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Vol. 53 No.40, 12 Pages

The Pamlico News

Wednesday, October 6, 2021

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Purchase & Contract
Department of Administration

Updated COVID-19 Guidelines (EO224)

To help slow the spread of COVID-19 and related variants, the state recently implemented new safety measures. All state cabinet agencies – including vendors - are now required to adhere to the new vaccination or testing policy (Executive Order 224) that became effective September 1, 2021.

All employees, contractors, students, temporary staff, or volunteers, within a state cabinet agency office, building, or facility, must wear appropriate face coverings regardless of vaccination status unless exempt due to a qualifying reason. Additionally, all state employees, interns or volunteers, and contractors working on site at state cabinet agency facilities must demonstrate they are fully vaccinated or submit a COVID-19 test result at least once a week.

Similarly, North Carolina vendors and their representatives are expected to comply with the policy. All contractor employees, interns, or volunteers working on site at a state cabinet agency facility must:

- 1) Demonstrate that they are fully vaccinated or submit COVID-19 test results weekly if unvaccinated or partially vaccinated.
- 2) Wear a face covering where required, regardless of vaccination status.

Contractors are responsible for their employees' compliance with EO224.

For more information on the state vaccination or testing policy can be found on the NC Office of State Human Resources website.

Thank you for your commitment to serving the state of North Carolina and your support to ensure a safe and healthy workplace.

This communication was sent to all eVP Vendors.



Retrieving items lost at Cherry Point air show

MARINE CORPS AIR STATION CHERRY POINT, NC (Sept. 29, 2021) — Following the Marine Corps Air Station Cherry Point Air Show, Security and Emergency Services personnel accepted a variety of items into its lost and found depository.

The following types of items were deposited during the course of the event: Drivers licenses, concealed carry permit, debit cards, money clip with cash, clothing (adult and child), jewelry, keys, headphones, sunglasses, eye glasses, camera batteries and cell phones.

Individual wishing to retrieve items that may have been lost during the air show should contact the Provost Marshal's Office Lost and Found Custodian at (252) 466-2461.

Aurora VFD Receives New Rating

by: Hiram Lupton



Homeowners that live within the Aurora Volunteer Fire Department's (AVFD) district may have great news in the form of some savings on their homeowners insurance. The North Carolina Insurance Commissioner and State Fire Marshal Mike Causey announced that the AVFD was among those departments to have completed their routine inspection and received an updated rating. The inspection, conducted by officials with the Department of Insurance Office of State Fire Marshal (OSFM), is required on a regular basis as part of the North Carolina Response Rating System (NCRRS). Among other things, the routine inspections look for proper staffing levels, sufficient equipment, proper maintenance of equipment, communications capabilities and availability of a water source. The NCRRS rating system ranges from one (highest) to 10 (not recognized as a certified fire department by the state), with most rural departments falling into the 9S category. While lower ratings do not necessarily

indicate poor service, a higher rating does suggest that a department is overall better equipped to respond to fires in its district. AVFD lowered their rating from a 6 to a 5. "I'd like to congratulate Chief Bonner for the department's performance and for the hard work of all the department members," said Commissioner Causey. "The citizens in the Town of these districts should rest easy knowing they have a fine group of firefighters protecting them and their property in case of an emergency." AVFD Chief Bonner added, "A huge thank you to all the members for all their hard work and dedication to make this possible, and thank you to the residents of Aurora and Richland Township for supporting us. Without you, none of this would be possible. The reduction from a 6/9E to a 5/9E benefits the residents of Aurora and Richland Township by reducing the premiums on your homeowners insurance policy. This is one way we can give back to those who support us in our service area. Thank you for allowing us the privilege of serving for you."

Hurricanes On the Run Kaylee Smith Sets School Record in Win

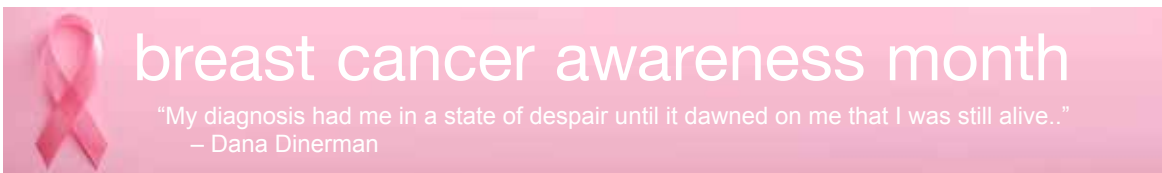
by: Hiram Lupton



The Pamlico Cross Country Team hosted a Coastal Plain Conference meet last Wednesday and ran perhaps their most impressive all season, with both the men's and lady's teams earning wins and numerous runners setting personal bests in the process. The men, led by Zy'mire Harper's overall second place finish scored 30 points. Northside was second with 45 and Lejeune rounded out the top three teams with 56. Neil Landow and Caleb Toler were Pamlico's next two runners, both with personal best times.

For the Hurricane women, their 23 points bested Lejeune's second spot score of 32. Pamlico was led as it has been all season by Kaylee Smith

who continued her season long undefeated streak. In addition to setting a personal best time, she is now the school record holder in the women's 5K at 21:36. Quite an accomplishment for the Junior who only took up distance running this season, and continues to improve every week. Shelby Mehring and Kendal Hartley made up the rest of Pamlico's top 3. The Hurricanes will travel to Northside for scheduled conference meets the next two weeks, but mark down October 20th on your calendar. That Wednesday, Pamlico will be hosting the conference championships so come out and support the hard-working Hurricane runners in their quest for a championship.



breast cancer awareness month
"My diagnosis had me in a state of despair until it dawned on me that I was still alive."
— Dana Dinerman

PCMS Wins Volleyball Championship



Head Coach Eric Hardison Huddles with the team.

It was a season of ups and downs, but when you end on an "up," it makes it all worth it. The Pamlico County Middle School Volleyball team took part in the Coastal Middle School Athletic Conference Volleyball Tournament last Tuesday and when the dust settled, were crowned Conference Champs. Pamlico was the number 2 seed and had a first round bye and opened their night with a win against the host of the tournament, Tucker Creek Middle School. After dispatching the Mustangs, it was on to the championship round versus the number 1 seed, Grover C. Fields. Earlier in the regular season GCF had beaten PCMS in two matches played on GCF's home court. Those matches were close, and PCMS has improved greatly from that early season matchup. This time, on a neutral court for all the marbles, Pamlico prevailed over the Grizzlies. "The trophy we won was awesome, but the journey to that trophy was a lot more entertaining and stressful," said Head Coach Eric Hardison. "They all truly played a part in making Pamlico proud this year. I am thankful that I had the opportunity to coach these young ladies. No doubt in my mind that they are moving towards great things in their lives." No doubt Coach. Great job ladies and great job Coach Hardison.

Pamlico School Board Meeting



(L-R) Superintendent Lisa Jackson and School Board Chairman John Prescott

The Pamlico County Board of Education held their October meeting Tuesday and several topics received discussion. It is required that COVID protocols be discussed every month and while numbers are improved, the board members pretty much all felt that it was a bit too early to make a change and relax the mask mandates currently in place. Board member Paul Delamar aptly stated that the number one goal was to keep students in school.

In Superintendent Lisa Jackson's report to the Board, one item she wants to reopen discussion on is moving the Middle School out of a flood zone. "We had just started discussing options and possible solutions nearly two years ago just before COVID hit. Since then, it has been put on the back burner. We need to restart this discussion and planning, so that when the opportunity for funding becomes available, we are ready with a plan," said Jackson. Board Chairman John Prescott added, "We're never going to get it done unless we start the conversation."

Another topic brought up was the impending county redistricting for voting. It is required by law that any county or municipality that elects boards examine and adjust their voting districts, if neces-

Continued on Page A2

PROBABLE WEEKEND WEATHER



Saturday, October 9th

80°Hi

Light rain until morning, and again in the evening



Sunday, October 10th

74°Hi

Light rain in the morning.



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Light rain until morning, starting again in the evening

COMMUNITY

OBITUARIES

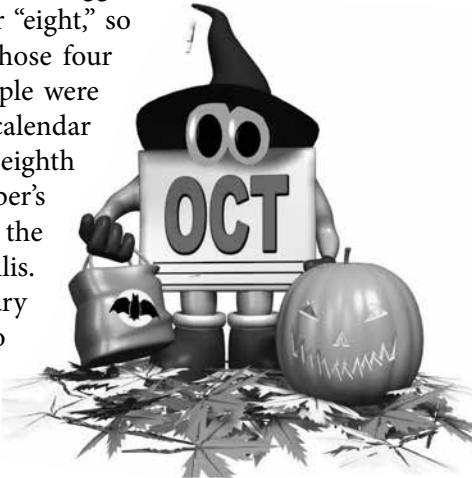


George Niedwiecky, 75, of Holly Springs, NC passed away on Monday, Sept. 27, 2021 after a struggle with MS and cancer. George was born to Emily and Benjamin Niedwiecky on June 20, 1946 in New Jersey where he later served as a Law Enforcement Officer until retiring in 1993. Upon moving to Oriental in 1994 he met Judith Bauser and the couple were married during Hurricane Bertha on July 12, 1996 at David and Marsha Shirk’s M&M’s. He is survived by his wife, children, grandchildren and several great grandchildren. A Celebration of Life will be held at a future date.

OBITS@THEPAMLICONEWS.COM

Did you know?

While October is the tenth month of the year, its name suggests it is the eighth month. The “octo” prefix is Latin for “eight,” so why does the tenth month of the year begin with those four letters? When October was first given its name, people were following the original Roman calendar. The Roman calendar year began in March, which would make October the eighth month. September, October, November, and December’s names also were based on numeric value, as were the original fifth and sixth months of Quintilis and Sextilis. However, when the Julian calendar was adopted, January and February were added and became the first two months of the year. Quintilis and Sextilis were renamed at this time to honor Julius Caesar (July) and Emperor Augustus (August). Despite the addition of two extra months, the remaining numerical-named months’ names were not changed. This is why their names today no longer coincide with their true placement on the calendar.



■ Continued from page A1

Pamlico School Board Meeting

sary, after census data is available. With 4 seats on the Board of Education up for election next year, the Board of Education must decide whether to follow the County’s plan or come up with of their own. Chairman Prescott stated that it would be much easier to follow whatever the county adopted if possible. It would require a formal vote and a special meeting could be necessary after the County Board of Commissioners decide their course of action.

Several other topics were discussed, including the possibility of reviewing the school dress code policy, an educational partnership with Cherry Point Military Base, as well as recognizing Pamlico’s four Principals during October, which is School Principal Appreciation Month.

Breast Cancer Screening

As a community service during Breast Cancer Awareness Month, CarolinaEast will be hosting a Breast Cancer Screening on Saturday, October 16 at the John & Reba Aylward Diagnostic Center at 1302 Health Drive, New Bern, NC from 9:00 a.m. until 1:00 p.m. Limited spots are available and an appointment is required. Please call 252-633-8099 by 10/12 to make an appointment.

Pamlico County Fishes and Loaves Outreach Food Pantry

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

Horoscopes



ARIES – Mar 21/Apr 20
Aries, be gentle with your approach this week as you look to persuade someone. You don’t want to scare anyone away by being too flashy or forward.



TAURUS – Apr 21/May 21
This is a great time to go out and try to grab yourself a bargain, Taurus. Head to a thrift store or garage sale, or even test your negotiation skills at a car dealership.



GEMINI – May 22/Jun 21
Gemini, situations that have slowly been building will finally come to a head this week. A resolution will be better than the roller coaster you have been on recently.



CANCER – Jun 22/Jul 22
Cancer, you may have little motivation this week. One or two days of relaxation could be just what you need to recharge. Expect to reemerge full of renewed vigor.



LEO – Jul 23/Aug 23
Leo, issues involving your finances take center stage. It is time to do some long-term financial planning and get all of your ducks in a row. Ask for assistance if you need it.



VIRGO – Aug 24/Sept 22
Virgo, someone may be trying to slow you down, and you’re not having any of it. Keep yourself busy at all times this week and assess your priorities.



LIBRA – Sept 23/Oct 23
Libra, concentrate on a creative project that you have been pondering for some time now. Explore your imagination and don’t hesitate to utilize it.



SCORPIO – Oct 24/Nov 22
Scorpio, a little homework can help your cause as you seek to persuade others to see things from your perspective. Some credibility can go a long way.



SAGITTARIUS – Nov 23/Dec 21
This may be a very expensive week for you, Sagittarius. You’re finishing up on projects around the house and may enjoy a weekend getaway to a spa or resort.



CAPRICORN – Dec 22/Jan 20
Try to connect with people on a deeper level this week, Capricorn. You can then strengthen your friendships and get to know one another even better.



AQUARIUS – Jan 21/Feb 18
Spend some time alone where you can center and concentrate on the bigger picture, Aquarius. You may have to make a few adjustments to an existing plan.



PISCES – Feb 19/Mar 20
Pisces, take action so others know you are dependable. This may pertain to work or assisting a friend with a task that needs completion.

LIBRA Traits & Overview

People born under the sign of Libra are peaceful, fair, and they hate being alone. Partnership is very important for them, seeking someone with the ability to be the mirror to themselves. These individuals are fascinated by balance and symmetry, they are in a constant chase for justice and equality, realizing through life that the only thing that should be truly important to themselves in their own inner core of personality. This is someone ready to do nearly anything to avoid conflict, keeping the peace whenever possible. The sign of Libra is an Air sign, set between Gemini and Aquarius, giving these individuals constant mental stimuli, strong intellect and a keen mind.

They will be inspired by good books, insurmountable discussions and people who have a lot to say. Each Libra representative has to be careful when talking to other people, for when they are forced to decide about something that is coming their way, or to choose sides, they suddenly realize that they might be in the wrong place and surrounded by wrong people. No partner should make them forget that they have their own opinion. Planet ruling the sign of Libra is Venus, making these people great lovers but also fond of expensive, material things. Their lives need to be enriched by music, art, and beautiful places they get a chance to visit.

FOR ENTERTAINMENT PURPOSES ONLY

THIS WEEK IN HISTORY

- October 6th – 1961, President John Kennedy advised Americans to build bomb shelters to protect them in the event of nuclear war with the Soviet Union.
- October 7th – 1968, The Motion Picture Association of America adopts a rating system for movies. G=Good, PG=Pretty Good, R=Real Good, X=Extra Good.
- October 8th – Today is World Egg Day, which begs the obvious question. When is World Chicken Day, and did it come first?
- October 9th – Happy Leif Erikson Day! Sorry Chris, Leif got here first. Hinga, dinga, durgen!
- October 10th – Today is Native American Day. They beat Leif and Chris here.
- October 11th – 1975, “Saturday Night Live” was broadcast for the first time on NBC-TV.
- October 12th – Today is Old Farmers Day. Not sure at what age a farmer is considered “old”, so regardless of age, if you see a farmer today, tell them Thank You.

Birthdays This Week

- October 6th – 1942, Actress and Bond girl, Britt Ekland
- October 7th – 1951, Rock Singer John Mellencamp
- October 8th – 1964, Gospel singer Priscilla Marie Winans Love (CeCe Winans)
- October 9th – 1940, John Lennon
- October 10th – 1917, Jazz great Thelonious Monk (in Rocky Mount, N. C.)
1954, Rock Singer David Lee Roth (Van Halen)
- October 11th – 1844, Ketchup master, Henry Heinz
- October 12th – 1935, Soul Singer Sam Moore (Sam & Dave)



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_E1Q7683FMEHVNYI9tve7vy6UC7naNndi1J4dSUG_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

The Pamlico News

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Pamlico Community College



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Agent of the Week

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Broker-In-Charge

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

Home buyers can go their entire life without finding the perfect Realtor. We know; we spent 5 years looking for our dream house up & down the east coast, until we found Oriental & Allen Propst. If professionalism can be applied to real estate, Allen fits the bill. You won't know him long before you will understand why. He is among, if not, the top real estate agent in Oriental. He brings everything to the table particularly his finely honed negotiating skills. If you require an agent that will fight for your dream and exceed your expectations contact Allen and don't look back. Allen was most definitely our dream catcher.
Barbara & Ed - Oriental



ORIENTAL – Gorgeous Neuse River view .7 ac home site in Dolphin Point that has the perfect Southwest exposure toward the river in a well-established neighborhood with a boat ramp & tennis court. Lot has central water & sewer available with underground electric & high-speed cable. HOA dues are only \$150.00/year.
OFFERED AT \$49,900



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 – A 1.35 acre Neuse River waterfront lot in Dolphin Point, Oriental's premier waterfront community. Largest riverfront lot in Dolphin Point with 182 feet of river shore & the perfect southern orientation on the Neuse River, allowing for the cooling prevailing winds off the wide expanse of the Neuse River & ICW. Community boat ramp & tennis court.
OFFERED AT \$245,000



ORIENTAL – Private setting, biking or walking distance to Village of Oriental, **3BR/2BA**, expansion capability, 2-car garage, guest bedrooms separated from the master bedroom. Transferrable flood policy. No HOA
OFFERED AT \$325,000



ORIENTAL – In the Heart of the Village, **3BR/2.5BA**, not in a flood zone, recently renovated cook's kitchen, Franklin cast iron gas fireplace, screened porch overlooking private backyard, 2-car garage, whole-house water softener / filtration system, no HOA, one block from the Town Beach.
OFFERED AT \$425,000

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Dialysis Technology program at PCC

Pamlico Community College Instructor Kacynthia Ingram, at right, teaches two Dialysis Technician students the proper way to insert a cannula, or thin tube, into a patient's arm so blood can be filtered. The new Dialysis Technician program is part of the college's commitment to offer more short-term training programs that respond to industry's needs and that can lead to good jobs, including in the area's growing health care sector. Pamlico's next Dialysis Technician course is scheduled to begin in November. Contact PCC's Continuing Education division at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu for more information.



PCC's Electrical Systems Technology program

Pamlico Community College Electrical Systems Technology Instructor Larry Monk, standing at right, goes over some material for students in the ELN 131 - Analog Electronics course. The college's Electrical System Technology program can be a great option for men and women who like to work with their hands. Students learn to install and maintain electrical and electronics systems found in homes, businesses and industrial sites. Coursework includes topics such as AC/DC theory, basic wiring practices, programmable logic controllers, industrial motor controls, applications of the National Electric Code and other subjects. The program can lead to good-paying jobs. For more information, contact Monk, who is a 2012 program graduate, at 252-249-1851, ext. 3029, or lmonk@pamlicocc.edu.

13th Annual Chili Cookoff

Saturday, October 23, 2021 | Oriental Marina & Inn | 11:00 am – 1:00 pm

Admission is \$10.00 on day of event

(Advance tickets are \$9.00 at Nautical Wheelers in Oriental)

The 13th ANNUAL CHILI COOKOFF is just around the corner and we need YOU to select the next Dragon Chili Champ. Who will win the title as the Judge's Choice? Who will win the title as the People's Choice? Come to this year's tasting and find out.

This year's cookoff takes place on Saturday, October 23rd, from 11:00 a.m. to 1:00 p.m. at the Oriental Marina & Inn Courtyard. Judge's Choice, People's Choice, and Spirit (best decorated table) Awards will be presented immediately after the tasting ends.

Enjoy some GREAT chili while supporting The Old Theater! Funds raised by this annual event go to support The Old Theater—the building, its contents and equipment. Throughout the year, The Old Theater provides a venue for plays, concerts, children's



**Stop by our booth at the Oriental
Classic Car Show on Oriental's
Waterfront, Oct 16, 10-3**



Jon Brinson



Tammy McCann



Delores Townsend

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FREEDOM OF CHOICE
CAN DO FOR YOU.**

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programs and workshops, films and a variety of civic, business, club and charity events. All these activities require stage, lights, sounds and the support of many people who volunteer on stage and behind the scenes - people like YOU who appreciate how special it is for a town the size of Oriental to have a theater that brings such a variety of entertainment to its community.

We need your help to make the 13th ANNUAL CHILI COOKOFF a fun and successful community event in support of The Old Theater. For more information or if you would like to participate as Volunteer or Sponsor, please contact The Old Theater:

252-249-0477
oldtheater@gmail.com

**Hope to see
you there!**

FINANCIAL FOCUS

What does retirement security mean to you?



Dan M. Roberts

October is National Retirement Security Month. But what does retirement security mean to you? And how can you work toward achieving it? Here are some suggestions:

- **Build your resources.** While you’re working, save in tax-advantaged accounts such as your IRA and 401(k) or similar employer-sponsored retirement plan. In your 401(k), contribute at least enough to earn your employer’s match, if one is offered, and increase your contributions whenever your salary goes up. Remember, especially early in your career, time is often your biggest asset. Be sure to save early, since the longer you wait, the more you’ll need to save to help reach your goals.
- **Look for ways to boost retirement income.** When transitioning to retirement, you can take steps to align your income with your needs. For example, consider Social Security. You can start collecting it as early as 62, but your monthly payments will be much larger if you can wait until your “full” retirement age, typically between 66 and 67. (Payments will “max out” at age 70.) So, if you have sufficient income from a pension or your 401(k) and other retirement accounts, and you and your spouse are in good health with a family history of longevity, you may consider delaying taking Social Security. You also might want to explore other income-producing vehicles, such as certain annuities that are designed to provide a lifetime income stream.
- **Prepare for unexpected costs.** During your retirement, you can anticipate some costs, such as housing and transportation, but other expenses are more irregular and can’t always be predicted, such as those connected with health care. Even with Medicare, you could easily spend a few thousand dollars a year on medical expenses, so you may want to budget for these costs as part of your emergency savings, and possibly purchase supple-

mental insurance. You may also want to consider the possibility of needing some type of long-term care, which is not typically covered by Medicare and can be quite expensive. The average annual cost of a private room in a nursing home is more than \$100,000, and it’s about \$55,000 per year for a home health aide, according to Genworth, an insurance company. To address these costs, you may want to consider some form of protection, such as long-term care insurance or life insurance with a long-term care component.

- **Do your estate planning.** It’s hard to feel totally secure in retirement if you’re unsure of what might happen if you have an unexpected health event, become incapacitated or die earlier than expected. That’s why you’ll want to create a comprehensive estate plan – one that might include documents such as a durable power of attorney, a will and a living trust. A review of your insurance coverages and beneficiaries can also help protect your assets and ensure they are distributed the way you want. In creating your plan, you will need to work with your financial advisor and a legal professional, and possibly your tax advisor as well.

Thinking holistically about your retirement security and developing and executing a strategy aligned with your goals may help free you to enjoy one of the most rewarding times of your life.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.
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NC COOPERATIVE EXTENSION Pamlico County

How to Help Kids Deal with Stress



Kait Neeland
4-H Agent

Stress is constant in our lives. Sometimes that stress is a good kind, preparing for graduation, moving to a new home, welcoming a new family member, or preparing for a championship game. Sometimes it’s not. We have been facing a lot of things that bring us stress, and a lot of them haven’t been good. On top of that we’ve been unable to connect with many things that help us handle stress.

If it’s this difficult to as grown-ups to cope with the stressors we’ve been facing, it has been double so for our kids. Gathering with friends, participating in sports, going to movies, or making plans for their summer, all things that help ground kids, and to reframe the stress their facing are no longer available de-stressors.

If you search on the internet there are all sorts lists to help reduce stress, most of them list ways to treat yourself. Enjoying a chocolate treat, or a day watching television, painting toenails or working on a hobby project is a good place to start, however there are other acts of self-care that we need to follow it up with, that include sleep, proper nutrition, exercise, and mindfulness.

Not taking care of our physical health can have a significant impact on our level of stress and ability to cope with it. According to the CDC children age 5-12 should get to 9 – 12 hours of sleep per day (24 hours), and teens 13 – 18 should get 8 – 10 hours of sleep per day (24 hours), adults should get a minimum of seven hours of sleep per day. Another important aspect of our physical health is nutrition and exercise. While it can be hard to stay active when avoiding large public gatherings, there are some activities that are easy to do at home. Cooking at home can also be a challenge, however it can be reframed as a fun way to spend time together with your family. We have a list of resources, on our website, exercises to do at home, and recipes to try cooking together.



Helping kids process their mental stress can be difficult, especially when things seem impossible. Keeping track of the good things that have happened, no matter how small, is a good way for kids to shift their perspective. A visual personification of things they enjoyed, helps alleviate stress. These things can include seeing a pileated wood pecker, a kind act by their sibling, or completing a hobby project they had been working on. We have a list of pdfs to help kids get started tracking the good things they are experiences, as well as some mindfulness activities that

will help kids calm down.

Another thing that helps manage stress is having something to look forward to. This we have several Autumn Fun Programs, where we can get together and learn. I am very happy to share that this Book Explorers is back, as well as Robots and Programing, and our new Livestock SPIN Club.

Book Explorers is one of our favorite new 4-H traditions, we started in 2019. Book Explorers is a journey around the world right from the Pamlico County Library. Each month we open a book and travel to a new country. We learn about the geography, natural wonders, cool buildings, food, and folk art. In the past we have travelled to Poland, Nigeria, Cambodia, England and more. We have an exciting line up for this year as well starting with Thailand. Join us for these journeys starting September 22nd from 3:30 pm – 4:30 pm. Book Explorers is designed for children ages 5 – 10, but older and younger siblings are welcome to join us. We are very excited about our fall line up for Book Explorers: October 20th Cameroon; November 17th Brazil; December 15th Denmark.

While I am very much looking forward to our exploration at the library, I am very excited for the start of our Livestock SPIN. We will be learning about different animals and preparing for the Coastal Plains Livestock Project. While the Coastal Plains Livestock show is a great time, you do not have to participate to join the livestock club. We will be learning about proper animal care and feeding, how to groom, and work with your animal so that you can achieve your goals.

We will be meeting on Wednesdays starting October 6th, from 3:30pm – 4:30 pm. This group is open to kids ages 8 – 15. Registrations will be opening this week. If you have more questions about this program, please give us a call!

I am so pleased to say that we will be starting back with our Robots and Programing after school club. We will be starting our Robots and Programing. We will be beginning with the basics of robots, and programing, learning the language of programing as well. At the end of our workshop series in May, we will have a showcase to show off all we have learned. We will be meeting on Wednesdays from 3:30 pm – 4:30 pm. This group is open to kids ages 6 – 11. Registrations will be opening this week. If you have more questions about this program, please give us a call!

To keep with COVID Safe Practices we have a limited number of spaces for our Livestock SPIN, and Robots and Programing groups. Registrations for these groups will open soon. You can get a head start by enrolling in Pamlico County 4-H Online. You can access links on our website. If you have any questions about accessing 4-H Online or the enrollment process please give us a call and we will be happy to walk you through it. You can also sign up for our Pamlico 4-H Email list.

You can get a head start by enrolling in NC 4-H Online. If you are interested in learning about our autumn programs you can give us a call [(252)-745-4121]. If you are ready to sign up you can find registration links on our website pamlico.ces.ncsu.edu, and all of our social media accounts. You can also register in 4-H Online, and sign up for our Pamlico County 4-H News List. To learn more about all 4-H programs in Pamlico County contact Kait Neeland at (252) 745-4121, or kait_neeland@ncsu.edu, or check us out online at pamlico.ces.ncsu.edu. Don’t FORGET to REGISTER, spaces will fill up!!

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Pamlico County Farm Bureau
Annual Meeting

Wednesday, October 20 at 7 p.m.

Location: Pamlico County Farm Bureau Office, Alliance

We will be welcoming our guest
speaker, Alston Spruill, also
a Board Member, to share his
experiences with Rice Farming
and its history.

Refreshments Served & Door Prizes Awarded

Guess Who?

I am an actor born in New York on
October 3, 2004. I started acting when
I was six years old. I am best known
for playing a teen in a popular
Netflix series about kids in a town where
unusual things happen.

Answer: Noah Schnapp

Division of Marine Fisheries to temporarily close Elizabeth City office to license sales Oct. 1

MOREHEAD CITY – The N.C. Division of Marine Fisheries announced today the temporary closure of license sales through the Elizabeth City Office will go into effect on Oct. 1 and will continue until further notice.

Members of the public who need assistance pertaining to a Division of Marine Fisheries license should call one of the other Division of Marine Fisheries license offices at the following numbers: Morehead City - **252-726-7021** Manteo - **252-473-1233** Washington - **252-946-6481** Wilmington - **910-796-7215**

Additionally, Coastal Recreational Fishing Licenses may be purchased at many sporting goods and bait and tackle shops; online at <http://www.ncwildlife.org>; or by phone, Monday through Friday, 8 a.m. to 5 p.m., at **888-248-6834**.

The public may also email questions to License@ncdenr.gov.


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 300 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



October is
Breast Cancer
Awareness Month

Own One of the Best
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Now for Sale, Oriental's Old Hotel



Own a piece of Oriental's History.
Oriental's Old Hotel is in a prime corner location in the heart of the village. Elevated in 2019 and remodel completed in 2020, there are 7 office spaces and 3 rental apartments housed in this building. Moments away from the Oriental Harbor and Marina. Covered front porch adds to the overall southern charm.
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Chief Justice Newby Visits Pamlico County

by: Hiram Lupton



The Chief Justice of The North Carolina Supreme Court, Paul Newby, made a stop in Pamlico County last Friday as a part of his 100 County Tour. Pamlico was his third county visited Friday, and his 32nd overall as travels to thank judges and courthouse personnel for their hard work and dedication in keeping North Carolina courts open this year and provide equal justice to all in a timely manner. Justice Newby met with members of the Pamlico County Clerk of Court office staff, Court administrative personnel, law enforcement personnel and judges as well as District Attorney Scott Thomas in the Pamlico County Courthouse. Said Newby, "Our judges and courthouse personnel work tirelessly to keep our courthouses open and the wheels of justice turning. They are good at their jobs and they do it with a warm smile." Newby was accompanied by his wife, Macon, on this leg of his trip which included Carteret and Craven earlier in the day.



(L to R) District Attorney Scott Thomas, Chief Justice Paul Newby, Pamlico Sheriff Chris Davis



Chief Justice of The North Carolina Supreme Court, Paul Newby

Household Hazardous Waste Recycling Event



Pamlico County

Saturday, October 9, 9 am - 1 pm
Pamlico County Courthouse
202 Main Street Bayboro

Accepted Materials

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

Non Acceptable Materials

Gas cylinders, explosives, ammunition, infectious, biological or radioactive wastes or commercial waste.

No Mystery Cans!

Everything must be labeled or easily identified.

We will be following Covid-19 guidelines: You will be asked to remain in your vehicle at all times. We will remove your items from your vehicle. We will follow Social Distancing guidelines and ask you to not to put your windows down further than 4 inches.

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The Pamlico Flutes to Perform Sunday at Ol’ Front Porch Music Festival

The Ol’ Front Porch Music Festival returns to Oriental Friday-Sunday, October 8th, 9th and 10th.

This popular free event, now in its seventh year, features both local and visiting performers on porches around town and the riverfront stage. A recent innovation to the festival performance schedule is a slate of Sunday morning gospel/inspirational performances at the picturesque riverfront stage venue.

Pamlico Flutes, a homegrown flute quartet and the only wood-wind group performing at the festival, will close out the Sunday performances - and the festival - with their mellow and soothing sounds.

This is the ensemble’s sixth year performing at the festival. They typically do a Saturday porch performance, but a scheduling conflict prevented that this year. They have also performed at garden parties, weddings, nursing homes, churches, Pamlico Community College Great Oyster Revival fundraiser, the Hope Clinic Ball, New Bern’s Art Walk, by special request at Fairfield Harbour, and are regulars at The Gallery in Oriental during Spirit of Christmas.

A self-described flute choir, because of the range of “voices” in the instrumentation, from the high piccolo to the low bass flute, The Pamlico Flutes came together in 2010, bringing to the stage over 270 years of musical experience. They play a delightful mixture of classical, pop and swing. The flute choir is currently made up of Fearless Leader Tara Howard on C flute and piccolo; Michelle Noevere and Caroline Paul on C flute; and John West on bass flute.

Tara and John collaborate on arranging many of Pamlico Flute’s songs. A beautiful rendition of Amazing Grace is a must-hear. The mid-19th century Simple Gifts is another custom arrangement on the Sunday set list. The audience will probably find this



widely-adapted song familiar. The melody was the inspiration for Aaron Copland’s Appalachian Spring and Sydney Carter’s Lord of the Dance. It is a pleasure to the ears, with its varying tempos and alternate featuring of each flutist. Morning Has Broken, Deep River, and the emotion-stirring Ashokan Farewell are among the other pieces on The Flutes’ set list for festival Sunday.

Sunday’s show kicks off with the gospel vocal group Faith and Harmony, followed by the multi-genre Americana/Bluegrass band Nu Blu featuring their gospel repertoire. The Pamlico Flutes then close out the show. If you want to hang on to that Ol’ Front Porch Music Festival glow a little longer, or if you miss the Friday or Saturday performances, don’t worry--it ain’t over ‘til it’s over! You’ll want to experience Faith and Harmony, Nu Blu and The Pamlico Flutes, at the Oriental riverfront across from Lou Mac Park, Sunday October 10, 9:45 a.m. to 1:00 p.m.

New Bern Parks & Recreation

Youth Coed Basketball Registration has begun!

New Bern, NC – New Bern Parks and Recreation is beginning registration for Youth Coed Basketball League for ages 5 to 18. The league begins November 30th and will end in late February. The League is broken down to Mighty Mite League ages 5 to 7, Junior League ages 8 to 10, Midget League ages 11 to12, Prep League ages 13 to 15 and Seniors 3 on 3 league ages 16 to 18. The participants age on December 31, 2021, determines eligibility for a league.

Registration fee \$40.00 for City residents and \$70.00 for Non-City residents. Registration ends Friday, December 3rd or until rosters are full, whichever comes first. Players can register online at www.newbernnc.gov, or in person at the West New Bern Recreation Center 1225 Pinetree Drive.

For additional information or to become a volunteer coach, please contact Gus Hill at call 252-639-2908 or hillg@newbernnc.gov. Please visit the city’s website at www.NewBernNC.gov and visit our Facebook page: @NewBernPR.

Youth Coed Basketball League is presented by New Bern Parks & Recreation.

Adult Coed Volleyball League will start

Monday, November 29th!

New Bern, NC – New Bern Parks and Recreation will be offering an Adult Coed Volleyball League this Winter. Coed Volleyball Games will begin on Monday, November 29th at West New Bern Recreation Center to kickoff the season. The Volleyball Season will take place on Monday Nights from November 29th through February 21st (excluding Holidays). Each week’s slate of games will start at 6pm. Registration fee is \$35 for city residents and \$45 for non-residents, which includes facility equipment and prep, officials, awards, and tournament. Registration ends Monday, November 15th.

Participants can register online by visiting our Parks and Recreation page at www.NewBernNC.gov or in person at West New Bern Recreation Center (1225 Pine Tree Drive). For additional information, please contact Taurance Williams at williamst@newbernnc.gov or call 252-639-2903. The Adult Coed Volleyball League is presented by New Bern Parks & Recreation.

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STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-22, SUB 603

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of
Application by Virginia Electric and Power)
Company, d/b/a Dominion Energy North)
Carolina, for Approval of Renewable Energy)
and Energy Efficiency Portfolio Standard)
Cost Recovery Rider Pursuant to N.C. Gen.)
Stat. § 62-133.8 and Commission)
Rule R8-67)

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission has scheduled a public hearing in the annual Renewable Energy and Energy Efficiency Portfolio Standard (REPS) cost recovery proceeding for Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (DENC). The public hearing has been scheduled to begin on Tuesday, November 16, 2021, at 10:00 a.m., in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina. This proceeding is being held pursuant to the provisions of N.C. Gen. Stat. § 62-133.8 and Commission Rule R8-67 for the purpose of determining whether an increment or decrement rider is required to allow DENC to recover all reasonable and prudent costs incurred related to DENC’s REPS compliance. Public witness testimony will be received in accordance with Commission Rule R1-21(g).

On August 10, 2021, DENC filed its application for approval of Renewable Energy and Energy Efficiency Portfolio Standard (REPS) cost recovery pursuant to N.C.G.S. § 62-133.8 and Commission Rule R8-67. By its application, DENC requests revisions to its REPS cost recovery rider effective for service rendered on and after February 1, 2022. DENC’s request, including the regulatory fee, would result in the following monthly charges: \$0.25 per residential customer account; \$1.37 per commercial customer account; and \$9.12 per industrial customer account.

Compared to the current REPS rates, the result of DENC’s request would be an increase of \$0.12 per month per residential customer account, an increase of \$0.66 per month per commercial customer account, and an increase of \$4.40 per month per industrial customer account.

Specific information may be obtained from the Office of the Chief Clerk, North Carolina Utilities Commission, Raleigh, North Carolina, where a copy of DENC’s application is available for review by the public, and on the Commission’s website at www.ncuc.net.

The Public Staff is authorized by statute to represent consumers in proceedings before the Commission. Written statements to the Public Staff should include any information that the writers wish to be considered by the Public Staff in its investigation of the matter. Such statements should be addressed to Christopher J. Ayers, Executive Director, Public Staff, 4326 Mail Service Center, Raleigh, North Carolina 27699-4300.

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to The Honorable Josh Stein, Attorney General, c/o Consumer Protection Utilities, 9001 Mail Service Center, Raleigh, North Carolina, 27699-9001. Written statements may be emailed to utilityAGO@ncdoj.gov.

Written statements are not evidence unless the persons appear at a public hearing and testify concerning the information contained in their written statements.

Any person desiring to intervene in the proceeding as a formal party of record should file a petition under North Carolina Utilities Commission Rules R1-5 and R1-19 on or before Tuesday, October 26, 2021. Such petitions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300. The direct testimony and exhibits of expert witnesses to be presented by intervenors should also be filed with the Commission on or before Tuesday, October 26, 2021.

ISSUED BY ORDER OF THE COMMISSION.

This the 23rd day of August, 2021.

NORTH CAROLINA UTILITIES COMMISSION

A. Shonta Dunston, Chief Clerk

STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-22, SUB 604

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of
Application by Virginia Electric and Power)
Company, d/b/a Dominion Energy North)
Carolina, for Approval of Demand-Side)
Management and Energy Efficiency Cost)
Recovery Rider under N.C.G.S. § 62-133.9)
and Commission Rule R8-69)

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission has scheduled a public hearing in the annual demand-side management (DSM) and energy efficiency (EE) cost recovery proceeding for Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (DENC). The public hearing has been scheduled to begin immediately following the hearing in Docket No. E-22, Sub 603, which is scheduled to begin on Tuesday, November 16, 2021, at 10:00 a.m., in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina. This proceeding is being held pursuant to the provisions of N.C. Gen. Stat. § 62-133.9 and Commission Rule R8-69 for the purpose of determining whether an increment or decrement rider is required to allow DENC to recover all reasonable and prudent costs incurred for adoption and implementation of new DSM and new EE measures and appropriate incentives. Public witness testimony will be received in accordance with Commission Rule R1-21(g).

On August 10, 2021, DENC filed its application for approval of DSM/EE cost recovery pursuant to N.C.G.S. § 62-133.9 and Commission Rule R8-69. By its application, DENC requests revisions to its DSM/EE cost recovery rider effective for service rendered on and after February 1, 2022. DENC’s request, exclusive of the regulatory fee, would result in the following kilowatt-hour (kWh) charges: 0.1078 cents per kWh for residential customers; 0.0986 cents per kWh for small general service and public authority customers; and 0.0877 cents per kWh for large general service customers. No DSM/EE rate rider would be applicable to rate schedules 6VP, NS, outdoor lighting and traffic lighting customers. In addition, industrial and large commercial customers that have, under N.C.G.S. § 62-133.9, opted out of and never participated in DENC’s DSM and EE programs are not subject to the rider.

Compared to the current DSM/EE rates, the result of DENC’s request would be an increase of 0.0027 cents per kWh for residential customers, which would increase the monthly bill of a residential customer using 1,000 kWh of electricity by 3 cents. Small general service and public authority customers would see a DSM/EE rider decrease of 0.0212 cents per kWh, and large general service customers would see a DSM/EE rider decrease of 0.0045 cents per kWh.

Specific information may be obtained from the Office of the Chief Clerk, North Carolina Utilities Commission, Raleigh, North Carolina, where a copy of DENC’s application is available for review by the public, and on the Commission’s website at www.ncuc.net.

The Public Staff is authorized by statute to represent consumers in proceedings before the Commission. Written statements to the Public Staff should include any information that the writers wish to be considered by the Public Staff in its investigation of the matter. Such statements should be addressed to Christopher J. Ayers, Executive Director, Public Staff 4326 Mail Service Center, Raleigh, North Carolina 27699-4300.

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Written statements are not evidence unless the persons appear at a public hearing and testify concerning the information contained in their written statements.

Any person desiring to intervene in the proceeding as a formal party of record should file a petition under North Carolina Utilities Commission Rules R1-5 and R1-19 on or before Tuesday, October 26, 2021. Such petitions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300. The direct testimony and exhibits of expert witnesses to be presented by intervenors should also be filed with the Commission on or before Tuesday, October 26, 2021.

ISSUED BY ORDER OF THE COMMISSION.

This the 23rd day of August, 2021.

NORTH CAROLINA UTILITIES COMMISSION

A. Shonta Dunston, Chief Clerk

STATE OF NORTH CAROLINA
UTILITIES COMMISSION
RALEIGH

DOCKET NO. E-22, SUB 605

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of
Application by Virginia Electric and Power
Company, d/b/a Dominion Energy North
Carolina, for Authority to Adjust its Electric
Rates and Charges and Revise its Fuel
Factor Pursuant to N.C. Gen. Stat. § 62-
133.2 and NCUC Rule R8-55

PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission has scheduled a public hearing in the annual fuel charge adjustment cost recovery proceeding for Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (DENC). The public hearing has been scheduled to begin immediately following the hearings in Docket Nos. E-22, Subs 603 and 604, which are scheduled to begin on Tuesday, November 16, 2021, at 10:00 a.m., in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina. This proceeding is being held pursuant to the provisions of N.C. Gen. Stat. § 62-133.2 and Commission Rule R8 55 for the purpose of determining whether an increment or decrement rider is required to allow DENC to recover all reasonable and prudently incurred fuel and fuel related costs. Public witness testimony will be received in accordance with Commission Rule R1-21(g).

On August 10, 2021, DENC filed its application for approval of its fuel and fuel-related cost recovery pursuant to N.C.G.S. § 62-133.2 and Commission Rule R8-55. By its application, DENC requests revisions to its fuel and fuel-related recovery rider effective for service rendered on and after February 1, 2022. According to its application, DENC is requesting a total annual fuel revenue increase of approximately \$22.0 million from the fuel and fuel-related costs currently in effect.

DENC's proposed fuel revenue increase, including regulatory fee, would result in the following increases for DENC's customers: 0.5118 cents per kilowatt-hour (kWh) for residential, outdoor lighting and traffic lighting customers; 0.5102 cents per kWh for small general service and public authority customers; 0.5059 cents per kWh for large general service customers; 0.4907 cents per kWh for rate schedule NS customers; and 0.4989 cents per kWh for rate schedule 6VP customers. The net effect of this request would increase the monthly bill of a residential customer using 1,000 kWh of electricity by \$5.12.

Specific information may be obtained from the Office of the Chief Clerk, North Carolina Utilities Commission, Raleigh, North Carolina, where a copy of DENC's application is available for review by the public, and on the Commission's website at www.ncuc.net.

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ISSUED BY ORDER OF THE COMMISSION.

This the 23rd day of August, 2021.

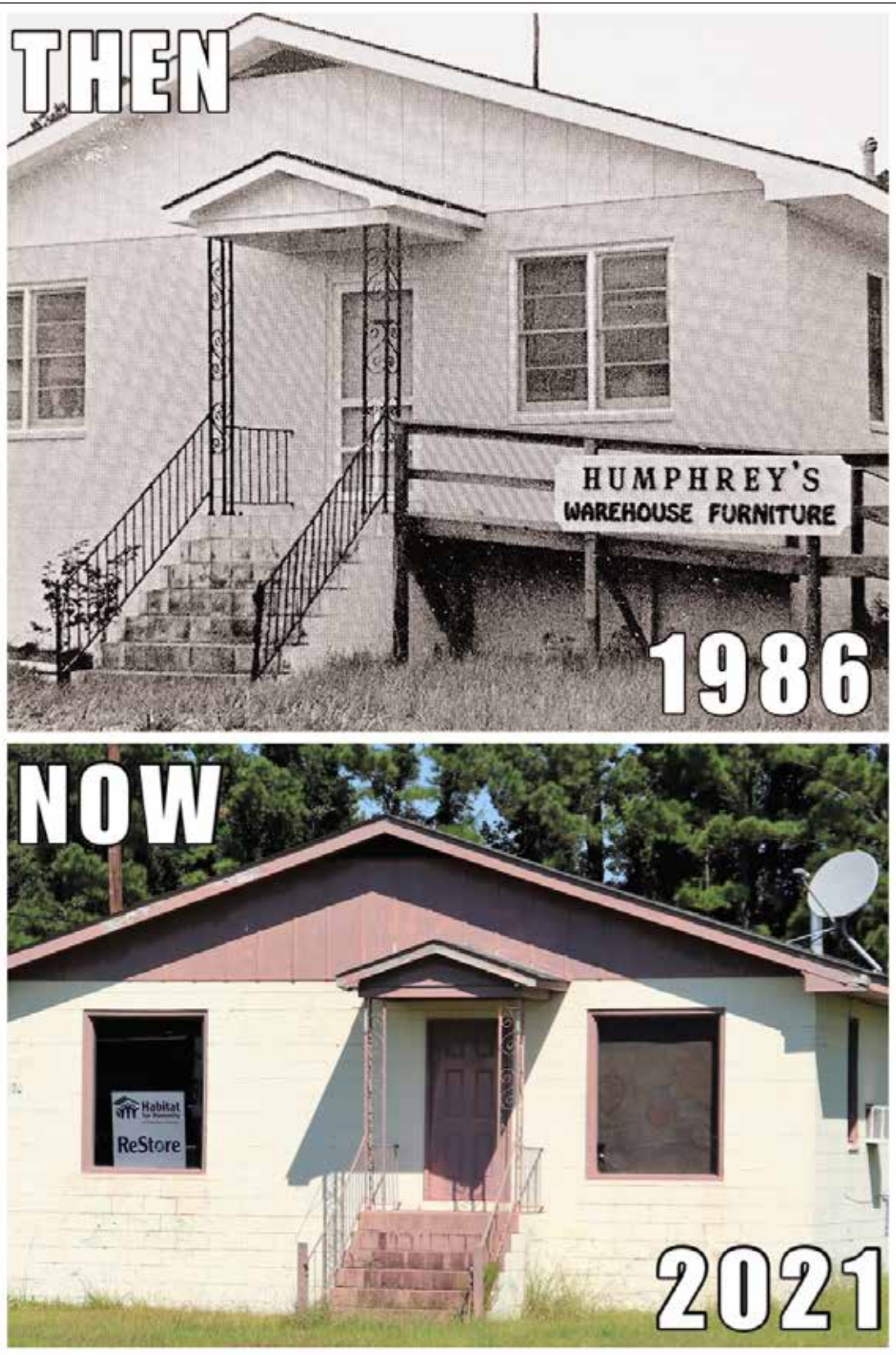
NORTH CAROLINA UTILITIES COMMISSION

A. Shonta Dunston, Chief Clerk

Then And Now'

Humphrey's Furniture Store - Habitat for Humanity Re-Store

by: Hiram Lupton



TOWN OF ARAPAHOE

October 16th, 2021 10am-3pm



Join us in Celebrating our Town's 101st Anniversary! We
will have Vendors, Food, Entertainment, Games for the
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Event will be held OUTDOORS at the Town Hall in front of the Fire Station
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COASTAL LIVING

Adopted at Birth - United in Love

By Mary Frances Taylor



Jo Lynn Wall, Beverly Barksdale, and Joanne Johnson discover sisters they never knew they had.

They met as strangers, but their love was instantaneous. Three women recently discovered through DNA testing that they are sisters. After a glorious and tearful meeting in the airport, they arrived with their individual families at the Stallings House in Oriental, to get to know one another and establish relationships with their biological families. Everyone bonded immediately and the love was instantaneous. One of the sisters is Beverly Barksdale who now lives in Ireland but is no stranger to Oriental where she once resided. She recalls being a camper/counselor at Camp Sea Gull and Camp Seafarer, and a lover of theater, performing with local talent in numerous plays and musicals at The Old Theater. Until eighteen months ago, Beverly was a stranger to her own siblings. It was through the Ancestry DNA testing that Beverly learned she has two sisters and a brother whom she did not know existed. Jo Lynn Wall was born in Cherry Point and grew up in New Bern and Joanne Johnson was born in California and now resides in Arizona. Michael Parlette is the brother from Florida who lives in Texas but could not make the trip.



Newfound Family staying at Stallings House in Oriental.

Although Jo Lynn was raised by their birth mother, Beverly, Joanne, and Michael were adopted and did not know the identities of their biological parents. That all changed with a phone call.

Like so many people, Kathryn Wall was curious about her ancestors, so she took an Ancestry DNA test. She called her mother, Jo Lynn Wall, with the shocking results, “Mom, do you know Beverly Barksdale? She could be your sibling.” Through phone conversations, private investigations, and

more DNA research, they learned that Jo Lynn’s mother, Georgia Lynn Mercer, had secretly given birth to Joanne Johnson, Beverly Barksdale, and Michael Parlette and had signed over parental rights so each could be adopted. That was the beginning of a journey that would bring three sisters and a brother together, uniting them in a new family tree, with multiple branches – some of which are still unknown. They do not yet know the identities of their fathers.

Adoptions were handled much differently in the 1960s, sometimes without records of birth, and often in great secrecy. Women with unplanned or unwanted pregnancies had few options at that time and were often sent to grandparents or distant relatives to have the baby without friends and family knowing. Georgia Lynn already had five children who were unaware of the new siblings’ births. She was quite effective at hiding her pregnancies wearing loose clothing and sending her children off to grandparents for extended visits. Neighbors did not know, or they knew but did not tell. It is a mystery as to why Georgia Lynn gave up three of her children for adoption. She was con-

child at 18. Her children were Jonathan, Jo Lynn, Charles, Steven, and Kevin. After a divorce, Georgia embarked on a social life that she missed as a teenager, ultimately resulting in three unplanned pregnancies and two more marriages. There was much secrecy around the births and about the identity of their fathers. The three babies were adopted quickly after birth to three different families, and they were given loving homes. It is through further family research that the siblings learned more about their mother. Some say Beverly is her spitting image in character and mannerisms. Jo Lynn had the most to share about their mother because she was raised by her with her four brothers, never imagining that her mother had given birth to three additional children. Beverly and Joanne always knew they were adopted, but they yearned to know their birth parents. Joanne grew up happily in a large family in New Mexico, but Beverly was a lonely child who was ridiculed by other children for being adopted. Both sisters instinctively knew there was a void in their lives, and in their hearts, and they were thrilled to learn of their new extended family. With this trip to Oriental, three sisters were able to swap stories and family pictures, make connections with one another, and gain new insights into this mysterious woman who was their mother.



Georgia Lynn Mercer Bouher Sledge Frederes

Georgia Lynn’s family tale is reminiscent of the TLC television show, Long Lost Family, which followed stories of people who suffered a lifetime of separation and yearned to be reunited with their biological families. These three sisters found their roots here in the New Bern area and they would love to discover more about their birth parents. Remarkably, the sisters do not pass judgement on their mother for giving them up. On the contrary, they are grateful for life and now relish in their newfound family. Joanne shared this, “Mother may not have loved us or wanted us, but we most certainly want and love each other. Without her there would be no “us,” so for that alone we are thankful.” Their children and grandchildren share this sentiment as they have already bonded while on this trip to Oriental. Plans are in the works for another family gathering that will hopefully take place in Ireland. Now, that would make a great episode for Long Lost Family. Safe trip home everyone!



Georgia Lynn Mercer Bouher with son Jonathan and daughter Jo Lynn

“Family means nobody gets left behind or forgotten.” — David Ogden Stiers

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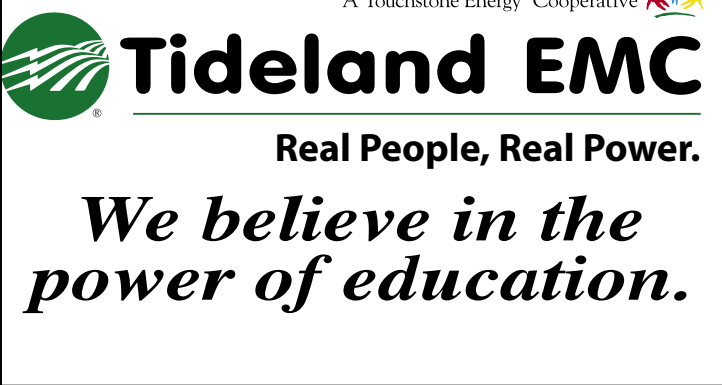
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Hurricanes Suffer Road Loss at Southside

by: Hiram Lupton

The Pamlico Hurricanes football squad travelled up to Beaufort County to open conference play in a matchup with the unbeaten and much improved Southside Seahawks. Southside struck, first putting points on the board with a touchdown and 2-point conversion on their opening drive, but Pamlico was able to answer back. Isaiah Godette hit Jamie “JD” Gibbs with a short pass that the speedy senior took all the way to the endzone for the TD. Gibbs also caught the conversion to tie the score at 8 apiece. The Seahawks owned the rest of the quarter, putting up two quick scores in the time remaining and by the time the second period began, were up 24-8. The second quarter was played pretty much evenly. Godette weaved through and around the Southside defense to find the endzone and then powered in for 2 to narrow the Seahawk lead to 24-16. It looked like that might be all the scoring for the half, but Southside quickly moved the ball and with only 2 seconds remaining in the half, found the endzone. They also tacked on the extra 2 and at the half were up 32-16. The Seahawks sustained their momentum in the 3rd quarter by adding two additional scores. At 3:13 left in the



Jamie "JD" Gibbs (#1) Headed for the Endzone



Jayden Williams (#8) Putting the Stop on a Seahawk Ball carrier



quarter, Godette finally answered with a touchdown run plus the extra 2 to make it 44-24 going into the final period. The teams traded scores with Southside finding the endzone first, to make it 52-24. Godette answered with a 17-yard strike to Gibbs for the TD, and then connected with him again for the extra 2. When the Seahawks got possession back, they kept it on the ground, eating up clock and yardage as they had been all night finally tallying their final score to make it 58-32. Pamlico had one more score left in them as once again Godette found Gibbs behind the sleeping Seahawk defenders for a 56-yard touchdown catch, his third of the game, as time expired making the final 58-38 and giving Southside the Fossil Bowl trophy for the first time in 5 seasons. Pamlico falls to 1-4 overall. This week is homecoming, with Pamlico set to take on Lejeune with a 7 PM start. Come on out and support the ‘Canes

Hurricanes at the Net
Pamlico Goes 2-1 For the Week

Pamlico Volleyball had another week of back-to-back to-back matches in another hectic week of action. Tuesday saw the Hurricanes hit the road and travel to Trenton to take on Jones Senior. The Trojans showed up, but the ‘Caines showed out and pulled off the sweep of the host squad, 3-0 (25-9, 25-11, 25-9). Next up for Pamlico was a long trek up to Martin County on Wednesday for a nonconference showdown with the #4 ranked team in the east, Riverside. The Hurricanes took down the Knights 3-1 (25-18, 25-23, 25-27, 25-20). Finally, to finish up the week on Thursday, Pamlico hosted the eastern #2 ranked Northside. The young Hurricanes took

the court with a raucous crowd of neon clad students cheering them on. Northside is good, undefeated in conference play. They perhaps also caught the ‘Canes a bit weary from their third match in as many days and left Bayboro with a win over Pamlico, 0-3 (18-25, 16-25, 25-27). Pamlico has shown there is no quit in them, and have battled hard against the best, gaining valuable experience. This week is also a full one for the Hurricanes with a road trip to Southside on Tuesday, a home contest against Riverside on Wednesday, and a trip to Jacksonville to face Lejeune on Thursday. Keep up the hard work Ladies, the best is yet to come.



Pamlico's Layla Prescott battles at the net against Northside

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**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND
DEBTORS OF
CORY RYAN COLLINS
File No.: 21 E 172**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to AMANDA MICHELLE COLLINS, Administrator of the Estate, on or before DECEMBER 8, 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 15TH day of September, 2021.
ESTATE OF CORY RYAN COLLINS
C/O AMANDA M. COLLINS
P O BOX 26
MERRITT, NC 28556

Publish September 15,22,29 AND
OCTOBER 6, 2021

**Notice to Creditors
North Carolina,
Pamlico County**

All persons, firms and corporations having claims against the Estate of Charles Steven Hill, deceased, of Alliance, NC, are notified to present the same to the personal representative listed below on or before December 22, 2021, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 22nd day of September, 2021.

Cindi M. Quay, Administrator
of the Estate of Charles Steven Hill
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES:
9/22/2021; 9/29/2021; 10/6/2021;
10/13/2021

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND
DEBTORS OF
RAY WILLIS LEE
File No.: 20 E 39**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to KATHY E. GIBSON, EXECUTOR of the Estate, on or before DECEMBER 21, 2021 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 22nd day of September

,2021.
ESTATE OF RAY WILLIS LEE
C/O KATHY E. GIBSON
106 WAYNE DRIVE
ARAPAHOE, NC 28510

Publish September 22, 29,
OCTOBER 6 AND 13, 2021

**Notice to Creditors:
Estate of Hal Preston Potter,
File No. 20 E 2**

Having qualified as Executor of the Estate of Hal Preston Potter, late of 660 Rowe Road, Bayboro, NC 28515, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned's attorney at 408 Main Street, P.O. Box 411, Bayboro, North Carolina 28515, on or before December 29th, 2021, or this notice will be pleaded in bar of recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 29th day of September 2021.

Linda Scott Potter, Executor
Estate of Hal Preston Potter

c/o Christopher S. Williams
Delamar & Delamar, PLLC
408 Main Street
P.O. Box 411
Bayboro, N.C. 28515

(For Publication: 9/29/2021;
10/6/2021; 10/13/2021;
10/20/2021)

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND
DEBTORS OF
HARALSON GORDON**

Having qualified as Administrator CTA of the Estate of HARALSON GORDON, late of Arapahoe, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 44 Huckleberry Lane, Darien, CT 06820, on or before the 7th day of January, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 29th day of September 2021

Kilbourn Gordon, III
44 Huckleberry Lane
Darien, CT 06820

Publish: September 29, October
6, 13, 20, 2021

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