



Celebrating
"Healthy Aging Month"

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Honoring the fallen in Kabul

Taking a moment to remember the men and women who died in the Kabul airport attack.

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Pamlico County man sentenced for illegal possession of firearms, ammunition by convicted felon

by: Jason O. Boyd, US Attorney's Office Eastern District of NC



NEW BERN, N.C. (WNCT) — A Pamlico County man who is a convicted felon has been sentenced to a year and a day in prison followed by three years of supervised release for possessing guns and ammunition.

Sherwood Watson Caraway pled guilty to the charges on July 11, 2019. He was sentenced on Tuesday. He was also ordered to pay a \$10,000 fine and forfeit all of his guns and ammunition. Caraway was the former owner of S&D Gun Show, a gun and knife show production company that held events throughout Eastern North Carolina.

In a press release announcing his sentencing, officials said according to court documents and other information presented in court, Caraway, 62, had previously been convicted in federal court for illegally dealing firearms without a license in 2005.

Officials said despite his conviction, Caraway continued to operate gun shows in the area. An investigation in 2016 and 2017 revealed that Caraway continued to possess multiple firearms in his home in Merritt. On September 2, 2017, detectives with the Pamlico County Sheriff's Office executed a search warrant on Caraway's home, found numerous guns and thousands of rounds of ammunition. A search of a home of Caraway's daughter resulted in the seizure of 33 guns.

In total, the Pamlico County Sheriff's Office and the Bureau of Alcohol, Tobacco, Firearms and Explosives seized over forty guns.

After pleading guilty to these charges, Caraway sold his interest in the gun shows in 2020.

Board of Education Special Called Meeting

In a special called meeting of the Pamlico County Board of Education (BOE) last Tuesday, August 24th, the Board heard an update from Superintendent Lisa Jackson concerning COVID cases within the school system. Two weeks earlier at the regular monthly Board meeting, it was decided that Pamlico would adopt a mask optional policy. With virus cases up and numerous school districts in our area now going to a mask mandatory status, the meeting would give members the opportunity to voice their concerns and reiterate their positions on mask requirements. School had only been in session for one day so all the COVID statistics supplied by Jackson were based on pre-session transmissions. At that time, there were 15 students quarantined, and 3 active cases. Among teachers and

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Hurricanes at the Net Pamlico Opens Season with a Win

by: Hiram Lupton



Talented Freshman Peyton Robinson high above the net



Sophomore Naomi Hill about to lay the hammer down on West Craven



(l to r) Hurricanes Mya Smith, Izabella Goswick, and Kaitlyn Toler converge on the ball

When you are a very young squad, you can have a season of ups and downs, but the Pamlico Volleyball team had mostly ups last Tuesday, as they opened their season with a win over West Craven. The Hurricanes grounded the Eagles 3-0 (25-4, 25-23, 25-15) in straight sets in a non-conference match. This year's team has zero Seniors but loads of talent in the 3 Juniors, 4 Sophomores and 1 Freshman that make up the varsity squad. Throw in the Junior Varsity which also swept the West Craven JV's 2-0 in their match and the future looks bright for Pamlico Volleyball. Now the flip side. Just like other sports, when you are young and want to get better, you play tough competition and Pamlico did that on Thursday when they made the long trek to Hertford to take on perennial volleyball power Perquimans. The Pirates lost only once last year, in the eastern regional of the state playoffs and are undefeated so far in this young season and stayed that way as they handed the Hurricanes a straight set loss (8-25, 24-26, 12-25). Growing pains for a young team, but expect this group to improve and be ready for conference play later in the season.

Planning to Begin for Pamlico Sesquicentennial

Birthday parties take a lot of planning and special milestone birthday parties take even more if you want the honoree to feel really special. Pamlico County will celebrate one of those special milestone birthdays next year when it turns 150 years old. There is even a name for it, a Sesquicentennial. The Pamlico County Historical Association is hosting a meeting to begin planning for Pamlico County's special birthday celebration currently scheduled to be held in April of next year. The meeting will be held at 7 PM on Wednesday, September 8th at the Heritage Museum in Grantsboro. The public is invited to attend as ideas are needed from all areas of the county. "We want this to be a fun event for all

involved," says the Director of the Association, Pat Lee Prescott, who hopes to get a good turnout to begin the planning phase of the event. "Many Hands Make Light Work!" One of the highlights of the Sesquicentennial celebration will be the opening of a time capsule buried on the Pamlico County Courthouse lawn during the Centennial Celebration back in 1972. Refreshments will be served at the Wednesday meeting. For more information and to indicate an area of interest on the planning committee you'd like to be a part of, call the Pamlico County Museum and Heritage Center at 252-745-2239 or Pat Prescott at 252-670-2798. Pamlico County looks good for 150 - let's give her a celebration to be proud of.



Pamlico County Heritage Center and Museum

Time Capsule Located on the Courthouse Grounds to be Opened at Pamlico County's Sesquicentennial

Pet the Dragon Day Oriental's History Museum Sunday, September 5 from 1-3 pm



Oriental's New Year's Dragon will be on the museum porch on Sunday afternoon during Labor Day weekend. A fun-filled photo opportunity for children of all ages. Ensure good luck for the year by petting the dragon's nose. Inside the museum you will find our special exhibit about the Dragons of Oriental. Check out the raffle and gift shop, both filled with dragon items. Pick up an entry form for our Dragon Scavenger Hunt and look for dragons around town. Prizes will be awarded.

The special Dragon Exhibit and all events will run through September with drawings and prizes awarded at the end of the exhibit. You do not need to be present to win. Oriental's History Museum is located at 802 Broad Street in Oriental. Hours are: Friday 11-3 and Saturday 1-4 but we will be open on Sunday September 5 from 1 - 3 pm to pet the dragon and enjoy the exhibit. Admission is always free, with donations gratefully accepted. For more information about the museum and this exhibit contact us: museum@dockline.net

Horsing Around with PCHA

The Pamlico County Horseman's Association (PCHA) held their last gaming show of the summer season last Saturday. The George R. Brinson Memorial Riding Arena in Arapahoe won't be idle for long however, as this Saturday (Sept. 4th) brings the return of the popular Hunter Schooling shows. This will be the third of four competitions where equine students from many of the area riding schools compete in English, Western Pleasure, and Ranch Riding Divisions, earning cumulative points towards prizes to be awarded at the end of the competition in October. The show starts at 9 AM and is brought to you by the Little Fork Ranch and sponsored by New Bern Farm and Garden.



PROBABLE WEEKEND WEATHER

Saturday, September 4th **85°Hi** Clear throughout the day

Sunday, September 5th **87°Hi** Humid throughout the day



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COMMUNITY

OBITUARIES

Cole Levi Norfleet was born on July 11, 2021. He made his journey back to heaven where the angels will forever keep him on August 21, 2021. Cole blessed our lives and so many others in his short forty days. He was an absolute joy to care for! He will be forever loved by us all. Cole is survived by his mother, Courtney Norfleet; Auntie, Caroline (Stephen) Edwards; Pops, Eddie (Heather) Norfleet and cousins, Cara, Ryan,

Carter, Kyle and Emily. He was preceded in death by his maternal grandmother, Christie Lee. A private service was held on Tuesday, August 24, 2021. In lieu of flowers, donations may be made to St. Jude's Children's Hospital or Shriner's Hospital.

Bryant Funeral Home of Alliance in in charge of arrangements for Cole Levi Norfleet.

Ernest Christopher "Chris" Jarman, 60, of Oriental, passed away Tuesday, August 24, 2021, at home. He worked as a roofer and carpenter and loved to fish. He is survived by two sons, Christopher Jarman (Jessica) and Jacob Laughinghouse; two daughters, Tabitha Auld (Leonard) and Ciara Jarman;

brother, Randy Jarman (Linda); sisters, Margie Smith (Kerry), Barbara Brigman, and Lisa Jennings; six grandchildren; and many other relatives and friends. There was a gathering of family and close friends Saturday, August 28th, at his home in Oriental.

Arrangements by Bryant Funeral Home &

Randy Harold Sides, 73, of Arapahoe passed away suddenly, Wednesday, August 25, 2021, at his son's home in Greensboro, NC. He is a member of Arapahoe United Methodist Church. He was an avid turkey hunter and fisherman. He was a loving husband, father and "Randaddy". He is survived by his wife, Christine Sides; sons, Joshua Sides (Whitney) and Kirk Angel (Jennifer); daughters, Courtney Aldridge (Chad), Meredith Wright, and Rachel Manning (Richard); brothers,

Larry Sides and Dale Sides; and 12 grandchildren. His memorial service was held Sunday, August 29th at Arapahoe United Methodist Church with the Rev. Mike Roach and the Rev. Penny Dollar Farmer officiating. Inurnment was held in Banks Cemetery, Arapahoe. The family received friends and relatives Saturday at Bryant Funeral Home.

Arrangements by Bryant Funeral Home & Cremations, Alliance.

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Board of Education Special Called Meeting

school staff, there was 1 positive case and 5 in quarantine. The biggest concern expressed by nearly all Board members at this meeting was the avoidance of virtual learning. "We have got to find a way and do whatever is necessary to keep our students in the classroom," said Board member Paul Delamar, Jr. "I have a bigger fear of that (virtual learning) than COVID, as a detriment to our kids." Ms. Jackson stated that as long as there are staff to teach, and bus drivers to transport students, the schools could remain open. She also emphasized that any decision to adopt a mask mandate for schools would need to come from the Board. After much discussion, it was decided unanimously to take no action at this time, and Pamlico would remain one of 27 districts with a mask optional policy. Board Chairman John Prescott asked that Ms. Jackson keep them updated regularly and that if any time before the next scheduled meeting in two weeks it was felt by her, or any Board member,

the need to have a special called meeting, they would. It was also asked of Jackson that in addition to statistics from Pamlico, that she could try to obtain case numbers from neighboring school districts with mask mandates, for comparison.

Update. Monday counts reveal only a slight uptick in active cases among students, but a larger increase in quarantined students. Within the district there were 5 active cases (Pamlico Primary – 1, Fred A. Anderson – 0, Pamlico Middle – 2 and Pamlico High School – 2). Quarantine numbers were higher (Pamlico Primary – 9, Fred A. Anderson – 4, Pamlico Middle – 25 and Pamlico High School – 45). Among teachers and staff there was still only one active case with 6 now in quarantine. There have been no occurrences in either category at the Central School Office. For precautionary measures due to a COVID case, last Friday's football game was cancelled.

THIS WEEK IN HISTORY

- September 1st – Today my wife celebrates 31 glorious years of being married to me.
- September 2nd - 1940, The Great Smokey Mountains National Park is dedicated.
- September 3rd – 1783, The U. S. and Great Britain officially end the Revolutionary War.
- September 4th – 1781, Los Angeles was founded by Spanish settlers. The original name was "El Pueblo de Nuestra Senora La Reina de Los Angeles de Porciuncula." Imagine the Dodgers trying to fit that on the front of a jersey.
- September 5th – 1953, The first privately owned nuclear reactor went online at North Carolina State University in Raleigh.
- September 6th – Today is Labor Day! Consider the irony if you are pregnant and were to go into labor today.
- September 7th – 1963, WNBE-TV Channel 12 went on the air in New Bern for the first time. The call signs were changed to WCTI-TV in 1970.

Birthdays This Week

September 1st – 1933, Country singer Harold Lloyd Jenkins (Conway Twitty)
September 2nd – 1948, Teacher and Astronaut Christa McAuliffe
September 3rd – 1875, Automobile engineer Ferdinand Porsche
September 4th – 1981, Singer Beyonce Knowles
September 5th – 1847, Outlaw Jesse James
1940, Actress Raquel Welch
September 6th – 1757, French-American patriot Marquis de Lafayette
September 7th – 1860, Painter Anna Mary Moses (Grandma Moses)



Hope Clinic's New Beginnings

Using principals from NA, AA, and Smart Recovery, recovery group support meetings are hosted by Hope Clinic and open to anyone in recovery and are free. Meetings are currently online via Zoom on Sundays, Tuesdays, Thursdays, and Fridays at 7pm. No meetings on Mondays, Wednesdays, or Saturdays.

The Zoom meeting link is <https://us02web.zoom.us/j/85777976172>
<https://us02web.zoom.us/j/85777976172?fbclid=IwAR28m3Ck_E1Q7683FMEHVNYI9tve7vy6UC7naNndiJ4dSUG_bBzWAnA1Fc> and meeting ID is 857 7797 6172. For further questions, call the Hope Clinic at 252-745-5760 or visit their website at www.hopeclinicnc.org <<http://www.hopeclinicnc.org/>>.

Concerned about your drinking?

You are not alone, there *is* help available!

Come join others who have found a solution.
Alcoholics Anonymous: New Bern Hotline (252) 633-3716

Meetings in Pamlico County: (If you think you may have a problem, you are welcome.)

Tuesday 8pm - Oriental Tuesday Night Group - Meeting at the Free Will Baptist Church 600 Ragan Rd. in Oriental, NC (2nd brick building on left)

Thursday **7:30pm** - Recovery and Beyond (a great meeting for new members) - Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC

Friday 8pm - Oriental Friday Night Group - Meeting behind Brantley's Village Restaurant, 900 Broad Street (Hwy 55) in Oriental, NC

Sunday **7pm** – Oriental Sunday Night Group - Meeting at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on left)

Al-Anon (Members are people, just like you, who are worried about someone with a drinking problem).

Tuesday **7pm** - Meeting at 403 Mildred Street in Oriental, NC

Narcotics Anonymous (A group atmosphere which provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle).

Wednesday **7pm** - Never Alone @ 7 - Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC

QUICK REFERENCE

EMERGENCY: Dial 911 for police, sheriff, fire departments, rescue squads, ambulance	County Manager: 745-3133
Animal Poison Control Center: 1-888-426-4435	Emergency Management: 745-4131
Carteret General Hospital: 808-6000	Health Dept.: 745-5111
Coastal Carolina Regional Airport: 638-8591	Lynn H. Lewis
EMERGENCY PET CARE: 444-1399	Pamlico County Register of Deeds: 252.745.4421
HIGHWAY PATROL: 1-800-441-6127	Recycling Center: 745-3283
MEDICAL ASSISTANCE –	Senior Services: 745-7196
CarolinaEast Medical Center: 633-8111	Sheriff's Dept. (non-emergency) – 745-3101
Nova Urgent Care: 745-7440	Social Services: 745-4086
PAMLICO COUNTY DEPARTMENTS	Tax Collector: 745-4125
Board of Elections: 745-4821	Water Dept.: 745-5453
	Poison Control Center: 1-800-222-1222
	US Coast Guard (Hobucken): 745-3131

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Horoscopes



ARIES – Mar 21/Apr 20
Aries, this week will challenge your flexibility. It's possible you will have to change plans on the fly to accommodate developments at work or at home.



TAURUS – Apr 21/May 21
Taurus, rather than trying to figure out why everyone is acting as they are, accept things and go with the flow. You will be much happier for it.



GEMINI – May 22/Jun 21
You are capable of dealing with intense emotional energy most of the time, Gemini. So when someone needs a friend to confide in, you are the right person for the job.



CANCER – Jun 22/Jul 22
Cancer, normally you are an easygoing person. But something this week has you rattled and you may be all fired up about it. Redirect that energy to some projects around the house.



LEO – Jul 23/Aug 23
Leo, try to stay away from conflict this week; otherwise, you may be pulled in one direction or another. It is important to remain neutral, especially at work.



VIRGO – Aug 24/Sept 22
Virgo, don't worry too much about what other people consider to be right and wrong. Stick to your ideals and you won't be guided off course. You will find someone in your corner.



LIBRA – Sept 23/Oct 23
This is a great week to bring your mind into focus and set a firm plan for the next several months, Libra. Now is the time to make an important decision.



SCORPIO – Oct 24/Nov 22
Scorpio, if your emotions suddenly seem more intense, you may need to change your social circle and find one that aligns better with your point of view .



SAGITTARIUS – Nov 23/Dec 21
Strong forces may be working against you, Sagittarius. But you won't let them derail your plans. Stay the course and things will work out just fine.



CAPRICORN – Dec 22/Jan 20
Capricorn, keep conversations light and away from any controversial topics as you meet new people in the days ahead. Let them take the lead in conversation.



AQUARIUS – Jan 21/Feb 18
There is a great deal of opportunity and potential to follow through on some major projects this week, Aquarius. It's up to you whether you're looking for work or fun.



PISCES – Feb 19/Mar 20
Pisces, this may be an eventful week marked by some disruptions to your normal routine. Stay calm in the face of conflict.

VIRGO Traits & Overview

Virgo is an earth sign historically represented by the goddess of wheat and agriculture, an association that speaks to Virgo's deep-rooted presence in the material world. Virgos are logical, practical, and systematic in their approach to life. This earth sign is a perfectionist at heart and isn't afraid to improve skills through diligent and consistent practice. Virgo rules the digestive system, which makes these earth signs especially attuned to the ingredients that make up a whole — in food and in everything else. They're hyper-aware of every detail.

Virgo is governed by Mercury, the messenger planet of communication. Though Mercury also rules Gemini, these two signs are radically different: Gemini is about output and expression, whereas Virgo is about input and processing. A Virgo deals with information like a computer, transforming

even the most jumbled set of information into organized, clear concepts. Though Virgos long to be meticulous in all pursuits, they must remember that constantly chasing after the ideal can be destructive when applied to self or others. Beauty exists within our imperfections and it's important for Virgos to learn that flaws are not defects.

Above all else, Virgos want to help. They are kind, gentle, and supportive friends and lovers who use their incredible intellect and resourcefulness to problem-solve. Virgo's opposite sign, Pisces, offers guidance through spirituality, but Virgos want to assist on a practical level. These earth signs are always striving to provide workable solutions and improve broken systems. Methodical, committed, and hardworking, they make excellent teachers, healers, editors, and musicians.



Land/Home Sales
Property Management
Appraisals Development



Agent of the Week

Allen Propst
Broker-In-Charge

Here's what one of Allen's customers had to say...

Allen was a tremendous asset for us with his knowledge & skills. Before we purchased a lot we wanted to be certain we could build with the CAMA setbacks. Allen navigated this, meeting with representatives on our behalf. We cannot express how helpful he was, and it allowed us to go ahead with the purchase in a timely manner with confidence. He was prompt responding & we highly recommend him.

Michelle & Richard, Oriental



ORIENTAL – Spectacular Neuse River views from this 0.75 acre home site located in Dolphin Point in Oriental. With perfect Southwest exposure facing the Neuse River, you will enjoy the cool summer winds while watching the Pelicans dive and Dolphins roll. Neighborhood boat ramp & tennis court. Central sewer & water, underground electric & high-speed cable.

OFFERED AT \$54,900



ORIENTAL – Neuse River view lot with two marinas within walking distance. Windward Shores has an existing gravel driveway that is bordered with a concrete bumper. Centralized sewer & water available. Community boat ramp and tennis court. Neuse River shoreline stabilized with granite rip-rap. No HOA or HOA dues.

OFFERED AT \$75,000



ORIENTAL – Deep-water 1.43 acre waterfront lot on Ball Creek with rip-rapped shoreline and a recently-renewed septic permit that is valid for 5 years. This rare waterfront lot has almost 300 feet of waterfrontage and has access to the Pamlico County Water System. Underground power.

OFFERED AT \$99,500



ORIENTAL – Vintage 1895 **3BR/1BA** in Village close to harbor On a 50' wide X 100' lot contiguous to a 100' wide X 90' deep vacant parcel at 504 New St. Both parcels zoned MU1, so you can do single-family, multi-family, office, commercial and/or a combination of all.



MERRITT – Unrestricted 48.7 acre multi-use waterfront tract w/ 2000'± of water frontage on Cabin Creek, 23.4 acres of cultivated farmland, 24 acres of woodland & existing home that is currently not habitable. Farmland is leased for \$1,404.00/year; can be renewed by new owner. New septic permit will be obtained by current owner prior to closing. County water is available.

OFFERED AT \$260,000

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Pamlico Community College

Fresh slate of short-term health care courses will start this month at PCC

By Sandy Wall

Several of Pamlico Community College's popular, short-term health care courses will begin in September, including day and night sections of both Nurse Aide I and Phlebotomy Technician.

These courses can be completed quickly and can lead to great jobs in the area's growing health care sector.

Scholarships are even available for qualified students!

“Our curriculum registration period has passed, but our Continuing Education division is gearing up with additional courses and programs for the new semester,” said PCC President Dr. Jim Ross. “These courses are designed to be convenient for adult learners and they can lead to fantastic opportunities. With special financial aid programs available, there has never been a better time to check out what our Continuing Education folks have to offer.”

Upcoming courses include:

* Nurse Aide I, including both a daytime section and an evening section of this popular class.

Both the day and evening classes will begin Sept. 8. The day class will meet from 8:30 a.m. to 4 p.m. Mondays and Wednesdays, and the evening class will meet from 5:30 to 9:30 p.m. Mondays and Wednesdays.

* Nurse Aide II, which is an evening class for Nurse Aides who want to continue their studies. This class will start Sept. 14 and will meet from 5:30 to 9:30 p.m. Tuesdays and Thursdays.

* Phlebotomy Technician, including both a daytime section and an evening option. Both sections will start Sept. 21 and will meet Tuesdays and Thursdays. The daytime class will meet from 8:30 a.m. to 4 p.m., and the evening class will meet from 5:30 to 9:30 p.m.

* Cardiac Monitor Technician, which will start Sept. 28. This class will meet Tuesdays and Thursdays from 8:30 a.m. to 12:30 p.m.

In addition, registration is underway for a new offering of the college's Physical Therapy Aide course, which is expected to get underway in late September.



Pamlico Community College plans to offer a day section and a night section of its Phlebotomy Technician course beginning Sept. 21. Scholarships are available for qualified students! Contact the college today at 252-249-1851, ext. 3015. Contributed photo

“Our new Dialysis Technician program has gotten off to a strong start, and we plan to offer additional health care courses and programs later this semester,” Ross said. “Contact us today to see how we can help you find a new career helping others.”

For more information or to register for any of the upcoming courses, please contact Lori Giles at lgiles@pamlicocc.edu or 252-249-1851, ext. 3015.

Sandy Wall can be reached at 252-249-1851, ext. 3010, or swall@pamlicocc.edu.

Dog Days of Summer PAWS is a Good Cause

By Bandit Taylor



I went nose to nose with some furry friends in Oriental on Saturday August 28 to report on the events of Dog Days of Summer. My

name is Bandit, a name given to me by my human because she claims I stole her heart when she rescued me. She and her friends celebrated National Dog Day on August 26 by posting pictures of their fur babies online. She is so proud of me. Last Saturday she took my sister Daisy and me to the Dog Days of Summer to have some fun and to meet new friends. We had a barking good time! This event was hosted by the Village Gallery and co-sponsored by the Pamlico County Chamber of Commerce to raise funds for some of my favorite humans at PAWS, the Pamlico Animal Welfare Society. They help animals like me and my big brother Chewy (aka Louis) find forever homes. Dog Days of Summer was kicked off by Theo – the Grand Dog of the “Singing Treasurer.” Chamber President Tiffany Parks and Executive Director Debora Steenson greeted everyone while PAWS volunteers provided the Hot Dog Cart where I saw Judy Wayland, Director of the Village Gallery, artfully creating a dog of her own. Dr. Sherri Hicks from the Oriental Village Veterinary Hospital was a great supporter of the event as was Michelle Rodriguez from Healing Touch



Judy Wayland, Director of Village Gallery Animal Reiki and Alecia Williams from Dove Landing Kennels. Other nice people were giving paw tattoos, selling animal charms, and providing lively music for entertainment. A special treat was having Paula Valinoti from the Gallery take my photo with sister Daisy and my beloved human. I'm so thankful to my human for rescuing me and giving me a home, for protecting me from other humans who would do me harm, and for loving me with all her heart. I try to please her every day to show her how grateful I am. I hope she wins a door prize. My new canine friends told me to mention to you folks how grateful they all are for the generous proceeds and donations that were collected at the Dog Days of Summer event to benefit PAWS. Many of our furry friends have been helped by the compassionate humans at PAWS who have fed the hungry, found homes for the homeless, and provided assistance with spaying and neutering. In addition, they sponsor the New Leash on Life training program that gives dogs a second chance at a good life. I hope

that you will support PAWS with your donations so they can continue helping our animal friends in Pamlico County and surrounding areas. You can donate online at www.pamlicopaws.net or contact Jackie at 252-649-5504, Kathy at 703-819-8835 or Sue at 252-626-3899. Remember, don't shop when you can adopt!

A special “**Thank You**” to the Volunteers:

Village Gallery
Judy Wayland, President and CEO
Sue DeCarlo, Sr. VP and Singing Treasurer
Denise Meng, Marketing
Ros Kutchins, Local Gallery Artist
Paula Valinoti, Local Gallery Artist
Beth Michne, Volunteer
Lida Widdecombe, Volunteer

Pamlico Chamber of Commerce
Debora Steenson, Executive Director
Tiffany Parks, President
Daniel Simpson, Past President
George Steenson
Patrick Parks
Cherrie Hogue
Donna Groom
Michele Rodriguez, Healing Touch
Animal Reiki

PAWS
Christine Garmin
Jackie Schmidt
Kathy Kieffer
Mary Maxwell
Penny Monell
Alecia Williams, Dove Landing Kennels

You Can't Put a Price on Health.
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consultation and rate quote.



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Tiffany and Debora from Chamber of Commerce



Photographer...
Paula Valinoti



Michele Rodriguez from Healing Touch Animal Reiki

FINANCIAL FOCUS

Start thinking about your retirement income plan



Dan M. Roberts

If you're getting close to retirement, you're probably thinking about the ways your life will soon be changing. And one key transition involves your income – instead of being able to count on a regular paycheck, as you've done for decades, you'll now need to put together an income stream on your own. How can you get started?

It's helpful that you begin thinking about retirement income well before you actually retire. Many people don't – in fact, 61% of retirees wish they had done better at planning for the financial aspects of their retirement, according to an Edward Jones/Age Wave study titled Retirement in the Time of Coronavirus: What a Difference a Year Makes.

Fortunately, there's much you can do to create and manage your retirement income. Here are a few suggestions:

- **Consider ways to boost income.** As you approach retirement, you'll want to explore ways of potentially boosting your income. Can you afford to delay taking Social Security so your monthly checks will be bigger? Can you increase your contributions to your 401(k) or similar employer-sponsored retirement plan, including taking advantage of catch-up contributions if you're age 50 or older? Should you consider adding products that can provide you with an income stream that can potentially last your lifetime?
- **Calculate your expenses.** How much money will you need each year during your retirement? The answer depends somewhat on your goals. For example, if you plan to travel extensively, you may need more income than someone who stays close to home. And no matter how you plan to spend your days in retirement, you'll need to budget for health care expenses. Many people underestimate what they'll need, but these costs can easily

add up to several thousand dollars a year, even with Medicare.

- **Review your investment mix.** It's always a good idea to review your investment mix at least once a year to ensure it's still appropriate for your needs. But it's especially important to analyze your investments in the years immediately preceding your retirement. At this point, you may need to adjust the mix to lower the risk level. However, you probably won't want to sell all your growth-oriented investments and replace them with more conservative ones – even during retirement, you'll likely need some growth potential in your portfolio to help you stay ahead of inflation.
- **Create a sustainable withdrawal rate.** Once you're retired, you will likely need to start taking money from your IRA and 401(k) or similar plan. But it's important not to take too much out in your early years as a retiree, since you don't want to risk outliving your income. A financial professional can help you create a sustainable withdrawal rate based on your age, level of assets, family situation and other factors.

By planning ahead, and making the right moves, you can boost your confidence in your ability to maintain enough income to last throughout your retirement. And with a sense of financial security, you'll be freer to enjoy an active lifestyle during your years as a retiree.

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NC COOPERATIVE EXTENSION Pamlico County

Fall Armyworms on the March

Daniel Simpson, County Extension Director, Agriculture Agent



Over the past several weeks fall armyworms (*Spodoptera frugiperda*) have been on the march. These insects feed on turf and pasture in large “armies” creating increasing areas of brown grass as they feed. The damage they create can be severe for newly sodded or sprigged areas, and late feeding into fall can result in little time for recovery of turf before winter.

Fall armyworms are approximately 1-1½ inches long, depending on the growth stage, and can vary in color from a green to mottled brown, to almost black. Fall armyworms have wide black stripes running down each lateral side of the body. Sometimes, you will be able to distinguish four black dots on the dorsal (back) side of each segment of the abdomen and a light-colored, upside-down “Y” marking on the head capsule.



Fall armyworms have a very wide host range but generally prefer plants in the grass (*Poaceae*) family, low-growing herbaceous growth, and woody shrubs. Most grasses, including coastal bermudagrass, fescue, ryegrass, bluegrass, Johnsongrass, timothy, corn, sorghum, Sudangrass, and small grain crops, are subject to infestation. Hot, dry weather can intensify fall armyworm problems, especially when egg-laying adults lay their eggs in irrigated, green turf. At least some cultivars of all warm-season grasses are susceptible. Cool-season grasses

like tall fescue are very favorable for fall armyworm growth and development too, and do not regenerate as readily as the stoloniferous grasses.

Fall armyworm adults migrate northward every year from southern overwintering areas. Adult armyworm moths are active at night and females lay eggs in masses of 50 to several hundred. These night-flying moths are attracted to lights and to lighter colored surfaces. Early August is a good time to start monitoring for egg masses on plants, objects, and buildings bordering turfgrass. As soon as the eggs hatch, caterpillars will immediately start feeding on nearby turf so early detection is essential to counteracting

severe armyworm damage. Given the large number of insects present this year, additional damage might still be possible as a new generation starts to develop. You should continue to monitor for damage through September.

Damage from small larvae may at first look like skeletonizing, but as the worms grow, the entire leaf is consumed. Large numbers can consume all above-ground plant parts, and they are capable of killing or severely retarding the growth of grasses. This species may migrate in large numbers in search of new areas in which to feed. While there are several products that can be used to manage armyworm populations, small larvae are easier to control. Larvae are more active early and late in the day, spending the hotter hours where it is cooler down near the soil. They will feed for 2 to 3 weeks before pupating in the upper soil/thatch layer and will not be susceptible to insecticides at this point. Moths emerge 10-14 days later. The entire life cycle from egg to adult moth takes about 28 days in the warm weather of August and September. There are several overlapping generations.



also have visible greenish-black fecal pellets on the soil surface. Other signs of armyworm infestations may include birds or even the paper wasps flying over yards as they feed on them. Because armyworms are most active late in the day and at night, apply the pesticide as late in the day as you can. Cutting the grass prior to application may improve control, but do not cut grass for 1 – 3 days after application. Read and follow all label directions when using pesticides.

For more information on controlling these insects refer to our NC State Extension turf note at <https://www.turffiles.ncsu.edu/insects/fall-armyworm-in-turf/>. You can also contact Daniel Simpson at 252-745-4121 or daniel_simpson@ncsu.edu.

If there is any doubt about whether worms are present, pour soapy water on the grass (1/2 oz. dishwashing soap/gallon water) to bring them up. Heavily infested turf will

Secretary Biser Confirmed as DEQ Secretary



RALEIGH – Today the North Carolina Senate voted to confirm Governor Roy Cooper's appointment of Elizabeth S. Biser as Secretary of the Department of Environmental Quality. She is the first woman to be confirmed for the role of DEQ Secretary.

“I am ready to get to work on the issues that matter to the people of North Carolina,” said Secretary Biser. “I thank Governor Cooper for the opportunity to return to this department as Secretary and I look forward to working with the General Assembly and all of our stakeholders to protect our environment and our economy.”

Governor Cooper announced Secretary Biser's appointment in late June, citing her strong leadership, experience with the environmental agency, and knowledge of DEQ's critical work in North Carolina. She was sworn in on July 1, 2021.

Biser previously served as the Director of Legislative & Intergovernmental Affairs at DEQ's predecessor agency, the N.C. Department of Environment and Natural Resources. Her private sector experience included serving as the President of Biser Strategies, LLC; Senior Policy Advisor of the Recycling Partnership; Vice President of Policy and Public Affairs of the Recycling Partnership; and the Government Relations & Policy Advisor of Brooks, Pierce, McLendon, Humphrey & Leonard, LLP. She holds a Bachelor of Arts and a Master of Public Administration from the University of North Carolina at Chapel Hill.



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Letter to the Editor

The Pamlico News welcomes your letters to the editor. Because of limited newsprint space, letters from out of state are not accepted, and clarity, brevity and originality are particularly valued. Letters should be no longer than 400 words and are subject to editing. You must include the writer's real name, mailing address and a daytime telephone number for verification -- no answering machines. No anonymous letters or pseudonyms will be accepted. Please do not type in **ALL CAPS**.

e-mail to:
frontdesk@thepamliconews.com

Did you know?

Social distancing guidelines encouraging people to stay in their homes as much as possible led many to wonder what to do in regard to visiting their physicians. Telehealth is one option people may want to explore. Sometimes referred to as “telemedicine,” telehealth enables patients to speak with their physicians via phone, tablet or conferencing apps such as Zoom. This can help patients and their physicians reduce their risk for exposure to viruses such as COVID-19, but also other conditions that can weaken their immune systems and, as a result, make them more vulnerable to illness. But as helpful as telehealth can be while social distancing restrictions remain in place, it's important that patients continue to seek the advice of their own physicians. One of the concerns about telehealth noted by representatives for the U.S. Department of Health and Human Services is the difficulty of monitoring health care providers who may not have patients' best interests in mind. This can lead to certain problems, including overprescribing medications and doctors offering medical advice to patients in states where the physicians are not licensed to practice. Speaking only with physicians who have already treated you is one way to avoid this potential pitfall associated with telehealth services.

SUDOKU

8			5		3	7	
				4			
6		1		9			
	2			7		1	6
	7		8				
4			9			1	
3			6	8	7		
		6				5	

Level: Intermediate

Here's How It Works:
Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

8	9	8	2	4	7	9	6	1
6	4	7	8	1	9	2	5	3
2	1	9	5	3	6	7	8	4
9	3	2	9	8	1	4	7	6
6	1	3	7	4	7	8	2	9
7	8	4	6	2	5	1	3	9
8	2	6	4	9	3	1	5	7
1	9	5	7	6	8	3	4	2
7	4	1	3	7	4	8	6	9

ANSWER:

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



Nurse Aide I

***New day and evening courses start Sept. 8!
8:30 a.m. to 4 p.m. Mondays and Wednesdays
or
5:30 to 9:30 p.m. Mondays and Wednesdays***

Nurse Aide II

***Evening course starts Sept. 14!
5:30 to 9:30 p.m. Tuesdays and Thursdays***



Phlebotomy Technician

***New day and evening courses start Sept. 21!
8:30 a.m. to 4 p.m. Tuesdays and Thursdays
or
5:30 to 9:30 p.m. Tuesdays and Thursdays***



Cardiac Monitor Technician

***Starts Sept. 28!
8:30 to 12:30 p.m. Tuesdays and Thursdays***

***Scholarships are available
for qualified students!***

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



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Health & Wellness

How to avoid potential nutrient deficiencies on a vegetarian diet



Individuals choose to adhere to vegetarian diets for a multitude of reasons. Some do so for ethical reasons, while others feel a vegetarian diet is a healthier option than eating meat. Regardless of why people choose to follow vegetarian diets, it's important that they take steps to ensure they avoid nutrient deficiencies.

What qualifies as a vegetarian diet differs for certain people. Some people who consider themselves vegetarians avoid animal flesh but it still eat poultry and seafood, while others avoid animal products altogether. The latter group must be especially careful to avoid nutrient deficiency, as the U.S. National Library of Medicine notes that malnutrition can sometimes cause permanent damage to the body. Planning is a vegetarian's best friend in regard to avoid nutrient deficiency. The following are some potential nutrient shortfalls vegetarians may encounter and how to overcome them.

Iron deficiency

The Mayo Clinic notes that iron deficiency anemia is a condition in which the blood lacks enough healthy red blood cells, which are responsible for carrying oxygen to the body's tissues. Meat is a great source of iron and consuming meat is how many people get their necessary daily doses of iron. Vegetarians must therefore find ways to get iron from sources other than meat. Leafy green vegetables like spinach are a great source of iron. The Mayo Clinic notes that beans, dried fruits like raisins and apricots and iron-fortified cereals, breads and pastas also are rich in iron.

Insufficient protein

Avoiding meat also can make vegetarians susceptible to insufficient protein intake. However, there are many ways for vegetarians to consume enough protein without breaking their diets. In fact, a 2019 study published in the journal *Nutrients* found that classic vegetarian diets supply more than adequate protein and amino acids. Protein-rich foods like legumes and nuts and seeds can help vegetarians meet daily protein requirements. A simple mix of brown rice and beans also contains the nine essential amino acids, which are vital to human health and cannot be made by the body. They must come from food.

Zinc deficiency

A 2013 study published in the *Journal of the Science of Food and Agriculture* found that vegetarians have lower zinc intake than people who eat both plants and food. Plant foods are not generally high in zinc and zinc absorption from plant foods may be insufficient. Whole grains, tofu, legumes, nuts and seeds are some examples of foods that are rich in zinc. Eating such foods throughout the day can help vegetarians avoid zinc deficiency.

Vegetarians can speak with their physicians about additional deficiencies they may be vulnerable to. Such deficiencies can often be easily overcome, reassuring vegetarians that their dietary choices won't put their overall health in jeopardy.

What causes learning disorders?

Many children and adults struggle with learning disorders. Learning disorders can prevent a person from learning skills and using them effectively. The Mayo Clinic advises that various factors may lead to the development of learning disorders.

- Family history of learning disorders.
- Certain prenatal and neonatal risks, including poor growth in the uterus, exposure to alcohol or drugs in utero, premature birth, and low birth weight.
- Trauma and psychological abuse in early childhood can affect brain development.
- Head injuries or nervous system infections.
- Exposure to environmental toxins, such as lead.

Extra help with learning specialists and an individualized education plan can help students set modified timelines and goals. Certain people with learning disorders also benefit from medications and therapy.

Pamlico County Animal Control

\$10

\$20

RABIES & MICROCHIP CLINIC



*All profits will go to benefit the
Pamlico County High School Band Booster Club*

Pamlico County Animal Control will hold a Rabies/Microchip Clinic at Pamlico County High School from 8am-12pm on Saturday, September 11 in front of the auditorium.

Cats must in a carrier

**Call Animal Control Officer Berkley Hill for more information
(252) 745-3202**

Travel safely this Labor Day

Labor Day is a celebration of workers and the labor movements in the United States and Canada. Often considered the unofficial end of summer, Labor Day prompts many people to travel for one last getaway prior to the arrival of fall. Labor Day get-togethers with family and friends typically include barbecues and other outdoor activities, and these gatherings may attract loved ones from various areas of the country. The National Safety Council warns that thousands of people will be injured in traffic accidents during the upcoming Labor Day weekend. In recent years, traffic fatalities over Labor Day weekend have averaged around 15 percent higher than in similar, non-holiday periods, says the NSC. In addition, the COVID-19 virus, although diminished, is still at large. Travelers are urged to remain diligent in regard to hygiene and other safety practices. The following tips can help Labor Day travelers stay as safe as possible.



1. Call ahead and inquire about any travel restrictions. Many areas of the country have reopened, but it is important to find out if there are restrictions on crowd limits or if certain facilities are closed.
2. Book early and leave time for travel. People are increasingly anxious to travel once again and may wait until the Labor Day holiday to do so. Hotels and other amenities may fill up fast, so book travel plans well in advance and leave ample time for traveling to account for large crowds and busy roadways.
3. Enforce a zero-tolerance policy for intoxicated driving. Those who are planning to drink should never get behind the wheel. Also, young drivers are at particular risk to be involved in alcohol-related crashes, so teens and underage young adults should not be allowed to drink at parties.
4. Limit distractions behind the wheel. Make a policy that the vehicle is a distraction-free zone.

This includes keeping the radio low, stowing the driver's cell phone out of reach so texts or other notifications do not become distractions and helping to keep children occupied so they're not making a ruckus. 5. Exercise caution in inclement weather. Late-summer storms can roll in and cause downpours. Drive slowly and cautiously, pulling over until visibility and conditions improve, if necessary.

These are some ways travelers can emphasize safety as they enjoy Labor Day weekend away from home.

Attorney General Josh Stein Announces \$215 Million in Savings for Duke Energy Customers

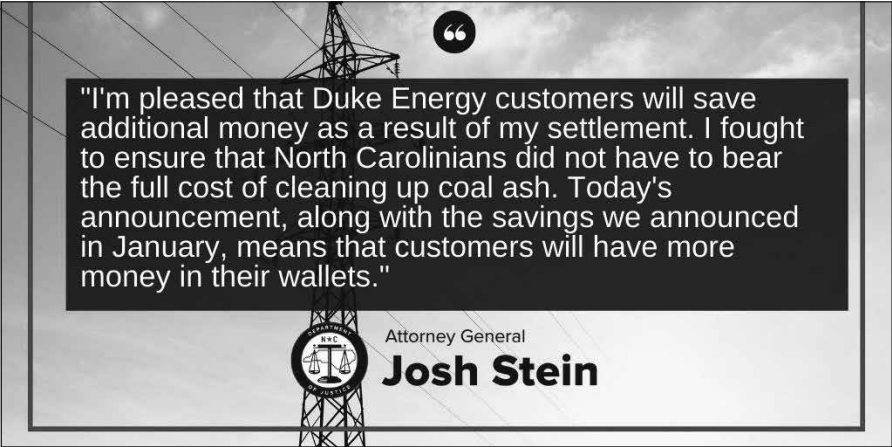
(RALEIGH) Attorney General Josh Stein today announced that as a result of his January coal ash settlement with Duke Energy, electricity customers will save approximately \$215 million in future energy costs. These funds are a result of 14 settlements that Duke Energy reached with 23 insurance companies over coal ash coverage policies, the last of which was settled this week.

"I'm pleased that Duke Energy customers will save additional money as a result of my settlement," said Attorney General Josh Stein. "I fought to ensure that North Carolinians did not have to bear the full cost of cleaning up coal ash. Today's announcement, along with the savings we announced in January, means that customers will have more money in their wallets."

"We're glad to see some more relief for customers who actually shouldn't be forced to pay any of the costs to clean up Duke's toxic mess," said Dave Rogers, Southeast deputy regional director for the Sierra Club's Beyond Coal campaign. "In the meantime, Sierra Club will keep working alongside North Carolina communities for a 100 percent clean, equitable, and affordable energy future that doesn't require them to spend another hard-earned dime on dirty energy."

The Attorney General's Office is not a party in the 14 settlements, but under the terms of Attorney General Stein's January settlement, Duke Energy will put funds collected from coal ash litigation and settlements toward benefiting customers and reducing their coal ash cleanup costs.

The settlement Attorney General Stein reached in January will save North Carolina electricity customers more than \$1.1 billion on their utility bills over the next 10 years. Furthermore, Duke Energy is also required to excavate 80 million tons of coal ash in North Carolina under a December 2019 settlement with the Department of Environmental Quality (represented by the Attorney General's Office), the Sierra Club, and other community groups.



PCC Cultural & Life Enrichment Program

PCC Cultural & Life Enrichment Program

Designed to promote personal growth and self-enrichment. This may include courses in leisure activities, non-vocational skill development, learning a new language, discovering a new talent, arts & crafts, media techniques, wellness activities and much more, as well as musical and theatrical productions. These classes are self-supporting and use the talents and skills of some of our community's gifted residents who are so often eager to share with you.

For more information and registration, please contact:
Denise - 252-249-1851 x3113, dmeyer-son@pamlicocc.edu

DATES TO BE DETERMINED

ROADMAP to WELLNESS Series - TBD
Instructor: Michele Musella RN, BSN
Doctor of Integrated Medicine
Classes to be scheduled:
Aromatherapy
Acupressure & Auricular Acupressure
Reflexology
Ayurveda
Vibrational Healing
Intro to Reiki Workshop

TRADITIONAL CERAMIC PROGRAM - TBD
Instructor: Barb Drexler
Each student will learn the use of assorted ceramic tools and complete 4 projects using various ceramic finishes. Both beginners and experienced individuals. (5 classes) materials are included in the cost!
Dates: TBD Classes held at instructor's studio - Kil "N" Thyme Ceramics

FALL BIRD WATCHING - TBD
First class will meet in the PCC Delamar Building at 9:00am for a slide show, discus-

sion of birding optics and techniques with a short field trip afterwards. Subsequent classes will be held in the field with early morning meeting times. \$35 (4 classes)
Dates: TBD

GOLF Lessons Beginning & Intermediate - TBD
Players will learn the basic rules and the proper techniques for successful driving, chipping and putting. The last lessons will consist of the actual play of golf holes. \$64 (8 classes) Dates: TBD Minnesott Golf & Country Club

CHAIR YOGA - TBD
Seated muscle toning & joint lubrication for strength, balance and stability. Breathing techniques for relaxation, stress reduction and meditation.
Dates: TBD Oriental Town Hall

SPINNING Wool into Yarn - TBD
Instructor: Shirley Thobe
By class end you will have made a 2-ply skein of yarn. Spinning wheels for use and all materials are provided \$50 (6 hours)
Dates: TBD, (2 classes) 2:00pm – 5:00pm Pamlico Museum & Heritage Center

SCHEDULED CLASSES
UKULELE/VIOLIN/GUITAR Lessons
Instructor: Simon Spalding
Dates: Wednesdays, September 14th – October 19th, 10am, 11am \$ noon, \$85 (6 classes)
"The Good, Bad and Ugly" of **WRITING**
Instructor: Sarah Swan
Dates: Tuesdays & Thursdays, September 14th – 30th, 10:30am – noon. Lessons on writing methods and composition of the short story. \$40 (6 Classes).

BRIDGE for Beginners Phase I Free
Instructor: Craig Welling

Learn to play the strategic and social card game – **BRIDGE!**
Tuesday, Wednesday & Thursday; 5:30pm – 7:00am
October 5th, 6th & 7th.

BEEKEEPING Introductory FREE
Instructor: Henry Reid, Master Beekeeper
Classes and discussions with local keepers on various beekeeping topics.
Dates: Wednesdays, October 6 – November 10th, 6 classes, 6:30pm - 8:30pm

BRIDGE for Beginners Phase II Free
Tuesday, Wednesday & Thursday
October 12th, 13th & 14th; 5:30pm – 7:00pm
This is a no-cost course.

ONGOING
REFIT® Dance Fitness - FREE*
Instructors: Yolanda Christiani and Kacy Forbes
REFIT is a workout program that is structured around dance fitness movements and uses positive, energetic and family friendly music in multiple genres, designed for all shapes, ages and sizes. Dates: Most Wednesdays, 6:00pm – 7:00 pm. (Follow "REFIT Pamlico" on Facebook for class updates.

MUSIC JAMS – Free and Open to the Public
Dates: Please call or check the PCC website under Cultural & Life Enrichment page for start dates and times.

FORUMS on NATIONAL INTERESTS - Free and Open to the Public
A monthly series of nonpartisan, interactive discussions on topics of national interest.
Dates & Topics: Please call or check the PCC website under the Cultural & Life Enrichment page for dates and times.



Delamar & Delamar, PLLC

Attorneys at law

Sara Delamar

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

Christopher S. Williams

Criminal Defense. Traffic Citations
Domestic Law, Estate Administration

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PUBLIC NOTICE

The Bay River Metropolitan Sewerage District had a discharge of partially treated wastewater from one of our treatment plants of approximately 3,000 gallons. The discharge occurred on August 23, 2021, for approximately 30 minutes. The wastewater entered the South Prong of Bay River. This notice was required by North Carolina General Statute Article 21 Chapter 143.215.C. For more information contact Bay River Metropolitan Sewerage District at (252) 745-4812.

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Chad Hoff 252-617-0349

Craven CC Foundation receives scholarship donation from Havelock Chamber in honor of Megan McGarvey

NEW BERN – The Craven Community College (Craven CC) Foundation received a \$2,370.32 donation from the Havelock Chamber of Commerce during a check presentation at the Volt Center on Aug. 25. The funds will be added to an existing endowment fund the Havelock Chamber had previously established. The Havelock Chamber repurposed their existing endowment in honor of the late Megan McGarvey, director of marketing at CarolinaEast Health System, who died unexpectedly on May 26.

"This is going to benefit a student with a scholarship that's not defined as being just tuition," said Erin Knight, Havelock Chamber of Commerce executive director. "That way if they have childcare or gas needs, they can utilize that in the best way that they determine."

The endowment, now called the Megan McGarvey Memorial Scholarship Endowment, will be utilized for deserving Craven CC students who graduated from Havelock High School, from which McGarvey also graduated. Additionally, funds will be used to cover the cost of textbooks for qualifying students who are dually enrolled at Havelock High School and Craven CC.



Craven CC and Havelock Chamber of Commerce officials and members of McGarvey's family gathered at the college's Volt Center for the check presentation.

For more information about the Craven CC Foundation, contact 252-638-7351 or foundation@cravencc.edu.

The Craven CC Foundation is presented with a scholarship donation from the Havelock Chamber of Commerce in memory of Megan McGarvey on Aug. 25. Pictured left to right, back row: Havelock Chamber Chair Kim Rice Smith, CarolinaEast Health System Manager of Public Relations and Outreach Brandy Popp, McGarvey's family members Carol Sue Lee and David Lee, Ken Dimpsey of Munden Funeral Home, and Craven CC Executive Director of Institutional Advancement Charles Wethington; front row: Craven CC President Dr. Ray Staats, Havelock Chamber Treasurer Lori Glass, Cruz Morales of Mucho Bueno, Pam Holder of Havelock Tourist & Event Center, Craven County Clerk of Superior Court Terri Sharp, and Havelock Chamber Executive Director Erin Knight.

About Craven Community College
Founded in 1965, Craven Community College (Craven CC) is part of the North Carolina Community College System. With campuses in New Bern and Havelock-Cherry Point, Craven CC serves about 3,200 curriculum students and more than 10,000 continuing education students each year. The college offers a wide range of associate degree, diploma, and certificate programs, as well as college transfer courses, career and occupational offerings, partnerships with four-year universities, specialized workforce training options, developmental studies, and College & Career Readiness classes. The Lifetime Learning Center and Adult Enrichment Program offer lifelong learning opportunities. Craven Early College High School programs are available on both campuses. Craven CC is also home to Public Radio East, one of the few community colleges nationally with this distinction. For more information about the college, visit www.cravencc.edu.

Celebrating “Healthy Aging Month” During September

As we age, health becomes more important. Thanks to improvements in medicine and health, we live longer lives now. As such, it’s even more important than ever before to develop healthy habits as we get older.



September is Healthy Aging Month, which was designated in order to focus national attention on the positive aspects of growing older. The “Healthy Aging Campaign” was established 15 years ago, and since then, individuals help others become aware of their physical and mental health, diet, social skills and even financial situations; all factors that contribute to successful aging. Healthy Aging Month encourages to act how you feel — instead of acting your age! This month also encourages our seniors to take charge of their well-being, by aging with a healthy body (physical health) and a healthiest mind (mental health). There are many ways to use Healthy Aging Month as inspiration to being celebrating life, and the month is dedicated to helping individuals gain a more positive outlook about growing older. And while genetics play a role when it comes to aging, seniors still can take steps to encourage better health.

Tips To Make The Most Of “Healthy Aging Month” Get Moving

If you are not accustomed to exercise, consult your doctor before starting an exercise routine and be sure to start slowly to allow plenty of time to get used to each level of activity. Exercise can be as simple as walking just ten or fifteen minutes, three to four times a week and increasing as you go. For those who are more active, try taking up tennis or joining a club where you can swim or use the exercise equipment. Even just taking a dance class or senior yoga, gardening or mowing the lawn. There are countless ways to stay active that will keep your body moving.



Maintain A Healthy Diet

Many Americans aren’t aware of proper portion sizes and inevitably eat larger portions than recommended, and we all know overeating leads to obesity — which could lead to even bigger health concerns such as diabetes or heart disease. Plus as we age, our metabolism slows down and we need fewer calories. Healthy eating is a big part of staying healthy, and the USDA emphasizes the need for more vegetables and fruits in the American diet – recommending five a day. Eat a variety of fresh fruits and vegetables, and try to avoid excessive processed foods. Boosting the amount of fresh vegetables in our diet is an easy way to feel full without a lot of calories. The USDA suggests an easy way to balance nutrition: your plate should have slightly less

than one quarter proteins (lean meat, fish, poultry or legumes) and fruits, slightly more than one quarter grains and vegetables. Additionally, stay hydrated by drink a lot of water, at least 6-8 glasses per day.

Stay Social

Don’t be afraid to make new friends, and make an effort to see your old friends, too. A sedentary lifestyle devoid of interaction with friends and family lead to health issues and isolation can lead to depression. Instead of feeling lonely and bored reach out and invite friends and family over! Or you can socialize with others by volunteering, joining a class or bringing a caregiver — which may in to help you look forward to activities such as cooking with their help, playing cards/games, or simply talking.

If you can no longer drive, look for transportation services that can help you get out and attend social events. If you’re computer literate, schedule Facetime conversations with children and grandchildren. Just by interact with and talk to someone daily, you will do your mind and mental health a world of good.

Balance Both Your Body & Mind

Keep your mind active by reading the newspaper (or read on your tablet) while you eat breakfast. Keeping your mind active and engaged may ward off brain chemistry changes that could lead to Alzheimer’s disease. Working on puzzles, reading books are also great for the mind and will help reduce stress that comes with aging problems. You can even take up a new creative hobby! For your body, perhaps practice yoga to improve your flexibility and balance. It is also great for the mind and will help reduce stress that comes with aging problems.

Get Regular Check-Ups And Yearly Physicals



Don’t ignore symptoms. If you’re not feeling well, don’t “wait for it to go away.” While you don’t need to visit the doctor for every ailment, know yourself and your body well enough to detect if there is something out of the ordinary.

Don’t neglect regular medical check ups; have an annual physical examination. and schedule the tests your doctor recommends. This would include your eye doctor and dentist as well as your physician. Many diseases can be prevented when caught early if you remain diligent about your health. Take medications and vitamins/supplements as prescribed in order to ensure you are feeling your best.

How Quality Of Life Is Important To Healthy Aging

A positive outlook and proactive approach is one of the best ways to encourage healthy aging! Here’s how to get the most out of life as you age.

- **Positive Attitude** – Keep a positive attitude through life. Focus on the positive, taking hold of any problems and addressing them properly and you will find that you will be happier in your life.
- **Don’t “Act Your Age”** – Forget that “number” – it’s only a number, after all! Live life looking forward to activities and actions that make you smile and forget about your age!
- **Be Proactive** – Take charge of your health and research the many ways you can use your Health Insurance to take proactive steps in keeping healthy. You’re entitled to a variety of healthcare screenings as you get older; and it’s important to know exactly what tests and screenings you should behaving, based on your age and gender.
- **Try Something New** – It’s never too late to make changes



and become a whole new you! Take up a new hobby, learn a language, take a class, or join a book club. Making your life interesting is one of the best ways to focus on healthy aging.

- **Embrace Your Creativity** – You may be surprised that you have an artistic side to you if you check out classes on painting, sketching or drawing. If your art talents are limited try adult coloring books that you can color with pencils.
- **Surround Yourself With Positivity** – Your mental health plays a very important part in healthy aging and surrounding yourself with people who make you smile and laugh makes healthy aging even easier. Focusing on both your mental — as well as physical — well being, in order to feel more “alive” as you embark on a new journey of healthy aging.

Other Ways To Promote Healthy Aging This Month

Below are some other helpful tips from HealthyAging.net that all seniors may want to consider during the month of September.

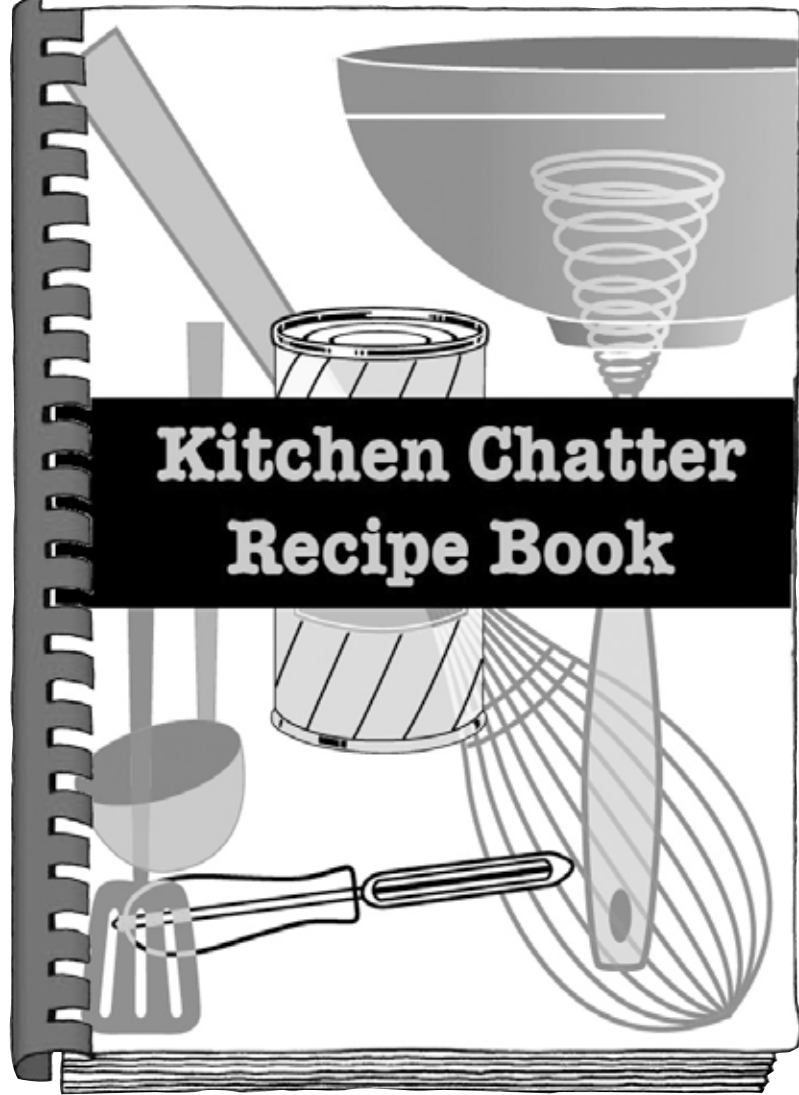
- 1. Intern:** You are never too old to start something new!
- 2. Take Classes:** Its never too late to take classes, even if to just enhance your skill set.
- 3. Volunteer:** Volunteering gives you the opportunity to feel positive, as well as give back.
- 4. Move Your Body:** Just keep moving! Engaging in physical activity keeps our seniors feeling young.
- 5. Travel:** Go explore new and beautiful places, even those places that are close by.



Fighting Back Against “Nature”

Finally, it’s a good idea to look at the health history of your family. Do research on your family tree to see how old relatives were when they passed, and talk over with your physician your family history. Your health care provider is able to provide insight on how to with him or her to assure you’re fighting nature and genetics to assure you have the longest, healthiest life possible. You can beat some genetic diseases by adopting a healthier lifestyle and by embracing healthy options you take the preventive actions to help assure you’re as healthy as you can be as you move into your 60s, 70s and beyond. Remaining active and engaged is the best gift you can give yourself. Staying physically and mentally active, and nurturing social connections with friends and family, are all part of the bigger picture in helping to keep your mind and body well

One morning soon – You will find Some wings on my mind – To take me high – So if you hear a sound – From down here on the ground – Don’t you know? – It’s only me trying to fly




The Pamlico News *is pleased to offer* Mrs. Nancy Winfrey's Treasured Kitchen Chatter Recipe Book

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COASTAL LIVING

The North Carolina Estuarium

By Mary Frances Taylor

One of North Carolina’s coastal treasures, and a great trip for the Labor Day weekend, is the world’s first Estuarium located on Water Street in Washington, about a 45-minute drive from Bayboro or 1 ½ hour trip via the Aurora-Bayview ferry. This environmental center has more than 200 hands-on, interactive exhibits that describe our estuaries and coastal rivers and their natural and cultural heritage. You can even see baby alligators or take a boat tour of the Pamlico River. Spend 45 minutes or four hours according to Lead Estuarium Educational Programmer Russ Chessom. The Estuarium’s exhibit hall is open Tuesday through Saturday 10:30 am to 3:30 pm and cost \$5 for adults and \$3 for children.



Estuaries and their surrounding wetlands are bodies of water usually found where rivers meet the sea. Estuaries are home to unique plant and animal communities that have adapted to brackish water, a mixture of fresh water draining from the land and salty seawater. Although estuary is the term given to the entire ecosystem, there are many different habitats and environments within it. These include open waters, saltwater and freshwater marshes, forested swamp, oyster reefs, submerged seagrass beds and tidal flats. Estuarine habitats are defined by constant change with fluctuations in salinity, temperature, wind and wave action or water levels. The waters are an ideal environment for a rich assortment of fish and shellfish, while the marshes, swamps, and wetlands attract a vast assortment of shorebirds and waterfowl.



The Albemarle-Pamlico estuary is named for the expansive Pamlico Sound and the Albemarle Sound, but also includes Currituck, Croatan, Bogue, Core, and Roanoke. The Albemarle-Pamlico system includes approximately 28,000 square miles of northeastern North Carolina and southeastern Virginia. Nearly 10,000 miles of streams and rivers pour into a 2-million-acre estuary that is the second largest estuary system in the United States. The Albemarle-Pamlico estuary was designated as “an estuary of national significance” in 1987 and it continues to be recognized as a nationally important resource through its more recent listing as one of “America’s Great Waters.” Due to the mixing of nutrients from land and sea, estuaries produce more food per acre than even the richest farmland. Estuaries provide habitat for 75 percent of America’s commercial fish catch and between 80 and 90 percent of America’s recreational fishing. The overall region supports abundant plant and animal life and is home to nearly 4 million people, providing generous economic opportunities and offering residents and visitors a wealth of outdoor recreation from hiking and swimming to hunting, fishing, and boating.



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Then And Now’
Rolison’s Service Center - Potter Insurance Agency

by: Hiram Lupton

THEN

1977

NOW

2021

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

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Pamlico Small Business Center
Non-Profit Webinars



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For more information about other services offered by the Small Business Center, call 252.571.2243, email Mindy Moore at mmoore@pamlicocc.edu, or check the Small Business Center web site at www.pamlicocc.edu/sbc.

Renae Simon, Step-by-Step Solutions.
Webinars held 4-6p
4-part Series for Post-Pandemic Success
9/13 Customer Service Part 1
9/20 Customer Service Part 2

Matt Rudisill, The Leadership Academy
Webinars held 4-6p
9/16 Building your Tribe with YouTube
10/12 Using Sales Funnels to Ignite Growth in Your Business

Pat Sordill, Sordill Consulting (out of Oriental!)
Webinars held 4-6p
9/14, 21 Time Management
10/11, 18 Interviewing Skills

Mike Collins, president of The Perfect Workday Company
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AROUND THE COUNTY

CROSSWORD

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

 Goose Creek Island 55 Plus Club met Thursday at the Community Center with President Donna Potter Jones officiating. Karen Ireland gave the devotions, John 16:33. “He is always there.” Members prayed the Lord’s Prayer. Karen read the minutes of the last meeting. A discussion planning the Labor Day luncheon which is scheduled for September 2nd followed. We will meet at 10:30 am. Bingo was next! Everyone won prizes and it was a fun time as usual! Thanks to Rita Lupton who does a great job calling the game!

Prayer List: Wendy Honeycutt has double pneumonia and is a patient at Carolina East Medical Center. Markie Gaskill is suffering with gout and unable to be on his feet very much. Tillman Ireland, Sr fell recently and was injured; but, now is doing fine. Rosanne Rowe spent last Wednesday in the hospital emergency room suffering with a kidney stone. She passed the stone and is resting at home. Michael Malone is scheduled for chemo therapy and radiation treatments. Nicole Ecker asks for prayer for family problems. Asa Jones from Mesic is currently receiving treatment for kidney failure.

Sue Ann Sampson Gritz of Minnesott Beach passed away August 22nd at Carolina East Medical Center. She was the wife of Roy Thomas Gritz, formerly of Lowland. She and Roy moved many times during their marriage and eventually settled in Minnesott Beach. Our prayers and condolences go out to the family.

Our dear friend and neighbor Julius Flowers, Sr passed away August 25, 2021. Julius retired from Nutrien Chemical Plant in Aurora. A Memorial Service was held August August 28th at Goose Creek Island Community Center with Earl Sadler officiati-

ing. James and Sharon Rice, and Phillip Lewis sang several beautiful hymns. Julius will be greatly missed by all. Donations may be made in his memory to GCI Community Center.


Happy Birthday: Sara Watson, Phyllis C Rowe, Nelson I Lee, and Trula H Tunstall - September 2; River T Hardison, Kimberly L Hopkins, Cameron DeOliveria, Jennifer S Alcock, and Kip A Foster - September 3; Alexis I Sanders, Gladys I Holton, Rosanne Rowe, Kara Peed, Delmer G Bateman, and Linda H Gaskins - September 4; Teal L Sadler and Sara H Weinhold - September 5; Martha P Gaskill, Renee I Smith, and Bryan Rhoden - September 6; Zachery Heath, Mae G Lupton, and Iris H Martin - September 8.

Happy Anniversary: John and Joy Carrere - September 3; Macie and Robert Popperwill, Jr - September 7.

Mary Kirk, Terry Williams, Casey Fox and Chance Goldberg arose bright and early Saturday morning and were busy making and baking sausage biscuits at the Goose Creek Island Fire Department in Lowland for the Bill Duncan Memorial Fishing Tournament. The biscuits, as well as muffins, orange juice, and other goodies were delivered to RE Mayo Seafood. The fishermen enjoyed a nice breakfast before leaving the dock. Proceeds will benefit the Goose Creek Island Volunteer Fire Department. Many thanks to John Comey, his team, and RE Mayo Seafood Co. Look for a tournament report in our column next week.

The board of the Goose Creek Island Community Development met on Thursday and voted to cancel the 2021 Homecoming Play due to the current increase of Covid 19 in the state and nation. Many thanks to Alexis Sanders for her efforts towards this years play. Hopefully, next years play will be back on track!


Whortonsville *Reba Tiller, Correspondent*

 Another week that flew by and lots of surprises. Two birthday celebrations, one with many of my neighbors and another when my son Ken and grandson Jacob came in from Durham and surprised me. It isn’t so bad getting old when you have a wonderful family and the best neighbors and friends in the world! We are praying for my next door neighbor’s family in Louisiana who are in the path of the hurricane. The world is upside down now with the Afghan problem, the hurricane, covid, and the problem on the southern border. The minister at Bethel had a setback this week so Bill Nickerson filled in for him. On Tuesday, Weeks sister Bobbie Riggsbee from Cape Carteret and niece Frances Randall from Morehead came for a visit. They like to visit Thrift stores so I took them to Hospice Thrift Store, the door was locked but they let us in and said we could shop for twenty minutes because a volunteer had tested positive so they would be closed for 10 days.

This is a bad time for them to close because it is the time they prepare for the changeover from summer to winter clothes. We went to Habitat for Humanity and they were also closed but no explanation as to why. The Salvation Store was open so after visiting there we went to Aggies,picked up subs and went back home. When Noah came home from Pamlico High School on Friday we learned that two teachers had tested positive for covid. Will this ever end? I hope the school will not close. The Pamlico Chorale is still hoping to start on September 13th. Don’t forget Vandemere on September18 to help the young lady who needs a new heart. Zach, the game warden and Rusty Tiller went out at 5:30 one morning this week and snagged huge drum in the mouth of the creek.

Thought for the week-- Expect to have hope rekindled. Expect your prayers to be answered in wonderous ways. The dry seasons in life do not last. The spring rains will come again. (American Writer)

Aurora *Joy McCracken, Correspondent*

 There was a fish kill near Hickory Point on 8/16. It’s that time of the year for it after heavy rain and still, hot weather. On 8/20 I detected a strong fish smell perhaps related to that. It’s also that time of the summer for what I like to call ‘amoeba storms’. They pop up, change shape and don’t drift very far intact. We had a rare ‘stereo storm’ with thunder coming from both the east and west.

Shadow the Cat, a stray that’s been coming down here for a couple of years, I am sure from Aurora Beach, showed up after over 5 weeks, his longest absence to date. I suspect the logging on the road deterred him. He stays just long enough to get some good vittles and then leaves again. He is so feral that I’ve never been able to pet him.

I saw Pat Minor in her yard the other day appearing to have an argument with her weed eater. She keeps a very tidy garden.

Frank and Shirley’s has had some really good items added to their menu: popcorn shrimp, ribeye, grilled tuna and soft shell crab.

We took a trip up to the north side to visit the Pungo Unit lands looking for bear and exercise the new truck and test out her four-wheel drive. So many beautiful wildflowers and we did see one young bear crossing the road. Later we traveled to Swan Quarter to get some excellent fried shrimp from their VFD and the desserts were just outstanding. I had some banana pudding


that would make you slap the person next to you.

I was finally convinced to get my first virus shot (at CVS in Grantsboro, an excellent staff). As out and secluded we are here we have had 4 deaths and 177 cases.



I look around a lot for information concerning Aurora and found this photo in the NC Archives of what was only labeled “Aurora School, Beaufort County, 1920’s”. The folks on the Aurora Facebook page had a lively discussion about it and it seems that it was located on Old Sandhill Road and was torn down many years ago.

Pamlico *Betty Jo Rodgers, Correspondent*

 The recent news from overseas is so sad. I know you have heard that thirteen of America’s finest service men and women died in an Isis-K attack in Kabul. My heart aches for the families whose loved ones made the ultimate sacrifice last week to secure our freedom. It is humbling to realize these young people gave their life for me and you. “Greater love hath no man than this, that a man lay down his life for his friends.” (John 15:13) Praise the Lord, other service members flew out. I wish there could have been more to escape the horrors of living under Taliban rule.

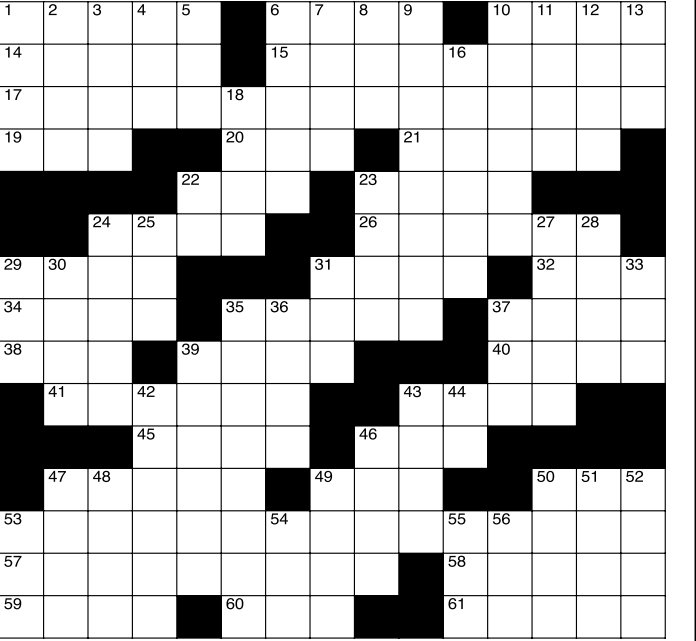
The corn is about ready to harvest. The farmers usually have it done before Dove Hunting season. The deer and the turkeys seem to be enjoying a part of the harvest already.

Admiral Farragut Gurganus,72, of Pamlico died, Thursday, August 26, 2021, at his residence. Graveside services will be Sunday at 5:00 at the homeplace. He is survived by his nephews, Herbert Wallace, Jr., James Gurganus Jr., Daryl Gurganus Jr., Elias Gurganus Jr., Eric Gurganus, Norris Gurganus, Thaddeus Wallace, Anthony Wallace, and nieces Joyce Gurganus Wells and Lenora Gurganus.

Mr. Gurganus lived near the location of the former school for the colored people that was located on Pamlico Road, before they built Pamlico Training School in Stonewall. Before the building was torn down, it was used as a dwelling house. My mother would take me there to “the bank” to make a withdrawal at Thanksgiving and Christmas. Now this was not a bank like First Citizens, and we did not withdraw any money. As a matter of fact, I think my mother gave them some money. We went to “the bank” to get sweet potatoes. I remember that after they had harvested sweet potatoes, they would put them all in a large pile and bank dirt on top of them to keep them fresh for whenever you wanted.

Celebrating September birthdays are Karen Deaton (9/2), Beth Hudgins and Franklin Keller, Jr. (9/5), James Paul (9/17), Peg Witt (9/18), and Fay Bond (9/29). Celebrating anniversaries during the month of September are, Kevin and Suzie Rodgers (9/10), and Chris and Maria Machle (9/27).

Have a blessed week.? Hesitant? Take Spiritual Vitamin H. "How beautiful upon the mountains are the feet of those who bring good news, who proclaim peace; who bring good tidings, who proclaim salvation; and who say unto Zion, Thy God reigns!" (Isaiah 52:7)



CLUES ACROSS

1. Secret clique

6. Earliest in and out

10. Ancient Egyptian symbol of life

14. Olfactory property

15. Kidnapping

17. Golf prize

19. Helps little firms

20. Cast a spell on

21. Panama is one

22. Dishonorable man

23. Sea eagle

24. Part of the healing process

26. Vin’s last name

29. Wings

31. Made older

32. Political device

34. Looks like a rabbit
35. Gurus

37. Philippine Island

38. Not or

39. Hindu model of ideal man

40. Exam

41. Making less difficult

43. Without

45. Dravidian ethnic group

46. A baglike structure

47. Buenos Aires capital La __

49. Dab

50. Singers who perform together

53. Pirates’ saying

57. OK to allude to

58. Somaliland diplomat

59. Has to pay back

60. Felix is one

61. Intestinal pouches

CLUES DOWN

1. Harsh cries of a crow

2. Type of horse

3. __ fide: authentic

4. Doctors’ group

5. Fugitives are on it

6. Forged

7. Wild goat

8. Influential American president

9. Calls for help

10. Repents

11. Palm tree with creeping roots

12. Black powder used in makeup

13. Happy New Year

16. Stretched out one’s neck

18. Whale ship captain

22. Atomic #20

23. Border

24. River that borders India and Nepal

25. After B

27. Fencing swords

28. Where researchers work

29. Expression of satisfaction
30. Broadway actor Nathan

31. Heavy, heat-retaining stove

33. A way to eliminate

35. Type of tree resin

36. Russian river

37. Children’s TV network

39. Troublemaker

42. Averts or delays

43. Self-immolation by fire ritual

44. It cools your home

46. Satisfy to the fullest

47. Stinks!

48. Popular board game

49. Attack by hurling

50. A vale

51. Type of acid

52. Tasmania’s highest mountain

53. No seats available

54. Licensed for Wall Street

55. Family of genes

56. Constrictor snake

PUZZLE SOLUTION

C	A	B	A	L		F	I	F	O		A	N	K	H
A	R	O	M	A		A	B	D	U	C	T	I	O	N
W	A	N	A	M	A	K	E	R	T	R	O	P	H	Y
S	B	A				H	E	X		C	A	N	A	L
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		S	C	A	B			D	I	E	S	E	L	
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H	A	R	E			S	A	G	E	S		C	E	B
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O	W	E	S		C	A	T				C	A	E	C

Guess Who?

I am an actress and singer born in California on September 1, 1996. I began my career as a fashion model for department stores and in 2009 I appeared on a Kidz Bop album. I was in a few Disney television shows. On the big screen, I have appeared in two “Spider-Man” films.

Answer: Zendaya

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to the heart.

LEUPS

Answer: Pulse

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LEGALS

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PAMLICO COUNTY SUPERIOR COURT DIVISION
COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS
OF BRANDON ELBERT WARD**
File No.: 21 E 152

All persons, firms and corporations having claims against deceased, are notified to exhibit them to GRACE ELAINE WARD, Administrator of the Estate, on or before NOVEMBER 16, 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 18th day of August, 2021.
ESTATE OF BRANDON ELBERT WARD
C/O GRACE E. WARD
1234 OLYMPIA RD
NEW BERN, NC 28560

Publish August 18, 25, September 1 and 8, 2021

**PAMLICO COUNTY SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS OF
JANET ELIZABETH CATTON**
File No.: 21 E 140

All persons, firms and corporations having claims against deceased, are notified to exhibit them to DEAN B. CATTON, Executor of the Estate, on or before NOVEMBER 23, 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 25th day of August, 2021.
ESTATE OF JANET E. CATTON
C/O DEAN CATTON
5884 ORCHARD WAY
WEST PALM BEACH, FL 33417

Publish August 25, September 1, 8 AND 15, 2021

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND DEBTORS OF
ALVIN RAY MARTIN**
File No.: 21 E 162

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARVIN R. HITCHCOCK, III, Administrator of the Estate, on or before NOVEMBER 30, 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 1st day of September, 2021.
ESTATE OF MARVIN R. HITCHCOCK, JR
C/O MARVIN R. HITCHCOCK, III
208 POPLAR STREET
NEW BERN, NC 28560

Publish September 1, 8, 15 AND 22 2021

PROPERTY TRANSFERS

Aug. 17, 1.66 AC & 0.5 AC; map attached from Reginald W. Piland, Dianne D. Piland to Cynthia Belangia Conder, \$600

Aug. 17, Mill Creek Lot: 342, Arlington Place; Phase II; Minnesott Beach; PCA 164/2-7 from Joshua J. Cantafio to Harry L. Fluharty, Melanie A. Fluharty, \$752

Aug. 17, One AC; One Lot 105 feet wide; metes and bounds, PIN: E05-16 from Clinton Scott to Christopher Winston Carr Granville, \$0

Aug. 17, Parcel B; 362.84 square feet; map in DB 684/764, Deed of Correction; DB 684/764 from Keith Gerald Woodard, Jr., Jerry Keith Woodard, Jr., Barbara Fields Woodard to Gerald R. Stallings, Edith C. Stallings, \$0

Aug. 17, N/S NC Hwy 304, W/S NCSR 1239, Sawyer Road, Bayboro; metes and bounds from Selma P. Rowe to Deonna Walker, \$0

Aug. 17, DB 112/103; see instrument from Selma P. Rowe to Deonna Walker, \$0

Aug. 17, River Dunes Lot: 89, Section 1-B; PCA 176/13-15 from River Dunes Development, LLC, River Dunes Investment Property, LLC to Hodge Investments, LLC, \$500

Aug. 17, 0.54 AC; map attached from Richard A. Samanns to Gregory E. Rhew, \$80

Aug. 17, Lot 63 and Lot 59-A; off Cove Court; PCA 65-2, Boat Slip 29; Condo Book 1/72-74, PIN: I08-36-63 & I08-36-29SL from James P. Torressen, Ellen M. Torressen to Carol Hegel, David Hegel, \$778

Aug. 18, Mill Creek Lot: 336, Arlington Place; Phase II; Minnesott Beach; PCA 164/2-7 from Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc. to 35 North Builders, LLC, \$60

Aug. 18, 0.41 AC; Parcel B; map DB 581/782, PIN: J082-484-2 from Troy N. McCraw, Sherra H. McCraw to William Wyman Yelton/TR, William Wyman Yelton, Wyman Scott Yelton/TR, William Wyman Yelton Revocable Trust, \$164

Aug. 19, Two Tracts; Lynchs Beach Loop Road, Bayboro; map book 6/17; metes and bounds, PIN: J041-19 from Puryear & Gowing Investment LLC to Timothy H. Moorefield, Monica M. Moorefield, \$27

Aug. 19, Two Tracts; Bucklin Road (SR 1302), Janerio from Palmer S. Stowe, Palmer S. Piner to Venice D. Piner, Connie E. Piner, \$125

Aug. 19, NC Hwy 306; metes and bounds, PIN: F071-17 from RGS Pamlico Land, LLC to Richard G. Stilley, \$0

Aug. 19, Arlington Place Lot: 46, Phase 1; PCA 153/17-20 & PCA 154/1-8; Arlinton Place Lot: 47, Phase 1; PCA 153/17-20 & PCA 154/1-8 from William A. Cresswell, Catherine T. Cresswell to Judith M. Henning, \$970

Aug. 19, Arlington Place Lot: 52, Phase 1; Minnesott Beach; PCA 153/17-20 & PCA 154/1-8 from Susan E. Lederer/TR, Anita Kathleen Lam Special Needs Trust, Anita Kathleen Lamb to William A. Cresswell, Catherine T. Cresswell, \$1,050

Aug. 19, NW/S SR 1317; metes and bounds from Daniel J. Bartley to Christopher Michael McPherson, Lisa Nam McPherson, \$410

Aug. 19, Crayton bay Lot: 14, map DB 383/571 from Kathy L. Kolan/TR, Kathy L. Kolan Trust, Kathy L. Kolan to Kurt A. Hartle, Jennifer S. Hartle, \$930

Aug. 19, NC Hwy 306; metes and bounds, PIN: F071-17; Deed of Gift from Richard G. Stilley, Cathy C. Stilley to Emily S. Harper, David E. Harper, \$0

Aug. 19, NCSR 1126; metes and bounds from William D. Warren, Robin Q. Warren, Brenda Warren Avent to Joseph Warren, \$100

Aug. 20, Tract A; 35,460.6 Sq. Ft.; map attached, PIN: C051-6-I; 20-E-172 from Tina Marie Metts, Tina Marie Metts/Exr, Joseph Franklin Metts/EST, David Lee Hardison, Paula Hardison, Frederick Leroy Hardison, Donna Hardison to Joshua John Bujalski, Sephanie Poppell Bujalski, \$590

Aug. 20, 0.79 AC; map attached from Pamlico Medical Properties, Marc Willi/PTNR to Southern Sky Ventures II, LLC, \$504

Aug. 23, Oriental Plantation Marina Boat Slip 1; Condo Book 1/72-74, Trustee's Deed; 20M37; 21SP9 from Carole P. Burley/TR, Jason Chase to Oriental Plantation Marina Owners Association, Inc., \$10

Aug. 23, Oriental Plantation Marina Boat Slip 2; Condo Book 1/72-74, Trustee's Deed; 20M37; 21SP10 from Karen Johnson, Carole P. Burley/TR to Oriental Plantation Marina Owners Association, Inc., \$10

Aug. 23, NE/S New Street, SW/S Hodges Street, Oriental; metes and bounds, PIN: J082-194 & J082-187 from Charlotte K. Jones to Roger Cordes, Elizabeth Cordes, \$410

Aug. 23, Fifth Tract; DB 168/297; E/S Spring Creek Road (SR 1327); metes and bounds, PIN: L08-38 from Avian Land and Timber, LLC to Andy Yang, Derek Yang, Kue Yang, \$124

Aug. 24, Two Tracts; Kennels Beach, PIN: D091-158 from Michael Cobb to Anthony Maxton Woodard, \$80

Aug. 24, Charles Alexander Lot: 7, Section 3; PCA 74-4 from Brian Hacker, Loretta Hacker to Matthew Talvacchio, Heather Harris, \$330

Aug. 24, Grace Harbor Marina Unit: C-9, Condo Cabinet 1, Slide 12/3-12 from Guy B. Williams/TR, Guy B. Williams Trust #1, Guy B. Williams, Jacqueline E. Harris, GB Williams to Janeleone, LLC, \$200

Aug. 25, Lot: 21; Oriental; map book 8/78; DB 221/534, PIN: J083-36-21 from Barbara B. Mitu to James Walter Finch, Jane B. Finch, Marcus Stephen Tuttle, II, Catherine Finch Tuttle, \$891

Aug. 25, Hortons Landing Lot: 17A, Section Two & Section Three; PCA 48-9; map DB 301/203; Hortons Landing Lot: 18, Section Two & Section Three; PCA 48-9; map DB 301/203 from Mary H. Sedutto to Maureen Jones, \$1,510

Aug. 25, Two Tracts; PCA 7-2 & PCA 23-5 from Steven L. Cayton, Kathy P. Cayton to Kevin Brookes Kelley, Sheri Ames, \$214

INCIDENTS

Aug. 19, NC Hwy 55, New Bern, carry concealed gun - M

Aug. 19, Michael Lane, Arapahoe, assist citizen

Aug. 19, Don Lee Rd., Arapahoe, simple assault

Aug. 19, Old Bay River Rd., Alliance, potential scam/civil issue

Aug. 20, Neuse Rd., New Bern, larceny of motor vehicle parts, injury to personal property

Aug. 20, NC Hwy 55, New Bern, assault on a female by male at least 18 years of age, simple assault

Aug. 22, Scott Town Rd., Grantsboro, stalking

Aug. 23, Goose Creek Rd., Grantsboro, order for arrest for failure to appear on driving while license revoked and unsafe movement

Aug. 23, NC Hwy 55, Bayboro, missing person

Aug. 24, Cedar Dr., Oriental, EMS cardiac/respiratory arrest/attended death

Aug. 24, NC Hwy 55, Grantsboro, shoplifting/concealment goods/merchandise

Aug. 24, NC Hwy 307, Vandemere, larceny of motor vehicle parts

DEAR WEATHER,
STOP SHOWING OFF
WE GET IT,
YOU'RE HOT

INSPECTIONS

Aug. 19, Nova Property Management, Grantsboro, reno - Unit C, \$744; Nova Property, Grantsboro, Reno - Unit D, \$744; Coastal Heritage, Minnesott Beach, new residence, \$1,117.42

Aug. 20, Charles McKenna, New Bern, electrical, \$40; Peter Cap, Oriental, mechanical, \$40; Perry Holland, Arapahoe, mechanical, \$80; Bodgan Ewendt, Oriental, mechanical, \$40; WC Yacht Owners, Oriental, mechanical, \$40; Tim Moorefield, Bayboro, carport, \$170

Aug. 23, James Goss, Oriental, deck, \$80; Habitat for Humanity, Bayboro, electrical, \$40; Ken Rice, New Bern, demo, \$0; Richard Evans, New Bern, electric, \$40; Keith Cowell, Bayboro, natural gas, \$40; Barbara Alfred, Stonewall, storage, \$68.80; Richard Preble, Oriental, CAMA, \$191.90; Chris Way, Arapahoe, CAMA, \$141.90; Frank Doka, Oriental, CAMA, \$129.10; Chris Herman, Oriental, CAMA, \$58; Josh May, Arapahoe, CAMA, \$58; Stacy Pisani, Arapahoe, CAMA, \$72.50; Stuart Peoples, Arapahoe, CAMA, \$177.90; Mike Wetherington, Arapahoe, CAMA, \$98; Jeff Styron, Oriental, CAMA, \$56.90; Ron Foerstel, Oriental, building conversion, \$190.80

Aug. 24, David Von Drateln, Oriental, CAMA, \$163; Doug Beasley, Arapahoe, plumbing, \$106; Robert Locarro, Merritt, plumbing, \$130; Tim Thomas, Oriental, demo, \$0; Bradford Poirier, New Bern, mechanical, \$40; Stanley Styron, Bayboro, mechanical, \$40; Forrest Farm Supply, Bayboro, demo, \$0; Chevette Kelly, New Bern, misc. building, \$205.60; Arthur Kelly, Alliance, storage, \$220; Judy Newell, Bayboro, mechanical, \$130.72; Patricia Chevez, Hobucken, electrical, \$40; Patrice Sawyer, Bayboro, mechanical, \$99.40; Curtis Woolston, New Bern, doublewide mobile home, \$175

Aug. 25, Boyd Canfield, Oriental, electrical (modular), \$100; Larry Wilkinson, Merritt, electrical, \$40; Gary Cresswell, Merritt, electrical, \$40; Mildred Avery, Arapahoe, demo, \$0

www.ThePamlicoNews.com

Crime Stoppers Filled Bags With Goodies for Back to School



Pictured Left to Right: Lt. Kelly Cox, Kadijah Jordan (School Counselor), Angela Brown (Student Services Specialist) and Jennifer Evans (Beaufort County Crime Stoppers).

Lt. Kelly Cox of the Beaufort County Sheriff’s Office and Jennifer Evans with Beaufort County Crime Stoppers delivered Pencil Bags filled with Back to School goodies for the students at S.W. Snowden Elementary School on 8/25. The Crime Stoppers Board hope that the students, faculty and administration have a wonderful school year.

Hurricane Cross-Country

The Pamlico Cross Country team headed north on Thursday for another hot meet, this time against the Washington High School Pam Pack. The team continued the trend started last week with the men’s team taking a narrow 30-26 win while the ladies fell by the slim margin of 24-31. Bear Grass and North Lenoir also ran but did not field full teams. For the men, Neil Landow paced the field with an overall first with Zy’mire Harper in 3rd and Jackson Sheaffer in 6th. The ladies were led by Kaylee Smith who finished first overall followed by Shelby Mehring in 5th and Kendal Hartley in 6th.



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The Board of Directors of the

Ol’ Front Porch Music Festival

congratulates Holts Chapel Community Center on the Centennial of the oldest African American School still in use in Pamlico County

We celebrate the historic, life-changing role of the Holts Chapel School in Pamlico County, built in 1921 by Julius Rosenwald and Booker T. Washington. The school, now a community center, was one of 800 constructed in North Carolina by the "Rosenwald Initiative" to educate African Americans in rural communities when schools were still segregated. Only a few remain.

We thank the directors of Holts Chapel Community Center for keeping alive the important life and legacy of Holts Chapel School.

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