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Vol. 54 No.25, 12 Pages

# The Pamlico News

Wednesday, June 22, 2022

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## Dr. Smallwood Returns to Pamlico County for Part 2

Dr. Erwin Smallwood, Professor and Chair of the Department of History and Political Science at NC A&T University in Greensboro will return as speaker for the June 27 Snapshot Meeting at the Pamlico County Museum and Heritage Center. The meeting will begin at 7:00 p.m. Dr. Smallwood will continue with Part 2 of the relationships between African Americans, Native Americans and Europeans in Eastern North Carolina during the Colonial and early Antebellum period. This is a follow-up to the February 28 meeting where there was record attendance.

Dr. Smallwood received his BA in Political Science in 1988 and his MA in History in 1990 from NC Central University. He received his Ph.D. in early US and African American history from Ohio State University in 1997. He is a life member of the American Historical Association, the Southern Historical Association, the Association for the Study of African American Life and History, and the Historical Society in North Carolina. He is the author of books, articles, and archived papers.

There is no admission for this program. Attendees are invited to stay for an ice cream social following the presentation.

For more information, please call the museum office at 252-745-2239. Office hours are Wednesday - Friday, 11:00 a.m. until 4:00 p.m.

## Pamlico County's Newest Law Enforcement Officer Deputy "Smoke"

Pamlico County's newest deputy is on the job sniffing out criminals and protecting its citizens. This deputy is a little different than his colleagues at the sheriff's department. His name is Smoke and he walks on four legs instead of two. While many of his fellow deputies may like their belly rubbed, Smoke loves it, as well as ear scratches and playing tug of war. Smoke is a one-year-old German Shorthaired Pointer and he and his handler, Deputy Mark Angelo, are Pamlico County's new K9 dynamic duo. Smoke underwent police training in Georgia and he and Deputy Angelo then trained together before becoming active members of the force in May. It takes a special type of person to be a law enforcement officer, and to be a K9 handler, you also have to be a genuine lover of animals. When you see Smoke and Deputy Angelo together, it's obvious they have already developed the required bond to be partners. "He is very energetic so we try to stay on the go", says Angelo. "Just like other law enforcement professionals, we are always training." Angelo points out that while Smoke is an animal and there is always a chance he could be aggressive, he is not trained as an attack dog. "His primary jobs and training are for the detection of illegal narcotics and tracking." Another of Smoke's duties involve public relations work at schools and community activities, which his mild temperament makes him well suited. If you see Deputies Angelo and Smoke out and about, stop and say hi, just make sure you are not carrying any illegal substances, or you may be sorry you did.



## Pamlico County Sheriff's Office



Press Release  
Sheriff Chris Davis

On Thursday, June 9, 2022, Investigators from the Pamlico County Sheriff's Office responded to a reported narcotics overdose in the Bayboro community of Pamlico County. Pamlico County EMS were providing care to an individual identified as Andrew James Potter, 36 of Mesic. Deputies determined through a routine name check that Potter was a fugitive from justice and was wanted in Baltimore Maryland. Once EMS concluded providing medical care and Potter was alert and refused further medical care and transport to the hospital, deputies attempted to take Potter into custody for the outstanding warrants from Baltimore for vehicle theft.

Potter attempted to flee on foot and was quickly apprehended after a short foot pursuit and he began to struggle and resist deputies. During the struggle Potter was found in possession of a handgun that was concealed on his person that became dislodged during his struggle with deputies. Potter was also found in possession of approximately 6 grams of Methamphetamine.

Potter, who is a convicted felon, has previous convictions for weapon possession was arrested and charged with:

- Possession of a Firearm by a Convicted Felon
- Possession of Methamphetamine
- Carrying a Concealed Weapon
- Resist/Obstruct/Delay and Officer

Potter was placed in the Pamlico County Detention Center under a \$125,000.00 secured bond the drug and weapons charges and is being held without bond pending extradition to Maryland.

## Rotary Club of Oriental

On June 14th in honor of Flag Day, The Rotary Club of Oriental properly disposed of 324 worn American flags that they collected over the last two years. These were added to many that were destroyed at previous events. The grand total is approaching 1,000 and we have to thank those who are using our collections sites. These sites located at the Pamlico Chamber of Commerce, Pamlico Sheriff's office and the Oriental Town Hall.

Club members Ed Yodlowski and Craig Weller are shown taking part of the group that accomplished the task.

Please continue to use the mentioned locations and we thank you again



## Aurora Yard of the Month

Ms Lib Crutchfield's spectacular yard was awarded the June YOTM. Frank Bonner built her house in the '50's and she has lived there since 1970. At times she has used a push mower to maintain her immaculate lawn and has lessened her pine tree population over the years of 57. She has beautiful red Calla Lillies, Ornamental Boxwood, several Azealas, cute bunches of Liriope and a prized Gardenia bush she started from a sprig a customer gave her. It is always a treat to ride by her house.

## 'Most Significant Wildlife Conservation Bill in Half Century' Passes U.S. House

North Carolina would get up to \$25M annually to help at-risk wildlife

RALEIGH, NC - U.S. House members voted today to pass the Recovering America's Wildlife Act, landmark legislation that will prevent extinctions and change North Carolina's wildlife for generations to come.

If it becomes law, North Carolina will be eligible for up to \$25M annually to help at-risk fish and wildlife. Species include the Carolina northern flying squirrel, Northern bobwhite quail, golden-winged warbler, zigzag salamander, gopher frog and Appalachian cottontail.

"Recovering America's Wildlife Act is the most important piece of wildlife legislation in the past 50 years. Wildlife in our state and across the country are in crisis, and this bold, bipartisan bill will tackle the problem at scale without new taxes or regulations," said Tim Gestwicki, CEO of North Carolina Wildlife Federation.

North Carolina's delegation in favor of Recovering America's Wildlife Act were Democrats Deborah Ross, David Price, Kathy Manning, G.K.

Continued on Page A7

### WEEKEND WEATHER

Saturday, June 25th **87°Hi** Clear throughout the day

Sunday, June 26th **89°Hi** Partly cloudy throughout the day.

**WHO KILLED MR. O'BLATHERSKITE?**

A comic western murder mystery by Bill Hand

Page A2



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# COMMUNITY OBITUARIES



**Konradine "Muschie" Lieselotte Endres Sawyer, 87, of Bayboro** passed away Monday, June 13, 2022, at Bayview Nursing & Rehabilitation Center. She was preceded in death by her parents, Otto and Liesel Endres, two brothers, Otto and Max Endres, and only hours prior to, her beloved husband, Charles C. Sawyer.

She is survived by her sons, David Sawyer, Dennis Sawyer (Polly), and Joseph C. Sawyer; and three grandsons, Jordan Sawyer, Bradley Sawyer, and Dylan Sawyer. Her graveside service was held Saturday, June 18th at the Lakeside Chapel at Greenleaf Memorial Park with the Rev. Scott Fitzgerald officiating.

Arrangements provided by Daniels-Sadler Funeral Home & Crematory, Alliance.



**Charles Calvin Sawyer, 89, of Bayboro** passed away Monday, June 13, 2022, at CarolinaEast Medical Center. CMSGT Sawyer served proudly in the U.S. Air Force receiving numerous medals during his career to include, Armed Forces Service Medal, Army of Occupation Medal Europe, Army Good Conduct Medal with Bronze Loops, Air Force Good Conduct Oak Leaf Cluster, Small Arms Qualification Medal, Air Force Commendation Medal with OLC, and Air Force Meritorious Service Medal with OLC.

He was preceded in death by his parents, John and Sally Sawyer, and brother, Joseph J. Sawyer.

He is survived by his wife of 67 years, Konradine "Muschie" Sawyer; three sons, David Sawyer, Dennis Sawyer (Polly), and Joseph C. Sawyer; and three grandsons, Jordan Sawyer, Bradley Sawyer, and Dylan Sawyer.

His graveside service with military honors was held Saturday, June 18th at the Lakeside Chapel at Greenleaf Memorial Park with the Rev. Scott Fitzgerald officiating.

Arrangements provided by Daniels-Sadler Funeral Home & Crematory, Alliance.

obits@thepamliconews.com

### Attention Musicians:

On the second Friday from 7-9 pm there will be an Open Jam at the Gatlin Barn in Stonewall. Call 252-349-1103 for details.

## How about a little Western mayhem in your life?



North Carolina History Theater is offering its second comic murder mystery, "Who Killed Mr. O'Blatherskite?" for the dates during August 2022 as their offering for a night – (or two, or three!) of entertainment at clubs, organizations, country clubs or theaters! They will bring the show to your location.

Mr. O'Blatherskite – the corrupt president of a western railroad – has been found murdered in his private car. All the suspects are on the train – Sheriff Randy—a fatherly type of guy, his sidekick the Barney-Fife-like Deputy Arney; Mac, a gambler and con artist and his sidekick the not-so-sweet Sweet Mary. Throw in Duncan,

the conductor who used to own this railroad – until Mr. O'Blatherskite won it from him in with a questionable five-ace straight – and the determined lady bounty hunter Jane Dade who is tracking Mac and swears she will always get her man.

Every soul has a motive to kill the deceased, and plenty of broad and silly comedy ensues as they work to solve the crime! The audience gets to try and solve it as well, interviewing the suspects between scenes, and the best guessing guest at the end of the night wins a prize! For extra fun come dressed (optional!) in your Western best!

For information on how to schedule this comic mobile murder mystery for your venue or organization, contact the North Carolina History Theater at NCHT2021@gmail.com or call Bill Hand at 252-229-4977. For best selection of dates, call early.

The North Carolina History Theater, Inc., is a qualified 501(c)(3) non-profit organization dedicated to expressing and exploring the unique history of North Carolina through the performing arts and celebrating the rich diversity of our state in all forms of artistic expression. Contact them at NorthCarolinaHistoryTheater@gmail.com.

## THIS WEEK IN HISTORY

- June 22nd – Today is National Onion Ring Day. Cheaper and better tasting than traditional diamond rings.
- June 23rd – Today is National Hydration Day. Its hot out there, so drink some fluids and stay hydrated.
- June 24th – Today is World UFO Day. The truth is out there.
- June 25th – 1876, The Battle of Little Big Horn, it was Custer's last stand.
- June 26th – 1498, The toothbrush was invented in China.
- June 27th – 2003, The U. S. first creates a "do not call" registration to end unwanted telemarketing calls. How'd that work out for you?
- June 28th – Today is Insurance Awareness Day. It was reportedly invented by Flo and a little green lizard, but I think Jon Brinson, Brian Ellenberg, and Jane Potter had something to do with it.

### BIRTHDAYS THIS WEEK

June 22nd – 1936, Singer, songwriter, actor, Kris Kristofferson  
1949, Actress Mary Louise Streeper (Meryl Streeper)

June 23rd – 1929, Singer June Carter Cash

June 24th – 1942, Drummer Mick Fleetwood

June 25th – 1947, Actor and comedian Jimmy "JJ" Walker

June 26th – 1974, Baseball Hall-of-Famer Derek Jeter

June 27th – 1927, Kids TV show host Bob Keeshan (Captain Kangaroo)

June 28th – 1971, Billionaire entrepreneur Elon Musk



**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

## Horoscopes



**ARIES – Mar 21/Apr 20**  
Friendships are worth their weight in gold, Aries. That is good news considering you could make an important friend this week – but only if you put yourself out there.



**TAURUS – Apr 21/May 21**  
You just may be at your best this week, Taurus. Others will take notice of this immediately. Work finally begins to pay off, and it's a good time to begin a project.



**GEMINI – May 22/Jun 21**  
There is something waiting for you in the great outdoors, Gemini. You have to gather the gumption to go out there and find it. You will have plenty of opportunities this week.



**CANCER – Jun 22/Jul 22**  
Cancer, something impressive takes hold of your attention, and then you can't get it out of your mind. This could be the inspiration you need to start something new.



**LEO – Jul 23/Aug 23**  
A particular person may play a key role in your life today, particularly as he or she interacts with forces at work. There is a chance for this relationship to grow, Leo.



**VIRGO – Aug 24/Sept 22**  
You have made a decision to get your life in order, Virgo. This week marks the first steps toward that goal. Accept help when it is given for an additional leg up.



**LIBRA – Sept 23/Oct 23**  
Let your artistic side out to play, Libra. It's not something others play witness to that often, but you can be quite imaginative when you set your mind to it.



**SCORPIO – Oct 24/Nov 22**  
Scorpio, family matters may not be cut and dried, but that doesn't mean they have to be challenging. Enjoy things that are not run-of-the-mill, especially with the family.



**SAGITTARIUS – Nov 23/Dec 21**  
An exchange that takes place this week could have long-lasting after effects, Sagittarius. You won't know the particular event in advance, so enjoy the anticipation.



**CAPRICORN – Dec 22/Jan 20**  
Sometimes change only requires transforming the way you look at things, Capricorn. Try to see your daily life in a new light and maybe you'll be more satisfied with it.



**AQUARIUS – Jan 21/Feb 18**  
Get in touch with your desires and goals this week, Aquarius. Your plan and focus may have changed and you might need to realign your approach in this new direction.



**PISCES – Feb 19/Mar 20**  
Let go of some of the patterns in your life that simply aren't working, Pisces. You'll free up plenty of time for new pursuits.

### GEMINI Traits & Overview

Gemini are born between May 22 and June 22 and are a part of the zodiac's Air element. Air signs are smart, quick and swift; they think more than they do or feel. Gemini are the wittiest of the Air sign gang. They are versatile, young, enthusiastic and fun. They make a great team, but in every way, they are difficult to pin down, and they are notoriously easier to communicate with as friends than partners. Gemini is ruled by planet Mercury, making them fast, witty, and super in communication. Words are their preference weapon. Since Gemini are a combination of the yin and the yang, the Twins, the Gemini symbol, represent them perfectly. The Gemini-born can easily see both sides of a question, which is a marvelously practical feature. The fact that you're not sure which Twin will be turning up half the time is less realistic. Gemini may not know who is turning up either, which can cause others to see them as fickle and irritated. Gemini individuals are fun-loving but Gemini have some flaws like any star sign. The fact that every being and object inherits positive and negative quality is part of nature. Here are some of the Gemini Characteristics that are optimistic and negative.

FOR ENTERTAINMENT PURPOSES ONLY

*I used to think the brain was the most important organ. Then I thought, look what's telling me that.*

### 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  
**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

### The Pamlico News

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



**Agent of the Week**

**Elizabeth Riggs**

Broker-

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

Elizabeth helped my mother buy a home. She drove us, sometimes an hour away, to see properties of interest to us. She was very knowledgeable about the market and listened to our wants and needs. We are forever grateful for her expertise and her ability to get things done.  
S. Bailey, Cary, NC



**ORIENTAL** – Prime vacant lot on North Street in the Village of Oriental. Not in a flood zone. Residential and/or commercial possibilities since it is zoned MU, which allows any type of development including short-term vacation rentals. Centrally located to the bank, post office, hardware store and all of your favorite restaurants in the Village of Oriental! Central sewer & water are available as well as high-speed internet. No flood insurance required. No HOA.  
**OFFERED AT \$75,000**



**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** – Immaculate 3BR/2BA mostly furnished home in Heart of the Village, only 2 blocks from the Harbor. Located in an "X" flood zone (no flood insurance required by lenders), however, the current owners have a transferrable flood policy that is only \$480.00/year. Has 50 AMP service outlet for an RV and wired for a generator. Two-car carport with a 12' X 20' workshop/storage building attached.  
**OFFERED AT \$249,500**



**ORIENTAL** – Landmark 1910 historic 3BR/2BA, updated kitchen with Butcher Block counters, SS appliances & sink, all new LVP flooring, new windows, freshly painted and the original rolled metal standing seamed roof which is considered a lifetime roof. All new mini-splits (3 units) and in the Heart of the Village only 2 blocks from Oriental Harbor. No HOA.  
**OFFERED AT \$275,000**



**ORIENTAL** – Immaculate, charming and rustic all in one. Custom-made 2BR/2.5BA waterfront all-wood log home comes completely furnished and is located in Oriental Plantation only 2 miles from downtown Oriental. Detached 2-car garage, detached storage/workshop. No flood insurance required since this home and garage are not in a flood zone.  
**OFFERED AT \$375,000**

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# Pamlico Community College

## New equipment enhances Pamlico Community College's Dental Laboratory Technology program

By Sandy Wall

Pamlico Community College's Dental Laboratory Technology continues to grow and improve.

The program, which trains students to design and build the dentures, bridges, crowns and other items dental patients need for their teeth to work and look their best, recently added both a 3D digital scanner and a 3D digital printer.

The new equipment allows students to use digital technology to design and produce dental appliances.

"We are thankful to be able to make investments in facilities and equipment to improve instruction for our students," said PCC President Dr. Jim Ross. "It's critical for our students to have experience with the machines and equipment they will encounter in the workplace. It's great to see the new equipment in our Dental Laboratory Technology program."

PCC's program is unique in the area. In fact, Pamlico is the only N.C. community college east of Durham currently offering it.

Students in the program participate in online instruction as well as in hands-on lab work. Men and women who complete the program can earn a two-year associate's degree. Diploma and certificate options also are available.

The Dental Laboratory Technology program soon will be headquartered in the renovated Johnson Building at the Grantsboro campus. PCC also offers its Dental Laboratory Technology students to offenders housed at Pamlico Correctional Center in Bayboro.

Ross lauded the leadership of Dr. Sal Jany, who teaches the Dental Laboratory Technology curriculum.

"He's an outstanding professional with a tremendous background in the field," the president said. "He truly cares about our students."

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



Pamlico Community College Dental Laboratory Technology student Shederia Mills uses a 3D digital scanner and a 3D digital printer to design and produce a complete denture. PCC's Dental Laboratory Technology program is the only one of its kind east of Durham. Contributed photo

For more information about the college's Dental Laboratory Technology program, contact Instructor Dr. Sal Jany at [sjany@pamlicocc.edu](mailto:sjany@pamlicocc.edu).

## Small Business Readiness for Resiliency Program



The program is designed to help small businesses prepare for a disaster and offers immediate relief funding for those prepared businesses when a natural disaster strikes.

The strength of small businesses is integral to the prosperity of local economies and long-term growth for a community; yet small businesses are often the most vulnerable and likely to fail following a disaster.

It's estimated that more than 30% of employers in the U.S. are based in coastal counties, areas that are most vulnerable to hurricanes. Following Hurricane Harvey in 2017, nearly 1.5 million employers and solopreneurs were impacted.

As natural disasters increase in frequency and intensity, taking proactive measures to develop disaster preparedness and recovery solutions can be the difference between staying open or closing forever after a disaster strikes.

That is why the U.S. Chamber of Commerce Foundation and FedEx have teamed up to create the Small Business Readiness

for Resiliency (R4R) Program. This program helps small businesses prepare for a disaster and offers immediate relief funding for those prepared businesses when a disaster strikes their region. More than 100 grants of \$5,000 each are expected to be distributed between June 2022 and May 2023.

for Resiliency (R4R) Program. This program helps small businesses prepare for a disaster and offers immediate relief funding for those prepared businesses when a disaster strikes their region. More than 100 grants of \$5,000 each are expected to be distributed between June 2022 and May 2023.



More than 100 grants of \$5,000 each are expected to be distributed between June 2022 and May 2023 through the R4R program.

For more details on the program and eligibility, please visit <https://www.uschamberfoundation.org/small-business-readiness-resiliency-program>

## Why Your Dentist Recommends Drinking Water Instead of Sports Drinks

[NCDENTAL.ORG](http://NCDENTAL.ORG)

Summer is here and that means remembering to stay healthy and hydrated. Whether you are exercising, playing sports, or just enjoying the outdoors, it's important to drink lots of fluids. While sports drinks are often suggested as the beverage of choice for athletes, it may surprise you that your dentist would advise opting for water instead.

"It's a common misconception that sports drinks are superior because they provide benefits of electrolytes and carbohydrates,"

said Dr. Mary Gaddis of Durham, NC. "However, sports drinks are highly acidic and contain vast amounts of sugar and put your teeth at risk for enamel erosion, discoloration, tooth decay, and staining. Water is the healthiest option and should be your primary hydration source."

The North Carolina Dental Society shares a few healthy tips to help you remain healthy and hydrated in the summer heat:

**BUILD A TALENT PIPELINE**

Businesses of all sizes are growing with registered apprenticeship programs. Start building yours today.

**PAMLICO COMMUNITY COLLEGE**  
[pamlicocc.edu](http://pamlicocc.edu)

**NC APPRENTICESHIP NC**



**Fruits and Protein:** Bananas and nuts are great substitutes for sports drinks and a good source of carbohydrates and potassium for energy.

**Coconut Water:** Coconut water provides essential electrolyte minerals like potassium, sodium, calcium, phosphorus, and magnesium.

**Consume in Moderation:** Sports drinks should be consumed in moderation and in-tandem with water. Be sure to drink water after consuming sport beverages. Water will help rinse your mouth of the sugars and acids from the sports drinks.

# FINANCIAL FOCUS

## What to expect from a financial advisor



Dan M. Roberts

If you know how important it is to invest for your future, but you're unsure of the road to follow, you may want to get some guidance and direction from a financial professional. But if you've never worked with one before, what can you expect?

Here are some things to look for:

- **Assessment** – A financial advisor will assess your current financial situation – assets, income, debts and so on – but that's just the start. These days, advisors recognize the need to view their clients' lives holistically. Consequently, you will see questions like this: What are your feelings about investing? How would you judge your risk tolerance? What are your individual financial goals? What hopes and dreams do you have for your family?

- **Recommendations** – Only after fully understanding your needs, goals and preferences will a financial advisor recommend any investment moves. There are no "one-size-fits-all" solutions. You may want to steer clear of individuals claiming to be financial advisors who "guarantee" big returns with no risk. In the investment world, there are few guarantees, and every investment carries some type of risk.

- **Communications** – Financial professionals communicate with their clients in different ways, but you should always feel free to reach out to an advisor with any questions or concerns. Most financial advisors will want to meet with clients at least once a year, either in person or through an online platform, to review their investment portfolios. During the review, the financial advisor will help you determine if any changes are needed. But financial advisors won't wait a full year to contact clients to discuss a particular investment move that might need to be made. Also, depending on the firm you choose, you should be

able to go online to review your portfolio at your convenience.

- **Technology** – A financial advisor can employ a variety of software programs to help clients. For example, a financial advisor can determine the rate of return you might need to attain specific goals, helping shape your investment strategy. But there are also a lot of "what ifs" in anyone's life, so an advisor can use hypothetical illustrations to show you where you might end up if you take different paths, such as retiring earlier (or later) than you had planned or putting in more (or less) money toward a specific goal, such as education for your children. Anyone's plans can change, so the ability to view different potential scenarios can prove valuable.

Above all, a financial advisor can help you feel more confident as you pursue your goals. Among investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the COVID-19 pandemic, according to a survey conducted in 2020 by Age Wave and Edward Jones. And during times of market turbulence, such as we've experienced this year, a financial advisor can help you avoid overreacting to downturns. When unexpected events crop up, such as a lapse in employment, a financial advisor can suggest moves that may enable you to avoid major disruptions to your financial strategy. Conversely, when a new opportunity emerges, perhaps from an inheritance or some other windfall, your financial advisor can help you take advantage of it.

Navigating the investment landscape can be challenging – but the journey can be a lot smoother if you've got the right guide.

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

## NC COOPERATIVE EXTENSION Pamlico County

### 4-H Film Camp a Week of Fun



Kait Neeland  
4-H Agent

Summer has officially kicked off! This past week was the first of our Summer Fun Day camp. We spent the week learning about film making. We started exploring how to use perspective (where the filmographer places themselves) framing (where the filmographer places the subject of the film), and lighting (what tone of light used and from what direction) can be used to enhance story, and set a mood.

Then we learned about how films are made. Our 4-Hers learned what A Roll (the film where the principle action and audio takes place) and B Roll (the film where the secondary action and audio takes place) are. After that the kids began creating their own story boards for the films they were going to make. They each were able to film the scenes they needed to tell a story.

Once principle filming is completed we moved on to the real work of film making: editing. Kids learned how to edit film in professional program. They learned how to cut and stitch segments of film together, how to edit sound levels, and cut audio. They also learned how to create transitions, and overlay music over their film.

Along with making some truly awesome films, and learning about film making we had a blast. We are very thankful to the Grace Anglican Church for hosting us this week, and providing a wonderful environment for our 4-Hers to learn in.

Even though film camp is over we still have a lot of fun ahead this summer. We will be heading off to Millstone 4-H Camp on the 26th of June, and we have three more summer day camps. Medieval Camp (now with a waiting list), Sew Much Fun, and Arts Around the World.

Medieval Camp is going to be a week of adventure filled with knights, princess, and peers of the realm. We will learn about how catapults work, and how to paint your own heraldry. Kids will also participate in a Medieval Tournament and see demonstrations. If this is your kind of adventure then you will find it in Medieval Camp! We will be exploring arts and sciences from the Middle Ages in this fun camp for youth ages 8-15 years old (as of January 1st 2022). Camp is \$23 per youth.

Get creative with Maker's Guide To Sewing, from June 26th – 28th. This program is for beginner and intermediate sewers ages 10 – 18 (as of January 1st 2022). During this three-day camp we will be learning about sewing machine safety, patterns, fabric, and completing our own small project. This year we will be making a pillow with a pocket! We are looking forward to seeing everyone's creations! Camp is \$16.25

We are going to embrace our creativity by exploring arts from around the world. We will learn about Japanese Book Binding, Grecian Mosaics, Polish Paper Cutting and more! Join us for a three-day camp where we will create the art we learn about. At the end of the camp, you will get to take all of your project's home. Open for kids age 10 - 18 (as of January 1st 2022). Camp is \$23.

Our Summer Fun Programs have a two-step registration process. Step One: Complete the Eventbrite Registration Form. Step Two: Complete 4-H Online Enrollment. Your registration is not complete until enrollment in 4-H Online is complete. All camps need a minimum of 3 participants, and all youth are required to bring their own lunches, water and snacks will be provided.

If you are ready to sign up you can find registration links here: <https://linktr.ee/PamlicoCounty4H> or on our website [pamlico.ces.ncsu.edu](http://pamlico.ces.ncsu.edu), and all of our social media accounts. You can also register in 4-H Online, and sign up for our Pamlico County 4-H News List. To learn more about all 4-H programs in Pamlico County or For more information or accommodations for persons with disabilities please contact Kait Neeland at (252) 745-4121, or [kait\\_neeland@ncsu.edu](mailto:kait_neeland@ncsu.edu), or check us out online at [pamlico.ces.ncsu.edu](http://pamlico.ces.ncsu.edu)



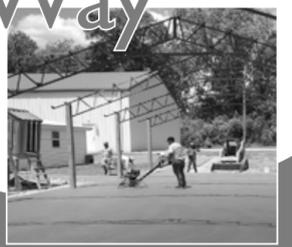
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## Casting Call for the Old Theater

The Old Theater in Oriental is happy to announce auditions for its new lighthearted, fun production of a play written by A.M. Dittman and several vignettes written by P. F. Nocera.

The show will be directed by P. F. Nocera.

## 13 Signs you should Stop Being a Pirate and Pirate Jam Vignettes

Performance Dates: August 26, 27 and 28  
Audition Dates: June 27 and 28 at 6:00 pm  
at the Old Theater, 609 Broad Street, Oriental, NC

Production consists of the play and several short humorous vignettes of the pirate theme. The overall show is about the pirates travelling, attending, and returning to their ship after the Oriental Pirate Jam. British accents helpful but not necessary

### Cast Summary—Adults only

Pirate Narrator—strong, well-articulated voice, very specific and Technically correct with impassioned overtones.

Captain—Demanding, no fun & games personality, stands proudly as he/she calls out orders.

Pirate Jaime—Soft hearted, gentle, intelligent, sensitive, perfectly articulate and well-groomed.

Pirate 1, 2, 3 and 4—typical pirates

Extra Pirates—as needed for the play and vignettes  
Vignettes: Need 6 actors good at creating situational humor and signaling clear facial queues to the audience.

**Please RSVP if you plan to attend auditions.  
Everybody has a role at the Old Theater. Email Pat at [PC.OldTheater@gmail.com](mailto:PC.OldTheater@gmail.com) or call 252-249-0477.**

## Tips to Avoid Summer Bummers

### Stay Street Legal

Before you head out on a family bike ride, you might want to check on your local laws, says Lee Uehara, the education manager of City Bike Coach in New York. "For example, in some towns, it's illegal to ride with passengers under 1 year of age." And of course, make sure everyone straps on a helmet.

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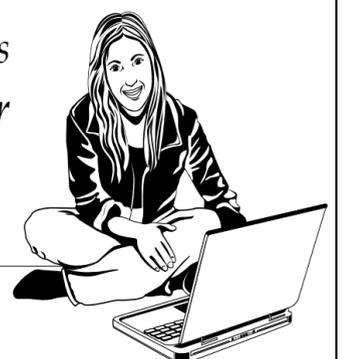
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# OUR SCHOOLS

# Happy Summer



From

*Great futures start here!*

While summer is in full swing with vacations, family picnics, and graduation parties, we'd like to take a moment to congratulate our Graduates!

May the road rise up to greet you,  
 May the wind be always at your back,  
 May the sunshine be warm upon your face,  
 And until we meet again,  
 May God hold you in the hollow of His Hand.

What you are is God's gift to you ---  
 What you make of yourself  
 Is your gift to God.

## Congratulations Graduates!!!

### Kindergarten

Madison Grace Banks  
 Jaycee Ryan Bass  
 Adaley Faith Bettis  
 Sullivan Grey Chenoweth  
 Slade MacDaniel Creech  
 Emma Louanna Mae Estes  
 Hadley Kate Gordon  
 Austin Levi Grant

Kenneth James Greve  
 Julia Marie Guthrie  
 Riley Echo Jones  
 Aiden Admire King  
 Wesley Cole Kornegay  
 Corbin Lee Lewis  
 Kali Renee Midgette  
 Makaela Grace Redington

Aliyah Isabella Rys  
 Cynthia Dare Thornburg  
 Rylee Grace Todd  
 Sayla Mae Tyler  
 Grace Ann Watson  
 Macy Lee Watson  
 Gunner Wes Weatherly  
 Serenity Rayne Williams

### Eighth Grade

Brinley Claire Altman  
 Aden Thomas Black  
 Jenna Lee Buck  
 Kaleb Reece Caswell  
 Howard Grayson Hoenig  
 James Alan Howard  
 Allee Mashalle Jones  
 Julia Renee Koontz

Patrick Douglas Lee  
 Eli McCoy Lewis  
 Brenden Noah-Riley Polaski  
 Matthew John Servia  
 Hailey Ann Sumrell  
 Kaley Marie Tyler  
 Avery Paige Tyndall  
 Kai Michael Wood

## 2022 SENIOR



*Hayley Anna Hunter*



*Hailey Ann Sumrell*

### Some Highlights from end of the year fun



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**Use the 20-Minute Rule**  
 Drink water at least every 20 minutes. To prevent heat stress and heat stroke, adults and children should stay hydrated when outside on hot and humid days.  
 "During activities less than one hour, water alone is fine," Fagan says. But if you're going to be outside for more than an hour, you should add a sports drink to replenish electrolytes.



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## Supported by growing coalition of funders, NC Local News Lab Fund to open next round of grant applications

NORTH CAROLINA  
COMMUNITY FOUNDATION



**June 16, 2022** - On July 6, the North Carolina Local News Lab Fund at the North Carolina Community Foundation will open a new round of grant applications powered by

expanded funding and partnerships.

This upcoming round of grants will invest in NC Local News Lab Fund's existing network of trusted messengers and news organizations, new partners, and projects that meet emerging news and information needs in North Carolina's marginalized communities.

Since 2017, the NC Local News Lab Fund has made more than \$2.4 million in grants backed by a coalition of funders who believe that sustainable, resilient, inclusive news and information networks are essential to healthy communities and a healthy democracy.

Following last year's largest-ever round of grants, new gifts from the Burroughs Wellcome Fund, Prentice Foundation, Blue Cross and Blue Shield Foundation of North Carolina, and the Democracy Fund continue to grow the NC Local News Lab Fund's grantmaking to organizations ensuring that everyone in North Carolina can find, trust and use the local news and information they need. In May, the Burroughs Wellcome Fund made a \$50,000 gift and Blue Cross and Blue Shield of North Carolina Foundation made a gift of \$100,000. Prentice Foundation renewed its support with a \$10,000 grant in winter 2022.

"Our goal is to fund trusted media resources that provide the latest and most accurate health and science information," said Russ Campbell, director of science communication at the Burroughs Wellcome Fund. "Our support for the Local News Lab is to assist those organizations to connect and communicate to the communities of North Carolina."

These foundations join other North Carolina funders: Dogwood Health Trust, Kate B. Reynolds Charitable Trust, and the Z. Smith Reynolds Foundation. This coalition has invested a total of more than \$1.4 million since April 2020.

The NC Local News Lab Fund continues to bring national support to this local funding collaborative. Longtime partners Democracy Fund made a two-year, \$800,000 grant in late 2021.

"Strong local journalism directly translates into more power for the people of North Carolina: to make choices about their lives, to hold power to account, and to participate in our democracy. We believe that the best decision makers on strengthening local news ecosystems are the people who live in them, and we are proud to support the North Carolina Local News Lab's statewide efforts," said Teresa Gorman, Program Manager at Democracy Fund.

For those seeking grants from the NC Local News Lab Fund, this latest round of grant applications will open July 6 and close at noon on Aug. 29. The NC Local News Lab Fund will award general operating grants of between \$15,000 to \$75,000 to public charity nonprofit entities that serve North Carolina residents and their rapidly evolving information needs. General operating grants will provide organizations the flexibility they need to reinforce their capacity and respond to the current needs of their communities. For-profit organizations with appropriate fiscal sponsorship for a project with a charitable purpose are also eligible to apply.

More information about criteria, application questions and other details about applying for a grant are available here in English and Spanish. Grant seekers are welcome to reach out to Lizzy Hazeltine, Fund Director, as they prepare to apply.

The Fund welcomes funders interested in learning alongside them or joining our collaborative fund building strong statewide information networks.

Prospective grant recipients and funding partners can find out more about the NC Local News Lab Fund in case studies, a list of current and past grant partners, and more on their updated, bilingual website and on Twitter.

About the Burroughs Wellcome Fund

Based in Research Triangle Park, N.C., the Burroughs Wellcome Fund is an independent private foundation. Its mission is to serve and strengthen society by nurturing a diverse group of leaders in biomedical sciences to improve human health through education and powering discovery in frontiers of greatest need.

About the Blue Cross and Blue Shield of North Carolina Foundation

The Blue Cross and Blue Shield of North Carolina Foundation is a private, charitable foundation established as an independent entity by Blue Cross and Blue Shield of North Carolina in 2000. Over the past two decades, the organization has worked with - and supported - nonprofit organizations, government entities, and community partnerships across the state, investing \$173 million into North Carolina through more than 1,200 grants, collaborations, and special initiatives. grants. Within its focus areas of early childhood, healthy communities, healthy food, and oral health, the foundation strives to address the key drivers of health, taking a flexible approach designed to meet identified needs in partnership with the community.

Learn more at [bcbsncfoundation.org](http://bcbsncfoundation.org).

About the North Carolina Local News Lab Fund

The North Carolina Local News Lab Fund is a pooled fund housed at the North Carolina Community Foundation. The fund was established in 2017 to ensure that everyone in North Carolina can find, trust and use high-quality news and information, delivered by providers that are reflective of and engaged with their communities. This coalition of local and national funding partners is building a resilient, sustainable news and information network that serves all North Carolina residents with accessible, inclusive news and information.

Since its launch, the Fund has deployed more than \$2.4 million to 37 organizations to expand coverage in more than 40 North Carolina counties, with funding partners including the Democracy Fund, Z. Smith Reynolds Foundation, Kate B. Reynold Charitable Trust, Dogwood Health Trust, the Prentice Foundation, Park Foundation, Educational Foundation of America, and the Burroughs Wellcome Fund.

For more information about the NC Local News Lab Fund at NCCF, contact Lizzy Hazeltine at [lizzy@nclocalnews.org](mailto:lizzy@nclocalnews.org).

About the North Carolina Community Foundation

The North Carolina Community Foundation (NCCF) is the single statewide community foundation serving North Carolina and has administered more than \$217 million in grants since its inception in 1988. With more than \$400 million in assets, NCCF sustains more than 1,200 endowments established to provide long-term support of a broad range of community needs, nonprofit organizations, institutions and scholarships.

NCCF partners with a network of affiliate foundations to provide local resource allocation and community assistance across the state. An important component of NCCF's mission is to ensure that rural philanthropy has a voice at local, regional and national levels.

### PAMLICO COUNTY, NC JOB OPENING: GIS COORDINATOR HIRE RANGE: \$33,982-\$63,938

Pamlico County, NC is recruiting to hire a Geographical Information System (GIS) Coordinator within the Tax Department. Dependent on qualifications and experience, the hiring range is \$33,982 to \$63,938. Experienced applicants are preferred but trainees will be considered.

Contact: Lauren Murray, Tax Administrator  
Phone: 252-745-3791  
Apply on NC Works, Job #: 12243762

### NOTICE OF PUBLIC HEARING

A Public Hearing on potential changes to the Growth Management Ordinance (GMO) concerning adding tent camping to the existing RV Ordinance in the Town of Oriental will be held on Tuesday, June 23, 2022, at 8AM, or as soon after as can be reached, in the large Board Room in Town Hall, 507 Church St, Oriental, NC. The Planning Board will discuss the proposed changes at their 6-15-22 meeting, 3PM same location. The proposed changes to the Ordinance are available for viewing by the Public at Oriental Town Hall and online at [www.TownofOriental.com](http://www.TownofOriental.com). Significant changes to the proposals may be made following the Public Hearing

The meeting is open to the Public.  
Diane H. Miller, Clerk

### NOTICE OF PUBLIC HEARING TOWN OF MINNESOTT BEACH

The Board of Commissioners will meet at 7:00 p.m. at a Special Called Board of Commissioners meeting on Wednesday July 6, 2022 at the Minnesott Beach Town Hall located at 11758 NC 306 S, Minnesott Beach, NC to hear the following:

- Proposed Amendments to The Town of Minnesott Beach Code of Ordinances §151.166 C-M Commercial Marina may be viewed at the Town Hall during normal business hours: Monday-Thursday from 9:00am-2:30pm or online at [www.minnesottbeachnc.govoffice2.com](http://www.minnesottbeachnc.govoffice2.com).
- Proposed Amendments to bring the Town of Minnesott Beach Code of Ordinances into compliance with North Carolina Session Law 2015-160 (House Bill 201) and Chapter 160D of the North Carolina General Statutes may be viewed at the Town Hall during normal business hours: Monday-Thursday from 9:00am-2:30pm or online at [www.minnesottbeachnc.govoffice2.com](http://www.minnesottbeachnc.govoffice2.com).

Persons having an interest in these matters and desiring to speak for or against the amendments are invited to be present and will be given an opportunity to be heard at the public hearing. A Zoom link will be provided on the Town's webpage. Those not attending the meeting may submit written comments to the Minnesott Beach Town Clerk via email to [minnesottbeach.gov@gmail.com](mailto:minnesottbeach.gov@gmail.com) or via regular mail to the Clerk's attention at 11758 NC 306 S, Minnesott Beach, NC 28510. Written comments will be received from the date of this notice until 48 hours before the public hearing and will be forwarded to the commissioners for review.

For further information, contact Minnesott Beach Town Hall at 252-249-1755.

This notice is published in accordance with G.S. 160D-601(a).

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## Some tax considerations for people who are separating or divorcing

### IRS Tax Tip 2022-92, June 15, 2022

When people go through a legal separation or divorce, the change in their relationship status also affects their tax situation. The IRS considers a couple married for filing purposes until they get a final decree of divorce or separate maintenance.

#### Update withholding

When someone becomes divorced or separated, they usually need to file a new Form W-4 with their employer to claim the proper withholding. If they receive alimony, they may have to make estimated tax payments. The Tax Withholding Estimator tool on [IRS.gov](http://IRS.gov) can help people figure out if they're withholding the correct amount.

Understand the tax treatment of alimony and separate maintenance

Amounts paid to a spouse or a former spouse under a divorce decree, a separate maintenance decree, or a written separation agreement may be alimony or separate maintenance payments for federal tax purposes. Certain alimony or separate maintenance payments are deductible by the payer spouse, and the recipient spouse must include it in income.

However, individuals can't deduct alimony or separate maintenance payments made under a divorce or separation agreement executed after 2018 or executed before 2019 but later modified if the modification expressly states the repeal of the deduction for alimony payments applies to the modification. Alimony and separate maintenance payments received under such an agreement are not included in the income the recipient spouse.

Determine who will claim a dependent child if filing separate returns

Generally, the parent with custody of a child can claim that child on their tax return. If parents split custody fifty-fifty and aren't filing a joint return, they'll have to decide which parent gets to claim the child. There are tie-breaker rules if the parents can't agree. Child support payments aren't deductible by the payer and aren't taxable to the payee.

#### Report property transfers, if needed

Usually, there is no recognized gain or loss on the transfer of property between spouses, or between former spouses if the transfer is because of a divorce. People may have to report the transaction on a gift tax return.

#### Consider filing status

Divorcing couples who are still married as of the end of the year are treated as married for the year and must determine their filing status. The What Is My Filing Status tool on [IRS.gov](http://IRS.gov) can help people figure out what status makes sense for their situation.

Here the statuses separating or recently divorced people should consider:

**Married filing jointly.** On a joint return, married people report their combined income and deduct their combined allowable expenses. For many couples, filing jointly results in a lower tax than filing separately.

**Married filing separately.** If spouses file separate tax returns, they each report only their own income, deductions, and credits on their individual return. Each spouse is responsible only for the tax due on their own return. People should consider whether filing separately or jointly is better for them.

**Head of household.** Some separated people may be eligible to file as head of household if all of these apply:

Their spouse didn't live in their home for the last six months of the year.

They paid more than half the cost of keeping up their home for the year.

Their home was the main home of their dependent child for more than half the year.

**Single.** Once the final decree of divorce or separate maintenance is issued, a taxpayer will file as single starting for the year it was issued, unless they are eligible to file as head of household or they remarry by the end of the year.

## SUDOKU

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

Fun By The Numbers

Like puzzles? Then you'll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

Level: Advanced

#### Here's How It Works:

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

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

ANSWER:



# COASTAL LIVING



## Boating Season Kicks Off This Weekend:

### 3 Things Boaters Get Wrong With Spring Commissioning Find out the one thing that 60% of boat owners admit they forgot

**SPRINGFIELD, Va. May 24, 2022** – You made it through your long to-do list of spring commissioning items and you're ready to go in the water this Memorial Day holiday weekend – the traditional kickoff to the summer boating season. Boat Owners Association of The United States (BoatUS) says don't forget these three often-overlooked steps that could bring your season to a screeching halt.



Keeping an eye on your boat's sacrificial anodes may help identify stray current in the water. (Credit: Stacey Nedrow-Wigmore/BoatUS)



BoatUS knows how many boaters have actually forgotten to install the boat drain plug when launching.

1. Don't get hosed. Aged hoses and fittings below the waterline are the single most common cause of sinkings – especially early in the season. Biggest culprits? Corroded fittings, old hoses, rusty hose clamps, leaking stuffing boxes, and split bellows (on inboard/outboard-powered vessels). Before launching, using a bright light and mirror to take a good look at all your hoses and bellows (drive and shift cable) to ensure they are in good condition. Hoses should fit snugly and be double-clamped where possible. Clamps tend to corrode on the bottom where it may be hard to see. Inspect thru-hulls for corrosion or cracking, and make sure seacocks operate easily so you can close them in an emergency. Immediately after launching, check everything again.

2. A matter of anodes: Much of the value of any recreational vessel is its propulsion system and nearly every recreational vessel has anodes — or zincs — those bolted-on sacrificial chunks of metal (made from zinc, aluminum or magnesium) that protect the running gear from its own self-destruction in the form of galvanic corrosion. Don't forget to inspect or replace anodes if necessary, and keep an eye on them over the season. The rate at which an anode deteriorates may indicate stray current in the water.

3. Yes, you did forget the plug: It's one of the most common mistakes made by boaters in the spring, most often at the launch ramp. In a recent survey of BoatUS members, more than 60% of the nearly 1,500 respondents admitted to forgetting to insert the drain plug at some point in their boating lifetime. Having a boat launch checklist can help – laminate it and use a snap ring to connect it to your boat ignition keys so you will always have it ready.

BoatUS has a range of Spring Commissioning information, including an essential checklist, here at <https://www.boatus.com/expert-advice/how-to-diy/spring-preparation>



## Helpful tips for picking and cutting watermelon

Watermelon is a summertime staple. Each summer, stores and farm stands have an abundance of watermelons on display, and many people feel no picnic or barbecue is complete without watermelon.

Watermelon is a refreshing option on hot days. It's ideal sliced and served, or can be included in fruit salads, smoothies or even "spiked" cocktails. The key to a tasty watermelon is knowing how to pick one that is ripe, while serving watermelon comes down to understanding some easy cutting strategies.

- Choose a watermelon that has a firm, symmetrical shape. Avoid melons with bumps, dents or cuts.
- Watermelons should be relatively heavy. They're 92 percent water, and that juiciness should be reflected in a substantial weight for the melon's size.
- Watermelon.org advises looking for a creamy yellow spot on the underside of the watermelon. This is called the "ground spot." It indicates where the melon sat on the ground and ripened in the sun. Once cut from the vine, a watermelon has about three to four weeks to be consumed.
- All parts of the watermelon are edible, including the seeds and rind. The rind can be pickled or cut up to use in stir-fry dishes.

When bringing watermelon to an event, it is a courtesy to bring it already sliced or cut up. This ensures the host or hostess does not have to tackle what can sometimes be a chore. Here are three techniques to cut a watermelon easily.

#### CUBES

1. Cut both ends off of the watermelon.
2. Stand the watermelon on one sliced end. Use the knife to slice down and cut off the rind.
3. After removing the rind from all sides of the melon, cut into discs about 1/2-inch in thickness.
4. Then cut those discs into cubes.

#### SLICES

1. Cut the watermelon in half lengthwise.
2. Take one cut half and place it cut-side down.
3. Cut the watermelon into slices.
4. Repeat for the other cut half.

#### STRIPS

1. Cut the watermelon as you would with the slices. Rather than leaving it in large slices, turn the watermelon and cut the same size slices in the opposite direction. This creates strips that are easy for kids to grab and maneuver.
2. Repeat with the other half of the watermelon in the same manner.



**Happy Independence Day**  
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## What Makes Pamlico, Pamlico?

by: Hiram Lupton

In 1973 the North Carolina Department of Transportation began scenic cruises across the Neuse River connecting Minnesott Beach and Cherry Branch. The DOT route replaced a privately run commuter ferry primarily for employees of the Marine Corps base at Havelock. This link completed NC Hwy 306 and whether you have used it to travel for work or pleasure, The Minnesott Beach – Cherry Branch Ferry is one of the things that makes Pamlico, Pamlico.

## Craven CC introduces Cybersecurity programs to meet growing job market

**NEW BERN** – Craven Community College (Craven CC) will kick off the fall semester with the introduction of new programs in high-demand fields to help meet the needs of the region's growing workforce. The programs, Cybersecurity Coding and Computer-Aided Drafting (CAD) Solidworks, are designed for analytically minded students who enjoy the technical aspects of computers.

"The Cybersecurity Coding program was created under recommendation of the Information Technology Advisory Committee," said Matthew Berg, associate dean of Career Programs. "The committee, consisting local professionals in the field, recognized the need for this program and worked with faculty to make it a reality. In today's ever-changing technological environment, it is important for businesses to stay at the forefront of constant security threats. The graduates of this program will be able to help our local business partners maintain their vital information and continue to operate."

The Cybersecurity Coding program will allow students to seek an associate degree, diploma or certificate. Students will explore specific technical paths that help prevent data breaches and cyberattacks, with emphasis placed on security concepts, programming language and ethical hacking. Students will also have opportunities to earn industry certifications, some of which include AWS Certified Cloud Practitioner, Linux+, Security+ and Python



Cybersecurity Coding is one of the new programs Craven CC will offer this fall.

Application Development. The college will also offer a Coding certificate program for students interested in learning the basics of programming language and web, programming and database foundations.

The CAD Solidworks certificate program is great for students who have an eye for detail and enjoy using design programs. It will cover technical skills, advanced software and hardware knowledge of a CAD system, and how to utilize advanced functions and features to solve complex modeling challenges.

According to the US Bureau of Labor Statistics, the field of industrial design is expected to grow 6% through 2030, while information security is supposed to skyrocket 33%.

Registration for the fall semester is currently underway through Aug. 18. For more information on the new programs, contact Ricky Meadows at 252-638-4550 or meadowsr@cravenc.edu.

## New Business Spotlight

Carryout By Chrislyn



Fossil Museum Director Cynthia Crane and Chrislyn Beresheim, owner of Carryout by Chrislyn, cut the ribbon formally opening the Aurora location of Carryout by Chrislyn. They are assisted by Town and County officials, Members of the Beaufort County Chamber of Commerce, Museum Board Members and Staff as well as friends and well wishers.

If you find yourself in the town of Aurora at lunchtime, there is a new option to satisfy your hunger. Carryout by Chrislyn, a favorite in downtown Washington, has a new location at The Aurora Fossil Museum Learning Center. Whether it is chicken salad, pimento cheese, or an Italian wrap, you can count on it being fresh and delicious if it comes from Chrislyn, it is something she prides herself on. The marriage between Carryout by Chrislyn and the Fossil Museum looks to be a natural one, and brings an eatery to Main Street in Aurora for the first time since the late 1960's. Carryout by Chrislyn is currently open on Thursday, Friday and Saturday, from 11 AM until 2 PM, but according to owner and chef Chrislyn Beresheim, if the demand is there, the available days and hours could be expanded. If you are visiting the museum, fishing at the town waterfront park, or just passing through Aurora around lunchtime, check out Carryout by Chrislyn. Also, check out their website, carryoutbychrislyn.com and their Facebook page. They offer catering services as well.

## Pool safety essentials to live by



A backyard pool can be a wonderful summer oasis. Swimming immediately cools people off on hot and humid days, and even provides thorough exercise that works many different muscles in the body. And summer revelers know that swimming and splashing in the pool is an entertaining activity for people of all ages.

Though pools are great summer spaces, one downside of pool usage is the potential for drowning. The Centers for Disease Control and Prevention reports that, every year in the United States, there are an estimated 3,960 fatal unintentional drownings — an average of 11 drowning deaths per day. In addition, around 8,080 nonfatal drownings occur. It's important to note that many of these incidents are unrelated to pool usage, as boating and even bathtub accidents contribute to drowning as well. But a 2020 review of 2,213 unintentional immersion deaths and other water-related injury deaths in Canada by the Canadian Red Cross found that immersion deaths were most likely to occur when swimming and wading. Children ages one to four, males, and people with seizure disorders or other medical conditions like autism are among those at a higher risk for drowning.

Pools are fun, but it's a great responsibility to keep all swimmers safe. The following are some pool safety measures to put into effect.

- Keep water sanitary. Make sure pool water is chemically balanced so that it is comfortable to swim in and will not harbor any pathogens that can make swimmers ill. The pool equipment company Pahlen says the ideal water pH is 7.4 because that is the same as the pH in human eyes and mucous membranes, and it also supports good chlorine disinfection. The free chlorine content of a pool can range from 0.5 to 1.6 to keep it sanitary. A quality testing kit can help pool owners balance water.

- Learn your local ordinances. Local ordinances will spell out which precautionary measures are required by law for people who have a backyard pool. These often include a fenced yard, a fence around inground pools that is at least four feet high, self-latching gates, and/or pool ladders that can be locked or closed when the pool isn't in use.
- Rely on non-slip surfaces. The pool environment can be wet and slippery. Utilizing materials like non-slip deck surfaces or rougher concrete finishes around pools can help reduce some slips and falls. The pool resource Poolonomics says people should be instructed to avoid running near or around the pool.
- Inspect water returns and drains. PoolSafety.gov warns that hair, limbs, jewelry, or bathing suits can get stuck in a drain or suction opening in a pool or spa. Broken or missing drain covers should be replaced immediately and no swimming should occur until the issue is remedied.
- Install other barriers. Barriers, alarms and pool covers can save lives and prevent access to pool water when the pool area is not in use.
- Learn how to swim and perform CPR. Families can take swimming lessons to become better swimmers. Learning how to perform CPR on adults and children can save lives. Courses are available at many hospitals and community centers or through the Red Cross.

Swimming pools are welcome additions to yards. Safety is vital when around water.

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# AROUND THE COUNTY

## Pamlico Betty Jo Rodgers, *Correspondent*



I read Joy McCracken's article last week and it saddened me to hear of the passing of Glenora Moore Jennette. She and I became friends when I taught at Aurora High School in the 80s and renewed our friendship when I was the pastor of Aurora United Methodist Church several years ago. She will truly be missed by her friends, family, and community.

The Croaker Festival will begin on July 1, 2022. Make your plans to be there for a wonderful weekend event. The fireworks are expensive so donations are appreciated.

I spent much of this past week in Greenville attending the Annual Conference of the North Carolina Conference of the United Methodist Church. Of special interest to the area residents was the retirement of the Reverend Penny Dollar Farmer and the Reverend Charles Moseley. New appointments were also announced and for Pamlico County it as announced that the Reverend Dennis Goodwin will be pastoring Vandemere UMC, and Josh Nichols will be the new pastor at Reelsboro UMC.

To readers in Beaufort County, the Reverend Peg Witt will be leading the congregation at Warren Chapel UMC through December 31, 2022.

I would like to take this opportunity to ask for prayer for all pastors in all churches in the county. The clergy in the county are planning to meet for breakfast at Charlie's Restaurant on July 7, 2022, at 8 am to share a meal and fellowship. This will give us a chance to meet and greet the new ministers in the area.

Mark your calendar for Sunday July 31st. Oriental UMC will be celebrating their 125th Homecoming, and they want to include any who attended Peace Pre School. There will be an 8:30 Riverside Praise Music service at Lou Mac Park with Ken Belangia. The Homecoming Service will be at 10:30 in the sanctuary with past pastors Stan Brown and Gray Southern. The worship service will be followed at 12:00 with dinner on the grounds and fellowship hall. The meal will feature a Pig pickin' by Carl Barwick and Wayne Dunbar along with potato salad, deviled eggs, baked beans, slaw and desserts provided by the women's Circles.

Celebrating birthdays in June are Tyler Davis Green (6/22), Cousin Shirley Edwards (6/24), Russell Gregory, Brent and Cathy Fulcher (6/25), Carly Alisha Sanders (6/28) and Grace Farmer Nanny (6/30).

Have a blessed week. Yearning for hope? Take Spiritual Vitamin Y. "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." (Psalms 23:4)

## Whortonsville Reba Tiller, *Correspondent*



Another busy week, watering the flowers, cleaning and cooking crabs, going to the doctor in New Bern, prayer meeting at Alex and Stephanie's home, mowing, church today and the lunch bunch at my home. We finished one of the hardest puzzles we have done called Western Spaghetti so for lunch I made spaghetti for the laboring we did over he puzzle and I am giving it away to someone who likes challenges! I spoke to someone who was welding over next door on the house and lot that is being redone, and he confirmed they are taking it up 16 feet. I hope he puts in an elevator!

Had lunch at Charlies Restaurant on Friday, spent time with Florence Bray who just lost her husband to cancer and Wendy Potter. My neighbors were here from Greenville for the weekend

and Maura is doing well after surgery. It was a lovely Father's Day and hope everyone was able to be with their father. Still getting sticker shock when I go to fill up my gas tank or to buy groceries. A reminder to the Chorale members that we will be rehearsing at the Catholic Church with the band on Tuesday evening, June 28th at 7:00p.m. No practice at the Methodist Church on Monday. All present or former Chorale members who know the music we always sing for the Croaker Festival are welcome to come and sing with us.

Thought for the week--- A Father's Prayer--"Our Father who art in heaven, I am a father on earth, You have given me this gift and responsibility, Grant me the wisdom to carry it out. Let me be there for my children when they need me, and get out of their way when they don't."

## Aurora Joy McCracken, *Correspondent*



How about that shot of cool air that was akin to a typical fall day?

We've had some good thunderstorms lately; one line coming in from the north was unexpected and amounted to about 1/2 inch. Friday night was a treat with good, but not too close lightning.

While riding around Aurora last week it was remarkable seeing so much wildlife! A rabbit and squirrel hanging out together next to the bank, two quail in someone's driveway and a fox running through a yard. (I have seen my rabbit back in my yard along with a box turtle). I suppose that will be curtailed somewhat in the future with the town's new rejuvenation. There are several houses for sale and others fixing to be offered to be for either demolition or serious rehabilitation.

Linda Vincent is back doing her morning walks with her golf club and friend. There is some intense electrical work being done in the town replacing poles and such.

Josh and Jacob from Samantha's Yard Service were out here and did a splendid job. I gave them some eggs I've been collecting from my lone chicken. She still likes laying them in the Norfolk pine on the front porch.

I'm seeing probably another species of lightning bugs: these hover just above the grass doing a 'J' maneuver and are mostly in the front yard where there's more trees and come out at dusk. I'm still seeing a few of the 'straight line' fliers who stay out later and higher which I first notated in early May.

The big news is our upcoming Fish and Farm Festival, a first for our amazing town. My Photo of the Week is of the poster. We want to celebrate the rich past and present history of those two industries that have and continue to affect Aurora.

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## How motorcyclists can stay safe while riding...

Many people are drawn to motorcycles because of the intensity and excitement riding provides. Motorcycles are fun and routinely draw attention from other motorists. What motorcycles add in terms of speed and excitement, they may lose in safety, especially when compared to cars and trucks. The National Transportation Safety Board says motorcycle riders and their passengers have the highest risk of fatal injury among all motor vehicle users. Per mile traveled, motorcyclist fatalities occur nearly 28 times as often as passenger vehicle occupant fatalities in traffic crashes. Thankfully, the risks associated with riding motorcycles can be reduced with some simple safety precautions.



Familiarize yourself with the bike. Motorcycle riders are not advised to take an unfamiliar bike into busy traffic. If the bike has never been ridden before, become familiar with its handling and responsiveness in a controlled area that isn't full of traffic before taking it on the open road.

**GEAR**  
Motorcycle riders can improve the barrier between themselves and the road with the proper gear. Quality leather jackets and pants, helmets, gloves, and non-skid boots can protect the body from severe injuries.

**IMPROVE VISIBILITY**  
Reflective tape added to clothing can help motorcyclists become more visible to other drivers; otherwise, wear bright clothing colors. Also, riding with others as a group increases visibility.

**ADJUST FOR WEATHER**  
Riding in the rain or in other difficult conditions is more risky since the roads are slippery. Slow down or keep the bike at home in inclement weather.

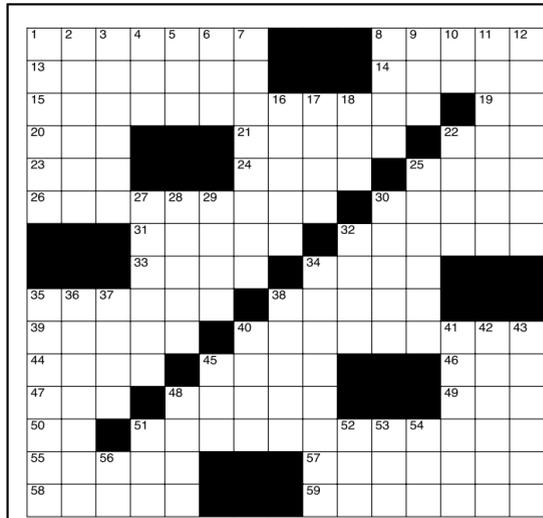
**REMOVE DISTRACTIONS**  
Stow cell phones away so your attention is not drawn away from the road.

**REMAIN SOBER AND ALERT**  
Don't ride while under the influence of alcohol or drugs (including over-the-counter if they cause drowsiness). Also, do not drive while drowsy, as it is just as dangerous as driving while intoxicated.

**BE AWARE OF OBSTACLES**  
Motorcyclists need to be very careful about road obstacles, more so than other drivers. This includes uneven road surfaces, fallen branches, oil slicks, and/or wet spots. ConsumerSafety.org says a motorcycle has less contact with the road than a car, making it more likely to skid out of control or throw a rider from the bike.

Motorcycle riders need to be more cautious on the road because they are at increased risk for injury.

# CROSSWORD



### CLUES ACROSS

- 1. Half-conscious states
- 8. Unnatural
- 13. Deep regret
- 14. Rogue
- 15. Took without permission
- 19. An alternative
- 20. After B
- 21. Partner to "flowed"
- 22. The best day of the week (abbr.)
- 23. Helps you hear
- 24. Egyptian river
- 25. Lake \_\_, one of the Great
- 26. Make free from bacteria
- 30. Indigenous peoples of central Canada
- 31. Sanctuaries in Greek temples
- 32. Most unclothed
- 33. NJ senator Booker
- 34. Tibetan lake
- 35. Desecrate something sacred
- 38. John \_\_, English educator 1467-1519
- 39. Obtains in return for labor
- 40. Views
- 44. Rugged cliff
- 45. Not quiet
- 46. Body part
- 47. Newt
- 48. German city
- 49. A way to save money
- 50. NBC's Roker
- 51. Dire Straits frontman
- 55. Actress Lathan
- 57. Most meager
- 58. Poems
- 59. Companions

### CLUES DOWN

- 1. Draws over
- 2. Recur
- 3. Current unit
- 4. Neither
- 5. Certified Radio Operator (abbr.)
- 6. Power of perception
- 7. Peace
- 8. Supplemented with difficulty
- 9. The last section or part of anything
- 10. Dorm worker
- 11. Bones
- 12. Most unnatural
- 16. Spanish island
- 17. The skill to do something
- 18. Where golf games begin
- 22. Untethered
- 25. Print errors
- 27. The sport of engaging in contests of speed
- 28. Ones to look up to
- 29. Stringed instrument
- 30. Gives whippings
- 32. Type of tie
- 34. Make more concentrated
- 35. Die
- 36. Part of a winter hat
- 37. Young men's club
- 38. Bathrooms need it
- 40. U.S. president
- 41. American novelist
- 42. Take into custody
- 43. Hurts
- 45. Type of gibbon
- 48. American actor Lukas
- 51. Partner to cheese
- 52. Some are covert
- 53. Political action committee
- 54. To and \_\_
- 56. Atomic #28

PUZZLE SOLUTION

T	R	A	N	C	E	S		E	E	R	I	E			
R	E	M	O	R	S	E		K	N	A	V	E			
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## Guess Who?

I am an R&B singer born in Alabama on June 20, 1949. I founded several R&B groups and also played tennis on scholarship before making it big. In addition to my own hits, I co-wrote a song that raised money for Africa.

*Answer: Lionel Richie*

## WORD SCRAMBLE

Rearrange the letters to spell something pertaining to roses.

### UBETUOQ

*Answer: Bouquet*

"Summer afternoon – summer afternoon; to me those have always been the two most beautiful words in the English language." – Henry James

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**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF PATRICIA POLZIN STILLEY File No.: 22 E 91**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to EMILY S. HARPER, Administrator of the Estate, on or before AUGUST 30, 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 25th day of May, 2022.

ESTATE OF PATRICIA POLZIN STILLEY  
C/O EMILY S. HARPER  
1435B HARPER RD  
GRANTSBORO, NC 28529

Publish June 1, 8, 15 and 22, 2022

**NOTICE TO CREDITORS STATE OF NORTH CAROLINA**

**COUNTY OF PAMLICO**

The undersigned, William Nathaniel Townley III, having qualified as Executor of the Estate of Wilbur Nathaniel Townley II, Deceased, late of Pamlico County, North Carolina, hereby notify all persons, firms, and corporations having claims against the Estate to present such claims to the undersigned in care of the undersigned's Attorney at their address on or before August 31, 2022 or this Notice will be pleaded in bar of their recovery. All persons, firms, and corporations indebted to the said Estate will please make immediate payment to the above named Executor.

This the 1st day of June, 2022.  
William Nathaniel Townley III, Executor  
Estate of Wilbur Nathaniel Townley II

Justin N. Plummer, Esq.  
Law Offices of Cheryl David  
528 College Rd.  
Greensboro, NC 27410  
Telephone: (336) 547-9999  
Facsimile: (336) 547-9477

June 1, 8, 15, 22.

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JOSEPH DANIELS MCCLEES File No.: 22 E 95**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SUSAN HENRI MCCLEES, Executor of the Estate, on or before SEPTEMBER 20, 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 22nd day of June, 2022.

ESTATE OF JOSEPH DANIELS MCCLEES  
C/O SUSAN HENRI MCCLEES  
P O BOX 430  
ORIENTAL, NC 28529

Publish June 22, 29, July 6 and 13, 2022

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF GENEVIEVE GLADYS REMUS File No.: 22 E 103**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to ROBIN REMUS HIBBLE, Executor of the Estate, on or before SEPTEMBER 20, 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 22nd day of June, 2022.

ESTATE OF GENEVIEVE GLADYS REMUS  
C/O ROBIN REMUS HIBBLE  
223 SANDERS RD  
MERRITT, NC 28556

Publish June 22, 29, July 6 and 13, 2022

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June 10, Kershaw Rd., Oriental, intimidation  
June 10, Camping Rd., Grantsboro, assault on a female by male at least 18 years of age  
June 10, Florence Rd., Merritt, driving while impaired, interfere with emergency communication, speeding  
June 10, Chair Rd., New Bern, break or enter any building - intent commit felony/larceny, destruction/damage/vandalism of property  
June 11, NC Hwy 55, Bayboro, failure to appear child support order  
June 11, Lupton Lane, New Bern, simple assault, assault on a female by male at least 18 years of age  
June 12, N. Trent Rd., Merritt, break or enter building (misdemeanor)  
June 12, Wichita Village Lane, Bayboro, kidnapping  
June 12, Riggs Rd., Alliance, involuntary commitment  
June 12, NC Hwy 306 N., Grantsboro, driving while license revoked  
June 13, NC Hwy 306, Grantsboro, littering > 500 lbs/littering hazardous waste  
June 13, NC Hwy 306 S., Grantsboro, federal indictment  
June 14, Keel Rd., Alliance, neglect disabled/elder fail provide care/injury  
June 15, NC Hwy 55, Grantsboro, warrant for arrest  
June 15, Main St., Bayboro, order for arrest failure to appear driving while license revoked Craven County  
June 15, NC Hwy 55, Grantsboro, assault on a female warrants out of Lenoir  
June 15, Main St., Bayboro, driving while license revoked  
June 15, NC Hwy 306 N., Grantsboro, missing person

**INSPECTIONS**

June 10, Stephen Lemuel Poole, Arapahoe, dock electric, \$206.90; Michael H. Thomas, Arapahoe, electric 200 amp, \$75; Jeff Choate, Oriental, transfer switch, \$40; Pamlico County, generator/transfer switch, \$0; Cheri Cannon, garage apartment, \$838.28; Cliff Buck, Merritt, electrical, \$75

**PROPERTY TRANSFERS**

June 6, Tracts One and Six; NCSR 1126; PCA 99-5; metes and bounds from Craig A. Holton, Melissa Holton, Dennis B. Holton, Jeannie Holton to Willie Jay Hiatt, Jr., Kimberly D. Hiatt, \$100  
June 6, Two Tracts from William J. Rode to Stacey A. Seim, \$909  
June 6, Sunset Shores Two Tracts PIN: K071-1-5; Quitclaim Deed from Lawrence R. Hackett, Laura N. Hackett, Laura D. Watoner to Laura N. Hackett, Lawrence R. Hackett, \$0  
June 6, U-5 Tract 4 and U-3 Tract 3; maps attached, Timber Deed

from TC & I Timber Company, LLC, Campbell Global, LLC/AGT to Weyerhaeuser NR Company, \$774  
June 6, U-2 Tract 1; U-3 Tract 1; U-3 Tract 2; U-3 Tract 3; U-5 Tract 1; U-5 Tract 2; U-5 Tract 3; U-5 Tract 4, PIN: E05-71; E06-77, H08-78, I07-17, J041-31, K071-126, L062-13 from TC & I Timber Company, LLC, Campbell Global, LLC/AGT to Weyerhaeuser Company, \$3,543  
June 6, U-5 Tract 4 from TC & I Timber Company, LLC, Campbell Global, LLC/AGT to Weyerhaeuser Company, \$0  
June 7, Neuse Road, Arapahoe; see instrument, PIN: F081-3 from Francine B. Kitchen to James C. Raif, \$0  
June 7, 1 1/4 AC; metes and bounds from Mintoria Faith Watson/TR, Mintoria Faith Watson, Mintoria Faith Watson Revocable Living Trust to Mintoria Faith Watson, \$0  
June 7, 3 AC; metes and bounds Bennett Neck Road, Grantsboro, PIN: E08-15 from Epic Realty Solutions, LLC to James B. Boomer, Kimberly J. Boomer, \$156  
June 7, Foxwood at Pinedale Lot: 72, Phase III; PCA 106-7; Longleaf Drive, PIN: D061-110-72 from U.S. Bank National Association/TR, Manufactured Housing Contract Senior/Subordinate Pass-Through Certificate Trust 1998-7, Newrez, LLC/AIF, New Penn Financial, LLC/AIF, Shellpoint Mortgage Servicing/AIF to Jesus N. DeLeon, Jennifer Reducindo Marcelino, \$55  
June 7, 0.47 AC; S/S Caroline Street, Bayboro; map DB 268/926; DB 324/68 from Abbott W. Dees, Wrenn O. Dees, Dale R. Dees, Kimberly H. Dees, Laura Dees Wiggins, Laura Dees McLawhorn, Thomas A. Wiggins to Jeremy D. Hudson, Svetlana Hudson, \$324  
June 7, Bennett Landing Unit: A, Building 5; Condo Book 1 Slide 11/18-20 and 12/1-2, PIN: F093-14-C5A from Michael Bryant Bennett, Jr., Michael Bryan Bennett, Alexandra M. Bennett to John Woehrl, Mary Woehrl, \$600  
June 7, Teachs Cove Lots 46 & 48; Lots 50-71; Lots 79-94; Map Book 9/63, PIN: I081-5-46, I081-5-48, I081-5-50, I081-5-52, I081-5-53, I081-5-54, I081-5-55, Portion I081-5 from Teach's Cove, Inc. to Inner Banks Living, LLC, \$600  
June 8, Bennett Landing Unit: A, Building 9; Bennett Road; Condo Cabinet 1 Slide 13-2, PIN: F093-14-C9A from Bayport Realty, LLC to Doug Watson, Andrea Miller, \$800  
June 8, Shine Landing Lot: 12, PCA 133/7-12; Shine Landing Boat Slip 9; PCA 134-8; Shine Landing Interest Lot 8; PCA 134-8, PIN: H092-6-8-9SL, H092-6-12 from Rocco A. Montanari, Joanne E. Montanari to Trifecta Dream Homes, LLC, \$30  
June 8, Landings Hargett Lot: 9, PCA 21-1; Map Attached from

Lawrence A. Whalen/TR, Carol L. Whalen/TR, Lawrence A. Whalen Living Trust, Lawrence A. Whalen to Donald E. Thompson, Frances R. Thompson, \$888  
June 8, 4.00 AC; DB 681/845; Metes and Bounds from Kimberly B. Taylor to Ivan C. Radcliff, Taylor J. Radcliff, \$1  
June 9, Shine Landing Lot: 45, PCA 133/7-12; Shine Landing Boat Slip 1; PCA 135-6; Shine Landing Interest Lot 40; PCA 135-6 from Jerry M. Nicholls, Kathleen M. Nicholls to Jerry M. Nicholls/TR, Jerry M. Nicholls, Kathleen M. Nicholls/TR, Kathleen M. Nicholls, Jerry M. Nicholls Revocable Trust, Kathleen M. Nicholls Revocable Trust, \$0  
June 9, 4.47 AC; S/S Roberts Road, NCSR 1115; metes and bounds from Danny E. Fornes, Marsha Temple to Roy Dale Fornes, Jennifer R. Fornes, \$8  
June 9, Two Tracts from Nova Property Management, LLC to Kosi Investments, LLC, \$1,340  
June 9, Oriental Plantation Lot: 111, Section IV; PCA 65-9; Oriental Plantation Marina Boat Slip 25; Condo Book 1/72-74 from Alfred S. Houston, Jodi Kay Houston to Terry R. Prescott, Miriam S. Prescott, \$30  
June 9, 46/100 AC; W/S NC Hwy 306, S/S Brinson Street, Map Book 9/39; metes and bounds from Richard E. Gerard, Jr., Sandra W. Gerard, Stanley G.J. Feigenbaum, Milagros S. Feigenbaum to Richard E. Gerard, Jr., Stanley G.J. Feigenbaum, \$0  
June 9, 1.39 AC; NW/S Bennett Place Road (SR 1121); metes and bounds, PIN: F093-41; Executor's Deed; 21-E-219 from Thomas W. Boyd, Jr./EXR, Betty Lee Boyd/EST to Thomas W. Boyd, Jr., \$0  
June 9, Two Tracts PIN: F093-43, F094-1-25; Executor's Deed; 21-E-219 from Thomas W. Boyd, Jr./EXR, Betty Lee Boyd/EST to GST Exempt Trust FBO Thomas W. Boyd, Jr., GST Exempt Trust, Thomas W. Boyd, Jr., \$0  
June 9, 15/100 AC; Neuse River; Fifth Tract DB148/265 & DB148/299; metes and bounds from James Ross, Vivian Ross, Marvin Ross, Wendy Ross to John L. Auton, III, Michelle C. Auton, \$26  
June 9, Hortons Landing Lot: 22, Section Four; PCA 54-10; 1.01 AC; Map DB 472/312 from Joseph DeMauro, Gail DeMauro to Laura A. Lewis, \$640  
June 9, Pecan Grove Marina Three Tracts from Robert Coy Turner, Maria Teresita Ferrer-Turner, Maria Teresita Ferrer Turner, Maria Teresita Ferrer Turner, Maria T. Ferrer-Turner to Jaime Fajardo, Leigh Ann Fajardo, \$40  
June 9, Sea Vista Windward Shores Lot: 10, Section I; Map Book 5/34 from Wilbur C. Chapman, Morgan S. Chapman to Joseph Mathews, Jr., Lisa Mathews, \$79  
June 9, Live Oak Street and Neuse River; Metes and Bounds; DB 276/782; 20-E-4 from Carolina Sunflower, LLC to Linda Diane Chang, Joseph K.V. Chang, \$180  
June 10 S/S Hwy 304, Mesic; metes and bounds from Carl J. Olison, Violet W. Ollison to East Coast Homes, Inc., \$120  
June 10, Sea Vista, Pierce Creek Area Lot: 3, Map Book 8/19; Addition IV from Ann M. Demuth to Otis D. Bennett, \$54  
June 10, One AC; Elm Street and Vance Street; Tract One DB 326/694, PIN: H041-31; Quitclaim Deed from Anna Gaskill Hardison, Anna Charlene Gaskill, Thaddeus F. Hardison to Willie Powell, Geraldine Powell, \$0  
June 10, One AC; Elm Street and Vance Street; Tract One DB 326/694, PIN: H041-31 from Willie Powell, Geraldine Powell to Alivia Nichole Dove, \$24  
June 10, Keystown Road; Metes and Bounds, DB 660/712, Deed of

Correction; See Instrument from Rhonda Ann Dixon, Henry Junior Dixon, Juanita Gardner to Rhonda Ann Dixon, Henry Junior Dixon, \$0  
June 10, Map DB 187/130; Metes and Bounds; DB 660/712, Deed of Correction; See Instrument from Rhonda Ann Dixon, Juanita Gardner to Juanita Gardner, \$0  
June 10, Dawson Creek Lot: 205, Phase 1 - Section 2; PCA 165/19-20 & PCA 166/1-5 from Michael C. Brett, Patricia A. Brett to Lynstar Management Group, LLC, \$18  
June 13, Ormond Place Lot: 103 E/S George Street in Hudson Town; DB 69/188; Ormond Place Lot: 104 E/S George Street in Hudson Town; DB 69/188 from Betty Keyes, Betty B. Keyes to Monica Keyes, \$0  
June 13, Landings Hargett Lot: 50, Section III; PCA 47-7 from Margaret I. Apple-Jones, Margaret I. Apple Jones, Margaret I. Apple Jones to Susan Campbell, Richard Mannion, \$500  
June 13, Arlington Place Lot: 123, Phase 1; Minnott Beach; PCA 153/17-20 & PCA 154/1-8 from Robert Poniatowski, Jr., Laura Poniatowski to Gary A. Winterstein, Erin L. Meister, \$1,350  
June 13, Bairds Creek Landing Lot: 4, 7.1 AC; PCA 173-4 from Bairds Creek, LLC to Michael Howard Gitter, \$390  
June 13, 3.86 AC; Lot 2A PCB 7-9 from Christopher Mackey, Shannon Mackey to Connie M. Mackey, \$0  
June 14, Timber Point 3.51 AC; S/S Timber Point Drive; PCA 142-6, PIN: J05-4-1 from Phillip G. Rembert, Phillip Rembert to FMF Holdings, LLC, \$11  
June 14, Timber Point Boat Slips 4, 7, 8 & 9; Map in DB 506/203; PCA 142-6; Mason's Creek Non-Warranty Deed of Easement and Assignment of Permit from Phillip G. Rembert, Phillip Rembert to FMF Holdings, LLC, \$0  
June 14, Sail Loft Lot: 75, Oriental; Map Book 6/83; Sail Loft Lot: 76, Oriental; Map Book 6/83, PIN: I092-4-76 from Milton H. Askew, III, Karen B. Askew, Milton H. Askew, IV, Lauren Marie Askew, Lauren M. Askew, Frank B. Askew, Kathleen Askew, Karhryn E. Askew, Susan A. Lansche, Edmund G. Lansche, Anna Lansche Mommsen, Matthew Mommsen, Matt Mommsen, Ryan E. Lansche to Henry V. Frazer, \$20  
June 14, Woodland Heights Lot: 11, Map Book 12/58; 07E12; Woodland Heights Lot: 12, Map Book 12/58; Map DB 225/361 from D & H Housing, LLC to Kenny Hackney, Velma Hackney, \$50  
June 14, Foxwood at Pinedale Lot: 48, Section 1; Map Book 11/98 from Teresa Scott to Larry Rupert, Christine Rupert, \$56  
June 15, Arlington Place Lot: 146, Phase 1; PCA 153/17-20 & PCA 154/1-8 from Matthew V. Merchant, Wendy L. Merchant to Brandon Thompson, Amanda Thompson, \$70  
June 15, Oriental Marina Condominium Unit: 22, Map DB 403/1; Boat Slip 8 from Pamela J. Manning, Beverly D. Gaskins to M & M Properties 28365, LLC, \$450  
June 15, 4.15 AC; PCB 6-16 from Hilda D. White/TR, Hilda D. White, Hilda D. White Irrevocable Trust to Hilda D. White Irrevocable Trust, Hilda D. White/TR, Hilda D. White, \$0  
June 15, NC Hwy 304; metes and bounds from Church of God of Prophecy of North Carolina, Inc. to David L. Britton, \$112  
June 15, Tract 2; 10.5 AC; Mabel Mills Estate PCA 46-9 from Avian Land and Timber, LLC to James E. Ragan, III, Marilyn H. Ragan, \$56  
June 16, River Dunes Lot: 31, Marina Village - Section 3; PCA 149/2-3, PIN: L10-3-MV3-31 from Carol Julie Hipps to East Kinston Housing, LLC, \$120

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# Health & Wellness



## Men's Health Month: Bringing Awareness To Men's Health Issues During The Month Of June



Celebrated each year during June, **Men's Health Month** brings awareness to the health issues all men face. Hosted by Men's Health Network since 1992, the month is dedicated to enriching men's health and wellness through a broad spectrum of national screening and educational campaigns.

**Men's Health Month** is an annual observance aimed at raising awareness of preventable health problems and encouraging early detection and treatment of disease among men and boys.

Across the country at health fairs and other health education and outreach activities, the focus of this month is encouragement of men, boys, and their families to take control of male health issues with the proper screenings and care.

### Goal of Men's Health Month

Did you know that men, on average, die almost five years earlier than women? Part of the reason is that men are more reluctant to go to the doctor, according to [menshealthmonth.org](http://menshealthmonth.org). In fact, studies show that women go to the doctor twice as much as men.

Additionally, Men's Health Network notes that certain conditions are more prevalent in men, which patients and their doctors should keep an eye on through regular appointments.

Thus, the purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys.

This month gives health care providers as well as individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.

### Focusing On Male Health In Seniors

It's important as a senior man to brush up on your health facts, listen to your body and be sure to get regular checkups. Not only will you live longer, you'll have a better quality of life.

**General Health** – Even if you don't feel sick, it's important to see your doctor regularly and schedule annual exams. Here are some of the screening tests recommended by Johns Hopkins for men 65+:

- Abdominal aortic aneurysm
- Blood pressure
- Colorectal Cancer
- Depression
- Diabetes mellitus, type 2
- Lipid disorders
- STD

**Illness** – It seems simple but if you're sick — see your doctor. According to the Health in Aging Foundation, 40% of men said that when sick, they delay seeking medical care for a few days; and 17% percent said they would wait "at least a week." Don't wait. Prompt medical care can be the difference between life and death.

**Medications** – It's important to take medications as directed, and especially for seniors to keep a complete list of medications and dosages handy. Always inform any doctor you visit about your medications — the more they know about your meds, the better they can look out for potentially life-threatening drug interactions. The older you get, it's common you may be on more daily prescriptions and medications; so with increased medications you run a greater the risk of side effects and adverse interactions.

**Vaccines and Inoculations** – Keep up with recommended shots, including for flu, shingles, pneumonia and diphtheria/tetanus, is vitally important — especially for the elderly men in our lives.

**Healthy Eating** – Older men have specific dietary needs. They need more calcium, vitamin D, fiber and potassium. Experts recommend limiting fat calories to 20 to 35 percent of your diet and suggest the following guidelines for daily calorie needs for men 50 and over:

- Not active: 2,000
- Moderately active: 2,200 to 2,400
- Active: 2,400 to 2,800.

Additionally, it is recommended that senior men try to incorporate 30 minutes of physical activity, 5x a week into their daily schedule (physical limitations, permitting.)

**Use Sunscreen** – Up to 50 percent of Americans who live to age 65 will have at least one skin cancer, and Caucasian men are particularly at risk. It's never too late to take steps to prevent further damage from the sun. Try to avoid the sun during peak hours from 10 a.m. to 4 p.m., wear a hat and sunglasses, and liberally apply SPF 30 or greater sunscreen to all exposed skin.

## Raising Social Media Awareness Regarding Men's Health

During Men's Health Month, you can use social media to share education and awareness about men's health issues around the world. You can help spread the message of protecting men's health by using the hashtags: #MensHealthMonth and #ShowUsYourBlue

### Wear Blue Day

Plan a "Wear Blue Day" to help spread the knowledge of Men's Health Month!

The statistics show that men deal with more illness than women, and die younger. Wear BLUE was created by Men's Health Network to raise awareness about the importance of male health and to encourage men to live longer and healthier lives.

Whether it is your friend, brother, dad, boyfriend, spouse, or boss, show them you care about them and their health by wearing blue.

Wear BLUE also raises awareness and money for education about men's need to seek regular checkups, or testicular cancer education, prostate cancer education, or other health issues that affect men. (Cardiovascular disease, skin cancer, lung cancer, diabetes, gout, and more.)

These are just a few ways for men to stay healthy as they age and a great time to commit to better health is during Men's Health Month! Do it for yourself – and your family.

For more information and resources, go to <http://www.menshealthresourcecenter.com/aging-seniors/>.

Help the men you know live healthier, happier lives!

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