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Vol. 55 No.36, 12 Pages

The Pamlico News

Wednesday, September 6, 2023

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The Old Theater
Oriental, NC
Sunday Cinema at The Old Theater
September 24, 2023 at 3:00 PM
Showing: **Everything Everywhere All at Once**
2023 Oscar Winner for Best Motion Picture Action/Adventure/Comedy
2022 Rated R
(children under 17 require adult guardian)
Tickets \$8.00 at the Box Office
OT Members, Military & Children under 17 tickets \$7.00
Popcorn is free. Candy and drinks by donation.



Everything Everywhere All at Once is an exuberant metaphysical multi-universe galaxy-brain head trip, yet bitter-sweet domestic drama and comedy, a story of immigrant striving and mother-daughter love. It is the story of a flustered immigrant mother (Michelle Yeoh) who is contacted from a parallel universe and told that only she can save the world. This unlikely hero must channel her newfound powers and fight to save her home, her family, and herself. This movie's twists and kinks of hectic action sequences and flights of science fiction are a big part of the fun. Spoiling it would be impossible; summarizing it would take forever... literally! Come enjoy the total movie experience of losing yourself in the big screen while eating popcorn, candy and drink in the pleasant surroundings of a newly renovated theater. 2023 Oscar Winner for Best Motion Picture of the Year, Best Actress (Michelle Yeoh), and Best Supporting Actor (Ke Huy Quan), Best Supporting Actress (Jamie Lee Curtis), and Best Director (Dan Kwan)

Written and directed by
Dan Kwan and Daniel Scheinert
Starring
Michelle Yeoh, Stephanie Hsu, Jamie Lee Curtis, Ke Huy Quan, James Hong
Box Office opens at 2:00 PM. Doors open at 2:30 PM. Movie starts at 3:00 PM.
Admission \$8.00 * Includes F R E E popcorn. Candy and drinks by donation. Discount \$7.00 for OT members, military and children under 17.

All proceeds go to the support of The Old Theater, a registered 501(c)(3) non-profit organization, located at 609 Broad Street Oriental, NC. Phone (252)249-0477.



Pirate Jam 2023
by: Hiram Lupton
What do you get when you put together a beautiful Saturday afternoon, four great bands performing at the conflux of the Greens and Smith Creek, and lots of watercraft of all sizes gathered to listen? Pirate Jam 2023 of course. Once again, the Pamlico County Arts Council organized a fantastic event that has become a Labor Day weekend tradition in Oriental. Whether you paddled from the Kayak launch, motored a few hundred yards from the boat ramp, or sailed the seven seas to get there, a good time was had by all.



Naomi Hill soars high to make a kill at the net for Pamlico

Pamlico at the Net Only a Hurricane Can Slow Down the Hurricanes

by: Hiram Lupton

The Pamlico County High School Volleyball team is off to a great start this season and were undefeated going into last weeks court action and looked to continue their hot start against some tough competition. First up, on Tuesday evening, the Edenton-Holmes Aces came down all the way from Chowan County in what would be a battle of unbeaten teams. Pamlico looked sharp right from the beginning and delt the Aces their first defeat of the season in a sweep, 3-0 (25-18, 25-7, 25-21). The Junior Varsity also took a win 2-0 (26-24, 25-22) in a couple of tight ones. As for the other two matches scheduled for last

week, the only thing so far that can slow down the Hurricane ladies, was an actual Hurricane, or to be more exact Tropical Storm. With Tropical Storm Idalia approaching and the area under a Tropical Storm Warning, Wednesday's scheduled trip to Swansboro to take on the Pirates was cancelled. Likewise, since school was cancelled for Thursday, that evening's showdown with West Carteret in Bayboro was also postponed. That home contest is now scheduled for September 13. Next week, Pamlico will travel to West Carteret in the already scheduled road match with the Patriots on Wednesday, September 6.



LFR Horse Show
The weather was beautiful last Saturday and just about perfect for a horse show as The Little Fork Ranch held their fall Hunter-Jumper show and competition. There were 23 classes designed for riders of all ages and skill levels to show off their equine expertise. After a summer break, this was the first event of the fall season at the George Brinson Memorial Riding Arena. Up next will be the Pamlico County Horseman's Association (PCHA) Gaming Show on September 16. These are always great fun for participants and spectators alike. Check out the PCHA web page, <http://pamlicohorseclub.com> , for a list of classes and for preregistration.
by: Hiram Lupton



Recreational flounder season opening dates, harvest areas, and possession limits

MOREHEAD CITY – Earlier this summer, the N.C. Division of Marine Fisheries announced the 2023 recreational flounder season in accordance with Amendment 3 of the North Carolina Flounder Fishery Management Plan. The 2023 recreational flounder season for Coastal and Joint Fishing Waters will open at 12:01 a.m. on Friday Sept. 15, 2023, and will remain open until 11:59 p.m. Friday, Sept. 29, 2023. The possession limit will be one flounder per person per day. The minimum size limit will be 15 inches total length (from the tip of the snout to the tip of the tail). Harvest of flounder with a Recreational Commercial Gear License is prohibited.

The fisheries management measures implemented by the Marine Fisheries Commission and the Division of Marine Fisheries are science-based and required by law to ensure the long-term viability of the State's commercially and recreationally significant species. Ending overfishing and rebuilding overfished stocks within the timeline set out in the Fishery Management Plans is essential for the conservation of these fish for the enjoyment of current and future North Carolinians.

Marine Fisheries Commission Rule 15A NCAC 03I.0120 prohibits the possession or transport of flounder through Coastal or Joint Fishing Waters (Coastal and Joint Waters descriptive boundaries) when those waters are closed to flounder harvest, regardless of where the species was taken.

The N.C. Division of Marine Fisheries, in collaboration with other states, including South Carolina, Georgia, and Florida, are updating the Southern Flounder coast-wide stock assessment. While North Carolina data are showing improved abundance of flounder, the coast-wide assessment will provide a science-based approach to determine the state of the stock overall. Results from this assessment are expected to be completed and presented to the Marine Fisheries Commission in 2024.

If you have any questions regarding flounder management or regulations in joint and coastal fishing waters, please email Anne.Markwith@deq.nc.gov or call 910-796-7292; or email Holly.White@deq.nc.gov or call 252-381-6004.



WEEKEND WEATHER

 Saturday, September 9th **85°Hi** Rain throughout the day

 Sunday, September 10th **85°Hi** Partly cloudy throughout the day



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COMMUNITY

OBITUARIES

ALLIANCE, NC – Charles Hester Autry, 81, went to his Heavenly home in the late morning of Thursday, August 31, 2023 peacefully while sleeping at home, with his loving wife by his side. His service will be announced at a later date.

CAPE CARTERET – Bert Olza Mercer went home to be with his Lord and Savior on August 31, 2023. His memorial service will be held on Wednesday September 6, 2023 at 11:00 am at Emerald Isle Baptist Church with Pastor Freddie Braswell officiating. Interment will be at Gethsemane Memorial Park at a later time with his family. Bert was born March 7, 1928 in Lowland, North Carolina, a small fishing community outside of Bayboro, NC. He was the 3rd of 9 children born to Joella and Jewel Mercer. He graduated from Hobucken High School. He attended UNC Chapel Hill for two years. He was a veteran of WWII, serving in the US Navy. He worked as a commercial fisherman off the coast Maine for several years before joining the North Carolina Highway Patrol. He proudly served the state with 36 years of service and retired with the rank of Major. He and his wife Audrey retired to a home he built on Emerald Isle. He served his Lord as a member of the Emerald Isle Baptist Church. Bert was an avid golfer, something he took up when he was promoted to Line Sergeant in 1979. He made 2 hole-in-ones in his golfing career. When he retired in 1986, he and his wife, Audrey, operated a small gift shop, JA's Treasure Chest in Cedar Point, NC. He didn't like being confined and went to work at Star Hill Golf Course. He worked every position, but the Pro Shop. He enjoyed his work there and met lots of great people from all over the USA and other countries. He worked 2 days a week therefore giving him time to play the game he loved, do his yard

work, and raise a garden. Bert was a recipient of the Order of the Long Pine, presented to him by Gov. Bob Scott. He was a Master Mason and Shriner member of the Sudan Temple. Bert was preceded in death by his parents, Joella and Jewel Mercer; his beloved wife of 60 Years, Lillian Audrey; son, Johnnie Gray; brothers, Johnnie Gray, Robbie J., and Ben; sisters, Mary Louise Thomas, Ila Whitfield, and Love Whitfield; nephew, Charlie Thomas; nieces, Cathy Whitfield and Jolyn Mercer; and his special companion, Gracie, his Chihuahua. Bert is survived by his sons, Danny and his wife, Ellen of Aurora, NC, Tommy of Bogue, NC, and Bobby and his wife, Kim of Morehead City, NC; sisters, Blanchie Smith of Panama City Beach, Florida and Sylvia Ross of Lowland, NC; grandchildren, Gena Lashley and her husband, Ben of Chester, VA, Kellie Mercer of Washington, NC, Clint Mercer of Florida, and Lindsay Goodman of Kure Beach, NC; great grandchildren, Ben and Lily Lashley of Chester, VA; and several nieces and nephews who were very special to him. The family received friends and family at Jones Funeral Home in Swansboro, NC Tuesday, September 5, 2023. In lieu of flowers memorials may be made to Emerald Isle Baptist Church or Gentiva Hospice in Pamlico County/New Bern, NC. Online condolences may be made at www.jonesfh.org Arrangements are by Jones Funeral Home-Swansboro.

THIS WEEK IN HISTORY

by: Hiram Lupton

- **September 6th** – Today is Fight Procrastination Day. This is a great idea, but can I start tomorrow.
- **September 7th** – 1998, Google was founded. I googled that to find the answer.
- **September 8th** – Today is National Star Trek Day. Boldly go where no man has gone before. This is what I told my Doctor before my prostate exam.
- **September 9th** – 1947, Computer scientist Grace Hopper reportedly finds the first computer bug. This was a literal bug, a moth to be specific, that was inside a computer where she worked.
- **September 10th** – Today is National Grandparents Day.
- **September 11th** – 9-11, Never forget.
- **September 12th** – Today is National Encouragement Day. I think I will encourage my wife to go make me a sandwich.

BIRTHDAYS THIS WEEK

- September 6th** – 1757, American Revolutionary War hero, Marquis de Lafayette
- September 7th** - 1936, Musician Charles Holly (Buddy Holly)
- September 8th** – 19??, Teacher, Coach, and Mentor, April Rose
- September 9th** – 1890, Terrorizer of Chickens, Colonel Harlan Sanders 1941, Singer Otis Redding
- September 10th** – 1934, Journalist Charles Kuralt (in Wilmington, N. C.)
- September 11th** – 1913, College football coach Paul “Bear” Bryant
- September 12th** – 1944, Soul singer Barry White



LETTER TO THE EDITOR

Dear Editor,

I applaud Hiram Lupton for his recent reportage of our Board of Commissioners affordable housing deliberations. It was timely, informative and perfectly in keeping with the late, great Frieda Hudson’s mission for local newspapers.

The Washington Post’s slogan is “Democracy dies in darkness”, a phrase coined by their investigative journalist Bob Woodward. We are fortunate to have Mr Lupton and the Pamlico News to shine a bright light on our local democracy.

Respectfully,

Sam Myers
Pamlico

Oriental History Museum Event Lucille Styron Truitt Resident Artist 1927 - 2004

September 16, 2023 through January 27, 2024

A special exhibit of her art spanning 40 years. Meet the artist's daughter, Sally Belangia, on Saturday, September 16 from 2 to 4pm and learn about Lucille's extraordinary talent and love of Oriental. Buy some original paintings or reproductions.

Horoscopes



ARIES – Mar 21/Apr 20
Get outside and enjoy as much fresh air and exercise as possible this week, Aries. A weekly outdoors excursion can recharge the batteries and provide some time to reflect.



TAURUS – Apr 21/May 21
Taurus, it's not possible to have everyone like you all of the time. Emotionally it can be difficult to accept that not everyone agrees with your point of view. Be who you are.



GEMINI – May 22/Jun 21
Someone from your past might come back into your life, Gemini. Keep a look-out for someone who seems familiar, as it can be a way to reminisce for a bit.



CANCER – Jun 22/Jul 22
Cancer, start conversations with all of the people you meet so you can learn about different backgrounds or cultures. You might learn something you didn't know or try a new food.



LEO – Jul 23/Aug 23
Leo, try to work the room when you are thrust into a social situation. You need to be a diplomat or politician if you want to be in good standing with as many people as possible. Put your best face forward.



VIRGO – Aug 24/Sept 22
You know who you can trust, Virgo. Stay close to those people for the time being. Some difficulties with family members will arise and you may need to pick sides.

VIRGO Traits & Overview

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



LIBRA – Sept 23/Oct 23
Libra, after a whirlwind adventure, you may be glad to be back home. Vacations are nice and relaxing, but soon enough you may crave the familiarity of your own space.



SCORPIO – Oct 24/Nov 22
Scorpio, you a calm energy around you this week. You can rest assured that the people you are dealing with have everything handled. They take care of business.



SAGITTARIUS – Nov 23/Dec 21
There is a great opportunity knocking at your door, Sagittarius, so why not seize it? New things can be scary, but you have to dive in right now.



CAPRICORN – Dec 22/Jan 20
Take stock of where you want to go in the future and start putting those plans together, Capricorn. You don't have to figure everything out, but try to map out a rough outline.



AQUARIUS – Jan 21/Feb 18
You can quickly see when someone is putting on an act, Aquarius. They may say one thing but mean another. This duplicity can be off-putting, but try to get along with others right now.



PISCES – Feb 19/Mar 20
Pisces, you are in no danger of not being popular right now, so continue to enjoy all of the invitations you receive. You also can be proactive and throw your own party for friends.

Virgo is governed by Mercury, the messenger planet of communication. Though Mercury also rules Gemini, these two signs are radically different: Gemini is about output and expression, whereas Virgo is about input and processing. A Virgo deals with information like a computer, transforming even the most jumbled set of information into organized, clear concepts. Though Virgos long to be meticulous in all pursuits, they must remember that constantly chasing after the ideal can be destructive when applied to self or others. Beauty exists within our imperfections and it's important for Virgos to learn that flaws are not defects.



Creative Card Making Class Wednesday, September 13, 2023 10 am - Noon Oriental United Methodist Church - Fellowship Hall 404 Freemason Street, Oriental

The class will meet each month on the 2nd Wednesday to make cards and enjoy each other's company. The class is led by Cheryl Mcaskill, a Stampin'Up demonstrator. She will provide most of the supplies needed, and each person will make 8 cards during the class. Class Limited to ten people. Cost for paper supplies is \$25/month.

Advance Registration is Required
director@primetimpamlico.org

Concerned about your drinking? You are not alone, there is help available! Come join others who have found a Solution! Alcoholics Anonymous: New Bern Hotline (252) 633-3716

Meetings in Pamlico County:

(If you think you may have a problem, you are welcome to attend)
Tuesday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church 600 Ragan Rd. in Oriental, NC (2nd brick building on left off Hwy 55)
Thursday *7:30pm** - Recovery and Beyond Group - Beginner/Open Discussion Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC (close to DSS/Senior Center)
Friday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church, 600 Ragan Road in Oriental, NC (2nd brick building on left off Hwy 55).
Sunday *7pm – Oriental Sunday Night Group - Big Book/12 & 12 Study Meeting held at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on the left)
<https://aaeasternnc.org/> <https://aanorthcarolina.org/> <https://www.aa.org/>

OTHER RECOVERY RESOURCES IN PAMLICO COUNTY

Al-Anon Tuesday **7pm** - Meeting at 403 Mildred Street in Oriental, NC (Green House) (Members are people, just like you, who are worried about someone with a drinking problem). <https://al-anon.org>
Adult Children of Alcoholics (ACOA) Monday 6:30-8pm (Open Meeting) and Saturday 6:30-8pm (Women Only) both meetings are held at the Free Will Baptist Church, 600 Ragan Rd. in Oriental (2nd brick building on left off Hwy 55) (ACOA is concerned with the impact and after-effects of growing up in alcoholic or dysfunctional circumstances) <https://adultchildren.org/>
Narcotics Anonymous (NA) Wednesday 7pm - Never Alone Group: Meeting held at Alliance United Methodist Church, 687 Main Street, Bayboro, NC (close to DSS/Senior Center) (NA is a group of peers who offers a plan for recovery and an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle) <https://na.org/>

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The Pamlico News Editorials and Opinions section features opinion articles, newspaper editorials and letters to the editor on the issues of the day. The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.



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



Agent of the Week

Susan Adams
Broker/Veteran

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

Just a note to let you know how pleased my wife and I have been with Mariner Realty, and in particular, our agent, Susan Adams. Susan knew that we were interested in selling our home in Oriental, which was located on Smith Creek. The house sold in 5 days at full asking price! We couldn't believe it, even though we knew that it was worth that much. We are grateful to Mariner, but especially to Susan whose kindness and professionalism were wonderful. We highly recommend her!
Jim and Elizabeth, Ohio



ORIENTAL – Enjoy the tranquility of a subdivision close to downtown Oriental. Take your boat or drive to nearby shopping and restaurants. 143 Queen Annes Court, lot 13, is also listed. Purchase both lots together for additional privacy. Septic permit is on file.
OFFERED AT \$84,900



ORIENTAL – Close to downtown Oriental. Take your boat, or drive to nearby shopping and restaurants. Or just kayak down Kershaw Creek. 123 Queen Annes Court, lot 12, is also listed. Purchase both lots together for additional privacy. Septic permit on file.
OFFERED AT \$ 98,900



ORIENTAL – Natural wooded landscapes, **3BR/2.5BA**, spacious decks front & back, ample windows & a sunny kitchen overlooking Green Creek. Magnificent fireplace with custom surround & mantle, spiral staircase, vaulted ceilings. Flawless master suite has walk-in tiled shower, skylight & walk-in closet. Third bedroom is used as an office with built-in desks, cabinets & shelving.
OFFERED AT \$449,500



ORIENTAL – Partially furnished **4BR/3BA** in Village of Oriental. Deeded water access to Whittaker Creek. Windows & skylights provide ambient lighting. Sun room, loft, studio, office & 2-car garage with workshop. Wood-burning stove in living room & wood-burning fireplace in master bedroom.
OFFERED AT \$ 469,500



ARAPAHOE – Gorgeous 58.8 wooded acres located on Tarklin Creek. No HOA and no restrictions. Offers 2,184 feet of road frontage and 1,478.4 feet of waterfront property. Minutes away from the Village of Oriental.
OFFERED AT \$575,000

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Or contact Allen Propst
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Oriental, NC 28571



Pamlico Community College

PCC offers innovative short-term courses in health care

By Sandy Wall

While many people are interested in careers in the fast-growing health care sector, not all of them want to deal with patients directly. Pamlico Community College has just the prescription for that!

The college offers short-term courses to train men and women to work in office and billing roles that are critical for today's medical field.

“Our Continuing Education division is able to quickly develop and offer short-term courses to respond to the needs of area employers,” said PCC President Dr. Jim Ross. “The health care sector is continually growing and changing, and PCC is ready to train men and women for those changes, whether they want to work directly with patients or they would rather work in a support role.”

Upcoming courses for this type of career include:

- * Dental Billing and Coding, which is a two-part, online program starting Sept. 11. Each part costs \$180.
- * Medical Office Procedures, an online course that will begin Sept. 11 and will end Jan. 26, 2024. Cost is \$180.
- * Medical Terminology, Billing and Coding, a three-part series of online courses that will begin Sept. 21. Cost is \$180 per part.

These courses are designed for adult learners and are offered in an online format. Financial aid is available to qualified students. For more information about these programs or to register, visit



Pamlico Community College offers short-term courses for men and women who are interested in health care careers but who do not want to work directly with patients. For details, contact the college at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu. Contributed photo

the Continuing Education webpage at <http://www.pamlicocc.edu/programs-continuing.php>, contact the college at 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu.

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

Oriental Woman's Club September Yard of the Month was awarded to Ms. Sylvia Norman (Brantley's pie lady) at 507 Mildred, Oriental. She has an artfully arranged yard consisting of ground covers, numerous yard ornaments, ornamental grasses, a crepe myrtle and numerous flowering plants.



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Do-it-yourself devotees cite a desire to save money as their primary motivator when attempting DIY home improvements. A survey of more than 1,000 homeowners from the insurance provider Clovered found that 85 percent of respondents indicated a chance to save money as their top reason for attempting a DIY home improvement project. The chance to save money was an even greater motivator for homeowners than the opportunity to improve (79 percent) or repair (66 percent) their homes. Those savings can be significant because homeowners won't have to pay labor costs, which the renovation experts at BobVila.com note can cost anywhere from \$20 to \$150 per hour per laborer. Though the cost savings of DIY can be hard to resist, homeowners considering a DIY renovation are urged to make an honest assessment of their skills before attempting a project on their own.

FINANCIAL FOCUS

When should you sell investments?



Dan M. Roberts

If you're a long-term investor, your portfolio may stay fairly stable over time. However, that doesn't mean you will never sell any investments. But when should you sell — and why?

Here are some scenarios to consider:

- *If an investment has consistently underperformed* – For one reason or another, some investments may not live up to your expectations. Rather than holding these investments in the hope that they will eventually show consistently positive returns, you might be better off selling them and using the proceeds to buy other investments that could help you make progress toward your goals. Keep in mind, though, that short-term price swings are inevitable for virtually all investments, so you may not want to sell an investment after just a few price drops, as it may still have strong fundamentals and good prospects.

- *If the investment itself has changed* – The nature of some investments, such as stocks, can change over time. Stocks represent companies, and companies can evolve and adapt — or not. So, you may own shares in a company whose management has changed or whose products are less competitive than they once were. If this company no longer seems like a sound investment, you may consider selling your shares and moving on.

- *If an investment is "redundant"* – Over time, you may have added investments that are similar to others you already own. If you do have too many investments that are alike, you risk not having a fully diversified portfolio, and while diversification can't always protect against all losses or guarantee profits, it can help reduce the impact of market volatility on your holdings. Consequently, you might want to sell an investment that may now be "redundant" to your portfolio and replace it with another

one that could boost your diversification efforts.

- *If an investment takes up too much space in your portfolio* – If you bought an investment years ago, and it's grown substantially in value, it could eventually take up more space in your portfolio than you had intended, which could expose you to more risk than you'd like — because too much of any single investment may leave you more vulnerable to market downturns. Of course, if the investment is still appropriate for your needs, and still has a good outlook, you may not want to totally liquidate it, but you could consider scaling back on the shares you own.

- *If your own needs have changed* – You originally created your investment mix to help you reach certain goals, such as a comfortable retirement. And during much of your working life, you could possibly afford to invest primarily for growth, accepting the risk that comes along with that approach, as you knew you'd have time to potentially overcome the short-term volatility that's part of investing. But as you near retirement, you may want to lower your risk level. Consequently, you could decide to sell some of your growth-oriented investments and move the money into income-producing ones. However, even during retirement, you'll still need your portfolio to provide some growth opportunities to help you ahead of inflation.

Generally speaking, you may not want to do a lot of selling (or buying) of investments once you've built a portfolio that's appropriate for your goals, risk tolerance and time horizon. But if you are going to sell investments, make sure you do so for the right reasons.

*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

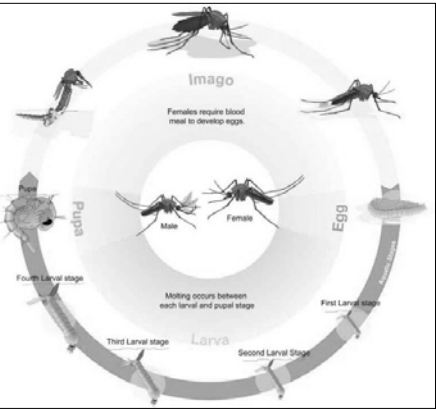
What's Biting You?

By: Daniel Simpson County Extension Director, Agriculture Agent



With the passing of tropical weather this past week, residents should be not be surprised to see an increase in biting insects. Biting flies and mosquitoes are the most common of these in Pamlico County, with the former being particular troublesome all summer long. Let's discuss what options we have to manage these insects and how we can protect ourselves and our sanity from their annoyance.

Biting midges (Culicoides sp.) are small, sometimes barely-visible, blood-sucking flies more commonly known in many areas as biting gnats, sand flies, biting midges, punkies or "no-see-urns." Their biting activity is extremely annoying, and during the past few months have been prevalent across all of Pamlico County. These insects breed in areas with fresh and saltwater habitat, with the immature larval stages feeding on decaying organic matter from wet mud and sand, and even decaying seaweed. Adults feed on liquid substances ranging from plant juices to body fluids of insects and the blood of vertebrates. Females of many species feed on mammals, including people, using these blood meals to produce eggs.



Control of these insects is difficult because only community wide insecticide applications can reduce populations, and even then only last a few days. With new generations of flies constantly being produced during warm weather months, chemical control is short lived. Physical barriers (window screens, cloth-

ing) and insect repellents are your best options. However, personal experience shows these options are often less than satisfactory if the populations are large. A fine mesh head net with repellent applied is the best method of relief that this author has find. If you would like more information on biting flies, visit the NC State Extension note titled "Biting Midges and Their Control" at <https://content.ces.ncsu.edu/biting-midges-and-their-control>.

Mosquitoes may also be on the rise following recent tropical moisture. Mosquitoes breed in and around water, requiring this moisture to hatch eggs and support larval development. This means any standing body of water, no matter how small, can support mosquito development. "Tip & Toss" is the standard recommendation for mosquito control, which means anything that holds water should be either tipped over to drain or thrown away to remove it from the landscape. However, in coastal communities like Pamlico County, escape from mosquitoes is often not possible. Community wide control efforts are the most effective means of reducing populations and requires everyone in your neighborhood to participate.

Insecticides applied to landscapes (trees, yards, perimeter) may reduce populations in the short-term, but if rain or moisture persist mosquitoes will return. Mosquito "dunks" may also provide some control in small bodies of water that never dry up. These products contain a bacterial toxin that kills the immature insects but does not harm fish, birds, or humans. Follow the label directions of any insecticide product you use carefully. Read the label and find the section titled "Precautionary Statements" for information related to safety in the environment. For more information on managing mosquitoes, visit the NC State Extension Mosquito note at <https://entomology.ces.ncsu.edu/mosquito-control-around-homes-and-in-communities/>.

As with biting flies, repellents and physical barriers provide some protection from mosquitoes. Products containing the active ingredient "DEET" are considered the most effective but other options are available. Read and follow the label directions when applying repellents, as some products have very specific requirements or limitations. For more information on the use of insect repellents, visit the NC State Extension Repellent note at <https://content.ces.ncsu.edu/insect-repellent-products>.

For more information on this or related subjects, please contact Daniel Simpson at (252)-745-4121 or Daniel_simpson@ncsu.edu.



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Look at every path closely and deliberately, then ask ourselves this crucial question: Does this path have a heart? If it does, then the path is good. If it doesn't, it is of no use.

–Carlos Castaneda

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Discussion will include pre-planning for the loss of a loved one, what should be in place and decisions families will need to make if wishes are not known.

Guest Speaker will be Pamlico County Clerk of Court, Steven Hollowell.

Website: danielssadlerfunerals.com

Sat, September 16th
11am-1pm

Hobucken/Lowland Free Health Screen & Hot Dog Lunch!

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Family Size	Annual	Monthly	Weekly
1	\$43,740	\$3,645	\$841
2	\$59,160	\$4,930	\$1,138
3	\$74,580	\$6,215	\$1,434
4	\$90,000	\$7,500	\$1,731
5	\$105,420	\$8,785	\$2,027
6	\$120,840	\$10,070	\$2,324
7	\$136,260	\$11,355	\$2,620
8	\$151,680	\$12,640	\$2,917
Each Add'l	\$15,420	\$1,285	\$297

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- * **Marine Diesel Engines for Owners, Sept. 11!**
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- * **Medication Aide, Starts Sept. 14!**
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Health & Wellness

CONTACTS-RELATED EYE INFECTIONS POSE A SIGNIFICANT THREAT



The contact lens industry is booming. According to the market research experts at Grand View Research, Inc., the global contact lens market size was estimated at nearly \$13 billion in 2019, and that market is expected to expand significantly by 2027.

Contact lenses are an option for people who need corrective eyewear but don't want to wear traditional eyeglasses. Contact lenses have become so popular that it's easy to overlook the risks they pose, and many wearers have acknowledged they routinely engage in behaviors that put them at risk of contact lens-related eye infection. One study published in the Center for Disease Control and Prevention journal Morbidity and Mortality Weekly Report in 2014 found that 99 percent of contact lens wearers reported at least one behavior that puts them at risk for an eye infection related to their use of contact lenses. The CDC also notes that 20 percent of patients with contact lens-related corneal infections suffered eye damage as a result.

Two of the more significant threats to the eye health of contact lens wearers are microbial keratitis and corneal inflammatory events. Thankfully, adverse side effects like MK and CIEs are often preventable. Proper handwashing prior to handling contact lenses is a simple and effective way for wearers to reduce their risk for contact lens-related eye infections.

Proper handwashing involves washing hands thoroughly with a mild soap, rinsing them completely and then drying them with a lint-free towel prior to inserting or removing lenses from the eyes. As simple as that may sound, many contact lens wearers have acknowledged they routinely disregard these guidelines when handling their lenses. In fact, a 2017 survey of 950 contact lens wearers sponsored by CooperVision found that while 88 percent of respondents believed bacteria on fingers could transfer to their eyes during lens insertion, 41 percent still did not wash their hands prior to insertion. That's a big mistake, as a 2015 study published in the visual science journal Eye found that the risk of MK was 13 times higher for wearers who didn't wash their hands prior to handling their lenses compared to those who did. The College of Optometrists notes that MK is a potentially severe, sight-threatening condition, which underscores the importance of adhering to basic contact lens safety practices like handwashing prior to handling.

Many people who need corrective eyewear prefer contact lenses to traditional eyeglasses. Though contact lenses are safe, much of that safety rests in the hands of the wearers themselves.

STROKE BY THE NUMBERS

Unlike many conditions, stroke is not necessarily linked to aging. In fact, the Centers for Disease Control and Prevention reports that 38 percent of people hospitalized for stroke in 2014 were younger than 65. Stroke is a leading cause of death for Americans, but stroke risk will vary based on race and ethnicity, among other factors. Blacks are nearly twice as likely to experience a stroke as Whites, and Blacks have the highest rate of death due to stroke, according to the National Center for Chronic Disease Prevention and Health Promotion. Here are a few other stroke stats, courtesy of the CDC.

- One in six deaths from cardiovascular disease was due to stroke in 2020.
- Every 3.5 minutes someone in the United States dies of stroke.
- Nearly one in four strokes occur in people who have previously had a stroke.
- About 87 percent of all strokes are ischemic strokes, or ones in which blood flow in the brain is blocked.
- Suffering a stroke is a leading cause of serious long-term disability, which tends to impair mobility.

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Better Than the Average Bear?

Conquer the New Bern Historical Society’s 3rd Annual History Quest, Sept. 16

NEW BERN, NC Expect lots of fun as you test your sleuthing skills in this third annual family friendly outdoor history hunt! On Saturday Sept 16 starting at 10am, teams will gather at New Bern Battlefield Park to receive their clues to a series of quests. Hop in your car and follow the clues to find historical places in and around New Bern. In this third year of this event, you’ll find a whole new slate of clues and places to discover. You’ll be amazed at what you’ll learn about our past! Teams can start any time after 10am but must start no later than 1 pm.

Those who complete all the quests by 4:00pm will be eligible for both prizes and bragging rights. Put on your Clever hat because there will also be a prize for the best team name!

Gather your teams and join the fun! They can be family, both adults and children; friends and co-workers; or other teams you may belong to. We wonder who has the best sleuthing skills -- your office team, the dentist office team, the Police Department, or the Fire Department? The Smiths or the Joneses?

Each team may have up to 6 people, that’s adults or children. They’ll travel in one vehicle. Smart phone use is allowed. In fact, you may use any source for information, smart phone, library, or favorite Aunt.

Registration is available online at www.NewBernHistorical.org/history-quest beginning August 7, or call 252-638-8558 Registration fee is \$25 per carload with a maximum of 6 people per vehicle. The event starts and ends at New Bern Battlefield Park.

New Bern Historical Society Historian, Claudia Houston invites everyone to join in. “We’ve worked hard to make this a fun and exciting event. You’ll be surprised at what you’ll discover hiding in plain sight!

And look for our mascot, Sherlock T. Bear who wants in on all the action!

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

Sherlock T. Bear, official bear of the New Bern History Quest invites everyone to test their sleuthing skills in a lively and entertaining, puzzle-solving hunt.



Just a successful happy team from last year’s event.

Local Student

Zion J. Squires

Receives National Honor

Carlisle School Student Recognized for Superior Academic Achievement

by The National Society of High School Scholars



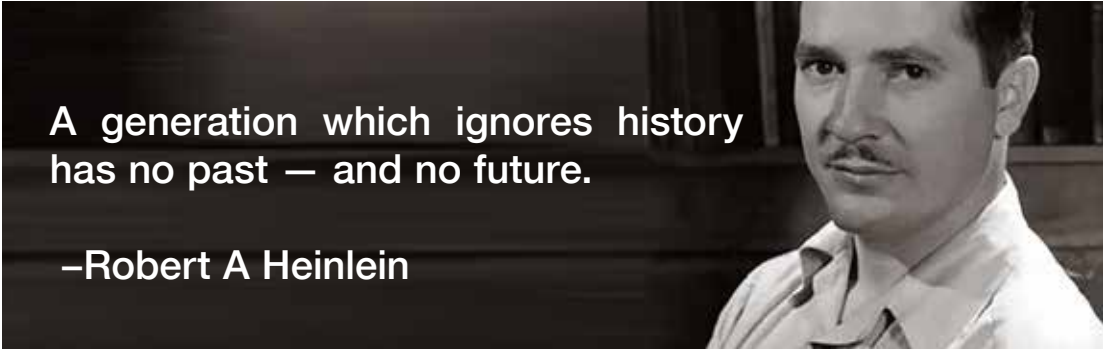
Zion Squires is the daughter of Leshia Squires of Bayboro, NC, Durante Polite of Arapahoe, NC. She is also the granddaughter of Janice Squires of Bayboro, NC, and Betty Polite of New Bern, NC.

ATLANTA, GA - August 21, 2023 - The National Society of High School Scholars (NSHSS) today announced student Zion J. Squires from Walkertown, NC, has been selected to become a member of the esteemed organization. The Society recognizes top scholars who have demonstrated outstanding leadership, scholarship and community commitment. The announcement was made by NSHSS Co-founder and President James W. Lewis.

“On behalf of NSHSS and our co-founder Claes Nobel, a member of the family that established the Nobel Prizes, I am honored to recognize the hard work, passion and commitment that Zion has demonstrated to achieve this exceptional level of academic excellence,” said Lewis. “Zion is now a member of a unique community of scholars - a community that represents our very best hope for the future.”

“We are proud to provide lifetime membership to young scholars to support their growth and development,” stated Lewis. “We help students like Zion build on their academic success by connecting them with learning experiences and resources to help prepare them for college and meaningful careers.”

NSHSS members automatically become lifetime members at the time of their initial membership. Each step along the way - from high school to college to career - NSHSS connects outstanding young scholars with the resources they need to develop their strengths and pursue their passions.



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www.PamlicoSBC.com



Hurricanes Clawed by Jaguars

by: Hiram Lupton

For the second straight week, the Pamlico County High School football team faced a team named after wild members of the cat family. Last week it was the Croatan Cougars and this week it was the Farmville Central Jaguars who handed Pamlico a loss. The 2A Jaguars, who are coached by former Pamlico Head Coach Ron Cook, came into the game undefeated, and their high output offense had averaged over 65 points per game, so Pamlico knew they had their work cut out to compete with a bigger, stronger foe. Just as in last week's game, turnovers hurt the Hurricanes and by the end of the first period, Farmville held a 22-0 lead. In the 2nd quarter, Pamlico did manage some offense. With five minutes remaining in the quarter, Jayden Williams broke away for a 68-yard gain down the right sideline before being brought down at the Farmville 2-yard line. Two plays later, Williams powered into the endzone for the score. The 2-point conversion failed, but Pamlico was on the board. Unfortunately, the Jaguars did some scoring of their own in the second period and at half-time they held a 48-6 lead. A pair of Pamlico turnovers in the 3rd quarter helped keep the Jaguars momentum rolling and going into the final quarter they had built a 61-6 lead. With the clock rolling, the 4th quarter was mostly uneventful except that quite a few members of the Pamlico Junior Varsity got their feet wet with a little game action. This week Pamlico hits the road with a trip to Ayden-Grifton to take on the Chargers.



A near interception by Pamlico's Jaquan Johnson



Jayden Williams breaks free of a Farmville defender



Pamlico's Cheerleaders doing a Great job firing up the crowd

2nd Annual Aurora Fish and Farm Festival

Saturday, September 9th
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- Kids' and Adults' Fishing Tournaments
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We are very grateful for the generous support of these sponsors of this year's Aurora Fish and Farm Festival.



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COASTAL LIVING

TIPS TO THROW A MEMORABLE END-OF-SUMMER SOIRÉE

One last bash as summer winds down is a great way to send off a season that’s synonymous with recreation and leisure. And end-of-summer soirée also provides an opportunity to get together with friends and family before a new school year begins and families’ schedules fill up.

As August inches closer to September, hosts can consider these tips as they plan a memorable sendoff to summer.

- Avoid Labor Day weekend. Labor Day marks the unofficial end of summer in many places, but hosts may want to avoid choosing this popular three-day weekend for their end-of-summer soirée. A survey from the travel experts at The Vacationer found that roughly 137 million people had travel plans over Labor Day weekend in 2022. Travel is undeniably popular on Labor Day weekend, and hosts likely won’t want to contend with guests’ travel plans. The weekend before Labor Day may produce a greater turnout, which undoubtedly makes for a more enjoyable affair.
- Pick a summer theme. An end-of-summer party should have a theme that evokes the season’s special vibe. A beach theme with some sand in the backyard, some specialty cocktails served with mini beach umbrellas and, of course, some water play for adults and kids can help to establish a vibe that’s synonymous with summer.
- Serve traditional fare. Though hosts who already hosted a handful of backyard barbecues this summer might have had their fill of hamburgers and hot dogs, an



end-of-summer party is the last time many people will eat such foods until next spring. So while it’s alright to offer some alternatives, such as meat cooked on a smoker or grilled fish, be sure to offer the standard hamburgers and hot dogs as well.

- Invite the neighbors. It’s tempting to throw a season-ending bash that lasts into the wee hours, but that can be

problematic for hosts whose neighbors are within arm’s length. That potentially sticky situation can be remedied by inviting the neighbors to the party. Neighbors won’t be upset by a little extra nighttime noise if they’re living it up as well. If that’s not an option, hosts can just remember to turn the volume down a notch once the sun sets.

- Create a contingency plan. August can be a bit on the rainy side in many areas, particularly those where hurricane season hits full swing as summer winds down. Though summer storms tend to come and go in the blink of an eye, it’s best to have a contingency plan in place. If possible, ensure outdoor entertaining areas can provide some respite from the elements if need be. A well-placed pergola can keep guests and food safe from the rain and a retractable patio awning can provide an extra layer of protection. Hosts also can clear out part of their home interior and have some backup games at the ready to accommodate guests if the party has to move inside for a little while.

An end-of-summer soirée can be the perfect way to say so long to a beloved time of year.

Pears pack a nutritional punch

Individuals who want to consume fewer calories without sacrificing nutrition may want to look to the humble pear. The organization USA Pears notes that a single medium-sized pear contains just 100 calories. Remarkably, that same pear contains 21 percent of the daily recommended value of dietary fiber, 8 percent of the daily value of vitamin C and 4 percent of the daily value of potassium.



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. Please include your name and roughly where in Pamlico County it was taken.

“Can I interest you in some car insurance?” We caught this Green Anole (*Anolis carolinensis*) near Arapahoe attempting to impersonate a Gecko and sell us phony insurance. He changed color and we saw right through his scheme.



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Pamlico Community College welcomes its largest ever group of CCP students!

PCC President Dr. Jim Ross spoke to the second period CCP students at the Mattocks Center last Friday:
“It was wonderful welcoming them to our college CCP program; talking to each of them to ask them how they and their families did with the tropical storm the day before. I also encouraged them to aim for excellence in all their class work; to dream big dreams in terms of their careers; to challenge themselves to be the best they can be to achieve their goals; and to treat people well in all aspects of their lives.
I also told them it was an honor for our college to serve them and this wonderful community. I was very impressed by how enthusiastic and optimistic they were about their participation in our CCP program. These are our future leaders and I’m proud of them! We thank our partners at the Pamlico County Schools, the Arapahoe Charter School, the Pamlico Christian Academy, and home school families.”

Contact PCC today to see how the CCP program can help you!



Contact Derek Godwin
252-249-1851, ext. 3106
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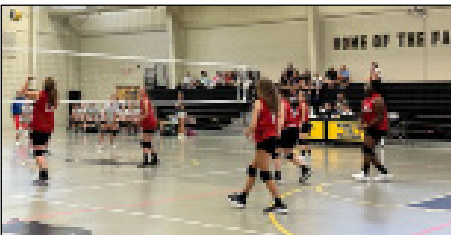
Then the fun gets started with the Shaving Cream Fight!



ACS staff members started off the new school year with the traditional Shaving Cream Fight! A perfect, but messy, beginning to welcome everyone back!



Volleyball Season Underway!



Schedule	
9/12	vs. New Bern Christian Academy (NBCA) 4pm at Home
9/19	vs. Snowden 4pm at Home
9/23	Unity Christian Academy Volleyball Tournament (TBA)
9/26	@ Washington Montessori (Doubleheader) 4pm - Away
9/28	@ Snowden 4pm - Away
10/3	vs. Pamlico Middle School (Doubleheader) 4pm at Home
10/10	vs. Washington Montessori (Doubleheader)
8th Grade Night 4pm at Home	



Students work together to create something beautiful

In the Spring of 2023, ACS High School Students collaborated on a “Community Art Project”. Each student was given a 4”x4” square and asked to create a design based around circles. They had their choice of materials: color pencils, gel pens, markers, paint, and paint pens. Each square is different and highlights the fact that while we may all approach life differently, we can still come together and create something beautiful.



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AROUND THE COUNTY

Pamlico Betty Jo Rodgers, *Correspondent*

 I pray you had a safe and restful Labor Day weekend. Some people used this as an opportunity to take a last mini vacation before going back to school or work. Some spent their time in a boat on the water or grilling out with their family.

I finally got my printed copy “Storyworth” book in the mail, so I guess that makes me a published author. I highly recommend Storyworth to anyone who wants to share family memories in print. I will be glad to share the information with you. It was a Mother’s Day gift to me from my son his wife. Each week of the year, I was prompted to write something, and it is a nice keepsake for my family.

I have been writing articles for the Pamlico News weekly since 2004. If I was smart, I could take my writings for the paper and write another book for the people of Pamlico. Don’t hold your breath waiting for that! I have been trying to find someone to take over writing this article ever since I became a pastor. I just don’t have the time to really report on “Little Pamlico” like I should. People enjoy reading the local county news each week. Many who wrote for the paper no longer write so their little corner of the county is not covered. Mrs. Ollison and Mrs. Annette Jones columns are missed by many.

This past week they painted the lines in the middle of the road and bridge on the new bridge over Trent Creek in Meritt. Hopefully it will be open to traffic soon.

I pray everyone in Pamlico County fared well during Tropical Storm Idalia. Our pier was finished just in time to get baptized by Idalia. Since the storm, the weather has been cooler and felt like we might be approaching fall; but alas, the weather this week will be back in the 90s and will feel like 100+ degrees.


Celebrating September birthdays are Stephanie Banks Henries (9/11), Ginger McLawhorn and Crystal Wood Carey (9/12), Julia Tingle (9/13), Carey Smith Norman (9/15), James Paul (9/17), Peg Witt (9/18), Asa Gatlin IV (9/20), Sue Sanders (9/27), Donna Gordon and Fay Bond (9/29), and Tim Carey and Reid Carey (9/30).

Celebrating anniversaries during the month of September are Kevin & Suzie Rodgers (9/10), and Chris & Maria Machle (9/27).

Have a blessed week. Knowledgeable? Take Spiritual Vitamin K. “Know this that the Lord is God, it is He that made us and not we ourselves.” (Psalms 100:3)



Aurora Joy McCracken, *Correspondent*

 Idalia only provided close to three inches of rain, no real wind for us as it was coming out of the north and we are protected with trees. The water came up to just below the dock and there were two sailboats who anchored in the creek for safety. It would have been neat if Aurora could rehab the old marina for a proper stay. Years ago it was listed as a stopover in a boating guide. It was delightful having that cool weather after the storm. Usually it’s sticky and hot after a blow. Lots of pine needles came down. We never lost power.

I had to go to town (Aurora) for several needs and it felt super to have them all met visiting three businesses.

More eventful birding in the yard: Summer Tanager and a Nuthatch coming to the table feeder, a couple of Downy Woodpeckers in the massive pines, three Kingfishers chasing each other at the docks (I usually only see one) and three Hummingbirds chasing each other (I usually only see two doing this). The Seagulls were out in numbers feeding on the bait fish that were stirred up. A small flock of Cowbirds landed in the grass and fed.

Another recipe to share with you: I’ve discovered cookie dips! This one is a jar of whipped marshmallow, a brick of cream cheese, a small tub of Cool Whip mixed up with a can of cherry pie filling on top. Chill and serve with Lorna Doone cookies. Decadent!

Snowden’s teachers and staff were treated with a couple of back to school fun activities. Mayor Clif Williams took several out in a special boat ride and Nutrien provided a nice lunch at their recreation center.



My Photo of the Week is of this wonderful and dedicated personnel.



Attorney General

Josh Stein

Attorney General Josh Stein Leads Bipartisan Coalition Pushing FDA to Protect Kids from E-Cigarette Addiction



(RALEIGH) Attorney General Josh Stein today led a bipartisan coalition of 33 attorneys general calling on the U.S. Food and Drug Administration (FDA) and its Center for Tobacco Products to do more to protect kids from e-cigarettes. Attorney General Stein’s suggestions include limiting the flavors that draw kids in, reducing nicotine levels to prevent addiction, and protecting young people from marketing. He is co-leading this coalition with the Attorneys General of South Dakota, New Hampshire, and Nevada.

“E-cig companies don’t care if you’re a Republican or a Democrat – they’re targeting your kids either way,” said Attorney General Josh Stein. “My fellow state attorneys general and I are taking action to fight back, but we cannot play whack-a-mole. We need the FDA to put in place rules that stop these companies from making and selling dangerous products that harm our kids and that fuel another generation of nicotine addiction.”

More than 9,000 types of e-cigarette devices are sold in the United States, and nearly 6,000 of those are disposable devices. Last year, 14 percent of high school students reported that they were currently using e-cigarettes. Teen nicotine consumption is linked to nicotine poisoning, mental health and behavioral problems, academic issues, and future addiction to other substances.

Attorney General Stein has been leading the nationwide effort to cut down on youth nicotine addiction and hold e-cigarette manufacturers accountable for harming young people. North Carolina was the first state in the nation to take Juul to court and hold the company accountable for addicting North Carolina teens. He has also sued Juul founders James Monsees and Adam Bowen and is currently investigating Puff Bar and other e-cigarette manufacturers, distributors, and retailers due to ongoing concerns about flavors, age verification, and marketing.

In a letter submitted to the FDA responding to a request for comments on the Center’s proposed five-year strategic plan, the coalition of attorneys general urge the FDA to set up guardrails to prevent young people from getting addicted to nicotine through e-cigarettes.

The attorneys general recommend that the FDA: Prohibit all non-tobacco flavors in e-cigarettes. These flavors – mimicking fruits, candies, and desserts – are a major reason young people try e-cigarettes in the first place.

Enact evidence-based limits on nicotine in e-cigarettes. More than 80 percent of e-cigarettes sold have more than five percent of nicotine concentration. And because some devices last for hundreds or thousands of puffs, young people end up consuming much more nicotine.

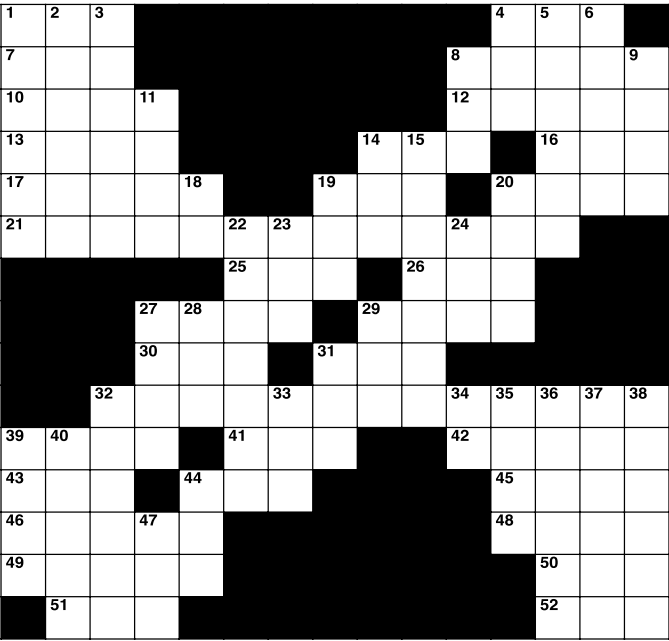
Restrict marketing that attracts youth by making sure marketing materials don’t target them and preventing young people from being bombarded with ads about e-cigarettes. E-cigarette manufacturers have used social media and influencer marketing to entice teenagers.

Close the “disposable loophole”. Disposable e-cigarettes have not been subject to the same existing FDA enforcement guidance as cartridge e-cigarettes, and they’ve surged in popularity. More than half of youth e-cigarette users last year reported that they use disposable e-cigarettes instead of cartridge-based e-cigarettes.

The attorneys general are also asking the FDA to promptly enforce the law against companies and sellers across the e-cigarette supply chain who are flouting federal regulations.

Attorney General Stein is joined in sending this letter by the Attorneys General of Nevada, New Hampshire, South Dakota, Arizona, California, Colorado, Connecticut, Delaware, District of Columbia, Illinois, Maine, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Nebraska, New Jersey, New Mexico, New York, Northern Mariana Islands, Ohio, Oklahoma, Oregon, Pennsylvania, Puerto Rico, Rhode Island, Tennessee, Utah, Vermont, Washington, and Wisconsin.

CROSSWORD



CLUES ACROSS

1. Second sight

4. Standard electrode potential

7. Type of gibbon

8. John Joseph __: American industrialist

10. Manning and Whitney are two

12. Abrupt

13. Baroque musical instrument

14. Post-burning residue

16. When you hope to arrive

17. Sign up (Brit. Eng.)

19. Sun up in New York

20. Employee stock ownership plan

21. Where people live

25. Method to record an electrogram

26. Angry

27. No longer living
29. Simple

30. Swiss river

31. Portion of a play

32. It’s under the tree

39. Wood sorrels

41. No (Scottish)

42. Dialect of English

43. Former Steelers’ QB

44. Popular beer

45. It can make you sick

46. Tropical tree and fruit

48. Company officer

49. Contact lens term

50. Your consciousness of your own identity

51. “Ghetto Superstar” singer

52. Piece of turf

CLUES DOWN

1. Number of players on each side in a football game

2. Containing salt

3. Reasoning or knowledge: a __

4. Car mechanics group

5. Leave a place

6. Southern Colombian capital

8. Old English letter

9. Tide

11. Walk heavily

14. Chemical compound (abbr.)

15. Artificial openings

18. Luteinizing hormone

19. Unit of energy

20. Circular movement of water

22. A way of holding

23. Popular book of words (abbr.)
24. States’ group

27. Dashes

28. Body part

29. Electronic countermeasures

31. Consumed

32. Small bird

33. Unhappy

34. Football’s big game (abbr.)

35. Valued object offered in good faith

36. Wild goats

37. Precede in place

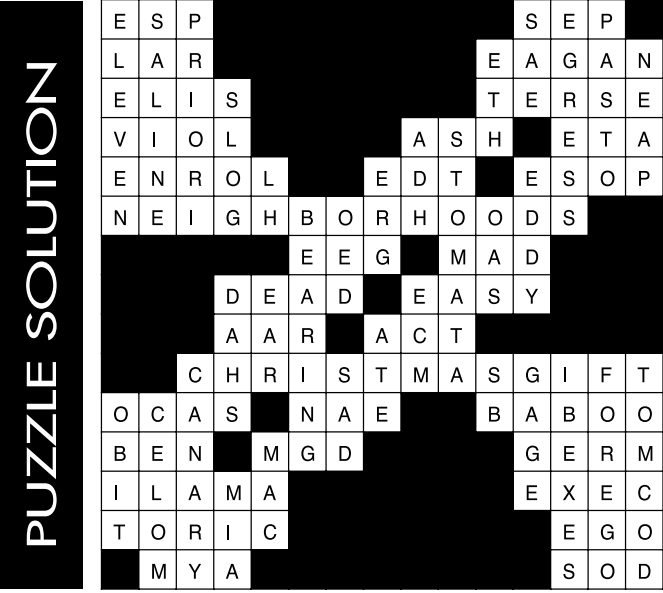
38. Small edible fish

39. Notice of death

40. Body cavity of a metazoan

44. Partner to cheese

47. Not around



WORD SCRAMBLE

Rearrange the letters to spell something pertaining to getting a job.

FOECIF

--	--	--	--	--	--

Answer: Office

Guess Who?

I am a singer born in Canada on September 9, 1975. As a young man I prayed to become a famous singer. Since then, I have become a Grammy Award-winning jazz singer who has sold over 50 million records internationally.

Answer: Michael Bublé

There were two different newspapers with fresh crosswords on the breakroom table today that had the exact same clue for a word with eleven letters. I’m sure it was just coincidence.

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LEGALS

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
ETHEL JONES COOPER
File No.: 23 E 173**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to **ETHEL JONES COOPER**, Administrator of the Estate, on or before **NOVEMBER 14, 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 16th DAY OF AUGUST, 2023.

ESTATE OF **ETHEL JONES COOPER**
C/O **WILLIAM H. COOPER, II**
5322 **HEATHER RIDGE LANE**
RALEIGH, NC 27610

Publish August 16, 23, 30 AND
SEPTEMBER 6, 2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MARGUERITE WALLACE
HOWARD
File No.: 23 E 172**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to **MARGUERITE WALLACE HOWARD**, Executor of the Estate,

on or before **NOVEMBER 14, 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 16th DAY OF AUGUST, 2023.

ESTATE OF **MARGUERITE WALLACE HOWARD**
C/O **LYNN HOWARD STILLER**
5200 **DEERFIELD LANE**
ORIENTAL, NC 28571

Publish August 16, 23, 30 AND
SEPTEMBER 6, 2023

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

All persons, firms and corporations having claims against the Estate of **Leola Blount**, deceased, of **Bayboro, NC**, are notified to present the same to the personal representative listed below on or before **November 23, 2023**, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 23rd day of August, 2023.

Cindi M. Quay, Administrator of the Estate of **Leola Blount**
c/o **Quay & Associates, P.A.**
412 **Broad Street**
New Bern, NC 28560

PUBLICATION DATES:
8/23/2023; 8/30/23; 9/6/2023;
9/13/2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY**

**SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
LESLEY THOMPSON
ROBINSON
File No.: 23 E 153**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to **JUDY J. ROBINSON**, Executor, on or before **NOVEMBER 21, 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 23rd DAY OF AUGUST, 2023.

ESTATE OF **LESLEY THOMPSON ROBINSON**
C/O **JUDY J. ROBINSON**
84 **DRIFTWOOD COURT**
ARAPAHOE, NC 28510

Publish August 23, 30,
SEPTEMBER 6 and 13, 2023.

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
FRED FRANKLIN
File No.: 23 E 181**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to **MARY V. FRANKLIN**, Administrator CTA, on or before **NOVEMBER 21, 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 23rd DAY OF AUGUST, 2023.

ESTATE OF **FRED FRANKLIN**
C/O **MARY V. FRANKLIN**
7601 **TRIANGLE PROMENADE**
DR, UNIT 203
RALEIGH, NC 27616

Publish August 23, 30,
SEPTEMBER 6 and 13, 2023

**NOTICE TO CREDITORS
AND DEBTORS OF
RODNEY ALLEN WHITE
TAKE NOTICE:**

All persons, firms, and corporations having claims against **Rodney Allen White**, deceased, are notified to exhibit them to **Rodney Jonathan White**, Administrator of the Estate, at the following address: c/o **Harvell and Collins, P. A.**, 1107 **Bridges Street**, **Morehead City, North Carolina 28557** on or before **November 30, 2023**, or be forever barred from their recovery. Debtors of decedent are asked to make immediate payment to the above-named Administrator.

Cecil S. Harvell
Harvell and Collins, P.A.
Attorney for the Estate of **Rodney Allen White**, Deceased
1107 **Bridges Street**
Morehead City, North Carolina 28557

Publish: **Wednesday, August 30, 2023; Wednesday, September 6, 2023; Wednesday, September 13, 2023; and Wednesday, September 20, 2023.**

INCIDENTS

Aug. 24, Main St., missing person
Aug. 24, NC Hwy 55, Grantsboro, larceny of property or goods <= \$1,000

Aug. 25, Scott Town Rd., Grantsboro, order for arrest

Aug. 26, Cooper Rd., Alliance, assault on a female by male at least 18 years of age

Aug. 27, Upper Spring Creek Rd., Lowland, death investigation

Aug. 27, NC Hwy 304, Bayboro, involuntary commitment

Aug. 27, Cedar Bluff Lane, Oriental, involuntary commitment

Aug. 28, George St., Oriental, break or enter any building - intent commit felony/larceny, larceny after breaking or entering

Aug. 28, NC Hwy 55, Alliance, probation absconding

Aug. 29, Hardison Dr., Arapahoe, breaking and entering to commit a felony there in

Aug. 29, Anderson Dr., Bayboro, felony ID theft

Aug. 30, Main St., Bayboro, failure to reduce speed, leaving the scene of an accident

Aug. 31, Old Bay River Rd., Alliance, order for arrest

Aug. 31, Longleaf Dr., New Bern, simple assault

PROPERTY TRANSFERS

Aug. 25, 2 tracts metes & bounds, see instrument from **James W. Creel** to **Billie Jo Rouse Jones**, \$104

Aug. 25, 1083 AC; PCB 10-7 from **David A. Allen**, **Lesley E. Allen** to **Weyerhaeuser Company**, \$30

Aug. 25, Sunset Shores Lot: 21 Section II, PCA 41-8 from **George M. Fedor** to **Mark Milos**, **Brenda Milos**, \$42

Aug. 25, Timber Point Lot: 8, PCA 142-6, Boat Slip 6, Map DB 506/194 from **Gregory W. Derman**, **Patricia Derman** to **Jeffrey Pearce**, **Leslie Ianuario Pearce**, \$80

Aug. 25, Plantation Oaks Lot: 19, Phase 2 & 3, PCA 191-13 from **Tyler Caldwell**, **Sharon Caldwell** to **Chad A. Shepard**, **Katie G. Hardy**, \$555

Aug. 25, Sea Vista Oriental Heights Block: D, Lot: 3, MB 5/18 from **Kalb and Kalb, Inc.**, **Greensburg Plaza Co., Inc.** to **Henry V. Frazer**, \$360

Aug. 25, One Parcel NC Hwy 306, metes & bounds, PIN: F07-29 from **Janet S. Howard** to **Michael A. Hager**, \$0

Aug. 25, Baird Creek Point Lot: 20, Section 2, Phase I, PCA 171-8 from **Carol Manzo** to **Carol Manzo**, **Patrick Manzo**, \$0

Aug. 25, Baird Creek Point Marina Unit: 2, Condo Cabinet 1 Slide 11-15 from **Carol Manzo** to **Patrick Manzo**, \$0

Aug. 25, Arlington Place Mill Creek Lot: 261, PCA 172-2 Map Attached from **Burton Farm Development Company, LLC**, **Boddie-Noell Enterprises, Inc.** to **Patrice Michelle Newton**, **Robert Snyder Newton**, \$78

Aug. 28, Mill Creek Lot: 328, Arlington Place Phase II, PCA 164-2; Mill Creek Lot: 329, Arlington Place Phase II, PCA 164-2 from **Burton Farm Development Company, LLC**, **Boddie-Noell Enterprises, Inc.** to **Wesley M. Fenske**, **Linda P. Fenske**, \$180

Aug. 28, 0.998 AC SE/S NC Hwy 304; Map DB 420/479, PIN M03-49 from **Charles Foxworth** to **Ronnie D. Owens**, **Amanda C. Owens**, \$360

Aug. 29, Lake Minnesott Estates Lot: 15, Section Ten MB 6/77 & MB 7/54 & Map DB 450/1 from **Hector Maldonado**, **Ada Maldonado**, **Ada I. Ramirez** to **Dennis Ray Piner/TR**, **Dennis Ray Piner**, **Christine Kilmer Piner/TR**, **Christine Kilmer Piner**, **Christine Kilmer Piner Living Trust**, **Dennis Ray Piner Living Trust**, \$28

Aug. 29, Boat Slip 16 Map DB 657/903 from **Martin Spratt** to **Jeremy G. Taylor**, **Jaime L. Taylor**, \$0

Aug. 29, Sea Vista Oriental Heights Block: P Lot: 7, PCA 28-9 from **Davis Heritage Properties, LLC** to **James R. Davis**, **Sharon T. Davis**, \$0

Aug. 29, 0.375 AC SR 1114 & SR 1101 Metes & Bounds from **Tommy Kilgore**, **Tommy Kilgore/CUST**, **Janean Kilgore**, **Janean E. Kilgore**, **Jackson Leggett**, **Alexandria Leggett**, **Isabella Leggett**, **Brooks Leggett**, **Leggett H. Brooks** to **Lavina B. Lindsey**, \$0

Aug. 30, 5/89 AC; Tract 1 PCA 109-2 from **Joseph A. Small, Jr.**, **Sandra Elizabeth H. Small** to **Randy Beeman**, \$100

Aug. 30, Pecan Grove Marina Two Tracts PCA 108-5; PCA 118-4; PCA

173-10, Pecan Grove Marina Boat Slip 257 PCA 173-10 from **Ronald J. Stubbs** to **Roland E. Senechal/TR**, **Roland E. Senechal**, **Terry J. Senechal/TR**, **Terry J. Senechal**, **Roland E. Senechal** and **Terry J. Senechal Living Trust**, \$70

Aug. 30, Camp Creek Lot: 1, PCA 171-2 from **Carroll Construction Homes, Inc.** to **Brown Pelican Construction, LLC**, \$0

Aug. 30, Camp Creek Lot: 2, PCA 171-2 from **Carroll Construction Homes, Inc.** to **Brown Pelican Construction, LLC**, \$0

Aug. 30, Camp Creek Lot: 3, PCA 171-2 from **Carroll Construction Homes, Inc.** to **Brown Pelican Construction, LLC**, \$0

Aug. 30. ½ AC; Chinchilla Drive, Bayboro, Quitclaim Deed from **Angelo Newkirk**, **Chevonne Kely**, **Angelo Newkirk, Jr.**, to **Chevonne Kelly**, \$0

Aug. 30. Indian Bluffs Lot: 8, Section IV PCA 39-6 from **Darryl Glennon** to **Gregg R. Carlson**, **Mary Beth Carlson**, \$94

Aug. 30 Arlington Place Mill Creek Lot: 252, Phase I, PCA 172-2 from **Burton Farm Development Company, LLC**, **Boddie-Noell Enterprises, Inc.** to **Sandhill Machining, Inc.**, **Corey Harrison Construction**, \$90

Aug. 30. Arlington Place Lot: 35, Phase 1, PCA 153-17 Thru 20 & PCA 154-1 thru 8 from **Daniel H. Davis**, **Alexandra Davis**, **Alexandra H. Davis** to **Sandhill Machining, Inc.**, **Corey Harrison Construction**, \$90

Aug. 30, Sea Harbour Marina Boat Slip 85 Condo Book 1/71 from **Stuart D. Lyman/TR**, **Peggy L. Lyman/TR**, **The Lyman Family Trust** of 2017 dated August 2, 2017, **Sea Harbour Condominium Yacht Club, Inc.** to **Grey Horizons Enterprises, LLC**, \$72

Aug. 30. Teachs Cove Lot: 2, MB 9/63, PIN: I081-5-2; Undivided Interest from **Inner Banks Living, LLC** to **Christian Welte**, **Michael D. Elliott**, \$45

My friend saw a classified ad in the local paper that he really liked, but when I asked him about it, he said that he wasn't allowed to tell me about it.

Modifications can make driving safer for seniors



Driving provides an almost unrivaled level of independence. The ability to travel beyond a neighborhood or even one's hometown without a chaperone is probably what excites new drivers so much and makes them eager to get their licenses and cars. Senior drivers also may define their independence by their ability to drive. Few things diminish senior dignity and independence faster than losing the ability to drive.

Despite popular misconceptions, seniors are some of the safest drivers around. The experts at Hartford Auto Insurance indicate that the number of accidents involving older drivers actually decreases as age increases. It's the risk factors like medical conditions, medication usage and reduced physical function that increase the risk for accidents and injuries involving older drivers. Thanks to technology and some other well-designed devices, seniors may be able to continue driving longer than the aging drivers of years past.

The AAA Foundation for Traffic Safety, a nonprofit research and education association, says roughly 90 percent of seniors don't take advantage of simple, often inexpensive features that can greatly improve safety and extend their time behind the wheel. Here are some considerations.

- **Cushions and seat pads:** Cushions do more than just alleviate hip and back pain while sitting. Cushions and pads can raise drivers up and improve their line of sight over the dashboard. Swivel pads can make it easier to enter and exit the car as well.
- **Adaptive cruise control:** This feature can adjust speed automatically to maintain a consistent space between vehicles.

- **Adaptive headlights:** These headlights, also known as steerable headlights, can improve visibility by changing the direction of the light beam with the movement of the steering wheel.
- **Pedal extenders:** Extenders help short drivers reach the pedals while maintaining a safe distance from the steering wheel and potential airbag deployment.
- **Hand controls:** Whether one has sensory changes in the feet from surgery or a medical condition, adaptive hand controls can move the "pedals" up to the steering column.
- **Blind spot warning and other sensors:** Today's cars can be equipped with any number of sensors that can detect oncoming traffic, cars to the left or right of the vehicle, items or cars behind the vehicle when reversing, and even if the vehicle has drifted out of the lane. These are all great safety features for any driver, but may be especially helpful to seniors.
- **Parking assist:** Parking assist technology can steer the vehicle into a space with little input from the driver.
- **Voice control:** Avoiding distractions and keeping hands on the wheel is enhanced by voice controls, which can be set up to do things like turn on the radio or adjust climate control.
- **Convex mirrors:** Special mirrors increase the field of vision.

Seniors have many tools available to make driving safer and more comfortable, which can prolong their years behind the wheel.

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