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Vol. 55 No.19, 14 Pages

# The Pamlico News

Wednesday, May 17, 2023

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## LUNCH AND LEARN

*The Dark Web - Are you at Risk?*

When:

Mon, May 22, 11:00am – 12:30pm

Where:

404 Freemason St, Oriental, NC 28571

Description:

Come learn more about the Dark Web and how to protect yourself. Speaker Andrew M. Garlick, MBA, PMP, HRIP is the CEO and Principal of The Garlick Group, a consulting firm specializing in Cyber Security and Cyber Security Regulatory Compliance for small business and families. RSVP 252.675.0909 by May 16th



## Pamlico Musical Society's Membership Drive Now Underway

Pamlico Musical Society's 2023-24 Season Membership Drive is now underway! With membership donations providing more than a third of our operating budget, your financial support is more important than ever to help us keep pace with the rising costs of bringing top quality artists to our community. Your tax-deductible membership donation helps us present a top-shelf concert series representing a broad range of musical genres, plus contributes to several free workshops, performances, and outreach events for schools, community centers and county-wide audiences for whom our concerts are less accessible. Join before June 15th to be eligible to purchase early bird, discounted tickets in July for the upcoming 2023-24 season. Whether renewing an existing membership or joining for the first time, make sure you are onboard for our 2023-24 season which promises to be one of the best yet! For more information, visit us at [www.pamlicomusic.org](http://www.pamlicomusic.org), call us at 252-617-2125, contact us through Facebook, or email us at [pamlicomusic@gmail.com](mailto:pamlicomusic@gmail.com).

**Love our shows?** Sponsor a concert for the upcoming season! Contact Pamlico Musical Society on Facebook or via our website, [www.pamlicomusic.org](http://www.pamlicomusic.org), email us at [pamlicomusic@gmail.com](mailto:pamlicomusic@gmail.com), or call us at 252-617-2125 for more information.



SCHOOLS on Page 5 & 11

## Farewell to S. M. Jones Field

by: Hiram Lupton



The final regular season game this year for the Pamlico County High School Hurricanes baseball team versus East Carteret, most likely was the final baseball game played at S. M. Jones Field, home of the Hurricanes. The field was opened and dedicated in 1978 and named after Mr. Sam M. Jones, a farmer and major contributor to Pamlico County High School athletics and the new baseball field. The construction of the new facility was spearheaded by Mr. Jimmy Hudson, a huge supporter of Hurricane baseball. At the time it was one of the nicest high school baseball fields in the area, and has stood the test of time to remain so. The site of the field also happens to be the proposed location of a new school which will contain the Pamlico County Middle, as well as the High School. There will be a brand-new baseball facility built across the street from S. M. Jones, between Fred A. Anderson Elementary School and Pamlico Primary School. Timetables may change, but the first thing to be done will be erection of the new field, and demolition of S. M. Jones Field to make way for the construction of the new school.



## Marine Corps Request New Military Operations Areas

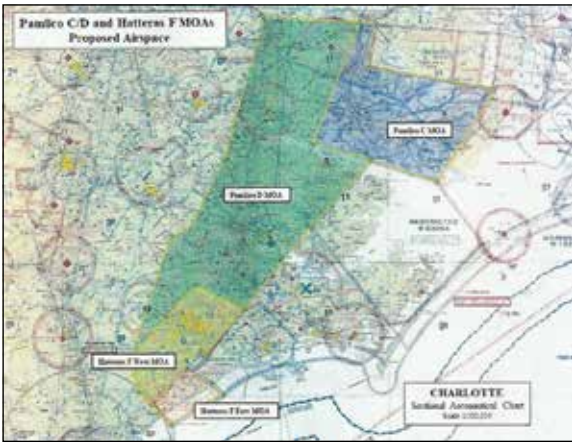
by: Hiram Lupton

The Federal Aviation Administration (FAA) is considering a request by the United States Marine Corps to create Military Operations Areas (MOAs) in the vicinity of the Cherry Point Marine base. The request would create new MOAs adjacent to the current Eastern North Carolina training and operational area. This would create the Pamlico C and D MOAs and also modify and expand the current Hatteras MOAs. The purpose of the new MOAs is to provide adequate training airspace and to mitigate the training and readiness gaps for several required mission areas that result from insufficient Special Use Airspace (SUA). Before reaching a final decision on the request, the FAA is providing an opportunity for the public to comment on the aeronautical impacts that would result from approval of this request. The Marine Corps maintains that the current SUA is insufficient to support training requirements for it and other Department of Defense airspace users. The expected arrival of the new F-35B Lightning II squadrons in the fall of this year will only exacerbate the problem. According to the Corps, the creation of the Pamlico C/D MOAs will bring the current SUA airspace closer to the minimum required to address the current shortfalls and expanding training requirements. As stated, the FAA is seeking public comment regarding the effect of these proposals. These comments can be submitted via mail at:

**FAA Eastern Service Center  
Operations Support Group (AJV-E23)  
Military Liaison Officer  
1701 Columbia Ave  
College Park, GA 30337**

or by email at [9-ESA-OSG-Public-Notice@faa.gov](mailto:9-ESA-OSG-Public-Notice@faa.gov)

Please refer to Airspace Study 22-ASO-008-NR. All correspondence must be received by June 7, 2023



## PC Unpaid Property Tax

Page A6-8



## HeartWorks Afterschool



Students at the HeartWorks Afterschool Program took part in two performances of Joy Comes to HeartWorks during the month of May. Parents, grandparents, and siblings attended. The play featured original music and showcased a wealth of student talent. The youngest children opened each show by singing the HeartWorks them song and Kindness is My Superpower. Older children demonstrated drumming with Doug Carmichael, a longtime volunteer. Six students who learned to read music with volunteer Annie Managanaro, played tunes on Flutophones. Others danced, presented art projects, spoke about their interests and a group of enthusiastic basketball players expertly bounced balls across the stage in beat to Sweet Georgia Brown. The children were rewarded with much applause.

HeartWorks is a non-profit service agency funded by donations and grants. The AfterSchool Program is free and serves 150 students each afternoon at its campus in Bayboro. Applications are still being taken for the Summer Program.



## BOC Discusses Vape Shop Ordinance



Page A2

## LIKELY WEATHER OVER THE WEEKEND



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# COMMUNITY

## OBITUARIES



Arapahoe - **Catherine "Cathie" Toler Criscitiello, 75**, died at her home on Wednesday May 10th, 2023. Cathie was a homemaker and substitute teacher at Brinson Memorial Elementary School in New Bern. Surviving is her goldendoodle Willow, feline friend Wasabi, a host of wildlife she fed; son, Michael Criscitiello and wife, Pam Criscitiello of College Station, TX; sister, Faye Mantyla and husband, Amos Mantyla of Trent Woods; three granddaughters who adored her, Sydney, Sofia and Savannah Criscitiello; her nieces and nephews who loved her dearly and to whom she was that “cool aunt”, and her grand-dog Roxy.

She was preceded in death by her husband of 52 years, Frederick Criscitiello; parents, Armstead Toler and Mary Katie “Peggy” French Toler; and brother, Armstead “A.D.” Toler Jr. Cathie loved her family, learning, the beach, gardening, tanning, rock music and nature. She enjoyed practical jokes. Cathie had a heart of gold and always assumed the best of people. She was fortunate to have truly wonderful friends in Stonewall and the Bluffs (who graciously tolerated her bear). The family will receive family and friends at Cotten Funeral Home, Saturday June 3th from 5-8pm. In lieu of flowers, contributions could be made to Colonial Capital Humane Society. Arrangements entrusted to the care of Daniels-Sadler Funeral Home & Crematory, Alliance.

## BOC Discusses Vape Shop Ordinance

by: Hiram Lupton

Public concern over what seems to be an explosion of one type of business in Pamlico County prompted the Pamlico County Board of Commissioners (BOC) to discuss the possibility of a local ordinance regulating these businesses. Stores which sell Vape products, among other things, was one topic discussed by the BOC with County Attorney David Baxter Monday evening at their Monday evening meeting. Baxter stated that this is a subject currently being looked at by many local governments and municipalities in our state. Among the concerns expressed over these businesses were the prevalent use of bright or distracting lights near public highways or residential areas. Noise during the late hours that many of these businesses that remain open late into the night was another. The type of activities that go on at these stores, as well as just what they are selling, and to whom, was also brought up. Last month, the Pamlico County Sheriff’s office served all tobacco shops in the County with a cease-and-desist letter notifying them to remove illegal gambling machines from their premises. There was also concern expressed by commissioners about products finding their way into the hands of those who are underage, either directly from these shops or from a third party. Baxter stated to the Board that there are several avenues to consider when crafting an ordinance. Distance regulations from schools and churches is one possibility. Another approach to consider would be a public safety aspect, with possible buffers from private property and highways. Baxter also stated that the hardest part of crafting an ordinance for these shops is to define just what is being regulated and fashioning that into an enforceable regulation. After some discussion, the Board instructed Baxter to look into what real options exist for the County to regulate these businesses. Time will tell if there will be any action taken, or if the idea goes up in smoke.



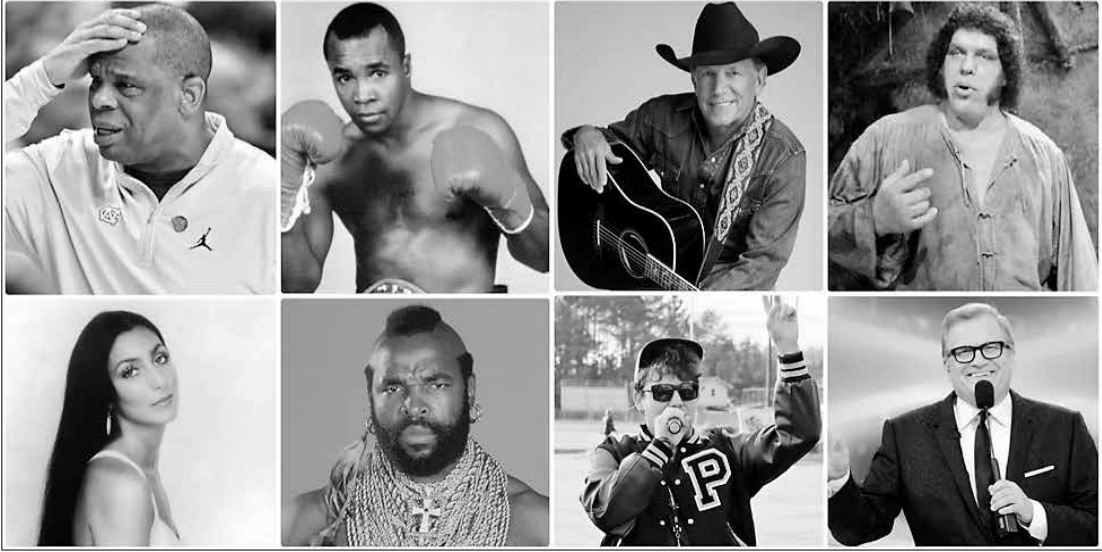
# THIS WEEK IN HISTORY

by: Hiram Lupton

- May 17th – 1875, The first Kentucky Derby is run.
- May 18th – Today is International Museum Day.
- May 19th – 2161, 8 of the 9 planets will align on the same side of the sun. I'm planning a party to celebrate and you are all invited.
- May 20th – Today is World Bee Day. It is also Armed Forces Day.
- May 21st – Today is National Waiters and Waitresses Day. Remember to tip your server.
- May 22nd – Today is National Maritime Day. A big salute to the United States Merchant Marine.
- May 23rd – Today is World Turtle Day. Slow and sure wins the race. I'm pretty slow, but I'm not so sure.

### BIRTHDAYS THIS WEEK

- May 17th – 1970, UNC Basketball Coach Hubert Davis (in Winston-Salem, N.C.)  
1956, Boxing champion Sugar Ray Leonard (in Wilmington, N.C.)
- May 18th – 1952, Singer George Strait
- May 19th – 1946, Actor and Professional Wrestler, Andre Roussimoff (Andre the Giant)
- May 20th – 1946, Singer and actress, Cherilyn Sarkisian (Cher)
- May 21st – 1952, Actor and bar bouncer Laurence Tureaud (Mr. T)
- May 22nd – 1994, Teacher, musician, and DJ, Mitch Meador
- May 23rd – 1958, Actor and game show host, Drew Carey



“I pity the fool that don’t read The Pamlico News” – Mr. T

## 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

## Sea Scout Ship Announcement

Ahoy, Ahoy, All young men and women between 14 and 20. The Sea Scout Ship WASP has docked in New Bern and is taking on crew for the next program year. You could find yourself on the Neuse or Trent rivers, out and about for the Trent River Raft races, or working with the USCG Auxiliary on the patrol boat. Sea Scouting gives you an opportunity for leadership, crew aboard a square rigger, the USCG training ship, or aboard our own boats. You will learn seamanship, navigation, citizenship and life aboard a boat. Sea Scouts have an inside track for the Coast Guard Academy as well as other potential scholarships. If this interests you, you too can become a Sea Scout. SSS WASP meets on the 2nd and 4th Thursday of each month at Garber Methodist Church in the community building rm 310 at 1900/6 bells in the 2nd dog watch/7:00pm

# Horoscopes



**ARIES – Mar 21/Apr 20**  
Aries, sometimes you do not have to take action to fix problems. Certain issues will work themselves out on their own. Don't feel the need to rush in and find a quick solution.



**TAURUS – Apr 21/May 21**  
Right now the spotlight is on you and your talents, Taurus. You have a large group of admirers who are looking to see what you can produce next.



**GEMINI – May 22/Jun 21**  
You will recover quickly from disagreements with others, Gemini. These situations may give you a new perspective and compel you to change a few things for the better.



**CANCER – Jun 22/Jul 22**  
Confide in a friend about something that is troubling you, Cancer. Talking about the issue could start you down a path toward a solution. Thank others for lending an ear.



**LEO – Jul 23/Aug 23**  
Leo, on the outside everything may seem to be going along fine with a friend. But things may be different on the inside. Treat others tenderly to avoid piling on.



**VIRGO – Aug 24/Sept 22**  
Vacation vibes are high this week, Virgo. You are daydreaming about potential destinations. Narrow down your prospects and zero in on your favorite features.



**LIBRA – Sept 23/Oct 23**  
You may want to know what another person is thinking but don't want to come off too pushy, Libra. If you phrase the question the right way, it won't seem like an interrogation.



**SCORPIO – Oct 24/Nov 22**  
Your physical and emotional health may be a focal point this week, Scorpio. Book some time for reflection, rest and relaxation. Solitude can help you clear your mind.



**SAGITTARIUS – Nov 23/Dec 21**  
Sagittarius, you are staying on top of your responsibilities and have good energy moving through this week. However, by the time the weekend arrives you may be running on empty.



**CAPRICORN – Dec 22/Jan 20**  
Try having some fun outside of your comfort zone, Capricorn. It is good to try new things from time to time and push the boundaries you have set up for yourself.



**AQUARIUS – Jan 21/Feb 18**  
Aquarius, this week you may find yourself meeting new people and fitting into groups you had not imagined. Network as much as possible while having fun along the way.



**PISCES – Feb 19/Mar 20**  
Pisces, finances may have been on your mind and you are eager to pay off some debt. It could take a while, but you will be successful.

## TAURUS Traits & Overview

*Taurus, the second sign of the zodiac and the ruler of the second house, is all about reward. Unlike the Aries love of the game, the typical Taurus personality loves the rewards of the game. Think physical pleasures and material goods, for those born under this sign revel in delicious excess. This zodiac sign is also tactile, enjoying a tender, even sensual, touch.*

*Taurus zodiac sign adores comfort and likes being surrounded by pleasing, soothing things. Along these lines, they also favor a good meal and a fine wine. The good life in all its guises, whether it's the arts or art of their own making (yes, these folks are artistic as well), is heaven on Earth to the Taurus-born.*

FOR ENTERTAINMENT PURPOSES ONLY

# The Pamlico News

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We place ethical and professional principles of journalism at the center of everything we do in the production of the The Pamlico News.





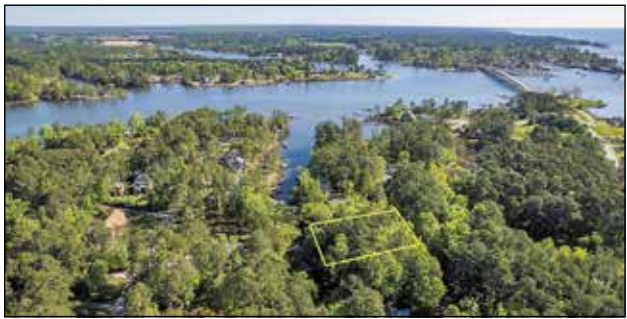
Land/Home Sales  
Property Management  
Appraisals Development



Agent of the Week  
**Susan Adams**  
Broker-  
*Here's what one of Susan's customers had to say...*

I just wanted to give realtor Susan Adams the recognition she deserves for representing my brother and me during the sale of our late mother's home. Susan was incredibly attentive and helpful during the entire process. She was patient and optimistic, even when I wasn't! She was extremely knowledgeable of local real estate trends and because of this, was able to get the house closed at full price within just a few months of listing. The house wasn't in the best of shape and I really thought we'd be carrying it through the winter.

I've bought and sold real estate before and I would 100% sign with Susan again. I've never had a realtor go above and beyond the way she did for us and it's hard to put into words how much I truly appreciate it.  
*Elizabeth, Oriental*



**ORIENTAL** – Beautiful water view lot in an established neighborhood waiting for you to build your dream home. Good views of Neuse River. Tennis courts and community boat ramp to add to the enjoyment of living in Dolphin Point.  
**OFFERED AT \$ 70,000**



**ORIENTAL** – On North Street in Village; not in flood zone. Zoned MU, allowing any type of development. Sewer & water are available as well as high-speed internet. No HOA.  
**OFFERED AT \$75,000**



**ORIENTAL** – Gorgeous .82 acre wide-view waterfront lot on Smith Creek with deep-water and no HOA, yet on a paved maintained road within Spinnaker Point neighborhood near Oriental. County water available and a new septic permit good for 5 years. Beautiful established neighborhood with lovely, well-maintained homes in a peaceful setting.  
**OFFERED AT \$ 139,500**



**ORIENTAL** – Waterfront **3BR/3BA** 2,574 sf home with wrap-around screened porch on panoramic setting & 135' dock on protected Brown Creek.  
**OFFERED AT \$695,000**



**ARAPAHOE** – This waterfront home checks all the boxes! Located at mouth of Bairds Creek, flows into Neuse River, 5,119 hsf **3BR/2.5BA**, high above sea level with none of the home footprint in a flood zone. No HOA or deed restrictions. Lighted concrete boat dock with covered 8,000 lb boat lift, 2 Swinger electric jet ski lifts, covered fish cleaning station, new vinyl bulkheading, private boat ramp, heated salt water swimming pool, 8-person hot tub, outside cooking grill, covered dining & seating area on Trex decking with an outside sound system.  
**OFFERED AT \$ 1,150,000**

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## Pamlico Community College honors graduates at its 2023 Commencement ceremony



Members of the Pamlico Community College Class of 2023 turn the tassels on their caps at the conclusion of the Commencement ceremony. Contributed photo

Goals were accomplished, tassels were turned and new life adventures got underway during Pamlico Community College's 56th Commencement Exercises Friday, May 12, at the Delamar Center.

The mood at the evening event was joyous, with hundreds of family members, friends and community leaders on hand to salute the graduates for their achievements.

"You did it, didn't you? You did it!" PCC President Dr. Jim Ross told the graduates, many of whom achieved their educational goals while balancing family demands, work and other commitments. "We're so proud of you."

The president and others also congratulated the graduates' family members and friends and thanked them for their encouragement and support.

Sixty of the 133 men and women who qualified for recognition over the last year in the college's curriculum and Continuing Education programs took part in the ceremony. Overall, the Class of 2023 earned a combined 184 academic and Continuing Education credentials, including 37 associate degrees, 10 diplomas, 55 certificates and 82 Continuing Education recognitions.

Cecilia A. "Candy" Bohmert, current vice chair of the Pamlico County Board of Commissioners and a member of the college's Board of Trustees, gave the Commencement address. A 1996 graduate of the college, she encouraged the graduates to remain optimistic and to be open to new learning opportunities.

"When I graduated, I was 40. You're not done yet," Bohmert said.

She urged the graduates to keep chasing their dreams, even if it takes a while. Bohmert recounted how she almost didn't pursue a job with the local Soil and Water Conservation District, but was encouraged to go after it by her husband.

Bohmert got the job, and "for 20 years, I lived my dream," she said.

"Don't despise your small beginnings," Bohmert told the graduates, urging them to remain open to new things, to accept help and to surround themselves with people who want to see them succeed.

With the right education, attitude and people around them, members of the PCC Class of 2023 can do anything, she said.

"Leadership is all about influence," Bohmert said. "You can change things. Don't limit yourself by saying you can't."

Later in the ceremony, the college honored Mariah Stowe as its Academic Excellence Award recipient and Student of the Year. The 18-year-old Stowe is a senior at Pamlico County High School. She earned an Associate in Arts degree from the college through the N.C. Career & College Promise program and also completed a PCC Nurse Aide I training course, all before she is scheduled to receive her high school diploma.

Stowe was one of six PCHS seniors who were recognized for earning their Associate in Arts degrees the same year they earn their high school diplomas.

PCC Electrical Systems Technology Instructor Larry Monk was honored as the college's Alumnus of the Year. Monk graduated from the program he now leads. He also was recognized for his work as a foster parent and youth coach.



Pamlico Community College students Faith Gayring, left, and Stephanie Harris prepare to enter the Delamar Center auditorium for the Commencement ceremony. Gayring traveled from Florida for the ceremony, while Harris was one of six Pamlico County High School students recognized for receiving their associate degrees the same year they receive their high school diplomas. Contributed photo

Following the award presentations, the graduates were called across the stage one-by-one to receive their credentials and to pose for a free photo with Ross.

PCC Instructor Ronald Scott announced the names. When the graduates had received their respective credentials, PCC Vice President of Instruction Michelle Willis-Krauss pronounced them graduated and instructed them to turn their tassels as the audience cheered.

This year's graduates completed their studies in an academic year when PCC was recognized once again as America's No. 1 community college for student success by WalletHub. The college has been honored with that title in two of the last three years.

PCC Trustee Ann Holton gave the welcome message at the ceremony, and pianist Paula Murray provided the music.

An outdoor reception with refreshments followed the ceremony. As in years past, a professional photographer was available to take free family portraits for the graduates and their loved ones.

## Pamlico Wildlife

We appreciate all the readers who have sent us pictures for our "Pamlico Wildlife" photo feature. If you'd like to share your Pamlico Wildlife photos please email them to [frontdesk@thepamliconews.com](mailto:frontdesk@thepamliconews.com). Please include your name and roughly where in Pamlico County it was taken.

This week's photo is of a Wild Turkey. It was caught crossing the road near Arapahoe.





# FINANCIAL FOCUS

## Should you consider 401(k) loans or withdrawals?



Dan M. Roberts

At some point, you may have more money in your 401(k) than in any other investment. And even though your 401(k) is intended for your retirement, you may one day think you have to tap into your account early — but should you? And if you do, how should you go about it?

If it's possible to avoid taking money from your 401(k) before you retire, you probably should do so. You could spend 25 or more years in retirement, and you'll need to pay for those years, so you may want to look for alternatives to your 401(k). If you've built an emergency fund containing several months' worth of living expenses in cash or cash equivalents, you could use some of this money. If you have a Health Savings Account (HSA), you could use it to pay for qualified medical expenses. Or you could sell some of your taxable investments, rather than going into your tax-deferred 401(k).

But if you have determined that you must look at your 401(k) plan to meet a short-term funding need, you'll want to carefully consider how to go about it. You typically have two main choices: loans or withdrawals.

For plans that allow loans, employees can generally borrow up to 50% of the vested amount of their 401(k)s, up to a maximum of \$50,000 within a 12-month period. Administrative fees may apply, and Interest will be charged, but it will be added back to the 401(k) account as part of the loan repayments. Except when they're used for a home purchase, loans must be repaid within five years, with equal payments made at least quarterly, unless payments are allowed to be paused temporarily. If you leave the

company or don't repay the loan according to the agreement, the loan balance will likely be treated as a taxable distribution.

Now, let's consider withdrawals. For 401(k) plans that allow current employees to make withdrawals, the withdrawal requests are usually considered either hardship or non-hardship. To qualify for a hardship withdrawal, you must demonstrate an immediate and heavy financial need to pay for certain expenses, including a home purchase, college, a medical issue or other specified costs, and your withdrawal is limited to the amount necessary to meet the need. Non-hardship withdrawals can typically be taken for any purpose but usually are not granted until you're 59½ or older.

Unlike with a loan, a hardship withdrawal can't be repaid, while a non-hardship withdrawal can usually only be repaid by rolling over the amount to an IRA within 60 days. But the bigger issue may be taxes. If you withdraw funds from your 401(k), any previously untaxed money is generally taxed as ordinary income and a 10% penalty will apply if you're younger than 59½, unless you qualify for an exception. Plus, your 401(k) plan typically must withhold 20% of the withdrawal for taxes, so you'd have to take an even larger withdrawal to meet your needs.

Before embarking on a 401(k) loan or withdrawal, you may want to consult with a financial professional and your tax advisor. Taking money from your 401(k) is a big move, so make sure you know everything that's involved.

*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

## Time to Fertilize Those Lawns

Daniel Simpson, County Extension Director, Agriculture Agent



Now that your grass is green and you have had a couple of mowing opportunities, it is time to think about providing your turfgrass with fertilizer. Over the past several weeks I have observed several lawns that would greatly benefit from a nutrient boost. This included lawns with sandy soils, nematode issues, and poorly drained areas that have left many lawns searching for nutrients needed to develop strong roots and lush, green growth.

When fertilizing lawns, the best place to start is with a soil test. A soil test will provide you with a current snap shot of your soil fertility and what will be needed for the next 2-3 years to maintain proper pH levels. Soil pH is a critical factor in plant growth and can only be determined through soil testing. Soil testing materials are available through your local Extension office, and can be submitted to the North Carolina Department of Agriculture Soil Testing Lab. For more information on the soil lab and its services, review their soil testing brochure at <https://www.ncagr.gov/agronomi/pdffiles/stflyer.pdf>.

Armed with this information, you can make adjustments to soil pH and three critical soil nutrients (Nitrogen, Phosphorus, Potassium). To simplify this process, here a few keys points to remember:

- The four most common lawn grasses grown in Pamlico County are centipedegrass, bermudagrass, zoysiagrass, & St. Augustine. Information for each turfgrass variety can be found at the NC State Extension Turffiles website at <https://www.turfinfo.ncsu.edu/grasses/>.
- Centipedegrass grows best with a soil pH value near 5.5.
- All other common turfgrasses recommended for Pamlico County grow best with a soil pH of 6-6.5.
- Lime is used to raise soil pH; elemental sulfur is used to lower soil pH.
- A soil test will report phosphorus and potassium values with an index. Index values above 50 means your soil will not respond to additional fertilizer containing these elements (you do not need it).
- Soil tests do not measure nitrogen levels. Nitrogen recommendations are based upon known growth response from nitrogen fertilizer.
- All fertilizer sources eventually end up in the same forms before plants can use them (i.e., plants do not care if your fertilizer is organic, natural, synthetic, slow release, only that there is enough).

Once you have conducted a soil test, you can adjust your phosphorus and potassium levels based upon the resulting recommendations. You will generally only need to conduct a soil test every 2-3 years to ensure your pH and phosphorus values are in the proper range. Since phosphorus does not leach from soil, a single application will probably last you several growing seasons. This is important, because excessive soil phosphorus levels can be detrimental to the growth of centipedegrass and will add cost you do not need. Lime may also be required to raise soil pH to optimal levels; however, never add lime unless a soil test explicitly shows a need. Overliming is a difficult condition to correct and will take several years to remedy.

### Low-maintenance lawn alternatives

A traditional lawn may not be right for every property nor desired by every homeowner. There is no denying that lawns take time and effort to establish and daily or weekly maintenance to thrive. Homeowners who find that a traditional lawn is not practical can explore some low-maintenance alternatives.

**Wildflower meadow**

Homeowners with wide swaths of property may discover meadows are cost- and time-efficient. Stores sell special wildflower meadow mixes of seeds or homeowners can use wildflower plug plants throughout areas where grasses are left to grow longer. This natural area can be a home to wildlife and an idyllic backdrop to a home. Most meadows only require

a spring or summer and autumn cut to thrive and look good.

**Ornamental grasses**

Partition areas of the property for ornamental grasses to grow. The gardening resource Elemental Green says ornamental grasses tend to be drought-resistant and low-maintenance. They won't need much fertilizer and are often resistant to pests as well. Ornamental grasses grow in tufts or sprays and will not require mowing. However, they are not ideal for areas that get foot traffic.

**Gravel**

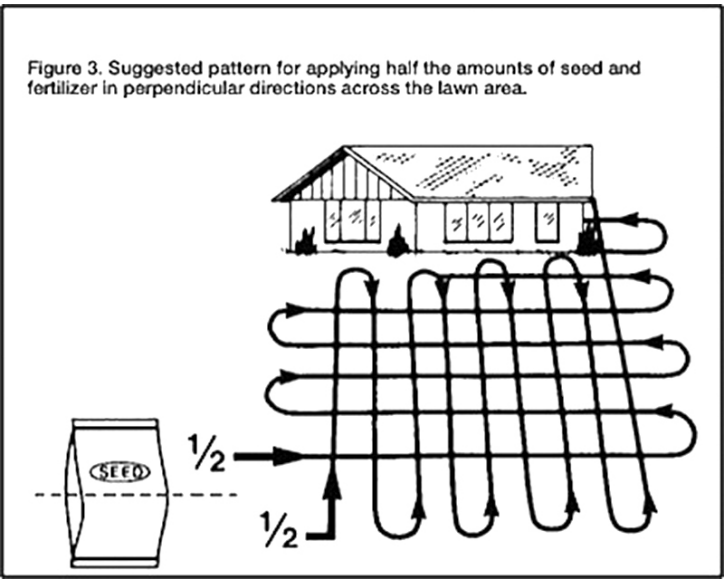
Stone and gravel areas can reduce maintenance in the landscape and require very little upkeep. When gravel is installed correctly,

weeds may not grow readily. Gravel installation may include laying heavy-duty, semi-permeable landscape fabric, which is available in home improvement centers. Gravel is cheaper than pavers and can be just as beautiful.

**Artificial turf**

If the desired look is a lawn without all the upkeep, there are various artificial grass options on the market. Homeowners who opt for artificial turf can save money and space devoted to lawn mowers and other lawn tools.

Grass may be ideal for some, but there are alternatives for people who have troublesome landscapes or desire a low-maintenance product for their homes.



Finally, most turfgrasses will require multiple applications of nitrogen fertilizer to look their best. Again, do not overthink this process. Follow the recommended nitrogen fertilizer schedule from table 3C in the "Carolina Lawns" Publication from NC State Extension (<https://content.ces.ncsu.edu/carolina-lawns>), and you should have few issues. When purchasing nitrogen fertilizer do some cost comparison among products and blends. There are several sources of nitrogen fertilizer, each with its own



cost. Generally speaking, products containing higher amounts of nitrogen are more economical. Application of fertilizer can easily be accomplished with a hand-held rotary spreader or push spreader. For more information on how to calibrate a spreader for proper application, visit the Pesticide Environmental Stewardship website at <https://pesticidestewardship.org/calibration/rotary-spreaders/>. The information presented here provides both a video and written instructions for setting up a rotary spreader. This information is applicable to any product that can be applied with these spreaders (insecticides, fungicides, herbicides, fertilizer).

If you would like more information on fertilizer and maintaining your lawn, please contact Daniel Simpson at 252-745-4121 or [daniel\\_simpson@ncsu.edu](mailto:daniel_simpson@ncsu.edu).

*"I walk around like everything's fine, but deep down, inside my shoe, my sock is sliding off." – Unknown*

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PUBLIC NOTICE

ATTENTION

ALL PARENTS OF PAMLICO COUNTY PRIVATE/HOME SCHOOL STUDENTS

A meeting will be held on Thursday, May 25, 2022, at 10:00 am in the Pamlico County Schools Board of Education meeting room at 507 Anderson Drive, Bayboro, NC 28515 for representatives of private schools and home schools concerning students with disabilities. The purpose of this meeting is to allow these parties an opportunity to consult with a Pamlico County Schools representative about the proportionate share of federal funds that are available for special education for the 2023-2024 school year.

Please contact Bettie Davis at 252-745-4171 ext. 630 if additional information is needed.

*In compliance with federal law, Pamlico County Schools administers all education programs, employment activities and admissions without discrimination against any person on the basis of gender, race, color, religion, national origin, age, or disability.*

Public Notice

The Individuals with Disabilities Education Act (IDEA-Part B, Public Law 108.446) Project is presently being amended. The Project describes the special education programs that Pamlico County Schools proposes for Federal funding for the 2023-2024 School Year. Interested persons are encouraged to review amendments to the Project and make comments concerning the implementation of special education under this Federal Program. All comments will be considered prior to submission of the amended Project to the North Carolina Department of Public Instruction in Raleigh, North Carolina. The IDEA-Part B Project is open to the public for review and comments during the week of May 24-May 30, 2023 in the office of Bettie Davis, Director of EC Programs, located at Pamlico County Schools, 507 Anderson Drive, Bayboro, NC, 28515.

BAY RIVER MSD

NOTICE OF PUBLIC HEARING

PROPOSED BUDGET FOR FISCAL YEAR 2023 - 2024

The proposed fiscal year 2023-2024 budget for Bay River Metropolitan Sewerage District has been presented to the Board of Directors and is available for public inspection in the office at 101 North Fourth Street, Bayboro from 8:00 am to 4:00 pm weekdays.

Bay River MSD will hold a final public hearing on the proposed budget on June 1, 2023 at 7:00 PM at the office for the purpose of receiving comments on the proposed budget. Persons wishing to be heard are invited to make written or oral comments.

For any questions, please contact Bay River MSD at 745-4812.

Water and Wastewater System

Development Fees

Pursuant to N.C.G.S. 162A, Article 8, the Bay River Metropolitan Sewer District (BRMSD) engaged a consultant to analyze the BRMSD's system development fees. The resulting System Development Fee Analysis was completed May 1, 2023, and made available for public comment on May 17, 2023. Please call the office at (252) 745-4812 for a copy of the analysis. Comments related to the analysis can be submitted to Bay River MSD. All comments are due no later than close of business July 5, 2023. Written comments should be mailed to:

Bay River Metropolitan Sewer District

Attn: Eric Harper, Superintendent

101 N. Fourth Street

Bayboro, NC 28515

A public hearing will be held on July 6, 2023, at the 7 pm Bay River MSD Board of Directors meeting to consider the system development analysis and fees. Bay River MSD appreciates your interest in submitting comments on this topic.



*All that is gold does not glitter, not all those who wander are lost; the old that is strong does not wither, deep roots are not reached by the frost.*  
– J. R. R. Tolkien

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# OUR SCHOOLS

## Pamlico County Schools, Executive Director, Henry R. Rice III Elected to NCHSAA Board of Directors



Henry R. Rice III, Executive Director of Administrative Services and District Athletic Director for Pamlico County Schools, was elected to the Board of Directors of the North Carolina High School Athletic Association (NCHSAA). Mr. Rice will be filling the vacancy in Region 2 left by Fred Lynch, Athletic Director from Laney High School in Wilmington, NC and will serve on the board for a four year term. This followed the work of the Nominating Committee on Monday, April 3, 2023 at the Association offices in Chapel Hill. The committee studied and reviewed all names submitted at regional meetings and/or on-line before voting during their regular Business Meeting on Thursday, May 4th.

Mr. Rice, a Pamlico County High School graduate, received his Bachelor of Arts in Physical Education from the University

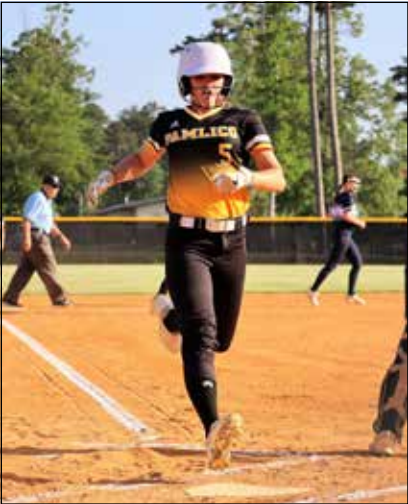
of North Carolina at Wilmington and Master of School Administration from East Carolina University. Mr. Rice has served as a school administrator in Pamlico County Schools for 25 years beginning as Assistant Principal and Principal at Pamlico County Middle School, then Principal at Pamlico County High School before moving to the Pamlico County Schools District Office in 2013.

Outside of his service to Pamlico County Schools, Mr. Rice has been involved in high school athletics as a football official for over 30 years. Throughout the years, he has been selected to officiate in four state football championship games, including two independent schools, the 2004 2AA Western Alamance / Charlotte Catholic Championship, and the 2018 2AA Shelby / North Davidson Championship.

Mr. Rice says, “I am excited about the opportunity to become a voice in making the rules and regulations which govern athletics for the NCHSAA. I look forward to representing Pamlico County Schools, as well as other small school districts throughout the state. I’m ready to get started.”

## Hurricane Ladies9 Pamlico Softball Begins State Playoffs

by: Hiram Lupton



Peyton Robinson Scores the Games First Run for Pamlico

The Pamlico County High School softball team’s quest for a state championship got off to a good start last week, although the first winner of the week was mother nature. The forecast of likely thunderstorms in our area on Tuesday forced the postponement, by a day, of Pamlico’s opening round game versus Rocky Mount Prep. The following day, the Jaguars let it be known that they would forfeit the game, giving the top seeded Hurricanes an opening round win. This left Pamlico well rested, and hopefully not rusty, for Thursday’s 2nd round against a familiar opponent, fellow Coastal Plains Conference member and the #16 seed, Jones Senior. After Jones failed to score in their half of the first, Pamlico started off as they often have this season, with Peyton Robinson getting on base and coming around to score. The Sophomore doubled and when Layla Ireland’s bunt was mishandled by the Trojans, she came in to score. Pamlico added another run when Layla Prescott, who reached base when she was hit by a pitch, was driven home by Alyssa Beck. Pamlico added 2 more runs in the



Kaitlyn Toler third inning, the first when Robinson singled, stole second, and was driven home by a Prescott double. Jones finally broke through for a run in the top of the fifth, but the Hurricanes struck back in their half of the inning, scoring 8 runs and putting the game out of reach. All that was left was to finish off the top half of the 5th, and starting pitcher Prescott set the Trojans down in order for the win. Prescott struck out 12 in 5 innings of work. Robinson, Alyssa Beck, and Kaitlyn Toler had 2 hits each for the Hurricanes, with Robinson scoring 3 times for Pamlico.

It’s now on to the 3rd round for Pamlico as they will host the #9 seeded Chatham Central Bears on Tuesday.

## Running With the ‘Canes Pamlico Girls and Boys Earn Eastern Regional Runner-ups

by: Hiram Lupton

Athletes from 27 schools converged on Bayboro last Saturday for the North Carolina High School Athletic Association (NCHSAA) Eastern 1A Track and Field Championships, a prelude to the State Championships this weekend at North Carolina A & T State University in Greensboro. It was a beautiful day for all the running, jumping and throwing that these competitors do, and for the spectators like me who enjoy watching it. Pamlico County High School was well represented at the event and on the medals podium. An invitation to the state championships requires a top 4 finish in an event and Pamlico will be sending numerous athletes both individually, and as a part relay teams. For the girls, Hakeema Barber won Pamlico’s lone individual gold medal by placing first in the shot put. Barber also placed 2nd in the discus. Joining her in representing Pamlico in the field events at States will be Mya Smith who placed 3rd in the shot and 2nd in the triple jump, Dania Galvan-Veliz who took 4th in the discus, Naomi Hill who won bronze in the high jump and Kandyce Hardison who earned silver in the pole vault. The Hurricane Ladies will also be well represented on the track. Hurdler Timia Smith won silver in both the 100-, and 300-meter events while distance runner Kaylee Smith took bronze in the 800- and 1600-meter runs. Shelby Mehring will also be headed to Greensboro by earning a bronze in the 3200-meters. The girls also have 3 relay teams who qualified to compete this weekend. The 4X100, 4X200, and 4X400 came in 2nd, 3rd, and 4th respectively. As a team, Pamlico earned 106 points to place 2nd overall behind Lejeune’s 142. Riverside was 3rd with 56 points.

The boys’ team also had a nice number of state qualifiers, led by Zy’Mire Harper. The Senior won gold in four events, The long jump, the 100-, 200-, and 400-meter sprints. In the 800-meters, Chase Bennett will be headed to Greensboro with a 3rd place finish. In the hurdles, Barwick Audilet finished 4th in the 110-meters and Landon Yeates picked up a 4th place finish in the 300-meters to earn qualification. In the relays, the 4X800 team picked up a silver medal. In addition to Harper’s long jump win, Pamlico will be represented in the field events by Antoine King who took home bronze medals in both the shot put and discus, and Ladonta Edwards who finished 4th in the pole vault. All these finishes gave Pamlico 111 team points putting them in the runner-up slot, narrowly behind Lejeune’s 118. Riverside was 3rd with 62 points.

Mr. Malachi Sheffield also had a good day of qualifying. The wheelchair athlete will be headed to Greensboro to defend his state titles in the discus, shot put, 100-, and 200-meters.

*Congratulations to all of the Pamlico qualifiers and good luck at the State Championships.*



Zy’Mire Harper Wins the Long Jump



Distance Runner Shelby Mehring



Hakeema Barber throws the Discus



Malachi Sheffield



(L to R) Johan Gonzalez, Elijah Dacuyan, Neil Landow, and Chase Bennett – The Silver Medal Boys 4X800 Relay Team.



Janelle Norris, Timia Smith, Kaylee Smith, and Naomi Hill - The Silver Medal Girls 4X100 Meter Relay team



# PC Unpaid Property Tax

NOTICE OF TAX LIENS ON REAL PROPERTY PAMLICO COUNTY			BREWER DONALD G			F082-62			\$75.16			FISHER MARY J			J032-53			\$396.63		
Under the authority vested in me by Section 105-369 of the North Carolina General Statutes and pursuant to an order of the Board of Commissioners of Pamlico County dated, May 17, 2023, I am hereby advertising tax liens for the year 2022 upon the real property described below.			BRICE MARTHA ANN			J082-276-1			\$318.34			FLETCHER RICKY W ETALS			J082-1			\$318.54		
			BRINSON DARYL C			F052-48			\$637.64			FLETCHER RICKY W ETALS			J082-2			\$977.27		
			BRINSON GILBERT FRANKLIN III			D09-22			\$145.91			FLETCHER RICKY W ETALS			J082-2-1			\$1,215.25		
			BRINSON GILBERT FRANKLIN III			D09-24			\$160.28			FLETCHER RICKY W ETALS			J082-4			\$847.67		
			BRINSON GILBERT FRANKLIN III			D09-27-1			\$27.34			FLETCHER RICKY W ETALS			J082-6			\$1,027.26		
			BRINSON GILBERT FRANKLIN III			E08-46			\$996.10			FOREMAN LARRY EDWARD			M011-88			\$25.43		
			BRINSON GILBERT FRANKLIN III			E08-51			\$336.82			FOREMAN-RICE SANDRA			M012-138			\$529.13		
			BRINSON GILBERT FRANKLIN III			E08-76			\$41.27			FOREMAN-RICE SANDRA M			M01-13			\$183.10		
			BRINSON PAULA M			B032-31-5-2			\$105.14			FOREMAN-RICE SANDRA M			M012-139-1			\$44.33		
			BROUGHTON JIMMY BROOKS II			I07-22			\$675.45			FOREMAN-RICE SANDRA M			M012-139-2			\$39.51		
The amount advertised includes costs and interest through June 30, 2023. The amount advertised will not constitute a waiver of the taxing unit's claim for these items.			BROWN ASHLEY DANIELLE			D061-110-34			\$36.37			FOREMAN-RICE SANDRA M			M012-146			\$74.82		
			BROWN REBECCA HOLT			L062-18-19			\$18.89			FOREMAN-RICE SANDRA M			M031-66			\$600.51		
			BRYAN DORA RHEM L/E			G042-79			\$284.68			FOREMAN-RICE SANDRA M			N021-12			\$138.76		
			BRYERSON DARREN D			H094-1-214			\$82.28			FORNES DENNIS A ET UX			H094-1-292			\$5.81		
			BUCK TROY A			M012-5			\$66.47			FORNES JONATHAN A ET UX			H094-1-296			\$78.72		
			BUCK WENDY COWELL L/E			H07-7-1			\$395.85			FORNES LOLA C AND			H094-1-282			\$5.61		
			BUCK WENDY COWELL L/E			H07-7-L			\$518.97			FORNES ROY DALE ET UX			E06-18			\$666.04		
			BUCK WILLIAM ASHLEY			D06-11-3			\$144.27			FORNEY EVELYN L			G041-38-1			\$74.20		
			BUILDERS & FINANCE INC			G101-37			\$83.97			FOY CLAUDE JR			J081-103			\$82.31		
			BUNDY JAMES A JR &			H091-7-16			\$459.33			FOY CLAUDE JR			J081-122			\$234.80		
If the taxes remain unpaid, the Tax Collector will use all available collection remedies to collect the delinquent taxes. The lien and property will be foreclosed, and the property will be sold to satisfy the taxing unit's claim for taxes.			BURRIS JOHN W HEIRS			K051-21-27			\$279.22			FUENTES ANDRES			F08-46-2			\$274.27		
			BYSHEIM KNUTE			F092-37			\$2,030.64			FULCHER CHRISTINA			H091-202			\$541.78		
			CAHOON ASHLEY Y			F052-68			\$1,307.29			FULCHER POINT LLC			G042-309-13			\$4,591.43		
			CALDWELL NATHAN R			F041-58-C			\$766.78			FULCHER POINT LLC			G042-309-4			\$402.45		
			CAMERINO MATTHEW			I042-139			\$164.58			FULCHER POINT LLC			G042-309-5			\$393.58		
			CAMPBELL FRANK			H092-6-32-36SL			\$103.62			FULCHER POINT LLC			G042-309-6			\$476.87		
			CAMPBELL ROBERT WESLEY &			H091-49			\$408.19			FULCHER POINT LLC			G042-309-7			\$1,463.93		
			CANNON ANNIE M			J081-198			\$124.61			FULCHER POINT LLC			I06-1			\$3,365.42		
			CANNON KOREY R			J081-202			\$232.98			FULCHER POINT LLC			I06-18			\$5,047.68		
			CANNULI LAWRENCE JOHN ET UX			L06-27			\$232.52			FULCHER POINT LLC			J082-419			\$1,105.12		
This 17th day of May 2023.			CANNULI LAWRENCE JOHN ET UX			L06-28-1			\$702.36			FULCHER POINT LLC			J082-422A			\$109.86		
			CARABALLO DAVID ANTHONY			E09-17-3			\$94.73			FULCHER POINT LLC			J082-423			\$1,664.52		
			CARABALLO MICHAEL DAVID			E09-17-2			\$93.52			FULCHER POINT LLC			J082-424			\$1,399.48		
			CARAWAY JONATHAN B			F042-128-3			\$54.37			FULCHER POINT LLC			J082-426			\$13,577.38		
			CARMEN BETSY A GREEN			K081-101			\$195.27			FULCHER POINT LLC			J082-426-1			\$4,003.15		
			CARROLL LISA D			H08-57			\$500.87			FULCHER POINT LLC			J082-427			\$2,088.53		
			CARTER CHRISTINE S			E031-28			\$37.31			FULCHER POINT LLC			J082-428			\$3,275.41		
			CARTER EDDIE RAY			H041-2			\$28.48			FULCHER POINT LLC			J082-429			\$5,151.13		
			CATON ROBERTA HARDIN			F052-82-1			\$536.02			FULMER CAROLYN L			K052-23			\$370.64		
			CATON TRACY A			F052-82			\$269.69			GABBERT FAMILY LLC			K07-5-3			\$240.03		
Pamlico County Tax Administrator County of Pamlico			CATON TRACY A			F052-83			\$814.38			GANUES DOLLIE MAE (CHEEK) &			G092-31			\$49.58		
			CHAMPION CLARENCE PAUL III			E09-4-30			\$243.46			GARDNER MARGARET BEATRICE TR			F082-51-1			\$237.76		
			CHAPMAN DONALD E AND			M01-12			\$45.70			GARRETT PERSHEMA LATISS			H03-67			\$634.12		
			CHAPMAN JEREMY			H031-29			\$348.60			GARRISON DOROTHY S			H03-47			\$34.81		
			CHARLES JAMES KEITH II			L09-9			\$189.81			GARRISON DOROTHY S			H03-47-1-L			\$274.96		
			CHAVEZ ANA MARIA			D051-31-2			\$418.90			GASKINS DOLLIE HEIRS			I061-13			\$194.10		
			CIVETTA THEODORE JR ET UX			J083-29-13			\$47.16			GASKINS RICHARD HEIRS			I06-14			\$54.37		
			CMS/LAMM & CO			I06-77B-17			\$112.18			GIBBS CRAIG A ET UX			J082-272			\$710.72		
			COFIELD GERTRUDE COLLINS			D08-37			\$701.98			GIBBS CRAIG A ET UX			J082-276			\$83.71		
			COLLINS FELICIA M			I061-51			\$351.22			GIBBS ELIZABETH MILLER			I042-83			\$158.35		
ADAMS CONNLY ALEX ET UX \$800.23			COLLINS JEFFERY ET UX			F082-78			\$743.28			GIBBS GEWNDOLYN			J082-281			\$306.44		
			COMBEST RAUL			D061-208			\$945.69			GIBBS GEWNDOLYN GREENE AND			J082-274			\$155.73		
			COMBEST RAUL A AND			D061-207			\$450.92			GIBBS JAMES A JR			E051-56			\$1,056.82		
			COOPER HERBERT DAVID			K052-67-1			\$320.15			GIBBS JAMES A JR			E051-57-L			\$120.62		
			COOPER LILA MAE L/E			K052-68			\$274.28			GIBBS KENNETH O AND			K031-43			\$323.96		
			COOPER SIDDIE L/E			D061-110-75			\$273.91			GIBBS MACEO ETALS			I043-48			\$168.50		
			CORNELL CHARLES L JR ET UX			I041-11			\$159.20			GIBBS RANDY			I05-25-1			\$219.30		
			CORNELL CHARLES L JR ET UX			I041-16			\$852.75			GIBBS RAYMOND L &			I043-47			\$103.68		
			COURSEY JOSHUA A ET UX			H041-333			\$121.69			GIBBS RUFUS BERT AND			J041-9-L			\$80.81		
			COWDEN ROBERT WAYNE			L07-29			\$262.50			GIBBS SHAE LOREN			I043-46			\$339.68		
Pamlico County Tax Administrator County of Pamlico			CREDLE ALMURIA M HEIRS			K031-23-1			\$285.81			GIBBS WILLIAM B JR ET UX			J081-134-1			\$25.17		
			CREDLE JOHN O HEIRS			G042-44			\$67.44			GIBBS WILLIAM HEIRS AND HATTIE			J041-8			\$201.17		
			CREDLE JOHN R HEIRS			K032-94			\$31.12			GODWIN DEBORAH			L09-7			\$429.05		
			CREDLE JOHNNIE L SR HEIRS			K032-92			\$554.74			GORDON TERRY C ET UX			D061-87			\$83.71		
			CREDLE WAYDELL			E051-28			\$392.95			GOSPEL OF PEACE INTERNATIONAL			K07-17-23			\$403.91		
			CRISTIANI ALDO H			K08-40			\$425.29			GRADY CHRISTINA BELL			E05-76			\$103.20		
			CROOM BRENDA ET VIR			D061-112			\$253.95			GRADY RICKY LEE ET UX			E05-99			\$108.07		
			CROOM KIRSTEN ALISHA			H042-211-6-1			\$91.43			GREEN CAROLYN HEIRS ETALS			K081-99			\$452.02		
			CROSSETT ROBERT J ET UX			G08-37-2SL			\$14.60			GREEN COREY			I043-1			\$216.91		
			CROSSETT ROBERT J ET UX			G08-37-21			\$266.69			GREEN ELVENE			H08-13-L			\$130.44		
ADAMS CONNLY ALEX ET UX \$800.23			CURTIS JOHN HEIRS			J031-54			\$339.75			GREEN ENOCH HEIRS			K052-44			\$791.09		
			CUTHRELL BOBBY LEE &			F052-43			\$310.59			GREEN GARY A ET UX			E071-1			\$69.97		
			CUTHRELL DOROTHY ESTATE			F051-6			\$591.17			GREEN LAURA ETALS AND			J082-278			\$1,066.70		
			DANIELS DAVID P			I06-9			\$149.43			GREEN MARY HEIRS			I092-43			\$425.50		
			DANIELS DEBORAH B			D081-76			\$464.83			GREEN RHODA			I09-4			\$57.76		
			DANIELS DEBORAH B			D081-76-1			\$28.21			GREEN TRACEY ROWE ET VIR			H041-175-D			\$9.51		
			DANIELS JAMES ALLEN JR			D081-77-1			\$147.41			GREEN WILLIAM A & HEIRS			K081-11			\$107.99		
			DANIELS JAMES ALLEN JR &			L011-53			\$15.10			GREENE HARLEN D AND			M04-3			\$9.32		
			DAVENPORT DAVID L			K08-79-15			\$113.26			GREENE JENNIFER			J082-292			\$855.46		
			DAVID MILDRED HEIRS			E051-17			\$35.32			GREENE STEVEN DAIL			F041-82			\$432.19		
ADAMS CONNLY ALEX ET UX \$800.23			DAVIS DOROTHY P			H042-97			\$76.91			GREENE STEVEN DAIL			F041-82-C			\$463.91		
			DAVIS HERBERT DONNELL			H03-69-3			\$286.43			GRIFFIN JAMES HAROLD			I043-28			\$1,040.66		
			DAVIS JAMES A JR &			G092-41			\$337.32			GRIFFIN KEVIN EARL			E09-16			\$404.63		
			DAVIS JOHNNIE			I06-17			\$90.20			GRIFFIN KEVIN EARL			E09-16-2			\$7.69		
			DAVIS THOMAS ALLEN ET UX			H031-58-G			\$281.77			GRIFFIN KEVIN EARL			F082-9			\$143.58		
			DAVIS TYRONE DEWAYNE			L08-4			\$662.16			GRIFFIN LYNDA C			F082-11			\$282.57		
			DAY DANNETTE T AND			K052-13-3			\$81.76			GRIFFIN LYNDA C			F082-11-1			\$90.85		
			DAY KELLY &			K052-9			\$340.01			GRIFFIN LYNDA C			F082-6			\$126.25		
			DAY RYAN J			E05-42			\$242.75			GRIFFIN LYNDA C			F082-7			\$90.85		
			DELIVERANCE TEMPLE OF GOD INC			H041-171			\$205.72			GRIMES MARY C			M012-108			\$189.69		
ADAMS CONNLY ALEX ET UX \$800.23			DIETZ MICHAEL RYAN			B02-16-2-31			\$245.36			GUIDRY PERCY J III ET UX			M032-133			\$898.14		
			DIXON B W HEIRS			F042-173-1			\$307.69			GUNTER VAN W III ET UX			J083-17-8			\$137.21		
			DIXON B W HEIRS			F051-10			\$60.27			GURGANUS VILENIA H			K081-139			\$282.10		
			DIXON MARTHA O			H041-83-1			\$707.20			HACKER BOBBY RAY ET UX			M012-82			\$380.67		
			DIXON MICHAEL R			H093-106-I			\$245.29			HACKER BOBBY RAY ET UX			M021-22-1			\$123.69		
			DIXON MICHAEL R L/E			H093-106-L			\$705.58			HACKER WILLIAM H			D051-7			\$1,280.34		
			DIXON PEGGY L			F051-1			\$451.07			HACKNEY JESSIE L/E			G08-4			\$111.06		
			DIXON MICHAEL HARVEY			D061-17-4			\$348.31			HAGER MICHAEL A ET UX			F06-1-6-2			\$609.95		
			DIXON STEVE T ESTATE			E041-141-1			\$48.23			HAINSWORTH ALTON ET UX			H031-79-7			\$854.82		
			DODSON JON C			E08-8			\$3,049.27			HALL ALESIA			M032-31			\$373.59		
ADAMS CONNLY ALEX ET UX \$800.23			DORNING HAROLD J ET UX			L071-21-3			\$41.16			HAM MARY ELLEN			L062-14-5			\$259.23		
			DRIGGERS ADELE			I042-2-1			\$232.01			HAM MARY PAUL			J082-221			\$1,170.63		
			DUDLEY DEMAURIO			H031-41			\$64.32			HAMMOND PHIL			H042-38			\$8.19		
			DUDLEY DEMAURIO LASHAWN			H031-39-1			\$40.65			HAMPTON WILLIAM D ET UX			J082-116-1			\$271.43		
			DUDLEY DEMAURIO LASHAWN			H031-39-2			\$39.40			HANCOCK JACK DUFFY JR			D061-236			\$43.06		
			DUDLEY MAJOR ROOSEVELT			H031-77-4			\$56.62			HANCOCK JACK DUFFY L/E			I061-38			\$239.79		
			DUDLEY MARKITTA RENEE			I042-136-2			\$236.13			HANKINSON VICKI N			J032-12-1			\$525.75		
			DUDLEY WILLIAM O			H031-77-3			\$56.01			HANNAH AARON D ET UX			M032-61			\$270.75		
			DUNCAN DAISY			I041-14			\$514.42			HANNAH PAMELA			M032-89-A1			\$20.49		
			DUNCAN MARCIA A			K07-17-18			\$22.38			HANNAH PAMELA			M032-91			\$392.08		
ADAMS CONNLY ALEX ET UX \$800.23			DUNN DORIS S			H05-35-1			\$486.51			HANNAH TERRY RAY ET UX			L011-11-1			\$1,125.88		
			DUNNEBACK TED			I061-36			\$853.03			HARDEE JOSHUA PHILIP ET UX			B032-16			\$664.82		
			E R DUDLEY MASONIC LODGE			H041-148			\$205.72			HARDISON JOSHUA M ET UX			G042-241-2			\$1,221.69		
			EASTER KAREN T ETALS			D08-41			\$412.63			HARPER CLEM DAVIS JR			D061-19			\$61.91		
			EDMONDS TIFFANY K			J032-206			\$1,466.98			HARPER HOWE HEIRS			H031-42-L			\$288.10		
			EDWARDS DEBRA			H031-104			\$263.29			HARPER JOSEPH WADE			F071-32			\$446.32		
			EDWARDS ROSE G			I092-4-70			\$192.91			HARRELL HATTIE HEIRS			J081-154			\$688.42		
			EDWARDS ROSE G			I092-4-71			\$189.82			HARRIS BOBBY L &			M012-2			\$102.32		
			EDWARDS ROSE G			J082-173-A-8SL			\$169.50			HARRIS DANIELLE R			E041-159			\$110.31		
			EDWARDS STEPHAN TREY			L011-9-2			\$104.86			HARRIS DANIELLE R			E041-96			\$15.78		
ADAMS CONNLY ALEX ET UX \$800.23			EDWARDS STEPHEN TREY			L011-9-4			\$92.99			HARRIS DANIELLE R			E041-97			\$640.75		
			EDWARDS STEPHEN TREY			L021-61			\$90.59			HARRIS DANIELLE R			E041-99			\$10.48		
			EDWARDS-JORDAN SONIA D			E05-79			\$14.04			HARRIS DANIELLE R ET VIR			F051-9-2			\$41.56		
			EICHELE ROSE T HEIRS AND			I05-37			\$224.67			HARRIS DONALD JASON			D061-4-101			\$465.50		
			ELKS LARRY RAY			F052-31			\$189.02			HARRIS EDNA HEIRS			G101-4			\$517.98		
			ENSLEY ANGELA DENISE			F071-4														

PC Unpaid Property Tax

HARWICK ELIZABETH T	G042-188	\$692.57	JORDAN RICKY	I06-107	\$76.07	NC COUNTRY LAND LLC	K07-17-RES-SL	\$199.06
HASSAN SHAMSAL AND	H031-71	\$85.42	KEEL TAMMY G	B02-9-1	\$445.84	NILES LOTTIE HEIRS	E051-14	\$106.15
HATCHEL JAMES HENRY ETALS	I042-152	\$542.04	KEETER GREGORY P	D061-226-30	\$198.12	NOBLES FRED HEIRS	F042-4	\$676.32
HATCHELL ENNIS HEIRS	J042-3	\$589.42	KELLY AARON B ET UX	F09-33-41	\$199.28	NOBLES TONYA G	D061-226-10	\$149.64
HATCHER JOHN S	I042-4-2	\$119.24	KING DAVID THOMAS AND	I02-4-D	\$403.36	NORMAN JAMEY N ET UX	I06-72	\$157.60
HATHAWAY THOMAS B L HEIRS	M03-56	\$17.58	KING EDWARD MYATT	I02-6	\$582.72	NORMAN JAMEY N ET UX	I06-77C-11	\$295.52
HAYES MATILDA GIBBS	J041-3-1	\$114.22	KING MICHAEL CRAIG	I02-4-H	\$392.22	NORRIS RENEE S	D091-131-A	\$507.78
HEATH CARLTON F JR	L01-11	\$50.88	KING RUDELL	J041-52	\$364.98	NORTH AMERICAN ACCEPTANCE CORP	I061-43	\$29.67
HEATH CARLTON F JR AND	M012-15	\$46.58	KINNION JENNIFER D	D051-1	\$325.32	NORTH MICHAEL E	K06-37	\$510.04
HEATH CARLTON F JR AND	M012-19	\$69.43	KNOLL DAVID M ET UX	F092-23	\$1,336.11	NORTHAN DIANE	J031-67	\$379.69
HEATH JOHN T JR &	G08-67	\$75.00	KUJAWA MARK F ET UX	J043-58-13	\$1,065.88	NORTHERN THELMA	I042-107	\$629.02
HEATH JUDY P	E031-89	\$337.20	LATHAM TONY MAURICE	F041-62	\$525.33	NUNNELEE WM CHRISTOPHER	F093-10-17	\$127.34
HEATH KENNETH S ET UX	F081-19	\$74.51	LAVOIE CHRISTINE A	F042-10	\$1,117.71	ODOM STANLEY CRAIG	H091-7-22	\$385.26
HEATH KENNETH S ET UX	F081-19-C	\$74.51	LAW FRANCIS W & DARLENE LAW	K071-47-12	\$1,151.04	ODOM STANLEY CRAIG	H091-7-23	\$358.19
HEATH KENNETH S ET UX	F091-38	\$2,303.92	LAW FRANCIS W & DARLENE LAW	K071-51	\$364.65	ODOM STANLEY CRAIG ET UX	H091-7-20	\$447.52
HEDRICK LESTER B JR ET UX	D091-104	\$129.07	LEAMING ASHLEY B	H042-131-14	\$2,086.50	ODOM STANLEY CRAIG ET UX	H091-7-21	\$419.16
HELGOE-SMITH RORY ET UX	I06-90-2	\$441.31	LEARY RILEY D	M012-93	\$32.17	OLLISON FODIE HEIRS	K031-5	\$412.60
HENLEY CHARLES AND	E031-16	\$298.92	LEE LORETTA HUDSON	J081-53	\$75.27	OLLISON FODIE HEIRS	K031-6	\$34.28
HENLEY CHARLES AND	E031-71	\$147.88	LEMON OPHELIA L/E	I061-47	\$277.66	OLLISON JOSEPH JR ET ALS	H041-66-1	\$69.15
HENRIES JODY W	F082-96	\$140.23	LEWIS CHARLES G JR L/E	M012-77	\$269.89	OLLISON LILA	K031-106	\$755.64
HENRIES JODY W	I06-77-1	\$289.19	LEWIS DOUGLAS KEITH AND	B032-60-1-I	\$199.28	OLLISON ROBERT A	H041-93	\$11.08
HENRIES JODY W	J05-4-1-6	\$1,006.06	LEWIS LISA R	H041-101	\$270.62	OLLISON ROBERT LEE HEIRS	K031-96	\$205.07
HENRIES JODY W	J05-4-1-7	\$382.94	LEWIS MARVIN LEON	H041-102-2-A	\$95.12	O'NEAL GEORGE L ET UX	L051-26	\$105.06
HENRIES JODY W	I06-77-3-1	\$168.83	LEWIS MARVIN LEON	H041-102-2-B	\$352.75	O'NEAL REBECCA B	D08-45	\$653.16
HERRING TERRY THOMAS &	E051-71	\$1,060.08	LEWIS MARVIN LEON	J041-13	\$33.01	O'NEAL REBECCA B	D08-46	\$15.96
HERRING TERRY THOMAS L/E ET UX	E051-69	\$341.55	LEWIS ROSETTA E	I06-15	\$264.59	O'NEAL REBECCA B	D08-47	\$101.52
HIGNITE LEONARD RANDALL	F094-2-4	\$7.97	LEWIS-WILLIAMS MONICA	F092-2-6	\$131.79	O'NEAL REBECCA B	D08-68-4	\$133.65
HIGNITE LEONARD RANDALL	F094-2-5	\$7.97	LILLY MARVIN E JR	C051-58	\$440.58	O'NEAL REBECCA B	D09-27	\$72.15
HILL DAVID R	D08-49	\$888.40	LOFTIN VALDA	K08-24-1	\$713.51	O'NEAL REBECCA B	D10-13	\$2,191.43
HILL EVERETT	K031-13	\$5.36	LONG CHARLON GIBBS ET VIR	K032-42	\$773.45	O'NEAL REBECCA B ET VIR	E08-47	\$823.93
HILL EVERETT	K031-14	\$24.84	LONG JUSTIN H ET UX	I042-26	\$196.95	OXYER DARREL L ET UX	G041-31-2	\$19.94
HILL LULA M	K031-16	\$13.20	LONG JUSTIN H ET UX	I042-33	\$103.50	PACILLO JOSEPH M	H094-1-8	\$5.67
HILL NICIA	K08-32	\$970.00	LONG TARA	D061-188-49	\$246.20	PADRICK PEGGY DIXON	F042-27	\$86.96
HIMBRY ALYSIA M	G042-302	\$267.38	LONGENECKER CAMERON JAY ET UX	F042-81	\$427.70	PADRICK PEGGY DIXON	F042-28	\$134.42
HIMBRY DEREK J	G042-49	\$768.17	LOTT LEONARD J	L071-21-1	\$228.70	PADRICK PEGGY DIXON	F042-8-1	\$234.73
HIMBRY JOSEPHINE A	G042-289	\$165.83	LOTT LEONARD J	L071-21-2	\$390.63	PADRICK PEGGY DIXON	F051-1-1	\$67.02
HIMBRY JOSEPHINE A	G042-295	\$388.14	LOWERY SONNY JR &	D081-28-3	\$341.35	PADRICK PEGGY DIXON	F051-3	\$314.45
HIMBRY JOSEPHINE A	G042-295-1	\$277.76	LUGO MELISSA	H042-21	\$302.57	PAGE LENORA M FKA	I09-22	\$1,534.80
HIMBRY JOSEPHINE A	G042-301	\$409.48	LUPTON ANGELA GWYN	F081-12	\$254.43	PARKER SHARON C	J05-4A-21	\$329.01
HIMBRY JOSEPHINE A	G042-301-3	\$358.35	LUPTON BRUCE ET UX	G041-167-5	\$60.60	PARKER SHARON C	J05-4A-22	\$338.20
HIMBRY VENNIE	G042-289-1	\$703.10	LUPTON JAMES BRUCE ET UX	G041-166	\$148.70	PATRICK TODD	H094-1-87	\$52.90
HODGE CHARLIE L	I08-13	\$135.81	LUPTON JAMEY	F081-23	\$74.01	PAUL BARBARA	E031-39	\$388.65
HODGES MICHAEL BENJAMIN	E06-79-I	\$340.16	LUPTON JAMEY	F081-23-C	\$511.25	PAUL JAMIE	G041-163-I	\$276.47
HOLLOWELL MICHAEL A ET UX	I042-101	\$208.43	LUPTON RITA V	M032-122	\$14.83	PAUL KEITH RAY	E031-9	\$694.05
HOLMES TERRY ET UX	K07-17-24	\$387.73	LUPTON RITA V L/E	M032-126	\$402.61	PAUL ROBERT GLENN ET UX	H041-302	\$312.00
HOLMES TERRY ET UX	K07-17-54	\$387.93	LYKE MICHAEL W AND	F081-54	\$1,320.56	PEAKS ALICE SQUIRES ET VIR	I03-22	\$38.29
HOLTON BILLY ET UX	I06-89-14	\$258.84	LYNCH & EGAN LLC	I081-26-4	\$193.99	PEAKS ALICE SQUIRES ET VIR	I03-23	\$41.02
HOLTON ORVILLE PAUL ETALS	H093-18	\$290.45	LYNCH & EGAN LLC	I081-26-6	\$189.81	PEAKS ALICE SQUIRES ET VIR	I042-143	\$467.94
HOLTON RUBY SAWYER L/E ET VIR	H092-19	\$255.34	LYNCH & EGAN LLC	I081-26-7	\$193.75	PEAKS ALICE SQUIRES ET VIR	I042-144	\$467.94
HOOK JAMES PHILLIP III	B03-12	\$530.47	LYNCH STEPHEN K JR	I06-77B-11	\$146.83	PEARSALL MADELINE	J041-54	\$64.08
HOOKER DELORES IRENE HEIRS	D081-18	\$89.85	MACHLE WILLARD F III	K071-24-31SL	\$166.26	PEARSALL SULTON SR HEIRS	J041-71	\$410.69
HOPKINS CATHERINE JORDAN	K032-61	\$475.98	MANNING TRACY P	D061-65-1	\$467.19	PEARSON DOROTHY MAE L/E	J041-49	\$272.99
HOPKINS JENNIFER F	E031-41-1	\$109.95	MANSFIELD JAMES C	K07-17-1-7	\$180.83	PEARSON SADIE	F042-132	\$455.13
HOPKINS KATRINA R L/E	M031-38-2	\$193.17	MARTIN KIMBERLY ADAMS TRUSTEE	K052-33-1	\$231.02	PEARSON SADIE	G041-56	\$98.17
HOPKINS KIMBERLY MURRAY	M012-111	\$723.83	MARTIN KIMBERLY ADAMS TRUSTEE	K052-33-2	\$168.61	PEGRAM PAUL LEE &	G041-181	\$154.13
HOPKINS KIMBERLY MURRAY	M012-128	\$21.19	MARX JEFFREY JOHN ET UX	H031-16	\$815.10	PEGRAM ROBERT &	J041-16	\$254.89
HOWARD JANET S AND	F07-29	\$664.13	MASSENGILL JAMES BLAKE	E06-33	\$272.93	PELLMAN DUANE S AND	K05-7-7	\$738.95
HOWSON PHILIP B	H094-1-66	\$65.25	MATHEWS TIMOTHY LEE ET UX	F09-33-62D	\$224.25	PENSCO TRUST CO FBO	I08-36-A1	\$210.37
HUGH EVELYN DUDLEY AND	J07-19	\$240.76	MATHIS KELLY MARIE	F051-53	\$201.05	PENSCO TRUST CO FBO	I08-36-A2	\$103.16
HUGHES CRYSTAL TOLER	E051-1	\$637.27	MATHIS KELLY MARIE	F051-53-C	\$2,192.37	PENSCO TRUST CO FBO	I08-36-A3	\$108.27
HUGHES DANIEL ET UX	D061-2-109-I	\$297.56	MATTEA JOSEPH G ET UX	J083-32-1-4SL	\$177.77	PENSCO TRUST CO FBO	I08-36-A4	\$106.26
HUNNINGS JAMES DAVID	F041-66-1	\$1,140.80	MATTHEWS JACQUELINE GIBBS	J083-6	\$928.88	PENSCO TRUST CO FBO	I08-36-4SL	\$127.92
HUNT EARL F	D08-77-1	\$396.81	MATTOCKS DERRICK LEON	J06-26-I-2	\$250.09	PENSCO TRUSTCO CO FBO	K07-3-7	\$797.30
HUNTER CASSIE HEIRS	I061-49	\$157.41	MATTOCKS GEORGE	J06-26-L	\$239.93	PENSCO TRUSTCO CO FBO	K07-3-7SL	\$56.00
HUNTER DANIELLE PHYLLIS	B02-16-2-37	\$83.52	MAYO EDNA I L/E	G042-273	\$439.23	PERRY JAMES C	J082-293	\$417.92
HUNTER DANIELLE PHYLLIS	B02-16-2-38	\$86.09	MCCLEASE JAMES & ODESSA HEIRS	H031-22	\$141.27	PERRY PORTIA M MAGGIE TAYLOR	J081-111	\$222.59
HUNTER RUSSELL G JR	B02-16-2	\$316.10	MCCORMICK HORACE JR ET UX	K05-8-1A-20	\$681.45	PETERSON ESTELLE M	F082-37	\$270.34
HUNTER RUSSELL G JR	B02-16-2-16	\$86.09	MCCRACKEN BONNIE J	H042-190	\$504.74	PHILPOTT STEVEN A	F081-68	\$475.55
IPOCK RONALD G ET UX	D061-213	\$431.11	MCCULLUM EDNA MARIE	L011-9-1	\$271.78	PINION RACHAEL C ET VIR	H041-202	\$633.71
IRELAND CHARLIE GREEN JR	M032-76	\$459.68	MCDANIEL DAWN LAURETTE	E031-79	\$225.53	PIPKIN EDWARD STEPHEN IV	D06-47-3	\$132.93
IRELAND CURTIS	M012-144	\$583.40	MCDOWELL ELIZABETH ANN	I092-11-2	\$336.28	PIPKIN PHILLIP R JR	D06-46	\$105.23
IRELAND CURTIS	M012-156	\$42.49	MCFADDEN PATRICK JAMES ET UX	J082-369-1	\$3,485.50	POLLOCK MANN A III ET UX	E091-89	\$351.79
IRELAND JEFFERY WAYNE	B02-16-2-14	\$357.99	MCKINNEY EDNA L/E	L051-22	\$448.60	POLLOCK THOMAS MANN AND	E091-89-1	\$118.75
IRELAND SHIRLEY MAYO L/E ETVIR	M012-64	\$441.69	MCLAWHORN GINGER	H042-114	\$1,030.58	PONDS DENTRISS DONEL	J081-152	\$282.82
IRELAND SHIRLEY MAYO L/E ETVIR	N021-7-1	\$748.52	MCLAWHORN GINGER	H042-116	\$515.01	POOLE TIMOTHY RAY JR	I081-9-6SL	\$127.92
ISON DAVID R ET UX	D061-110-78	\$820.19	MCNAIR ERNEST	K031-124	\$35.04	POPPERWILL JOSEPH &	M012-159	\$102.16
JACKSON DANIEL EDWARD	J05-6-6	\$841.92	MCNAIR ERNEST	K032-87	\$50.06	POTTER AUDREY M	E031-33-1	\$210.40
JAMES JEFFREY	E09-17-16	\$77.64	MCNAIR GRANT	I042-4	\$352.11	POTTER REX JR	D05-27-4	\$445.19
JARMAN MICHELLE DAVIS	H03-69-4	\$100.77	MCNEIL LENA BELL &	K081-138-1	\$121.73	POWELL ROBERT M ET UX	L062-18-2	\$47.66
JARMON HILDA L	H031-82-1	\$20.31	MERCIER STEPHEN E AND	I08-36-18SL	\$127.92	PRICE MANLEY A JR	H042-98-B	\$67.21
JARMON HILDA L L/E	H031-82	\$239.59	MIDGETT ELLIS COOLIDGE ET UX	I042-94-L	\$162.09	R AND A DEVELOPMENTS LLC	I041-17	\$314.53
JARVIS CURTIS E	K032-101	\$177.56	MIDGETT MILDRED	I042-136-2-1-I	\$208.15	RANDALL HERBERT HEIRS	G092-4	\$124.22
JARVIS CURTIS EARL	H031-39	\$67.34	MIDGETTE CHARLENE R	I042-137-1	\$409.30	RAWLS LEWIS I JR	G042-231	\$781.16
JARVIS CURTIS EARL	H041-179	\$433.32	MIDGETTE GEORGE H HEIRS	I042-137	\$234.24	RAWLS LEWIS I JR	I07-54-1	\$75.05
JARVIS LUCINDA HEIRS ETALS	H08-8-L	\$385.62	MIDGETTE GLORIA A	G041-43	\$204.07	REASON MARIE B	H042-131-9	\$593.31
JARVIS RODNEY K	I042-13-3A	\$66.14	MIDGETTE GLORIA A	G041-45	\$51.50	RESPASS DELORIS	J032-6	\$118.65
JENNETTE EMMA M HEIRS AND	J032-147	\$72.59	MIDGETTE NANCY MARIE ETALS	I042-24	\$125.76	RESPASS WILLIAM A ET UX	J04-4	\$489.01
JENNINGS DIANE M	J031-78	\$72.37	MIDGETTE SARAH HEIRS	I042-134	\$295.27	RHINEHART NELLIE HEIRS	H03-33	\$130.33
JOHNSON BUBBA AND	F082-70	\$474.53	MIDGETTE SUSIE ANN AND	M011-19	\$454.03	RHODEN RAYMOND BRYAN	M012-1	\$61.07
JOHNSON ELVEN MARIE	J043-2	\$532.22	MIDGETTE THOMAS LEE	K081-119	\$236.58	RICE CAROLYN R	G041-63	\$409.89
JOHNSON FRED A	H031-58-A1	\$240.41	MIDGETTE VICTORIA MARIE	G041-38-L	\$46.80	RICE CAROLYN R	G041-87	\$256.68
JOHNSON FRED A	H031-58-A5	\$38.85	MIDYETTE GEORGIE R	H03-25-1	\$24.69	RICE THOMAS DYLAN	F042-195-1	\$584.83
JOHNSON FRED A	H031-58-F	\$111.47	MILLER AMANDA N HEIRS ETALS	H041-19	\$912.35	RICHARDSON ERNEST C III	L091-134	\$740.59
JOHNSON FRED A	H031-58-8	\$57.24	MILLER GARY RUFUS	I06-41	\$152.78	RICHTER CHARLES	E06-36-I	\$131.76
JOHNSON FRED A SR ET UX	H031-91	\$1,376.85	MILLER GARY RUFUS	I06-50	\$75.52	RIGGINS JUANITA SMITH	E05-86	\$173.71
JOHNSON IVESTA P AND	L071-16	\$188.88	MILLER GILEAH AMBER	F071-47	\$556.14	RIGGS M C	K06-26	\$138.45
JOHNSON IVESTA P AND	L071-3	\$81.45	MILLER PAULA Y	I042-4-4	\$457.23	RIVERWIND OF CRAVEN CO LLC	J06-32	\$238.05
JOHNSON JAMES MOSCOE	J043-58-3	\$1,010.11	MILLER PAULA Y	J041-39-L	\$132.37	RIVERWIND OF CRAVEN CO LLC	G09-28-1	\$260.38
JOHNSON LORI F	H042-75-1	\$394.82	MILLER VICKI ARMSTRONG	G042-294	\$129.56	RIVERWINDS TOWNHOMES LLC	J082-36-TH-5	\$863.81
JOHNSON SHELIA D	H031-81	\$630.73	MILLER WADE H JR HEIRS ETALS	J081-71	\$116.36	RIVERWINDS TOWNHOMES LLC	J082-36-TH-6	\$863.81
JOHNSON WILLIAM C ET UX	L07-35	\$1,775.60	MILLER WHITFORD L &	I06-6	\$442.80	RIVERWINDS TOWNHOMES LLC	J082-36-TH-7	\$863.81
JOHNSON WILLIAM C ET UX	L071-34	\$763.80	MILLER-SHEELOR PAULA	I042-3-1	\$78.37	RIVERWINDS TOWNHOMES LLC	J082-36-1SL	\$169.18
JONES ALTON	J081-44	\$173.13	MILLER-SHEELOR PAULA ETALS	G041-37	\$732.15	RIVERWINDS TOWNHOMES LLC	J082-36-10SL	\$119.66
JONES ARTHUR HEIRS	J042-53	\$184.21	MINOR BOBBY C ET UX	H041-98-I	\$403.51	RIVERWINDS TOWNHOMES LLC	J082-36-6SL	\$119.66
JONES BRENDA	F04-41-2	\$25.59	MINOR BOBBY JR	H041-98-I	\$403.51	RIVERWINDS TOWNHOMES LLC	J082-36-7SL	\$119.66
JONES BRENDA C HEIRS	H031-32	\$431.94	MINOR MARGARET ESTATE	H091-227	\$298.71	RIVERWINDS TOWNHOMES LLC	J082-36-8SL	\$119.66
JONES BRENDA C HEIRS	H031-33	\$34.21	MIRAMONTES DORA B	G042-63	\$62.44	ROBERSON GARRETT	J042-11	\$222.28
JONES BRONTIE	I043-4	\$42.11	MITCHELL CHRISTOPHER	J082-482-W-15	\$167.85	ROBERSON HENRY LEE	J032-43	\$848.71
JONES CARRIE M AND FRANCINE	H041-187-7	\$640.52	MITCHELL ELIZABETH H AND	D061-188-38	\$370.51	ROBERSON JAMES E AND	J031-73	\$718.56
JONES CHARITY HEIRS	E091-38	\$711.02	MONK FRANCES B ESTATE	H041-219	\$113.67	ROBERSON MATILDA JONES HEIRS	I043-4-1	\$88.91
JONES CLARA B ETALS	H041-196	\$943.17	MONK GERALD JR AND	J031-49	\$741.09	ROBERTS ANNA MAE AND	J032-14	\$154.72
JONES DACHAI M	J032-67-1	\$128.51	MONK JOHN HEIRS ETALS	H041-39	\$713.09	ROBINSON EDWARD L ET UX	E041-56	\$131.28
JONES FANNIE R HEIRS	H031-24	\$65.68	MONK PRIN					



PC Unpaid Property Tax

SAWYER ALETHEA G	H08-17	\$419.78	STICKRATH JENNIFER LEA	L091-59	\$533.42	UDOEMA CORLISS	J082-36-9SL	\$119.66
SAWYER BENJAMIN J ESTATE	C051-86-6	\$185.01	STIDHAM LAUREL	H094-19-15	\$279.09	UNKNOWN TAXPAYER	J081-49	\$83.17
SAWYER BENJAMIN J ESTATE	C051-86-7	\$45.38	STILLEY VANESSA WILSON L/E	I061-48	\$76.73	UNKNOWN TAXPAYER	M02-35	\$42.49
SAWYER BILLY EUGENE ET UX	M031-62	\$759.60	STOKES J W HEIRS	L071-13	\$635.18	UNKNOWN TAXPAYER AMANDA FINCH	K04-13	\$168.32
SAWYER DAVID E	L071-53-3	\$693.04	STOKES VERDIE G HEIRS	L071-14	\$265.06	USHRY PROPERTIES LLC	H031-27	\$299.42
SAWYER FAMILY PROPERTIES LLC	H041-229	\$799.06	STOUDEMAYER MELISSA AND	K04-6-6	\$41.38	USHRY PROPERTIES LLC	H031-27-3	\$62.47
SAWYER FAMILY PROPERTIES LLC	H041-229-1	\$65.38	STOWE RHENEL ELMO AND	I061-1	\$215.11	VAN DAM TAMMIE	J081-7	\$12.08
SAWYER IRIS LAVERNE	H041-93-1	\$497.70	STRICKLAND MICHAEL W	K051-21-38	\$421.00	VANDEMERE CREEK PROPERTIES LLC	K04-22	\$110.93
SAWYER JAMES AND	I043-53	\$65.11	STRONG ARTIS	F093-10-7	\$113.12	VARDY MICHAEL ALAN	J082-408	\$758.04
SAWYER JAMES LEE JR	K081-129	\$175.63	STYRON JAMES A	I092-47-1	\$83.72	VOLIVA JASPER HEIRS	J032-129	\$570.83
SAWYER JAMES LEE JR	I042-6	\$434.25	STYRON JAMES A	I092-48	\$196.07	VOLIVA RICHARD C ET UX	I043-64	\$223.97
SAWYER JUDY K	D061-188-426	\$466.23	STYRON RUTH BEA	I092-52	\$118.02	VOLIVA TONY C &	J032-164	\$268.71
SAWYER JUDY K	I042-52	\$103.16	SULAPU SURYA	H094-1-110	\$50.79	VOLIVA WILLIAM J JR	J032-131	\$82.77
SAWYER QUEENIE	I042-51	\$311.44	SULLIVAN MICHAEL R ET UX	C071-11-7	\$1,056.88	WADE RAESHON D	H041-82	\$28.48
SAWYER SUSAN HEIRS	H041-203	\$260.50	SUMRELL BRYAN DAVID	E041-139-2	\$81.69	WADE RAESHON D	H041-83	\$449.34
SCHMIDT JOHN P L/E	E071-27-5	\$515.40	SUMRELL JACK	E041-134-B	\$175.80	WALKER CLINTON A	F052-115	\$425.26
SCHULL WILLIAM KEITH AND	K051-21-30	\$237.84	SWIFT DANIEL A	K08-37	\$661.16	WARD VICKY J	E06-37	\$399.99
SCHWARZ SHAWN D ET UX	L071-52	\$582.77	SWIFT NANCY ANN HEIRS	K031-51	\$154.46	WARREN KELVIN	H03-69-I-2	\$278.37
SCOPPE EMILY B AND	D051-18	\$168.76	SWINDELL ROBERT EARL AND	D061-13	\$595.63	WARREN VIRGELLA G ETALS	I043-37	\$323.19
SCOPPE EMILY B AND	D06-37	\$817.12	SYERS BURL L L/E ET UX	E08-82-5	\$1,529.58	WATSON ADRIAN E JR	M011-104-1	\$98.53
SCOTT BENNY D	E06-65-2	\$297.55	TAKYI CERNIE D OWUSU	J082-270-1	\$679.56	WATSON GLEN	J083-33-27	\$46.51
SCOTT BENNY D	E06-65-4	\$208.43	TARHEEL RESIDENCES LLC	J043-58-24	\$799.22	WATSON LEROY	J041-51	\$98.52
SCOTT JIMMY LEE ET UX	F06-9	\$320.50	TARHEEL RESIDENCES LLC	J043-58-25	\$797.49	WATSON MELISSA ETALS	E041-137	\$218.57
SCOTT JOHN L	F06-4	\$75.34	TARHEEL RESIDENCES LLC	J043-58-29	\$822.16	WATTS WILLIAM WINSTON	E06-7	\$27.10
SCOTT MARK STUART	D06-52-I	\$282.35	TAYLOR KERRY L & TONYA S	G09-26-1	\$63.02	WAYNE AARON H ET UX	F042-169	\$493.49
SCOTT MATTHEW STEPHEN	K071-47-1-1	\$562.34	TAYLOR MYRTLE LUCILLE ESTATE	H031-43	\$177.11	WELLS JAMES EARL ET UX	K07-17-66	\$523.86
SCOTT WILMORE S II AND	J082-482-W-17	\$167.85	TAYLOR ROBERT C	H05-75-2	\$162.60	WEST RUTH C	H041-41-L	\$47.58
SCOTT WILMORE S JR & SANDRA A	J082-482-W-9	\$167.85	TAYLOR ROBERT C	H05-76	\$679.08	WHEALTON JAPETH AND	G041-68	\$856.36
SEVERANCE MARY M ESTATE	D061-226-13	\$1,476.18	TETTERTON THOMAS N	M031-14	\$195.01	WHEALTON JAPETH AND	G041-78-2	\$334.17
SEYMOUR THOMAS ET UX	F071-46-I	\$171.97	THE INN AT ORIENTAL LLC	J082-312-1	\$8,551.75	WHITE WILLIAM O'NEAL	E07-15-2	\$83.41
SHELTON ERNEST A &	H091-229	\$480.41	THOMAS CHERYL DENISE	D08-86	\$21.96	WHITE WILLIAM O'NEAL	E07-15-3	\$167.03
SHELTON JEFFREY D ETALS AND	D08-83	\$637.75	THOMAS NEWELL F ET UX	D061-231	\$298.70	WHITE WILLIAM O'NEAL	D08-31	\$643.08
SHELTON NELLIE P HEIRS	H091-226	\$418.64	THOMPSON KERMIT A III	I081-10-72	\$8.09	WHITFIELD CAROL AND	G042-247	\$1,391.47
SHERMER-SNIDER SARA F	J083-24-3-3SL	\$88.55	THOMPSON KERMIT A III	K071-46	\$476.90	WHITNEY NANCY JENNETTE D L/E	H091-221	\$101.07
SHERMER-SNIDER SARA F	J083-38-27	\$169.50	THREE SEAS LEGACY LLC	G042-309-17	\$71.10	WHORTON TRAVIS CLAY	L062-14-3	\$47.70
SHORT ROBERT LESLIE	I092-178-215SL	\$144.50	THREE SEAS LEGACY LLC	G042-309-18	\$74.69	WIGGINS DAVID S	L091-1	\$989.50
SHREVE JAMES D AND	D091-134	\$573.33	THREE SEAS LEGACY LLC	G042-309-19	\$68.80	WILD GOOSE CHASE LLC	H092-4-23	\$101.53
SILVERTHORNE JO HEIRS AND	K071-62	\$288.89	THREE SEAS LEGACY LLC	G042-310-1	\$374.25	WILD GOOSE CHASE LLC	H092-6-11	\$93.99
SILVERTHORNE VERNON HEIRS	L08-35-1	\$124.13	THREE SEAS LEGACY LLC	G042-310-2	\$485.01	WILD GOOSE CHASE LLC	H092-6-3	\$93.19
SIMMONS HUGH COEFIELD JR	H041-33	\$22.56	THREE SEAS LEGACY LLC	G042-310-3	\$485.01	WILD GOOSE CHASE LLC	H092-6-32-11SL	\$103.62
SIMMONS LEONARD ET UX	D061-65-36	\$118.67	THREE SEAS LEGACY LLC	G042-310-4	\$374.25	WILD GOOSE CHASE LLC	H092-6-32-29SL	\$103.62
SIMMONS LEONARD ET UX	E05-91	\$141.22	THREE SEAS LEGACY LLC	G042-310-5	\$96.65	WILD GOOSE CHASE LLC	H092-6-32-34SL	\$103.62
SIMMONS LEONARD ET UX	G041-179	\$345.08	THREE SEAS LEGACY LLC	G042-310-6	\$137.70	WILD GOOSE CHASE LLC	H092-6-32-38SL	\$103.62
SIMMONS LEONARD ET UX	D061-65-29	\$114.60	THREE SEAS LEGACY LLC	G042-310-7	\$137.70	WILD GOOSE CHASE LLC	H092-6-77	\$92.10
SIMMONS LEONARD ET UX	E05-95	\$205.86	THREE SEAS LEGACY LLC	G042-310-8	\$96.65	WILD GOOSE CHASE LLC	H092-6-8-10SL	\$82.67
SIMMONS R HEIRS	H041-34	\$250.31	THREE SEAS LEGACY LLC	G08-57	\$63.63	WILD GOOSE CHASE LLC	H092-6-8-8SL	\$82.67
SIMMONS YVETTE MARCIA	H03-47-1-I	\$205.72	THREE SEAS LEGACY LLC	G08-58-1	\$1,293.47	WILD GOOSE CHASE LLC	H092-6-84	\$82.67
SIMPSON MICHAEL	D08-33	\$733.17	THREE SEAS LEGACY LLC	H06-10	\$354.91	WILD GOOSE CHASE LLC	H092-6-87	\$82.67
SIMPSON SAMUEL CASEY	D081-12-I	\$43.41	THREE SEAS LEGACY LLC	H06-8	\$1,573.27	WILD GOOSE CHASE LLC	H092-6-91	\$84.60
SIMS ROSALIE ET VIR	I08-35-29	\$219.12	THREE SEAS LEGACY LLC	I06-1-1	\$108.38	WILLIAMS ANNA F AND	C05-12	\$334.16
SIMS ROSALIE ET VIR	I08-35-30	\$193.51	THREE SEAS LEGACY LLC	I06-21	\$189.29	WILLIAMS HAROLD WARREN L/E	N021-22	\$298.66
SIMS ROSALIE ET VIR	I08-35-32	\$217.19	THREE SEAS LEGACY LLC	I06-4	\$326.83	WILLIAMS HAROLD WARREN L/E	N021-23	\$587.31
SKINNER WILLIE HEIRS	G09-6	\$167.30	THREE SEAS LEGACY LLC	I092-34-7	\$1,580.23	WILLIAMS JENNIFER DEAN	M012-66	\$105.49
SLADE DANNY KEITH ET UX	K051-17	\$232.58	THREE SEAS LEGACY LLC	I092-34-8	\$1,577.48	WILLIAMS REGINALD D	H041-162-I	\$540.16
SLADE DANNY KEITH ET UX	K051-18	\$111.65	THREE SEAS LEGACY LLC	I092-8-2-9	\$30.74	WILLIAMS ROYCE L ET UX	H091-232-7	\$456.92
SLADE DANNY KEITH ET UX	L08-16	\$785.45	THREE SEAS LEGACY LLC	J07-28-2	\$513.40	WILLIAMS SAMMY L JR ET UX	K032-46-1	\$640.68
SLADE DANNY KEITH ET UX	L08-9	\$425.49	THREE SEAS LEGACY LLC	J081-137	\$326.98	WILLIAMS WALTON OSWALD JR	I043-22-14	\$284.33
SLADE PAM TRUSTEE OF THE	L08-15	\$288.11	THREE SEAS LEGACY LLC	J081-137-C	\$303.84	WILLIAMSON CARL	J06-34	\$601.93
SLADE ROGER PRESTON	L071-42	\$9.99	THREE SEAS LEGACY LLC	J081-139	\$597.82	WILLIS JOHN HEIRS	D08-101	\$57.54
SMALL JOSEPH A JR ET UX	H05-69-1-1	\$209.10	THREE SEAS LEGACY LLC	J081-142	\$869.16	WILLIS JOHNNIE HEIRS	J041-64-L	\$268.44
SMITH ALARIC	D07-8	\$198.66	THREE SEAS LEGACY LLC	J081-143	\$490.68	WILLIS KERRY MATTHEW	J041-64-1	\$102.93
SMITH CARRINA S	J042-16-1	\$115.20	THREE SEAS LEGACY LLC	J081-204	\$620.89	WILLIS LLOYD H JR	G042-127	\$1,493.16
SMITH CHELSEA DIONAH	J081-91-I	\$89.92	THREE SEAS LEGACY LLC	J081-204-1	\$278.67	WILLIS LLOYD H JR	G042-248	\$869.09
SMITH DONALD T AND	G042-71	\$113.36	THREE SEAS LEGACY LLC	J083-2	\$712.85	WILLIS LLOYD H JR	G042-48	\$193.23
SMITH FLOSSIE	K032-84	\$421.98	THREE SEAS LEGACY LLC	K081-14	\$758.51	WILLIS LLOYD H JR	G08-51	\$63.58
SMITH GEORGE & AMANDA HEIRS	G042-67-2	\$133.07	THREE SEAS LEGACY LLC	K081-14-1	\$328.65	WILLIS MAMIE	H03-46	\$523.02
SMITH HILDA BROWN	H03-4-4	\$521.52	THREE SEAS LEGACY LLC	K081-17	\$205.34	WILLIS MARGARET R	D051-21	\$522.59
SMITH HILDA BROWN	H031-49	\$116.69	THREE SEAS LEGACY LLC	K081-52	\$99.28	WILLIS MICHAEL	E071-31-1	\$692.83
SMITH JENISE L	J082-273	\$609.22	THREE SEAS LEGACY LLC	K081-54	\$681.40	WILLIS NORIS	H031-79-3	\$280.28
SMITH MARGIE	H08-11	\$93.31	THREE SEAS LEGACY LLC	K081-56	\$1,094.46	WILLIS NORIS	J031-61	\$944.17
SMITH MARGIE	H08-14	\$202.71	THREE SEAS LEGACY LLC	K081-57	\$408.97	WILLIS NORIS	J04-3	\$223.85
SMITH MARIE	J081-4	\$351.61	THREE SEAS LEGACY LLC	K081-58	\$604.93	WILLIS PHILLIP E	I07-75	\$1,760.17
SMITH SHANNING	F041-56	\$492.87	THREE SEAS LEGACY LLC	K081-91-1	\$259.18	WILLIS PHILLIP E	I07-78-1	\$59.63
SMITH SHARON DIXON	F042-74	\$219.45	THREE SEAS LEGACY LLC	K081-91-2	\$191.18	WILLIAMSON CHARLES IV	H094-19-6	\$88.11
SMITH SHARON DIXON	F042-84	\$105.14	THREE SEAS LEGACY LLC	K081-92	\$638.65	WILLIAMSON CHARLES IV	H094-20-4	\$528.77
SMITH SHARON K	J081-92	\$332.43	THREE SEAS LEGACY LLC	K081-94	\$519.08	WILLOUGHBY VERNA J. S. HEIRS	K031-132	\$32.72
SPARROW FRANCES L	J032-16	\$85.07	THREE SEAS LEGACY LLC AND	J081-127	\$2,375.35	WILSON ANNA M	F091-37-1	\$1,128.47
SPEGAL ROBERT GEORGE AND	F082-9-1	\$249.27	TINDLE STACIE F	L06-15	\$207.06	WILSON FREDERICK D ETALS	I042-99	\$97.86
SPEISER CHARLES S	F08-3-4	\$488.42	TINGLE MOLLIE	D081-51	\$7.62	WILSON WILLIAM T	D09-18	\$489.44
SPENCER GARFIELD HEIRS	I043-49-L	\$66.68	TINGLE WENDY L CARMADY	F042-184-1	\$454.71	WINSTEAD JANE MCADEN	I09-19	\$1,497.47
SPENCER JENNIFER CHANCE	F042-188-4	\$189.84	TINNEY JODY G	M011-103	\$183.38	WOOD VICKIE LEE	G101-41	\$368.23
SPENCER THOMAS Z III ET UX	F04-2-1	\$376.18	TODD DEBORAH SAWYER	L071-53-2	\$207.49	WOOD VICKIE LEE	G101-66	\$264.50
SPIVEY ROBERT LYNN	E031-101	\$908.75	TOLER LONNIE GREY L/E	E041-84	\$50.74	WOODARD ANGELA CAHOON	E06-85-I	\$287.36
SQUIRES ANNIE MILLER HEIRS	K04-14	\$84.07	TRAUTH TIMOTHY M ET UX	M031-40	\$37.87	WOODARD BEATRICE S	E051-22	\$471.59
SQUIRES GEORGE A HEIRS	I042-142-1	\$118.85	TREWEEK CONSTRUCTION INC	F094-2-6	\$7.97	WOODHOUSE MICHAEL	J032-49	\$800.37
SQUIRES HOWARD E	I06-23	\$18.09	TRIFECTA DREAM HOMES LLC	H092-6-12	\$103.38	WRIGHT JOSEPH L ET UX	G08-31-2	\$340.29
SQUIRES JANICE FAYE	I06-29	\$33.23	TRIFECTA DREAM HOMES LLC	H092-6-8-9SL	\$82.67	WRIGHT REBECCA L ISENHART AND	F081-11-4	\$151.96
SQUIRES JOHN D HEIRS	J042-7	\$233.93	TRIPP FENNER HEIRS	D07-2	\$44.97	WYMAN NANCY T	K052-12	\$232.33
SQUIRES JULIA J L/E	J032-56	\$102.22	TRIPP FENNER HEIRS	D08-39	\$136.09	YASSEN INVESTMENTS INC	D061-193	\$2,172.44
STANCIL JAMICE	I042-136-2-1	\$106.19	TRIPP JOHNNIE E ESTATE	H041-194	\$341.80	YEOMANS DAPHNE L L/E	J032-187	\$394.94
STATEN CHARLES A AND	E051-39	\$676.79	TRIPP TAMMY	E041-94	\$54.47	YORK RONALD EDWARD	G08-73	\$822.08
STERNBERG GERALDINE I HEIRS	H031-107-1	\$594.61	TRULL BARBARA	I06-2-1	\$266.83	YOUNG ANGELA BROUSARD	M012-141	\$367.57
STEWART EDMUND JOSEPH	I081-10-75	\$8.22	TRULL BARBARA M ET VIR	I07-50	\$987.53	YOUNG LISA RAE	K052-25-3	\$138.76
STICKRATH JENNIFER LEA	J082-299	\$2,211.40	TYSON WILLIAM F JR	M032-109	\$226.59	ZEIDAN ANAL M	K032-48	\$399.10
STICKRATH JENNIFER LEA	J082-301	\$790.57	TYSON WILLIAM F JR ETALS	M012-9	\$115.89	ZELEDON O ANTHONY	J082-173-B-6SL	\$210.85

How to build and maintain a strong credit rating

A strong financial history benefits consumers in myriad ways. Individuals with a history of paying their bills on time and avoiding significant consumer debt may be eligible for lower interest rates on big ticket items like homes and automobiles, potentially saving them tens of thousands of dollars over their lifetimes.

Though there are many ways to build a strong financial history, avoiding debt is always part of that equation. Credit scores are used to determine consumers’ creditworthiness in the eyes of lenders and can affect eligibility for loans and the terms of those loans. Understanding credit scores and how to build and maintain a good credit rating can be vital to individuals’ financial futures.

What is a credit score?

A credit score is a three-digit number between 300 and 850. The higher the number, the better an individual’s credit rating is. The lower the number, the less creditworthy consumers become in the eyes of lenders.

What is the average credit score?

According to Equifax, which along with Experian and TransUnion is one of three credit reporting agencies, the average credit score in the United States in February 2021 was 698. Credit scores in Canada range from 300 to 900, and TransUnion reports the average score in Canada is around 650.

Is 698 or 650 good?

There’s good news and bad news for Canadian and American consumers. The average rating in each country falls into the “Fair” (Canada) or “Good” (United States) range. However, consumers should aspire for scores that are higher than the average in both countries. A credit score above 720 is considered “Excellent,” and the online financial resource Nerd Wallet reports that individuals with scores above 750 are in even better shape. Such individuals may have access to financial products or be eligible for loan terms that people with lower scores are not privy to. Making the most of those advantages can save consumers considerable sums of money over the course of their lifetimes and may help them build the type of generational wealth millions of people aspire to.

How can individuals achieve high credit scores?

The best way to build and maintain a high credit score is to understand the factors that influence that score. FICOTM is a data analytics firm that provides credit scoring services. Equifax notes that FICO scores consider five categories from individuals’ credit histories:

- **Payment history**
- **Amounts owed**
- **Length of credit history**
- **New credit accounts**
- **Mix of credit used**



Each of these categories are weighted, and none bears more significance than payment history. Consumers who have demonstrated an ability to pay their bills on time and limit the amounts of debt they carry at any given moment are doing themselves a favor as they look to achieve and maintain a high credit rating.

Is all debt the same?

It’s important that consumers distinguish consumer debt from student loan debt. Though each type of debt will be reported to the three major credit bureaus, student loan debts that are paid on time each month are generally considered “good debt” because they demonstrate an individual’s ability to

make installment payments on time over a significant length of time. That’s what consumers will need to do if they hope to purchase a home in the future and finance it with a mortgage loan.

Unlike student loans being repaid in installments, consumer debts like credit card balances must be paid in full each month for consumers to avoid potentially hefty interest charges. Consumers who can’t pay those balances in full each month are not demonstrating creditworthiness in the eyes of lenders, and that will have an adverse effect on their credit ratings.

Understanding credit and how to build and maintain a strong rating is vital to individuals’ financial futures.



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### PUBLIC HEARING NOTICE

The Town of Oriental will hold a Public Hearing on June 6, 2023 at 8AM or as soon thereafter as can be reached, at the Oriental Town Hall Large Board Room, 507 Church St.

The Purpose of this Public Hearing is to take comment on the proposed budget and revised fee schedule for the 2023-2024 Fiscal Year, beginning July 1, 2023.

The proposed Budget (General Fund and Water Fund) will have been presented to the Mayor and Commissioners by June 1, and will be available for inspection at Town Hall M-Th 8AM-4PM, F 8AM-3PM. It can also be viewed at [www.TownofOriental.com](http://www.TownofOriental.com)

Substantial changes may be made to the Budget following the Public Hearing.

Diane H. Miller, Manager/Clerk, Town of Oriental

### PUBLIC HEARING NOTICE

The Town of Oriental has scheduled a Public Hearing on June 6, 2023 at 8AM or as soon thereafter as can be reached, at the Oriental Town Hall Large Board Room, 507 Church St. The Purpose of this Public Hearing is to determine the request for a Special Use Permit to establish Boatyard Operations on the newly rezoned lot (MU) at 1216 Lupton Drive.

The proposal will be available for inspection at Town Hall M-Th 8AM-4PM, F 8AM-3PM.

It can also be viewed at [www.TownofOriental.com](http://www.TownofOriental.com) . The Planning Board will also review this request at their meeting on May 17, 2023 at Town Hall, 3PM. All meetings are open to the Public. Substantial changes may be made to the proposal following the Public Hearing.

Diane H. Miller, Manager/Clerk, Town of Oriental

### NOTICE OF PUBLIC HEARING TOWN OF MINNESOTT BEACH

The Town of Minnesott Beach Board of Commissioners will meet at 7:00 p.m., or as soon thereafter as the matter can be reached, on the 30th day of May, 2023, at the Minnesott Beach Town Hall located at 11758 NC 306 S, Minnesott Beach, NC for the purpose of holding a public hearing concerning (i) an amendment to Sections 151.112 (Nonconforming Structures Due to Physical Restrictions) and 151.113 (Nonconforming Uses of Land and/or Buildings) of the Town Code of Ordinances to address nonconforming use and amortization issues, (ii) an amendment to Section 151.037 (Term Definition) of the Town Code of Ordinances to define certain terms related to (a) the sale of mind-altering substances and (b) certain signs and elements of signs, (iii) the addition of a new Section to the Town Code of Ordinances entitled “151.182 (Sale of Mind-Altering Substances)” for the purpose of regulating the sale of “Delta Products” and “Kratom” as those terms are defined in the proposed amendment to Section 151.037 (Term Definition), (iv) the addition of a new Section to the Town Code of Ordinances entitled “151.251 (Non-Conforming Signs)” to address the amortization of nonconforming signs, and (v) various amendments to the Town’s Sign Ordinance contained in Sections 151.245 through 151.250 for the purpose of modernizing the Town’s Sign Ordinance and regulating certain light-producing signs. Drafts of the proposed ordinance amendments are on file at the Minnesott Beach Town Hall for public inspection.

### NOTICE IS HEREBY GIVEN

The Pamlico County Board of Commissioners will hold a **PUBLIC HEARING on Monday, June 5, 2023 at 7:00pm** in the Commissioners’ Board Room, located on the second floor of the Pamlico County Courthouse Annex, 202 Main Street, Bayboro, North Carolina 28515.

The purpose of the hearing is to provide public comment periods for: Modifications to the Subdivision Ordinance and the 2022 Community Development Block Grant – Neighborhood Revitalization program. If you have any questions, you can contact the Pamlico County - Clerk to the Board at 252-745-3133.

# School Superintendent Search Process to Begin

by: Hiram Lupton



At a special called meeting of the Pamlico County Board of Education, Board members discussed options and proposals to begin the search for a new School Superintendent to replace Ms. Lisa Jackson who has announced her intention to retire on September 1st of this year. The Board has received proposals from

firms to initiate a search process for obtaining applications from potential candidates for the position. Several Board members expressed a desire to possibly look first at internal candidates before beginning a search process. Both Kathy Dunbar and Erik Smith expressed this, and if there no qualified applications were received, then do an outside search. Other members, while

acknowledging some great potential internal candidates, saw a need to also look outside our system to find the best, most qualified person for the job. There was also some concern, brought up by Jamie Gibbs, that if first a local candidate was not hired, by the time a search process began later in the summer, the best, most qualified candidates seeking positions in school administration would already have been hired. Chairman John Prescott stated that “I feel that we should exhaust our efforts to hire the best person to do the job as Superintendent of Pamlico County Schools.” One thing all members agreed upon was that if a firm was hired for a search, it would be preferred that a local, North Carolina firm be used for the task. The suggested firm by all members was the law firm of Poyner-Spruill, which currently advises the school system on legal issues. A motion was made to use Poyner-Spruill as the firm to initiate a search process and to strongly encourage any potential internal candidates to apply through this process. The vote for this motion passed 5-1, and the search begins.

## State Employees’ Credit Union Selects NCR to Modernize Members’ Digital Banking Experience

*Digital services to complement in-person support at SECU’s 274 branches*

RALEIGH, N.C., and ATLANTA – North Carolina State Employees’ Credit Union (SECU), the second largest credit union in the United States, will work with NCR Corporation (NYSE: NCR), a leading enterprise technology provider, to modernize the digital banking experience for SECU’s 2.7 million members across North Carolina.

“Our members have trusted SECU for more than 85 years to serve their financial needs,” said SECU President and CEO Jim Hayes. “As our members’ needs evolve, we want to provide servicing options that offer more seamless, personalized experiences from the branch to the ATM to a mobile device. NCR’s digital banking platform will expand our services through online and mobile channels, complementing the exceptional member service that our branches are known for delivering.”

SECU will use NCR Digital Banking, a cloud-native, API-based platform, to enhance its mobile and online banking capabilities, with a focus on enhanced account management, financial fitness, payment and security features for SECU members. These digital service options will supplement the in-person service SECU provides at its 274 branches across North Carolina.

“Leading institutions such as SECU understand the importance of embracing technology to meet the expectations of members today,” said Michael Hayford, Chief Executive Officer, NCR Corporation. “NCR is proud to offer a flexible, digital-everywhere platform that is a differentiator for businesses in a highly competitive ecosystem.”

“We conducted an extensive evaluation process to identify the right partner to help us build digital services that will serve our members well into the future,” said SECU Chief Information Technology Officer Josh Bomba. “We appreciate NCR’s expertise supporting more than 600 financial institutions and credit unions, and we look forward to working closely with NCR as we implement enhanced digital services.”

About SECU

A not-for-profit financial cooperative owned by its members, and federally insured by the National Credit Union Administration (NCUA), SECU has been providing employees of the state of North Carolina and their families with consumer financial services for over 85 years. SECU is the second largest credit union in the United States with \$50 billion in assets. It serves over 2.7 million members through 274 branch offices, over 1,100 ATMs, Member Services Support via phone, [www.ncsecu.org](http://www.ncsecu.org), and a Mobile App.

About NCR Corporation

NCR Corporation (NYSE: NCR) is a leader in transforming, connecting, and running technology platforms for self-directed banking, stores, and restaurants. NCR is headquartered in Atlanta, Georgia, with 35,000 employees globally. NCR is a trademark of NCR Corporation in the United States and other countries.

# Take These 6 Steps to Manage Your Blood Pressure

*High blood pressure is a ‘silent killer’*

**(StatePoint)** High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Hypertension can be dangerous and in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information.

“Nearly half of all American adults have high blood pressure, and many don’t even know it. High blood pressure is a ‘silent killer,’ often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life,” says Jack Resneck Jr., M.D., president of the American Medical Association (AMA).

### To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit [ManageYourBP.org](http://ManageYourBP.org) to better understand your numbers.
2. Monitor blood pressure. Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for 5 minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.
3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.



4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.
  5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren't sure if it is safe for you to exercise.
  6. Maintain a healthy weight. If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight.
- “Unmanaged hypertension can have life-altering consequences,” says Dr. Resneck. “The good news is that there are many ways you can take control of your blood pressure and your health.”



# COASTAL LIVING

## BoatUS Foundation: 5 Ways to Be Seen and Heard When You Really Need to Summon Help


ANNAPOLIS, Md., May 15, 2023 – When you have an emergency on the water, how do you get help? For National Safe Boating Week, May 21-27, the nonprofit BoatUS Foundation for Boating Safety and Clean Water is reminding boaters that having the ability to be seen and heard is critically important. Here are five ways boaters can prepare for a safe summer on the water and, if necessary, summon rescuers to your location.

1. VHF Radio – A VHF (Very High Frequency) radio is the most reliable way to communicate with other boats and emergency responders on most waterways. New Digital Selective Calling (DSC) radios with a red distress button can even send an emergency call and other important information such as your location to authorities automatically when properly installed and registered.

2. Emergency Beacon – An emergency beacon, such as an EPIRB (Emergency Position Indicating Radio Beacon) or PLB (Personal Locator Beacon) can be activated to send a distress signal to satellites and rescue authorities. These devices are designed to work in remote areas where cellphone coverage is not available. EPIRBs and PLBs can be rented from the BoatUS Foundation.

3. Sound-Producing Device – A sound producing device, such as an installed horn, a handheld air horn, and even a whistle, can be used to signal for help. Five or more blasts from a horn or a whistle indicate danger or a dangerous situation is unfolding. Sound-producing devices are required by law on most boats and can be heard over a considerable distance.

4. Visual Distress Signals – Visual Distress Signals (VDS) such as pyrotechnic flares and certain battery-operated SOS light beacons can be used to signal for help when you’re out on the water. Flares and Coast Guard-approved distress lights can be seen from several miles away and are an effective way to signal for help when other methods of communication are not available.

5. Distress Flag – A distress flag is an orange flag with a black square and a black circle. If you’re in distress, you can hoist the flag to signal other boats that you need assistance. This is a good alternative for use on small, wet watercraft, like kayaks and personal watercraft where traditional flares could get wet or storage aboard is a challenge.
- 

Visual distress signals can be very effective for summoning help from those assets closest to your location – fellow boaters – potentially shortening response time.

## Essentials for your tackle box

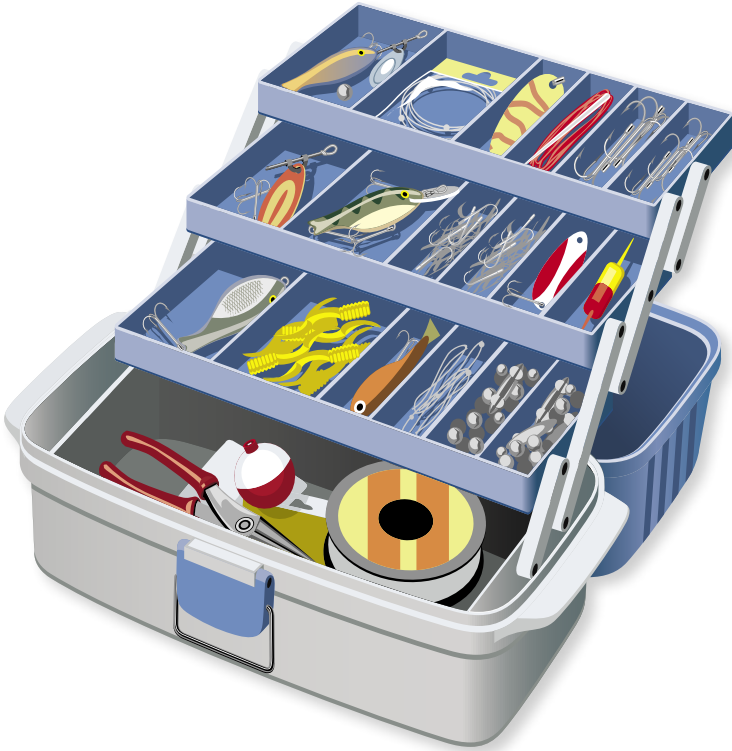
Recreational fishing is enjoyed by millions of people. The U.S. Fish and Wildlife Service reported that there was an 8 percent increase in anglers between 2011 and 2017. Expenditures by anglers nationwide rose 2 percent during the same time, from \$45 billion to \$46.1 billion.

As more people stay closer to home, they’re eager to engage in hobbies that are fun and accessible but still promote social distancing. Fishing checks each of those boxes. Prospective anglers who are eager to get into saltwater or freshwater fishing should know that the right gear is essential. For fishing enthusiasts, that gear starts with a rod and reel. Afterward, it is important to fill a tackle box with other essentials.

- **Extra fishing line:** Lines get snagged, torn or snapped when reeling in a great catch, so extra fishing line is essential.
- **Extra hooks:** The traditional J-hook can snag many types of fish, but some anglers like a French hook. No matter which hook you prefer, make sure you have a variety of sizes on hand so you can switch if need be.
- **A set of fishing pliers:** Purchase pliers specifically made for fishing. Most come in aluminum so they will not corrode due to the elements. Also, if you’re using braided fishing line, be sure the pliers have a cutter made for cutting braid.
- **Bobbers in various sizes:** Bobbers, also called floaters, help anglers know when a fish is biting. Round clip-on bobbers are popular and widely available. Slip bobbers will slide up and down the line, enabling anglers to get the hook into deeper water.
- **Sinkers:** The yin to the bobber’s yang, sinkers are weights that help weigh down a worm or artificial lure to reach the right level to attract fish.
- **Fishing regulations/ruler:** A variety of rules govern when and where you can fish. Also, you’ll need to know which size fish are keepers and which need to be tossed back. Keep a regulation ruler in the tackle box to avoid fines.
- **Pocket knife:** Keep a sharp knife for cutting lines and bait. Reserve a special filet knife for cleaning fish.

- **Selection of lures:** Research which fish you’re angling for and then purchase a variety of appropriate lures. Some lures will attract a wide array of fish.
- **Stringer:** A stringer is a device that is used to hold several caught fish through their gills. It anchors to land and the other end with the fish on it is placed in the water to keep the fish alive until you’re ready to pack up and go. It’s a good alternative to a cooler or bucket filled with water.
- **Fishing license:** Many conservation or fish and wildlife departments require a license for fishing for anglers of a certain age. Be sure to have it on hand or you may be susceptible to fines or other penalties.

A tackle box with the right gear can help novice fishing enthusiasts get off on the right foot.



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Friday – Saturday 9:30 am – 5:30 pm

Sunday 10:00 am – 4:00 pm

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– George Carlin



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# Graduation 2023

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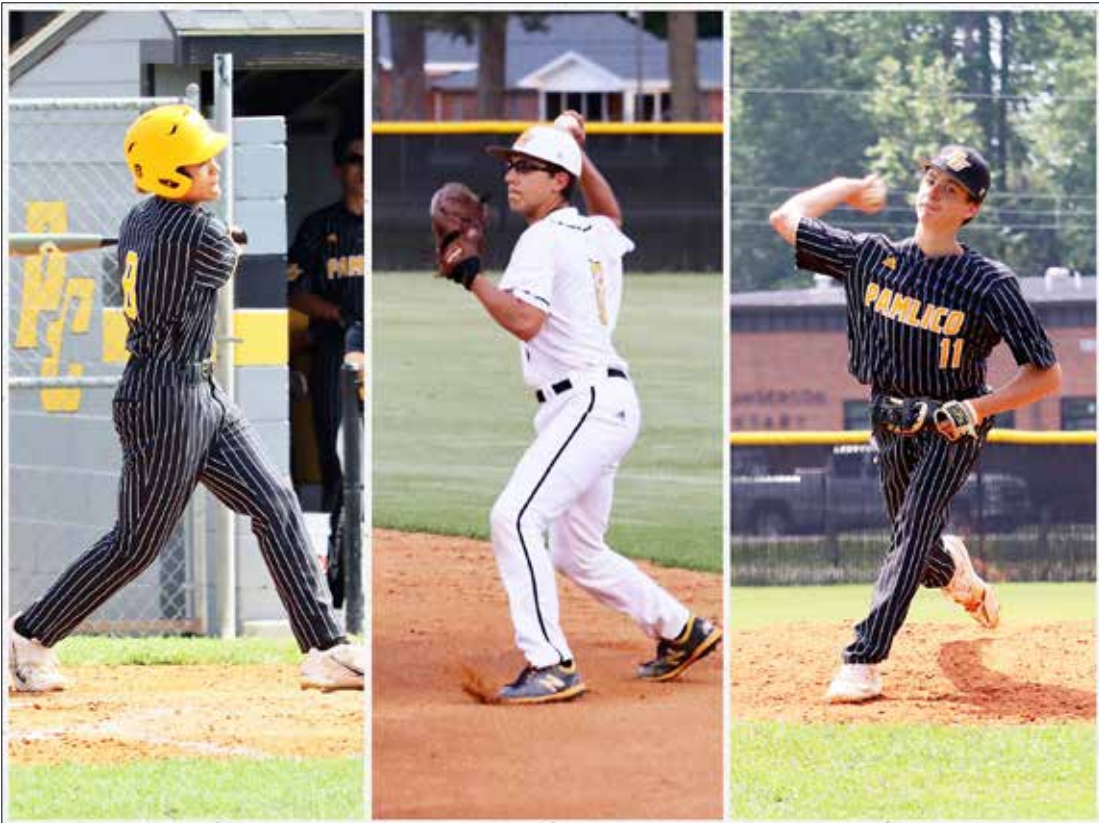


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## Hurricane Baseball Season Ends in 1st Round Playoff Loss

by: Hiram Lupton



The Pamlico County High School baseball season came to a close last Tuesday with a loss in the first round of the state high school playoffs. The #20 seeded Hurricanes travelled to Oxford, N. C. to take on the #13 seeded Firebirds of Falls Lake. Falls Lake struck early with a pair of runs in the first inning, and added to their lead with runs in the 2nd, and 4th innings. Pamlico continued to play hard and mounted a comeback in their half of the 6th, scoring 3 times but they were to come up a little bit short with Falls Lake taking the win, 4-3. Pamlico managed only 4 hits in the loss, but worked Firebird pitching for 6 walks.

Although the season ended with a loss, there is much to be proud of for this Hurricane team. They finished third in the conference and made the state playoffs for the first time since 2019. They are losing three talented Seniors in Joel Alcock, Jason Caccavaro and Landon Smith, and while their playing abilities will be missed on the field, the work ethic they showed the younger members of the team will hopefully remain. Oft times when a talented group of Seniors graduate, it represents a peak, and you can expect a down year the next. That looks like it will not be the case for these Hurricanes. Expect Juniors Zac Whitley and Ragan Shields, who were key for Pamlico this season, to step up and take on leadership roles next year. Several talented Freshmen, Ayden Broughton, Kamden Keys, and Ross McLamb, also made their mark this season and will hopefully develop into the Hurricane's next starring players. "The next 4-6 years look good for baseball at PCHS. We have a good group of 8th graders coming up, a core group of freshmen and several sophomores and juniors that are going to make it tough to get an easy win against Pamlico for the next several years. Our coaching staff is excited about the future of this program," says Head Coach Chris Davis. Only time will tell, but sustainability of this year's success looks to be very possible. The future is bright for Hurricane baseball.

## PCHS Chorus Spring Concert

by: Hiram Lupton



Musical notes filled the air last Thursday evening at A. H. Hattell Auditorium as the Pamlico County High School Chorus presented their spring choral concert, "Night at the Movies." The group presented nine selections, and as the title suggests, seven were from various movies. All the selections were preformed superbly, but two highlights for me were the performance of "Can't Help Falling in Love" from Blue Hawaii, which featured Nova Rowlett on guitar, and a stirring rendition of "Stand Up" from Harriett, with Omeliah Boyd providing some excellent solo work. The PCHS Chorus is directed by Nancy Prescott and it's members are; Alisha Rhodes, Omeliah Boyd, Amelia Flipovich, Ethan Ireland, Austin Long, Nova Rowlett, and Trinity Whitehurst.

## Anne Smithwick to Retire



If you have ever been to the Pamlico County tax office mapping department with a problem or question, you were likely to encounter a person that has put a premium on helping the public to the best of her ability, and doing it with a smile and positive attitude. After 16 years, the person occupying that desk will change, as Miss Anne Smithwick has announced her intention to retire at the end of May, and enjoy a well-deserved life of leisure. She was honored at Monday's Pamlico County Board of Commissioners with the reading, by Chairman Ed Riggs, of a proclamation thanking Anne for her years of outstanding service to the citizens of Pamlico County. Anne says that after working since the age of 16, she is looking forward to sitting on her porch in the mornings with her coffee and her dog and not having to rush off to work. She is also looking forward to working in her yard, spending time with family and friends, and doing pretty much what ever she'd like. Congratulations Anne on a job well done and best wishes for a long and enjoyable retirement.

by: Hiram Lupton

# Pamlico County Senior Services

## Aging Well Expo 2023

Informational Booths

Door Prizes

Medicare Part A,B&D Information

Refreshments and Lunch

Will be served

Health Screenings

Thursday May 25, 2023

10:00 am - 1:00pm

Pamlico County Senior Services

Alliance, N.C.



Pamlico Partnership for Children and Pamlico System of Care Collaborative Present

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# FAMILY FUN DAY!

**Saturday, May 20th**  
**10:00 am - 1:00 pm**  
**Pamlico High School Football Field**

**FREE Event! Food, Games, Dunking Booth, Face Painting, Toddler Zone, Live Animals, Superheroes, Games, Music, Bounce Houses, Big Trucks and MORE!**

**Rain Date, May 21 12:00 noon -3:00 pm**





# AROUND THE COUNTY

## Whortonsville Reba Tiller, *Correspondent*



As you ride through the county you see large fields that are just being tilled and others that are growing with beautiful green lush plants. We rode over to Brantley’s on Saturday evening to eat seafood and we were sure that was potato fields just past the Pamlico turnoff where they have never grown them before. Saw one turkey on the Straight Road and recently there have been a lot of small turtles in the road. It was a busy Mothers Day weekend for us. My nephew Bobby Matthews and his wife Vickie came for a visit from their home in Williamston, we took a tour of Oriental before eating at Brantley’s, then on returning to Whortonsville checked out the rice fields. I was the oldest mother at church on Sunday and the minister’s daughter-in-law was the young-

est. For lunch oldest son Kenneth and his wife Rhea were here from Durham, youngest son Russell and Jeanna from here, and neighbors Kevin and Suzi Bryan. So happy Suzi walked up my steps on crutches after her terrible bicycle accident. Went to Grantsbrook on Monday of last week, had music with some of the patients and it was a delightful time for me to be with them again. We have a mystery about strawberries being left for us at Russell’s house. Thanks so much because we did not get to pick any this year. On Friday evening the newest neighbors the Noonkesters, the Nickersons, and the Maxwells ate dinner at my home, then played six holes of golf (a card game.) Hope everyone had a wonderful Mother’s Day.

Thought for the week— Everyone comes with baggage, find someone who can help you unpack yours.

## Pamlico Betty Jo Rodgers, *Correspondent*



The fields are showing new growth every day. The soybeans are beginning to sprout on the farm and fields of corn in neat rows can be seen around the Pamlico Community.

Roy had the lawn mower repaired and was finally able to mow our road and the old home-place. The state contractors have also mowed the roadsides on Trent Road and Straight Road, so it looks much nicer now.

I thought logging was a problem in Pamlico County, but I saw today where Nutrien (formerly Texas Gulf / PCS) have logged all the way from highway 33 to the Pamlico County line in anticipation of mining that entire area. Now I understand why they were reinforcing the road where their big equipment will cross. If you are traveling highway 33 between the Cayton/Small area and Aurora, drive very carefully. They have signs and flashing lights to warn you, but it will definitely be a dangerous area to drive.

Speaking of a dangerous area to drive. be careful near the intersection of White Farm Road and Straight Road in Oriental. I almost got t-boned there last week on my way to Oriental. The driver coming down White Farm Road did not even slow down, much less stop at the stop sign. Luckily, I was alert and hit the brakes and swerved on to the White Farm Road toward highway 55. When the dark gray SUV came to a stop, it was completely in my lane. I just went to Oriental praising the Lord that I was not hit.

Mother’s Day was celebrated the second Sunday in May and many mothers were treated to special dinners and gifts by their



children. It has been nice to see pictures of Mothers posted on Facebook as well. My favorite picture of my mother, Annis Lupton Gwaltney, is one of her wearing a motorcycle helmet, which actually was the type of helmet that airplane pilots used to wear. She rode with my daddy in their younger days. I guess the leaf does not fall far from the tree, because I was an avid rider until I was in my seventies. (Picture below)

Stonewall Methodist Church Homecoming is the third Sunday in May, and we will have a fellowship meal after the service. Pentecost/Memorial Day is the fourth Sunday in May and Craig Cooper will be bringing special music for the Memorial Day Service.

Celebrating birthdays in May are Michele Halley Wanda Miller, and Karen Moore Horton (5/17), Vance Henries (5/18), Jermaine Smith (5/19), Zachary Rodgers and Shannon Lee Wing (5/20), Dennis Stokes (5/25), Johnny Bishop and Lakissha H. Smith (5/26), Mike Roach (5/27), and Suzie Rodgers (5/30). Celebrating their anniversary in May are Timothy and Veronica Jones (5/30).

Have a blessed week. Uncertain? Take Vitamin U. "Ye are my witnesses, saith the LORD, and my servant whom I have chosen that ye may know and believe me, and understand that I am he: before me there was no God formed, neither shall there be after me." (Isaiah 43:10)

## Rotary Club of Oriental John J. Mitchell, Past President



The guest speaker at last Monday’s, the 8th, meeting Natasha Burnett representative of the Alzheimer’s Association

Eastern NC area gave a presentation of the effects of this horrible affliction that keeps increasing yearly. The average lifespan of our country increases due to the increase in health care and our way of living.

Rotary Clubs from the Virginia/NC border to Florida and east to Tennessee support a fund that was started by a single Rotarian in South Carolina by simply passing around a glass while having lunch with a few other members and asking them to put the pocket change into it. From that simple idea CART’s was founded (Coins for Alzheimer’s Research Trust). Now, clubs have fundraisers for this cause, raising thousands of dollars such as Car and boat shows, golf tournaments, 5 ks, and others.



Natasha Burnett

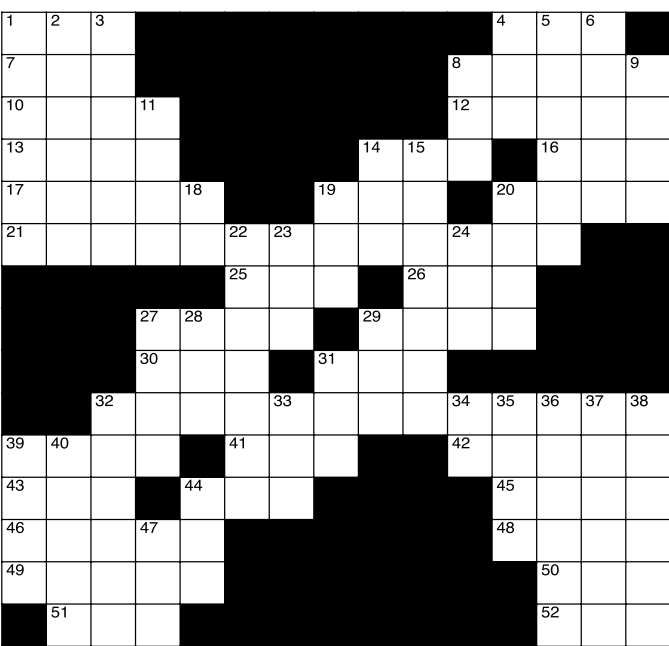
The Association raises millions for research and donates millions where CART’s raises a much smaller amount where 100% goes directly towards research by those who are thinking out of the box. These people are affiliated with major Institutions deep into helping to find an answer to this affliction.

Every one of us has an Alzheimer’s story, family member’s friends, many taken way too early in life. You’ve watched them degrade into someone you cared deeply for.

Our club is deeply involved with supporting CART’s in any way we can. We would love your help. If you wish to do so please send a contribution to CART Fund c/o the Rotary Club of Oriental PO Box 205, Oriental NC 28571. Any amount will be greatly appreciated.

Remember it all started with pocket change in a glass

# CROSSWORD



### CLUES ACROSS

1. Relative biological effectiveness (abbr.)

4. Chinese philosophical principle

7. Branch

8. Jewish spiritual leader

10. Slang for requests

12. “So Human An Animal” author

13. Rocker Billy

14. British Air Aces

16. Type of tree

17. “Tough Little Boys” singer Gary

19. State attorneys

20. Goddess of fertility

21. Localities

25. Beloved singer Charles
26. Clue

27. Ridge of jagged rock below sea surface

29. Helsinki neighborhood

30. Farm resident

31. Ocean

32. Where ballplayers work

39. Unable to hear

41. Cool!

42. Cape Verde capital

43. One point north of due east

44. Kilo yard (abbr.)

45. Middle Eastern nation

46. It yields Manila hemp

48. People operate it (abbr.)

49. Regenerate

50. Not healthy

51. Chinese sword

52. Mild expression of surprise

### CLUES DOWN

1. Unit of angle

2. Headgear to control a horse

3. Clots

4. Follows sigma

5. A woman who is the superior of a group of nuns

6. Greek units of weight

8. Radio direction finder (abbr.)

9. Systems, doctrines, theories

11. Stony waste matter

14. Bravo! Bravo! Bravo!

15. Hostile to others

18. U.S. State

19. Not wet

20. Something one thinks up

22. Where beer is made

23. Clumsy person
24. Belonging to us

27. Canadian flyers

28. Greek goddess of the dawn

29. Snakelike fish

31. Unhappy

32. Fruit

33. Not good

34. Zero degrees Celsius

35. Goo Goo Dolls’ hit

36. Crawls into the head (folklore)

37. Legally responsible

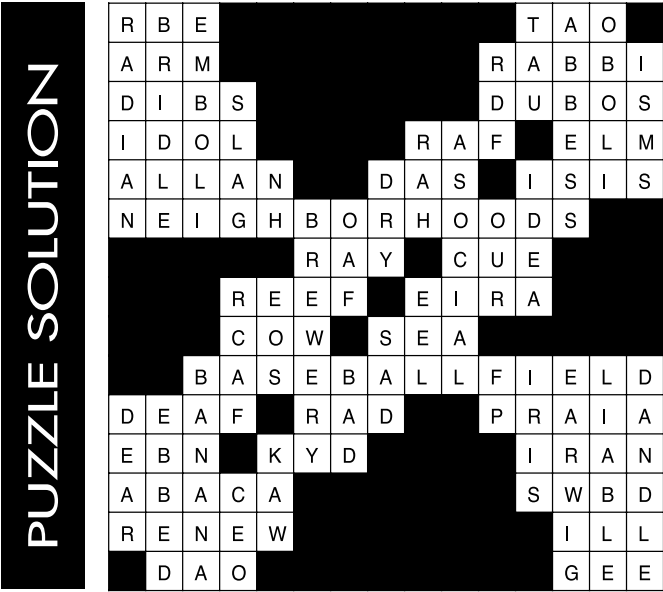
38. Move in a playful way

39. Regarded with deep affection

40. Partner to flowed

44. Native American tribe

47. Head honcho



# How to make a backyard safe for dogs

Dogs, particularly puppies, can be full of boundless energy. Channeling that energy into exercise with long walks or play sessions can help stem dogs’ propensity to get into trouble around the house as they burn off extra adrenaline. Pets who don’t have an energy outlet may chew off-limits objects or get into other mischief.

According to the American Kennel Club, the amount of exercise a dog needs depends on the animal’s age and breed. For example, border collies or Siberian huskies may require much more exercise than English bulldogs, simply because the former are working breeds. Pet owners with large backyards often find those outdoor spots are ideal for when their dogs get the “zoomies,” something that tends to be a daily occurrence. Letting their dogs run around yards, whether on their own or chasing tossed tennis balls, is an ideal way to provide exercise and tire out pups. In such scenarios, it’s vital that pups have a dog-friendly yard in which to play.

**Use safe lawn care products**

An expanse of grass is the perfect place to frolic or enjoy some sunbathing — for people or pets. But contact with chemically treated lawns can cause a number of health issues for dogs, such as allergies or intestinal upset.

Switching to native grasses can reduce the need to use chemicals to get lush lawns. When supplementation is needed,



homeowners can switch to organic products or natural compost as safer alternatives than chemical-based products.

**Fence off the yard**

Off-leash running and bounding through the yard will make any dog smile. However, a fence is a must-have to ensure a dog doesn’t become an escape artist. Be sure the fence is high enough so that the pup cannot jump over it. Burying chicken wire in the dirt beneath the lower edge of the fence also can help prevent dogs who like to dig from exiting by crawling underneath the fence.

Consider installing a lock on the fence gate so that no one can wander in and surprise the dog, which may startle the animal and prompt it to defend the property. A lock also helps prevent dog theft.

**Keep the yard tidy**

Maintaining a clean yard also is key to safety. Inspect the yard regularly to make sure nothing is around that can prove harmful, whether it’s poison ivy, felled branches or broken fence panels. Also, keep shrubs and grass trimmed to reduce flea and tick populations on the property.

**Avoid poisonous plants**

Certain plants can be dangerous if they’re consumed by curious pups. Chrysanthemums, peonies, irises, and hydrangeas are some plants that can be poisonous. For a full list of poisonous plants, visit the ASPCA website (aspc.org).

**Keep an eye on animals**

Dogs can spend some unattended time in the yard, but check in from time to time. Should wildlife get into the yard, dogs may get hurt by tussles or bites. Birds of prey, such as owls, hawks and even vultures, may attack small dogs in a yard. According to Pat Silvovsky, director of the Milford Nature Center in Kansas, some birds can be territorial. While they might not view a dog as an easy meal, they could swoop down and attack to defend territory. The same may occur with other wild animals.

A dog-friendly yard may require a little effort to create, but it’s worth a little sweat equity to keep pups safe.

# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to skin care.

DAIC



Answer: Acid

## Guess Who?

I am a singer born in New York on May 20, 1981. I began taking piano lessons at age 4. My style has been called catchy, light pop with lyrics that share hard truths about life. I have been compared to Alanis Morissette.

Answer: Rachel Platten

“Welp, glad that’s over.” – Unknown



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**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
TERRELL TATE SCOTT  
File No.: 23 E 94**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SARAM. TATE, ADMINISTRATOR CTA of the Estate, on or before JULY 25, 2023 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 CTA.

This 26TH DAY OF April, 2023.

ESTATE OF TERRELL TATE SCOTT  
C/O SARA M. TATE,  
ADMINISTRATOR CTA  
153 WEY STREET  
BOONE, NC 28607

Publish APRIL 26, May 3, 10 AND 17, 2023

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
HAL DUFFY WALKER, JR  
File No.: 23 E 99**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CHRISTOPHER S. WALKER, ADMINISTRATOR of the Estate, on or before JULY 25, 2023 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 26TH DAY OF April, 2023.

ESTATE OF HAL DUFFY WALKER  
C/O CHRISTOPHER S. WALKER,  
ADMINISTRATOR  
2880 NC HWY 304  
BAYBORO, NC 28515

Publish APRIL 26, May 3, 10 AND 17, 2023

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
FREDERICK EARL BUCK  
File No.: 23 E 110**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to TIMOTHY BUCK, EXECUTOR of the Estate, on or before AUGUST 1, 2023 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 3RD DAY OF MAY, 2023.

ESTATE OF FREDERICK EARL BUCK  
C/O TIMOTHY BUCK,  
EXECUTOR  
93 SHINGLE BROOK RD  
NEW BERN, NC 28560

Publish May 3, 10, 17 AND 24TH 2023

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
HARVEY LEE CREDLE  
File No.: 23 E 112**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CAROL J. CREDLE, ADMINISTRATOR of the Estate, on or before AUGUST 1, 2023 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 3RD DAY OF MAY, 2023.

ESTATE OF HARVEY LEE CREDLE  
C/O CAROL J. CREDLE  
13897 NC HWY 55  
BAYBORO, NC 28515

Publish May 3, 10, 17 AND 24TH 2023

**NORTH CAROLINA IN THE**

INCIDENTS

May 4, NC Hwy 306 S., Grantsboro, order for arrest - child support order  
May 5, NC Hwy 304, Vandemere, medical call - hemorrhaging  
May 5, NC Hwy 55, New Bern, order for arrest - failure to appear driving while license revoked  
May 6, Florence Rd., Merritt, order for arrest failure to appear  
May 7, South St., Bayboro, possession of firearm by convicted felon, larceny of firearm, disorderly conduct  
May 8, NC Hwy 55, Grantsboro, larceny of property or goods <= \$1,000  
May 8, NC Hwy 55, Grantsboro, warrant for arrest felony larceny, warrant for arrest possess stolen goods/property, warrant for arrest obtaining property by false pretenses  
May 9, Main St., Bayboro, larceny of firearm  
May 10, Janiero Rd., Arapahoe, injury to real property  
May 10, Main St., Stonewall, injury to real property, larceny of property or goods <= \$1,000

PROPERTY TRANSFERS

March 22, Oriental Plantation Lot: 14, Section III-A; PCA 65-8; Oriental Plantation Lot: 15, Section III-A; PCA 65-8; PIN: 108-36-14; 108-36-15; Quitclaim Deed from Percy Incorporated t Oriental Plantation Owners Association, Inc., \$0  
March 22, Arlington Place Lot: 33, Phase 1, Mill Creek Drive, Minnesott Beach; PCA 153/17-20 & PCA 154/1-8; metes and bounds, PIN: F09-33-33 from Timothy U. McOwen to Timothy Ullrich McOwen/TR, Timothy Ullrich McOwen Living Trust, Timothy Ullrich McOwen, \$0  
March 23, Dawson Creek Hills Lot: 145, Map Book 6/28; Map Book 7/25 from James W. Butler, Patricia Bryan Andrew, Aaron Jason Butler to Brett Hymel, Melissa Hymel, \$130

March 23, Metes and Bounds, PIN: E06-40; 10E44 from Melba Scott Hamilton to Justin Allen Scott, Shane W. Scott, 440  
March 23, Links at Wayfarers Cove Lot: 11, PCA 146/16-18, Quitclaim Deed from Mark G. White, Elizabeth H. White to Mark G. White, Elizabeth H. White, \$0  
March 23, 0.42 AC; 18,082.2 Sq. Ft; map attached from Pecan Grove Yacht Owners Association, Inc. to Cox Family Properties, L.L.C., \$0  
March 23, 0.24 AC; Wind Lake Road; Map Attached from Cox Family Properties, L.L.C. to Anthony M. Perhacs, Jennifer Elanor Perhacs, \$0  
March 23, Two Tracts PIN: G042-223, G042-224; Special Warranty Deed from Robert B. Miller, Evelyn B. Miller, Debra M. Watts/AIF, Ricky B. Miller/AIF, Randy L. Miller/AIF to Robert B. Miller, \$0  
March 24, 1.07 AC; PCB 9-8; PCA 111-8, PIN: B032-79-3-L (Portion) from Brenda S. Bennett, McDonal T. Bennett to Samantha Michelle Lane, \$0  
March 24, 17,069 AC; SR 1231, PIN: M02-6-1 from Lawrence D. Lafferty, Anita H. Lafferty to Spring Creek Farms, LLC, \$100  
March 24, Buccaneer Bay West Lot: 25, Section One; PCA 24-6, PIN: I081-1-24 (Portion) from Eric C. Stewart, Ann K. Larson to Mark A. Miller, Susan A. Miller, Robert Earl Scarborough, Jennifer Anne Scarborough, \$150  
March 24, 0.6 AC; map attached 10E56 from Brian Quarles, Brian Quarles, Sr., Susan Quarles to Akira Lewis, \$100  
March 24, 0.6 AC; map attached 10E56 from Akira Joy Lewis to Giovan Dilorio, \$100  
March 24, 0.58 AC; Mildred Street and Second Avenue; map DB 550/598 from Joseph G. Mattea, Lynn M. Mattea to John Hong, Barbara Acosta-Hong, Barbara Acosta Hong, Barbara Acosta Hong, \$1,000  
March 24, Mill Creek Lot: 398, Phase II; Arlington Place; S. Brightleaf Dr, Minnesott Beach; PCA 164/2-7; 1.04 AC; Mill Creek Lot: 399, Phase II; Arlington Place; S. Brightleaf Dr, Minnesott Beach; PCA 164/2-7; 1.04 AC from Burton Farm Development

**GENERAL COURT OF JUSTICE  
CARTERET COUNTY  
SUPERIOR COURT DIVISION  
NOTICE OF  
SERVICE OF PROCESS  
BY PUBLICATION**

FROST BUILDING and  
REMODELING LLC,  
Plaintiff

vs.

CHRISTINA GOODING  
FULCHER,  
Defendant

TO:  
CHRISTINA GOODING  
FULCHER  
Defendant  
976 JoJane Road  
Oriental, NC 28571

And

P.O. Box 102  
Merritt, NC 28556

PLEASE TAKE NOTICE that the Plaintiff has filed its Complaint against you in Carteret County Civil Superior Court in the above entitled action.

The nature of the relief sought by the Plaintiff against you is as follows:

1. Breach of Contract by you for the construction of your home in Pamlico County, North Carolina.
  2. Quantum Merritt in that you have received the benefit of the Plaintiff's performance as a contractor.
  3. Enforcement of the Mechanics lien filed against you on your property in Pamlico County in 22 R 61 and Carteret County in 22 CVS 1100 where the Notice of Lis Pendens was filed.
- You are required to make a defense to the Plaintiff's Complaint not later than July 5, 2023, and upon your failure to do so, the Plaintiff will apply to the Court for the relief sought.

This the \_\_\_\_ day of May, 2023.

MICHAEL LINCOLN, P.A.

Michael Lincoln  
Attorney for Plaintiff  
PO Box 4130  
Emerald Isle, NC 28594

Company, LLC; Boddie-Noell Enterprises, Inc. to Michael J. Jasuta, Lucie M. Jasuta, \$105  
March 24, 0.17 AC; Map DB 688/884 from Brian Bettex to Bendix, LLC, \$0  
March 27, Neuse River Heights Two Tracts PIN: J082-423-1 from Peter L. Krause, Mary Lynne Alexander to George Edward Tucker, IV, Lisa Smart Anderson, \$898  
March 27, NCSR 1322; map book 8/11; metes and bounds, PIN: J06-13 from Tommy Ray Hill to Michael Allen Trushinsky, \$0  
March 27, Mill Creek Lot: 155, 0.63 AC & 0.57 AC; Phase I; Arlington Place; PCA 172/2-13; Mill Creek Lot: 156, 0.63 AC & 0.57 AC; Phase I; Arlington Place; PCA 172/2-13 from Jeffrey G. Benson, Sandra W. Benson to Christopher A. Estes, Jr., Jessica H. Estes, \$100  
March 28, Southern Portion of one AC Tract DB 121/555; E/S NC Hwy 306; metes and bounds from Dwayne Thomas Boyd, Bethann Boyd to Dwayne Thomas Boyd, Bethann Boyd, Nathan Thomas Boyd, \$0  
March 28, 44.81 AC; W/S NCSR 1321 from Jennings B. Tingle, Jr. to Dorothy S. Tingle, \$0  
March 28, 11,345 Sq. Ft; Map DB 400/78 from Whittaker Point Properties, LLC to Henry V. Frazer, \$130  
March 28, Bairds Shore Lot: 9, Section II; Map Book 11/52 from Eugene O. Corey, II, Francine Corey to Theodore Greer Creed, \$52  
March 29, Spicers Creek Lot: 15, PCA 58-5; Straight Rd, Oriental, PIN: K07-14-15 from Citibank N.A. to Adam L. Howard, Brooke A. Howard, \$540  
March 29, 2.34 AC; S/S NCSR 1320; Pamlico Road, PIN: K081-96; Substitute Trustee's Deed; DT 442/618 from Trustee Services of Carolina, LLC/ TR, Raymond W. Stewart to Truist Bank, \$69  
March 29, Lot 17 & 18; Map Book 1/120; Grantsboro from Hayden Heath to Patrick McBride, Amanda McBride, \$10  
March 30, 4/10 AC; NCSR 1302, PIN: H094-43 from Elmo M. Belangia, Jr. to John Ferrel, Hilary Ferrel, \$400

252-354-4083  
NCSB#12768

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
HERMAN JACKSON BUCK  
File No.: 21 E 248**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CATHY B. SPENCER, EXECUTOR of the Estate, on or before AUGUST 8, 2023 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 10th DAY OF MAY, 2023.

ESTATE OF HERMAN JACKSON BUCK  
C/O CATHY B. SPENCER  
369 MILL POND RD  
BAYBORO, NC 28515

Publish May 10, 17, 24 and 31st 2023

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
RHONDA BRINSON SPENCER  
File No.: 23 E 62**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to KIRBY EUGENE SPENCER, JR, ADMINISTRATOR of the Estate, on or before AUGUST 15, 2023 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 17TH DAY OF MAY, 2023.

ESTATE OF RHONDA BRINSON SPENCER  
C/O KIRBY EUGENE SPENCER, JR  
1488 NC HWY 306S  
GRANTSBORO, NC 28529

Publish May 17, 24, 31 AND JUNE 7, 2023

March 30, Dawson Harbor Lot: 12, Section I; Map Book 7/98; Map Book 8/48; Dawson Harbor Lot: 13, Section I; Map Book 7/98; Map Book 8/48 from William C. Barnebee, Martha Barnebee to Donald W. Barnebee, Waynette Marie Barnebee, \$478  
March 30, River Dunes Lot: 18, Marina Village - Harbor Village I; PCA 148-14, PIN: L10-3-HV1-18 from Streamline Developers, LLC to 544 E Harborside LLC, \$4,141  
March 31, Indian Bluffs Lot: 5, Section IV; PCA 39-6; Map DB 303/507; Map Book 12/68 Christopher C. Rodden, Linda J. Rodden to Phallavuth Chea/TR, Daravuthy Heng-Chea/TR, Daravuthy Heng Chea/TR, Daravuthy Chen Chea/TR, The Chea Family Living Trust, \$504  
March 31, Indian Bluffs Lot: 6, Section IV; PCA 39-6; Map Book 12/68 from Christopher C. Rodden, Linda J. Rodden to Phallavuth Chea/TR, Daravuthy Heng-Chea/TR, Daravuthy Heng Chea/TR, Daravuthy Heng Chea/TR, Daravuthy Heng Chea/TR, The Chea Family Living Trust, \$85  
March 31, 11.65 AC; Tract 2; PCA 163-8 from Donna Holton Rice to Jessica Rice Rinda, Keith Andrew Rinda, \$0  
March 31, Foxwood at Pinedale Section Two Lot: 52, PCA 27-9, PIN: D061-110-52 from David C. Salmons, II, Melissa Ann Salmons to Rokeem Tavail Miller, Alexandria Danielle Midgette, \$310  
April 3, .51 AC; Map DB 711/259, PIN: H041-193 from Victoria Renee Banks to Jermicus Banks, \$0  
April 3, 9/10 AC; PCA 57-6; N/S NC Hwy 55 Reelsboro, PIN: C051-9 from Bryan D. Ward, Kimberly Ward to Jonathan Hernandez, \$330  
April 4, Preservation Section I, Lot: 7, PCA 187-8; PCA 148-7; Map Attached from Preservation Associates, LLC to Blair E. Merkel, \$750  
April 4, 18.8 AC; PCA 137-18; John & Patricia DeLorenzo from Patricia M. DeLorenzo, Patricia DeLorenzo to Larry W. Oliver, Patricia A. Oliver, \$120  
April 4, 2 Lots; Map DB 296 PG 453; Map DB 444 PG 845 from Charles N. Savage, Frances M. Savage to Kenneth Anderson Talton, \$1,551



# Health & Wellness

## Variables that elevate risk for MS

Multiple sclerosis cases are on the rise. According to the MS International Federation, the estimated number of people with MS globally increased from 2.3 million in 2013 to 2.8 million in 2020.

As diagnoses rise across the globe, it can be useful for people from all walks of life to learn the various risk factors for MS, which affects the brain and spinal cord and causes various symptoms, including vision loss, fatigue and impaired coordination. Though the National Multiple Sclerosis Society notes that the cause of MS is not known, the organization reports that several factors are believed contribute to the overall risk.

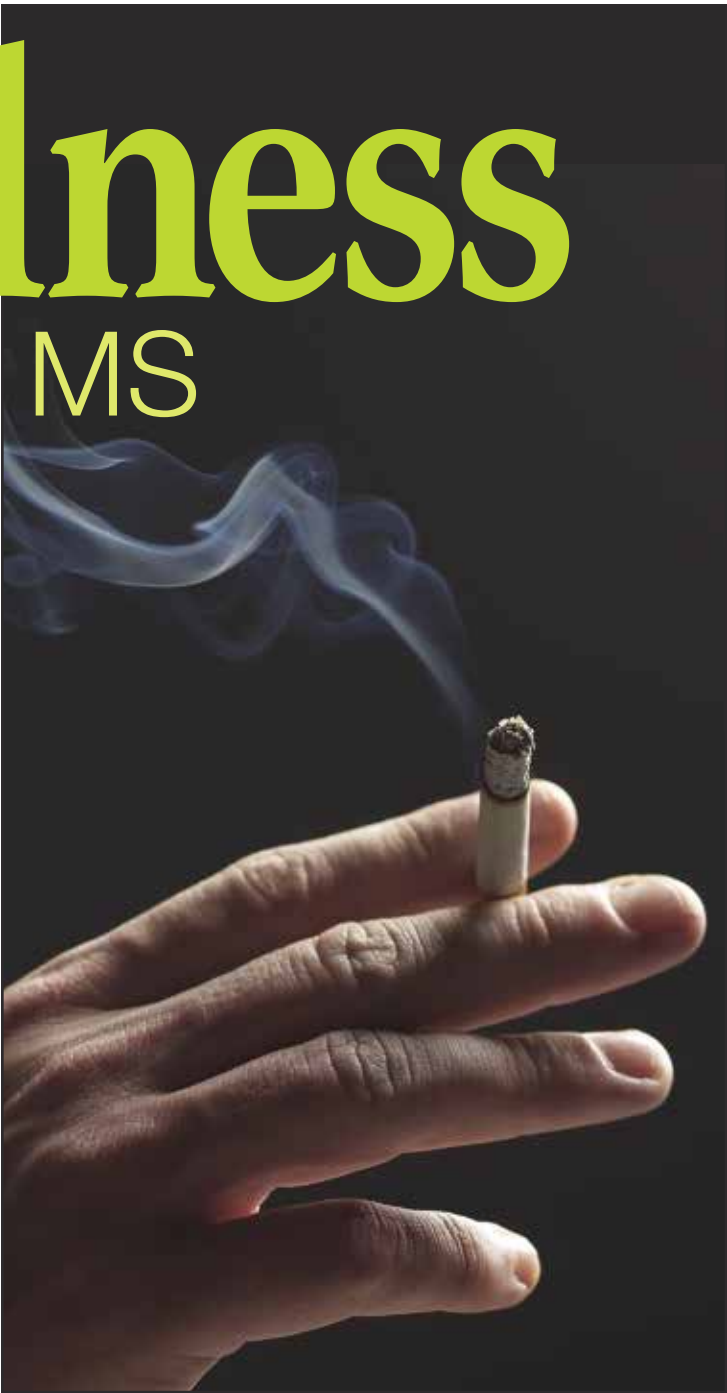
- **Geographic gradient:** Epidemiologists, who study disease patterns in large groups of people, know that MS occurs more frequently in areas that are farther from the equator. Though the reason behind that remains a mystery, studies have shown that people born in areas considered high risk for MS who move or migrate to areas with lower risks for the disease before the age of 15 assume the risk of their new area. The NMSS says this suggests that exposure to some environmental agent prior to puberty may predispose a person to develop MS later in life.
- **Vitamin D:** The NMSS reports that low vitamin D levels in the blood have been identified as a risk factor for MS.

In fact, because the sun is a natural source of vitamin D, some researchers feel that exposure to sunlight could explain the geographic component of MS risk. Individuals who live closer to the equator are exposed to greater amounts of sunlight year-round than others, which increases their levels of naturally-produced vitamin D.

- **Smoking:** Studies have indicated that smoking is another factor related to an increased risk for MS. The NMSS also indicates that smoking is associated with more severe disease and a more rapid progression of it. Recognition of this link is significant, but it's equally important that current smokers know that stopping smoking — either before or after the onset of MS — is linked to a slower progression of disability.
- **Obesity:** The NMSS reports that obesity in childhood and adolescence, particularly in girls, also increases the risk of MS later in life. Young adults should know that a similar link has been found between MS and obesity in early adulthood.

MS diagnoses are on the rise. Recognition of the variables that can contribute to such a diagnosis can help people better understand their risk.

*stopping smoking — is linked to a slower progression of disability\_*



## Strength training for seniors

A balanced diet and exercise, which includes a combination of aerobic activities and strength training, is necessary to maintain long-term health.

According to the Centers for Disease Control and Prevention, regular physical activity is one of the most important things older adults can do to protect their overall health. Exercise helps to delay or prevent many of the conditions that come with age. Adults ages 65 and older should aim for the recommended 150 minutes a week of moderate-intensity activity, such as brisk walking, and at least two days of activities that strengthen muscles. When it comes to muscle strengthening, seniors can follow these safety guidelines as they embark on their strength-training journeys.

- Speak with a healthcare provider first. Get the green light to proceed with an exercise regimen before beginning by having a discussion with your general practitioner

about your fitness goals. Your doctor can recommend strategies that are safe and point out any exercises that may compromise your overall health.

- Master basic exercises first. Anyone new to strength training, which is sometimes known as resistance training, can start out slowly, even using just body weight, to provide resistance. Resistance exercises can include squats, crunches, modified pushups, planks, and lunges.
- Graduate to resistance bands. When you're ready to move on to something else, consider resistance bands as an alternative to free weights. The bands can help you develop good form before introducing weight. Good form is key to avoiding injury.
- Work with a trainer. Working with a certified personal trainer can help you learn how to use free weights and strength-training machines correctly. A trainer also

can create a routine that includes the right number of sets and repetitions to gradually build and maintain muscle mass. If you decide against hiring a trainer, gym staff members may guide you through equipment and demonstrate proper form.

- Exercise with a friend. Strength training with a friend or family member can provide motivation and keep you on target to meet your goals.
- Build up gradually. Your first strength session should only last 10 to 15 minutes, according to Tiffany Chag, C.S.C.S., a strength coach at the Hospital for Special Surgery in New York. This enables you to gauge soreness. Wait until soreness abates before beginning your next session if you are new to strength training. Strength exercises are a vital part of maintaining health as a senior. Such exercises help maintain muscle mass and also improve balance and bone health.

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