges viewed the videos and ranked the students based on that. There were about 400 students that turned in audition videos this year representing approximately 40 schools. In addition to being selected for the Eastern District Band, students scoring high enough also received an invitation to audition for the All-State Band. Students that made the All-District band will get to participate in a special virtual clinic to recognize their achievements and they will also receive All District medals that they can wear during concerts and other band events. They will receive certificates and some other awards that will be specified during the virtual event.

The Pamlico County School Bands are well represented by some fine young musicians on the Eastern District Band this year. Of the eight Pamlico students who submitted audition videos, 7 were chosen for their respective All District Bands and one was chosen as a first alternate.

Two students achieved high enough scores to be eligible to audition for the All-State Band. The Pamlico School Bands are superbly instructed and directed by Mr. David Falardeau and Mr. James Durham. Congratulations to all these musicians and their teachers.

Trevor Barton (7th Grade)
- 4th Chair Alto Saxophone
MS Concert Band (2nd Band)

Jonah Rose (7th Grade)
- 8th Chair Trombone
MS Symphonic Band (1st Band)

Caroline Rose (9th Grade)
- 7th Chair Flute
9/10 Band

Anna Rose (9th Grade)
- 4th Chair Alto Saxophone
9/10 Band

Jamie Durham (10th Grade)
- 1st Chair Tenor Saxophone
9/10 Band

Eligible to audition for All State
Connor Daniels (10th Grade)
- 2nd Chair Tenor Saxophone
9/10 Band

Eligible to audition for All State
Jenna Jones (12th Grade)

■ Photo Continued on Page A06

U.S. Air Force Boot Camp Graduate Lakeisha Gibbs



My name is Amanda Avery and I am so proud to announce that my daughter, Lakeisha Gibbs, graduated from U.S. Air Force boot camp on January 14, 2021, and is currently attending Tech School at Fort Sam Houston in San Antonio, Texas. She is the daughter of two proud parents, Amanda Avery and Nathaniel Gibbs, sister of Nathan and Nizah Gibbs, stepdaughter of Lukata Vereen, and wife of DaJohn Gooding. Lakeisha knew that she wanted to be part of the Air Force since her first year in high school when she enrolled in ROTC. Those four years of ROTC transferred towards boot camp and helped her achieve her goals. Lakeisha overcame all the obstacles that came her way during her senior year due to the COVID pandemic and graduated from Pamlico County High School, Class of 2020. In addition to attending school, she worked at McDonalds in Grantsboro until graduation. After graduating, Lakeisha took a full-time job at Walmart starting at \$11 an hour. On November 6, 2020, she married the love of her life, DaJohn Gooding, whom she had known for four years and had met at McDonalds. Just two weeks later, on her nineteenth birthday, she left for Lackland Air Force Base in Texas. We want her to know how proud we are of her and how much we love her. Lakeisha, keep up the hard work and God Bless you!



Hi. My name is Lakeisha Gibbs and I've decided to post myself because not much of the family has social media. But I'm a senior at PCHS, I was apart of the NJROTC unit for 4 years and I plan to pursue a career in the United States Air Force. I've recently swore into the delayed entry program of the Air Force in early March. I work full time at the local McDonald's in Pamlico. I'm completely devastated that I won't be able to attend my senior prom, senior day and maybe even graduation. These times are very rough but I pray God has a better outcome! My favorite color is pink and my favorite restaurants are Chick-fil-a and Domino's.

Caswell Center Foundation Offers College Scholarship Program

The Caswell Center Foundation, Inc. is pleased to announce the availability of up to three \$1,000 scholarships for the 2021-2022 academic school year. To qualify, applicants must be a rising college senior or working towards a graduate degree with an Allied Health, Education or Psychology major in one of the following areas: occupational therapy, physical therapy, recreation therapy, psychology, nursing, speech-language pathology, or social work and intend to serve persons with intellectual and developmental disabilities after graduation. The scholarship will be available to qualified applicants residing in one of the following 38 counties: Beaufort, Bertie, Bladen, Brunswick, Camden, Carteret, Chowan, Columbus, Craven, Cumberland, Currituck, Dare, Duplin, Edgecombe, Gates, Greene, Hertford, Hyde, Johnston, Jones, Lenoir, Martin, Nash, New Hanover, Northampton, Onslow, Pamlico, Pasquotank, Pender, Perquimans, Pitt, Robeson, Sampson, Scotland, Tyrrell, Washington, Wayne or Wilson.

To learn more about eligibility requirements or to receive an application, please contact Danielle Howell, Executive Director, at (252) 208-3790 or danielle.howell@dhhs.nc.gov or visit www.caswellcenterfoundation.com. The scholarship application deadline is April 1, 2021.

Established in 1999, the Caswell Center Foundation, Inc. is a 501(c) (3) non-profit organization that enhances the quality of life for adults with intellectual and developmental disabilities and their families in eastern North Carolina.



Junior Varsity Freshman Jayden Williams (#42) goes inside versus Northside

Last week the Pamlico Hurricanes had two home basketball dates on the schedule, both with conference opponents. On Tuesday they squared off with the always tough Knights of Riverside who traveled down from Williamston for 3 games. Riverside took both of the men's games, besting the Hurricane JV 42-77, while in varsity action the first place Knights took down Pamlico in a close contest 51-44. The Pamlico Ladies prevailed in their game 49-23 behind the strong inside play of DiAnnah Jones (12 points) and Mirachell Maher (15 points). Maher also had 18 rebounds.

Friday night saw the Hurricanes play host to Beaufort County opponents, Northside-Pinetown, also for a 3-game set. The men's JV team had a



JD Gibbs (#24) - Hurricane Heart and Hustle

strong outing and won 64-49 in the opener. The Ladies also scored a dominating win, 64-22. It was up to the Varsity Men to complete the sweep of the Panthers and they did not disappoint. Senior point guard Michael Pool paced the Hurricanes with 29 points while Jamie "JD" Gibbs had 18. Gibbs hit 3 pointers from the corner on 3 consecutive trips down the floor in the third quarter to blow the game open. Said Coach Earl Sadler, "We finally played up to our potential last night. I was glad to see it."

The varsity men sit in third place in the Coastal Plains Conference with a 5-2 record, while the ladies maintain an unblemished record at 6-0 and occupy the top position in the conference.

WEEKEND WEATHER

Sat 13 | Day Cloudy with occasional rain showers. High 47F. Winds N at 5 to 10 mph. Chance of rain 50%. **Sat 13 | Night** Overcast with showers at times. Low 38F. Winds N at 5 to 10 mph. Chance of rain 40%.

Sun 14 | Day Rain showers in the morning becoming more intermittent in the afternoon. High around 45F. Winds NNW at 10 to 15 mph. Chance of rain 40%. **Sun 14 | Night** Partly cloudy in the evening with more clouds for later at night. Low 23F. Winds N at 5 to 10 mph.




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COMMUNITY

OBITUARIES



Richard Quinn (Dick) Boyles, 93, of Oriental, North Carolina and Atlanta, Georgia died Sunday, January 31, 2021, at Provident Village, Canton, Georgia.

He was preceded in death in 2014 by his wife of 62 years, Rosemond Campbell Boyles. Dick was a veteran of the Navy and served during WWII. After the war, he graduated from Georgia Tech and was an aeronautical engineer with Lockheed Martin in Los Angeles, CA and Marietta, GA. When he retired, he and Rosemond settled in Oriental, NC in 1988 and were very active in the community. Dick suffered from Alzheimer's disease and moved to a retirement home in Canton, Georgia in 2020 to be closer to his children.

He is survived by his two sons, Alan Boyles (Andrea) of Roswell, Georgia, Bruce Boyles (Robin) of Jacksonville, Florida, his daughter, Carol Hall (Mike) of Jasper, Georgia, his niece and adopted daughter, Robin Layton (Dave) of Sonoma, California, eight grandchildren and sixteen great-grandchildren.

In lieu of flowers, the family suggests that memorial contributions be made to the Alzheimer's Foundation of America at <http://www.alzfdn.org>.

Online condolences to the family may be offered by opening Dick's obituary on the In Their Honor of Jasper Funeral and Cremation's website www.inthehonorofjasper.com which is handling the arrangements.

Roy Hughes Buck, Jr., 65, of Grantsboro passed away Sunday, February 7, 2021, at CarolinaEast Medical Center.

He is a member of Reelsboro Pentecostal Holiness Church. He retired from PCS Phosphate after 42 years of service. Roy Jr. combined his love of food with his love of travel and would center their family trips around places to eat. Foremost in his heart was his family.

He was preceded in death by his sister, Teresa Arthur.

He is survived by his wife of 46 years, Wanda B. Buck; son, Roy "Hugh" Buck III and wife, Nichole; parents, Roy and Jackie Buck; granddaughter, Taylor Buck; brother, Ronnie Buck and wife, Cindy; sisters, Ruthie Lee and husband, Ronnie, and Lisa Smith and hus-

band, Todd; and brother-in-law, J.R. Barker and wife, Kathy.

His funeral service will be held 6:00 p.m., Wednesday, February 10th at Bryant Funeral Home Chapel with the Rev. Alan Woodard officiating. Entombment will be in Greenleaf Memorial Park.

The family will receive friends and relatives following social distancing guidelines and while wearing masks, from 5 to 6 p.m. prior to the service at the funeral home.

In lieu of flowers the family suggested memorial contributions be made to Reelsboro Pentecostal Holiness Church, 221 Neuse Rd., New Bern, NC 28560.

Arrangements by Bryant Funeral Home & Cremations, Alliance.

THIS WEEK IN HISTORY

- February 10th – 1885,** The State of North Carolina officially recognized the “Indians of Robeson County,” now known as the Lumbee Tribe.

February 11th – 1942, The “Archie” comic book debuted. Betty is ok, but I prefer Veronica.

February 12th – 1955, President Dwight Eisenhower sent first U. S. military advisors to South Vietnam.

February 13th – 1974, James “Cool Papa” Bell of baseball’s Negro Leagues was named to the National Baseball Hall-of-Fame. It was said that he was so fast that he could turn off the lights and be in bed before it got dark.

February 14th – Happy Valentine’s Day

February 15th – Happy President’s Day

February 16th – 600, Pope Gregory the Great decreed that “God bless you” is the correct response to a sneeze. That’s a lot better than “*You don’t have COVID do you?*”
- Birthdays This Week**

February 10th – 1930, Robert Wagner, actor

February 11th – 1847, Thomas Edison, inventor

February 12th – 1809, The 16th President of the United States, Abraham Lincoln

February 13th – 1923, Chuck Yeager, American Hero

February 14th – 1948, Raymond Teller, magician (1/2 of Penn & Teller)

February 15th – 1820, Susan B. Anthony, women’s rights activist

February 16th – 1935, Sonny Bono, singer and politician

Horoscopes



ARIES – Mar 21/Apr 20
This week some of the puzzle pieces in your life may not fit correctly. That's okay, Aries. You will find a way to make things work even if they don't exactly line up.



TAURUS – Apr 21/May 21
Your thoughts may be focused on the spiritual for much of the week, Taurus. This is an opportunity to get in touch with meaningful things in your life.



GEMINI – May 22/Jun 21
Gemini, if things haven't been going as planned, perhaps it's time to reevaluate some of your choices. Have confidence that you will find a solution that works.



CANCER – Jun 22/Jul 22
Cancer, your sensitivity is heightened this week, so you may need to think twice or even three times before you share your opinions. Cool down before becoming chatty.



LEO – Jul 23/Aug 23
Figure out how you can organize your day to get things done with more efficiency, Leo. This is a better option than getting frustrated by a lack of time in your schedule.



VIRGO – Aug 24/Sept 22
You may realize that the conventional ways of doing things simply are not working anymore, Virgo. Start thinking creatively rather than analytically.



LIBRA – Sept 23/Oct 23
Dreams and fantasies are more than wishful thinking, Libra. They can be the catalysts to actual goals and plans if you let them. Start making your lists.



SCORPIO – Oct 24/Nov 22
Scorpio, you may be more attuned to your dreams this week. While they are not true predictions of what will happen, pay attention to any recurring themes.



SAGITTARIUS – Nov 23/Dec 21
A drastic change may be coming but you don't know what that change will be just yet, Sagittarius. Keep your eyes peeled for opportunities that may be on the horizon.



CAPRICORN – Dec 22/Jan 20
Playful emotions and daydreams are filling your days and nights, Capricorn. Why not let them come out in very real ways? Find ways to incorporate more fun into your life.



AQUARIUS – Jan 21/Feb 18
If you have been taking someone for granted lately you can rectify that this week, Aquarius. Put this person first for a change and he or she may reciprocate in the future.



PISCES – Feb 19/Mar 20
Always be truthful, Pisces. Just remember you cannot control how others may react to whatever it is you have to say.

AQUARIUS Traits & Overview

The 11th sign of the zodiac, Aquarius is represented by the Water Bearer, a symbol of the Gods bringing nourishment to Earth. People born under the Aquarius sign are said to be progressive, independent, intelligent, unique, and idealistic. Their elemental sign is air, the same as that for Gemini and Libra.


Like air, Aquarians don't have a single, clear shape and seem to defy categorization. While some Aquarians are quiet and gentle, others are exuberant and energetic. That said, even these two different types of people share many of the same inner qualities.

For one, Aquarius loves to spend time deep in thought, especially when it pertains to matters of society. The world is their oyster, and they want to do whatever they can to improve it and help others within it. This is where their humanitarian side comes into play; they long to initiate positive change, an essential quality of Uranus, the ruling planet of Aquarius.


Mental stimulation is one of the main keys to happiness for Aquarians. Without it, they quickly become bored and uninterested. They also need plenty of alone time to think and recharge.

Finally, being an Aquarius usually means being original and a little eccentric. It's not uncommon for Aquarians to embrace their creativity and uniqueness, even if it makes them stand out from others in a slightly odd or unconventional way. This quality tends to draw them toward anything new, interesting, or "out there," such as edgy fashion, sci-fi/fantasy, the avant-garde, and the latest technology.

Black History Month: Black Women in History



Mary McLeod Bethune – educator, stateswoman, and civil rights activist who knew the value of education, struggled to attend school while working on a plantation, and in 1904 founded the Daytona Educational and Industrial Institute for Girls. She went on to found the National Council for Negro Women and worked in the Franklin D. Roosevelt administration.



Madam C.J. Walker – first Black female self-made millionaire who created hair-care solutions for Black women, widely manufactured her products, and hired 40,000 people since her company's inception.

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QUICK REFERENCE

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EMERGENCY PET CARE: 444-1399 HIGHWAY PATROL: 1-800-441-6127 MEDICAL ASSISTANCE – CarolinaEast Medical Center: 633-8111 Nova Urgent Care: 745-7440	

clubs and organizations events...

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Mike & Grace, Oriental



ORIENTAL – Unobstructed water views from .13 acre home site in River Dunes just across the street from Grace Harbor. River Dunes is an award-winning master planned community w/ marina w/deep-water boat slips, swimming pool, tennis courts, amphitheater, nature trails, pony pasture, lake-house chapel & restaurants.

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ORIENTAL – Custom 1,800 sf **2BR/2.5BA** waterfront wood log home in Oriental Plantation. Open concept living/kitchen area, master suite & family room on 1st floor. Loft den/office, & guest BR w/full bath & bonus room on 2nd. Detached 2-car garage, detached storage/workshop, & concrete driveway. No flood insurance required; home and garage are not in a flood zone.

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Pamlico Community College



Dental Laboratory Technology

Students in Pamlico Community College's Dental Laboratory Technology work on a class assignment in the college's Johnson Building lab at the Grantsboro campus. For more information about PCC's Dental Laboratory Technology program, which is the only one of its kind in North Carolina east of Durham, please contact Dr. Sal Jany at 252-249-1851, ext. 3065, or sjany@pamlicocc.edu. Contributed photo



Physical Therapy Aide

There's still time to register for Pamlico Community College's short-term Physical Therapy Aide course, which is scheduled to start Tuesday, Feb. 16. Other PCC health care courses slated to begin in February include Cardiac Monitor Tech, Medication Aide, Medical Coding, Nurse Aide I and Pharmacy Tech. For more information about enrolling in these classes, please contact Lori Giles, PCC's chair of Continuing Education and Technical Programs, at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu. Contributed photo

Update Regarding Pamlico County's Vaccination Effort

Continued from Page A01

Currently, the Pamlico County Health Department is the only provider authorized to give the vaccine in Pamlico County. We have installed a new phone system with additional lines and we are working closely with volunteers to return calls as fast as we can. We will be bringing in additional nurses to assist us as our weekly vaccine allotment increases. Our goal is to get the vaccines that we receive into the arms of our citizens as quickly as we can.

All vaccines are coming from the federal government, so individuals may go anywhere to get their vaccinations. Just go to the NC DHHS Website to find a vaccine site near you.

Click on the following link: <https://covid19.ncdhhs.gov/vaccines/find-your-spot-take-your-shot> to get to the: "Find Your Spot to Take Your Shot" webpage. In addition to locating other vaccination sites

throughout the state, you can also find explanations of the "five groups" to better understand which one you, or your loved one, fits into.

Please refer to the following sites for additional information on the COVID-19 virus:

1. The Pamlico County Website: <https://www.pamlicocounty.org/>
2. Pamlico County Health Department's website: <https://www.pamlicocounty.org/health-department.aspx>
3. Pamlico County Health Department Facebook page: <https://www.facebook.com/pamlicocountyhealthdepartment/>
4. NC COVID Pandemic Dashboard: <https://covid19.ncdhhs.gov/dashboard>

How Can I Sign Up For A Covid-19 Vaccine?

You can sign up for a COVID-19 Vaccine by any of the following means:

1. Submit an online form at the following website address (preferred): <https://www.pamlicocounty.org/vaccine-request-form.aspx> ; OR
2. Email c19vac@pamlicocounty.org ; OR
3. Call the Pamlico County Health Department at: (252) 745-5111; OR
4. Those without computers or in need of assistance registering can contact the Pamlico County Senior Center at: (252) 745-7196.

Remember the 3 W's:

Wear a face covering you mouth and nose.

Wait at least six (6) feet apart and avoid close contact with others.

Wash your hands often with soap and water or use sanitizers with 60%+ Alcohol content.



Warden's Grove Freewill Baptist Church - Lowland

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.

Hurricane Hardcourt



Michael Pool goes high for 2 of his 29 points against Northside

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FINANCIAL FOCUS

Protect Benefits for Children with Special Needs


Dan M. Roberts

If you have a child or other family member who has special needs due to physical or mental conditions, you face a variety of challenges planning for their care, including financial ones. You may also have some well-meaning relatives who want to help, but who may not realize that their moves could actually result in some serious lifestyle and monetary problems for your loved one. Fortunately, by planning ahead, you can avoid these potential traps.

As you probably already know, individuals with special needs are eligible for a variety of government benefits and local programs that provide assistance with housing, medical needs, specialized equipment, independent living, job training and other services. You may also know that some of these programs require participants to meet financial criteria to qualify for benefits. Usually, this isn't a problem if your loved one has little income and few assets.

Difficulties can arise, though, when other relatives, such as grandparents, include loved ones with special needs in their estate plans by naming them as beneficiaries of insurance policies or retirement assets, or as beneficiaries of any trusts the grandparents have established. In these situations, loved ones who receive or inherit a sizable amount of assets may then be ruled ineligible for some important services.

Hopefully, your relatives will have informed you of their plans. If so, let them know that although you appreciate their generosity, the way they've chosen to show it could have unanticipated – and harmful – effects. You could then suggest ways they could structure their gifts to be more valuable.

Specifically, they can help through a special needs trust, either one that's already been created or one they create for their gift. A

special needs trust is designed to help people with special needs use financial gifts or inheritances for a variety of purposes while keeping their eligibility for some government programs and other services. There are two main types of special needs trust:

- First-party special needs trust – An individual with special needs, their legal guardian or the court can establish a first-party special needs trust benefiting that individual. The first-party special needs trust is funded by the individual's own assets, either through earnings or an inheritance or a personal injury award. A first-party trust contains a "payback" rule, which means that when the individual beneficiary with special needs dies, the trust must pay back the state for certain benefits received.
- Third-party special needs trust – A relative or person other than the individual with special needs who wants to include that individual in their estate plan can set up a third-party special needs trust. The third party trust is funded with assets from someone other than the individual with special needs. With a third-party trust, no "payback" provision is required.

Many issues are involved in establishing an appropriate special needs trust. Consequently, you'll need to consult with your legal advisor to determine your next steps. Afterwards, you'll want to involve everyone in your family who could contribute to a trust, so they'll all know what to expect and how they can participate. Once the arrangements are made, you can all feel like you've done your part to make things easier for the loved one in your life with special needs.

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

COOPERATIVE
EXTENSION

Pamlico County

Forage Quality for Horses

By: Katie Carter Livestock Agent



The bulk of a horse's diet is made up of forage and roughage, which comes from grazing in pastures and from hay and other dried roughages like beet pulp and alfalfa cubes. The nutritional quality of these forages is essential to the health of our horses. Our last presenter from our four-part Horse Health Series was Dr. Amanda Grev, an Extension Forage Specialist from the University of Maryland. The following information is adapted from Dr. Grev's presentation.

Forage quality is influenced by a number of factors, including palatability, digestibility, and nutritive value. Palatability is important because this will influence how much forage a horse is willing to consume. Digestibility influences the ability of a horse to extract nutrients from a forage crop, and the nutritive value of a forage crop will influence your animal's ability to receive adequate levels of nutrients to maintain good health. Forages can also have anti-quality factors, which are the compounds in the forage that have a negative effect on the horse. This combination of factors will ultimately help you determine how much forage your animal will need to consume to meet its nutritional needs to maintain good health.

So how do you determine what good forage quality is? A lot of people rely on feel, smell, texture, and appearance, but in reality, none of these factors determine forage quality. The only way to know what your forage is nutritionally made up of is by doing a forage analysis. Key components of a forage analysis report include: dry matter (DM), crude protein (CP), acid detergent fiber (ADF), and neutral detergent fiber (NDF). Dry matter is the percentage of the forage that is not water. Pastures are generally 10-25% DM and hay is generally greater than 85% DM. DM is considered an indicator of nutritive value and provides a consistent comparison of forages that vary in moisture content. NDF is made up primarily of cell wall components within a forage. Higher NDF values represent higher fiber content, which means as the NDF value increases, your horse will consume less

forage due to the high fibrous forage taking up more room in the stomach. ADF is cellulose and lignin, the least digestible portion of the cell. The higher the ADF, the lower digestibility the forage has, resulting in lower energy content. Crude protein (CP) is a commonly used measure to represent forage quality. Since proteins cannot be directly measured; they are estimated based upon the nitrogen content ($CP = \text{total N} \times 6.25$) within a forage crop. Protein provides essential amino acids that are required for growth and maintenance. The most limiting amino acids in horses are lysine, methionine, and threonine. CP is also used in determining the energy content within a forage crop.

Forage quality can vary greatly depending upon crop management factors (fertilization, planting time, etc.) and the condition of forage crops at harvest (stage of maturity, leaf to stem ratios, etc.). Good crop management practices like soil sampling before planting and controlling animal feeding will aid in the successful growth of your forages. If you would like the recording of Dr. Grev's presentation on forage quality, or if you have additional questions about horses and forage crops, please contact Katie Carter at katie_carter@ncsu.edu or 252-745-4121.

HORSE HEALTH SERIES

Onslow, Lenoir, Greene, Jones, Pamlico, and Currituck County Extension will be offering these virtual seminars via Zoom. REGISTRATION REQUIRED. REGISTER NOW: [GO.NCSU.EDU/HORSEHEALTHSERIES](https://go.ncsu.edu/horsehealthseries) OR CALL YOUR COUNTY: ONSLOW - (252)555-5813, JONES, CURRICK, AND PAMLICO - (252)326-5306, LENOIR AND GREENE - (252)321-1766

JAN 6TH 11am-1pm

METABOLIC CONCERNS WITH EQUINE

Dr. Shannon Pratt Phillips, PhD

Professor, Equine Nutrition & Physiology

JAN 13TH 11am-1pm

EQUINE DENTISTRY

Dr. Megan Taylor

Equine Medicine & Dentistry

JAN 20TH 11am-1pm

LAMINITIS EXAMS & DIAGNOSTICS: HOW WE'VE

Camille Jacobs, DVM, DACVP, AAEP

Assistant Clinical Professor of Equine Orthopedic Surgery

JAN 27TH 11am-1pm

FORAGE QUALITY FOR HORSES

Amelia Grev, PhD

Forage Specialist

Email katie.carter@ncsu.edu for the recordings.

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LEGALS

NOTICE TO CREDITORS NORTH CAROLINA WAYNE COUNTY

Having qualified as Administrator of the Estate of Lawrence Alan Kearns, late of 1001 Old Mill Road, Oriental, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms, and corporations having claims against the estate of said decedent to file them with the undersigned at Post Office Drawer 1678, Goldsboro, NC 27533, on or before April 20, 2021, or this notice will be pleaded in bar of their recovery.

All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 12 day of January, 2021.

David Kearns
Administrator of the Estate of
Lawrence Alan Kearns
EVERETT, WOMBLE &
LAWRENCE, LLP
PO Drawer 1678
Goldsboro, NC 27533

NOTICE TO CREDITORS

All persons, firms and corporations having claims against the Estate of ROGER ELLIOT HAMMER, JR., Deceased, of Pamlico County, N.C., are notified to present the same to the Personal Representative listed below on or before May 3, 2021, or this

Notice will be pleaded in bar of recovery. All debtors of the said Estate are asked to make immediate payment. This 3rd day of February, 2021.

LESLIE M. HAMMER
Executor
c/o GREGORY T. PEACOCK
Ward and Smith, P.A.
Attorneys at Law
1001 College Court (28562)
Post Office Box 867
New Bern, NC 28563-0867

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF RALPH MAHONEY HARRIS, III File No.: 21 E 16

All persons, firms and corporations having claims against RALPH MAHONEY HARRIS, III deceased, are notified to exhibit them to JULIA H. MCDONALD, Executor of the Estate, on or before May 4, 2021 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-names Executor.

This 3rd day of February ,2021.
JULIA H. MCDONALD
76 BEACH RD
ARAPAHOE, NC 28510

Publish February 3, 10,17 AND 24TH 2021.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ALICE DILDA File No.: 21 E 25

All persons, firms and corporations having claims against ALICE DILDA deceased, are notified to exhibit them to STEVEN J. KEESECKER, Executor of the Estate, on or before May 11, 2021 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-names Executor.

This 10TH day of February ,2021.
ESTATE OF ALICE DILDA
STEVEN J. KEESECKER
1565 NC 306 N
GRANTSBORO, NC 28529

Publish February 10, 17 ,24TH March 3, 2021.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CHESTER GARLAND BOYD

Having qualified as Executor of the Estate of Chester Garland Boyd, late of Grantsboro, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said

decedent to exhibit them to the undersigned at 1628 NC Highway 306 South, Grantsboro, NC 28529, on or before the 17th day of May, 2021, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 10th day of February 2021

Barbara Bell Boyd
1628 NC Highway 306S
Grantsboro, NC 28529

Publish: February 10th, 17th, 24th and March 3rd, 2021

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NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF DAVID WILLIAM REA File No.: 21 E 24

All persons, firms and corporations having claims against DAVID WILLIAM REA deceased, are notified to exhibit them to ANGELA B. REA, Executor of the Estate, on or before May 11, 2021 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-names Executor.

This 10TH day of February ,2021.


ANGELA B. REA
123 HARDISON DRIVE
ARAPAHOE, NC 28510

Publish February 10,17 ,24TH March 3, 2021.

INCIDENTS

Jan. 28, NC Hwy 55, Alliance, warrant for arrest for attempted indecent exposure
Jan. 29, Main St., Bayboro, order for arrest for failure to appear
Jan. 29, Goose Creek Rd., Grantsboro, all other larceny, larceny (misdemeanor/felony)
Jan. 29, Main St., Bayboro, repeated use of electronic mail or communication to harass, permitting cyberstalking
Jan. 31, NC Hwy 304, Vandemere, communicating threats
Jan. 31, NC Hwy 55, New Bern, communicating threats, injury to real property
Feb. 1, Florence Rd., Merritt, break or enter any building - intent commit felony/larceny, larceny after breaking or entering
Feb. 1, NC Hwy 304, Vandemere, death investigation
Feb. 1, NC Hwy 55, New Bern, injury to personal property
Feb. 1, Main St., Bayboro, failure to appear/larceny by employee

Feb. 1, Don Lee Rd., Arapahoe, break or enter any building - intent commit felony/larceny, larceny after breaking or entering
Feb. 1, NC Hwy 55, Grantsboro, unauthorized use of a MV/Car without consent of owner
Feb. 1, NC Hwy 55 West, Grantsboro, driving while license revoked
Feb. 2, Scott Town Rd., Grantsboro, death investigation
Feb. 2, NC Hwy 55, Bayboro, larceny of clothing
Feb. 2, Ireland Rd., Alliance (Alliance Baseball Park), found property
Feb. 3, NC Hwy 304, Bayboro, break or enter any building - intent commit larceny, injury to real property
Feb. 3, NC Hwy 306 S., Grantsboro, injury to real property
Feb. 3, Scott Town Rd., Grantsboro, simple assault



Delamar & Delamar, PLLC

Attorneys at law

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


Christopher S. Williams
Criminal Defense. Traffic Citations
Domestic Law, Estate Administration

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PROPERTY TRANSFERS

Feb. 1, One AC; Portion of Rock or Barington Land, metes and bounds from Teresa H. Dail, Leslie E. Dail, Leslie E. Dial to Jennifer D. Kinnion, \$0
Feb. 1, 1.144 AC; NCSR 1324; PCA 29-6; metes and bounds from Mabel Joy Kokernot/TR, The Mabel Joy Kokernot Living Trust, Mabel Joy Kokernot to John D. Riggs, Jr., Linda C. Riggs, \$130
Feb. 1, PCA 52-2; map attached, from John J. Freiburger, Sharon A. Palsha to Daniel E. Murphy, \$146
Feb. 1, Silverhill Community; metes and bounds, Address: 1117 NC 306 Highway North, Grantsboro, One Half Interest from Loretta Boyle to Progressive Construction of Long Island, Inc., \$0
Feb. 1, Sun Townhouses at Buccaneer Bay Lot: 5, PCA 6-10 from Robert L. Ruppenthal, Linda A. Ruppenthal, William Ruppenthal/AIF to Brittney Ann Slook, \$290
Feb. 1, Buccaneer Bay Boat Slip 2; PCA 9-1 from Norwood David Turner, Colleen Kay Turner to Brittney Ann Slook, \$20
Feb. 1, Tract 4; map book 10/7; see instrument from Alice Kinnion, Harold Elliott Kinnion to Jeffrey Lawrence Green, \$40
Feb. 1, 1.039 AC; Portion of Tract 4; map book 10/7; metes and bounds from Alice Kinnion, Harold Elliott Kinnion to Alice Kinnion, \$0
Feb. 1, Lot: 1, One Quarter Acre; J.B. Seaman and J.L. Lupton, Jr. Development; Whortonsville; map book 3/112; metes and bounds from Donald A. Crouchley, Jr., Deborah A. Crouchley to Jason Matthews, Adrienne Matthews, \$96
Feb. 1, John and Edward Bond Lot: 4, map book 3/115, John and Edward Bond Lot: 5, map book 3/115 from Claire Atkins Pittman to Claire Atkins Pittman, Francis Stewart Pittman, \$0
Feb. 1, 3.18 AC; PCB4-11 Correction Deed; DB669/200 from Danial K. Street, Debra S. Street, Richard A. Maher, Ambra L. Maher to Richard A. Maher, Ambra L. Maher, \$0
Feb. 1, Schoolhouse Condominiums, Unit: 6, Condo Book 1/111-117 from Lawrence G. Myers, Jr., Peggy P. Myers to Matthew J. Hartman, Cindy A. Hartman, \$550
Feb. 1, 2.451 AC; S/S NC Hwy 55, Reelsboro; PCA 199-16, PIN: C051-111-1 from Josh Allen Mills to Josh Mills, Jamie L. Jones, \$0
Feb. 2, Two Tracts from Rodney

Tripp/TR, The Betty S. Belangia Revocable Living Trust, Betty S. Belangia, Rodney Tripp/Exr, Betty S. Belangia/Est to M. Scott Whitford, Michael A. Draughon, \$240
Feb. 2, Gus Tingle Lot: 27, Highway 306; map book 1/120; DB 105/346; metes and bounds, Gus Tingle Lot: 28, Highway 306; map book 1/120; DB 105/346; metes and bounds from Michael L. Mazzella to Pilar Lopez Araujo, Anel Beltran Millan, \$30
Feb. 2, E/S McCotter Lane, Alliance; map in DB 360/846 from L. Daniel Rice, Lister Daniel Rice, Sandra S. Rice to Salvador Gavina Lopez, \$60
Feb. 3, 0.69 AC; Lot: 6; map attached from Randy Zane Rice, Cynthia Pilla Rice to Alexander Stefan Kohlhofer, Cecile Marguerite Kohlhofer, \$290
Feb. 4, Buccaneer Bay West Lot: 26, 1.214 AC; Section One; PCA 24-6; PCA 40-9; map attached DB 386/851, Buccaneer Bay West Boat Slip 8; PCA 32-9 from G. Wyatt Cutler, III, Conis F. Cutler to Mark A. Miller, Susan A. Miller, \$1,080
Feb. 4, Orchard Creek Estates Lot: 2, Sections one and two; PCA 36-8, Quitclaim Deed from Thelma D. Flanagan to Thelma D. Flanagan/TR, Thelma D. Flanagan Living Trust, Thelma D. Flanagan, \$0
Feb. 4, Two Tracts from Dennis Cooper/Exr, Dennis R. Cooper/Exr, Madeline O. Cooper/Est to Dennis Cooper, Rufus Cooper, Jr., Darryl Cooper, \$0
Feb.5, 10.6 AC; S/S Ball Creek and N/S NCSR 1324; map in DB 350/319, PIN: K052-24 from Henry Steinfeld to Henry Scott Steinfeld/TR, Henry Scott Steinfeld Revocable Trust, Henry Scott Steinfeld, \$0
Feb. 5, Indian Bluffs Lot: 3, Section II; 0.5060 AC; map book 10/43; map book 12/68 from Rand L. Werbit, Shelley Werbitt to Matthew Robert Collin, Kelly Reynolds Collin, \$40
Feb. 5, 36.11 AC; NC Hwy 306 and SR 1201; metes and bounds; DB 245/10 from Morris Logging Company to Brian Hacker, Loretta Hacker, Jarrett Hacker, \$38
Feb. 5, Arlington Place Mill Creek Lot: 9, Phase I; PCA 172/2-13 from Laurel Creek Properties, LLC, Coastal Heritage Construction and Realty, LLC to Coastal Heritage Construction and Realty, LLC, \$0
Feb. 5, Two Tracts; McCotter Road from Larry Darnell Monk to Larry Darnell Monk, \$0

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– John Quincy Adams

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SCHOOLS



ARAPAHOE



CHARTER SCHOOL



Coping with Covid: Up Close and Personal

By Ethan Bell
Paw Prints Reporter

Covid should be taken very seriously, and I'm here to tell you why.

I never thought in a million years I would catch it, I thought I would be okay if I only wore my mask in public and not around other family members.

Well, one day over Christmas break, I went over to my sister's house. I stayed for just about 15-30 minutes. During that time, her mother-in-law arrived, and I left soon after. Next I went to other family members' houses and then back to my own home.

The next day my sister called me and told me that her mother-in-law tested positive for Covid, and no one knew she had it. Well I figured I would be okay since I was only there for about 15-30 minutes.

I called out of work to be safe. It spread throughout my family. By the next day, my sister, her boyfriend, his little brother, my uncle, aunt, and cousin had all the symptoms - the very next day."

I had no symptoms. The hospital, where I work, told me to wait a week, and then to get tested.

The following week rolls around and I still have no symptoms at all. So, I think to myself, "Oh, I'm fine. It's been a week. There's no way I have gone this long with no symptoms."

I went to get tested. After I got tested I went to McDonalds and ordered some breakfast. I took a bite and made a weird face, I then realized I could not taste what I had just put in my mouth. I remained calm and I thought, "okay maybe it's just the food". Next, I found some scented spray, just to make sure I could smell it, which I was not able to do so.

I was supposed to receive my test results after 4 hours since I was considered a front-line worker. Right after my breakfast I got a call saying I had tested positive and to remain in quarantined for 10 more days.

Prevent the spread of COVID-19 in 7 STEPS

- 01 Wash your hands frequently.
- 02 Avoid touching your eyes, nose and mouth.
- 03 Cover your mouth using the bend of your elbow or a tissue.
- 04 Avoid crowded places and close contact with anyone that has fever or cough.
- 05 Stay at home if you feel unwell!
- 06 If you have a fever, cough and difficulty breathing, seek medical care early – but call first.
- 07 Get information from trusted sources.

SOURCE: WORLD HEALTH ORGANIZATION



Twenty-Five-Year-Old Classrooms on the Road Again

By Trinity Salem
Paw Prints Reporter

Twenty-four-years ago a group of Arapahoe community members, teachers and parents lined both sides of Hwy. 306, to watch what would become their community school roll down the highway. Recently, after spending nearly a quarter of a century in the role of Arapahoe's teacher, parent, community charter school those very same buildings

"Everyone agrees a lot of lives have been shaped in these buildings"

are back on the road again.

The old school buildings have been moved somewhere else. They have not been destroyed. They have been repurposed.

According to some of the staff members, the old school buildings are being moved to serve another school district. Mr. Mark Prescott, Director of Technology, recently stated. "The buildings are being moved to

Cabarrus County." Cabarrus County is located just outside Charlotte, North Carolina.

Arapahoe Charter School Executive Director Mr. Chris Watson confirmed Mr. Prescott's assertion. He said, "the buildings were purchased by the Cabarrus County school system for \$20,000." Not a bad return after so many years of service in our community.

According to Upper School Director Mr. Cody Edwards, "the buildings have been here for 23-plus years and now they're being repurposed."

Mr. Watson explained there is more than one company involved in actually moving. One company prepared the buildings for the move and another is contracted to do the hauling. He concluded by saying, "the amount Cabarrus County is paying for the move is not known."

Everyone agrees a lot of lives have been shaped in these buildings. After all these years, they are back on the road again destined to become another school.



Arapahoe Charter School classroom buildings wrapped up and ready to roll.

Longtime Teacher Reflects on the Buildings Departing

By Alex Beaven
Paw Prints Reporter

So the buildings are gone but they are far from forgotten.

"Everything worked" stated Martha Newman, ACS Exceptional Children's Coordinator, who has been on staff, a parent, and community member of the Arapahoe Charter School family since it began around 25 years ago.

She recalls the feeling of joy wash over her, and those around her, as word of new buildings impending arrival began to spread throughout the school community.

She also vividly remembers watching the buildings being driven down the road and into the parking lot as she stood on the side of our road with the feeling of reward for all the hard work everyone put in. It wasn't only about raising money for the buildings, but taking the risk to establish a teacher, parent, community-driven charter school in Arapahoe.

According to Mrs. Newman "the buildings represent more than just buildings. They were a team bonding and community building exercise that will stand the test of time."

She went on to say, "It feels like yesterday. I remember my son walking these kindergarten halls". "It's kind of ironic - we were happy to see the buildings come and now we are happy to see them roll out."

When asked what her favorite memory did the buildings bring her and she said, "my favorite memory was 5 plus years ago when the kids gathered to bury a time capsule."

"I'm not sure when the capsule will be excavated, but I would dearly love to see it."

Finally, the question arose concerning best use of the space left by the removal of the buildings. Mrs. Newman said "I would like to see an outside class or something along those lines. Some sort of an outside gathering space". She feels time spent outside would be important for the growth, development and mood of everyone.

Why ACS Yearbook Does Not Have Senior Quotes

By Jacob Burton
Paw Prints Reporter

For many years it has been a tradition in many high schools to have their seniors put a quote under their senior photos to be remembered by. Many people enjoy these quotes because it can show creativity or the personality of a person. Why doesn't Arapahoe Charter School do it?

When Yearbook advisor, Mrs. Natasha Gaskill was asked this question, she responded, "We are a K-12 school and some of the seniors would put a quote



that wouldn't be appropriate for the younger students."

In subsequent interviews I had with several seniors, I could see where this is true. All five of the seniors had a quote that some

would claim to be inappropriate.

So in conclusion, if high school seniors, would not attempt to be so vulgar, we might be able to express ourselves in the yearbook before we face the real world.

The Perfect Garden: Buy Seed Now and Begin Germination

By Zoie Figueroa
Paw Prints Reporter

Gardening is not only extremely therapeutic but it's also quite easy to do on your own. You could wait till spring and buy your seedlings, or you could buy seeds now, and begin germinating them right now.

There are many ways that you could go about doing this, my personal go-to is the paper towel method. This works with most seeds. Simply layout your seeds on a damp paper towel, fold up said paper towel, and then put it in a plastic bag or clear container. This bag or container then gets placed in a sunny spot. I put mine in the window, to allow for germination.

Once they germinate you move them into your garden or a pot depending on your personal preferences.

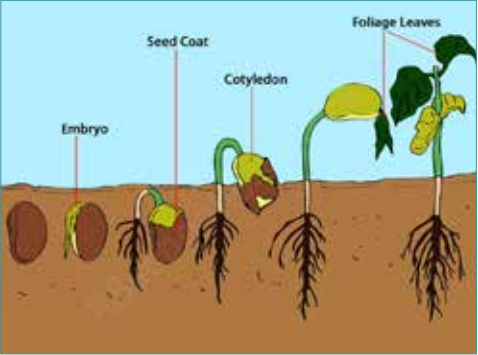
Another option is placing them straight into your garden bed or a

pot, any container with soil and a drainage hole, will do. Allow them to germinate there. Make sure to keep the soil moist to aid in the process. I have also tried this method and it has worked just as well for me as the paper towel method.

Another method, which I have yet to try, is rock wool. You can buy cubes of rock wool at most plant nurseries. You soak the cubes in water then make a hole in the center to plant the seed. Place the cube in your window, or another well-lit area, and wait.

Always read your seed packets as some seeds have special needs to tend to when germinating. If you use seeds harvested from produce you've bought, make sure to research if they have special needs to help ensure germination.

The Germination phase lasts anywhere from around 7 to 30 days depending on the seeds and the conditions around them. So be patient, good things take time.





Be Brave

Be Kind

Lift Each Other Up

Lockers for Arapahoe Charter School Students? A Really Good Idea, But a High Price

By Elizabeth Price
Paw Prints Reporter

Let's face it, books are too bulky and heavy to be toted around in a backpack. There are a lot of other items students have to carry as well, like a brush, and perhaps a makeup kit, along with binders, paper, pencils and pens. Even though classes are using books less in the digital age a laptop and charger are still cumbersome. It would be so much nicer if the school provided lockers. Ninth grade students agree.

Ninth grader Arshima Jimenez, said, "well, currently I'm not attending school. I'm virtual this year. But, if I was in school, I would love to have a locker so I could put my belongings in it."

She went on to say, "I would use them. I would put my belongings in them and maybe some food but basically for school books and stuff."

As for using lunch numbers as combinations she responded, "Umm, yea I feel like that would be easy to remember."



When it comes to locker decorations she said, "I probably wouldn't decorate it but if I did it would probably be pictures of me or drawings."

Another ninth grade student, Johnathan Durham, had this to say, "I would really like to have lockers at our school. I would definitely use the lockers." Durham went on to say that "we should make our own passcodes because someone could hear our number and go through our

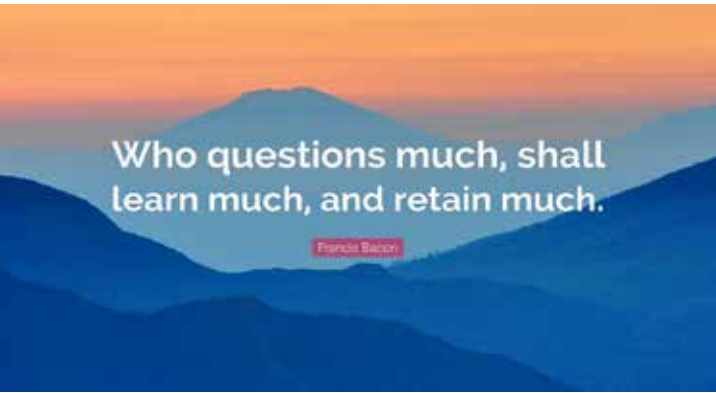
lockers and steal something important." On the topic of decorating his locker he said, "if I did decorate my locker it would be sports"

Freshman Jason Buckout had a very interesting view on lockers. He said, "yes, lockers could be very useful, however you would have to consider other things like, having enough time in between classes to get the stuff you need out of your locker, and the cost and maintenance of lockers" He also said: "I think that might not be a good idea because if students are saying their lunch number out loud when getting lunch, another student would then know their pass code"

Finally, virtual Freshman Max Barnett loved the idea. "The idea of a locker is great." Max continued, "I would use the locker to get all the stuff off her back." She also said that "lunch numbers would be an easy way to remember the passcode and she would decorate it in rainbows."

The estimated cost of lockers may very well prove to be prohibitive. According to locker manufacturer De Brough All American Lockers "the estimated cost is around \$6,000 per unit of 12." If the high school has 150 students, our cap, that puts the cost of lockers to be estimated at \$75,000 dollars.

They are very expensive, too expensive for the school to budget them. So, we would probably have to have fundraisers and events to get the money to buy lockers. We would need volunteers and everyone to help raise enough money so we can get lockers for the ACS high school.



Who questions much, shall learn much, and retain much.

Francis Bacon

Pamlico Band Students Selected for All District Band



Conner Daniels (l) - Tenor Saxophone and Jamie Durham (r) - Tenor Saxophone




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BRADLEY

Not sure how much I can fit in this advertisement, but here goes nothing. I wanted to ask you a very important and timely question. I realize it's a bit unconventional coming from a woman, but seeing as it's Valentine's Day week, will you mar

BRADLEY (CONTINUED)

inate some shrimp and make your special spicy guacamole tonight? You know there's no Mexican food for miles and I've been itching to wear my sombrero again. Anyway, let me know. - Love, Your Baby xo

AROUND THE COUNTY

Goose Creek Island Annette Jones, 55 Plus Club Correspondent



Greeting from Goose Creek Island and Mesic. Due to the coronavirus, there isn't much going on at the Community Center. I believe GCI Com Dev. Inc. did hold a quarterly Board Meeting. We are trying to keep a positive attitude. However, we do miss visiting our friends and "kissin cousins" up the county. We pray for better days ahead!

Prayer List: Joshua "Muff" Potter, after nine years of being cancer free is again dealing with follicular lymphoma. He has been undergoing medical treatments for the past several weeks. Great news! Feb 2, Muff's scan showed that the lymphoma had not spread! He will be treated with radiation and chemo. Lots of love from GCI. Please still remember Richard Henrires he is a patient at Carolina East Health. Richard was diagnosed with Covid 19 couple weeks ago and he is not doing well. However, at last report they have increased his oxygen levels. Please keep Muff and Richard and all others who are not doing well in your prayers. Julius Flowers has been released from the hospital and is resting at home.

Birthday List: Bowen Tyron Carawan February 11, Doran Sadler Jr. February 13, Larry Flowers Jr, and Robin Ross February 14, Rhonda Rhoden Luckey February 15, Joanne McKinney Clark, Violet Britt Spruill, and Henry Carawan February 16, Erica Sadler Mitchell, and John Michael Gaylord February 17. Happy 50th Anniversary O.B. and Dean Howerin February 14.

Julius Elmo Flowers was honored on his 80th birthday with a party hosted by his family, Daughter Crystal Rivera and family drove from Penn. for the occasion. Niece Becky Flower Spain made a lovely birthday cake. Julius is slowly recovering from recent surgery and isn't feeling so good, however this time spent with children, grandchildren surely cheered him up. Happy Birthday Julius! How does it feel to be 80?

We are proud to announce that Jenna Jones, 12th Grade PCHS student, 8th Chair Flute 11/12 made the All-District Band. We are so proud of Jenna and all of the talented musicians who qualified. Also, our amazing Band Director, Mr. Dave Falardeau.

Congratulations! We love ya'll. Jeff & Jackie Potter and Theresa Potter Hopkins drove to Pigeon Forge, Tenn. for a short vacation. They toured several spots of interest and enjoyed the beautiful scenery. While there they visited with Randy Barnard Sr., who is now living in Newport, Tenn. Randy joined them for a nice lunch. They reported a very enjoyable trip.

Matthew Jones accompanied Dr. Adams of Carteret County and his grandson on a duck hunting trip on Saturday which was designated as "Youth Day." The grandson had a great day and shot his limit of bluebills. Feb 13 is also a youth day which will end Duck Hunting season for this year. Whee!

Pamlico Betty Jo Rodgers, Correspondent



I was blessed to be one of many getting my COVID-19 vaccine and Roy is supposed to get his second shot this week. However, it is more important than ever that we "wear, wash, and wait." Do not assume the vaccine has made you invincible. People who have had the vaccine are still susceptible to get the virus. I have also been

told that people who have received both shots are protected. But, they still need to follow the three W's because they can be a silent carrier and still give Covid-19 to others even after they have been vaccinated.

There have been several birds fishing Broad Creek this week, especially the pelicans. A great blue heron just fishes from our pier, and that does not make Jake happy. He is afraid of it, but eventually gets up his courage to go run it off because he thinks it is his pier. We also noticed some vultures eating something near the waters edge. WE didn't go out in the marsh to investigate and they had it all cleaned up in less than a day.

Tideland EMC is continuing to construct new power poles and upgrade the power lines along Trent Road. They will be moving onto Straight Road in the near future, right across from the farm.

There is a dangerous curve near Broad Creek United Church of Christ, so please drive carefully. We want to do all we can to protect the linemen as they are upgrading the electric service to the Pamlico Community.

Ash Wednesday Services in the county that I am aware of are Stonewall UMC on February 17 at noon and Alliance UMC on February 17 at 6:30 pm.

Those celebrating birthdays in February include Miss Mattie Cuthrell (2/11), Joe McClees (2/12), Mildred Harrison, Chris Fulcher & John Farmer (2/14), Sheryl Kaye Sanders & William McKinley Harrison (2/15), Esther Jane Lupton (2/20), Tillie Roberts (2/24), Elizabeth Cuthrell (2/25) and Penny Ford will not get a year older since her birthday is February 29th. Lovebirds Karen and John Deaton celebrate their wedding anniversary on February 13. Remember February 14 is Valentine's Day, so tell someone you love them.

Have a blessed week. Fearful? Take Spiritual Vitamin F. "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness." (Isaiah 41:10)

Whortonsville Reba Tiller, Correspondent



We end the week with ,you guessed it, rain. My yard and the neighbors yards are soggy messes. We can't seem to get through a week without rain. The Bryans and the Tillers decided they were getting cabin fever and cooked hamburgers and hot dogs on the grill and of course it rained! It is Sunday and Bethel doubled the congregation

today with seventeen and the service dog. Matt Scott and his family attended and his two year old twins were the first to play in the nursery that Sylvia Nickerson had worked so hard to make into an enjoyable play area. Russ and Jeanna Tiller attended the

Episcopal Church in Oriental and brought good news that Wally Umbach was walking with very little assistance. The Maxwell's and Nickerson's ate lunch with me and spent the afternoon playing nine holes of golf, not in our soggy yards but on the bar in the kitchen. We play a card game called golf. I saw in the paper that Regina Pawlikowski's husband passed away. Regina is a long time member of the Pamlico Chorale as a second soprano. Our prayers go out to the family. Staying sheltered in gets harder and harder to write the news.

Thought for the week--Thanks to the Highway Interstate System, it is now possible to travel across the country from coast to coast without seeing anything! (Charles Kuralt)

ReStore's InStore Silent Auction February Theme Is Eclectic Americana

February's InStore Silent Auction at Habitat for Humanity's ReStore offers a variety of eclectic Americana pieces as well as a few extra surprise items. A charming dapper rabbit statue, a metal cast sculpture of three swimming dolphins, a fine detailed musical carousel, and a Folk Art wooden rooster are part of the Americana collection. The more eclectic pieces include an electric Martini Maker,

a copper antique fire extinguisher, and a large three dimensional metal River House signboard that would be perfect for any home on one of New Bern's rivers.

This month's auction is open now for bids until Thursday, February 25 at 12:00 pm. There is no charge to register to bid on one or more items. Bidders can revisit the Silent Auction any time during the month to monitor or adjust

their personal bid on a desired item. When the InStore Silent Auction is closed at the end of the month, winning bidders will be notified and have two days to pay for their item with up to five days to pick it up at the ReStore.

Habitat for Humanity's ReStore is located at 930 Pollock Street in New Bern and the InStore Silent Auction has a separate room to view and bid on over sixteen items



displayed. The regular store hours are Tuesdays, 10:00-5:00, and Wednesdays through Saturdays, 9:00-5:00.

Habitat for Humanity of Craven County operates the ReStore to generate important revenue to support building new homes for eligible individuals and families, as well as assist existing home owners with needed repairs. Volunteers are always needed for either new construction or repairs, as well as for the ReStore, so those interested should contact the Volunteer Coordinator, Michelle Hooper, at mhooper@cravencountyhabitat.org or 252-633-9599.

Anyone interested in donating gently used items for a future InStore Auction or the ReStore is encouraged to contact Evelyn

Richards, ReStore Manager, at erichards@cravencountyhabitat.org or 252-633-5512 for further information. Free pick up services can be scheduled for larger items.




Great Backyard Bird Count

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Health&Wellness

Common symptoms of eating disorders

Eating disorders are a significant problem across the globe. Studies published in the American Journal of Clinical Nutrition and in the journal Current Opinion in Psychiatry estimate that eating disorders affect at least 9 percent of the population worldwide. Though such numbers are troubling, the National Eating Disorders Association notes that eating disorders are treatable. Chances for recovery from eating disorders increases the earlier a disorder is detected. That underscores the importance of learning to recognize some of the common symptoms of eating disorders. The NEDA breaks such symptoms down into two categories: emotional/behavioral and physical. While familiarizing oneself with these categories and the symptoms within them is a useful first step toward learning about eating disorders, the NEDA points out that the list should not be mistaken for a checklist. Warning signs vary depending on the disorder, and some symptoms may not fit neatly into either category. In addition, people with eating disorders generally do not have all of these symptoms at once.



Emotional and behavioral
Emotional and behavioral symptoms of eating disorders are generally behaviors and attitudes that indicate that weight loss, dieting and control of food are becoming primary concerns.

- Such behaviors and attitudes may include:**
- A preoccupation with weight, food, calories, carbohydrates, fat grams, and dieting
 - Refusal to eat certain foods: A refusal to eat certain foods may progress to restrictions against whole categories of foods, such as carbohydrates.
 - Appears uncomfortable eating around others
 - Adherence to certain food rituals: For example, someone with an eating disorder may eat only a particular food or food group, including condiments, or chew excessively. Others may not allow foods to touch.
 - Skipping meals or taking small portions of food at regular meals
 - Adherence to new practices with food or fad diets, including cutting out entire food groups (no sugar, no carbs, no dairy, vegetarianism/veganism)
 - Withdrawal from usual friends and activities
 - Frequent dieting
 - Extreme concern with body size and shape
 - Frequent checking in the mirror for perceived flaws in appearance
 - Extreme mood swings

- Physical**
Some physical symptoms of eating disorders may be hard for loved ones to recognize. For example, NEDA notes fluctuations in weight, both up and down, are a physical symptom of eating disorders. However, someone with an eating disorder may begin wearing clothing to cover up such fluctuations. That's why it's so important that loved ones, such as parents and siblings, learn to recognize the other physical symptoms of eating disorders, some of which may be subtle.
- Stomach cramps or other non-specific gastrointestinal complaints: For example, someone with an eating disorder may complain about being constipated or indicate they're experiencing acid reflux.
 - Menstrual irregularities: Adolescents and women may miss periods or only have a period while on hormonal contraceptives (the NEDA notes this is not considered a "true" period).
 - Difficulties concentrating
 - Abnormal laboratory findings: Blood tests during doctor's appointments may reveal anemia, low thyroid and hormone levels, low potassium, or low white and red blood cell counts.
 - Dizziness, especially upon standing
 - Fainting spells or syncope, a condition marked by a temporary loss of consciousness caused by a fall in blood pressure.
 - Feeling cold all the time
 - Sleep problems
 - Cuts and calluses across the top of finger joints: These cuts and calluses suggest a person is inducing vomiting, a behavior associated with the eating disorder bulimia.
 - Dental problems, such as enamel erosion, cavities, and tooth sensitivity
 - Dry skin and hair, and brittle nails
 - Swelling around area of salivary glands
 - Fine hair on body
 - Cavities, or discoloration of teeth, typically resulting from vomiting
 - Muscle weakness
 - Yellow skin (in context of eating large amounts of carrots)
 - Cold, mottled hands and feet or swelling of feet
 - Wounds that heal poorly
 - Impaired immune functioning

Eating disorders affect people from all walks of life. Learning to recognize the symptoms of eating disorders can be an important first step toward seeking treatment for yourself or a loved one.

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