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Vol. 54 No.01, 12 Pages

# The Pamlico News

Wednesday, January 5, 2022

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## Board of Commissioners Pamlico Receives Positive Audit

by: Hiram Lupton

The Pamlico County Board of Commissioners were given a presentation of the 2021 audit of County finances at their Monday evening meeting and received high marks on all aspects of the review. The New Bern accounting firm of Carr, Riggs and Ingram (CRI) conducted the required inspection and focused on three aspects of the County's record keeping; Overall financial statements, compliance related to all major federal programs and compliance related to all major state programs. County fund balances appear to have now recovered from the dip experienced back in the 2019-20 period due to Hurricane Florence and now look to have the slow steady climb everyone would like to see. Board Chairman Doug Brinson pointed out the importance of establishing this fund cushion in order for the County to be able to absorb the unexpected and often quickly needed expenditures faced in the aftermath of hurricanes. Audit presenter, firm accountant Reid Parker, also gave high praise to the County Finance Officer Bill Fentress and his staff their record keeping and cooperation during the audit.

## Pamlico County woman feels "very blessed" after \$200,000 lottery win



**RALEIGH** - Rhonda Potter of Bayboro said she feels very blessed after her \$10 Bigger Spin scratch-off turned into a \$200,000 win.

Potter said she was sitting at the table in her house scratching her ticket when she slowly started to realize what happened.

"I saw zero, zero, zero and I'm thinking, 'Oh my God, oh my God,'" Potter said. "My son asked me what was wrong and I said, 'Baby, I just won \$200,000.'"

Potter, a 56-year-old grandmother of four, said she has been working two jobs for years and that this win will finally allow her to pay off her house and her car, and put the rest toward her retirement.

"I'm just very blessed," Potter said. "I really needed this."

Potter bought her ticket from the Food Lion on N.C. 55 in Alliance. She stopped by lottery headquarters on Monday to claim her winnings and, after required federal and state

Continued on Page A2

## Oriental Rings in the New Year



Dragon meets Dragon on Hodges Street.

by: Hiram Lupton

With drums pounding and the banging of pots and pans, the Town of Oriental welcomed in the New Year, albeit a few hours early, with the rolling and dancing of the dragons. The older "big" dragon situated on a flatbed trailer pulled by truck began rolling through town about 8 PM and passed the epicenter of the celebration, the town dock area on Hodges Street, about 8:15. As the big dragon moved on along through other parts of Oriental, the smaller "dancing" Chinese dragon slithered through the crowd with help from volunteer handlers. There was no late, midnight dragon run this year. It is said that touching the dragon on New Years Eve will bring good luck throughout the coming year. After this past year, lets hope that all who could, got a touch in.



The Chinese Dragon Dancing through the crowd.



Photo by Peggi Carman

## 29th annual Instead of Football Regatta

by: Mary Frances Taylor

Not a bad day to be on the water or river watching, Saturday January 1, 2022, marked the first regatta of the new year. The 29th annual Instead of Football Regatta is an Oriental New Year's tradition which has seen in past years 100 sailboats and powerboats gather for a "friendly" race. Not nearly that many participants this year, but the event continues to be a crowd pleaser, on the water and on land. It's a race, but not a competition, just a fun alternative to watching football on TV. According to organizer Nelda Coats, everyone goes home a winner!

## CarolinaEast Medical Center Receives the 2022 Women's Choice Award® as one of America's 100 Best Hospitals for Patient Experience

*CarolinaEast also recognized for Cancer Care, Minimally Invasive Surgery, Obstetrics, Orthopedics, Outpatient Experience and Patient Safety*

**(New Bern, NC) - CarolinaEast Medical Center** has been named one of America's 100 Best Hospitals for Patient Experience by the Women's Choice Award®, America's trusted referral source for the best in healthcare. The award signifies that CarolinaEast Medical Center has been ranked within the top 100 hospitals of similar size based on number of beds, of which there were four categories.

Patients today are more involved in their care and demand a greater experience throughout their entire journey of care putting more pressure on healthcare providers to find ways to become more patient centered to meet these demands. CarolinaEast is one of a total of 400 award recipients representing the hospitals that have met the highest standards for patient experience in the U.S. by the Women's Choice Award. The methodology used to select CarolinaEast as one of America's 100 Best Hospitals for Patient Experience is unique in that it evaluates specific Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results along with primary research about women's healthcare preferences.

The Women's Choice Award collects the data for the following HCAHPS survey measures and uses a weighted average to award the best hospitals for patient experience:

- Effective communication with nurses and doctors
- Responsiveness to requests for help
- Providing patient recovery information
- Explanation about medications before being administered
- Bathroom and room cleanliness
- Peacefulness of room at night
- Patient recommendation rating

"Over ninety percent of the time, women make the healthcare decisions for their families - whether it's finding the right pediatrician for her child, navigating a tough diagnosis for her spouse, advocating for her aging parents or, of course, getting care for herself. The Women's Choice Award is so much more than an award. As one of America's Best Hospitals for Patient Experience, your entire hospital and all of your

Continued on Page A4

## Congratulations Sally



The Pamlico News would like to extend our best wishes to Sally Belangia who, after forty-two and a half years with First Citizens Bank, has put away her loan book and started a new chapter in her life, retirement. Sally, who also happens to be the mayor of Oriental, can now devote even more time to ensuring that her hometown remains a great place to live and work. Enjoy some leisure time Sally, and we'll see you around town.

## Pamlico County Man Arrested After Multiple Breaking And Entering of Motor Vehicles

by: Kimberly Wooten



Michael Lee Tomblin

**BAYBORO, N.C. (WNCT)** -The Pamlico County Sheriff's Office received numerous reports of someone breaking and entering into motor vehicles on Wednesday in the Olympia community.

It was determined that multiple vehicles had been broken into on Tuesday night and the early morning hours on Wednesday.

During the investigation, it was revealed that Michael Lee Tomblin, 26, of Olympia was responsible for the crimes. Tomblin was on court-ordered GPS monitoring as part of his probation for previous criminal convictions for similar crimes which aided in his identification as a suspect.

Numerous items of identifiable property that had been reported stolen were recovered in Tomblin's possession at the time of his arrest. Tomblin was also found in possession of counterfeit U.S. currency.

During Tomblin's arrest, he resisted arrest and assaulted a deputy by punching the deputy in the face. The deputy was not injured. Tomblin was placed in the Pamlico County Detention Center under a \$125,000 secured bond and charged with the following:

- 1 count of assault on a government official
- 1 count of resist, obstruction, and delay an officer
- 1 count of possession of burglary tools
- 8 counts of felony break or enter a motor vehicle
- 2 counts of felony larceny
- 5 counts of misdemeanor larceny

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## WEEKEND WEATHER

Saturday, January 8th **42°Hi** Clear throughout the day.

Sunday, January 9th **70°Hi** Rain in the evening and overnight.



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# COMMUNITY

## OBITUARIES



**Stella H. Ross, age 76**, long-time resident of Lowland, passed away on December 21, 2021 at CarolinaEast Medical Center in New Bern.

Stella Irene Hopkins was born on June 6, 1945, in Lowland, NC to Wiley and Amy (Leary) Hopkins. She attended High School in Pamlico County. She proudly graduated Valedictorian of Class of 1963! Stella was born and raised in Lowland, where she chose to reside and make her permanent home to start her family. She was one of ten siblings, all of which would say she was the “mother hen” to them all. Stella was strong, compassionate, and selfless. Ensuring her loved ones were taken care of and spending time with them brought her the most joy. She spent 43 years employed at PCS Phosphate before retiring in 2008, where she was known as a very hard worker and missed by everyone when leaving. She was so easy to love, as there was no stranger to her and no one she wouldn’t treat as her own. She was a friend to all. Her family was most dear to her, and she was most dear to them. A few of the many other things she enjoyed were reading her bible, planting in her garden, decorating for Christmas, and cooking. Cooking was one of her many ways of expressing

her love, and no one would ever leave hungry from her home. She had a heart of gold and was a loving daughter, mother, grandmother, wife, and sister. She made a lasting mark on everyone in her life and will be sincerely missed by all.

A Graveside Service was held at Watson Cemetery in Lowland on Thursday, December 23, 2021 at 1:00PM. Mr. Phillip Lewis officiated her service on Thursday. Friends and family joined the family at Steve and Stella’s home for light refreshments following the service. Stella was preceded in death by her late husband, Mack Williams Hopkins Jr; Parents, Wiley and Amy Hopkins; Siblings, Becton Hopkins, Wilson Hopkins, Vernon Hopkins, Ray Hopkins, and Thora Brothers.

She is survived by her husband: Steve M. Ross; children: Jeffrey Hopkins and Chad Ross; grandchildren: Meagan Hopkins and Charlotte Ross; Siblings: Trula Tunstall, Sylvia Buck, Jackie Lowder, and Bud Hopkins. In Lieu of flowers, memorial donations can be made to St. Jude’s Children’s Hospital at 501 St. Jude Place Memphis, TN 38105 or to Caring House at 2625 Pickett Rd. Durham, NC 27705.

Arrangements are with Bryant Funeral Home in Alliance.

**Dianna Lynn Daughety Galloway, 75, of Lowland** passed away Saturday, December 25, 2021, at home.

She was preceded in death by her husband, Robert Galloway.

She is survived by her daughter, Tracy Smith; brothers, Larry and Perry Daughety; sisters, Evone Jordan, Glenda Snowden and Alice Ross; three grandchildren, Erica Rivera, William Smith,

and Ria Preisler; and four great grandchildren, Jonathon, Kiersten, Julia and Dusty.

A memorial service was held Tuesday, December 28th at Bryant Funeral Home Chapel.

In lieu of flowers the family suggested memorial contributions be made to Hope Clinic, PO Box 728, Bayboro, NC 28515.

Arrangements by Bryant Funeral Home & Cremations, Alliance, NC.

## Pamlico County Public Library

- Preschool Storytime (Ages 2-4) Fridays at 10:00 a.m.
- Mondays School Age Drop in Craft (Ages 5-12) Drop in any time between 3 p.m. to 6 p.m.
- Pajama Storytime (Ages 0-7) Monday, January 10 at 6 p.m.
- Book Explorers (Ages 5-10) Thursday, January 20 at 3:30
- Watercolor with Olga! Saturday, January 22 at 10:30 a.m. See details here.
- Trivia Night at the Library Tuesday, January 4 at 5 p.m.
- It’s Crime We Talk Bookclub Wednesday, January 5 at 6:00 p.m.
- NCWorks Job Workshop Friday, January 7 at 4-6 p.m.
- Writers Workshop Saturday, January 8 at 11 a.m.
- Friends of the Pamlico County Library Meeting Thursday, TBA at 7 p.m.
- Spanish English Exchange (All Ages) Wednesday, January 19 at 5:30 p.m.
- Gamer Time (Ages 13-17) Friday, January 14 at 3-6 p.m.
- Family Movie Night Friday, January 21 at 6:15 p.m.
- Books on the Go! Friday, January 28. In January the book mobile will be in Vandemere from 12-4 and then in Hobucken from 4-6. Can you spot where we are heading next?!

■ Continued from page A1

## PC woman feels “very blessed” after \$200,000 lottery win

tax withholdings, took home \$142,023.

The Bigger Spin game launched in September with five top prizes that allow you a chance to spin a giant prize wheel at a live event for a prize ranging from \$400,000 to \$2 million. The game also has five \$200,000 prizes that can be won instantly. Two Bigger Spin event prizes and two \$200,000 prizes remain to be claimed.

Ticket sales from scratch-off games like Bigger Spin make it possible for the lottery to raise more than \$900 million per year for education. For details on how money raised by the lottery made a difference in Pamlico County in 2020, visit [www.nclottery.com](http://www.nclottery.com) and click on the “Impact” section.



## THIS WEEK IN HISTORY

- January 5th – 1925, Nellie Ross becomes Governor of Wyoming, the first woman governor in the United States.
- January 6th – 1870, The North Carolina State Penitentiary opened and accepted its first inmates.
- January 7th – 1927, The Harlem Globetrotters play their first basketball game in Hinckley, Illinois.
- January 8th – Today is National Bubble Bath Day. Get a bottle of Mr. Bubble and celebrate. I don’t really take bubble baths, but I have been known to blow bubbles in the bath.
- January 9th – Today is National Law Enforcement Appreciation Day.
- January 10th – Today is Clean Off Your Desk Day. I’ll never find anything again.
- January 11th – Today is Learn Your Name in Morse Code Day.

### BIRTHDAYS THIS WEEK

- January 5th – 1930, Actor Robert Duvall
- January 6th – 1412, French Saint and military leader, Joan of Arc
- January 7th – 1800, The 13th President of The United States, Millard Fillmore
- January 8th – 1935, Elvis Presley
- January 9th – 1913, The 37th President of The United States, Richard M. Nixon  
1935, Actor Bob Denver (Gilligan’s Island)
- January 10th – 1953, Singer Patricia Andrzejewski (Pat Benatar)
- January 11th – 1755, American Patriot and Statesman, Alexander Hamilton



## 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 Fridays at 7pm and Saturdays at 11am. The Zoom meeting link is <https://us02web.zoom.us/j/85777976172> and the meeting ID is 857 7797 6172. Any cancellations are posted on our Facebook page at <https://www.facebook.com/NewBeginningsatHopeClinic>

## 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)
  - AI-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

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## QUICK REFERENCE

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

## Horoscopes

- ARIES – Mar 21/Apr 20**  
Your finances need a little extra work, Aries. Start to focus on investments, money and other financial matters. Your mind is quick and you catch on quite fast.
- TAURUS – Apr 21/May 21**  
Romance is on your mind this week, Taurus. This is the time to focus on solidifying your relationship with someone special in your life or to find that perfect match.
- GEMINI – May 22/Jun 21**  
Matters involving work are at the forefront of your mind, Gemini. You may need to put in some extra hours on the job this week. Keep your head down and your efforts will be noted.
- CANCER – Jun 22/Jul 22**  
Cancer, you may be longing for an encounter with your romantic partner, but other factors keep getting in the way of your date. You have to make romance a priority.
- LEO – Jul 23/Aug 23**  
An unexpected financial windfall lands in your lap, Leo. It is just the good news you need at this point in time. Start thinking about how to invest this unexpected gift.
- VIRGO – Aug 24/Sept 22**  
Business and personal successes are coming your way soon, Virgo. It could be a project that brings you financial gain or the development of a new friendship.

- LIBRA – Sept 23/Oct 23**  
Libra, whether it’s a hunch or a tip from someone close to you, you have some valuable information that will come in handy in the coming days.
- SCORPIO – Oct 24/Nov 22**  
A relationship reaches new heights, Scorpio. If you are unattached, you might find a partner soon. If you have a significant other, he or she will become even closer.
- SAGITTARIUS – Nov 23/Dec 21**  
Sagittarius, draw your closest friends together and plan a gathering where you can exchange ideas and rekindle friendships. It’s been a while since you socialized.
- CAPRICORN – Dec 22/Jan 20**  
A long journey is in your near future, Capricorn. It may come by way of a much-needed vacation, or you may make a move across country to follow a job or passion.
- AQUARIUS – Jan 21/Feb 18**  
Finances dominate your week, Aquarius. This could be related to a pay raise at work or a personal investment that pans out. One way or another, success isn’t too far away.
- PISCES – Feb 19/Mar 20**  
Pisces, a business partner may contact you with some good news after returning from a trip. Prepare to join this person in a promising venture.

## CAPRICORN Traits & Overview

We all know that Capricorn is born leaders. They have abilities to lead and rule. Dealing with a crowd in a most appropriate way is their best quality. They can rule hearts, people and this whole world. They are true leaders and everyone is happy with their ruling as their leadership qualities of Capricorn are well known and publicly accepted. Capricorn description is they are very professional and they know how to keep things align both personally and professionally. Their balanced personality keeps them satisfied on both ends. It makes them a strong person who knows how to manage things perfectly.

Capricorn people are the most honest and loyal people. They have a pure heart and a shining soul. You will never find another person so honest and lovable. Capricorn are direct people. Capricorn demand nothing in return but just the same level and intensity of loyalty and honesty. They can handle a heart break but not betrayal. Capricorn have a heart so kind that they can literally let you go without holding any grudge. Once you trust them about your choices and liking, they will always respect it regardless of what they want personally.

FOR ENTERTAINMENT PURPOSES ONLY

## The Pamlico News

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**Agent of the Week**

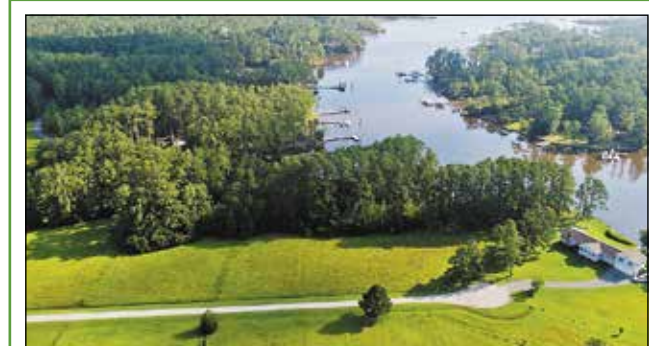
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*Here's what one of Allen's customers had to say...*

Allen Propst is highly professional, honest, conscientious, and goes the extra mile to get the job done. We have recommended his firm to friends and they have been equally satisfied. We have no reservations in recommending him as an excellent choice of realtor in Oriental and the surrounding counties.  
*Terry & Art, Oriental*



**ORIENTAL** – Stunningly beautiful waterfront lot with a choice southerly exposure on Smith Creek near Oriental. This 0.63 acre wooded home site has an existing septic system already installed and is located in Spinnaker Point which is an established waterfront neighborhood within sight of the Oriental Bridge.  
**OFFERED AT \$ 93,000**



**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**



**MERRITT** – Beautiful, unrestricted 2+ acre Morning Creek waterfront property with boat ramp and a home that can be fixed up or torn down. Breathtaking! Being sold "AS IS". Make an offer!  
**OFFERED AT \$ 200,000**



**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**



**NEW BERN** – Renovated 3BR/2.5BA tucked back off of Hwy 55. Minutes from New Bern. Smart appliances. New plank flooring in kitchen, dining and living rooms. Refinished hardwood floors in the rest of the house. Large storage area next to laundry closet. Screened back porch. Carport. 30x30 fenced area next to house.  
**OFFERED AT \$265,000**

See all Listings & Visual Tours at  
[www.orientalncwaterfront.com](http://www.orientalncwaterfront.com)  
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Or contact Allen Propst  
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# Pamlico Community College

## Registration underway at America's top community college for students' educational outcomes

By Sandy Wall

New year, new goals, new you: Registration for the Spring 2022 semester is underway at Pamlico Community College!

The college will be open until 7 p.m. today (Wednesday, Jan. 5) to serve new and returning students. If you can't come by the college today, the college will be open to register students tomorrow (Thursday, Jan. 6) from 8:30 a.m. to 7 p.m.

PCC plans to offer a full slate of seated and online courses this semester. Seated classes will begin Wednesday, Jan. 12. Online courses start Monday, Jan. 24.

"The new year brings with it a renewed sense of optimism in the future," said PCC President Dr. Jim Ross. "All of us at Pamlico Community College want to help men and women embrace the new year with new dreams and new opportunities. We want to help people get the skills they need to make 2022 a springboard to a better future for them and their families."

PCC is proud to offer students a high-quality education right here at home. In fact, this elite quality of education has been recognized nationwide again and again in recent years. WalletHub has ranked Pamlico as the No. 1 in the United States for students' Education Outcomes. SmartAsset has ranked PCC the No. 2 community college in America. In addition, the college recently was ranked North Carolina's No. 1 community college by BestValueSchools.org.

PCC has enjoyed soaring graduation/transfer rates the past four years, which is now double the success rate at community colleges nationwide.

"We are humbled by these rankings, which we believe demonstrate the high quality of education new and returning students can expect at Pamlico," Ross said. "Even more importantly, students here can expect to be treated as a member of our college family. All of us want to see students succeed so they can pursue their dreams and make their lives better. I commend our outstanding faculty and staff for the extraordinary success our students are enjoying."

PCC features small class sizes so students can get more personalized attention. It also offers seated and online courses, including some programs that can be completed entirely on the web.



The path to Commencement begins with Registration, which is now underway at Pamlico Community College. Contact the college today at 252-249-1851, ext. 3001, or [studentservices@pamlicocc.edu](mailto:studentservices@pamlicocc.edu). Contributed photo

Importantly, financial aid is available for new and returning students who qualify, including the historic Longleaf Commitment Grant program for men and women who graduated from high school in 2020 and 2021.

"The last two years have been difficult for all of us, but we have proceeded with a sense of optimism throughout and have a can-do, optimistic spirit about the new calendar year," Ross said. "We have the courses and programs in place so students can reach their goals. We have generous financial aid programs ready to help students pay for their education. We have faculty members and staffers who are here to help. We invite new and returning students to get the new year started in a positive way by enrolling at PCC."

For more information about registering at PCC, call 252-249-1851, ext. 3001, or email [studentservices@pamlicocc.edu](mailto:studentservices@pamlicocc.edu).

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

## Celebrate the New Year with the Circus No. 9 Band

Described as "John Hartford meets John Coltrane," Circus No. 9 is one of the most exciting new bands on the acoustic music scene today with music that blurs the lines between bluegrass, jazz, and rock. Celebrate the new year when these virtuosos take the stage at the Old Theater on Saturday, January 15, at 7:30 pm. On that same date, the band will conduct an "informance" – music, stories and Q&A – at 2 pm at the Holt's Chapel Community Center, 136 Janiero Road, free and open to the public. Both events are sponsored by the Pamlico Musical Society.

Comprised of four highly-acclaimed musicians on fiddle, mandolin, bass and guitar, this Tennessee-based group was a 2019 IBMA Momentum Band Award nominee and has appeared alongside artists David Grisman, Bryan Sutton, and Larry Keel, among others. One fan says "Circus No. 9 represents everything that's good about the new generation of acoustic music."

Tickets to the evening concert are \$25 and are available in Oriental at Nautical Wheelers, 411 Broad Street, in New Bern at Nautical Wheelers, 202A Craven Street, and online at [www.pamlicomusic.org](http://www.pamlicomusic.org). Tickets for sold-out shows may become available at the door last minute. Check at the box office at 7:15. We will be following state and local COVID guidelines and provide updates as the date draws near. For more information, call 252-617-2125.

For helping to make these concerts possible, Pamlico Musical Society wishes to thank our season sponsor, Beth Frazer & Associates, Inc.; Village Realty; and Illica Group, Joe Mattea, Owner and CEO. We are also grateful for a grant from South Arts in partnership with the National Endowment for the Arts and the North Carolina Arts Council, a Division of the Department of Cultural Resources.



Celebrating 25 years of presenting great music for our community, Pamlico Musical Society is a non-profit organization bringing quality musical entertainment, enrichment, and education to Pamlico County. We welcome your support! To learn more about the benefits of joining our group, including advance ticket sales and artists' receptions, call 252-617-2125 or visit [www.pamlicomusic.org](http://www.pamlicomusic.org), and like us on Facebook @pamlicomusic.

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### How slow cooking can benefit your bottom line

Budget-conscious home cooks can look to slow cooking as an effective and affordable means to preparing delicious meals. Less expensive cuts of meat tend to taste a little tough when cooked over an open flame or in the oven. However, the "slow and low" method employed by slow cookers tenderizes less expensive cuts of meat, ultimately contributing to a finished product that's as mouthwatering as more costly cuts.



# FINANCIAL FOCUS

## What are your financial resolutions for 2022?



Dan M. Roberts

As you know, 2021 was full of challenges. We were still feeling the effects of the COVID-19 pandemic when supply chains shut down and inflation heated up. So, if you're like many people, you might not be sorry to see the year come to a close. But now it's time to look ahead to a brighter 2022. And on a personal level, you may want to set some New Year's resolutions. You might resolve to improve your health and diet, and possibly learn some new skills, but why not make some financial resolutions, too?

on your existing debts and avoid taking on new ones whenever possible. You can motivate yourself by measuring your progress – at the beginning of 2022, record your total debts and then compare this figure to your debt load at the start of 2023. If the numbers have dropped, you'll know you were making the right moves.

Here are a few ideas to consider:

- **Prepare for the unexpected.** If you haven't already created an emergency fund, now may be a good time to start. Ideally, you'd like to have three to six months' worth of living expenses in this fund, with the money kept in a low-risk, liquid account. (If you're retired, you may want your emergency fund to contain up to a year's worth of living expenses.) Once you've got this fund established, you may be able to avoid dipping into long-term investments to pay for short-term needs, such as costly home or auto repairs or large medical bills.

- **Boost your retirement savings.** The pandemic caused many us to reevaluate our ability to eventually enjoy the retirement lifestyles we've envisioned. In fact, 33% of those planning to retire soon said they started to contribute even more to their retirement savings during the pandemic, according to a study from Age Wave and Edward Jones. This year, if you can afford it, increase your contributions to your IRA and your 401(k) or other employer-sponsored retirement plan.

- **Reduce your debt load.** The less debt you carry, the more money you'll have available to support your lifestyle today and save and invest for tomorrow. So, this year, resolve to cut down

- **Don't overreact to the headlines.** A lot can happen during a year. Consider inflation – it shot up in 2021, but it may well subside in 2022. If you changed your investment strategy last year to accommodate the rise in inflation, would you then have to modify it again when prices fall? And inflation is just one event. What about changes in interest rates? How about new legislation coming out of Washington? And don't forget extreme weather events, such as wildfires and floods. Any or all of these occurrences can affect the financial markets in the short term, but it just doesn't make sense for you to keep changing the way you invest in response to the news of the day. Instead, stick with a strategy that's appropriate for your goals, risk tolerance and time horizon. You may need to adjust this strategy over time, in response to changes in your own life, but don't let your decisions be dictated by external events.

These aren't the only financial resolutions you can make – but following them may help you develop positive habits that can help you face the future with confidence.

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

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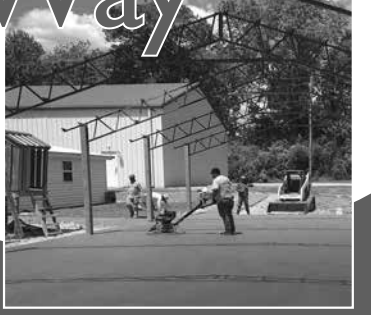
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## NC COOPERATIVE EXTENSION Pamlico County

### The 4 H's and Pamlico County



Kait Neeland  
4-H Agent

Every month I get to write two or three articles about 4-H, and what Pamlico County 4-H is doing. Sometimes I write about our 4-Her's accomplishments at tournaments, sometimes about the cool things we did at summer day camp (Sewing, Biomedical Engineering, Photography, and more), sometimes about our livestock shows. I love writing those articles. But every now and then I like to write about what the 4 H's are.

For myself I don't remember a time when I didn't know about 4-H, it's been a formative part of my life, from my first livestock project at five, to presentations, conservation projects, and being on the teen panel of state policy program. 4-H has meant many things to me over the years, and continues to mean a great deal to me, as I connect Pamlico County youth to programs and opportunities that will be a stepping stone to the wonderful adults they are going to be.

*However, I know for many, 4-H is followed by a giant question mark.*

*What is 4-H?*

*What does it mean?*

*Who is it for?*

4-H is the youth development branch of North Carolina Cooperative Extension. It began with youth Corn Clubs over a hundred years ago and has grown into one of the largest and most respected 4-H Youth Development Programs in the Nation. With the cornerstones of service, leadership, citizenship, and experiential learning, 4-H has been a part of shaping the lives of North Carolina youth and the nation's 'Leaders of Tomorrow' for generations. We continue our heritage youth programs in agricultural and livestock projects. 4-H has grown to include many other programs: annual presentation competitions; project record books; environmental conservation; media and computers; leadership programs (NC 4-H Ambassadors) and one of the most robust electrical programs in the nation.

The 4 H's stand for Head, Heart, Health, and Hands. Each of these is connected to the founding principles of critical thinking, loyalty, service, and the health of youth as a whole. Each of our programs is based on evidence-based research, with a focused-on hands on learning.

4-H is for all youth ages 5 – 18. With a wide variety of programs to engage and interest youth at any stage. In Pamlico County you might want to join our Book Explorers, or our shooting sports team, or come watch our livestock show, or maybe you would like to join us for summer sleep away camp. There are lots of options and lots of fun to be had.

We are looking forward to releasing our full Spring Roster of Programs soon, but we do have a few you can mark on your calendars now. We will have a shooting sports new members meeting for children in grades 6 – 12 on the 5th of January. We will discuss practice structure, tournament schedules, youth and parent expectations, and policies. If you have youth in grade 6 – 12 please join us at the Pamlico County Courthouse Elections Kitchen, at 6 pm.



Our next Book Explorers will be journeying to India. We will read a book, learn some geography, create a culturally inspired artwork, and taste some treats enjoyed in India. We will gather at the Pamlico County Library at 3:30 on January 20th.

Our Registrations for Summer Sleep Away camp are also open. This year we will be going to Millstone 4-H Camp in Ellerbe NC, June 26 – July 1st. We will spend a week, hiking, canoeing, learning archery, participating in ropes courses, playing field games, and making friends with kids from across the state, and country. If you are interested, please give us a call and ask about our State and Pamlico County scholarships.

If you are interested in participating or learning more about any of these programs, follow us on social media for real time updates or give our office a call 252-745-4121. To register for these or any 4-H program, check out our website: pamlico.ces.edu. You can get a jump start and sign up for our newsletter by enrolling in NC 4-H Online. If you would like more information about our Shooting Sports Team, Book Explorers, Summer 4-H Camp, or any of our upcoming programs please stop by the office or give us a call. My (Kait Neeland -4-H Agent) contact information is (252) 745-4121, or kait\_neeland@ncsu.edu, or check us out online at pamlico.ces.ncsu.edu.

Continued from page A1

## CarolinaEast Medical Center Receives the 2022 Women's Choice Award®

service lines are lifted up for the exceptional experience you provide – not only for women but for all patients. What a great achievement!" said Delia Passi, founder and CEO of the Women's Choice Award. "To help women simplify their choices, the 100 Best Hospitals for Patient Experience are awarded because they excel in the patient's willingness to recommend, as well as doctor communications, staff help, cleanliness, providing recovery information, explanation of medications, communication by nurses and peacefulness of the room at night."

In addition to Patient Experience, CarolinaEast ranked among America's Best Hospitals in Cancer Care, Minimally Invasive Surgery, Obstetrics, Orthopedics, Outpatient Experience and Patient Safety. The SECU Comprehensive Cancer Center at CarolinaEast Medical Center opened its doors in January 2020 and the facility ranked in the Top 2% out of the 4,728 hospitals considered across the United States. Similarly, CarolinaEast offers robust Orthopedic services and ranked in the Top 4% out of the same number of hospitals.

"These service lines are some we are extremely proud of and are grateful for the recognition of excellence in each. Delivering an outstanding patient experience is among the most important things we do. It takes a team of caring professionals that all play a significant role in receiving these awards and I thank each and every member of the CarolinaEast team for being remarkable at what they do," said Ray Leggett, President and CEO, CarolinaEast Health System.

**BECKER'S HOSPITAL REVIEW**  
Build Trust in a world of mistrust

Consumer trust is at an all-time low while expectations of a positive healthcare experience are at an all-time high. As a trusted referral source for women, the Women's Choice Award helps hospitals build trust in a world of mistrust by recognizing the best in the industry for their commitment to providing every patient with optimal care. We all strive when we are required to choose the best healthcare for ourselves and for family and the Women's Choice Award is proud to find that great medicine needs to be done where it's best.

**A special thank you**  
To some of our valued partners and their great leaders for joining the standards to meet the highest expectations, not only for women but for all patients.

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BAPTIST MEDICAL CENTER WEST	CHS ST. JOSEPH'S HEALTH	INFINITI MEDICAL CENTER	ROCKCASTLE REGIONAL HOSPITAL	WILLIAMSON MEDICAL CENTER

For the full list of 2022 Best Hospitals visit [www.womenschoiceaward.com/best-hospitals](https://www.womenschoiceaward.com/best-hospitals)

We applaud all hospitals that make the Best Hospital list and the leadership and staff for their ongoing dedication to providing every patient with optimal care. We all strive when we are required to choose the best healthcare for ourselves and for family and the Women's Choice Award is proud to find that great medicine needs to be done where it's best.

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Delia Passi, Founder, Women's Choice Award®

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## 2021 End-Of-Year Campaign Update

**\*\*We Reached Our Goal, Thanks To YOU!!\*\***

Greetings, Aurora Fossil Museum Supporter!  
Our FIRST major End-Of-Year Campaign was a humongous success!

We are so thankful for the outpouring of support to raise funds to complete our Research/Collections Space! We met and exceeded our goal, thanks to YOU!

What a "fantastic" way to close out 2021 and start 2022 off in a "totally jawesome" way!

On Monday, January 03, our Executive Director will be moving forward with finishing this vitally important project. Yep, she's not wasting any time!



We cannot thank everyone enough for donating to support this campaign. It warms our hearts and inspires us as we look to the future!  
Very truly yours,  
-Digger The Shark and the Aurora Fossil Museum Team

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# Did you know?

Dogs are wildly popular pets. The American Pet Products Association says there are 63.4 million households in the United States that have a dog, and with the exception of 2002 and 2015, that number has steadily risen since 2000. Certain breeds remain especially popular among dog owners. In August 2021, the pet insurance pro-

vider Trupanion released the most popular dog breeds of 2020, and the top five breeds were:

1. Labrador retriever
2. Golden retriever
3. Goldendoodle
4. German shepherd
5. Labradoodle

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# Pamlico DAV Receives Donation

by Hiram Lupton

It was the season of giving, and on December 21st, The Iron Horseman Motorcycle Club presented the Pamlico County Chapter of the Disabled American Veterans a check for \$1850 gathered through fundraising efforts of the club. Many members of the club are veterans themselves and this is the third year in a row that they have helped support the Pamlico DAV with a donation. Donations like this one will help the chapter provide transportation services to local veterans to area VA clinics in Durham, Greenville and Morehead City. While the VA covers much of the costs, the transport van itself is only covered in matching funds from the Disabled American Veterans Trust Fund. The other half must come from donations like the one from The Iron Horseman, as well as other organizations and individuals who contribute. The Pamlico DAV transport van was purchased in 2014 and will soon be in need of replacement. The transport service has been shut down this past year due to COVID, but the hope is to resume in February of 2022. In addition to monetary donations which are always welcome, the Pamlico DAV also needs time donations in the form of volunteer drivers when the program resumes. For information on how you can help, contact Chapter Commander Larry Summers at (252) 745-0440 or (252) 675-0467. When transport resumes, the scheduling number for that is 252-745-0440.



Pamlico DAV Chapter Commander Larry Summers is presented a donation from Bam-Bam of The Iron Horseman Motorcycle Club. They are flanked by Chapter members James Banks and Andre Davis.

# Jim Hodges' New Bern on the Move Encore Jan. 9

NEW BERN, NC, Images of houses on wheels traveling the streets of New Bern caught everyone's attention. As the result this presentation sold out quickly in September, so, the New Bern Historical Society is offering it once again. Everyone's favorite Curator, New Bern native Jim Hodges, presents a fascinating program about the history of moving houses in downtown New Bern. This special encore will be presented January 9 at 2pm at Orringer Auditorium on the Craven Community College New Bern Campus. Jim will share how, in the spirit of preservation, structures large and small were carefully relocated to save them from demolition. With his folksy and humorous delivery, he will present a pictorial history of the challenging journey of buildings that have been spared the wrecking ball to enjoy a new life in a changing environment.



Eby-Maxwell house moves past the Elks Building in 1985.



Judge Gaston Law Office moves down Pollock Street in the early hours, 2016.

The Historical Society Executive Director Mickey Miller explains that this is another crowd-pleaser. "This sold out very quickly in the fall. Folks were delighted with it. The vivid photos and graphics make you feel as though you're traveling along with the houses as they moved across town."



New Bern Historical Society Curator, Jim Hodges

Jim Hodges attended UNC Chapel Hill earning an undergraduate degree in Chemistry and a post graduate dental degree. After serving as a U.S. Army dentist and enjoying several years of international travel, Jim returned to New Bern and practiced dentistry until his retirement in 2012. His current life chapter involves his passion for New Bern and its rich history as a member of the Historical Society.

Cost for this program is \$10 for Historical Society members, \$15 for nonmembers. Prepaid reservations are strongly recommended. Go to [www.NewBernHistorical.org/tickets](http://www.NewBernHistorical.org/tickets) or call the office at 252-638-8558. Paper tickets are not issued for this program. Simply check in at the door with your confirmation.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go [www.NewBernHistorical.org](http://www.NewBernHistorical.org) or [www.facebook.com/NewBernHistoricalSociety](http://www.facebook.com/NewBernHistoricalSociety)

# AURORA DO YOU KNOW

by: Joy McCracken



# Riders of the A

These wonderful folks are part of an Aurora-based car enthusiast group that are 'a family of fun who love giving back to our community'. They had a presence in the town's Christmas Parade and recently held a very successful BBQ at the old Piggly Wiggly. They've been a club for five years and are ardent supporters of the Fossil Museum. If you'd like to know more about this fabulous organization please contact President Keith at 252-675-0569.

"It's more fun to drive a slow car fast, then to drive a fast car slow." —Unknown



# Health & Wellness

## How different vitamins affect the body



At the dawn of a new year, it's not uncommon for people take inventory of their personal health and strive to make positive changes. Being more conscientious of the foods they put into their bodies is a start, but some individuals may wonder if supplementation can help them go one step further.

Nutrition Insight reports that 77 percent of American adults consume dietary supplements, and Nutraceuticals World indicates 98 percent of adult supplement users are taking vitamins and minerals. Individuals considering supplements should always discuss them with their physicians prior to including them in their health regimens. Even those who haven't considered supplements can discuss them with their physicians, as Harvard Health, MedlinePlus and the U.S. National Library of Medicine note that various products can provide some significant benefits.

- **Vitamin A (retinoids/carotene):** Beta carotene can be converted into vitamin A as needed. It plays an important role in vision, keeps tissues and skin healthy, and also is involved with bone growth.
- **Vitamin B1 (thiamin):** Helps convert food into energy, and is essential for brain health and nerve function.
- **Vitamin B2 (riboflavin):** This works with other B vitamins by promoting growth and the production of red blood cells.
- **Vitamin B3 (niacin):** Helps convert food into energy. It's also essential for healthy skin, blood cells, brain, and nervous system function.
- **Vitamin B5 (pantothenic acid):** Helps make lipids, neurotransmitters, steroid hormones, and hemoglobin in the body.
- **Vitamin B6 (pyridoxine):** This vitamin may reduce the risk of heart disease by helping to lower homocysteine levels. It also helps convert tryptophan into niacin and serotonin, a mood-regulating neurotransmitter.
- **Vitamin B9 (folate):** Vital for new cell creation, it helps prevent brain and spine birth defects when taken early in pregnancy. It also may lower risk for colon cancer risk.
- **Vitamin B12 (cobalamin):** Vitamin B12 is important for metabolism and energy production. It also helps form red blood cells and maintain the central nervous system.
- **Biotin:** Biotin helps to metabolize proteins and carbohydrates. It also promotes healthy bones and hair.
- **Vitamin C (ascorbic acid):** This is an important antioxidant that promotes healthy teeth and gums. It also helps the body absorb iron and maintains healthy tissue by promoting wound healing. Vitamin C may help boost the immune system to help with illness prevention or recovery.
- **Vitamin D (calciferol):** Also known as the "sunshine vitamin," vitamin D is made in the body after individuals spend time in the sun. It is hard to get enough vitamin D from food sources alone. Vitamin D also helps the body absorb calcium, which is vital for healthy bones and teeth.
- **Vitamin E (tocopherol):** An antioxidant that helps the body form red blood cells and use vitamin K. Scientists also are studying a potential relationship between vitamin E and a lower risk for Alzheimer's disease.
- **Vitamin K (menadione):** Vitamin K activates proteins and calcium essential to blood clotting. It also may help prevent hip fractures.

In addition to these vitamins, the body needs various minerals, including calcium, iron, copper, iodine, magnesium, and more. Speak with a doctor or nutritionist to learn more about supplementation.

*How they SAY that in...*

**ENGLISH:** Towel

**SPANISH:** Toalla

**ITALIAN:** Asciugamano

**FRENCH:** Serviette

**GERMAN:** Handtuch



## New Year's Resolutions You'll Actually Keep

It's no secret that many people wait for a new year to commit to implementing better habits. They'll start eating more vegetables next week, they'll cut out wine with dinner next month, and they'll use their gym membership next year. These are things you've heard before, and likely even things you've said yourself. So how do you make resolutions you'll stick to?

**Declutter.** Have you ever intended to use a free weekend to clean and organize and then felt defeated by the enormity of the task? If you resolve to declutter, start with one room a month, slowly working your way through your space.

**Celebrate with friends.** Ever get so busy with commitments that you forget to celebrate those who mean the most to you until a special occasion comes around? Celebrating at these times is certainly nice; but imagine how your loved ones would feel if they knew you were going out of your way to connect with them and celebrate an ordinary day?

**Create a sleep routine.** Many people realize just how worn out and tired they are at the end of the year. When holiday breaks arrive, they may find themselves more inclined to relax and sleep than to celebrate. Starting in 2022, create a sleep schedule and stick to it. By sleeping enough each night, you'll likely wake up feeling refreshed, ready to take on commitments and energized to do more of the things you enjoy.

**Read a dozen books.** Setting overly ambitious goals can be a downfall for New Year's resolutions. Create small, realistic goals for a better chance of really sticking to them. For example, if your resolution is to read more, make it your goal to read one book per month. By tying a number and timeline to your goal, you'll feel a sense of pride when you accomplish it and be motivated to continue.

**Make meals at home.** Many people start the year with the intention of "eating healthier," but don't define what that means and get off track fast. You might start by committing to cooking dinner at home once a week. After a long day of work, ordering in or eating out can be tempting, but by committing to cooking once each week, you'll save money and likely eat more healthfully. It can also be a fun activity to look forward to with your spouse, roommate or children. The same can be said about your morning coffee. Instead of making a daily stop at Starbucks, find a coffee you love and make it at home.

With smart strategies, you'll be able to see how your new habits have become a normal part of your daily routine by the end of the year.

## Did you know?

New Year's resolutions are made every January, and many people use this tradition as a chance to declare their intention to change jobs in the year ahead. The reasons why people change jobs vary, but the most popular reason to do so might surprise you. According to a LinkedIn survey of more than 10,000 people who recently changed jobs, 45 percent of respondents indicated they changed jobs due to a lack of opportunities for advancement with their previous employers. The next most popular reason to switch jobs was dissatisfaction with the leadership of senior management. Employers may be surprised to learn that dissatisfaction with compensation was relatively low on the list of why people changed jobs, as just 34 percent of respondents listed that among the top reasons why they left their old jobs. While that may encourage employers to find ways other than pay increases to keep their employees happy, it's also important to note that the LinkedIn survey found that money was the second most popular reason job switchers, 74 percent of whom received higher salaries at their new jobs, chose their new positions.

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# IN MEMORY 2021

## January

Richard “Dick” Dale Lilley, Oriental, formerly of Hartsville and Randolph, Ohio  
 Martha Jeanette Gregory Miske, 87, Pamlico  
 Stephen Wall, 77, Merritt, formerly of California  
 David William Rea, 64, Arapahoe  
 Charles Douglas Haley, Jr. (Chuck), 77, Pamlico County  
 Edward Lee Cowell, 65, Stonewall  
 Laron Norris Johnson, 79, Merritt  
 Keith Martens, 56, Oriental, formerly of New Haven, CT and Lee Summit, MO  
 Ramona Ireland Willis, 88, Grantsboro  
 Richard A. Pakkala, 80, Arapahoe  
 Annie Eleanor Thompson Girtton, 93, Grantsboro

## February

Brenda Sue Barnette Van Winkle, 74, New Bern  
 George J. Pawlikowski, 84, Minnesott Beach  
 Larry Earl Smith, 69, Aurora  
 Richard Quinn (Dick) Boyles, 93, Oriental  
 Roy Hughes Buck, Jr., 65, Grantsboro  
 William “Bill” H. Carawan, Jr., 85, Lillington, formerly of Grantsboro  
 Sue Riddick Slaymaker, aka Granny Sue, 81, Minnesott Beach  
 Aileen Nuth, 90, White Hall, MD, formerly of Pamlico County  
 Darrell Belmont Hardison, 79, Buxton, NC  
 Jean Audrey Batson Ormond, 83, New Bern, formerly of Pamlico County

## March

Yukiko “Katy” Hoashi Hewitt, 88, Merritt  
 George Lee Styron, 78, Oriental  
 Brenda Edwards Townley, 77, Morehead City, formerly of Pamlico County  
 Susan Funk Williams, 78, Columbus, NC, formerly of Oriental  
 Vernon Dalheart Baker, 88, Grantsboro

Sarah Jane Brinson, 37, Grantsboro  
 Richard W. Hudson, Jr., 61, Bayboro  
 Patricia “Pat” Ann Holmes Lee, 72, Grantsboro  
 Glen Schwendy, 72, Oriental  
 Audrey Lewis Price Seigh, 92, Grantsboro  
 Jerald Dean Hughes, 89, South Creek, Aurora  
 Richard Stanley Henries, Sr., “Sammy,” 76, Grantsboro  
 Betty McGowan Lee, Formerly of Greenville  
 Margaret Simpson Henries, 72, New Bern  
 Thomas “Tommy” Woodrow Boyd, 82, Arapahoe  
 Clarence Spencer Holton, (C.S.), 90, Pigeon Forge, TN, formerly of Olympia

## April

Christopher “Chris” Louis Hancock, 41, Wilmington, formerly of Pamlico County  
 Raymond William Stewart, “Butchie,” 82, Oriental  
 William Thomas Gainey, Sr., Arapahoe, formerly of Garner  
 Cecilia Ann Yelverton Stroup, 78, Pamlico County

## May

Martha Jean Spahr (nee Nellis), 101, Catawba, OH  
 Sherry Eubanks Rice, 70, Bayboro  
 Susan Smith Ireland, 71, Reelsboro

## June

Arlen “Dave” Hunter Davis, 83, Grantsboro  
 Gordon Allen Harrell, (Col., NCSG, Retired), 81, Morehead City  
 David Gooding, 54, Barnardsville, formerly of Pamlico County  
 Sarah Lynn McCabe Calleson, 83, Raleigh  
 Captain Richard “Dick” Jefferson Flaherty  
 Robert (Bob) Wayne Cowden, 78, the Villages, Florida, formerly of Stonewall  
 Sonny Lowery, Jr., 72, Robeson County  
 Grace Burnham Evans, 91, Oriental  
 James Edward Phillips, Sr., 71, Pamlico County

## July

Betty Murray Arnold, 83, Stonewall  
 Charles Duval Hardison, 79, Arapahoe  
 Sydney Frances Anderson Austin, 82, Aurora  
 Martha M. Heffelfinger, 87, Sterling, Illinois, formerly of New Bern  
 William Columbus “Chip” Helm, III, Stonewall  
 Gary Steven Johnson, 68, Grantsboro  
 Dallas Ray Nobles, Sr., 59, Bayboro  
 Doris Miller Harris, 93, Oriental

## August

Jackie Simpson Houston, 74, formerly of Pamlico County  
 Brenda Watson Lewis, 80, New Bern  
 Rachel B. Vendrick, 90, Oriental  
 Angela “Gay” Huffman, 56, Merritt  
 Donald Lee Smithwick, 61, Kershaw, Oriental  
 Ruth Swindell Walker, 87, Merritt Island, FL, formerly of Hobucken  
 Stephen King Gwaltney, 61, Oriental  
 Hazel Burroughs Whitford, 72, New Bern

## September

Randy Harold Sides, 73, Arapahoe  
 Ernest Christopher “Chris” Jarman, 60, Oriental  
 Cole Levi Norfleet, Infant  
 Billy Ernest “Buddy” Lee, Jr., 45, Reelsboro  
 Guy Swain Jones, 89, Florence  
 Jimmy Lee Dunham, 75, Grantsboro  
 Johnny Wayne Hill, 59, Dawson Creek  
 Dennis George Price, 69, Oriental  
 Clement (Clem) A. Paffe, Jr., 88, Asheboro

## October

George Niedwiecky, 75, Holly Springs  
 James William Colavito, 73, Oriental  
 Paul Stuart Powers, 71, New Bern  
 Danny Philip Bennett, 67, Pamlico County  
 Donald “Don” James Franklin, Sr., 78, Aurora  
 Elizabeth Lavonne Gould, 90, Oriental

Vivian Jeannette Hardison, 74, Minnesott Beach  
 Eleanor Georgette Pakkala, 79, Arapahoe  
 David Lee Purifoy, 74, New Bern  
 Delta Brinson Roberts, 87, Grantsboro  
 Miriam Taylor Hall, 85, New Bern  
 Madison Abigail Williams, 20, Arapahoe

## November

Joseph “Joe” James Mele, 98, New Bern  
 Shannon “Todd” Willis, Jr., 34, Grantsboro  
 Betty Lee Boyd, 81, Pamlico County  
 Joseph “Joe” James Mele, 98, New Bern  
 Shannon “Todd” Willis, Jr., 34, Grantsboro  
 Elizabeth “Libby” Isenhardt Powers, 65, Alliance  
 Rachel Lewis Barnes, 85, Cash Corner  
 Glen Gibbs Radcliff, 67, Stonewall  
 Leo Luca Ruggiero, 88, formerly of Oriental  
 Daisy Lee Marshall Miller, 92, Maribel Community  
 Edward Bryan Hagy, Jr., 93, Raleigh, formerly of Minnesott Beach  
 Roxane Russell Bond, 66, Oriental

## December

Walter “Bryan” Willis, 80, Grantsboro  
 Elizabeth Ann Hathaway Montgomery, 75, Wilmington  
 Donna Marie Spain Walker, 61, Grantsboro  
 Alston “Al” Whitfield Daniels, Sr., 87, New Bern  
 Paul Lindsey Woodard, 87, Whortonsville  
 Olivia Lee Dees, 74, Grantsboro  
 Herman Jackson Buck, 89, Alliance  
 Ernest Walter Humphries, 84, Pamlico County  
 Harriet Dell Matthews “Baby Dell,” 88, formerly of Aurora  
 Charlie Gordon Cummings, 95, Bayboro  
 Gladys Alyene “Gator” Ellis Spivey, 80, Blounts Creek  
 Sherwood “Woody” Fuller, Jr., 92, Oriental  
 Stella H. Ross, 76, Lowland

*“For last year’s words belong to last year’s language  
 And next year’s words await another voice.”  
 – T.S. Eliot, Four Quartets*

## The famous man from Tally Ho One on One with D. G. Martin Who is the most famous North Carolinian today?

If you check the latest edition of the World Almanac as I do this time every year, you will find a list of “Famous North Carolinians.”

That list includes the following people but not today’s most famous person from our state.

Read over the names on the World Almanac list and then I will tell you today’s most famous person: David Brinkley, Shirley Caesar, John Coltrane, Stephen Curry, Rick Dees, Elizabeth Hanford Dole, Dale Earnhardt Sr., John Edwards, Ava Gardner, Richard Jordan Gatling, Billy Graham, Andy Griffith, O. Henry, Andrew Jackson, Andrew Johnson, Michael Jordan, William Rufus King, Charles Kuralt, Meadowlark Lemon, Dolley Madison, Thelonious Monk, Edward R. Murrow, Richard Petty, James K. Polk, Charlie Rose, Carl Sandburg, Enos Slaughter, Dean Smith, James Taylor, Thomas Wolfe.

But that list does not include the North Carolinian most talked about across the world these past few days: a man who grew up in the Tally Ho community of Granville County.

On Christmas Day a \$10 billion giant telescope to replace the aging Hubble scope was launched from French Guiana. So far, the launch has been successful. The device is already preparing to begin its observations by unfolding its antenna, mirror, and tennis-court-sized sunshield, as it moves toward a final orbit.

The Hubble, at work for more than 30 years, was named for Edwin Powell Hubble, an American astronomer who died in 1953. He was an important astronomer whose work provided evidence that the universe is expanding.

The new observatory-telescope will be about 100 times more sensitive than the Hubble. As described by Dennis Overbye in the Oct. 20, 2021, edition of The New York Times, “Orbiting the sun a million miles from Earth, it will be capable of bringing into focus the earliest stars and galaxies in the universe and closely inspecting the atmospheres of nearby exoplanets for signs of life or habitability.”

So, what does all this have to do with Granville County and the most talked-about North Carolinian?

The new telescope is named the James Webb Space Telescope. Like the Hubble, the James Webb Space Telescope, or JWST, or Webb Telescope, or simply the Webb, will be in almost every news story about space exploration for many years. Every young person studying astronomy or reading about space will see his name. It will be everywhere.

Why is this critical device named for Webb?  
 Lewis Bowling, who, like Webb grew up working in the tobacco fields and barns of Granville County, explained in his column in the December 30, 2021, edition of the Oxford Public Ledger, Granville County’s twice-weekly newspaper. “James Webb, who grew up in the sticks like me, surrounded by great big fields of tobacco was the man most responsible for leading us to the moon. Let me clarify something: James Webb was born in Tally Ho near Stem, so he was a country boy like me, but obviously a lot smarter. Webb knew and worked for several presidents and was the National Aeronautics and Space Administration director under Presidents Kennedy and Johnson. As North Carolina Congressman L. H. Fountain once said, ‘for the first time since the beginning of the world there are now footprints on the moon, and the major share of credit goes to a distinguished son of Granville County, James E. Webb.’”

*Photo Cut Line: NASA Administrator James E. Webb holds a model of an early version of the Grumman Lunar Excursion Module (LEM) and a model of the Boeing Lunar Orbiter. Although the photograph bears a date stamp of 1966, the photo (based on the ‘version’ of the LEM model) was originally taken circa 1962/63.*

**I would make a bet that there will be a new entry in the 2023 World Almanac’s list of “Famous North Carolinians.”  
 James Webb from Tally Ho.**

### STATE OF NORTH CAROLINA UTILITIES COMMISSION RALEIGH

DOCKET NO. E-100, SUB 175

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of  
 Biennial Determination of Avoided Cost )  
 Rates for Electric Utility Purchases from ) NOTICE OF PUBLIC HEARING  
 Qualifying Facilities – 2021 )

NOTICE IS HEREBY GIVEN that the North Carolina Utilities Commission (Commission) has scheduled a public hearing in this docket which will commence on Tuesday, February 22, 2022, at 7:00 p.m., in Commission Hearing Room 2115, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina, for the purpose of taking nonexpert public witness testimony as a part of its 2021 biennial determination of avoided cost rates for purchases of electricity by the electric utilities who are parties to this docket from qualifying cogeneration and small power production facilities. The electric utilities who are parties to this docket are Duke Energy Carolinas, LLC (DEC), Duke Energy Progress, LLC (DEP), Virginia Electric and Power Company d/b/a Dominion Energy North Carolina (Dominion), Western Carolina University (WCU), and Appalachian State University, d/b/a, New River Light and Power Company (New River).

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

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

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

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

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to The Honorable Josh Stein, Attorney General of North Carolina, c/o Utilities Section, 9001 Mail Service Center, Raleigh, North Carolina 27699-9001.

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

Any person desiring to intervene in the matter as a formal party of record should file a motion under Commission Rules R1-5 and R1-19 no later than Wednesday, February 9, 2022. All such motions should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4325. The comments and exhibits to be presented in this proceeding by formal parties other than DEC, DEP, Dominion, WCU, and New River must be filed with the Commission no later than Wednesday, February 9, 2022.

ISSUED BY ORDER OF THE COMMISSION.

This the 13th day August, 2021.

NORTH CAROLINA UTILITIES COMMISSION

Joann R. Snyder, Chief Clerk



# COASTAL LIVING

## Coastal Federation Reflects on 2021 Accomplishments



**Ocean - The North Carolina Coastal Federation** continues to make lasting strides to improve the health of North Carolina's coastal environment. Below is a brief look at just some of the accomplishments the federation and its partners made in 2021.

**The numbers at a glance:**

- Collected and removed 419.41 tons (838,820 pounds) of marine debris.
- Removed 74 abandoned or derelict vessels from waterways.
- Received more than 4,000 bushels of recycled oyster shells.
- Built 0.9 miles of living shorelines.
- Built approximately 5 acres of oyster sanctuary reefs in Pamlico Sound that support millions of new oysters and help to repopulate the sound with oyster spat.
- Reduced the volume of polluted urban stormwater runoff by 3,179,000 gallons per year.
- Restored almost 3,000 acres of wetlands in Bladen, Hyde, and Tyrrell counties.
- Reached more than 1 million readers with our award-winning online news service Coastal Review.
- Obtained millions of dollars in legislative appropriations for the Federation and our partners to support our work on oysters, living shorelines, reducing flooding, marine debris removal, and water quality protection.

The thousands of recycled oyster shells will help the Federation and its partners continue restoring our coastline. This year also saw the completion of 5 acres of new oyster sanctuaries, that's the equivalent of more than four and a half football fields!

"I'm proud of our continued partnership with DMF (Division of Marine Fisheries) to restore oysters to North Carolina. Through our partnership, we built five acres in Pamlico Sound and are on track to double that coastwide in 2022. These reefs provide homes for new oysters and other important fish such as shrimp, crabs, and red drum. Furthermore, the new oysters help to filter the water, improving its clarity," explained Coastal Scientist Erin Fleckenstein.

This year the Coastal Federation is also celebrating not only the completion of nearly a mile of living shorelines but the growth of interest in people wanting to install them.

Dr. Lexia Weaver, a Coastal Scientist at the Federation said, "We are so excited for the significantly increased interest and momentum in living shorelines and look forward to the building as many living shorelines in 2022 as we can!"

Efforts to clean up the state's coastal waters also continued in 2021, throughout the year the Federation in cooperation with other organizations were able to clean up 3,009 crab pots, remove 74 abandoned or derelict vessels, and clean up 419.41 tons (838,820 pounds) of marine debris from coastal waters.

This year the Coastal Federation also worked with multiple towns along the coast to help improve water quality.

"From installing rain gardens in subdivisions and shopping centers to restoring thousands of acres of wetlands across the countryside, investing in nature-based solutions reduces pollution and flooding. This is being acknowledged across North Carolina in an unprecedented way," says Todd Miller, Coastal Federation executive director.

The Coastal Federation also filed a rule-making petition before the Environmental Management Commission (EMC) to cap and reduce carbon dioxide emissions from the power sector. EMC approved and the rulemaking process has begun. Once complete the rule will allow the state to join the Regional Greenhouse Gas Initiative resulting in a reduction of greenhouse gas emissions over time.

As part of the Federation's work, Coastal Educators within the organization were able to share invaluable lessons with more than 1,300 students across 13 coastal schools and 11 community groups, many from underserved communities.

The Coastal Federation is proud of our staff and partner agencies' efforts over the past year and looks forward to being able to do even more great work in the New Year.

For a more in-depth look at all of our completed projects, visit our website <https://www.nccoast.org/2021/12/review-of-a-great-year/>

**About the North Carolina Coastal Federation**

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

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

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

## State coastal management program offers guidance for recycling natural Christmas trees as sand fencing

**MOREHEAD CITY** – As the holiday season winds down, the N.C. Division of Coastal Management is providing guidance to property owners, organizations and towns that plan to accept natural Christmas trees for use in dune restoration and/or beach sand fencing.



Natural Christmas trees may be used for sand fencing but must be free of decorations and should be placed in a manner that meets the State's rules for sand fencing.

In particular, Christmas trees should be placed as far landward as possible, and should not impede existing public access to the beach, recreational use of the beach or emergency vehicle access. In addition, trees should not be installed in manner that could impede, trap, or otherwise endanger sea turtles, nests or hatchlings when the nesting season returns in a few months. For example, trees should be installed at an angle no less than 45 degrees to the shoreline, no more than 10 feet seaward of the toe of the natural dune, and no less than seven feet between rows. Unvegetated beach berms, or created "starter dunes," are not considered natural dunes. Trees should not be placed at the seaward toe of these berms or starter dunes.

To ensure compliance with all of the rules that apply to sand fencing, please review the standards outlined in 15A NCAC 07K .0212. If the proposed layout of trees along the beachfront does not meet these criteria, applicants should submit a CAMA Minor Permit application for review. For more information, please contact the local CAMA permitting authority or appropriate DCM district office.

Photo credit: Fort Macon State Park

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8. Your cat had kittens...again!
9. You need a new roof.
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**Happy New Year**  
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**New Year's Resolution:**




**Option A:**  
Lose weight

**Option B:**  
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# OUR SCHOOLS

## PAMLICO COUNTY HIGH SCHOOL

We have a lot to celebrate around here! As we gear up for exams in the coming weeks our students (and staff) are buckling down and getting back in school mode! The Agriculture classes sold poinsettias, Culinary Arts continued their weekly food ordering and Digital Design and Animation wrapped up their t-shirt sales. Beginning in the next couple of weeks our carpentry classes will begin selling dining room sets made completely in our workshop! Keep a lookout! We, here at Pamlico County High School, thank you for your continued support and wish you all a very, happy New Year!



Our arts programs always take this time of the year to help bring the Christmas spirit to our community. Our band hosted their Christmas concert led by Mr. James Durham and our drama department shared their talent through their presentation of Charles Dickens' A Christmas Carol.



Our Navy JROTC department hosted their regional area inspection at the beginning of December. It was a wonderful return to normalcy to see so many participants and onlookers be able to see the grandeur of this annual exercise.



Our visual arts department had two students, Jaila Ushry and Kiersten Williams chosen to provide the cover art for the district Christmas card.

## Cyber Safety Is Important For Every Grade

People rely on the internet every day. In recent months, reliance on digital technology was pushed even further as social distancing measures had the world going online for school and work and to maintain relationships with friends and family.

A 2018 report from Pew Research Center indicated that nearly 25 percent of young adults in America reported being online almost constantly. Common Sense Media says teens spend an average of nine hours a day online, compared to roughly six hours for those between the ages eight and 12 and 50 minutes for kids younger than eight.

Students must exercise caution when spending time online. Connectivity can be empowering, but it also puts students at risk from others and even their own, sometimes irresponsible behaviors. Staying safe online should remain a priority for students who must spend more time on the internet and using digital education tools. These are some tips for maintaining cyber safety.

- Exercise caution when sharing information like your name, address, phone number, and other personal data online. Check with a trusted parent or teacher before sharing private data.
- Report any online activity that makes you feel uncomfortable, scared or confused, whether it is directed at you or a classmate.

- Think carefully before you post comments online. Data remains online indefinitely, and your words and actions today can greatly affect your future.
- Respect others online by refraining from demeaning or bullying comments.
- Do not try to get around firewalls and blocked websites set up by school administrators. These limitations are there for your protection.
- Stick to school-sanctioned assignments and internet browsing when using school-issued devices. Administrators may have the right to monitor student activity without students' knowledge and you can easily get yourself in trouble.
- It is easy to hide or fake one's identity on the internet, so never take someone you meet or speak with online at face value. Never meet up with someone you do not know or only met online.
- Talk to your parents or educators about extortion and ransomware that tries to trick you into providing payment in some shape or form to prevent a perpetrator from releasing private information about you, advises the Readiness and Emergency for Schools Technical Assistance Center.

*Various steps can be taken to promote cyber safety among students, parents and administrators.*



# AROUND THE COUNTY

## Aurora Joy McCracken, *Correspondent*



You know the weather is warm when you start seeing fire ant mounds above ground. The American Beech are readily visible in the woods with their odd habit of not dropping leaves.

Everyone was definitely in the mood to cook this Holiday Season as was evident with lack of cream cheese, potatoes and dried black eyed peas at my favorite store. I have started taking down decorations and hate doing it including my prized crab pot tree. My Christmas Cactus cooperated this year as you can see in this week's photo with Sarah the Cat nearby in her typical groovy mood.

I've started getting from eBird 'Rare Bird Alerts' and after several weeks have noticed there are none posted for our area. Most are in the mountains or piedmont. I haven't seen the large groups of ducks on the creek yet, only seeing a lone Cormorant or White Pelican with a handful of probably Lesser Scaups.

This warm weather has perhaps encouraged the Dolphins to come around again as I heard some blowing on the creek early one morning in the dark. We got a couple of lighting strikes with accompanying thunder this past weekend and the old adage is that it will snow within seven days. Well, we'll get cold weather for sure.

The Aurora-Richland Township Chamber of Commerce is sponsoring a cookbook! We are seeking out from community members, churches, businesses and organizations recipes, photos and histories. We hope to have it ready by Fossil Festival Time. For more information and/or to submit material contact me (joy-mcc@me.com; 252-571-3886).



## Pamlico Betty Jo Rodgers, *Correspondent*



I pray you all had a Merry Christmas and are having a very Happy New Year. Various Christmas Eve Communion services and children's programs were reminders that Jesus is the reason for the season. And yes, we are still in the Christmas season. Epiphany (sometimes referred to as Old Christmas) is Thursday January 6, 2022. In the Methodist church, we celebrate Epiphany as the time when the Magi came to bring gifts of gold, frankincense, and myrrh to the Christ child after following a star from the East.

The dragon ran in Oriental, the crab pot dropped in Morehead, the pirate in Beaufort, the giant ball in New York, and the music note in Nashville. All welcoming in the year 2022.

As we begin a new year, many people make resolutions which will inevitably be broken before the end of the month. Rather than making resolutions, I invite people to choose a "star word" for 2022. Let this light your life and be your focus for the entire year.

I pray 2022 is a better year for all and results in the demise of the Covid pandemic. Enough is enough.

May God make your year a happy one! Not by shielding you from sorrows and pain, but by strengthening you to bear it; Not by making your path easy, but by making you sturdy to travel any path; Not by taking hardships from you, but by taking fear from your heart; Not by granting you unbroken sunshine, but by keeping your face bright, even in the shadows; Not by making your life always pleasant, but by showing you when people need you most, and by making you care to be there to help. I pray God's love, peace, hope, and joy be yours for 2022.

Celebrating birthdays in January are Reuben Phillips, Jeremiah Day, and Anne Watson (1/3), Kathy Tyndall and Barbara Varley (1/5), Kandy Broughton and Stephanie Hardison (1/6), Amy Gatlin (1/13), Elizabeth Farmer Tillman (1/15), Kelli Hinson and Ruth Ireland (1/16), Ned Ferris (1/21), Kate Moye, Ellen Lupton and Jenny Lupton (1/22), Desiree Brinson (1/25), Ann Smithwick (1/26), Willy Hope (1/28), Nan Gilbert (1/30), and Shari Roberts Hale (1/31).

Have a blessed week. Anxious? Take Spiritual Vitamin A. All things work together for good to those who love God, to those who are the called according to His purpose. (Romans 8:28)

## Whortonsville Reba Tiller, *Correspondent*



Whew! The holidays and the festivities are over for 2021 so now the fun starts taking everything down and stuffing it in the attic. Already thinking toward Valentine Day so left the red tablecloth and red dishes on the table. Watched the ball drop in Times Square on Friday night but with the covid hanging over our heads, it is just not the same anymore. Cooked black eyed peas for New Years so Russ, Jeanna, Noah, Bill & Sylvia Nickerson, Kevin & Suzy Bryan and their son Eric ate with me but I did not have the traditional collards. No one eats them except me, so why bother. We had the traditional Pizza Party at the Bryans on Christmas Eve after Russ, Jeanna, Harry, Noah and I attended the Ceremony of Carols at the Episcopal Church. I had the traditional brunch on Christmas morning with the neighbors and Rita Voreiter, daughter Stephanie, and son Florian who was

home from Germany for two weeks. Enjoyed the telephone calls from neighbors who have moved away. The Hinners in Duluth Mn., Jean Croughwell in Granby, Cn., Nancy & Don Pakkala in New York, and Beverly Love in Morehead. Jean Croughwell sang in the Chorale before moving. I got sad news that John Tilton had passed away in Asbury, Virginia. Miss all of our friends who moved away. The Chorale will meet Monday, January 10th at 7:00p. to start our spring season. We invite new members to join us so we can build the group up to more members. Bethel F. W. Baptist will have a soup, sandwich, and dessert luncheon next Sunday after the service. You don't have to be member to come and enjoy the fellowship. Happy birthday to Bill Nickerson and Paul Triuoli.

Thought for the new year--Never clutch the past so tightly that it leaves your arms unable to embrace the present. Happy New Year!!

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



Goose Creek Island 55 Plus Club did not meet this week. Our next meeting is scheduled for January 6th. New officers will be sworn in for 2022. Please come and join us for the New Year.

Prayer List: Karen Ireland and Sharon Leary have been suffering with bouts of sinus infections but are doing much better. Linda Lupton drove her son Lee Lupton to Chesapeake, Virginia where he underwent radiation treatments. They returned home to Lowland on Thursday.

Alan and Maxine Olson drove to Garner Wednesday for Alan's doctor appointment to get a temporary prosthesis for his mouth. The procedure went well. The Olson's spent the night with daughter Kathy Scala in Apex and returned home to Bay Shores Thursday.

Betty Swindell Cowell recently had a stroke and is a patient at Vidant Medical Center and not doing well.

Cecil and Cynthia Lupton Nobles are spending time with Cynthia's daughter in Clayton while Cynthia recovers from spine surgeries.

Dianna Lynn Galloway, 75 of Fulfords Point Rd in Lowland passed away December 25th at home. She was preceded in death by her husband, Robert Galloway. A memorial service was held Tuesday, December 28th at Bryant Funeral Home Chapel.

Our prayers and condolences are with the family.

Happy Birthday: Joy W Guidry, Patricia L Dowdy and Ann Jacqueline S Buck - December 30th; Robbie Mercer Jr, and Gaye R Isenhart - December 31st. Ryan Lewis, Michael Ireland, and Andrew Sadler - January 1st; Irene R Florian - January 2nd; Maria R Norman, Percy Guidry, Cady Scala and Ann Watson - January 3rd; Tina P Pittman, Kathy Tyndall, and Margaret Ann Jones - January 5th.

Happy Anniversary: Ray and Scarlett Bonner - December 30th.

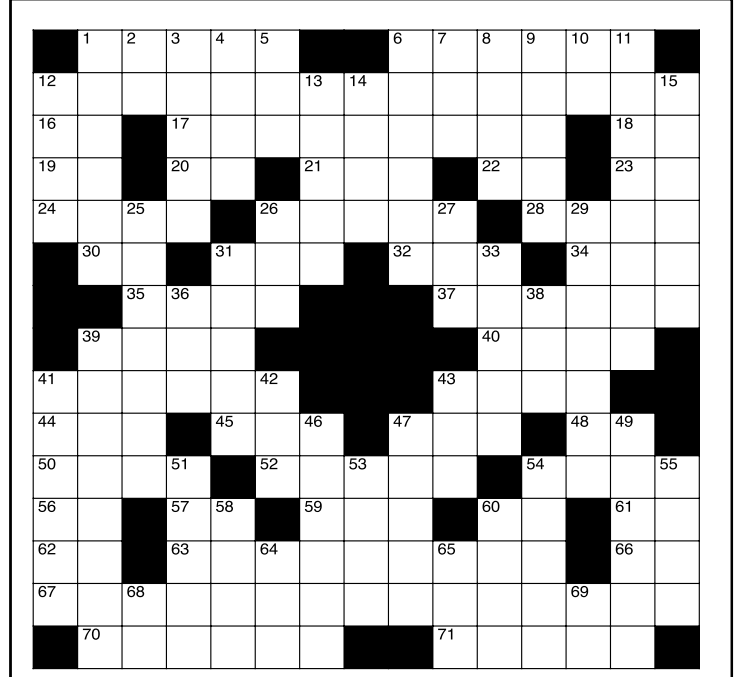
My grandson, Zachary Jones of Raleigh took a short vacation trip home and spent time with Mark, Jennie and Jenna, grandmother Mary Ireland and several friends. He came to see me Thursday and removed the Nativity set from the front yard. Jenna will return to college January 8th for the second semester.

Taylor Cahoon has completed a Cardio-EKG course at Craven Community College and is eligible for national certification for cardio-EKG technician. Congratulations Taylor!

Eric Brantley of Charlotte, grandson of Pat Voliva was home with Pat and other family members for Christmas. Eric is 15 years old and in high school. They enjoyed a blessed visit and celebration. Thank you Jesus!

Happy New Year from Lowland, Hobucken and Mesic.

# CROSSWORD

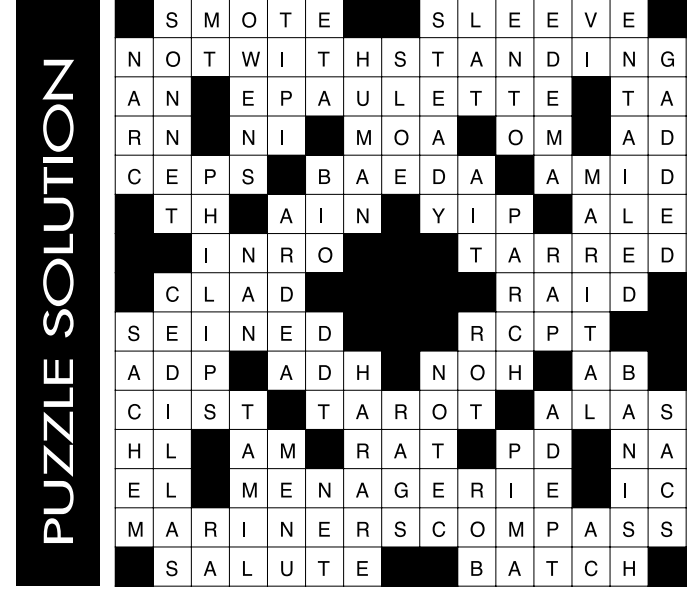


### CLUES ACROSS

1. Struck firmly
6. Shirt part
12. Nevertheless
16. Article
17. Adornment
18. Educator's helper
19. Healthcare pro
20. Atomic number 28
21. Extinct flightless bird
22. Mystic syllable
23. College sports decision maker (abbr.)
24. Edible mushrooms
26. Venerable English monk
28. Surrounded by
30. Forming fractional numbers from 4 onwards
31. Eastern France river
32. Short cry or yelp
34. Brew
35. Ornamental box
37. In a way, surfaced
39. Attired
40. Peculation
41. Netted
43. It shows you paid (abbr.)
44. Payroll firm
45. Antidiuretic hormone
47. Japanese classical theater
48. The first two
50. Ancient burial chamber
52. Type of card
54. Expression of sorrow or pity
56. Hectoliter
57. Morning
59. NYC subway dweller
60. Law enforcement
61. Sodium
62. Elevated subway
63. Facility where wild animals are kept
66. Integrated circuit
67. Seaman's tool
70. Drink to
71. Small group

### CLUES DOWN

1. Poem
2. Everest is one (abbr.)
3. Olympic legend Jesse
4. Portable tent
5. When you hope to get there
6. Unwavering
7. Back muscle
8. Within
9. Excessive fluid accumulation in tissues
10. Six
11. Involved as a necessary part
12. 2002 Liotta, Patric film
13. Living thing
14. Type of gin
15. Moved around in pursuit of fun
25. Makes light bulbs
26. Story of one's life
27. Small island in a river
29. A type of bliss
31. Genus of large herons
33. A way to make dry
36. One's grandmother
38. Vocal style
39. Pronunciation mark
41. American Indian chief or leader
42. Insecticide
43. Go bad
46. Capital of Zimbabwe
47. Polish river
49. Cast out
51. People of India and Sri Lanka
53. Cleaning fabrics
54. Very skilled
55. Pouches
58. Restaurant must-have
60. Native Americans from Arizona
64. Remaining after all deductions
65. Fleece
68. Dorm official
69. It cools your home



# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to blood donations.

**S V L I A**



Answer: *Vials*

## Aurora Community Life

Check out our community website <https://www.auroralife.us/>

- |  |   |
|--|---|
| Monday, January 3, 7:00 PM<br>Aurora Town Council Meeting<br>Aurora Town Hall    | Thursday, January 6, 7:00 PM<br>Aurora Volunteer Fire Department Meeting<br>AVFD                                  |
| Tuesday, January 4, 10:30 AM<br>Richlands Senior Meeting<br>102 N. 5th Street    | Sunday, January 9, 2:00 PM<br>Faith Based ALC Meeting<br>Aurora/Richlands Chamber of Commerce, The Venue          |
| Wednesday, January 5, 6:30 PM<br>Aurora Lions Club Meeting<br>450 4th Street     | Tuesday, January 11, 6:30 PM<br>Civic Organization ALC Meeting<br>Aurora/Richlands Chamber of Commerce, The Venue |
| Thursday, January 6, 10:00 AM - Noon<br>Food Distribution<br>Powell Park, Edward |   |

# The health benefits of 4 popular teas

When in need of a beverage to warm them up, billions of people across the globe routinely look to tea. That choice has been made since ancient times, as various historians trace the habitual consumption of tea to ancient China.

Anything that has survived since ancient times no doubt has some good qualities, and tea is no exception. According to Penn Medicine, various types of tea each provide their own unique health benefits, some of which may surprise even the most devoted tea drinkers.

1. White tea: A 2010 study published in the Journal of Food Science found that antioxidant-rich white tea boasts anti-carcinogenic properties. Penn Medicine also notes that white tea is a significant source of fluoride, catechins and tannins, ingredients that can strengthen teeth, improve their resistance to acid and sugar and fight plaque.
2. Chamomile tea: Many people like drinking this herbal tea before bedtime because they feel it helps them fall asleep, and one study published in Molecular Medicine Reports in 2010 notes that chamomile tea is widely regarded as a mild tranquilizer and sleep-inducer. Chamomile tea also has been shown to improve heart health. A 2015 study of 64 patients with diabetes published in the Journal

of Endocrinological Investigation found that those who consumed chamomile tea with meals had improved triglyceride and "bad" cholesterol levels compared to patients who drank water.

3. Peppermint tea: The Mount Sinai Health System notes that peppermint calms the muscles of the stomach and improves the flow of bile. Made from dried leaves of the peppermint plant, peppermint tea can help to soothe an upset stomach and help people overcome conditions like constipation, irritable bowel syndrome and motion sickness.

4. Green tea: Green tea is loaded with flavonoids, which Penn Medicine notes improve heart health by lowering bad cholesterol and reducing blood clotting. In addition, the National Cancer Institute notes that the polyphenols in green tea may protect people against the damage caused by exposure to ultraviolet B radiation. One study published in Stroke: Journal of the American Heart Association also associated green tea consumption with a reduced risk of stroke.

Tea has been consumed for millenia. Though many people drink tea simply for its taste, those same people may drink even more after learning about the effects this beloved beverage can have on their overall health.

The greatest pleasure of a dog is that you may make a fool of yourself with him and not only will he not scold you, but he will make a fool of himself too.





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# LEGALS

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ADMIRAL FARRAGUT GURGANUS**  
File No.: 21 E 221

All persons, firms and corporations having claims against deceased, are notified to exhibit them to HERBERT WALLACE, JR, ADMINISTRATOR of the Estate, on or before APRIL 5, 2022 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 5TH day of January, 2022. ESTATE OF ADMIRAL FARRAGUT GURGANUS  
C/O HERBERT WALLACE, JR  
529 SPRING FOREST RD, UNIT E GREENVILLE, NC 27834

Publish JANUARY 5, 12, 19 & 26

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF CLEN GIBBS RADCLIFF**

**File No.: 21 E 266**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CYNTHIA C. RADCLIFF, EXECUTOR of the Estate, on or before APRIL 5, 2022 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 5TH day of January, 2021. ESTATE OF CLEN GIBBS RADCLIFF  
C/O CYNTHIA C. RADCLIFF  
P O BOX 207  
STONEWALL, NC 28583

Publish JANUARY 5, 12, 19 & 26

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JIMMIE LEE DUNHAM**  
File No.: 21 E 240

All persons, firms and corporations having claims against deceased, are notified to exhibit them to KIMBERLY D. HIATT, EXECUTOR of the Estate, on or before APRIL 5, 2022 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 5TH day of January, 2022. ESTATE OF JIMMIE LEE DUNHAM  
C/O KIMBERLY D. HIATT  
1036 BROAD CREEK RD  
NEW BERN, NC 28560

Publish JANUARY 5, 12, 19 & 26, 2022

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF RACHEL LEWIS BARNES**  
File No.: 21 E 238

All persons, firms and corporations having claims against deceased, are notified to exhibit them to HUGH H. BARNES, ADMINISTRATOR of the Estate, on or before APRIL 5, 2022 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 5TH day of January, 2021. ESTATE OF RACHEL LEWIS BARNES  
C/O HUGH H. BARNES  
1992 SOUTH GOOSE CREEK RD  
GRANTSBORO, NC 28529

Publish JANUARY 5, 12, 19 & 26

## NOTICE TO CREDITORS

All persons, firms and corporations having claims against the Estate of Elizabeth L. Gould, Deceased, of Pamlico County, N.C., are notified to present the same to the Personal Representative listed below on or before April 5th, 2022, or this Notice will be pleaded in bar of recovery. All debtors of the said Estate are asked to make immediate payment. This 5th day of January, 2022.

Sheila M. Gould  
Executor  
c/o GREGORY T. PEACOCK  
Ward and Smith, P.A.  
Attorneys at Law  
Post Office Box 867  
New Bern, NC 28563-0867

# INCIDENTS

- Dec. 16, Neals Creek Rd., Bayboro, school attendance law violation
- Dec. 16, NC Hwy 55, Bayboro, school attendance law violation
- Dec. 16, Chair Rd., New Bern, failure to appear - driving while license revoked
- Dec. 16, NC Hwy 55, Grantsboro, failure to appear
- Dec. 16, Spain Farm Rd., Stonewall, financial card fraud - felony, identity theft
- Dec. 16, NC Hwy 55, Alliance, common law robbery
- Dec. 17, Huntersfield Lane, New Bern, driving while license revoked, warrant for arrest driving while license revoked
- Dec. 17, N. Third St., Bayboro, warrant for arrest larceny of motor vehicle
- Dec. 17, NC Hwy 306 S., Grantsboro, civil issue
- Dec. 17, Foxwood Trail Rd., New Bern, littering not > 15 lbs.
- Dec. 18, NC Hwy 306 N., Grantsboro, abandoned recreational vehicle
- Dec. 18, Main St., Bayboro, obtain property by false pretenses
- Dec. 18, Smokey Dr., New Bern, assault on a female by male at least 18 years of age, felony child abuse, assault on a child under 12, assault with a deadly weapon
- Dec. 18, NC Hwy 304, Vandemere, assault with a deadly weapon, simple assault, destruction/damage/vandalism of property
- Dec. 18, Olympia Rd., New Bern, child support - Sampson County
- Dec. 20, NC Hwy 55, New Bern, failure to appear - fictitious card/tag
- Dec. 20, NC Hwy 55, Bayboro, verbal altercation

- Dec. 20, NC Hwy 55, New Bern, order for arrest child support contempt of court, failure to appear - resist/delay/obstruct
- Dec. 20, Main St., Bayboro, obtain property by false pretenses
- Dec. 21, Sandy Lane, Grantsboro, break or enter any building - intent commit felony/larceny, larceny after breaking or entering
- Dec. 21, Kelly Rd., New Bern, assault by strangulation
- Dec. 21, NC Hwy 55, Grantsboro, obtain property by false pretenses
- Dec. 21, Old Bay River Rd., Alliance, warrant for arrest - felony larceny, possession stolen goods/property
- Dec. 22, S. Second St., Bayboro, obtain property by false pretenses
- Dec. 22, Kershaw Rd., Arapahoe, domestic violence protection order violation
- Dec. 22, Park Ave., Bayboro, assault and battery, assault by strangulation
- Dec. 23, Blackhorse Run, New Bern, animal complaint
- Dec. 23, NC Hwy 55, Grantsboro, violation of release order
- Dec. 24, NC Hwy 55, Bayboro, warrant for arrest - cyberstalking
- Dec. 24, NC Hwy 55, Grantsboro, failure to appear embezzlement
- Dec. 25, Hatsell Lane, Bayboro, warrant for arrest assault on a female
- Dec. 25, NC Hwy 304/33, Lowland, order for arrest misdemeanor probation violation
- Dec. 26, Keel Rd., Alliance, injury to personal property
- Dec. 26, Broad St. Ext., Oriental, failure to appear speeding (15+ mph over)

- Dec. 27, Main St., Bayboro, warrant for arrest/larceny by employee
- Dec. 28, Cedar Dr., Oriental, obtain property by false pretenses, larceny of property or goods <= \$1,000
- Dec. 29, Olympia Rd., New Bern, theft from motor vehicle
- Dec. 29, Olympia Rd., New Bern, theft from motor vehicle
- Dec. 29, Olympia Rd., New Bern, break or enter motor vehicle
- Dec. 29, Olympia Rd., New Bern, theft from motor vehicle
- Dec. 29, Olympia Rd., New Bern, assault on government official or employee
- Dec. 29, Alligator Creek Rd., Bayboro, forgery and uttering
- Dec. 29, NC Hwy 55, Alliance, break or enter any building - intent commit felony/larceny
- Dec. 29, Water St., Bayboro, larceny of property or goods <= \$1,000
- Dec. 29, Main St., Bayboro, child support order for arrest
- Dec. 29, Main St., Bayboro, order for arrest fail to appear child support
- Dec. 30, Blount Rd., Arapahoe, theft from motor vehicle
- Dec. 30, Main St., Bayboro, misdemeanor worthless check
- Dec. 31, NC Hwy 304, Vandemere, child abuse, assault on a female by male at least 18 years of age
- Dec. 31, Mill Pond Rd., Alliance, injury to personal property, larceny of property or goods <= \$1,000

# PROPERTY TRANSFERS

- Nov. 3, Mill Creek Lot: 372 Arlington Place; Phase II; Minnesott Beach; PCA 164/2-7 from Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc. to Jeffery Lowe, Patricia Lowe, \$108
- Nov. 3, Arlington Place Mill Creek Lot: 122, Phase I; PCA 172/2-13 from John Aey, Karin Aey to Corey Harrison, Heather Harrison, \$80
- Nov. 3, 38.68 FT; S/S NC Hwy 55, Reelsboro; metes and bounds from Dennis Glenn Roach, Sarah J. Roach, Daniel Scott Roach, Suzanne P. Roach to Patricia R. Mills, Danny L. Mills, \$354
- Nov. 3, 1.44 AC; West of South Goose Creek Road; map attached from Randy L. Simpson, Tammy T. Simpson to Samuel C. Simpson, Dana H. Simpson, \$0
- Nov. 3, Two Tracts; map DB 593/886, PIN: J082-129 & J082-132 from Michael Holsomback to Daniel Solie, Diana Solie, \$418
- Nov. 3, Shingle Brook Lot: 35, Phase Three; PCA 109-8 from June R. Varner to Jacqueline Krahforst, \$0
- Nov. 3, Shingle Brook Lot: 35, Phase Three; PCA 109-8 from Beverly R. Kantrowitz, Beverly Kantrowitz, Beverley Kantrowitz to Jacqueline Krahforst, \$0
- Nov. 3, Shingle Brook Lot: 35, Phase Three; PCA 109-8 Quitclaim Deed from Ruth R. Thomsen to Jacqueline Krahforst, \$0
- Nov. 4, One AC; map book 8/82; Blount Road, Arapahoe; metes and bounds, PIN: F082-14 from NRPL Trust 2019-3, Fay Servicing, LLC/AIF to John Kevin Standish, \$189
- Nov. 4, Three Tracts; PCB 5-14, 09E112 from Anne B. Hood, Franklin Chalmers Hood to Stephen D. Benjamin, \$1,250
- Nov. 4, River Dunes Lot: 64, Marina Village - Section 3; PCA 149-2-3 from Richard W. Hudson, Sr., Jeannette B. Hudson to Fish Camp Buffer, LLC, \$470
- Nov. 4, Landings Hargett Lot: 30, Portion Lot 29; Section II; PCA 2902; Audubon Drive; metes and bounds from Deborah Koenig to Jennifer H. Smart,

- Timothy N. Balfour, Stanley G. Feigenbaum, \$60
- Nov. 4, 0.54 AC; map DB 528/297 from Henry Miley to Janet A. Monak, John P. Laskowsky, \$31
- Nov. 4, 1.44 AC; SW/S Neuse Road (SR 1102), Grantsboro; Lot One Map Book 5/67; metes and bounds PIN: F081-9; Trustee's Deed; 19SP60; DT 442/841 from Substitute Trustee Services, Inc./TR, Julia Owens, James Franklin Owens to Jesse B. Cahoon, Teresa S. Cahoon, \$63
- Nov. 4, Oriental Plantation Marina Boat Slip 2; Condo Book 1/72-74 from Oriental Plantation Marina Owners Association, Inc. to Kenneth D. Gilbert, Sharon Millican Gilbert, \$0
- Nov. 4, Whittaker Pointe Lot: 1, PCA 121/7-8 from Seth Sanchez, Dottie M. Sanchez to Trinity Construction PA, \$68
- Nov. 4, Shine Landing Two Tracts from William N. Miles, Eileen E. Miles to Robert McPherran, Marie McPherran, \$974
- Nov. 5, Pecan Grove Marina Three Tracts from Glenn Peterson, Glenn P. Peterson to Glenn P. Peterson/TR, The Glenn P. Peterson Trust, Glenn P. Peterson, \$0
- Nov. 5, Mainsail Point Lot: 1, map book 6/47 from Katherine R. Wilson to Michael Bradley Lazenby, Teresa Moore Lazenby, \$833
- Nov. 5, E/S Phillips Drive, Minnesott Beach; metes and bounds, PIN: F093-6-30; 21E102; Beneficiary and Executor's Deed from Christopher Robinson, Ashley Robinson, Michelle Sersland, Dugin Sersland, Christopher Robinson/TR, Testamentary Trust Created Under the Last Will and Testament of Lesley Thomas Robinson, Christopher Robinson/EXR, Lesley Thomas Robinson/EST to Jorge Maia, III, Toni Maia, \$650
- Nov. 5, Tract Three; PCA 95-10 from Douglas C. Boyd/TR, Testamentary Trust B U/W/O Jesse Boyd, Testamentary Trust B, U/W/O Dated August 6, 2012, Testamentary Trust B, Jesse Boyd to Edward L. Riggs, Jr., \$32

- Nov. 5, Lots 3 and 10; Division of Gwaltney Land; PCA 41-10; map attached from Richard Kenneth Ogg, Patricia Anne Ogg to Dale Edward Maddocks, Melanie Lynn Maddocks, \$344
- Nov. 5, Shine Landing Lot: 3, PCA 133-9; Shine Landing Boat Slip 29; PCA 136/9-10, PIN: H092-6-3, H092-6-32-29SL from Brent Plyler to Wild Goose Chase, LLC, \$40
- Nov. 5, Point Marina Three Tracts from Whortonville Slip 25, LLC to Russell F. Lisle, \$20
- Nov. 5, .38 AC; E/S NCSR 1350, Sadler Place Road; metes and bounds from Stacy E. Renfrow, Sarah Renfrow to Isacc Roda, Denise Roda, \$288
- Nov. 8, Hortons Landing Lot: 3, PCA 43-8; map DB 337/447; Hortons Landing 1/10 Interest in Parcels One, Two, Three and Four; see instrument, Deed of Correction; DB 357/369 from Joan E. Ferzetti to Joane Ferzetti/TR, Joan Ferzetti Revocable Living Trust, Joan Ferzetti, \$0
- Nov. 8, Hortons Landing Lot: 3, PCA 4308; map DB 337/447; Hortons Landing 1/10 Interest in Parcels One, Two, Three and Four; see instrument from Joan E. Ferzetti/TR, Joan Ferzetti Revocable Living Trust, Joan Ferzetti to Jonathan L. Benton, Caryn M. Benton, \$594
- Nov. 8, Lot Two; Court Survey; Mary Marie Brinson Jones Et Al Vs. Mack Wallace Jones, Jr.; map book 7/59, PIN: D061-59 from Dewey B. Jones, Sr., Margaret B. Jones, Margaret Jones to Celestino Galdiano, \$20
- Nov. 8, Preservation Section I Lot: 8, PCA 187-8 from Preservation Associates, LLC to Select Estates Florida I, LLC, \$1,000
- Nov. 8, River Dunes Lot: 132, Section 11; PCA 157/10-13 from Timothy S. Nixon, Natalie C. Nixon, Natalie C. Cartwright to Robert Spencer Thomas, Kathryn Ann Thomas, \$500
- Nov. 8, Pecan Grove Marina Three Tracts from Cox Family Properties, LLC to George Avgerakis, \$50



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