

The Pamlico News

Wednesday, July 3, 2024

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CarolinaEast Foundation Reveals Dollars Raised Through Annual Employee Giving Campaign

(New Bern, NC) – The CarolinaEast Foundation is proud to announce the final results of the 2024 CarolinaEast Health System “Greatest of All Time” Employee Campaign. Generous CarolinaEast employees gave of both their time and resources over the two-week long fundraising campaign and raised a remarkable total of \$410,641. CarolinaEast Health System covers the Foundation’s overhead expenses; therefore, 100% of those dollars raised are dedicated to directly serving the healthcare needs of the local communities in eastern North Carolina.

“The staff at CarolinaEast is truly the ‘Greatest of All Time,’” said Jared Brinkley, Executive Director of the CarolinaEast Foundation. “The money raised is a true testament to the dedication of the employees of CarolinaEast to not only providing quality healthcare, but also giving back to the community. We are forever grateful for their generosity.”

The Foundation’s Board of Directors will use these dollars to continue its mission through its patient assistance program, which directly helps patients in CarolinaEast’s five-county service area, the community grant program, SECU Comprehensive Cancer Center projects, patient facing projects within the walls of the health system, and various healthcare educational resources. To learn more about the mission of the CarolinaEast Foundation, visit www.carolinaeastfoundation.com.

About The CarolinaEast Foundation

The CarolinaEast Foundation is a non-profit organization with the mission to promote health in our region, support the healthcare community and assist individuals with healthcare needs. www.carolinaeastfoundation.com



A Special Invitation: Carolina Colors Photo Exhibit Reception is scheduled for Tuesday, July 16, 5:00 - 7:00 pm! There will be light refreshments, a cash bar and live music. Mark your calendar, plan to join us and enjoy the evening at the Pavilion (3300 Waterscape Way, New Bern). Please enter through the main lobby doors.

The Coastal Photo Club was established by Elizabeth Dunn in early 1991 “to bring people together who want to share their interests and skills in photography.” Today’s club of 100+ members sponsors competitions, speakers, field trips, community projects and the club welcomes camera enthusiasts of all ages and levels of experience to participate in an environment of information and experience sharing. Belonging to this group is very much an opportunity for teaching as well as learning. We look forward to meeting you at this special event open to the public.



Top Row (L to R), Avery Cain and Taylor McHenry. Bottom Row (L to R), Layla Ireland, Layla Prescott, Peyton Robinson.

Hurricanes Named All-District, All-State

by: Hiram Lupton

The season has long concluded, but the post season accolades keep coming for several Pamlico County High School Softball players. The Hurricanes had five players named to the North Carolina High School Softball Coaches Association All District Team. Seniors Layla Ireland and Layla Prescott, Juniors Taylor McHenry and Peyton Robinson, and Sophomore Avery Cain were selected. In addition, Layla Prescott was named District Pitcher of the Year. But that wasn’t all. Three Pamlico players, Ireland, Prescott, and Robinson, were named to the prestigious All State team. Congratulations ladies on a great way to end the 2024 season and for two of you, Layla Ireland and Layla Prescott, a great way to wrap up your high school career.

Magical Day at the Library

by: Hiram Lupton



The Pamlico County Public Library welcomed magician extraordinaire Gary Shelton to the library last Friday for a wonderful hour of magic and comedy with the Shelton Show. The audience of over 80 was amazed, astounded and thoroughly entertained by Mr. Shelton and his special guest, Cammie the Dwarf Bunny. This is just one of the many special programs for all ages the library has planned for the summer, so follow them on Facebook, visit their website, or stop by and pick up a calendar to see what’s happening at your public library. Its where adventure begins.



New Look Graphics for Pamlico County EMS

by: Hiram Lupton



You may do a double take when you see a Pamlico County Rescue Squad vehicle. The vehicles will receive new, updated graphics with high reflectivity striping. There is no set date for the change, but according to EMS Chief T. W. Harris, they hope to start the process in October. Also a reminder, the Pamlico County Rescue Squad will be hosting an Open House Event on July 27th, beginning at 10 AM at their headquarters at 911 Grace Daniels Road in Bayboro. Stop by for a tour of the facility, equipment demonstration, and a meet and greet with the staff and volunteers. You can get more information about this event by contacting Chief Harris at pamlicocountyrescu-squad@gmail.com.

The Croaker Festival is This Weekend!

by: Hiram Lupton



It’s almost time. Time for the biggest little small town summer festival in North Carolina, and perhaps the world. Time for Oriental’s Croaker Festival. Everything kicks off this Friday and continues on Saturday. Pick up a program or check the website, CroakerFestival.com, for times and locations of events. Celebrate our country’s independence, our freedoms, and the Croaker fish.

Don’t Get Burned by a Summer Scam

by: Hiram Lupton

Scams, or whatever you’d like to call them, have pretty much been around as long as there has been someone willing to try to take something of value from someone else by deception. You could say that the devil perpetrated a scam on Eve when he convinced her to take a bite of the apple in the garden of Eden. Many old western movies depicted a “snake-oil” salesman, a well-dressed gentleman hawking bottles of colored sugar water guaranteed to cure nearly any ailment and as a bonus, remove stubborn stains from clothing. In more recent times, we have had Prince Akamumbae. The benevolent Prince, a member of the displaced Nigerian royal family, sent many emails offering to share his billions with you. All he required was to know a few facts about you including your bank account number where he would deposit a portion of his riches. This type of scam still exists today, and is still stealing from unsuspecting victims. They have however become much more sophisticated and can come through emails, text messages, snail mail, or direct phone calls. Many rely on personal information hackers have already obtained about you, or that you have unwittingly given to them yourself. Simple questions that are asked on social media sites which will claim to tell you what kind of dog you would be if you were one, or what the perfect mate would be for you, seem innocent enough, but can contain inquisitions which reveal much about you, perhaps even passwords to your accounts. Anyone can be targeted, but unfortunately older adults are increasingly the victims of these scams. According to the National Council on Aging, in 2022, there were

Continued on Page A4

WEEKEND WEATHER

Saturday, July 6th **91° Hi** Clear throughout the day

Sunday, July 7th **90° Hi** Mostly cloudy throughout the day

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Pamlico Community College

Twenty area middle-schoolers enjoy PCC's STEM-themed day camp

By Sandy Wall



Pamlico Community College Instructors Derek Godwin, standing on left, and Zac Schnell, standing on right, served as leaders of last week's Environmental Camp 2024 for middle school students. Twenty rising sixth-, seventh- and eighth-graders signed up for the event, which included STEM-themed activities, field trips and fun! Contributed photo

Twenty area middle school students enjoyed hands-on learning opportunities, field trips and fun last week at Pamlico Community College's Environmental Camp 2024.

The group of rising sixth-, seventh- and eighth-graders visited Cape Lookout, the Queen Anne's Revenge lab at East Carolina University the picturesque Latham-Whitehurst Nature Park near Bridgeton and the Cool Springs Environmental Education Area near Ernul.

On campus, the students learned about animals' skeletons, droppings and tracks, and participated in other activities designed to get them excited about Science, Technology, Engineering and Math (STEM).

"We were very busy," said Derek Godwin, the college's director of Career & College Promise and a key organizer of the event. "We had a great group of students, and they got to see a lot of interesting things."

A generous \$5,000 grant from the STEM East Network made it possible for the college to offer the day camp.

Along with Godwin, PCC Environmental Science Technology Instructor Zac Schnell oversaw most of last week's activities. They were joined at the camp by Interim President Michelle Willis-Krauss, Director of Institutional Effectiveness Brandy Leder, college staffers Starr Murphy and Tanya Banks, and others.

Before the COVID-19 pandemic, the college had offered similar day camps for middle schoolers, including in 2018 and 2019. Pamlico has been able to restart the effort in large part because it has joined other area community colleges in the STEM East Network, which is a Greenville-based consortium of schools, colleges, employers, state and local governments and others designed to enhance STEM learning opportunities that align with jobs available in Eastern North Carolina.

By participating in the STEM East Network, which is an initiative of the NC East Alliance, a regional economic development organization, Pamlico is part of a regionwide effort to expand learning opportunities for students and to grow the area's skilled workforce.



Campers check out the artifacts being preserved at the Queen Anne's Revenge lab at East Carolina University. The Queen Anne's Revenge served as the flagship for the notorious pirate Blackbeard. Contributed photo



PCC campers gather water samples at Latham-Whitehurst Nature Park in Craven County. Contributed photo



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



Agent of the Week

Allen Propst
Owner/Broker/GRI

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

If you are looking for a realtor that will go out of his way to find your dream home, Allen Propst is your man. He was also a wonderful tour guide. Allen could not have made this any easier for us. He took care of everything. We closed in 45 days! He even offered us his truck so we could pick up furniture. Allen and the entire staff at Mariner Realty are the BEST!

Bill & Kim-Arapahoe



ORIENTAL – Lakefront 1.04 acre site with Neuse River view only 1 mile from downtown Oriental. Elevated to 12 feet above sea level; flood insurance not required. Septic system drain field installed; lifetime septic permit. Community clubhouse with salt-water pool & fitness center.

OFFERED AT \$59,500



MINNESOTT BEACH – First floor 2BR/2BA Sea Gull Villas waterfront condo with perfect Neuse River views, private beach, gazebo & swimming pool.

OFFERED AT \$ 225,000



MINNESOTT BEACH – Frontage on Minnesott Beach Golf & Country Club golf course, 3BR/2.5BA with 2 brick wood-burning fireplaces, office, and 2-car garage. Screened porch leads out to private brick patio and entire backyard is fenced. No HOA, not in a flood zone.

OFFERED AT \$395,000



ORIENTAL – Recently renovated 3BR/2BA in the Heart of the Village. Not located in a flood zone. Huge sunroom, deck, chef's kitchen, attached 2-car garage-workshop and 360 sf heated-cooled FROG. Detached 2-car garage-workshop ideal for multiple cars, boats and golf carts. Architectural shingle roof installed 2019. No HOA or HOA dues.

OFFERED AT \$ 399,500



MINNESOTT BEACH – 3BR/3.5BA w/ 2 master BRs, formal dining room, & gas-log fireplaces in family room, living room & upstairs master bedroom. Bonus room, front covered porch, side wooden deck, back concrete patio, beautifully landscaped yard. Full concrete driveway with Royal Coating finish. Spacious attached 2-car garage/workshop, detached RV barn, & detached workshop. Not in flood zone, no HOA.

OFFERED AT \$ 495,000



ORIENTAL – Whittaker Creek fully-bulkheaded waterfront 3BR/2BA with dock on protected deep-water. Spacious raised deck & covered screened porch, sun room overlooks creek, formal dining room with brick gas-log fireplace.

OFFERED AT \$ 499,500

REGISTRATION IS NOW OPEN!!!

"Collaboration in Action"

**FREE Quarterly Workshop
FOR NONPROFITS SERVING PAMLICO
COUNTY**



Presenter **Sam Wright**
Armstrong
McGuire

**Wednesday, July 17th
9am-Noon
Delamar Center, Pamlico
Community College**

Attendees will work together with nonprofits that have overlapping services and clientele to:

- Maximize impact for clients
- Brainstorm cooperative ventures, i.e. fundraisers
- Share best practices
- Combine messaging and outreach
- Leverage resources

Register for FREE at PamlicoSBC.com



See all Listings & Visual Tours at
www.orientalncwaterfront.com
1-800-347-8246 • 252-249-1014
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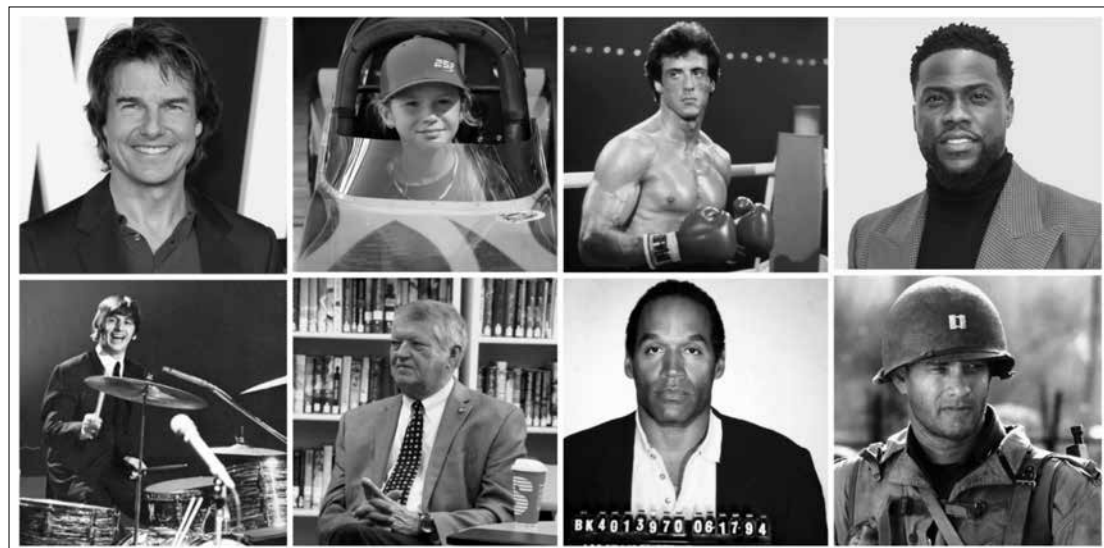
THIS WEEK IN HISTORY

by: Hiram Lupton

- July 3rd – 1775, General George Washington takes command of the Continental Army.
- July 4th – Happy Disgruntled Colonists Day.
- July 5th – Today is National Bikini Day. Today I'm looking for a tiny 2-piece.
- July 6th – Today is National Fried Chicken Day. Today I'm looking for a large 4-piece.
- July 7th – Today is National Chocolate Day
- July 8th – 2011, The last launch of the Space Shuttle when Atlantis lifted off at 11:29 AM.
- July 9th – Today is Cow Appreciation Day. I appreciate mine marinated and on a grill.

Birthdays This Week

- July 3rd – 1962, Actor Thomas Mapother IV (Tom Cruise)
- July 3rd – 20??, Race car driver Autumn Jones
- July 6th – 1946, Actor Sylvester Stallone
- July 6th – 1979, Actor Kevin Hart
- July 7th – 1940, Richard Starkey (Ringo Starr)
- July 7th – 1951, N. C. State Senator Norman Sanderson
- July 9th – 1947, Orenthal James Simpson (O. J. Simpson)
- July 9th – 1956, Actor Tom Hanks



COMMUNITY

OBITUARIES

Judith Lee Baker-Privette of Oriental, NC passed away from complications associated with Alzheimer's and dementia on Sunday, June 23, 2024, surrounded by loving family. Born on December 9, 1942 to the late Charles and Virga Lee Kabbes in Dayton, Ohio, her life with her late first husband (Richard "Dick" Baker) took her to Cincinnati, OH, Pittsburgh, PA and ultimately retiring in Oriental, NC. Following the passing of Dick, she later married Henry Alton "Al" Privette, her surviving husband of 15 years. Judy found joy in her family, a love for animals of all sorts, her faith, traveling, and all opportunities to enjoy the beach with her family. She loved gardening, the art of basket weaving, painting, crabbing from her dock and fishing from her boat. In addition to her husband Al, she is survived by her brother Robert (Diane) Kabbes; sister-in-law Mary Ann (Buddy) Cohen; her

sons M. Bradley (Sandra) Baker; William (Amy) Baker; daughter Sarah (Todd) Still; grandsons, Austin (Olivia) Baker, Tyler Baker, Eric Baker; granddaughters Madison Baker, Emma (Jacob) Nine, Amanda Baker; a niece and several nephews. Judy was predeceased by her first husband of 43 years, Richard "Dick" Baker. Her family and friends will forever remember her loving nature, friendly smile, and warm and welcoming personality. An intimate family service will be held in Cincinnati, Ohio. Memorials in lieu of flowers may be made in Judy's name to the Alzheimer's Association at www.ALZ.org.

Cotten Funeral Home is honored to serve the family and friends of Judith Lee Baker-Privette.



Carole Ann Jamerson (Chandler) passed away peacefully, at home, on April 7, 2024, at the age of 79 in Oriental, NC. Her loving family was by her side. She was born on December 16, 1944 in Washington, DC. She was beloved for her kindness, gentle spirit and willingness to help. Carole's formative years were spent at Congress Heights primary school and Ballou High School, followed by attending George Washington University. After her marriage she began a 30 year career with the federal government. First as a secretary at the Department of the Interior, then at the Atomic Energy Commission and finally at the Nuclear Regulatory Commission as a licensing assistant. Notably she was a member of the NRC team dispatched to the Three Mile Island Accident in 1979. During her career

Carole received several Meritorious Service Awards for outstanding performance. Carole was an avid bird watcher, master gardener and enjoyed reading science fiction novels. She also loved to travel, doing so often, here and abroad. Carole and James were married nearly 60 years, their enduring love was a testament to their deep connection and mutual respect. She is survived by her husband, James; her daughter, Susan MacRae (David) of St. Petersburg Beach, FL; her brother, Leland (Suzanne) of Holyoke, MA; and granddaughters, Callan MacRae of St. Petersburg Beach, FL; and Hannah MacRae of Tampa, FL. Carole was preceded in death by her parents, William Guy Chandler, Jr., and Mary E. Chandler and sister Helen Lafontaine. In lieu of flowers please consider a gift to Hospice of Pamlico County. Carole's life of service, passion for her hobbies and love for her family will be dearly remembered and cherished by all who knew her.



Ol' Front Porch Music Festival organizers schedule fundraiser at New Village Brewery

ORIENTAL, NC – July 1, 2024 – This fall's Ol' Front Porch Music Festival, October 4-5, will offer an extraordinary mix of national, state, and local artists performing on Oriental's front porches, at local businesses, and on the Riverfront Stage across from Lou Mac Park.

The Festival is free to all because of generous grants, sponsorships and donations. The public is invited to enjoy a "taste" of the Festival with a fundraiser on Saturday, August 10 at the New Village Brewery at 702 Broad Street in Oriental NC from 5 to 8 p.m.

Harbor Sounds will take the stage at 5:30 p.m. This local favorite group formed in 1998 and plays a mix of bluegrass/gospel; they support charities through music. Then at around 6:30, the Festival welcomes singer/songwriter Laurelyn Dosssett, who lives and writes in the Piedmont of North Carolina. Her songs reflect the stories of the region, both traditional and contemporary. You may have seen her on public TV's My Music with Rhiannon Giddens. We are honored to have Laurelyn return to Oriental.

New 2024 Festival T-shirts and hats will be available for sale at this event, and a 50/50 raffle to benefit the Festival will be conducted. BokaNina's Pacific Asian Fusion Food Truck will be at the Brewery from 3 to 8 p.m.

Ol' Front Porch Music Festival, Inc., is a 501(c)(3) nonprofit organization. Its mission is to organize musical events and educational programs which provide performance venues for our region's diverse range of musicians, while also fostering economic vitality in Pamlico County, and bringing people of different racial and cultural backgrounds, young and old, together to perform, affording both the audience and the performers the opportunity to learn about and appreciate their shared musical heritage.

The Festival receives financial and in-kind support from many businesses, organizations and individual donors. It is because of their generosity that the Festival can be offered free to the public. Contributions are tax deductible to the extent allowed by law.

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Don't Get Burned by a Summer Scam

over 88,000 complaints of fraud resulting in \$3.1 billion in losses from people age 60+. Why target senior citizens? Scammers believe they have plenty of money in the bank, often aren't tech savvy, and are usually too polite to just cut off a conversation no matter how suspicious. One scam, which recently targeted an older resident of Pamlico County, is placed by phone. A frantic voice on the other end of the line, usually identifying themselves as "your grandson or granddaughter" states they have been arrested or have been in an accident and need money quickly. Sometimes another voice, pretending to be the police, a lawyer, or auto repairman, will come on the line explaining how to get the money to where it needs to be. In the case of the Pamlico County resident, a Lyft driver was sent to pick up cash. The driver, who was an unwitting accomplice to the crime, began to get suspicious. When they suggested that the gentleman contact his grandson directly it was discovered he was not in jail at all. So, how do you protect yourself from being scammed. One way to detect a scam is direct contact. If you receive a suspicious email, text, or phone call, contact the other party directly, and don't use the phone number or contact info originally supplied in the suspicious contact. According to investigator Scott Houston of the Pamlico County Sheriff's office, recognition

is a key. "Unless you physically know them and see them, do not send them money." If your bank sends you an email billing you for a suspicious fee and instructing you to authorize payment, call your bank directly and find out what's going on, and make sure it gets reported to their fraud department and law enforcement authorities. Also, pay attention to suspicious emails and how they are written. Scammers often misspell words or make grammatical errors that wouldn't be in official communications. There are three very basic tips to guard against getting scammed. Guard your personnel information, monitor your accounts, and trust no one. If you think you have been a victim of a scam there is action you can take. Contact your local law enforcement or the North Carolina Attorney General's Consumer Protection Division at 1-877-5-NO-SCAM. If suspicious activity shows up on your bank or credit card statements, contact those institutions immediately. They can close the account to limit further damage and issue you a new card and account number. Often, victims feel embarrassed at being taken advantage of and don't report the scam to proper authorities. Please, if you have been victimized, speak up. You may help authorities catch the criminal, prevent someone else from being a victim, and perhaps even get your property back.

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/>

Horoscopes

ARIES – Mar 21/Apr 20
After some time, a difficult situation is beginning to settle down, Aries. Enjoy this well-earned peace and consider how a new perspective can help going forward.

TAURUS – Apr 21/May 21
Taurus, a new plan can be just what you need to make notable progress. Finding a mentor or someone who has forged a path already can be a useful step.

GEMINI – May 22/Jun 21
Gemini, you have a lot going on in your life right now to keep you busy. With so much going on, try not to worry about what is going on with others. Stay in your lane.

CANCER – Jun 22/Jul 22
It is a fine week to really think about your future, Cancer. If you have goals to start a business, start hashing out plans and give thought to seeking a partner.

LEO – Jul 23/Aug 23
Leo, this week you start out with a lot of energy, but likely will burn through it early on. If you want to reach your goal, you are going to have to learn how to pace yourself.

VIRGO – Aug 24/Sept 22
A lot of emotions are running through your mind, Virgo. They may be very confusing. It is alright to feel out of sorts. Perhaps talking to someone can offer you perspective.

LIBRA – Sept 23/Oct 23
Libra, you may be feeling introspective and philosophical, so much so that people may catch you staring into space and lost in thought. Now is not the time to make heavy decisions.

SCORPIO – Oct 24/Nov 22
Scorpio, this might not be the week for parties or large social events. You are experiencing some introverted feelings right now and are best in situations that have only a few people.

SAGITTARIUS – Nov 23/Dec 21
Life isn't always fair, Sagittarius. Recognize that sometimes things won't go your way. Your resolve could be tested this week so be aware.

CAPRICORN – Dec 22/Jan 20
Capricorn, it may be tempting to let someone else take over when the going gets tough. That likely will not be best for you, so continue to make decisions and let things play out.

AQUARIUS – Jan 21/Feb 18
Aquarius, you are due for a big break after going through a lot of emotional ups and downs. Your positive attitude has paved the way for some brighter skies ahead.

PISCES – Feb 19/Mar 20
No one else is going to do a tough job for you, Pisces. You have to dig in your heels and make a plan. You are ready for this kind of assignment and the pressure that comes with it.

CANCER Traits & Overview

Emotional, intuitive, and practically psychic; ruled by the moon and characterized by the crab, Cancer has so much going on in its watery depths. Cancer signs may seem prickly and standoffish at first meeting, once they make the decision to become friends with someone, that person has a friend for life.

Most Cancer signs have been called psychic at some point, and with good reason—Cancer can often intuit relationships, ideas, and motivations before anyone has actually spoken. That can make for challenging interactions with this sign—Cancer hates small talk, especially when it contains white lies (like saying, "How nice to see you!" when it's clear that both parties would rather avoid each other). That's why social gatherings can be overwhelming for Cancers. They'd much rather spend time in small groups where everyone is on the same page.

FOR ENTERTAINMENT PURPOSES ONLY

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FINANCIAL FOCUS

Financial tips for widows and widowers



Dan M. Roberts

Losing a spouse is one of the most painful experiences anyone can have. Unfortunately, widows and widowers have to deal with more than just the emotional trauma — they also must consider a range of financial issues. If you've recently been widowed, what financial moves should you consider?

For starters, don't rush into any major decisions. If you're still in the grieving process, you are unlikely to be in the best shape to make significant choices affecting your finances and your life.

But once you feel ready to look at your situation objectively and make appropriate choices, consider the following steps:

- **Review your finances.** Look at your entire financial picture — your assets, investments, debts and income. If you and your spouse had communicated well about your finances, and you shared decisions, you hopefully won't encounter any big surprises. But if your spouse was the partner who mostly handled financial matters, you may need to get up to speed quickly on what you have and what you owe. And if your spouse had provided a large amount of your household income, you will also need to determine what changes you may need to make to your lifestyle.

- **Address insurance issues.** If you will receive a death benefit from your spouse's insurance policy, what will you do with the money? It may prove helpful in funding your own retirement or meeting other financial goals. But you'll also want to be clear about what other beneficiaries, such as your children, might receive. And while you're looking at insurance, you also might want to look at your own policies — do you need to change beneficiaries?

- **Review your Social Security options.** If you are at least 60 and you were married at least nine months, you may be entitled to Social Security survivor benefits. (If you remarry before age 60, you typically cannot receive survivor benefits, but you can reinstate them if this subsequent marriage ends.) The amount of your survivor's benefits depends on your age and the age of your deceased spouse. You can't claim your deceased spouse's benefits along with your own retirement benefits, so if you qualify for survivor and retirement benefits, you'll receive the larger amount. Depending on your situation, you might come out ahead by delaying your retirement benefits, giving them the chance to grow, while you accept survivor benefits. For more details on receiving Social Security benefits, visit the Social Security Administration's website at www.ssa.gov.

- **Review your estate plans.** The death of

a spouse can certainly affect your family's estate plans. So, it's a good idea to review these plans to see what changes, if any, need to be made. When conducting this review, you'll benefit from working with an estate-planning professional.

Finally, keep in mind that you don't have to go it alone during this difficult time. If you're already working with a financial professional, they can help. If you aren't currently working with one, now might be the time to start. By looking at your finances and your family situation holistically, a financial professional can provide guidance that can help ease the stress you are naturally feeling.

Few events are as sad as losing a spouse. But when you feel ready, start taking the steps necessary to continue forward on your life's journey.

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

Edward Jones

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Happy Independence Day!

Bring on the fireworks and freedom!



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MKT-9811E-A AECSPAD 2250182



PAMLICO EVENTS
COMMUNITY CALENDAR

FREE Community Calendar for Pamlico County events
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Custom Clothes 4-H Fun



Kait Neeland
4-H Agent

If I say life skills you might think: balancing a budget; cooking a meal, conflict management. Those are all important life skills, and 4-H Offers all of those! But another important life skill is sewing! Sewing is both a practical life skill, allowing youth the knowledge to customize, repair and fit their own clothes, and also serves as a creative outlet. Creativity is a key in helping youth express themselves, and reduce stress.

This last week we had a Custom Clothes sewing camp. Youth spent three days designing, and constructing their own garment visions. To start with we learn about the shapes that make up a sewing pattern. Then we talk about fabric selection! Fabric selection is hugely important in garment construction. Then we start laying out fabric and outlining our patterns. This is done with tailors chalk.

Once our 4-Hers had their patterns marked and cut out it's time to start construction. Sewing starts with pinning. Especially with hard to sew material like velvet.

Once we've got the foundation seems sewn, we move on to fit. The great thing about designing and sewing your own clothes is fitting them. A few well placed darts and things fit perfectly.

Some really important skills that sewing teaches in addition to creativity and the practical skills of sewing is patience and trouble shooting. Sewing, especially custom patterns, has a lot of space where things can go slightly awry. Sometimes a seam will have to be taken out, or a zipper moved.

We had so much fun making all of these custom clothes, and are really looking forward to picking our sewing programs back up in the fall! But we have lots of 4-H Fun happening in the meantime! Some of our upcoming Summer Fun 4-H Programs include: Book Explorers, and 4-H Sleep Away Camp. With Book Explorers we will take a fantastic journey around the world, one book and one country at a time. You can join us as we read our way around the globe, learning about the culture, arts, foods and landscape of countries around the world. Each week we will debut a new book and country to explore; learning about the peoples and places in our world. We have learned about the geography of each of these countries: their capital cities, their coolest landmarks, and their most interesting native animals.

4-H Sleep away camp is a wonderful opportunity to develop life skills. They will spend a week kayaking, swimming, hiking, navigating ropes courses, and making crafts. While they are enjoying aloof those activities they will be developing problem solving skills, growing in communication, and interpersonal skills. Further participating in 4-H sleep away camp has shown to have a positive impact on youth feelings of connection and belonging that many campers feel. We will be heading off to camp July 28th and returning August 2nd. Camp is open to youth ages eight to twelve as of January 1st 2024.

Registration for our 4-H Summer Fun Programs are now open. You can find registration and in for on our website. You will also need to register in 4-H online to complete your registration for any program. You can access the link on our website. If you have

any questions about accessing 4-H Online or the enrollment process please give us a call and we will be happy to walk you through it. You can also sign up for our Pamlico 4-H Email list. To learn more about all 4-H programs in Pamlico County contact Kait Neeland at (252) 745-4121, or kait_neeland@ncsu.edu, or check us out online at pamlico.ces.ncsu.edu. Don't FORGET to REGISTER, spaces will fill up!!



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NOTICE OF DATE CHANGE FOR REGULARLY SCHEDULED MEETING OF THE BAY RIVER METROPOLITAN SEWER DISTRICT BOARD OF DIRECTORS

PLEASE TAKE NOTICE that the Board of Directors meeting previously scheduled for Thursday, July 4, 2024, has been rescheduled and will be held on Thursday, July 18, 2024, at 7:00 p.m. at the office of the Bay River Metropolitan Sewer District located at 101 N. Fourth Street, Bayboro NC.



Pamlico Arts Council's happy Board. Not pictured: President Angie Propst.

Area Artists Wearing Broad Grins Over Soon To Open Broad Street Gallery

A new co-op gallery will be opening soon at 800 Broad Street in Oriental!

Area artists formed a loose alliance after the closing of Village Gallery in December 2023. The group searched for a new home for quite some time, without any luck, until 800 Broad Street was brought to their attention.

The building, which housed a Ford dealership in the 30s, gives off an East Village, NYC artist's loft vibe and set the imaginations of the group on fire. But how to afford it? That's where the Pamlico Arts Council (PAC) stepped in. They took the group, now calling themselves the Broad Strokes Gallery (BSG), under their umbrella so that they could have 501c(3) status to raise money that would be tax deductible for donors and grants could be applied for as well.

The BSG group is grateful for those supporters who have already made donations to help them make this happen. PAC and BSG will be working together to organize some unique and very fun fundraisers as well, so keep an eye out for those. If you've ever been to a Dragon Burn, you know PAC creates the most unique fund-raising experiences!

The Arts Council and the Broad Strokes Gallery artists are so grateful to our town Commissioners and to the Planning Board for their support in moving us forward and for their final approval for what we all believe will be a jewel in the crown that is Oriental! Enthusiastic President of PAC, Angie Propst said "We are so excited, not only for the artists involved, but for the townspeople as well. We are fortunate to enjoy a lively musical and performing arts scene in our county and PAC believes it is time



Just a few of the artists anticipating the new art gallery.

to bring back a quality visual arts exhibition space. Engaging with the arts encourages us to go beyond the surface and think critically and creatively about the world around us. In turn, this leads to creative approaches, solutions and innovations that we can all benefit from. If you don't have arts if you don't have innovation. We will continue to bring arts to our county in unexpected and fun ways. Look for future art class-

es, workshops and writing seminars. Think of a county arts center. Isn't it fun to imagine?"

Although it will be some time before BSG is fully operational, please stop by and visit during Croakerfest. There will be several artists exhibiting their work for sale. There will also be an area where you can paint and decorate your very own artwork with all kinds of provided beads, trims and other materials for a minimal fee. Artist Irene Goley has sketched out fun sea creatures on wood panels to get you started. That will take place between the hours of 1 and 3 p.m. There are a limited number of these panels available, so don't delay!



Come to the new gallery space to paint and decorate wood panels like these during Croakerfest.

For artists interested in joining BSG, application forms will be available inside at Croakerfest.

Oriental Woman's Club July "Yard of the Month"



Despite recent drought and heat conditions, Betsy & Dan Albert's flower and vegetable gardens at 494 China Grove Road, Arapahoe, NC have remained lush and colorful. Their yard has been nominated as the Oriental Woman's Club July "Yard of the Month."

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Schedule of Events

Friday July 5th

- 7:00 am: South Ave. becomes one way
- 8:00 am: Vendor set up starts
- 9:00 am: Vendors open their booths as soon as they are set up
- 12:00 noon: South Street Closes at the Festival grounds
- 2:00 pm: Croaker Festival Information Booth opens
- 3:00 – 4:30 pm: Baking Contest drop-off behind Croaker Booth
- 4:00 pm: 44th Annual Croaker Festival Opening Ceremonies – Lou-Mac Park
- 4:00 pm: The Pamlico Chorale & The Pamlico Community Band
- 4:45 pm: Judging for the Baking Contest begins
- 5:30 pm: Mini & Miss Minnow Pageants followed by Croaker Queen Pageant
- 7:00 pm: Baking Contest winners announced
- 7:30 pm: Street Dance: Southern Hellcats

Saturday July 6th

- 8:15 am: South Street Closes at the Festival grounds
- 8:30 am: Vendor Booths open
- 8:30 am: Check-in for Bow to Stern Croakerfest Regatta
- 9:00 am: Captains Meeting for Bow to Stern Croakerfest Regatta
- 9:00 am: Parade Line-up at Ragan Road
- 10:00 am: The Parade! Theme – “Let Freedom Ring!”
- 11:00 am: First Gun for Bow to Stern Croakerfest Regatta
- 11:45 am: Kid’s Park Opens on Mildred Street
- 12:00 noon: Parade Winners announced – Main Stage
- 12:00 pm: Music by Patrick Bliss – Main Stage
- 1:00 pm: Music by Hoff & Finch – Main Stage
- 3:00 pm: Coloring Contest Pages Due at Croaker Booth
- 3:00 pm: Music by Mad Fiddler – Main Stage
- 5:00 pm: Bridge closes for Fireworks
- 5:00 pm: Music by The Stagger Brothers – Main Stage
- 6:00 pm: Vendor Booths Close – Kid’s Park Close
- 6:30 pm: Announcement of Coloring Contest Winners
- 7:00–9:00 pm: Street Dance – Featured Artist: Heart Stop
- 9:15 pm (Approx.): Fireworks over the Harbor!!
- 10:00 pm: Streets Open

Sunday July 7th

- 8:00 am: Deadline for removal of all Vendor Booths and trash
- 9:30 am: Community Church Service at Lou-Mac Park

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COASTAL LIVING

4 Boating Tips for July Fourth: Likely the Longest Anchoring Day of the Year



BoatUS Foundation: Are you ready?

ANNAPOLIS, Md., June 24, 2024 – According to the nationwide TowBoatUS on-water towing fleet, the busiest time of the year for America's recreational boat owners is, hands down, the Fourth of July holiday period, which typically includes some days before and after the official holiday. It also may be the longest time many boaters will spend the day on the water at anchor, enjoying fireworks shows, fishing holes and raft-ups. Are they ready?

The BoatUS Foundation for Boating Safety and Clean Water has four tips to help boaters spend America's birthday safely at anchor.

1. Be anchor smart. Before heading out, is your anchoring gear is up to snuff? Bitter end secured? You may not have used it yet this boating season, so be sure all is good to go for whatever anchoring arrangement – a picnic hook, extra fenders for a raft-up, or shoreside tie-up requiring a second line. When arriving to your celebration spot and setting anchor, ensure you let out enough scope for the depth and predicted weather conditions. Show some courtesy if things get crowded. On the other hand, don't be that guy who runs into an anchorage throwing a wake or who is completely oblivious to those around him.

2. Avoid CO poisoning. Generators give boaters the creature comforts they want. However, don't run the generator if you've got swimmers in the water at the back of the boat – a common place for guests to congregate on floats and pool toys. This is where exhaust ports often located, spewing dangerous, odorless carbon monoxide.

3. Don't stress it. It's a long day on the water. Be careful with stressors including noise, vibration, sun, wind, waves and other motion. U.S. Coast Guard research shows that four hours of exposure to these can produce a kind of fatigue, or "boater's hypnosis," which slows reaction time almost as much as if you were legally drunk. Adding alcohol makes it worse.

For your boat, don't stress your battery playing music all day. TowBoatUS reports calls to its 24-hour dispatch for battery jump services surge – as if on cue – just after the firework shows end when boaters want to head home.

Get home safely. Before departing an anchorage, wait to turn on the engine until everyone is back aboard and ladder is up. If you're leaving a fireworks show, proceed with utmost caution. It's always better to wait a few minutes for everyone to clear out and give a chance for wakes to subside before departing. Be patient and, again, give as much courtesy as you can. Everyone aboard should be acting as a lookout. Never take a shortcut home after dark.



Docking, anchoring, or rafting within 20 feet of boats running generators or engines increases the chances of carbon monoxide poisoning and possibly even death. (CREDIT: Stacey Nedrow-Wigmore/BoatUS)



Boaters will need to have patience during the Fourth of July holiday period, especially at launch ramps after fireworks shows end, says Boat Owners Association of the United States (BoatUS) (CREDIT: Stacey Nedrow-Wigmore/BoatUS)

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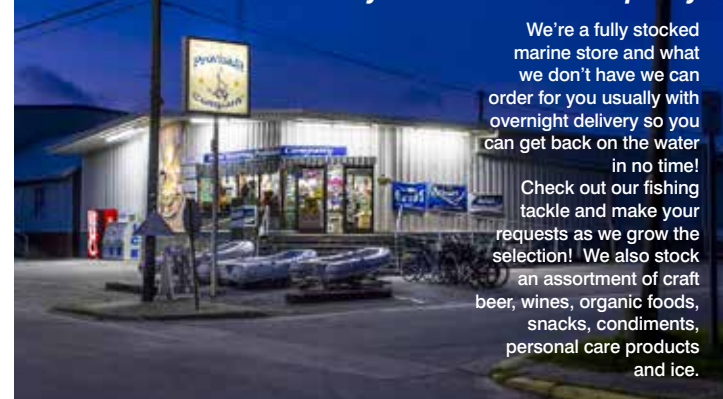


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Grilling is serious business in the hearts and minds of millions of people, which is perhaps the reason why individuals tend to be so devoted to their preferred method of cooking foods over an open flame. That devotion extends to the type of grill cooks use, which typically comes down to a choice between gas grills that utilize propane and charcoal grills that burn charcoal. Though the debate over which type of grill is better will likely never end, charcoal devotees insist that science is on their side. Grilling with charcoal leads to the release of an aroma compound known as guaiacol. Guaiacol is produced during the breakdown of lignin, a resin that BarbecueBros.com notes holds strands of cellulose together to form wood. As lignin breaks down, guaiacol is released, providing foods cooked over charcoal with a uniquely smoky, bacon-like flavor. That unique flavor is absent from foods cooked on a gas grill, which charcoal grill enthusiasts point to as proof that their preferred method to grill meat is superior to other means.



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NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF NANCY MICOU NORRIS
File No.: 24 E 118

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LAURA N. NUECHTERLEIN, EXECUTOR on or before SEPTEMBER 17, 2024, 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 19TH DAY OF JUNE 2024

ESTATE OF NANCY MICOU NORRIS
C/O LAURAN. NUECHTERLEIN
110 SKIPPERS CIRCLE
ORIENTAL, NC 28571

Publish JUNE 19,26, JULY 3 AND 10TH, 2024.

NOTICE OF SERVICE OF PROCESS BY PUBLICATION STATE OF NORTH CAROLINA PAMLICO COUNTY DISTRICT COURT FILE 24CVD91, ASHLEY TROYER V. SAMANTHA EDMONDS AND UNKNOWN FATHER TAKE NOTICE that a pleading seeking relief against you has been filed in the above entitled action. The nature of relief being sought is: Temporary and Permanent custody of your minor daughter Theodora K. Dior DOB 5/29/24. You are required to make defense in this pleading no later than forty (40) days from the date of this first publication and upon failure to do so, the plaintiff will apply to the court for the relief sought. You are advised to IMMEDIATELY contact the clerk of court Pamlico County, North Carolina at (252) 745-6600 202 Main St, Bayboro NC 28515 to obtain further information about this case, including a copy of the pleading filed herein, the date(s) of the scheduled hearing.

First published June 19, 2024

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF WILLIAM BRUCE BROUGHTON
File No.: 24 E 121

All persons, firms and corporations having claims against deceased, are notified to exhibit them to WESLEY BRUCE BROUGHTON, ADMINISTRATOR CTA on or before SEPTEMBER 24, 2024, 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 JUNE 2024

ESTATE OF WILLIAM BRUCE BROUGHTON
C/O WESLEY BRUCE BROUGHTON
59 CHAIR RD
NEW BERN, NC 28560

Publish JUNE 26, JULY 3,10 AND 17TH, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF BILLY RAY MANNING
File No.: 24 E 123

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BROOK M.

GELIGOFF, ADMINISTRATOR on or before OCTOBER 1, 2024, 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 JULY 2024

ESTATE OF BILLY RAY MANNING
C/O BROOK M. GELIGOFF
16 BLAKE RD
RAYMOND, NH 03077

Publish JULY 3,10,17 AND 24TH, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF DEBORAH LYNN FUREY
File No.: 24 E 128

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SEAN W. FUREY, ADMINISTRATOR on or before SEPTEMBER 24, 2024, 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 JULY 2024

ESTATE OF DEBORAH LYNN FUREY
C/O SEAN W. FUREY
P O BOX 474
ORIENTAL, NC 28571

Publish JULY 3,10,17 AND 24TH, 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF KENNETH LAMBERT MIDYETTE
File No.: 24 E 127

All persons, firms and corporations having claims against deceased, are notified to exhibit them to DIANA M. MIDYETTE, ADMINISTRATOR on or before SEPTEMBER 24, 2024, 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 JULY 2024

ESTATE OF KENNETH LAMBERT MIDYETTE
C/O DIANA M. MIDYETTE
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Publish JULY 3,10,17 AND 24TH, 2024.

IN THE GENERAL COURT OF JUSTICE SUPERIOR COURT DIVISION BEFORE THE CLERK
24 SP 11

NOTICE OF LIEN HOLDER'S SALE OF REAL PROPERTY

In the Matter of Foreclosure of a certain Claim of Lien claimed against Eric M Strumpf and Jeanette Strumpf dated 9/20/2023, and Recorded in the Office of the Clerk of Superior Court of Pamlico County, North Carolina as 23M29,

Hope Derby Carmichael, Trustee,

Under and by virtue of the power and authority contained in that certain Declaration of Covenants, Conditions and Restrictions for Arlington Place Property Owners Association, Inc. recorded in

the Office of Register Deeds of Pamlico County, North Carolina at Book 481, Page 375, and as supplemented and amended, and because of default in the failure of Eric M Strumpf and Jeanette Strumpf to carry out or perform the stipulations and agreements therein contained, with particular reference to the covenant to pay assessments for the real property located at -A Vacant Lot-64 W Burton Farm Drive, Arapahoe, North Carolina 28510 and pursuant to the Order of Clerk of Superior Court of Pamlico County, North Carolina entered in the above-captioned foreclosure proceeding, the Trustee will expose for sale at public auction on July 12, 2024 at 12:00 p.m. at the usual place of sale at the Pamlico County Courthouse, that certain real property (including any improvements thereon) located at -A Vacant Lot-64 W Burton Farm Drive, Arapahoe, North Carolina 28510, Pamlico County, North Carolina, and more particularly described as Being Lot No. 145, Phase 1, of the subdivision known as Arlington Place as shown on that certain plat or map entitled "Arlington Place, Phase 1, Township 5, Minnesott Beach, Pamlico County, North Carolina", prepared by Herbert J. Nobles, Jr., Professional Land Surveyor, dated October 2, 2006 and duly recorded in Plat Cabinet A, Slide 153, Pages 17 through 20 and Slide 154, Pages 1 through 8, of the Public Registry of Pamlico County, North Carolina..

The sale shall be made subject to all prior liens, restrictions and easements of record, as well as unpaid taxes and assessments, if any. The record owner of the above-described real property as reflected on the records of the Pamlico County Register of Deeds not more than ten (10) days prior to the posting of this Notice is Eric M Strumpf and Jeanette Strumpf. Pursuant to N.C.G.S. §45-21.10(b), any successful bidder may be required to deposit with the Trustee for the Association, immediately upon conclusion of the sale, a cash deposit of five (5%) percent of the bid or \$750.00, whichever is greater. If the successful bidder fails to make the required deposit, the property will be immediately reoffered for sale. Any successful bidder shall be required to tender the full balance of the purchase price so bid in cash or by certified check at the time the Trustee tenders to him a deed for the property or attempts to tender such deed, and should said successful bidder fail to pay the full balance of the purchase price so bid at that time, he shall remain liable on his bid as provided by N.C.G.S. §45-21.30. This sale shall be held open ten (10) days for upset bids as required by law.

If you are a tenant residing in the property, be advised that an Order for Possession of the property may be issued in favor of the purchaser. Also, if your lease began or was renewed on or after October 1, 2007, be advised that you may terminate the rental agreement providing written notice of termination to the landlord, to be effective on a date stated in the notice that is at least 10 days, but no more than 90 days, after the sale date contained in this Notice of Lien Holder's Sale of Real Property, as may be amended, provided that the Respondent(s) herein has/have not cured the default at the time the tenant provides the notice of termination.

This the 5th day of June 2024.

JORDAN PRICE WALL GRAY JONES & CARLTON, PLLC

By: Hope Derby Carmichael, Trustee
Post Office Box 10669
Raleigh, North Carolina 27605
Telephone: (919) 828-2501

Notice of Federal Consistency Review for Bureau of Ocean Energy Management's (BOEM) Consistency Determination for the Proposed Rule to Amend the North Atlantic Right Whale Vessel Strike Reduction Rule

The North Carolina Department of Environmental Quality, Division of Coastal Management (DCM) hereby gives notice that public review and comment is invited on a proposed federal action.

The State's review of a Bureau of Ocean Energy Management's (BOEM) Consistency Determination (CD) will determine if the National Oceanic and Atmospheric Administration's (NOAA's) National Marine Fisheries Service (NMFS) Office of Protected Resources proposed amendments to the North Atlantic Right Whale Vessel Strike Reduction Rule ("speed rule") is consistent to the maximum extent practicable with the enforceable policies of North Carolina's Coastal Management Program. The proposed action includes:

1. modify the boundaries and timing seasonal speed restrictions of 10 knots or less (renamed as Seasonal Speed Zones or SSZs) to better align with areas characterized by elevated collision-related mortality risk;
2. create a Dynamic Speed Zone (DSZ) program to implement temporary speed restrictions when whales are known to be present outside active SSZs;
3. extend the size threshold of regulated vessels to include most vessels 35 ft (10.7 m) or greater in length; and
4. update the speed rule's safety deviation provision. See 87 FR 46921 (August 1, 2022).

The NMFS CD explains that their proposal is due to changes that are needed to stabilize the ongoing North Atlantic right whale population decline and prevent the species' extinction. The proposed changes were designed to address the risk of ongoing lethal strikes in U.S. waters, including strike events that have occurred within state coastal waters. The amendments were informed by a coastwide collision mortality risk assessment, and updated information on North Atlantic right whale distribution, vessel traffic patterns, and vessel strike mortality and serious injury events.

A more thorough description of the proposed federal actions may be examined online <https://www.deq.nc.gov/news/events/notice-federal-consistency-review-bureau-ocean-energy-managements-boem-consistency-determination-1>.

To assist in this evaluation, DCM is inviting the public to offer comments on the proposed federal action.

Please submit written comments by **July 31, 2024** to Daniel Govoni, Federal Consistency Coordinator, 400 Commerce Avenue, Morehead City, NC 28557, or by email to DCMcomments@deq.nc.gov. Please put "North Atlantic Right Whale Vessel Strike Reduction Rule" in the subject line. All comments will be considered in developing the state's consistency response. Notice of the decision regarding this matter will be provided upon request.

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- Ralph Waldo Emerson

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AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



Another hot week with a nice thunderstorm on Friday evening, but a bit too late for the farmers corn that had tasseled already. Two evenings last week I had two deer in my yard and the next day there were three. One was eating the leaves off my hosta plant. Love the deer but don't like seeing foxes in the daytime. Today at Bethel we had over 25 folks for the morning service and lunch afterward in the Fellowship Hall. It was great to see the congregation more than double today. Little 4 year old Abilene love my chili and everyone loved Matt's barbecue. He was disappointed that there were no "Reba" rolls there, so I rushed home and got him a pan out of the freezer. Hoping to get some rolls made for the Episcopal Church so Russ and I can furnish some sausage biscuits for them to sell for the Croaker Festival. Looking forward to the Pamlico Chorale practicing with the Pamlico Brass on Tuesday night in the

Catholic Church at 7 p.m and then performing with them at the Croaker Festival on Friday at 4:00p.m. The weather is not looking too good for the weekend with all those tropical storms that are heading our way. Don't think we will get a hurricane but we could get a lot of rain. Chatted with Louise Lee last night about a mutual friend. It is always good to make a new friend. On Saturday I had 6 counselors from Camp Seagull on my dock and invited them inside to have brownies and lemonade. They all spent the night with my grandson who is the only one that lives here in the county. I taught them the card game "Golf" they could play on rainy days. What nice young men they are!

THOUGHT FOR THE WEEK—REMEMBER WHY WE CELEBRATE THIS WEEKEND. FLY YOUR FLAG AND LOVE YOUR COUNTRY, THE GREATEST COUNTRY IN THE WORLD!!

Aurora Joy McCracken, *Correspondent*



We finally got some decent rain! It's an intense summer with the really warm temperatures and dryness uncharacteristically early this year. The farmers' fields have also been showing the stress. The pool has had a break in evaporation and glad to give the well a breather. The cats have opted out to stay indoors for the most part and I can't blame them.

I saw a pair of Great Crested Flycatchers (another Lifer for me) inspect the now empty Bluebird box the other day before moving on. I'm back up to three Hummingbirds. The birdbath is enjoying many drinks and bathing and even saw a Pine Warbler for an spell.

Took a trip to Paul's Produce to get a Bogue Sound Watermelon (the best in the World) and got a good deal on tomatoes. Bobo the cat was snoozing out in the back yard. Later, stopped by Chubby's for some excellent BBQ.

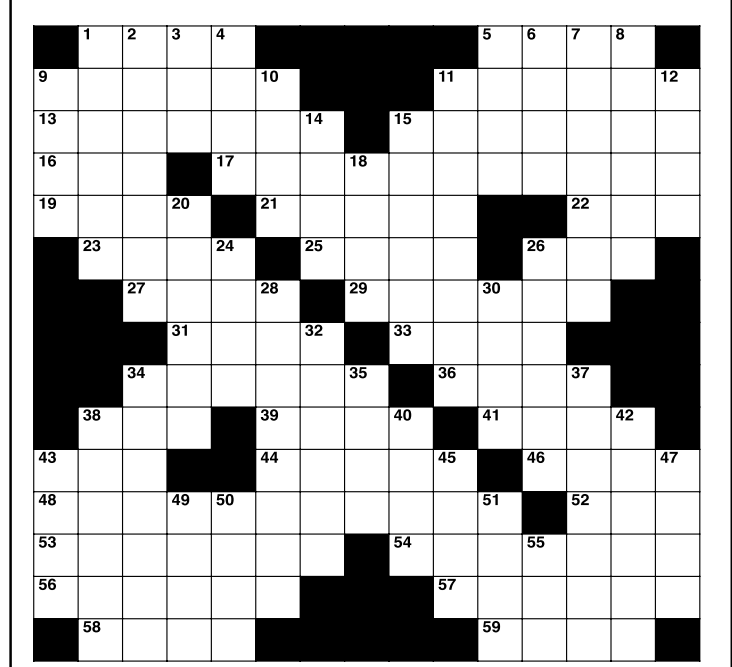
Methodically still preparing for Hurricane Season. Stocked up on canned goods, repurposing empty drink containers with water, some other odds and ends and still need to get batteries for the Grundig radio. The generator is ready to go being serviced and inspected.

A former student, Tanner Manley, is now with the BCSO as an officer and I can't be more proud. My, how they grow up!



My Photo of the Week is of a Tree Frog patrolling one of the big windows. They leave crawling tracks on the the fogged up doors. They are more numerous and vocal this year.

CROSSWORD



CLUES ACROSS

- 1. Six (Spanish)
- 5. Invests in little enterprises
- 9. Large dung beetle
- 11. Gored
- 13. Partially paralyzed
- 15. Still a little wet
- 16. Legal field media company
- 17. Not working
- 19. 500 sheets of paper
- 21. Church structure
- 22. Sheep disease
- 23. Small drink of whiskey
- 25. Weaving tradition
- 26. Pestilence
- 27. Body part
- 29. Nabs
- 31. Places to stay
- 33. Witnesses
- 34. Looked for
- 36. Arranges
- 38. Political action committee
- 39. Middle eastern nation (alt. sp.)
- 41. Hair-like structure
- 43. Parts producer
- 44. Greek city
- 46. Subway dwellers
- 48. Norm from "Cheers"
- 52. Clean a floor
- 53. Vied for
- 54. Canned fish
- 56. Inspire with love
- 57. Sent down moisture
- 58. Wrest
- 59. Partner to carrots

CLUES DOWN

- 1. Mounted
- 2. Assign
- 3. Wrath
- 4. Self-immolation by fire ritual
- 5. Parts of an organism
- 6. Person from England
- 7. Tropical plants of the pea family
- 8. Body part
- 9. Practice boxing
- 10. Containers
- 11. Contrary beliefs
- 12. Bleached
- 14. Pre-Islamic Egyptian
- 15. A group of similar things ordered one after another
- 18. Innermost spinal cord membranes
- 20. Cassava
- 24. A restaurant's list of offerings
- 26. Annoy constantly
- 28. Orchestrate
- 30. Z Z Z
- 32. Astute
- 34. Highly decorated tea urn
- 35. Teach to behave
- 37. Endurance
- 38. Urinating
- 40. Barbie friend dolls
- 42. Repents
- 43. Man-eating giant
- 45. Jewish calendar month
- 47. Accelerated
- 49. Husband of Sita in Hindu
- 50. Lump of semiliquid substance
- 51. Lying in wait
- 55. Cease to exist

STATEWIDE CLASSIFIEDS

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Miscellaneous

Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-869-7055 today!

Miscellaneous

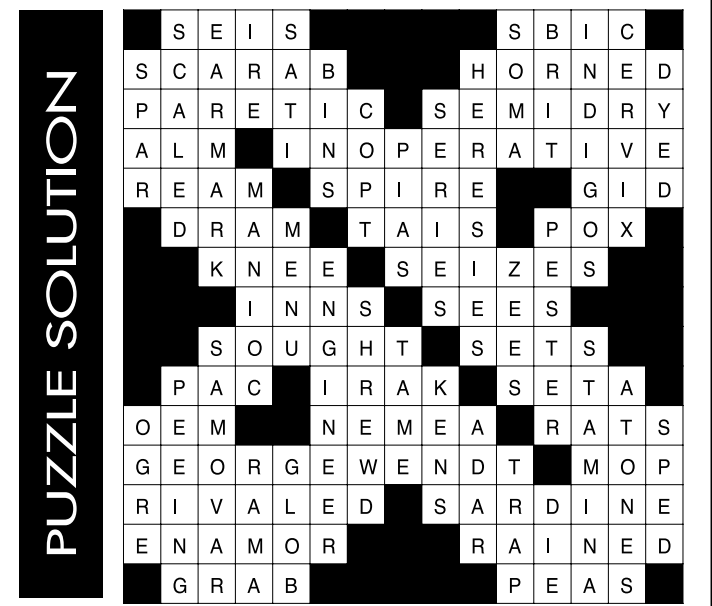
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Miscellaneous

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PAMLICO COUNTY JOB SUMMARY -

FULL JOB DESCRIPTION HERE: <https://tinyurl.com/pamlicoACM>
JOB TITLE: (*ASSISTANT) COUNTY MANAGER

**This position will initially be offered as the Assistant County Manager, with the intention of transitioning to the County Manager role upon our current County Manager's tentative retirement in 2025.*

The Board of Commissioners is seeking an innovative, high-energy leader with strong interpersonal skills, high emotional intelligence, personal and professional maturity, and self-confidence. The County Manager should be active and visible in the community, accessible and responsive to citizens, assist in balancing sound growth and development while preserving the character of this community. He or she will work to enhance public facilities and services with a continued focus on sound financial management.

GENERAL STATEMENT OF JOB

The County Manager of Pamlico County shall be the administrative head of the County government for the Board of Commissioners and shall be responsible for the administration of all departments of the County government which the Board of Commissioners has the authority to control. He or she shall hold office at the will of the Board of Commissioners and shall be entitled to such reasonable compensation for services as the Board of Commissioners may determine.

Responsibilities include complex executive work planning, directing and coordinating overall County operations, ensuring proper operations, staffing and budgeting, advising and assisting the Board on operations and governance, and related work as apparent or assigned.

EDUCATION AND EXPERIENCE

A graduate degree in public administration or a related field is preferred. Bachelor's degree is required from an accredited four-year college or university in public administration, business management, or related field with considerable experience of an increasingly responsible nature in state or local government, or an equivalent combination of education and experience. Experience in North Carolina local government is preferred.

SPECIAL REQUIREMENTS

**Residential requirement - once selected, must reside in Pamlico County, NC
 Valid driver's license in the state of North Carolina.

APPLICATION INSTRUCTIONS

Interested applicants should submit a completed NC state application - pd107 and (optional) resume to: Pamlico County - Personnel Office, Po Box 776, Bayboro NC 28515. Alternate methods of submission may be found on the County website: www.pamlicocounty.org



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LEGAL NOTICE

**STATE OF NORTH CAROLINA
UTILITIES COMMISSION
RALEIGH**

DOCKET NO. E-22, SUB 694

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

In the Matter of
Application of Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina for Adjustment of Rates and Charges Applicable to Electric Service in North Carolina)
) PUBLIC NOTICE

NOTICE IS HEREBY GIVEN that on March 28, 2024, Virginia Electric and Power Company, d/b/a Dominion Energy North Carolina (DENC), filed an application with the Commission requesting authority to adjust and increase its rates for retail electric service in North Carolina effective May 1, 2024.

In its Application, DENC requests authority to increase its rates and charges to produce additional overall annual North Carolina base revenues of approximately \$56,623,974, an increase of approximately 22.13% over current base revenues. DENC is proposing an increase to its current base fuel revenues in the amount of \$53,833,272, while also proposing an equivalent decrease of the current fuel cost rider (Rider A). Together, the overall increase in revenues will be \$56,623,974, or approximately 14.42%.

The increase in base fuel revenues discussed above produces a new base fuel rate of \$0.034935 per kilowatt-hour that will serve as a "placeholder" until it files its annual fuel charge adjustment application in August 2024, to become effective February 1, 2025. This proposed new base fuel rate represents the sum of the current base fuel rate and the current Rider A rate. This proposed new base fuel rate represents the sum of the current base fuel rate and the current Rider A rate.

The proposed rate increase is based on a test period ending December 31, 2023, with estimates of changes to revenues, expenses, rate base, and cost of capital through June 30, 2024. DENC states that it will file supplemental testimony in August 2024 to replace the estimates with actual amounts. DENC intends to seek implementation of its proposed rates on a temporary basis, subject to refund, on November 1, 2024, under the authority of N.C. Gen. Stat. § 62-135. DENC requests that new permanent base rates become effective on and after February 1, 2025.

DENC states that the primary drivers behind its request to increase rates are the costs incurred for: (1) significant investments in generation, transmission, and distribution infrastructure that DENC has made to ensure reliability, operational excellence, and efficient service for the benefit of its North Carolina customers; (2) maintenance of the DENC nuclear fleet; (3) the significant increase of purchased power expenses; and (4) significant cost pressures from a combination of persistent inflation, high interest rates, and higher costs such as contract labor, material, and pension and other employee benefits, among other factors.

Specifically, DENC states that its request is driven by investments made since its 2019 rate case, including: (1) the addition of ten regulated solar facilities, two utility-scale battery energy storage systems, and the Coastal Virginia Offshore Wind Pilot Project; (2) investments in existing nuclear plants to ensure their continued safe, reliable, and efficient operation and in pursuing Subsequent License Renewals to ensure continued operation of these units; and (3) investments in transmission and distribution improvements to support load growth and to improve reliability.

Additionally, DENC is requesting approval of accounting orders for: (1) deferral of potential future benefits from nuclear production tax credits pursuant to the 2022 Inflation Reduction Act; (2) recognition for ratemaking purposes of certain Asset Retirement Obligation (ARO) costs in the manner that these AROs are recognized for financial and accounting purposes; and (3) a transition from amortizing coal combustion residuals (CCR) expenditures through deferral to incorporating an ongoing annual level of CCR remediation expenses in DENC's cost of service.

DENC is also proposing a new experimental small general service electric vehicle rate schedule to address, promote, and incentivize third party development and investment in electric vehicle charging; a new residential time of use rate schedule, which is intended to improve the accuracy of price signals and alignment between customer charges and usage behaviors; and revisions to DENC's Line Extension Plan in its Terms and Conditions of Service.

Further, DENC is seeking approval of a rate of return on common equity of 10.6%.

On April 15, 2024, the Commission suspended the proposed rate changes for up to 270 days from the proposed effective date of May 1, 2024, and scheduled the Application for investigation and public hearing.

EFFECT OF RATE INCREASE

The following table shows the percentage increase in DENC's North Carolina retail revenues under its proposed rates, by customer class:

Customer Class	Percentage Revenue Change
Residential	15.10%
Small General Service/Public Authority	16.42%
Large General Service	12.12%
Schedule NS	9.52%
Schedule 6VP	10.59%
Outdoor Lighting	33.84%
Traffic Control	15.80%
Overall	14.42%

Source: Page 1 of 2, Appendix 1 of Application

For customers on Residential Schedule 1, the proposed rates would increase an average monthly bill as follows:

Residential Schedule 1
Monthly Bill Based on 1,000 kWh per Month Usage

Season	Average Bill Under Existing Rates	Average Bill Under Proposed Rates	Increase in Average Bill	Percentage Increase
Winter	\$ 128.27	\$ 146.39	\$ 18.12	14.1%
Summer	\$ 142.78	\$ 163.76	\$ 20.98	14.7%
Average	\$ 133.11	\$ 152.18	\$ 19.07	14.3%

The amounts shown above do not account for any change in the fuel factor to be proposed in DENC's August 2024 fuel charge adjustment filing.

The increases shown above include a proposed increase in the basic customer charge from \$10.67 to \$14.54 per month. Customers other than those on Residential Schedule 1 would experience increases in their monthly bills based upon their particular rate schedules and usage levels.

DENC also proposes to increase the basic customer charge for most small general service customers (Schedule 5) from \$18.93 to \$22.88 per month and for most large general service customers (Schedule 6P) from \$78.98 to \$108.74 per month.

PROPOSED RATE DESIGN/RATE SCHEDULE CHANGES

DENC is proposing a new experimental small general service electric vehicle rate schedule to address, promote, and incentivize third party development and investment in electric vehicle charging. In addition, DENC is proposing a new residential time of use rate schedule, which is intended to improve the accuracy of price signals and alignment between customer charges and usage behaviors.

The Commission may consider additional or alternative rate design proposals that were not included in DENC's Application and may order increases or decreases in individual rate schedules that differ from those proposed by DENC. In no event, however, will the Commission approve any increase in total revenues beyond the total increase in revenues requested by DENC.

HEARINGS AND OTHER MATTERS

A list of present rates, together with details of the proposed adjustments in rates, can be obtained at the business offices of DENC or at the Office of the Chief Clerk of the North Carolina Utilities Commission, Dobbs Building, 430 North Salisbury Street, Raleigh, North Carolina, where a copy of the Application is available for review. These materials, as well as pleadings, the prefiled testimony and exhibits of all parties, the transcripts of all hearings, briefs, and proposed orders, may be viewed as they become available on the Commission's website at www.ncuc.gov. Click on "Docket Search" and search for docket number "E-22 Sub 694".

Persons desiring to present testimony for the record should appear at one of the public hearings. Persons desiring to send written statements to inform the Commission of their positions in the matter should address their statements to the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300 and reference Docket No. E-22, Sub 694. Persons may also email the Commission a written statement via the Commission's website at www.ncuc.gov/contactus.html. Written statements will be placed in Docket No. E-22, Sub 694CS, and may be accessed by searching that docket number via the Commission's website. However, such written statements cannot be considered competent evidence unless those persons appear at the hearing and testify concerning the information contained in their written statements.

FURTHER NOTICE IS GIVEN that the North Carolina Utilities Commission has scheduled hearings for the purpose of receiving public witness testimony on DENC's Application as follows:

- Manteo: Wednesday, September 25, 2024, at 7:00 p.m.
Dare County Courthouse
962 Marshall C. Collins Drive
District Courtroom B
Manteo, North Carolina 27954
- Virtual: Thursday, September 26, 2024, at 6:30 p.m.
Held remotely via Webex
- Halifax: Monday, September 30, 2024, at 7:00 p.m.
Halifax County Courthouse
357 Ferrell Lane
Superior Courtroom 1
Halifax, North Carolina 27839
- Williamston: Tuesday, October 1, 2024, at 7:00 p.m.
Martin County Courthouse
305 East Main Street
District Courtroom
Williamston, North Carolina 27892

The September 26, 2024 public witness hearing shall be held remotely via Webex, beginning at 6:30 p.m. A link to view the hearing will be available at www.ncuc.gov. Members of the public that would like to testify must register in advance of the hearing, no later than 5:00 p.m. on September 19, 2024.

To register, please complete the electronic Remote Public Witness Registration form located on the Commission's website at www.ncuc.gov/hearings/remotepublicregister.html. A confirmation email will be sent to the email address provided after the registration form is submitted. Further instructions, including the call-in number, will be provided to you by email approximately one week before the hearing. Witnesses calling from a different number than provided at registration may experience delays or other difficulties in providing their testimony. If assistance is needed, please contact 919-733-0837.

Only the first 20 individuals registered by 5:00 p.m. on September 19, 2024, will be allowed to testify at the September 26, 2024, remote public witness hearing. This hearing will be canceled if no one registers to testify by 5:00 p.m. on September 19, 2024;

The hearings on September 25, 26, 30, and October 1, 2024, will be solely for the purpose of receiving the testimony of public witnesses in accordance with Commission Rule R1-21(g). The Commission reserves the right to limit testimony at the public witness hearings pursuant to Commission Rule R1-21(g)(5).

The hearings will resume in Raleigh on October 7, 2024, at 2:00 p.m., solely for the purpose of receiving expert witness testimony from the parties' witnesses and will continue as required for testimony and cross-examination of expert witnesses for DENC, the Public Staff, and other intervenors.

Persons having an interest in the investigation and desiring to intervene in the matter as formal parties of record may file their petitions to intervene not later than August 30, 2024. These petitions should reference Docket No. E-22, Sub 694, and should be filed with the Chief Clerk of the North Carolina Utilities Commission, 4325 Mail Service Center, Raleigh, North Carolina 27699-4300. All parties to this proceeding planning to present expert testimony must prefile their direct testimony and exhibits not later than August 30, 2024.

The Public Staff is authorized by statute to represent consumers in proceedings before the Commission. Written statements to the Public Staff should include any information the writers wish to be considered by the Public Staff in its investigation of the matter. Such statements should be addressed to:

Mr. Christopher J. Ayers
Executive Director
Public Staff - North Carolina Utilities Commission
4326 Mail Service Center
Raleigh, North Carolina 27699-4300

The Attorney General is also authorized by statute to represent consumers in proceedings before the Commission. Statements to the Attorney General should be addressed to:

The Honorable Josh Stein
Attorney General of North Carolina
c/o Consumer Protection - Utilities
9001 Mail Service Center
Raleigh, North Carolina 27699-9001

This the 13th day of June, 2024.

NORTH CAROLINA UTILITIES COMMISSION

A. Shonta Dunston
A. Shonta Dunston, Chief Clerk

Health & Wellness

Churches of Pamlico Photo by: Hiram Lupton

no one-size-fits-all



There's no one-size-fits-all strategy when it comes to calorie consumption, and that can contribute to some confusion as adults try to achieve and maintain a healthy weight. Dietary guidelines established by the United States Department of Health and Human Services promote nutrient-dense foods and beverages, but many people prefer to know how many calories they should consume each day. Though that's understandable, the quality of the calories consumed goes a long way toward determining how nutritious a diet is. The Cleveland Clinic notes that the DHHS guidelines have historically recommended adults 21 and over consume between 1,600 and 3,000 calories per day. However, staying within those parameters does not necessarily mean a person's diet is healthy. Though individuals should keep total calorie consumption in mind when planning their diets, it's equally important to recognize what else the DHHS has to say about diet, particularly foods to avoid. The DHHS recommends limiting consumption of foods and beverages that are high in added sugars, saturated fat and sodium. Limiting consumption of alcoholic beverages is another way to ensure your diet is working for you and not against you.



Amity Christian Church – Goose Creek

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- Process payments and maintain a balanced cash drawer
- Assist clients with billing inquiries
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IDEAL CANDIDATE:

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Who can be in this study?

You can be part of the study if you:

- Are 40-75 years old
 - Live in NC or GA
 - Are generally healthy
- OR you have cirrhosis of the liver

What will I do during this study?

If you choose to join this study, you will be asked:

- For blood, saliva (spit), and urine (pee) samples
- For samples of dust, water, and soil from your house.
- Questions about your daily life

What are the benefits of taking part in this study?

This study will help us understand liver disease and liver cancer. This study will not benefit you personally, but it may help other people in the future. You will be paid \$50 for each study visit (every 1-2 years).

Stop by our table at The Croaker Festival on July 5th & 6th to learn how to get involved!



STRIVE_Study@ncsu.edu strive.wordpress.ncsu.edu



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