

Dear Mom,

Don't forget to send us your letters, poems, and stories about mom and we will publish the best of the bunch on Mother's Day!

Hurricane Diamond Report

Ladies go 2-1

Story on page A9

Senior First baseman Mirachell Maher stretches for a throw



Vol. 53 No.16, 12 Pages

# The Pamlico News

Wednesday, April 21, 2021

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## Man Sentenced To 7 To 10 Years' Imprisonment For Trafficking Hydrocodone Into Carteret County Jail

Beaufort, North Carolina – District Attorney Scott Thomas announced that JARED BRADY WILLIS, 40, of Morehead City, NC was found guilty this week by a Carteret County jury of Trafficking 14 grams or more but less than 28 grams of an Opioid by Possession. Senior Resident Superior Court Judge Joshua W. Willey, Jr. presided over the trial and sentenced WILLIS to a minimum of 90 months' and maximum of 120 months' imprisonment and imposed a \$100,000 fine.

Evidence presented at trial showed that on September 16, 2019, while WILLIS was being held in pre-trial confinement at the Carteret County jail for an unrelated charge, he received a bag containing 35 Hydrocodone pills during a visitation from a family member. The items were passed through a small opening in the area where the visitation occurred. The civilian who provided the Hydrocodone to WILLIS during the visitation was also charged and is awaiting trial.

Following the jury verdict and sentence, District Attorney Scott Thomas said, "We prosecute illegal drug activity wherever it occurs. In this case, the defendant was involved in receiving drugs at the jail. Due to the diligence of Carteret County Sheriff Asa Buck's deputies and staff, this illegal activity was identified, the drugs were intercepted, and arrests were made. This 7 to 10 year prison sentence should send a message to other inmates that this activity will not be tolerated."

The case was investigated by the Carteret County Sheriff's Office and prosecuted in court by Assistant District Attorney Ashley N. Eatmon. ADA Eatmon was assisted by District Attorney Legal Assistant Bonnie Keen. The North Carolina State Crime Lab performed forensic analysis.



## AfterSchool Program at HeartWorks – It's FREE!

By Mary Frances Taylor



The Afterschool Program at Heartworks is free to any student who is in kindergarten through eighth grade and attends school in Pamlico County. A bus or van will transport the student from school to the 21st Century Community Learning Center Program located at Heartworks in Bayboro where students are engaged in learning and play activities for three hours until picked up at 6 pm. The modern facility offers a large activity/meeting room, six new classrooms, a small library, and a secure playground. Students can participate in learning projects, be tutored in literacy and math by certified teachers, receive counseling from professional therapists, and enjoy a hot, home-cooked snack in the late afternoon before heading home. This program is the answer to many parents' prayer for a wholesome after-school care program for their children and there is no charge to participate. The program is funded by a 21st Century Community Learning Center grant, individual and corporate donations, and fundraising.

Afterschool Professionals Appreciation Week is April 19-23 - a perfect time to express appreciation to the professionals who work in this premier afterschool program beginning with the Program Director, Tunmorya Bennett. Tunmorya was raised in Arapahoe, worked as a classroom teacher, and became principal at Fred A. Anderson Elementary School in Bayboro. After accepting the position of program director and managing the afterschool program for a year, she received special recognition for doing an outstanding job. Tunmorya leads a team of professionals with a common goal, to provide students with opportunities to catch up and move forward with academic, behavioral, and social skill building activities. She supports the goals of public education and appreciates all that she has learned as an educator, but she is quick to explain that this flexible after-school program offers more opportunities to meet the diverse needs of children in Pamlico County. Most of their certified teachers have experience teaching in public schools and are familiar with

■ Continued on Page A4

## Pamlico Gets Big State Playoff Win on the Road

by: Hiram Lupton

Pamlico went on the road Friday night all the way to Cerro Gordo, North Carolina to take on the West Columbus in the North Carolina State Football playoffs and the Hurricanes brought back a big win over the Vikings by the score of 50-8.

The luck, or unluck, of the draw was the reason for Pamlico having to travel for the opening round. In fact, the Hurricanes will be travelling for all their playoff games by virtue of a number 8 seed. In a predetermined formula, the North Carolina High School chose 16 teams from the east as well as 16 from the west in each classification (1A, 2A, 3A, & 4A). These 16 teams were then split into two divisions (1A & 1AA) based on the Average Daily Membership (ADM) of each school. A random draw would determine the seeding of the 8 teams in those divisions. Pamlico drew a number 8 seed in an 8-team division (1A) and will be road warriors for the entirety of the abbreviated state playoffs. It should be noted that both of Pamlico's losses during the regular season came to opponents who had high enough ADM to fall into the 1AA division (Princeton and Tarboro). The Hurricanes' next opponent will be a familiar one, fellow Coastal Plains Conference member, Northside-Pinetown who bested Rosewood 35-34 in their opening round game. Pamlico beat the Panthers three weeks ago in Bayboro 50-48 in an overtime thriller. Since the random draw placed Northside at a number 5 seed, Pamlico will have to travel despite finishing ahead of the Panthers in the standings and beating them during the regular season. At least it's not 3 hours away like West Columbus. The winner will then play in the Eastern Regional Championship against the winner of the Bear Grass Charter – Northampton County game. That winner will then move on to the State Championship game.



The Hurricanes will look to Savon "Tan" Tutt to cross the goal line often in this weeks matchup with Northside-Pinetown.

## COME TO THE TABLE

### Don Lee Camp & Retreat Center awarded funding for community food ministries

April 19, 2021 – Don Lee Camp & Retreat Center, partnering with Oriental United Methodist Church, is pleased to announce their award of funding from the Come to the Table program of the Rural Advancement Foundation International-USA (RAFI-USA). This funding supports the purchase of food from local farmers and food businesses for distribution in the community. These grants are made possible by generous funding from The Duke Endowment



Keith Bruno, owner of Endurance Seafood in Oriental, poses with locally sourced shrimp and Katie Lewia, Camp Don Lee.



Food preparation in the Don Lee kitchen.



Mo Greene, food service manager at Don Lee Camp & Retreat Center, with staff from Pamlico County Senior Citizens Center.

Don Lee Camp & Retreat Center is providing an additional meal to needy seniors through a partnership with the Pamlico County Senior Services Center Meals on Wheels program for a limited time.

Don Lee Camp & Retreat Center has purchased from local food suppliers to prepare the meals each week including Bridgeton Poultry, Endurance Seafood, Tidewater Grain for Carolina Gold rice and Moore's Produce for local vegetables.. Camp Don Lee staff is preparing the meals each week and delivering them to the Senior Center for distribution throughout the county to food insecure senior citizens.

"We are thankful to receive the grant and provide this ministry to some Pamlico seniors during this challenging time of pandemic," said Kate

■ Continued on Page A7

### WEEKEND WEATHER

Saturday, April 24th

69°Hi

Rain starting in the afternoon.

Sunday, April 25th

70°Hi

Rain in the morning.



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# COMMUNITY

## Personal income in Pamlico County increased in 2019

Kristi Tanner and Adrienne Roberts | Detroit Free Press

Before the pandemic caused widespread job losses last year, personal income per capita in Pamlico County increased in 2019 compared with the year prior, rising to \$43,290, a 4.9% jump.

Personal income per capita is measured as the total personal income of an area divided by the population. In 2019, Pamlico County ranked 10th in North Carolina in terms of personal income per capita growth. In 2018, income grew by 0.4%.

Nationwide, personal income per capita increased by 3.5% to \$56,490 in 2019 compared with 2018. That increase was smaller than the previous year's 4.8%. The majority of the 3,000-plus counties the U.S. Bureau of Economic Analysis (BEA) tracks continued to see personal income per capita rise in 2019, the latest data available.

The fastest growth could be found in two rural Kansas counties: Sheridan and Greeley.

Sheridan County grew at a rate of 35% to \$62,156 per capita in 2019. And in West Kansas, Greeley County grew at a rate of 30% to \$98,916.

Xan Wedel, who leads the state data center at the Institute for Policy and Social Research at the University of Kansas, says government payments such as tariff subsidies under former President Trump's administration influenced the growth. In Greeley and Sheridan counties the ratio of farms to people is roughly one farm for every five and eight residents, respectively.

Farm income was a clear driver of growth in both counties, with cash receipts from the marketing of livestock and other products being the primary contributor to annual gains followed by government payments. Farm proprietor income, which includes government payments, increased by 125% statewide between 2018 and 2019. And government payments to Kansas farms nearly doubled to \$1.37 billion during the same time period, according to BEA data. The Market Facilitation Program, provided about \$1 billion in direct payments to Kansas farms negatively impacted by trade disruptions, an average of \$17,247 per farming operation in 2019, according to the U.S. Government Accountability Office.

Nationwide, three counties saw income levels drop by more than 10%: Towner, N.D.; Cavalier, N.D.; and Buffalo, S.D.

Despite the annual declines, both North Dakota counties have income levels above the U.S. average and experienced large gains in personal income per capita, greater than 30%, the year prior. On the other hand, Buffalo County located in central South Dakota has experienced two consecutive years of declining income, down to \$20,682 in 2019, and is one of the lowest-ranked counties in the country for personal income per capita. The Crow Creek Indian Reservation comprises a large share of the county.

The U.S county with the highest income per capita is Teton, Wyoming, at \$229,825.

While it's too early to tell the full impact of the COVID-19 pandemic on personal income at the county level, 2020 estimates are due in December, the pandemic did result in businesses closing and laying off employees, and freelance work drying up as companies tightened their purse strings. Preliminary national data shows that personal income per capita is up 5.7% to \$59,729 in 2020. A boost in transfer receipts such as supplemental unemployment benefits and federal stimulus checks provided by the Coronavirus Aid, Relief and Economic Security Act of 2020 was the leading contributor to personal income growth last year, the BEA said in a press release.

The USA TODAY Network is publishing separate versions of this article with localized statistics on its news sites across the country.

OBITS@THEPAMLICONEWS.COM

## Horoscopes



**ARIES – Mar 21/Apr 20**  
Some things are entirely out of your control, Aries. You may come up against some such obstacles this week. Focus your energy on the things you can control.



**TAURUS – Apr 21/May 21**  
Taurus, if you're seeking new horizons, establish a game plan and then do your homework. This will help determine if it is practical to make a move.



**GEMINI – May 22/Jun 21**  
Your expressiveness and affections are drawn out this week, Gemini. It could put you in the mood to push some limits socially or creatively. Chances are things will work out well.



**CANCER – Jun 22/Jul 22**  
Cancer, some focus and harmony enables you to find balance in your personal and professional relationships. You will begin to see eye-to-eye with many people.



**LEO – Jul 23/Aug 23**  
It is a good thing to center yourself emotionally because many decisions are heading your way, Leo. You may find ideas and plans center around domestic issues.



**VIRGO – Aug 24/Sept 22**  
You are inclined to seek some mental stimulation this week, Virgo. Invest in some puzzles or even a recreational pursuit such as an escape room experience.



**LIBRA – Sept 23/Oct 23**  
Take a break from overthinking, Libra. Involve yourself with pleasurable activities that don't require a lot of forethought. Others can join the fun.



**SCORPIO – Oct 24/Nov 22**  
This is a good week to focus attention on your personal needs, Scorpio. Perhaps you are looking for personal fulfillment. Try volunteer work.



**SAGITTARIUS – Nov 23/Dec 21**  
Others may be elusive this week, Sagittarius. Don't take it as a sign of your relationships being in need of mending. Others are just busy, so enjoy the down time.



**CAPRICORN – Dec 22/Jan 20**  
People may demand a little more of your time in the days ahead, Capricorn. If you are not sure you can devote extra effort, tell these people as soon as possible.



**AQUARIUS – Jan 21/Feb 18**  
Disagreements can arise if others are not reading you well, Aquarius. Focus your efforts on effective communication this week to avoid any confusion.



**PISCES – Feb 19/Mar 20**  
You don't need to know every detail of an issue to be able to take a side or a stance, Pisces. Your ability to make choices will improve.

### TAURUS Traits & Overview

*Taurus is one of the most reliable and dependable signs of the zodiac. You are enthusiastic, stoic, determined and materialistic. Your stubbornness is due to the strong will and determination. You are strong and unwavering. You are deeply caring, smart and wise. You are the best representation of growth and development. You secured the life of your closed ones. You are ruled by the planet Venus, which will create inclination for love, luxury, and comfort in you. Taurus individuals don't like to be pushed or have changes in life and love their home comforts and routine life.*

*We all have strengths and weaknesses, and they can both be used to our best advantage once we better understand them.*

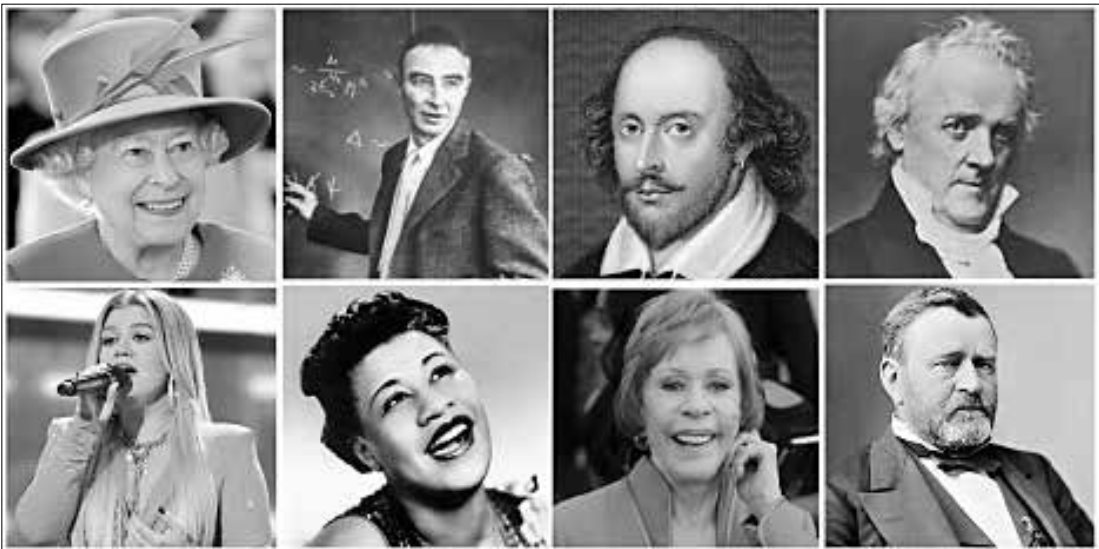
FOR ENTERTAINMENT PURPOSES ONLY

## THIS WEEK IN HISTORY

- April 21st – 1918, During World War I, German fighter ace “The Red Baron” (Manfred von Richthofen) was shot down. Reportedly, Snoopy was involved.
- April 22nd – 1970, The first “Earth Day” was observed in the United States
- April 23rd – 1954, Hank Aaron hit the first of his 755 major league home runs.
- April 24th – 1967, The country of Greece banned the mini skirt. That was a little short-sighted if you ask me.
- April 25th – 1684, A patent was granted for the Thimble. Sewers rejoiced.
- April 26th – 1607, English colonists first land at Cape Henry, Virginia. These colonists relocated to form the Jamestown settlement.
- April 27th – 1965, “Pampers” disposable diapers were patented by R. C. Duncan. This was a great invention for two reasons, #1 and #2.

### BIRTHDAYS THIS WEEK

- April 21st – 1926, Elizabeth II, Queen of England
- April 22nd – 1904, Physicist Robert Oppenheimer (Father of the Atomic Bomb)
- April 23rd – 1564, Writer William Shakespeare
- 1791, The 15th President of The United States, James Buchanan
- April 24th – 1983, Singer Kelly Clarkson
- April 25th – 1917, Singer Ella Fitzgerald
- April 26th – 1933, Entertainer Carol Burnett
- April 27th – 1822, The 18th President of the United States, Ulysses S. Grant



### Pamlico County Fishes and Loaves Outreach Food Pantry

(PCFLO) will be sponsoring it's monthly mobile food truck on the first Wednesday of each month at St. Peter the Fisherman Catholic Church parking lot at 1149 White Farm Road, Oriental. Anyone residing in Pamlico County needing food assistance is welcome. The only requirement is a valid ID showing residence in Pamlico County. Lineup begins at 9am. All are welcome.

## Hope Clinic’s New Beginnings

Recovery support group meetings open to anyone in recovery. Using principals from NA, AA, and Smart Recovery is hosted by Hope Clinic's New Beginnings program. Meetings occur every evening at 7pm, except for Saturday. Most meetings are online and 2 are in-person at this time. There are no requirements to attend and meetings are free. For more information, please call Caitlin at (252) 745-5760 or email her at [caitlin@hopeclinic.net](mailto:caitlin@hopeclinic.net)

### If you want to drink, thats your business... If you want to stop drinking, that’s ours.

**Alcoholics Anonymous:** New Bern Hotline (252) 633-3716

**Meetings in Pamlico County:**  
**Friday 8pm** - Grantsboro Friday night group is temporarily meeting behind Brantley's Village Restaurant in Oriental, NC  
**Tuesday 8pm** - Oriental Tuesday night group - Free Will Baptist Church off Ragan Rd. (2nd brick building on left)  
**Sunday 7pm** – St. Thomas Episcopal Church on Church St. in Oriental (2nd brick church on left)

clubs and organizations events...

frontdesk@ThePamlicoNews.com

### QUICK REFERENCE

<b>EMERGENCY:</b> Dial 911 for police, sheriff, fire departments, rescue squads, ambulance Animal Poison Control Center: 1-888-426-4435 Carteret General Hospital: 808-6000 Coastal Carolina Regional Airport: 638-8591	<b>PAMLICO COUNTY DEPARTMENTS</b> Board of Elections: 745-4821 County Manager: 745-3133 Emergency Management: 745-4131 Health Dept.: 745-5111 Recycling Center: 745-3283 Senior Services: 745-7196 Sheriff's Dept. (non-emergency) – 745-3101 Social Services: 745-4086 Tax Collector: 745-4125 Water Dept.: 745-5453 Poison Control Center: 1-800-222-1222 US Coast Guard (Hobucken): 745-3131
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## The Pamlico News

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**Land/Home Sales  
Property Management  
Appraisals Development**



*Agent of the Week*

**Linda Hoff**  
Broker

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

Linda Hoff made what could have been a complex sale into a simple process. She was very attentive to detail and followed up regularly. I enjoyed meeting and dealing with the staff at Mariner Realty, who are very professional and good for their word.  
*Branson, Oriental*



**BAYBORO** – A nice commercial office building in the heart of Bayboro and next to the Post Office. Three large offices and one smaller one. Large reception area. A must see if you are looking for a commercial building or if you are interested in turning this into a home. Zoned commercial or family housing.  
**OFFERED AT \$110,000**



**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**



**ORIENTAL** – Spacious 2,350 hsf, **3BR/2BA** on private lot with circular driveway. Cedar-shake wood siding, screened porch, wood stove, FROG, utility/bonus room, attached garage / workshop. Adjacent vacant lot can be purchased with property for additional \$15,000.00. No HOA or HOA dues! City sewer & water!  
**OFFERED AT \$279,000**



**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.  
**OFFERED AT \$285,000**



**ORIENTAL** – Private setting within biking/walking distance to the Village of Oriental. **3BR/2BA**, expansion capability, 2-car garage, split living with the guest bedrooms separated from the master bedroom. Large laundry room with deep utility tub sink. Transferrable flood policy. No HOA  
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# Pamlico Community College

## Pamlico Community College graduates begin rewarding careers close to home

By Sandy Wall

Two recent Pamlico Community College graduates show that you don't have to leave the area to find a rewarding career in your chosen field.

Both Francisco Arreol-Muro, Class of 2019, and Cecilia "Ceci" Holton, Class of 2020, have launched their careers close to home.

By doing so, Arreol-Muro, who lives in Arapahoe, and Holton, who lives in Olympia, have been able to stay close to family members and live in the familiar communities where they have spent their lives.

"Francisco and Cecilia demonstrate how area students can find rewarding careers right here at home," said PCC President Dr. Jim Ross. "By taking advantage of the opportunities available here at the college, these two recent graduates are equipped to take the work world by storm. We are proud of their successes and look forward to following the careers of these outstanding PCC graduates."

Arreol-Muro earned associate's degrees in Environmental Science Technology and Environmental Management Technology. The college's versatile Environmental programs also enabled him to secure certificates in Environmental Science Technology Health and Safety, Environmental Management Technology Natural Resource Conservation and Environmental Management Technology Water Resource Management.

That combination of academic credentials helped the lifelong Pamlico County resident secure a full-time job as a state safety inspector. Based in an office at the PCC campus, Arreol-Muro conducts inspections and reviews at Eastern North Carolina community colleges for the Environmental Health and Safety Institute, which is based at Blue Ridge Community College in Henderson County.

His duties include conducting indoor air quality assessments, mold testing, fume hood testing and other reviews at area campuses.

"I didn't think I'd get this type of job with a two-year degree," Arreol-Muro said, adding that his role is to spot potential safety violations and give colleges an opportunity to correct them before authorities discover them and issue fines.

He credits PCC Environmental programs Instructor Zac Schnell with providing him the skills and knowledge he needs for his job. Arreol-Muro also singled out PCC English Instructor Rick Miller for instilling in him the discipline to be punctual and to document his findings completely and correctly.

Arreol-Muro also was one of four PCC students to take part in a month-long Study Abroad trip to the Philippines in 2018, which he said exposed him to real world environmental projects.

Most importantly, he said his time at PCC helped him create a network of instructors and friends who have helped him start his career with a great job.

"It's very important to build relationships," Arreol-Muro said, adding that one of his sisters is a PCC Medical Assisting graduate and another sister is enrolled in the college's Cosmetology program.

Meanwhile, Holton began her career as a full-time stylist at Magnolia Jane Salon in downtown New Bern last summer, just days after graduating with her Cosmetology diploma and certificate.



Cecilia 'Ceci' Holton, left, and Francisco Arreol-Muro are two recent Pamlico Community College graduates who have started their careers just a few miles from where they grew up. Contributed photo

The 19-year-old was able to get a head start on her career by enrolling in the N.C. Career & College Promise (CCP) program while she was a student at Pamlico County High School. The program enables high school students to take tuition-free college-level courses from PCC.

Holton began her Cosmetology studies as a high school junior and completed the program last year. Because she took all of her PCC courses through the CCP program while in high school, she did not have to pay college tuition and could begin her full-time, professional career as a teenager.

Holton, who grew up in Pamlico County, always had an interest in hairstyling. She received a mannequin head for her 13th birthday and later got a salon-style chair installed in her bedroom.

Holton said the PCC program taught her the essentials of styling and gave her some important social skills.

"I learned how to interact with people," she said.

After securing the job at Magnolia Jane Studio, Holton has taken some additional training. She is now a Level I stylist at the downtown New Bern studio and is working on building her clientele.

Holton has received rave reviews from her colleagues and customers. One online post states, "She has worked super hard to refine and build on her skills, and we have to admit, Ceci was also born with 100% natural talent. She was meant to make the world a beautiful place, one gorgeous head of hair at a time, and we are so proud of her!"

For his part, Ross added, "We are proud of both Ceci and Francisco. I encourage prospective students to check out the opportunities we offer right here at Pamlico Community College."

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



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# FINANCIAL FOCUS

## Be Conscious of Your Investment Environment



Dan M. Roberts  
**Here are a few suggestions:**

- Avoid “toxic” investment strategies. The dangers of pollution helped drive the creation of Earth Day. As an investor, you also need to watch out for “toxins” – particularly in the form of unhealthy investment techniques. For example, chasing after “hot” stocks can burn you. In the first place, by the time you’ve heard of them, they may already be cooling off. Second, and probably more important, these hot stocks just may be wrong for the investment mix that’s appropriate for your needs. Another toxic investment strategy: trying to “time” the market by “buying low and selling high.” No one can really predict when market highs and lows will occur, and if you’re always jumping in and out of the investment world, you’ll likely waste time and effort – not to mention money. Instead of looking for today’s hottest stocks or guessing where the market is heading, try to create and follow a long-term investment strategy based on your goals, risk tolerance and time horizon.
- Reduce waste. From an environmental standpoint, the less waste and garbage we produce, the better it is for our planet. As an investor, can you find “wasteful” elements in your portfolio? It’s possible that you own some investments that may be redundant – that is, they are virtually indistinguishable from others

you may have. Also, some investments, due to their risk profile or performance, no longer may be suitable for your needs. In either case – redundancy or unsuitability – you might be better off selling the investments and using the proceeds to purchase others that can be more helpful

- Recycle wisely. Recycling is a major part of the environmental movement. At first, though, you might not think the concept of recycling could apply to investing. But consider this: If you own stocks or mutual funds, you may receive dividends, and, like many people, you may choose to automatically reinvest those dividends back into the stocks or funds. So, in a sense, you are indeed “recycling” your dividend payments to boost your ownership stakes – without expending additional resources. And, in fact, this can be quite an effective and efficient way to increase your wealth over time.
- Plant some “trees.” Planting trees has always been a key activity among boosters of the environment – with the recognition that their efforts will take years, or even decades, to reach fruition. When you invest, you must sometimes start small. By purchasing a limited amount of an investment and nurturing it over the years by adding more shares, you may one day have achieved significant growth. (Keep in mind, though, that there are no guarantees – variable investments such as stocks can lose principal.)

By making these and other moves, you can create a healthy investment environment – one that can help you achieve your long-term goals.

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

NC COOPERATIVE EXTENSION Pamlico County

## Celebrating Our Pamlico County 4-H Shooting Sports Team!



Kait Neeland  
4-H Agent

I always enjoy sitting down to write an article for the paper, but I am particularly excited to write this weeks article. It’s been far to long since I’ve been able to write an article like this, an article celebrating our Pamlico County 4-Hers. The past year has seen many postponements, or cancelations of programs and opportunities that our 4-Her’s have worked hard to participate in. I am very happy to say that some of the restrictions that kept us from meeting, and engaging in programs have been lifted, allowing our 4-H Shooting Sports Team to meet and begin practicing for the 2021 Tournaments, (while maintaining COVID Safety Practices).

On April 3rd our Pamlico County 4-H Shooting Sports Team competed in the NC Youth Hunter Education Skills Tournament. This tournament took a very different form this year, judges coming to team locations, instead of teams congregating in one range together. This was the culmination of our 4-Hers hard work over the last few months.

It will come as no surprise that their hard work and dedication has paid off! The Senior team placed 3rd overall and 2nd in Shotgun. A big congratulations goes to Dylan Potter for receiving the honor of highest scoring individual for the SE Region. He will be going on to participate in the State Tournament.

We are looking forward to seeing all that they accomplish in 4-H Shooting Sports, and in all of their endeavors. In celebrating our 4-H Shooting Sports Team, we also want to give a huge thank you to the coaches, volunteers, and parents who have been supporting and facilitating our team. The Pamlico County 4-H



Shooting Sports Team would not exist, or achieve so much without the effort, and determination of Coaches Shawn Carawan, Earl Lockwood, and Randy Daniels, our team photographer Kim Potter, and all of the parents who support the team. It really takes a dedicated team of great volunteers to help the next generation of leaders grow. They are always making the Best Better!

If you would like to learn more about the Pamlico 4-H Shooting Sports Team please contact the Pamlico County 4-H Agent Kait Neeland at 252-745-4121, or kait\_neeland@ncsu.edu. If you would like to learn more about the Pamlico County 4-H Program, or upcoming programs check out our web page [pamlico.ces.ncsu.edu](http://pamlico.ces.ncsu.edu), our social media pages: Pamlico County 4-H Facebook, or @pamlico\_county\_4h Instagram, or give our office a call!

## AfterSchool Program at HeartWorks – It’s FREE!

curriculum goals and objectives. The professional care they provide includes addressing the mental and social needs of children as well as physical and academic. The focus is not only on literacy, math, and science but also on life skills that will ultimately help them succeed in school and in life. Other professionals include adult volunteers who have specific skills and talents to share with children and professional therapists who are available through the Stillwaters counseling service.

The Heartworks Afterschool Program is truly a community service collaboration with individual volunteers and professional organizations. The program provides a hot, healthy snack twice a day from a resident cook using food donated by local businesses and organizations. For example, they receive meat and produce from Walmart and canned vegetables, fresh produce, and milk and juice from the NC Food Bank. They are

in the process of building a library with new and gently used books donated by people in the community. Program leaders are working with the Pamlico Community Collaborative to share resources and schools are providing buses to transport participating students to the learning center after school. Heartworks depends on the generous support of the entire community to make a profound difference in the lives of young people.

The Heartworks Afterschool Program has room for 150 students. Parents must register online at [Heartworksnc.org](http://Heartworksnc.org) or pick up an application at the learning center. In addition to the application, parents will be required to provide a birth certificate for each child and a photocopy of a current state-issued photo ID of at least one custodial parent. For more information, call Tunmorya at 252-671-5212.

Please join us for the

# Grand Opening of ArtWorks Oriental

*A new type of gallery and studio space found in Oriental, NC*

Saturday, April 24, 2021  
518 S Water Street in Oriental  
10 AM - 7 PM.

ArtWorks Oriental is a different kind of place. Here you can meet our resident artists who are painting, drawing, weaving, and sculpting with thread. Feel free to engage with them to talk about their work, buy it, and even commission custom work.

Our Main Gallery is overflowing with work created by artists across the United States. Using our modern QR system and your cell phone, you can learn more about the artist and the art that you may wish to purchase for your home.

Feeling inspired? Visit our growing Art Supply Store where tools and supplies that creative people need can be purchased right in Oriental on a regular basis.

Not sure how to get started or want to learn a new skill? Watch for our continuing classes and events to help YOU bring out that artist in you!

We'll look forward to welcoming you for the first time on April 24! Once you visit, we know we'll be saying Welcome Back!

# Did you know?

Many lawns contain a mixture of the roughly one dozen types of different grasses. According to the lawn care experts at Scotts®, knowing which type of grass they have in their yard can help homeowners more effectively manage and care for their lawns. But with so many lawns containing a mixture of grasses, how can homeowners know exactly what’s making up that green carpet in their yards? Scotts® notes that lawns typically fall into one of two categories: warm-season grasses and cool-season grasses. Warm-season grasses are those that thrive in regions where the climate tends to be especially warm, such as the southern United States. Cool-season grasses are those that are at their best in climates that experience extreme temperature fluctuations. For example, cool-season grasses are most likely to be found in the northern United States, as much of this area of the country experiences cold winters and warm, and in some places very hot, summers. Homeowners who are uncertain about which type of grass they have can consult a lawn care professional for advice. Homeowners who learn which type of grass is in their yard can use that information to determine how frequently they should mow and water their lawns and which type of fertilizer is best-suited to their lawns.



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The Woods on Bell Point

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*The Woods on Bell Point* – A truly special piece of earth. Absolutely breathtaking! Discover the towering Loblolly Pines, coastal reed grasses and nesting Osprey colliding with the sun rising and setting over the Pamlico Sound and Bay River. A setting words struggle to describe. *The Woods* will be offered in 6 attractive **waterfront** tracts, each with it’s own unique character, ranging from 10+ to 26± acres and approved septic system locations. Seize the opportunity to purchase the property that is right for you! Bids may be placed on any individual tract, combination of tracts or the entire property. Join us on a Land Tour Day to investigate this spectacular property!

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BE REAL ID READY BY OCTOBER 1, 2021

WHAT IS REAL ID?

It's the law. The REAL ID Act establishes minimum security standards for license issuance and production.

WHAT DO I NEED A REAL ID FOR?

Domestic Air Travel

Accessing Certain Federal Buildings/DOD Installations

Entering Nuclear Power Plants

HOW DO I KNOW IF I HAVE ONE?

Visit our interactive tool at [DHS.GOV/REAL-ID](https://www.dhs.gov/real-id) to find out if you're REAL ID ready.

LOOK FOR A STAR

★ ★ ★ ★ ★

In general, a REAL ID features a star in the upper right or left corner.

REAL ID ACCEPTABLE IDENTIFICATION\*

REAL ID Driver's License/ID

U.S. Passport or Passport Card

U.S. Department of Defense ID

DHS Trusted Traveler Card

Enhanced Driver's License

HOW DO I GET A REAL ID?

DMV

Visit [DHS.GOV/REAL-ID](https://www.dhs.gov/real-id) and click on your state or territory

Look for instructions from your local DMV on the necessary steps

BE READY

BY OCTOBER 1, 2021

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Homeland Security

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LEARN & HAVE FUN!

HeartWorks 21st Century Community Learning Center Afterschool and Summer Learning Programs are accepting student applications!

For more information, visit [HEARTWORKSN.ORG](https://www.heartworksn.org) OR CALL TUNMORYA BENNETT AT (252) 671-5212

Household Hazardous Waste Recycling Event

Pamlico County

Saturday, May 15, 9 am - 1 pm

Pamlico County Courthouse

202 Main Street Bayboro

Accepted Materials

Used motor oil, lawn and garden fertilizer and pesticides, farm pesticides, gasoline, drain openers, paint thinners, cooking oil, anti-freeze and batteries and latex and oil paints. **Each vehicle will be limited to 10 gallons of paint.**

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No Mystery Cans!

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We will be following Covid-19 guidelines:

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The REAL ID Countdown Is On:  
*Here's What You Need To Know*

New Bern, N.C. (April 16, 2021) – Coastal Carolina Regional Airport (EWN) wants to make sure that travelers are fully informed about how REAL ID regulations will affect them. In just under 6 months REAL ID enforcement will begin at all federally regulated airports, including EWN, and the driver's license many travelers use now may not qualify as a REAL ID.

Once REAL ID enforcement begins on October 1, 2021, a standard-issue license will still be good for driving and as proof of identity, age and residence, but only a REAL ID-compliant driver's license or an acceptable alternative will allow travelers to board a commercial flight.

Currently, only about 43 percent of Americans either have a REAL ID-compliant driver's license or another acceptable form of identification to board a commercial aircraft.

Other than a REAL ID driver's license, other federally approved identifications that will allow travelers to board a commercial flight include a valid passport, a military ID, or a Veteran Health Identification Card.

Travelers who are unable to present a REAL ID-compliant license or acceptable alternative beginning October 1, 2021 will not be permitted through the security checkpoint.

States have different markings on driver's licenses or identification cards to show that it is a REAL ID, but in general a REAL ID features a star in the upper right or left corner.

Travelers who are not sure if they have a REAL ID should visit their state's driver's licensing agency website to find out exactly what documentation is required to get a REAL ID. At a minimum, you must provide documentation showing: 1) Full Legal Name; 2) Date of Birth; 3) Social Security Number; 4) Two Proofs of Address of Principal Residence; and 5) Lawful Status. But some states may have additional requirements as well.

For more information on REAL ID visit <https://www.dhs.gov/real-id>.

**ABOUT COASTAL CAROLINA REGIONAL AIRPORT**

Coastal Carolina Regional Airport (EWN) is a modern, full-service airport supporting commercial and private aviation activities. With an easy-to-navigate terminal, friendly staff, affordable parking, quick check-in, and security, EWN boasts one of the Southeast's most accessible and convenient regional airports and an "enjoyable air travel experience." The airport acts as the inbound gateway to historic New Bern, the Crystal Coast, The Outer Banks, Emerald Isle, Beaufort, Marine Air Station Cherry Point, and Swansboro, and a portal to destinations all over the world. Learn more at [FlyEWN.com](https://www.flyewn.com).

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# PAMLICO COUNTY MIDDLE SCHOOL

## Mrs. Brandy Angelo's Virtual ELA classes

### Why

By: Annie King

Why are animals so good at keeping company?  
Why is the city the dream place to live?  
Why do we complain about little things  
not realizing how good we have it  
compared to people in other places?  
Why do people believe in superstitions?  
Why do I never switch my order at my favorite restaurant?  
Why do people walk around thinking they’re better than  
someone else?  
Why do we judge people before we even get to know them?  
Why is there so much hatred in the world  
just because someone doesn’t look the same as them?  
Why do we have so many questions?

### Questions For The Clouds Poem

By: Charlie Roach

Why are people so scared of the smallest animals?  
Why do people have such a problem wearing a mask in the  
pandemic?  
Why do I get the urge to bite my nails so often?  
Why don’t people just do what they are supposed to do so the  
pandemic could be over with?  
Why do so many people believe things that they have never seen  
with there own eyes before?  
Why does math seem so confusing looking at it before you start  
the subject but really isn’t once you get into it?  
Why do people hate school so much when we are there but  
when we aren’t there we miss it?  
Why does the world have to be so unfair sometimes?  
What exactly is a poem?

### Questions for the Clouds

By: Evan Caraway

Why does the weather change so quickly?  
Why do people wear their mask in their car?  
Why do people believe that ghost haunt them,  
and not that there are spirits helping them.  
Why are dirt bikes hard to jump?  
Why are there so many people at one place  
in the middle of the day.

### Dumb Questions.

By: Isaac Cuthrell

Why is nature weird up here?  
How can bees fly if they are too fat in the rear?  
Why can you find weird people in Wal-mart?  
Why can’t I have good vocabulary? I just want to be smart.  
Why is the part of my brain that should be good for reading so  
smooth?  
Why do people believe in ghosts when they should know that’s  
not the truth.  
Why do I love dogs more than humans?  
Why are people offended so easily? It’s just our opinions.

### Questions for the Clouds

By: Iyahna Lodge

The world has many questions and so do I, biggest question is to  
want to know why.  
Why am I the way that I am?  
Why do people lie? Why do people scam?  
Why are the children so afraid?  
Why can't anyone else see this cruel world we have made?  
Why can't I sleep at night?  
Why does everyone have to fight?  
Why do I cry all night and sleep all day?  
Why can't everyone just go away?  
Why can't I fit in?  
Why do people assume things about me just because of the color  
of my skin?  
Why am I so jumpy and anxious?  
Why do I like creepy things?

### Deeper Than A Thought

By: Samyiah Maiden

Why do I grab my phone when I first wake up?  
Why is it difficult for me to save my money and not  
spend it on unnecessary things, rather than saving up for things  
that'll benefit me?  
What joy do people get out of bullying others?  
What gives flowers their scent to make them smell amazing?  
Why do people assume pit bulls are the  
most dangerous and violent breed of dogs?  
Why are people pro choice without a specific reason?  
How do you dislike a person because of their lifestyle?  
Why am I always focused on helping others and making sure  
others are good before I focus on myself?  
What exactly is a poem?

### My Love

By: Samyiah Maiden

At the game my stomach grumbles  
As I twist, turn, and kick for the winning goal  
Soccer was always my sport  
I flourished at every game showing it was my favorite  
I practiced day and night  
My teammates are tremendously supportive on the field  
Today was our last game and we were conference champs!  
I love my team and I will miss our laughs

### Thoughts for the Thunder

By: Trinity Jones

Why do giraffes have spots?  
Why do car dealerships sell used cars?  
Why do I bite my nails?  
Why do people kill each other?  
Why do people believe that unicorns are real?  
Why does algebra have letters in it?  
What makes some candy sour?  
What is a poem?

### Questions For The Clouds

By: Wrihlon Edwards

I Have questions everyday  
Questions about animals or places  
Questions like, what would it be like to be an animal  
Why do we have to learn things that we probably won't use in  
the future  
Why do you feel sick when you read a book in a car  
Why does a song get stuck in your head  
Why do I hear ringing in my ears when it’s quiet

And have many more questions that I want to know

### Seasons

By: Tony Bustamante

The cold kiss of winter  
You don't want to enter


Then the hug of fall  
It welcomes all

Spring shakes your hand  
It covers all the land

Summer gives you a better kiss  
But suddenly you hear a hiss.

Mrs. Mings  
By: Zyneiah Collock


Our music teacher, Mrs. Mings,  
Gets the class together and sings.  
When we all sing a song together,  
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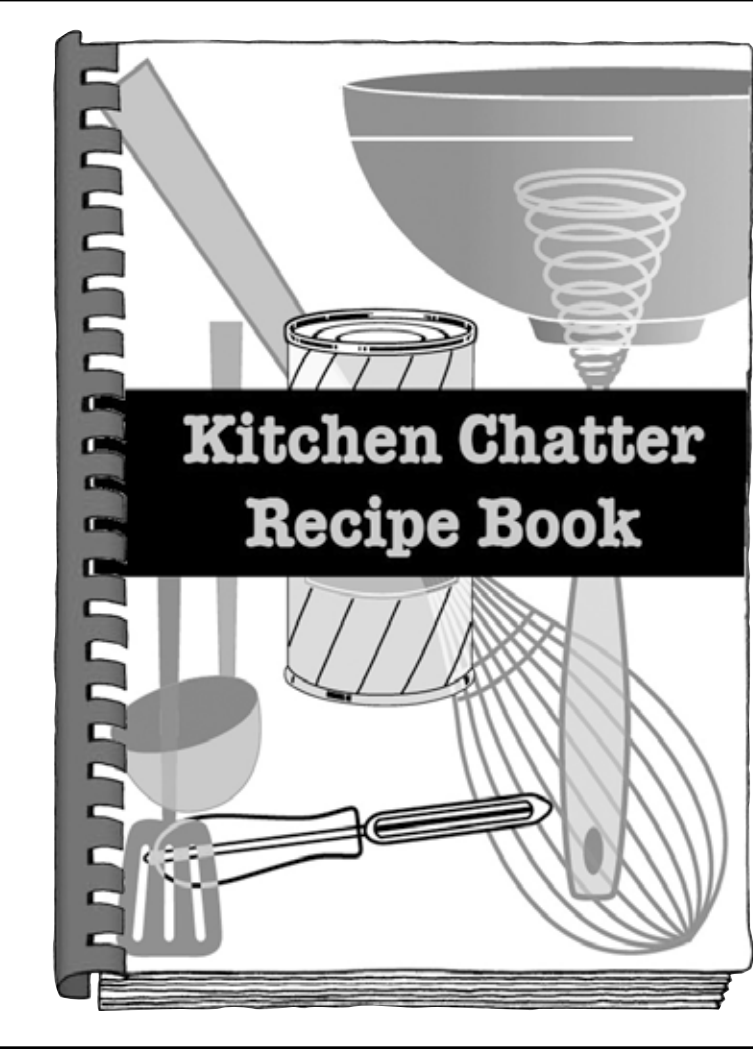
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### Help Wanted

Hospice of Pamlico County, Inc. has been providing quality end of life care in our community since 1984. We are looking to add a PRN Social Worker to our great team. This position is ideal for those who already have part-time work, have gone back to school, or just want a flexible work schedule. Job Type: As Needed in Patient's homes Salary: DOE

**Qualifications:**

- A minimum of 6 months previous experience in hospice setting is preferred.
- Must be currently licensed in the State of North Carolina.
- Current North Carolina driver's license
- Excellent communication skills
- Working knowledge of community resources
- Flexibility
- Ability to work autonomously and make independent judgments
- Ability to creatively problem solve.
- Must attend IDT weekly meetings

**Social Worker**

- Must have Degree in Social Work
- Provides services to respond to the psycho social needs of patients and their family members. As part of admission process, meets with the patient and family to review policies on advanced directives, Patient rights and discrimination.
- Helps Patients and their families (in their social, racial, ethnic, and cultural context) cope with the immediate effects of the decision to become a hospice patient.
- Implements social service interventions that achieve treatment goals, address families needs, link social supports, physical care and physical environment to enhance quality of life.

Hospice of Pamlico County, Inc. is an equal opportunity employer  
Hospice of Pamlico County, Inc.  
602 Main Street  
PO Box 6, Bayboro, NC 28515  
252-745-5171  
tonya@hospiceofpamlico.com

A 501 (C) 3 Non-Profit Organization

### Hospice Patient Volunteers

Well-trained volunteers are an integral part of the Hospice of Pamlico County team caring for terminally ill patients. Hospice volunteers visit one or more patients and their families each week. Volunteer scheduling is flexible, matching the needs of the patients with the availability of the volunteer. Hospice volunteers usually work with patients two hours once or twice per week.

**Qualities of a Good Hospice Volunteer:**

- Good Listening Skills
- An Understanding and Acceptance of Their Own Feelings Regarding Death and Dying
- A Strong Comfort Level with People Approaching Death (however, direct experience with death and dying is not required)

**Hospice Volunteer Activities:**

- Companionship
- Supportive Listening and Conversation
- Applying Holistic Therapies Reading or Other Activities of Interest
- Support with Life Review (reminiscing, sharing stories, pictures, etc.)
- Assistance with Documenting One's Life Story
- Support with Audio or Video Taping or Treasured Messages for One's Family
- Letter Writing
- Assisting the Patient with Projects, Errands
- Caregiver Respite

Hospice volunteers can also assist in the administrative offices of Hospice of Pamlico County.

**Volunteer Training**

All volunteers receive an initial orientation. Topics include:

- The History and Philosophy of Hospice
- The Process of Death and Dying
- An Overview of the Roles and Responsibilities of Each Member of the Hospice Team
- Methods of Offering Compassionate Care to the Terminally Ill Patient and Their Loved Ones

For more information about how you can help, please call Tonya Jordan at 252-745-5171 or email [tonya@hospiceofpamlico.com](mailto:tonya@hospiceofpamlico.com)

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# The Basics of Reducing and Reusing

As more and more people, businesses and governments have embraced eco-friendly lifestyles and practices, it's never been easier for men and women to make a positive impact on the planet. One of the simplest yet most effective ways to make such an impact is to look for ways to reduce waste, which often involves reusing materials and products that otherwise might be discarded. According to the United States Environmental Protection Agency, producing new items requires substantial amounts of materials and energy. Such products may require the extraction of raw materials from the earth before they can be fabricated and transported to places where they will ultimately be sold. By resolving to reuse products, consumers can greatly reduce the impact their purchases have on the planet. Why reduce and reuse? A reduce and reuse lifestyle preserves natural resources and reduces waste, but there are additional benefits to such a lifestyle as well.

- Reduces pollution: Harvesting new raw materials oftentimes contributes to pollution of our airways and waterways. By reusing items, consumers can decrease demand for new products, thereby reducing the pollution created when harvesting the resources necessary to produce those items.
- Emissions: Once harvested, raw materials are then turned into products. The process of transforming these materials into products can produce greenhouse gas emissions. According to [Livescience.com](http://Livescience.com), greenhouse gases like carbon dioxide trap heat and warm the globe, producing a host of potentially harmful consequences for the planet and its inhabitants.
- Finances: Reducing and reusing has financial perks, namely the low prices of recycled items compared to brand new items. In addition, reusing everyday items, such as coffee mugs, instead of buying new items each day can add up to sizable savings over time. Repurposing clothing, such as using once fashionable T-shirts as workout gear, also can be a great way to save money.

How to reduce and reuse Just like there are myriad benefits to reducing and reusing, there many different ways for consumers to reduce waste and reuse items.

- Shop for previously used items. Whether consumers are shopping for items for their homes or for new wardrobes, their options abound in regard to previously used items. Homeowners can work with contractors who have experience in working with reclaimed materials, while also visiting antique shops or used furniture stores when furnishing their homes. When clothes shopping, consumers can visit consignment shops that sell like-new items at reduced prices.
- Pay attention to packaging. One of the biggest contributors to unnecessary consumer waste is packaging. Packaging is often made of raw materials, and heavily packaged items therefore require the use of more raw materials than items with less packaging. Packaging typically finds its way into landfills, so consumers looking to reduce can favor items with less packaging when making their purchases and/or look for items packaged with reused or recycled materials.
- Maintain existing products. Reusing items does not always require repurposing them. By taking care of their existing products and possessions, consumers can get more mileage out of them, reusing them for far longer than they could if the products were not better maintained.

Reducing waste and reusing items go hand in hand. Embracing a lifestyle that emphasizes reducing and reusing can have a significant, long-lasting, and positive impact on the planet.



### Don Lee Camp & Retreat Center awarded funding for community food ministries

Metts, center director. "It is an added benefit to provide some small economic stimulus to local food growers, local fisherman and food businesses."

For more information on the Pamlico County program, contact Kate Metts, Don Lee Camp & Retreat Center, [kate@don-leecenter.org](mailto:kate@don-leecenter.org) or 252.249.1106.

Since March of 2020 and in response to the COVID-19 pandemic, Come to the Table has granted more than \$100,000 to 105 churches and nonprofit organizations throughout North Carolina to purchase food from local vendors to be distributed to food insecure community members. If you are interested in learning more about the Come to the Table Program, contact Michelle Osborne, Program Manager for Faith-based and Community Partnerships at [michelle@rafiusa.org](mailto:michelle@rafiusa.org) or 919-704-6920.

About the Rural Advancement Foundation International-USA (RAFI-USA) and Come to the Table

RAFI-USA challenges the root causes of unjust food systems, supporting and advocating for economically, racially, and ecologically just farm communities. We envision a thriving, sustainable, and equitable food system: where farmers and farmworkers have

■ Continued from Page A1

dignity and agency; where they are supported by just agricultural policies; where corporations and institutions are accountable to their community. RAFI-USA is a 501(c)(3) nonprofit organization based in Pittsboro, North Carolina, and incorporated in 1990.

Come to the Table is a program of RAFI-USA whose goal is to end hunger by developing connections and building power to create a just food system where food is a human right and those who work in the system have ownership and are treated with dignity. We believe that faith communities have a key role to play in this work.

**About The Duke Endowment**

Based in Charlotte and established in 1924 by industrialist and philanthropist James B. Duke, The Duke Endowment is a private foundation that strengthens communities in North Carolina and South Carolina by nurturing children, promoting health, educating minds and enriching spirits. Since its founding, it has distributed more than \$3.6 billion in grants. The Endowment shares a name with Duke University and Duke Energy, but all are separate organizations.

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# SCHOOLS

## PAMLICO COUNTY MIDDLE SCHOOL


### PCMS Baseball



### North Carolina Science Festival

Again this Spring, Ms Prendergast's 6th grade science at Pamlico County Middle School participated in the North Carolina Science Festival's Sci Match. This program matches NC scientists with middle school classrooms. Dr. Shannon Speer is a scientist at Biopharma in Research Triangle Park and focuses on developing methods for biologic drugs to determine purity before scaling up production for clinical trials. She talked with our class about the role of DNA in forensics. After her presentation, she walked us through a mock investigation with multiple suspects. We're happy to report that the class correctly identified the correct suspect through DNA analysis! The students had fun and learned quite a bit. Thank you to the NC Science Festival and Dr. Shannon Speer for the opportunity to meet and interact with a scientist and learn about what they do.





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### PCMS Softball



**PAMLICO COUNTY MIDDLE SCHOOL BASEBALL AND SOFTBALL**

Date	Baseball/Softball	Time	Site
4/13	HJ MacDonald	4:00	Home
4/15	Grover C Fields	4:00	Away
4/22	Havelock (Baseball Only)	4:00	Away
4/27	Tucker Creek	4:00	Away
4/29	Bye		
5/4	West Craven Middle	4:00	Home

\*\*\*Games start at the time listed above. Game start times are subject to change.

\*\*\*All athletes must have an up-to-date physical and sports packet completed to try-out and/or participate.

\*\*\*Gate Fees: Season: \$5.00

\*\*\*Masks are required for all individuals present at the meet. We ask that everyone practice safe social distancing.

**PAMLICO COUNTY MIDDLE SCHOOL TRACK**

Date	Track Host	Schools	Time	Site
4/14	H.J. MacDonald	Grover C. Fields Pamlico Middle H.J. MacDonald	3:30	Away
4/21	Havelock High School	Havelock Middle Pamlico Middle H.J. MacDonald	4:00	Away
4/28	Grover C. Fields	Havelock Middle Pamlico Middle Jones Middle Grover C. Fields	4:00	Away
5/5	Pamlico County High School	Pamlico Middle West Craven Jones Middle	4:00	Home

\*\*\*Meets start at the time listed above. Game start times are subject to change.

\*\*\*All athletes must have an up-to-date physical and sports packet completed to try-out and/or participate.

\*\*\*Gate Fees: Season: \$5.00

\*\*\*Masks are required for all individuals present at the meet. We ask that everyone practice safe social distancing.



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Did you know?

There's no way to attribute the invention of beer to a particular individual, culture or time period, but historians believe fermented beverages have a deep history. A very deep history. According to History.com, the first fermented beverages likely emerged when the development of cereal agriculture began roughly 12,000 years ago. Historians believe that the shift from hunter-gatherer tribes to agrarian civilizations based on crops like wheat, barley and rice led to the discovery of fermentation. That discovery paved the way for beer to be brewed. History.com notes that the first barley beer was most likely created in the Middle East, and ceramic vessels that date back to 3400 B.C. were discovered in Mesopotamia. These vessels, which might be considered a precursor to the modern beer mug, still contained some sticky substance that archaeologists believe was the residue of beer. Beer lovers who have ever found themselves loudly touting the virtues of beer, especially after having a few of these beloved beverages, should know that such boasts also are deeply rooted in tradition. The 1800 B.C. "Hymn to Ninkasi," an ode to the Sumerian goddess of beer, includes a beer recipe.



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The Ladies go 2-1 for the week  
Hurricane Diamond Report

by: Hiram Lupton

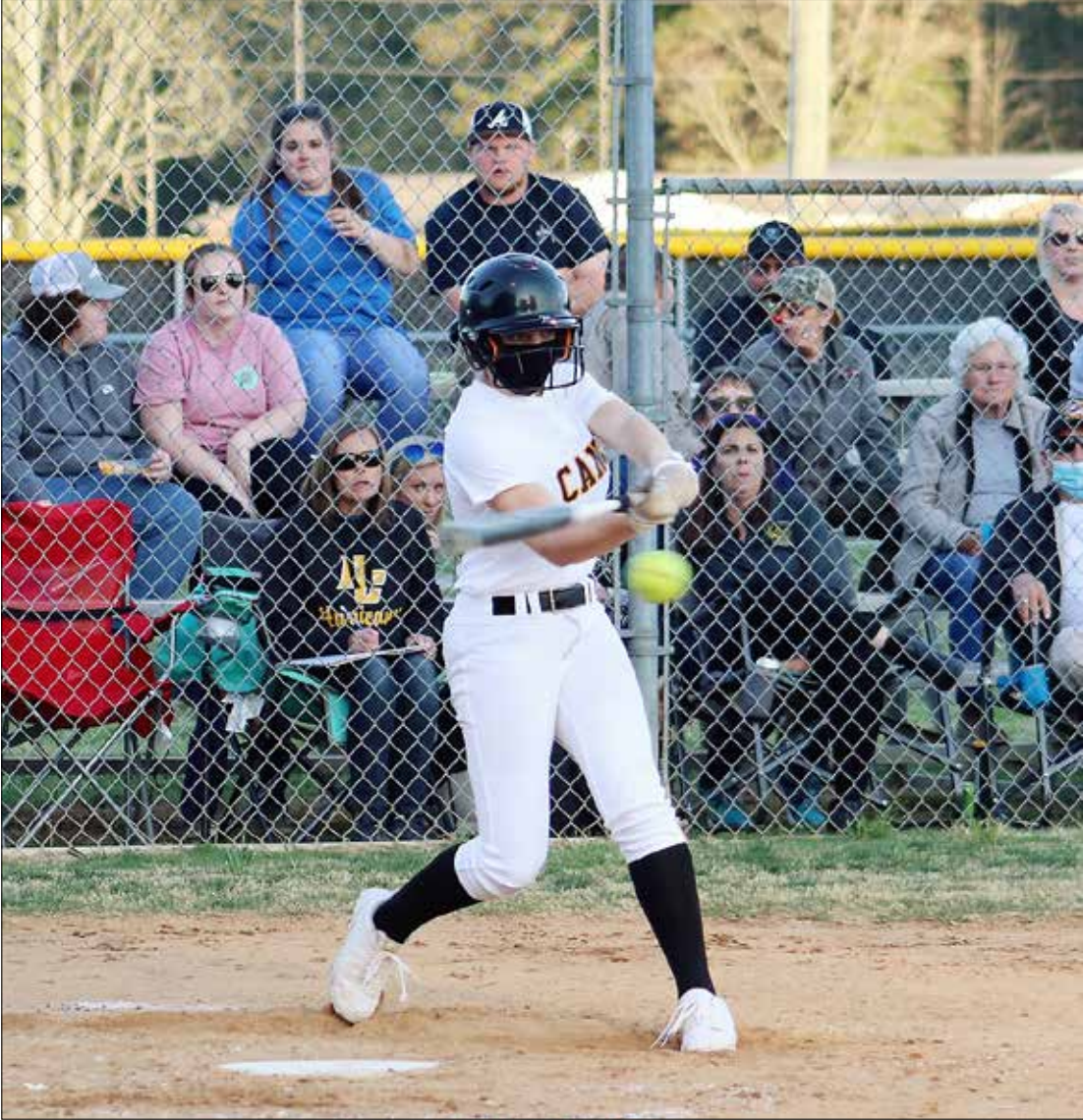
The Hurricanes Ladies9 Softball team were busy last week with three games on the schedule, two at home and one on the road.

The first game of the week, on Tuesday, was a tight one to say the least. The Riverside Knights visited Pamlico and neither offense could get their bats moving. Whether it was the spring break rust or the strong pitching from Pamlico's Layla Prescott and Riverside's Peyton Lane, no one scored until Riverside broke through with a run in the 4th. Pamlico answered in the bottom of the 5th when Prescott tripled and then came home on a wild pitch to tie things, 1-1. It stayed that way into extra innings until the bottom of the 10th when Pamlico loaded the bases and with 2 outs, Marley Whorton singled home Trinity Goswick with the winning run and a 2-1 Hurricane victory. This game had fans on the edge of their seats all night and neither team deserved to lose this one. "So proud of these girls for playing hard and not giving up," said Pamlico Head Coach Holly Sutton on social media after the game. Prescott pitched all 10 innings to get the win, striking out 12.

The very next day, the ladies hit the road and travelled to Havelock to face the Rams in a nonconference contest. This one was a contrast to the previous day's action as Pamlico brought their offense and plated 5 runs in the first inning and 9 in the second and never looked back. Havelock answered back, but never with quite the ferocity, as Pamlico starting pitcher Lindsey Potter kept the 3A Rams off balance and went the distance in the 18-9 victory. Shortstop Layla Prescott scored 4 times, with Potter and Marley Whorton each crossing the plate 3 times in a Hurricane offensive attack that was on point.

Friday brought Coastal Plains Conference foe Northside-Pinetown to Bayboro for the evening's matchup. The Panthers were undefeated and held on to first place in the conference. There is a reason for that. They are good. Northside scored a pair of runs in the first and added another in the second. Pamlico never could see their offense going and string together multiple hits in an inning. Northside broke through in the fifth plating 7 runs and Pamlico failed to answer in their half of the inning. The game ended as a 10-0 Pamlico loss.

Pamlico sits in second place in the conference with an overall record of 7-2, with both losses coming to Northside-Pinetown.



Freshman second baseman Kaitlyn Toler



Senior Lindsey Potter scoring against Havelock




Senior Leadoff Hitter Trinity Goswick brings speed to the base path



# 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 Potter Jones presiding. Chaplain Rosanne Gaskill Rowe brought the devotions from Lev. Chap.19: 32-34. We sang Happy Birthday to Donna and enjoyed a nice lunch of barbecue, potato chips and cookies provided by Shelby Ireland Keech and Rosanne Rowe. Thank you so much Shelby & Rosanne! We love you Donna may you have many more happy birthdays. Members were glad to be together again. There was ten members present. Roseanne gave the program. We played two-word games with Karen Ireland winning. Congratulations Karen!

Prayer List: Stanley Styron underwent surgery on his neck and is doing well. Cynthia Lupton Nobles has been released from Rehab in Garner. Hopefully she will be able to return home soon. Phillip Lewis had hip surgery last Friday and is doing good.

We were saddened to hear of the passing of Earl Webb Temple, IV 34 yrs. of age of Jacksonville. Who died as the result of an automobile collision/? He was the son of Earl Webb III and Mitzi Swindell. His mother was the daughter of the late Jimmy “Nook” and Metta Gaskill Swindell of Hobucken. Funeral Services were held Sunday, April 17 at Cotton Funeral Home in New Bern. Our prayers and condolences are with the Webb and Swindell families.

Nancy Ireland Mason, 81, of Wilson passed away April 15, 2021. Nancy was born and raised in Bayboro and graduated from PCHS. She was married to Vernon Hall Mason of Mesic and later divorced. Funeral services were held Saturday in Wilson. Our prayers and condolences go out to Mason and Ireland families.

Jackie Farrell Ireland, 87 passed away Sunday, April 18, 2021 at CarolinaEast Health System in New Bern. Jackie was born and raised in Lowland. He graduated from Hobucken Elementary School and attended PCHS. Our love and prayers to wife Sue, children, and grandchildren and great grandchildren.


Happy Birthday: Patsy Foreman Irsik, Ila Henries Clements and Weller Schmidt April – 22. Jocelyn Martin April – 23. Iris Lewis Bennett, Anita Dowdy Owens and Carol Pridgen Kornegay April – 24. Earl Leary Jr., Gray L Popp, Karen Lupton Ireland, Matthew Brouard, and Elim Potter April – 25. Bryon Douglas O’Neal April -26. Shana Lewis Mayo and Jackie Ireland Jr. April -27. Joel Woodard and Lola Carawan Fornes April – 28. Happy Anniversary: Clifton and Ashley Leary Sawyer April – 25.

I was pleased to have Wayne Ray Leary Potter and son Grady Potter stop by to see me Monday. Grady went to Lowland to visit with some folks. Wayne Ray and I talked and talked. She told that she is still working on writing a book when she has the time! It’s an autobiography and she really has some interesting tales to tell! I have already placed my order for a copy. If you are hankering for some fresh vegetables Grady is the man to call!

Doran & Teal Lupton Sadler and family celebrated Easter last Sunday at their home. Those attending were Teal Sadler, Nicole Eckers and daughter Lily from SC., Wyatt Mitchell, son of Erica Sadler, Doran Jr. & Stephanie Daniels Sadler and daughter Morgan Spain, sister Wendy Honeycutt, brother Derwood Lupton Jr. and Mother Rita Voliva Lupton. Teal prepared a big dinner, and everyone enjoyed the delicious home cooked meal. They spent the afternoon sharing events in their lives. Just happy to be together.

Gary Mayo, Ernie Mayo and David Creech of Minnesott have returned home from a trip to Lakeland, Florida. They attended the 2021 Sun & Fun, Southern Aviation Event. The Blue Angels performed Thursday. They viewed many types of airplane exhibitions ranging from home-built models to war planes. They had the opportunity to talk with many airplane enthusiasts from all over the world. It was a great adventure for these fellows, but I have a feeling that they we happy to get back home to Pamlico County and their own model airplanes.

## Whortonsville *Reba Tiller, Correspondent*

 Another beautiful week with very little rain, but today they are forecasting some storms in the afternoon. Always hope for enough rain so that I won’t have to water plants tomorrow.


A little sadness in the neighborhood. Our game warden neighbor Zach and wife Bailey put out a flyer about their lost dog, a black and white 5 pound Rat Terrier/Chihuahua named Harley that has been missing for several days. Last seen on Brown Creek Road. Any information call (651)238-036 or (678)492-3654.

Revered Caton is having heart surgery today so Bill Nickerson will be filling in for him at church for a few Sundays. Church attendance was down yesterday.

Big birthday celebration for Noah Tiller on Saturday at his home. Attending were Bill and Sylvia Nickerson, Dennis and Sarah Maxwell, Maura McAuliff and Melydia Edge. Noah is the big fifteen! He went to Chapel Hill yesterday and had lunch and dinner with his friends there.

Thought for the week--A bus driver went to church for the first time and sat in the front row. After church the Pastor ask him why he sat in the front row alone. The bus driver responded “Well, I just sat up here to see what you did to make everyone move to the back.”

## Pamlico *Betty Jo Rodgers, Correspondent*

 The third Sunday of Easter found Stonewall United Methodist Church thinking I had played an April Fool’s joke on them. I changed the order of service so that preaching came first. I wanted to leave early to attend a special dinner at Warren Chapel UMC in Blount’s Creek, and since I had already prepared my sermon, I wanted to preach it before I left for the dinner.

Pamlico Youth Group is meeting again on Sunday nights at Stonewall UMC in the fellowship hall. They meet every Sunday evening at 6 pm until school is out for the summer. The Pamlico Youth Group is open to all youth regardless of church affiliation but is limited to students in grades 6-12. They plan to participate in the Pamlico Clean Sweep on April 24 from 10 until 2 pm. 2021 Pamlico County Clean Sweep is the link for more information.

This week Jackie Lytton and her friend Paul helped with the games, and Bailey Smith took care of our pizza, drinks, and ice. We talked about Jesus after the resurrection and about the importance of forgiveness. It was a good night even though the numbers were few.

Reba Tiller stopped by on her way to Oriental and picked up a couple of puzzles I had finished. We chatted for a brief time, but both had other things to take care of. She did tell me that Reverend Jesse Caton, pastor at Bethel FWB in Whortonsville, needed to be added to my prayer list. Elizabeth Cuthrell and other members of his church are sitting with him and helping him at home.

Tideland EMC continues upgrading the power lines along Straight Road. Lee Construction is doing the work and will continue work on Orchard Creek Road later in April.

The farmers are planting corn and many homeowners are beginning to cut their grass. Spring is in the air with trees getting their leaves, flowers blooming, and birds mating. I heard about a rabid bobcat in Burgaw. If wild animals are acting strangely, give them a wide birth.

Celebrating birthdays in April are April Dawn Edwards (4/23), Justin Rodgers (4/28) and Cynthia Delamar (4/30).

Have a blessed week. Perplexed or puzzled? Take Spiritual Vitamin P. “Peace I leave with you, my peace I give unto you: not as the world gives, give I unto you. Let not your heart be troubled, neither let it be afraid.” (John 14:27)

# Pamlico County Has Another Eagle

Troop 683 of Pamlico County has another Eagle about to land. Pamlico High School Sophomore Jack Cauley, members of Troop 683, and volunteers completed his Eagle Project, Saturday, April 17th, 2021 at the Pamlico Community College firefighters’ training field.

Assistant Scout Master David Spruill is also an instructor at Pamlico Community College. He mentioned the firefighters were having to use a stack of pallets to cross a ditch while wearing heavy equipment. Jack and his mentor, David Hollister who is also Jack’s grandfather decided this was a great project and presented the idea to the Eagle Board on March 17th, who with a few changes gave him the go ahead.

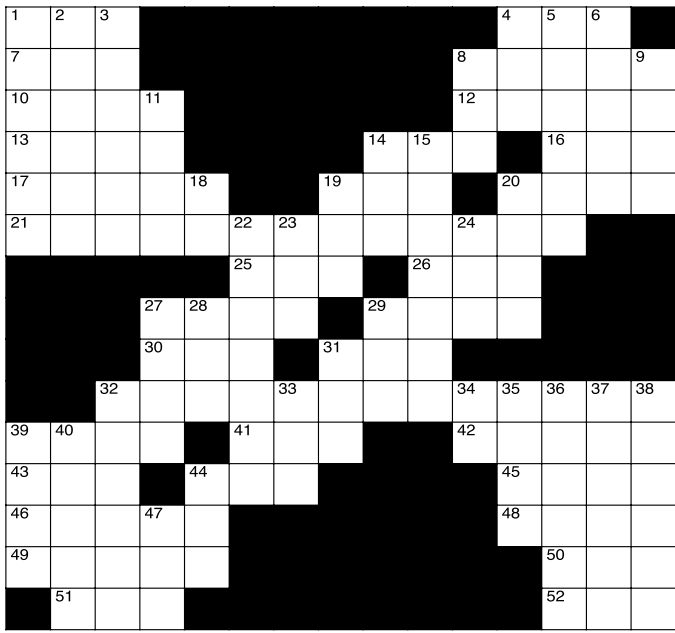
Jack is now awaiting to be put on the Eagle Board schedule to present his finished project. Jack will be the ninth Eagle in the past five years for Troop 683 and Scout Master Roger Stewart.



David Hollister and Scot Jack Cauley



# CROSSWORD



### CLUES ACROSS

1. Ocean surface indicator (abbr.)

4. American time

7. Satisfaction

8. Diving duck

10. Very small amount

12. Metrical units

13. An ignorant or foolish person

14. Sino-Soviet block (abbr.)

16. It may sting you

17. Turn outward

19. Perform on stage

20. “CSI” actor George

21. Localities

25. Make a choice

26. Indicates position

27. One of Thor’s names

29. Indian musical rhythmic pattern
30. “The Raven” author

31. Take in solid food

32. Legendary QB

39. Sorrels

41. Organization of nations

42. Texas pharmaceutical company

43. Mathematical term

44. Expression of disappointment

45. Abba \_\_, Israeli politician

46. Hide away

48. Salad restaurant

49. Daughters of Boreas (mythology)

50. Men’s fashion accessory

51. Political action committee

52. Unhappy

### CLUES DOWN

1. Make unhappy

2. Heard the confession of

3. Capital of Taiwan

4. Fiddler crab

5. Brazilian dances

6. Fit with device to assist breathing

8. Brother or sister

9. Pastries

11. “Lone Survivor” director Peter

14. Boat type (abbr.)

15. Apertures (biology)

18. Suffix

19. Creative endeavor

20. Icelandic poem

22. Spanish dances

23. Town in Central Italy
24. Cars need it

27. Mimics

28. Rocky peak

29. Cigarette (slang)

31. One point south of due east

32. Soap actress Braun

33. Large domesticated wild ox

34. Island nation

35. Appear

36. Addictive practices

37. Loss of control of one’s body

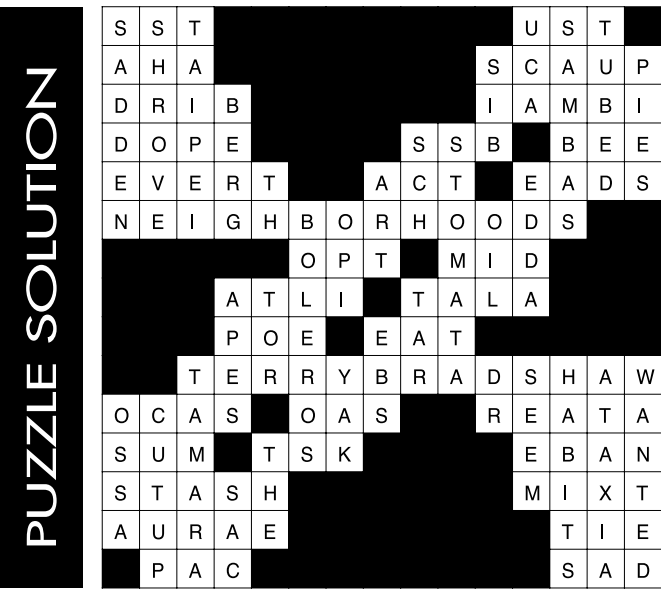
38. Type of poster

39. Greek mountain

40. Funny person

44. One and only

47. Pouch



# Guess Who?

I am a wrestler and actor born in Massachusetts on April 23, 1977. I worked as a chauffeur at a limo company before pursuing a career in bodybuilding. I have won 25 professional wrestling championships.

Answer: John Cena

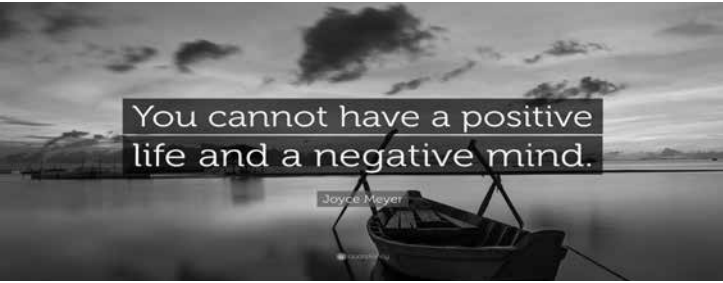
# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cars.

# E W H L E



Answer: Wheel





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**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS AND DEBTORS  
OF JANIE SUE RIDDICK SLAYMAKER**  
File No.: 21 E 61

All persons, firms and corporations having claims against JANIE SUE RIDDICK SLAYMAKER deceased, are notified to exhibit them to MARK D. AVERY, Executor of the Estate, on or before JUNE 29, 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-named Executor.

This 31st day of March 2021.  
ESTATE OF JANIE SUE RIDDICK SLAYMAKER  
C/O MARK D. AVERY  
2500 Ramsey Drive  
New Orleans, LA 70131

Publish March 31, April 7, 14 and 21, 2021

**Notice to Creditors: Estate of Mark A. Carl, File No. 21E64**

Having qualified as Administrator of the Estate of Mark A. Carl late of 101 N Oak Street, Denton, TX 76262, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 408 Main Street, P.O. Box 411, Bayboro, North Carolina 28515, on or before the 1st day of July, 2021, or this notice will be pleaded in bar of recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 31st day of March, 2021.

Holly Carl, Administrator  
Estate of Mark A. Carl  
C/O Sara L. Delamar  
Delamar & Delamar, PLLC  
408 Main Street  
P.O. Box 411  
Bayboro, N.C. 28515

(For Publication: 0 3 / 3 1 / 2 0 2 1 ;  
04/07/2021; 04/14/2021; 04/21/2021)

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS AND DEBTORS  
OF JULIE EVAN CRAIG**  
File No.: 21 E 71

All persons, firms and corporations having claims against JULIE EVAN CRAIG deceased, are notified to exhibit them to MICHAEL CRAIG, Administrator of the Estate, on or before JULY 6, 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-named Administrator.

This 7TH day of April 2021.  
ESTATE OF JULIE EVAN CRAIG  
C/O MICHAEL CRAIG  
600 Academy Street  
Oriental, NC 28571

Publish April 7, 14, 21 AND 28, 2021.

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS AND DEBTORS OF  
RICHARD STANLEY HENRIES, SR**  
File No.: 21 E 70

All persons, firms and corporations having claims against RICHARD STANLEY HENRIES, SR deceased, are notified to exhibit them to MICHAEL W. HENRIES, Administrator of the Estate, on or before JULY 13, 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-named Administrator.

This 14TH day of April 2021.  
ESTATE OF RICHARD STANLEY HENRIES, SR  
C/O MICHAEL W. HENRIES  
P. O Box 182  
Stonewall, NC 28583

Publish April 14, 21, 28 and May 5, 2021.

**Notice to Creditors: Estate of Grace Ellen Oldham, File No. 21 E 77**

Having qualified as Administrator of the Estate of Grace Ellen Oldham, late of 1354 Alligator Loop Road, Merritt, Pamlico County, North Carolina 28556, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned's attorney at 408 Main Street, P.O. Box 411, Bayboro, North Carolina 28515, on or before July 21st, 2021, or this notice will be pleaded in bar of recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 21st day of April 2021.

Sue Colasurdo, Administrator  
Estate of Grace Ellen Oldham  
c/o Christopher S. Williams  
Delamar & Delamar, PLLC  
408 Main Street  
P.O. Box 411  
Bayboro, N.C. 28515

(For Publication: 4/21/2021; 4/28/2021; 5/5/2021; 5/12/2021)

**STATE OF NORTH CAROLINA  
COUNTY OF PAMLICO**

**20-SP-21** AMENDED NOTICE OF SUBSTITUTE TRUSTEE'S FORECLOSURE SALE OF REAL PROPERTY UNDER AND BY VIRTUE of the power and authority contained in that certain Deed of Trust executed and delivered by Alvin Neil Blount dated March 15, 2011 and recorded on March 21, 2011, in Book 554 at Page 312, in the Office of the Register of Deeds of Pamlico County, North Carolina; and because of default in the payment of the indebtedness secured thereby and, pursuant to demand of the holder of the Note secured by said Deed of Trust, the undersigned Goddard & Peterson, PLLC (Substitute Trustee) will offer for sale at the courthouse door in the City of Bayboro, Pamlico County, North Carolina, or the customary location designated for foreclosure sales, on Tuesday, May 4, 2021 at 11:30 AM and will sell to the highest bidder for cash the following real estate situated in the County of Pamlico, North Carolina and being more particularly described in the above referenced Deed of Trust, together with all improvements located thereon: Address of Property: 1884 Blount Road a/k/a 1119 Blount Road, Arapahoe, NC 28510 Tax Parcel ID: F082-14 Present Record Owner: Alvin Neil Blount Trustee may, in the Trustee's sole discretion, delay the sale for up to one hour as provided in N.C.G.S. §45-21.23. Said property is sold subject to applicable Federal and State laws. A deposit of five percent (5%) of the amount of the bid or seven hundred fifty Dollars (\$750.00), whichever is greater, is required and must be tendered in the form of certified funds at the time of the sale. Should the property be purchased by a third party, that party must pay the excise tax, any Land Transfer Tax, as well as the court costs of Forty-Five Cents (\$0.45) per One Hundred Dollars (\$100.00) required by N.C.G.S. §7A-308(a)(1). The real property described above is being offered for sale "AS IS, WHERE IS" and will be sold subject to all superior liens, unpaid taxes, and special assessments. Neither the Substitute

Trustee nor the holder of the Note secured by the Deed of Trust being foreclosed, nor the officers, directors, attorneys, employees, agents or authorized representatives of either the Substitute Trustee or the holder of the Note make any representation or warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, at or relating to the property being offered for sale, and any and all responsibilities or liabilities arising out of or in any way relating to any such condition expressly are disclaimed. The sale will be held open for ten (10) days for upset bids as required by law. If the Trustee or Substitute Trustee is unable to convey title to this property for any reason, the sole remedy of the purchaser is the return of the deposit. Reasons of such inability to convey title include, but are not limited to, the filing of a bankruptcy petition prior to the sale and reinstatement of the loan without knowledge of the Substitute Trustee(s). If the validity of the sale is challenged by any party, the Substitute Trustee(s), in its/their sole discretion, if it/they believe(s) the challenge to have merit, may declare the sale to be void and return the deposit. The purchaser will have no further remedy. Additional Notice where the Real Property is Residential with less than 15 Rental Units: An order for possession of the property may be issued pursuant to N.C.G.S. § 45-21.29 in favor of the purchaser and against the party or parties in possession by the Clerk of Superior Court of the County in which the property is sold. Any person who occupies the property pursuant to a rental agreement entered into or renewed on or/after October 1, 2007, may, after receiving the notice of sale, terminate the rental agreement by providing written notice of termination to the landlord, to be effective on a date stated in the Notice that is at least ten (10) days, but no more than ninety (90) days, after the sale date contained in the Notice of Sale, provided that the mortgagor has not cured the default at the time the tenant provides the Notice of Termination. Upon termination of a rental agreement, the tenant is liable for rent due under the rental agreement prorated to the effective date of such termination. This is a communication from a debt collector. The purpose of this Communication is to collect a debt and any information obtained will be used for that purpose, except as stated below in the instance of bankruptcy protection. If you are under the protection of the bankruptcy court or have been discharged as a result of a bankruptcy proceeding, this notice is given to you pursuant to statutory requirement and for informational purposes and is not intended as an attempt to collect a debt or as an act to collect, assess, or recover all or any portion of the debt from you personally. FN# 3057.05320 58810

PROPERTY TRANSFERS

April 8, Rivershore Development Lot 5; R.H. Morrison, Jr.; map book 5/61 from Lawrence A. Blielloch, Lynda A. Blielloch, Odette Blielloch to Clapp Rental Property, FLP, \$1,050

April 9, Lot: A, See map DB 333/160, Deed of Correction from B. Edward Bean, Robin P. Ward to Charles L. Heath, Jr., Ruth R. Heath, \$0

April 9, Lot: 15A, PCA 24-7 from David John Shoenthaler to David John Shoenthaler, Catherine Mayo Schoenthaler, \$0

April 9, Whittaker Creek Yacht Club, Three Tracts, Boat Slip Deed from Archie R. Dorsett, Beverly Sharon Barnes Dorsett to Carl M. Crothers, Donna W. Crothers, \$14

April 9, Arlington Place Lot: 86, Phase 1; PCA 153/17-20 & 154/1-8 from M. Scott Zilliox, Nan D. Zilliox to Patrick Andrew Hornak, Shiela Marie Hornak, \$1,071

April 9, Pine Lane and Beech Lane, Lands of H.A. Sloan, PIN: D091-76 from Amy S. Keith to Christopher Keith, \$0

April 12, 0.3 AC; E/S Spring Creek Rd. (SR 1327), Address: 2749 Whortonville Road Merritt, PIN: L09-9 from Gene L. Pack, Gene Leonard Pack, Joni Renae Pack/AIF to James Keith Charles, II, \$1

April 12, .99 AC; see map DB 461/662, Quitclaim Deed from Richard B. Lee to Christopher B. Lee, \$0

April 12, .99 AC; see map DB 461/662, Quitclaim Deed from Serena Hartley Lee, Christopher B. Lee to Christopher B. Lee, \$0

April 12, Hidden Creek Lot: 8, PCA 51-9 from Dora P. Benton to Robert W. Meyer, Kathleen J. Meyer, \$12

April 12, Little Tract; DB 93/422; metes and bounds, PIN: I061-24 from Jennings Tingle, Jr., Jennings B. Tingle, Jr. to Stacie Holcomb, James Matthew Faulkner, \$84

April 12, Mill Creek Lot: 306, Phase II; Arlington Place; PCA 164/2-7 from Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc. to Michael M. Meola, Paula A. Meola, \$207

April 12, Edgewater Lot: 11, map book 6/34; Edgewater Lot: 13, map book 6/34 from Robert E. Webster, Gay H. Webster to Peter T. Roche, Catherine K. Roche, \$44

April 12, 22,280 Sq. Ft.; S/S Harper Rd. & N/S Bay River; map book 11/73; see map DB 358/436 from Ronda M. Cude, Jr., Teresa Cude to James Pilgrim, Tammy Pilgrim, 4640

April 13, Lake Minnesott Estates Lot: 18, Section VI from Congo Squares, LLC to Sarah T. Chapman, \$30

April 13, Whittaker Creek Yacht Club Three Tracts, Boat Slip Deed, from Frederick Karl Schubert, Jr., Frederick K. Schubert, Jr., Denise K. Schubert to William R. Smith, Melissa C. Smith, \$30

April 13, Oriental Harbor Place Condominiums Unit: A-3, Condo Cab 1, Slide 9/4-10 from Judith C. Legrand to Cheryl A. Duchateau, \$670

April 13, 2.44 AC; N/S Indian Lake; map book 12/35; see map DB 259/49, PIN: F094-77 from John H. Behnke Family Trust, John H. Behnke, John H. Behnke, Jr./TR to David B. Blake, Donna M. Blake, \$45

April 13, 1-½ AC; N/S Horn Rd. (SR 1234); Lowland from Angela Brouard Young to Angela Brouard Young, \$0

April 14, 4/10 AC; N/S River Rd. (SR 1233) Parcel: L011-57 from Bradley Paul Uzzeall to Briad D. Benn, Lorraine M. Benn, \$120

April 14, Baird Creek Point Lot: 24, PCA 171-8, PIN: E08-1-2-24 from Pivot Coastal Development, LLC to James B. Boomer, Kimberly J. Boomer, \$75

April 14, Leaf Lane; metes and bounds, PIN: C05-29 from Travis D. Scott, Stephanie Scott to Roger Williams, Jr., \$300

April 14, 0.001 AC; Parcel C; PCa 6-2 from Lou Ellen Plummer, Lou Ellen Plummer to Danny Ray Trout, Brittany Smith Trout, \$178

April 14, Ball Creek Lot: 12, PCA 69/2-4 from Steven W. Lavallee, Melissa A. Lavallee to Arnold Downes, Paula Downes, \$1,370

April 14, Pecan Grove Marina Three Tracts from Cox Family Properties, LLC to Peter Berndt, Katherine Berndt, \$44

April 14, Ball Creek Lot: 1, PCA 69/2-4 from Harvey L. Oliver, Linda Draughn Oliver to Peter C. Lavin, Carolyn E. Foster, \$1,100

April 14, Arlington Place Lot: 37, Phase 1; PCA 153/17-20 & PCA 154/1-8 from Scott J. Hanson, Christy C. Hanson to Oceanic Timothy Hardin, Jacqueline Kay Hardin, \$74

April 15, 1.01 AC; W/S Peninsula Dr.; PCA 36-8, Beneficiary and Executor's Deed; 20E157 from Rebecca D. Bullock, Bernard B. Hollowell, Jr./Exr, Tony Lee Davis/Est to Brady Parker Tubb, \$600

April 15, 0.64 AC; Parcel B from Jerry R. Kilborn, Sr. to Joshua Franklin May, \$492

April 15, SE/S Gideons Creek & W/S Mills Rd.; PCa 46-10; see map DB 341/115 from Larry W. Gracie, Joan D. Gracie to Joseph D. Filipiak, Deborah L. Filipiak, \$984

April 15, 0.93 AC; Chichilla Dr & Rich Road, PIN: H041-202 from American Advisors Group, LRES Corp./AIF to Rachael C. Pinion, Daniel Hallman, \$120

April 15, Ireland Road; metes and bounds from Christopher B. Broughton, Calida Broughton to Dale Ann Laboy, \$208

April 15, Mill Creek Two Tracts; maps attached, Address: 22 Needle Rush Court, Minnesott Beach from Ronald James Spadin, Pamela Anderson Spadin, Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc. to Ronald James Spadin, Pamela Anderson Spadin/TR, Spadin Family Revocable Trust, \$316

April 15, Mill Creek Lot: 284, maps attached from Ronald J. Spadin, Pamela A. Spadin to Ronald James Spadin/TR, Pamela Anderson Spadin/TR, Spadin Family Revocable Trust, \$0

Help Wanted

Hospice of Pamlico County, Inc. is looking to add a PRN and Part-time Registered Nurse to our great team.This position is ideal for those who already have part-time work or just want a flexible work schedule. Job Type: Part-time and as needed in Patient's homes

Salary: DOE. Prior Hospice experience preferred but not necessary Must be able to take weekend calls on a rotating basis, attend weekly IDT meetings and be a team player. Case Management is required. For more information please call or email: Tonya Jordan – 252-745-5171 or tonya@hospiceofpamlico.com

**Hospice of Pamlico County, Inc is an equal opportunity employer**  
**602 Main Street, PO Box 6, Bayboro, NC 28515**



**Positions offered in Pamlico County**

- CAREGivers<sup>SM</sup>
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Contact Chris at Home Instead® (252) 633-3283  
or go to: HomeInstead.com /759/home-care-jobs



# Health & Wellness

## The Health Benefits Of Peanut Butter

Peanut butter can be found in kitchen cabinets across the globe. And whether you're fond of peanut butter and jelly sandwiches or prefer peanut butter smeared on toast, chances are you can find a jar of this beloved spread in your pantry. While flavor might be the foremost reason people keep jars of peanut butter in their pantries, the nutritional value of peanut butter should not be overlooked. So just how healthy is peanut butter? The following are some notable reasons to pick up a jar of peanut butter and add more peanuts to your diet on your next trip to the grocery store.



- Peanut butter is loaded with antioxidants. A study from researchers at the University of Oslo in Norway found that peanuts contribute significantly to dietary intake of antioxidants. That's a notable benefit, as the body needs more antioxidants than it can provide on its own. Antioxidants are chemicals that interact with free radicals and neutralize them, thereby preventing the damage they can cause. The National Cancer Institute notes that cell damage caused by free radicals may play a role in the development of cancer.
- Peanut butter can benefit your cholesterol levels. A 2015 study published in the Journal of Food Science and Technology noted that peanuts are an excellent source of resveratrol, phenolic acids, flavonoids, and phytosterols that block the absorption of cholesterol from diet. Maintaining healthy cholesterol levels is an essential component of cardiovascular health.
- Peanut butter may reduce risk for type 2 diabetes. The Harvard School of Public Health notes that numerous studies have shown that people who routinely consume nuts or peanut butter in their diets are less likely to develop type 2 diabetes than people who rarely eat nuts.

It's important that consumers recognize that the aforementioned benefits largely refer to peanuts and not necessarily peanut butter. As a result, when choosing peanut butter, shoppers should not consider all jars one and the same. When shopping, consumers should look for peanut butters made from just peanuts. The more ingredients listed on the label, the less healthy the peanut butter likely is. The American Heart Association notes that a diet that's high in sodium can increase one's risk for heart disease and high blood pressure, so look for a peanut butter that's unsalted. The sodium content of some peanut butters may be very high, which may only negate the many health benefits of eating peanut butter. Sugar is another ingredient to watch out for when buying peanut butter. Some manufacturers may include extra sugar to boost the flavor profile of their peanut butters, so keep an eye out for sugar content, which tends to be high in flavored varieties of peanut butter. Peanut butter can be a nutritious addition to anyone's diet. But peanut butter should be eaten in moderation and consumers should recognize that not all peanut butters provide the nutritional value they're looking for.

My friend says to me, "What rhymes with orange?"  
I said, "No it doesn't."

Call Us Today!

No Walk-Ins Allowed

Appointments Available

### COVID-19 Vaccinations

All Individuals 18 and Older Now Eligible

**When:** Vaccinations Occurring **Daily**

**Where:** Pamlico County Health Department

This is an **ongoing event** aimed at reaching **ALL Citizens** who **wish to be vaccinated** against the COVID-19 Virus.

You **must** call to be screened for an appointment.

Space is available so an appointment for vaccination can be scheduled ASAP.

**Call the Pamlico County Health Dept. today at: (252) 745-5111**

**ATTENTION:**

Please follow our instructions at all times during this process:

- \* Wait IN YOUR VEHICLE until your appointment time
- \* **Only** the patients will be allowed in the building.
- \* Please **bring your own mask** & wear it at **all times**
- \* Check-in at the front desk when you arrive
- \* Remain 6 ft from those who do not live in your household

**PAMLICO COUNTY HEALTH DEPARTMENT**  
203 North St. Bayboro, NC 28515  
(252) 745-5111  
<https://www.pamlicocounty.org/health-department.aspx>

## Events/Workshops

### FREE SEMINARS - APRIL 22nd 2021

**From Across the State to Just Down the Road**

#### Building an Online eCommerce Business with Shopify

Thu 12:00 PM to 2:00 PM

One way to expand your market is to sell products online. We will explore the features of well-known e-commerce host Shopify as well as other options for creating an online store. PayPal and other payment gateways will also be discussed. At the end of this session, you will be able to: 1) Determine if you need to sell online? 2) Have an understanding of your online store options. 3) Set up your online store and 4) Develop an online store marketing plan.

**Speaker(s):** Matt Rudisill, Trainer, teacher, coach, and dot connector who helps business owners and prospective entrepreneurs.

#### Selling Products Online on Amazon and Etsy

Thu 3:00 PM to 5:00 PM

Selling Products Online on Amazon and Etsy: We will explore the popular platforms of Amazon and Etsy and how you can sell products on both. Which one is right for you? Come to this seminar and learn how you can start an online ecommerce business quickly and work your way to becoming an online entrepreneur.

**Speaker(s):** Matt Rudisill, Matt Rudisill is a trainer, teacher, coach, and dot connector who helps business owners and prospective entrepreneurs

#### Using Paid Ads to Promote Your Business

Thu 6:00 PM to 8:00 PM

In this seminar, participants will learn about different options to advertise your business using online resources. These options are often easier and much less expensive than traditional advertising. We will discuss social media advertising through major platforms such as Facebook and Instagram, as well as Google Ads and other options.

**Speaker(s):** Matt Rudisill is a trainer, teacher, coach, and dot connector who helps business owners and prospective entrepreneur

For more information about other services offered by the Small Business Center, customized onsite training, or counseling, please contact, Mindy Moore 252.571.2243 (mmore@pamlicocc.edu)

## Gifts She'll Never Forget!

Mother's Day May 9th, 2021

Check out our extensive line of "Monogram-mable" merchandise... We Have...

Vinyl Decals for Cars, License Plates  
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Mother's Day is right around the corner! We have put together some cute gift baskets for that special lady in your life!

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Hours: Mon. – Fri. 7:30 am to 5:30 pm • Sat. 8:00 am to 2:00 pm