

The Pamlico News

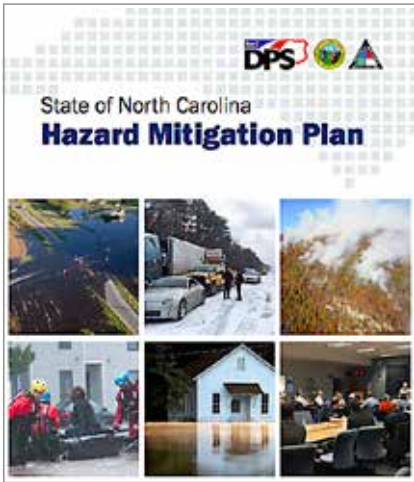
Wednesday, July 17, 2024

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Take a Survey to Benefit Your Community

by: Hiram Lupton



We are often warned about taking online surveys and giving away even trivial information about ourselves, but there is one survey that is completely legitimate and by taking it, could greatly benefit your community. The Pamlico Sound Regional Hazard Mitigation Plan Public Survey. The survey is easy to take, just connect to <https://forms.office/e/00Uq2Aup2r> or simply use the QR code to access it. It is simple and took me less than 5 minutes to complete and never asked for any identification or personal information. According to Oriental Town Manager Diane Miller, "The survey centers on community awareness about hazard mitigation and asks their opinions on it and what they would like to see in future hazard mitigation plans." Miller adds, "Taking the survey assists local officials in updating plans and ordinances and a high participation rate helps the county and municipalities lower their flood and fire insurance rates." Autumn Hardison, Operations Assistant of the Pamlico County Emergency Management, says that the survey will also provide valuable information for the Pamlico County EMS. "We are currently working to update our 5-year hazard mitigation plan. This is required in order to apply for any hazard mitigation action grants." You can access the survey in several ways including using the link above or by using the QR code we've shown here.

Pamlico Sound Regional Hazard Mitigation Plan Survey



N.C. Marine Patrol Visits the Library

by: Hiram Lupton

Last Thursday the Pamlico County Public Library welcomed Erik Smith, an officer with the North Carolina Marine Patrol and a member of their education team. Officer Smith's presentation covered many aspects of the duties of a Marine Patrol officer, from fisheries and boating law enforcement to educating the public on the laws affecting those who boat and fish in North Carolina waters. Officer Smith also discussed the training required to become a Marine Patrol Officer and presented a great video about a new program at the North Carolina Division of Marine Fisheries, The Marine Patrol Junior Academy. After the indoor portion of the program, attendees got to check out the boat Officer Smith uses when he goes on water patrol. A great day of learning for the 37 adults and kids who attended the program. If you'd like to learn more about North Carolina fisheries as well as law enforcement, stop by the Pamlico County Public Library and see what books are available on the subject.



Recycling Convenience Sites to Close

by: Hiram Lupton



If you utilize the Pamlico County community recycling convenience sites, you will have soon have to take your recyclables to the recycling dumpsters at the Grantsboro transfer station. The sites are being discontinued as a cost saving measure by the county in an upcoming tight budget year. "Estimates on the projected savings are about \$100,000 per year," according to County Manager Tim Buck. "We are eliminating one full time and one part time position associated with the program, but one position was vacant and the other is being shifted to other duties within the department. Other savings will come from reduced vehicle maintenance and fuel costs."

The final days the dumpsters will be available will be:

- Reelsboro, on July 29th
- Oriental, July 30th
- Arapahoe, July 31st
- Hobucken, July 31st
- Bayboro, August 1st
- Vandemere, August 1st

The Grantsboro recycling site is open Monday through Saturday from 7:30 AM until 4:30 PM, and is located at 3291 NC Hwy 306 North, Grantsboro, NC 28529.

Children's Theater Workshop Sharing Night

by: Hiram Lupton

Session one of the Children's Theater Workshop culminated with a sharing night last Thursday which featured two great performances from this year's session one students. Both selections this year were fractured fairy tales. A fractured fairy tale takes a familiar, traditional fairy tale and puts in an unexpected twist or two from the original story. The first and second grade students performed "Jurassic Pork," a new take on the Three Little Pigs which had our pig heroes going on a time travel adventure and encountering dinosaurs. The fifth through seventh grade students performed an original production entitled "The Enchanted Forest Tour Company, Incorporated," in which many of our favorite fairy tale characters embark on a trip and become sidetracked by an encounter with the Magic Mirror. There were many returning students among the talented performers as well as returning Drama Coach, Elin Waring. Up next on July 25 will be sharing night for session two which will have performances from two other age groups, third and fourth graders and eighth grade through high school seniors. All sessions and performances are held at Oriental's Old Theater. To learn more about the Children's Theater Workshops follow them on Facebook or check out their website at www.childrenstheateronc.com.



The First and Second Grade class performs Jurassic Pork



The Enchanted Forest Tour Company, Incorporated performed by the Fifth-Seventh grade class.

PCHS Class of 1984 40th Class Reunion

by: Hiram Lupton

Last weekend, the Pamlico County High School Class of 1984 partied like it was...1984. The class celebrated the 40-year anniversary of their graduation with three events. On Friday evening, they gathered at Brantley's Village Restaurant in Oriental for dinner and an evening of smiles, hugs, and reminiscing. They also honored one of their former teachers who was in attendance, Mrs. Betty Gilgo. Saturday saw the class gather for official reunion night at the Chelsea Restaurant in New Bern for a great dinner and dancing. Another former PCHS teacher, Mrs. Diane Gardner, was honored by the class. Sunday the class gathered for church services. A great weekend of festivities to celebrate the Class of 1984.



ANI THE MERMAID

Planned visits 7/17 and 7/20 at TownDock #1, 8:00-10:00 AM both days



WEEKEND WEATHER

Saturday, July 20th **87° Hi** Rain and clouds throughout the day

Sunday, July 21th **86° Hi** Rain and clouds throughout the day



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Need funding? PCC's Grant Writing course can help organizations secure the money they need

By Sandy Wall

Pamlico Community College can train men and women to secure the vital funding their organizations need to make a difference in the community and beyond.

The college will offer a virtual Grant Writing course beginning in August. It will be available in a Zoom-based format and will meet Tuesdays and Thursdays from Aug. 20 to Nov. 5.

Class times will be 7 to 8:30 p.m., and the cost will be \$70.55. The instructor will be professional grant writer Monica Minus.

"It's critical for non-profits and other community organizations to know how to secure funding from public and private sources," said Lori Giles, the college's chair for Continuing Education and Technical Programs. "This course is designed to equip men and women with the skills they need to create successful grant applications. It will be a helpful course for anyone who is interested in accessing funding for great community causes."



Enrollment is now open for Pamlico Community College's Zoom-based Grant Writing course, which will begin Tuesday, Aug. 20. For more information or to register, contact Lori Giles at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu. Contributed photo

Students who enroll in the course will develop effective grant writing skills. They'll also learn how to research funding opportunities, write narratives and develop budgets to successfully manage their grants.

In years past, the Grant Writing course had been offered Saturdays. Beginning last year, college officials started scheduling classes in the evenings to see if those hours better met the needs of participants.

"This semester's Grant Writing course will be available during the workweek, which seems to be a better option for working adults,"

Giles said, adding the course's Zoom-based online format will save participants on transportation costs.

For more information or to register, call 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.



DownEastCon to be held in Havelock

The DownEastCon is scheduled for this Saturday, July 20th, 2024 in the Havelock Tourist and Event Center, 201 Tourist Center Drive, Havelock, North Carolina, 28532. This is also home to the Museum of Marine Aviation. It is the same location as our last two events, DownEastCon, 2018, and 2022 and is a prime facility for this event. This event is open to the public where one can see hundreds of museum quality scale models of subjects ranging from movie and TV characters to nuclear submarines. Entries will cover subjects of aviation, wild animals, competition and sports vehicles, and military and civilian subjects. Two themes are covered, as an ode to the Korean Conflict and the 55th anniversary of the Apollo 11 landing on the moon.

In addition to a fine scale model contest there will also be representatives of most of the scale model building organizations in the coastal North Carolina area and information on 3-D printing, a radical innovation for the scale modeling past time.

The DownEastCon is scheduled for Saturday, July 20th, 2024 in the Havelock Tourist Center, 201 Tourist Center Drive, Havelock, North

Carolina, 28532, also home to the Museum of Marine Aviation. It is the location of our last DownEastCon, 2018, and 2022 and is a prime facility for this event.

For more information on the event go to <https://www.ecpmo.com> and for additional information on the visitor's center here is their website: <https://havelockevents.com/>





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Land/Home Sales Property Management Appraisals Development



Agent of the Week

Linda Hoff
Broker

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

Just want to sing some praises. We bought a property in Oriental NC and didn't even use Linda Hoff as our realtor. She was the realtor for the seller. All through the process she was so helpful, responsive and a world of knowledge! Month later I find myself calling her for help for HVAC and other basic home maintenance needs. She's so helpful and has gotten back to me in just a few hours. I plan to buy my next property through her -- absolutely!!!

Randi, Oriental



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. 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



ORIENTAL – Wide water views from most rooms, **3BR/2BA** sail boat accessible waterfront with dock on Broad Creek in Forestshore Estates community. Sits on .99 acres, has 2-car garage-workshop & walk-up floored attic.

OFFERED AT \$625,000

See all Listings & Visual Tours at
www.orientalncwaterfront.com
1-800-347-8246 • 252-249-1014
Or contact Allen Propst
252-671-4644

704 Broad St, PO Box 750, Oriental, NC 28571



THIS WEEK IN HISTORY

by: Hiram Lupton

- July 17th – Today is National Tattoo Day. I remain inkless. No need to add to perfection.
- July 18th – 1994, Crayola begins to market scented crayons. I always wondered what beige smelled like.
- July 19th – Today is National Daiquiri Day.
- July 20th – 1969, Neil Armstrong became the first Earthling to set foot on the moon.
- July 21st – Today is National Ice Cream Day. Eat it fast before it melts.
- July 22nd – 1587, 118 English colonists land on Roanoke Island in what is now North Carolina. They would later be known as the lost colony.
- July 23rd – Today is Gorgeous Grandma Day.

BIRTHDAYS THIS WEEK

- July 17th – 1935, Actor Donald Sutherland
- July 19th – 19??, District Attorney Scott Thomas
- July 19th – 19??, The glue of The Pamlico News, Jeannine Russo
- July 20th – 1938, Actress Natalie Zacharenko (Natalie Wood)
- July 20th – 1947, Guitarist Carlos Santana
- July 21st – 1951, Actor Robin Williams
- July 22nd – 1946, Actor Danny Glover
- July 23rd – 1957, John Brann



Did you know?

The number of bachelor's degrees awarded by colleges and universities has increased considerably in the twenty-first century. According to the National Center for Education Statistics, roughly 1.238 million bachelor's degrees were awarded by colleges and universities in 2000. By 2021, that figure had nearly doubled, reaching 2.066 million. The number of students who earned associate's and master's degrees also grew by considerable margins between 2000 and 2021, with each nearly doubling. Doctorate and professional degrees remained a little more steady, though the number of students who earned each increased from just under 119 million in 2000 to 194.1 million in 2021.



COMMUNITY



Prime Time provides services and activities promoting the physical, social, mental and spiritual well being of individuals aged 50+ in Oriental and surrounding Pamlico County. Prime Time partners with numerous organizations bringing together many resources helping area residents sustain an enriched and independent quality of life.

Director Phone: 252-675-0909
Email: director@primetimepamlico.org

Lunch & Learn

The South's Role in the American Revolution
Presented by Jim Ragan

Wednesday, July 31
Noon - 1:15pm
Oriental United Methodist Church - Fellowship Hall

RSVP to 252.675.0909 by Friday, July 26 at 2:00 pm

Join us for an insightful talk by speaker Jim Ragan as he delves into the important role that the South played in the American Revolution. From the battles fought on southern soil to the contributions of southern leaders, this discussion will provide a unique perspective on the Revolutionary War. Don't miss out on this opportunity to learn more about North Carolina's history.

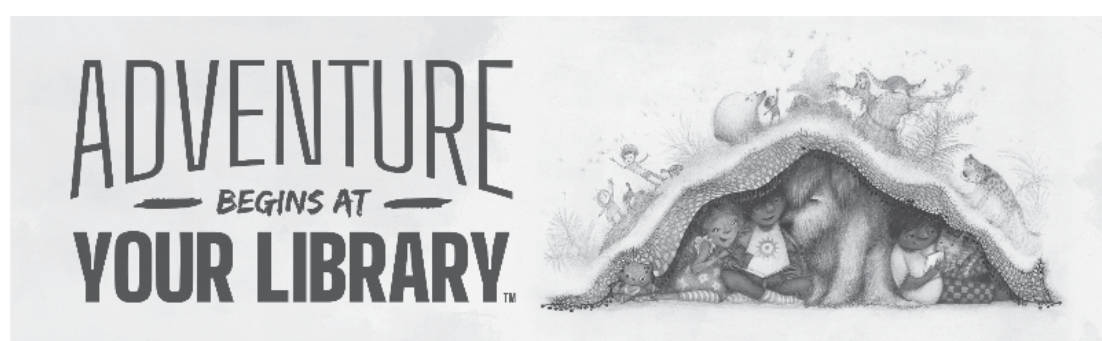
We are thrilled to announce that Retired Superior Court Judge Jim Ragan will be our guest speaker at the upcoming Prime Time Lunch & Learn event. A proud Pamlico Native, Judge Ragan brings a wealth of experience

and knowledge to the table. Known for his entertaining speaking style, he is sure to captivate our audience. Additionally, Judge Ragan's dedication to the community is evident through his service on the HeartWorks Board of Directors. Don't miss this opportunity to hear from a distinguished individual with a passion for making a difference. Join us for an engaging and insightful session with Judge Jim Ragan.

Volunteers Needed For Food Prep

We are looking for a few volunteers to help with lunch on July 30 & July 31. Help is needed for food prep on Tuesday and/or Wednesday (2 individuals needed each day), setting up and breaking down of fellowship hall, serving the meal and a cleanup crew following the event are needed. Please call Debora @ 252.675.0909 to assist.

Thank you for your help!



Pamlico County Library NC Aquarium at Pine Knoll Shores Presents

Scaly Skins, No Fins on July 19 at 1pm

Reptiles, although scaly, are not scary! Have a close encounter with some of North Carolina's native reptiles. Discover where they live, what they eat, and which ones may be hiding in your own backyard. Great for all ages. Registration required. Please stop by or call the Pamlico Library at 252-745-3515 to register.

Bayboro Development Reentry Center Receives Z. Smith Reynolds Grant

The ZSR Community Progress Fund provides an infusion of short-term funding for organizations to test ideas, expand promising efforts and achieve greater impact in their communities. Grants are meant to help groups build on existing momentum to move an issue, organization, idea or project forward.

The Bayboro Development Center (BDC) is a 501c3 nonprofit with a proven history of engagement in re-entry transition support for non-violent ex-offenders in and around Pamlico County. We provide counseling, court advocacy, drug rehab referrals, temporary housing, food and gas support, and job assistance for inmates returning to the community. Once an individual reenters society, their likelihood of becoming a contributing member of their community is dependent on whether they can secure meaningful employment, find a place to live, and have the education and skills necessary to advance in life. A successful transition program is one which helps individuals overcome one or more of these barriers and collaborates with other community resources to supplement its own program with other services. Do you know someone who has been in jail or prison and needs our help? Please tell them to stop by at 13632A Hwy 55 in Alliance or call Vennie Himbry at (252)745-9206.

Oriental's History Museum Director Retires

After 20 years of volunteer service, Sharon Breitling, the long-time Museum Director and Manager is retiring. The current staff of volunteers and docents keep the museum running efficiently and its doors open. However, we have a pressing need for new leadership to chart our way into the future and to fulfill our mission to collect and preserve artifacts and information that document the town's history.

The Museum Director is the primary face in the community and a member of the Board of Directors. The Director oversees all museum operations including training volunteers; managing the small gift shop; assisting with the annual membership drive; and documenting and displaying new donations.

Are you new to Oriental or have you been around for a while and want to become more involved in the community? Do you have a special talent and are eager to share it? Are you willing to help our little museum fulfill its mission? We could use your help. Volunteering at the museum is a great way to meet new people and residents, and learn more about the town. For more information contact the President of the Board, Lou Ostendorff, ostendorff@bellsouth.net or the Museum at orientalhistorymuseum@gmail.com.

Horoscopes

ARIES – Mar 21/Apr 20
Secrets that have been troubling you may come to a head this week, Aries. Try not to let your emotions get the best of you right now; otherwise, relationships could be damaged.

TAURUS – Apr 21/May 21
Taurus, your mind is all shaken up right now, so it should come as no surprise that you are distracted. The days ahead should see things settle down and you'll be able to refocus.

GEMINI – May 22/Jun 21
This week is likely to be fairly quiet for you, Gemini. You may have to drum up your own excitement. Start looking at event calendars or live music venues for a distraction.

CANCER – Jun 22/Jul 22
Cancer, use this week to think about your professional future. Many ideas are coming together and you just have to pick the route you would like to travel at this point.

LEO – Jul 23/Aug 23
There is little time for daydreaming right now, Leo. Things will come at you at a fast and furious pace and you might have to scramble to keep up. Keep your wits about you.

VIRGO – Aug 24/Sept 22
Virgo, you may feel like you are being hit with many obstacles from all directions. You might need to give yourself more time to devote to all of the tasks you take on. Ask for help if you need it.

LIBRA – Sept 23/Oct 23
Do not expect people to follow you blindly, Libra. You will have to give them reason to follow you and come around to your way of thinking.

SCORPIO – Oct 24/Nov 22
Scorpio, with so much going on around you, and after juggling various projects, concentrating can be very challenging. However, you must get your head in the game or risk mistakes.

SAGITTARIUS – Nov 23/Dec 21
Life isn't a spectator sport, Sagittarius. To really feel you are experiencing all you can right now, you must get right in the middle of the action. Friends can lead the way.

CAPRICORN – Dec 22/Jan 20
The path you are supposed to take is finally coming into focus, Capricorn. Your excitement will only increase as you start making plans for the future. Share your joy with others.

AQUARIUS – Jan 21/Feb 18
You don't need to completely reinvent yourself to make a change, Aquarius. Even small modification can make a big impact in the long run. Start gradually and build up.

PISCES – Feb 19/Mar 20
Even though there is a challenging prospect on the horizon, you have all of the information you need to start navigating this new stage in your life, Pisces.

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

The Pamlico News

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We place ethical and professional principles of journalism at the center of everything we do in the

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/>

FINANCIAL FOCUS

529 plan can help ease college ‘sticker shock’



Dan M. Roberts

The school year will soon be here. And if you have young children, you're one year closer to the day when they may be headed off to college. When that day arrives, will you be financially prepared?

College isn't cheap. For the 2023–24 academic year, the average cost — including tuition, fees, housing, food, books, transportation and other expenses — was nearly \$29,000 for in-state students at four-year public colleges and universities, and about \$60,000 for private schools, according to the College Board. Most students do get some type of financial aid or scholarships, or both, but even the “net” price of college can be considerable. So, it's a good idea to begin a savings program as early as you can.

One popular way to build money for college expenses is through a 529 education savings plan. When you invest in a 529 plan, your earnings can grow tax deferred and your withdrawals are federally tax free when used for qualified education expenses — tuition, fees, books and so on. And while you can invest in any state's 529 plan, you might be able to deduct your contributions from your state income tax or receive a state tax credit if you invest in your own state's plan.

Despite these tax benefits, some people are concerned that a 529 plan can prove costly in terms of lost financial aid. And the value of a 529 plan is looked at as an investment asset on the Free Application for Federal Student Aid (FAFSA). However, recent changes to FAFSA may mean that a 529 plan has a relatively small effect on the amount of aid you may receive.

A 529 plan also can be used to pay for other costs, including:

- **K-12 expenses** – You can use a 529 plan to pay K-12 expenses, up to \$10,000 per student per year. Not all states comply with this 529 expansion for K-12, so you might not be able to claim deductions and your withdrawals could be subject to state tax penalties.

- **Apprenticeship programs** – A 529 plan can be used to pay for most expenses connected to apprenticeship programs registered with the U.S. Department of Labor. These programs are often available at community colleges and combine classroom education with on-the-job training.

- **Student loans** – You can withdraw funds from a 529 plan to repay qualified federal private and student loans, up to \$10,000 for each 529 plan beneficiary and another \$10,000 for each of the beneficiary's siblings.

Another potential advantage of a 529 plan is its transferability. If you've named

a child as a 529 plan beneficiary, and that child eventually chooses not to pursue any post-secondary education, you — as the account owner — can name another family member as beneficiary. And with the passage of the SECURE 2.0 Act, any unused 529 plan funds up to a lifetime limit of \$35,000 can be transferred to a Roth IRA for a beneficiary, free of taxes and penalties. There are certain rules governing this 529-to-Roth move — for example, you must have had your 529 plan at least 15 years — so you'll want to consult with your tax advisor before making any moves in this area.

If you'd like to invest in your children's future education, a 529 plan can be a good choice — so study up on it soon.

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

NC COOPERATIVE EXTENSION Pamlico County

Life Skills With 4-H



Kait Neeland
4-H Agent

I think life skills is one of the things that I talk about the most in these articles. 4-H is fun, and we have great experiences, but the life skills that kids develop by participating in those fun, awesome experiences are invaluable. I can look back at my childhood 4-H Career, and it filled with great, fun memories, and long friendships, but I also see the foundations of life skills I still use today. When I give presentations to the county commissioners, I think of the first presentation I gave at eight years old about how to properly care for a hamster. When I teach kids how to solder together mother boards I think of when I was a junior leader teaching kids how to properly thread their sewing machine and complete a basting stitch. When I fill out end of year reports I think of how keeping and putting together project records helped me learn to not only keep records but how to be concise in my reporting. A lifetime of new challenges and learning opportunities that helped me prepare for my post-secondary education and my career.

4-H Life skills also set a foundation for my private life. I know how to mend and create my own clothes, how to keep my own personal records, and how to plan and prepare nutritious meals. I also learned how to preserve food grown in my own garden. Although this year we canned what we grew in the extension garden. Food preservation is a valuable life skill that anyone can learn.

To start when home canning always follows a process from the USDA or a State Extension service. While home canning is a great way to preserve food, it's always important to observe best practices in order to limit risk of any canned food developing botulism.



We had several kinds of cucumbers but we started with our tangy pickling cucumbers. All were thoroughly washed then cut down to the correct size. In canning it's

important to leave the correct head space (the space between the contents and the top of the jar). Then the jars are sterilized. Sterilizing the jars also brings them up to



temperature and prevents the glass from breaking when the brine is poured in.

Then the jars are filled with both the cucumbers and the brine. Once the jars are sealed, they are processed in a water bath canner for ten minutes (although

different size jars, and different elevations require longer times). Always double check your processing time.

Once the processing time is complete most pickles need to sit for a period of time. We will be leaving our sweet and dill pickles to sit for five weeks. This is a great project for the whole family to participate in. However, if you're looking for some 4-H Fun to join before the summer is over we have just what you need!

Some of our upcoming Summer Fun 4-H Programs include: 4-H Sleep Away Camp, Book Explorers, and the Excellent Egg Contest. 4-H Sleep away camp is a wonderful opportunity to develop life skills. We also have half scholarships for the first two boys and first two girls to sign up. 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.

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.

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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Did you know?

The American Kennel Club reports that the most popular dog names of 2023 were “Luna” for girl dogs and “Max” for boy dogs. Luna beat out “Bella” for the top spot while Max bested “Charlie.” In a nod to the popularity of football and the personal life of the world's most recognizable pop star, “Kelce” was the top trending dog name of 2023 according to data compiled by the online pet ownership marketplace Rover. Kansas City Chiefs tight end Travis Kelce was already wildly popular among Chiefs fans, but he rose to even greater prominence when he began dating pop star Taylor Swift during the 2023 National Football League season. Rover reports that trending names for felines included “Norbert,” “Soju” and “Snoop.”



Carolinaeast Receives National Awards For Branding Campaign



New Bern, NC — CarolinaEast Health System was recently announced as a winner in the 41st Annual Healthcare Advertising Awards. The hospital was a winner of seven individual awards in several categories including two gold, two silver, two bronze and one merit. The campaign winners included print, outdoor, digital and TV. CarolinaEast was recognized in the following categories:

- Gold** – Magazine Advertising - Single – World-Class Care
- Gold** – Digital – Breast Cancer Awareness
- Silver** – Digital – New Year's Health & Wellness
- Silver** – Special Video – This is Us
- Bronze** – Employee Communication – T.I.D.E.S EHR Kickoff
- Bronze** – Total Advertising Campaign – America's Best Cancer Hospitals
- Merit** – Total Advertising Campaign – Through the Years

This year, over 4,300 entries were received, making the awards the largest healthcare advertising awards competition and one of the 10 largest of all advertising awards. Gold awards were given to 506 entries, silver awards to 351 entries and bronze awards to 255 entries. The Healthcare Advertising Awards is the oldest, largest and most widely respected healthcare advertising awards competition.

A national panel of judges were engaged in reviewing all entries based on creativity, quality, message effectiveness, consumer appeal, graphic design and overall impact. National health leaders such as Johns Hopkins, Mass General, Mayo Clinic and Emory were also recognized.

Brandy Popp, Director of Public Relations for CarolinaEast noted, "This is the 9th year we have been recognized. Thanks to our agency, the Sumner Group, for allowing us to partner in those marketing efforts. The entire team here at CarolinaEast and at the agency work so hard and appreciate the opportunity to help continue to build this iconic brand."

The CarolinaEast team works diligently to care for all patients in their time of need and to continually reach the community about their services through marketing outreach. During fiscal year 2023, the 2,600 plus employees, nearly 250 physicians, and more than 300 volunteers cared for 13,787 inpatients, 134,284 outpatients, 45,834 emergency patients, and saw 266,400 patients in the CarolinaEast physician offices located across four counties.

About CarolinaEast Health System

CarolinaEast Health System has been serving the growing needs of the coastal North Carolina community since 1963. In addition to the system's flagship, 350 bed CarolinaEast Medical Center, CarolinaEast includes a rehabilitation hospital, free-standing surgery center, the SECU Comprehensive Cancer Center, and numerous CarolinaEast Physician practices providing primary and specialty care for all phases of life from offices in four counties.

Get summer road trip ready

Road trips can present a perfect escape any time of the year, but they're especially popular during the summer when people have time off from school and work. According to a 2024 summer travel survey from The Vacationer, 82 percent of Americans were planning to travel this year, and driving is the most popular method of getting around. Seventy-five percent of those in the U.S. intend to take at least one road trip this summer. The 2024 Blue Cross Travel Study revealed that more families are optimistic about travel and are planning more trips this year.

Perhaps road trips are so popular because they don't require booking tickets, complicated transportation to and from airports and rigid itineraries. Many road trips can be spur of the moment, explore-as-you-go excursions. But it still pays to prepare a bit for an upcoming road trip. These guidelines can get you started.

- Create a generalized itinerary. While it may be tempting to fill up the gas tank and see where the ride takes you, an itinerary will ensure that you know distances between stops so that you will not get burnt out by driving. Use mapping apps to research the trip before departure and plot out points of interest and where you will rest, fuel up (both body and vehicle) and stay overnight.
- Slow is pro. A large part of the road trip is about the ride itself. Resist the temptation to speed and rush through various towns. Get out and stretch your legs as much as possible and take



advantage of roadside attractions, tourist traps, rest stops, restaurants, and so much more.

- Find your inspiration to travel. Check out travel blogs, online videos and magazines or get recommendations from friends and family regarding spots of interest. Maybe you've always dreamed about seeing the California Redwoods but you live on the East Coast? It may take several days, but an epic road trip adventure can get you to your destination no matter how far away it might be.
- Emphasize fuel efficiency.

Fuel is one of the biggest expenses on a road trip. Before setting out on the trip, ensure that the vehicle is inspected and road-ready. This means that oil and fluids have been changed and the tires are in good shape (with a spare on hand). While driving, stick to the speed limit and do not over-pack the vehicle, as more weight leads to greater fuel consumption.

- Research everything about your destination(s). Who can forget the deep disappointment when the Griswold family reaches Wally World, billed as "America's Favorite Family Fun Park," after a cross-country trip from Chicago only to discover it is closed for the next two weeks for repairs? Before such mishaps happen to you, make sure you know the hours of places you plan to visit, as well as any scheduling changes that may be happening while you're traveling.

These are just a few tips for having a road trip to remember this summer.

Save your lawn during watering restrictions



Has this scenario happened to you? You toil throughout the early spring seeding and fertilizing your lawn and start to reap the benefits of this hard work when the thick, green grass fills in. Your curb appeal peaks and your landscape is picture-perfect.

Enter the harsh weather of summer and a long stretch of little to no rain. With reservoirs showing depleting water levels, drought restrictions are issued in your neighborhood, and you are mandated to greatly reduce water usage and perhaps even cease watering the lawn. Is this the end of that great, green carpet of grass?

On the surface it may seem like keeping a lawn healthy during watering restrictions is a losing battle. After all, grass needs water to thrive. However, there are some things homeowners can do to prolong the life of their lawns until restrictions are lifted.

Mow less often

Tall grass can shade the soil and its delicate roots, helping to avoid even further evaporation of what precious water the lawn is getting. Space out mowing to every other week or even every two weeks, particularly if you notice the grass is growing more slowly due to less watering. Mowing stresses a lawn, and the grass is already stressed from lack of water. Mowing less frequently can help.

Water early on

Maximize the benefits of any irrigation system by watering

during the early morning hours, or between 2 and 9 a.m. This is when wind speeds are usually lower and evaporation from wind and sun is less likely to occur. Keep in mind that watering restrictions may specify which hours and days you are allowed to water. Change your grass

Certain species of grass are more resilient in drought conditions. According to Scotts, Bermuda, Zoysia, St. Augustine, Bahia, and Buffalo grasses are more drought-tolerant than others in southern climates. Drought-resistant grasses for northern climates include Tall Fescue and Kentucky Bluegrass. You may consider switching to one of these types if drought and water restrictions in your area have become more common in recent years.

Utilize grass clippings

Lack of water can contribute to higher soil temperatures, which affects soil organic matter, says The Grass Outlet. Grass clippings left on the lawn can reduce soil temperature, increase infiltration of water into the soil, and improve the lawn's ability to store water. Be sure to evenly distribute the clippings so they don't clump and choke the grass.

Consider an amendment

Hydretain is a soil moisture manager that its producer attests can extend watering intervals for grass, trees, shrubs, and plants by as much as two to three times. It also is supposed to minimize drought stress and help lower water usage, and thus avoid watering restriction fines. The product's hygroscopic and humectant components attach to plant root hairs, drawing moisture vapor from the soil and turning that vapor into droplets.

A proactive approach can help individuals protect their lawns when water restrictions are in place.

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Don't Get Caught in the Eye this Hurricane Season

Attorney General Josh Stein
July 2024



Hurricane season is now upon us in North Carolina and will run through November. Along with the storm surge these natural disasters may bring, they also may bring a new wave of scammers. These criminals will try to take advantage of vulnerable people before and after a hurricane. Don't let yourself get caught in a financial storm. Follow our tips to keep you and your loved ones safe from scams this hurricane season.

Do your research. If a storm damages your property, you may need repairs. Be sure to get a written estimate from contractors before rushing into a deal. Getting an estimate will ensure you are not getting over-charged or scammed, as well as give you to opportunity to compare prices from other companies. Check out a business's credentials and visit Better Business Bureau or call our office to make sure the company does not have complaints against them.

Do not pay upfront. Some companies may pressure you to pay the full cost up front before they start the work, but then will fall short of what was asked of them. Pay your contractors as you go, once you are satisfied with the work they have done, and hold back a percentage until the job is done. If a business is requiring a downpayment, do not pay them without getting a written contract first. Pay with a credit card when possible so you have added protection in case of a dispute.

Be wary of limited-time assistance. Some businesses may offer special "now or never" deals to your family following hurricane damage. A lot of these offers might come directly to your door, with out-of-state companies showing up at your doorstep and offering to do work immediately. If the deal seems too good to be true, it probably is. Don't sign unless you've done your research.

Be on the lookout for price gouging. Some businesses will raise their prices to exploit times of crisis. Remember, if the Governor declares a state of emergency, North Carolina's price gouging law goes into effect. Report suspicions of price gouging to our office at 1-877-5-NO-SCAM or www.ncdoj.gov/pricegouging so we can investigate. Since 2018, AG Stein has brought about 12 price gouging lawsuits against 29 different defendants. He has obtained 14 judgments or settlements totaling more than \$1 million against 25 defendants, including a \$274,000 settlement that was the largest price gouging settlement in state history.

In addition to keeping an eye out for scams, please plan ahead this hurricane season. If a storm may be coming in, make sure your family has an emergency plan laid out, including evacuation routes, and extra supplies ready to go. Keep updated copies or photos of your family's important documents in a handy location. Stock up on necessary items like a flashlight, batteries, nonperishable food, and bottled water. Check out www.ReadyNC.gov for more information to stay prepared.

New \$67 Million School Gets Green Light in Pamlico County

by Bilyana Garland

Bayboro, PAMLICO COUNTY — Pamlico County is one step closer to having a new \$67 million school. Commissioners agreed to give the school board \$3.7 million, moving the project forward. News 12's Bilyana Garland attended the commission meeting to get an inside look at the funding process.

Renderings of the project show plans to combine Pamlico County Middle and High Schools. The primary reason for the funding decision, according to commissioners, is the increased flooding at the middle school.

Edwin Hege who lives in Pamlico County voiced his concerns about the project. "It looks like an empty hole that we just keep continuing to pour money into," he said. Hege does not see the need for the new school. "I don't really see the need," he added.

However, the Pamlico Board of Commissioners supports the project. Most of the funding comes from a \$50 million state grant, contingent on the combination of the middle and high schools in Bayboro. Additionally, \$12 million come from legislative appropriations, \$1.3 million from an expected sales tax refund, and \$3.7 million from the county commissioners.

Edwin Hege questioned the logic behind the project, saying, "A new school, relocation, a lot of new things when we've got adequate facilities now."

Initially, the school board requested \$22 million from the county, but Pamlico County Commissioner Missy Baskerville explained that this amount was nearly the entire county budget. The commissioners decided that \$3.7 million was more realistic and have a plan for sourcing the funds.

"Do we want to go ahead and proceed with getting that out to lenders so that we can begin the process of choosing a lender or them hopefully offering us a loan so we can borrow money that we need to help fund the school project," said Baskerville. She added that the payments will come from taxes.

Hege remains skeptical, saying, "This looks like this can be a never-ending process. The request for money can just continue on and on."

The project is expected to be completed by 2026, although no date has been set for the ground-breaking.



Pamlico County Schools renderings for new building



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Congratulations Coach April Rose



East-West All Star Game From Pamlico County Schools Facebook Page

Congratulations to our very own Coach April Rose, athletic director and head coach for Pamlico County High School, on her win in the East-West All Star Game.

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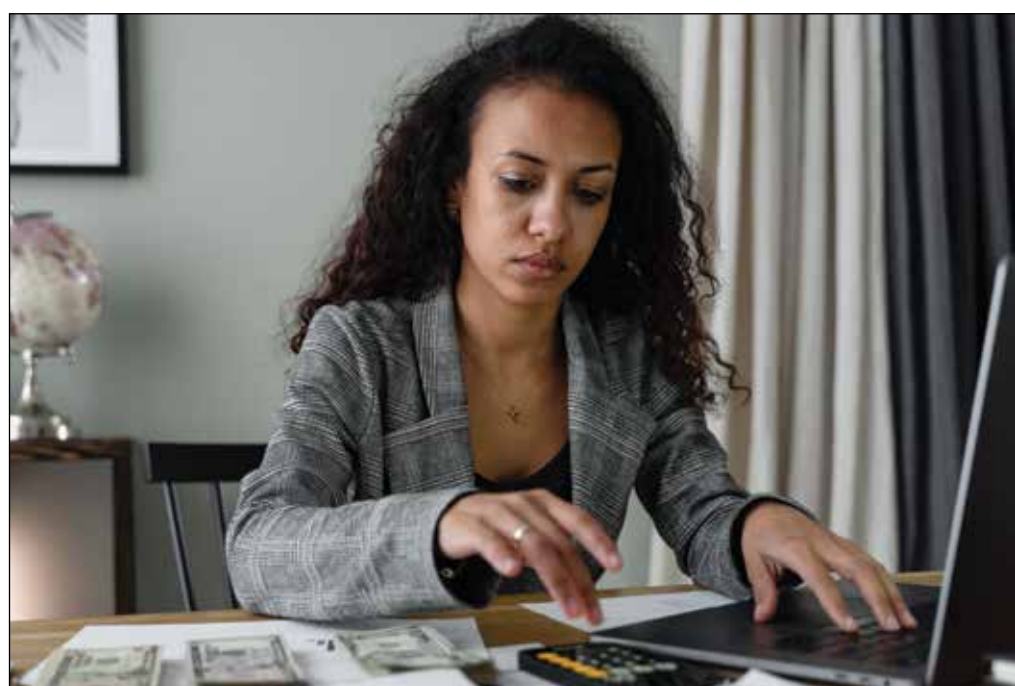


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Health & Wellness



Juvenile Idiopathic Arthritis 101

It is natural to think of arthritis as a disease of older people. But arthritis can happen at any age. Juvenile idiopathic arthritis (JIA) is the term used to describe arthritis in children and teens and is the most common rheumatic disease of childhood. It is estimated that one in 1000 children in the United States are affected by JIA.

July is Juvenile Arthritis Awareness Month, and we are taking the opportunity to spread awareness about this condition.

What are the symptoms of JIA?

JIA is an autoimmune condition, which occurs when the immune system attacks joints, instead of fighting viruses and germs. There are different types of JIA and symptoms can vary between the different types. Knowing which type of arthritis you have by identifying your symptoms allows your doctor to monitor your condition better and guide treatment. Common symptoms of JIA include:

- Stiffness is usually one of the earliest symptoms, especially in the mornings. Young children may find it difficult to describe pain and stiffness. Parents may notice their child not walking as well, walking slowly or with a limp.
- Swelling in the joints may develop slowly and can often be missed early on. Oftentimes, after an injury, it may come to attention. Children may have difficulty with routine activities such as walking, holding a pencil, opening bottle caps, because of pain and swelling in the joints.
- Some patients also develop fevers, rashes, and lymph node enlargement. Children with JIA are also at higher risk of developing inflammation in their eyes, also known as uveitis or iritis.

How is JIA diagnosed?

To make a diagnosis of JIA, children are often referred to a pediatric rheumatologist, a doctor who specializes in helping children with JIA and other autoimmune conditions. From there, a physical exam is conducted which can provide important clues such as presence of joint swelling, limitation in movement and tenderness. Imaging studies such as x-rays, ultrasound or MRI may be used to confirm if there is arthritis and help rule out any other causes.

Treatment options for JIA

While there is no cure for arthritis, several kinds of medications are available to control the symptoms and relieve inflammation. The key to good, long-term outcomes is early diagnosis and appropriate treatment to prevent irreversible damage to the joints. Treatment decisions are tailored to each patient, guided by several factors including age, duration of symptoms, and severity of condition, and are made in collaboration with patient and caregivers.

Often, the first step to treatment involves anti-inflammatory medications such as ibuprofen or naproxen. If arthritis affects a single joint, injection of medication (steroids) into the affected joint can be used. If there is significant arthritis affecting multiple joints or initial treatments fail, then treatment with medications such as Disease-modifying anti-rheumatic drugs (DMARDs) and/or biologics, that reduce inflammation by helping to quiet down the "over-reacting" immune system. In addition to medical treatment, physical and occupational therapies help improve joint strength and flexibility. As JIA can not only have a physical but an emotional toll on children's health, talking to a therapist and psychologist can help teach positive coping strategies.



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New recreational, commercial harvest reporting requirements delayed to Dec. 1, 2025

MOREHEAD CITY – New harvest reporting requirements for recreational and commercial fisheries have been delayed by one year and will now become effective on Dec. 1, 2025.

The N.C. General Assembly recently passed Session Law 2024-45, which, in part, amends legislation from last fall that would have implemented the harvest reporting requirements on Dec. 1, 2024.

This extension will allow the N.C. Department of Environmental Quality's Division of Marine Fisheries (DMF) and the N.C. Wildlife Resources Commission (WRC) to engage with stakeholders, not only to inform them about the requirements, but also to ensure that the reporting process and tool(s) are robust and user-friendly.

The legislation from last fall requires that any person who recreationally harvests Red Drum, flounder, Spotted Seatrout (speckled trout), Striped Bass and Weakfish (gray trout) must report that harvest to the DMF. This requirement applies to fish harvested from coastal fishing waters, joint fishing waters and inland fishing waters adjacent to coastal or joint fishing waters.

Additionally, the law requires anyone holding a commercial fishing license who is engaged in a commercial fishing operation to report all fish harvested to DMF, regardless of sale.

More information, including links to temporary rules to implement the laws, can be found on the Mandatory Harvest Reporting webpage at <https://www.deq.nc.gov/mandatory-harvest-reporting>. The webpage will continue to be updated as new information becomes available.

For More Information:
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American Red Cross

Red Cross recommends 3 steps to stay safe and cool as temperatures soar Extreme heat can be deadly, but you can take steps to stay safe

Raleigh, July 11, 2024] — As extreme heat blankets many parts of the state, the American Red Cross North Carolina Region, is asking residents to take three steps to stay safe: slow down, stay hydrated and spend time indoors.

Heat is more than uncomfortable, it can be deadly, especially for older adults, the very young and those with chronic medical conditions. Last year, some 2,300 heat-related deaths occurred. To help stay safe, the Red Cross recommends that people take three steps:

1. **Slow down by postponing or limiting outdoor activities, including strenuous exercise. If you must work outdoors, take frequent breaks and avoid the hottest part of the day by scheduling tasks earlier or later. Hot cars can be deadly — never leave children or pets in your vehicle alone.**
2. **Stay hydrated by drinking plenty of water and avoiding sugary, caffeinated and alcoholic drinks. Check that animals also have access to plenty of fresh water and shade.**
3. **Spend time indoors in an air-conditioned place. If you don't have air conditioning, go to a public library, shopping mall or a public cooling center. Check on loved ones and neighbors who may be at risk and do not have air conditioning to make sure they are safe.**

Unusually hot days and heat waves are both a natural part of weather patterns, however, since the 1960s, heat waves have become more frequent and intense and are lasting longer in the U.S. As the climate crisis worsens,

2023 was the hottest year on record, scientists warn that 2024 could break records for a second year in a row.

As heat waves become more common and last longer, heat-related deaths are also on the rise. Heat illness can be prevented, and the Red Cross recommends learning the warning signs and how to help so you can act fast.

Heat cramps are an early sign of trouble and include heavy sweating with muscle pains or spasms. To help, move the person to a cooler place and encourage them to drink water or a sports drink. Get medical help if symptoms last longer than an hour or if the person has heart problems.

Heat exhaustion is a more severe condition signaled by heavy sweating; cool, pale and clammy skin; a fast or weak pulse; nausea or vomiting; muscle cramps; tiredness or weakness; or a headache, dizziness or passing out. To help, move the person to a cooler place, loosen tight clothing, encourage them to sip water slowly. Use wet cloths, misting or fanning to help cool them off. Get medical help right away if symptoms get worse or last longer than an hour, or if they begin vomiting or acting confused.

Heat stroke is a deadly condition that requires immediate medical help. Symptoms include a high body temperature; hot, red, dry or damp skin; a fast or strong pulse; a headache or dizziness; or nausea, confusion and passing out. Call 911 right away if you think someone may have heat stroke. After calling 911, move the person to a cool place, and use wet cloths, misting or fanning to help cool them off. Do not give the person anything to drink.

Heat can make anyone ill, but older adults, the very young, pregnant women and those with chronic medical conditions are more at risk. People who work outdoors, have limited personal resources and live in places that lack green spaces are also at higher risk.

Download the free Red Cross First Aid app so you'll know what to do if emergency help is delayed and the free Emergency app for real-time weather alerts and heat safety information. Content is available in English and Spanish with an easy-to-find language selector. Find both apps in smartphone app stores by searching for the American Red Cross or going to redcross.org/apps.

<?>About the American Red Cross:

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and

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LEGALS

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLIKO 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 PAMLIKO 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 PAMLIKO 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 PAMLIKO 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
206 MILDRED STREET
ORIENTAL, NC 28571

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

24 SP 16 NOTICE OF FORECLOSURE SALE NORTH CAROLINA, PAMLIKO COUNTY

Under and by virtue of a Power of Sale contained in that certain Deed of Trust executed by Joseph Pead and Jordan Pead dated December 5, 2022 recorded on December 5, 2022 in Book 707, Page 476 of the Pamlico County Public Registry ("Deed of Trust"), conveying certain real property in Pamlico County to Moeller, PA, Trustee, for the benefit of Atlantic Bay Mortgage Group LLC. Default having been made of the note thereby secured by the said Deed of Trust, and the undersigned, having been substituted as Trustee in said Deed of Trust, and the holder of the note evidencing said default having directed that the Deed of Trust be foreclosed, the undersigned Substitute Trustee is offered for sale at the courthouse door of the county courthouse where the property is located, or the usual and customary location at the county courthouse for conducting the sale on July 30, 2024 at 11:30 AM, and will sell to the highest bidder for cash the following described property situated in Pamlico County, North Carolina, to wit: All that certain tract or parcel of land lying and being in Number Two (2) Township, Pamlico County, North Carolina, and more particularly described as follows: Being all of Lot No. TWENTY-EIGHT (28) Forestshore Estates; as the same is shown on that certain map recorded in Plat Cabinet A, at Slide 38-4, Pamlico County Registry. This conveyance is made subject to those certain restrictions contained in the instrument recorded in Book 256, at Page 119, Pamlico County Registry. ALSO conveyed herein is Boat Slip No. Five (5), Forestshore Estates, as shown on that certain map entitled "Forestshore Estates Boating Facility", as recorded in Plat Cabinet A, at Slide 39-8, of the Pamlico County Registry. This boat slip conveyance is made subject to that certain Declaration of Covenants and Restrictions for Forestshore Estates Pierowners Association, Inc., recorded in Book 257, at Page 279, as amended in Book 353, Page 249, and Book 537, Page 37, all of Pamlico County Registry, and subject to the Articles, By-Laws and Rules and Regulations of said Corporation. Save and except any releases, deeds of release or prior conveyances of record. Said property is commonly known as 258 Forest Drive, Oriental, NC 28571; Map ID: K07-6-28 A deposit (no personal checks) of five percent (5%) of the purchase price, or Seven Hundred Fifty Dollars (\$750.00), whichever is greater, payable to Bell Carrington Price & Gregg, PLLC, will be required at the time of the sale. Following the expiration of the statutory upset bid period, all the remaining amounts are immediately due and owing. Pursuant to N.C. Gen. Stat. § 45-21.30, if the highest bidder at the sale, resale, or any upset bidder fails to comply with its bid upon the tender of a deed for the

real property, or after a bona fide attempt to tender such a deed, the clerk of superior court may, upon motion, enter an order authorizing a resale of the real property. The defaulting bidder at any sale or resale or any defaulting upset bidder is liable for the bid made, and in case a resale is had because of such default, shall remain liable to the extent that the final sale price is less than the bid plus all the costs of any resale. Any deposit or compliance bond made by the defaulting bidder shall secure payment of the amount, if any, for which the defaulting bidder remains liable under N.C. Gen. Stat. § 45-21.30. Third party purchasers must pay the excise tax and THE RECORDING COSTS FOR THEIR DEED. Said property to be offered pursuant to this Notice of Sale is being offered for sale, transfer and conveyance "AS IS WHERE IS." There are no representations of warranty relating to the title or any physical, environmental, health or safety conditions existing in, on, at, or relating to the property being offered for sale. This sale is made subject to any and all superior liens, including taxes and special assessments. To the best of the knowledge and belief of the undersigned, the current owner(s) of the property is/are Joseph Pead and Jordan Pead. An Order for possession of the property may be issued pursuant to N.C. Gen. Stat. § 45-21.29, in favor of the purchaser and against the party or parties by the clerk of superior court of the county in which the property is sold. Any person who occupies the property pursuant to a rental agreement entered into or renewed on or after October 1, 2007, may, after receiving the notice of sale, terminate the rental agreement by 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 the notice of sale, provided that the mortgagor has not cured the default at the time the tenant provides the notice of termination. The notice shall also state that upon termination of a rental agreement, the tenant is liable for rent due under the rental agreement prorated to the effective date of the termination [N.C. Gen. Stat. § 45-21.16(b) (2)]. If the trustee is unable to convey title to this property for any reason, the sole remedy of the purchaser is the return of the deposit. Reasons of such inability to convey include, but are not limited to, the filing of a bankruptcy petition prior to the confirmation of the sale and reinstatement of the loan without the knowledge of the trustee. If the validity of the sale is challenged by any party, the trustee, in their sole discretion, if they believe the challenge to have merit, may request the court to declare the sale to be void and return the deposit. The purchaser will have no further remedy. Cape Fear Trustee Services, LLC, Substitute Trustee, Attorney Aaron Seagroves, NCSB No. 50979 Matthew Cogswell, NCSB No. 58827 5550 77 Center Drive, Suite 160 Charlotte, NC 28217 PHONE: 980-201-3840 File No.: 24-40562 59990

CORRECTED* Notice of Federal Consistency Review for National Oceanic and Atmospheric Administration's (NOAA's) 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.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLIKO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ROY THOMAS GRITZ
File No.: 24 E 139

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CHRISTOPHER E. GRITZ, EXECUTOR on or before OCTOBER 15, 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 17TH DAY OF JULY 2024

ESTATE OF ROY THOMAS GRITZ
C/O CHRISTOPHER E. GRITZ
588 EVENING MIST DR
FORT MILL, SC 29708

Publish JULY 17, 24, 31 AND AUGUST 7, 2024

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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:

- 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;
- create a Dynamic Speed Zone (DSZ) program to implement temporary speed restrictions when whales are known to be present outside active SSZs;
- extend the size threshold of regulated vessels to include most vessels 35 ft (10.7 m) or greater in length; and
- 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-national-oceanic-and-atmospheric-administrations-noaa-consistency>

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.

*Previous version referenced Bureau of Ocean Energy Management (BOEM). It has been corrected to National Oceanic and Atmospheric Administration's (NOAA).

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLIKO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF ROY THOMAS GRITZ
File No.: 24 E 139

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This 17TH DAY OF JULY 2024

ESTATE OF ROY THOMAS GRITZ
C/O CHRISTOPHER E. GRITZ
588 EVENING MIST DR
FORT MILL, SC 29708

Publish JULY 17, 24, 31 AND AUGUST 7, 2024

AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



Last week was a hot week with much needed showers but a little too late for some of the corn. My children left yesterday to go back to Durham so Ken can be there for his next chemo treatment on Tuesday. Much sadness this weekend when a young evidently troubled boy attempted to shoot Donald Trump while he was speaking in Pennsylvania. I believe there was divine intervention because Trump had turned his head to look at some graphics so the bullet grazed his ear, but Trump is a fighter for this country so he tried to get Secret Service to let him go back out, but they said absolutely not! There were thirteen at church yesterday and they all went out to lunch for Alex Adams birthday but I had to miss because I was busy getting my children on the road. Bill ad Sylvia Nickerson came yesterday to check on me because they could not get me on the phone. I live in the greatest neighborhood because everyone is so caring.

Bill also found out I was having lawn mower problems so he fixed it. It isn't just my neighborhood, it is the people that have done work for me. John Emke called me last week and ask if I would like to have some vegetables, so he and his co-worker came and brought tomatoes, cucumbers, and peppers, homemade bacon and shrimp! I had just baked rolls so I was able to share with them. I received a call from my niece that the last living brother-in-law had passed away yesterday morning in Rose Hill. I am the last of a family of nine. It is about time for the Pamlico Chorale to start rehearsals for the Thanksgiving and Christmas concerts. Hope to see some new faces! I spoke to Evelyn Scazzafava last week since she is moving to be close to her daughter. Evelyn had sung with me for many years so I will miss her.

THOUGHT FOR THE WEEK—LET US SPREAD LOVE AND WIPE OUT THE HATE IN THE WORLD!!!

Pamlico Betty Jo Rodgers, *Correspondent*



Stonewall Methodist Church changed their sign to say, "Pray for America." In the aftermath of an assassination attempt on former President Trump, and the death of and injury of civilians, it is with sadness that I write this article. We are supposed to be "One nation under God, indivisible with liberty and justice for all." I pray for all of our country. 2 Chronicles 7:24 says, 14 if my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land."

The most exciting news in Pamlico was our visit a couple of nights ago of a large black bear. Roy estimated it to be about 400-500 pounds. All this time I had been blaming the raccoons and squirrels for the corn stalks that were being torn down in the field along our driveway.

We had a visit from Charles and Ann Stackhouse, residents of Pamlico, this week. It is always a joy to have friends come for a visit.

The wall studs and the roof are going up on Mary Mattocks house. It is exciting to see the progress being made on her new home. I know it is very exciting for her as well.

Across the street from Mary's house, the lot cleared of all

stumps and nicely leveled seems to be at a standstill for progress. Several loads of dirt have been brought in and leveled at the cleared lot in the woods across the street from Maylene and Bobby Hill's old house. It also appears that someone has moved into their old house on Trent Road. I will have to try to get out and meet my new neighbors.

Arapahoe Community will have Vacation Bible School at Bethany Christian Church in Arapahoe. They will meet from 9:00 am through 11:30 am each morning July 15-19.

Kevin and Suzie have moved to Texas where he will teach at Southwestern Theological Seminary. They arrived safely, Praise the Lord.

Celebrating birthdays in July are Annette Jones (7/17), Jeannine Russo (7/19), Joanne Gwaltney Ashton (7/22), Mark Norman (7/23), Stephen Carey, Kenneth Dixon, and Karen Keast (7/24), Doug Spain (7/25), Gladys Wright (7/26) and Bertha Gilliam (7/31). Celebrating their anniversary in July are Cathy and Brent Fulcher (7/24).

Have a blessed week. Zapped? Take Spiritual Vitamin Z. "Who gave himself for us, that he might redeem us from all iniquity, and purify unto himself a peculiar people, zealous of good works" (Titus 2:14)

Aurora Joy McCracken, *Correspondent*



I took the opportunity from a passing cloud-burst (that dumped .29 inches of water on us) to take a shower on the deck because the water was out (think the well pump has gone bad) and I had to go to town for cat food. There's an area on the roof that during a good downpour has a mini waterfall. I'd forgotten how soft rainwater leaves your hair. We've had several good amounts of rain and it was a childhood pleasure splashing through the puddles with the car.

I was asked to do a birding class at the Aurora Library as part of the Summer Reading Program and it was like getting back on a bike teaching to the children. The library has discontinued the small food pantry.

I saw a Cownosed Ray on the creek 7-8. Witnessed a crabber pulling out pots. I saw my two Quail out on the road when I went out for cat food. The yard has been rejuvenated with the rain and there are now more Butterflies about. The Tree Frogs get verbally excited when they smell rain.

It's officially Pine Straw Falling Season and it will last until December. It plays havoc with the pool, the birdbath and the cars.

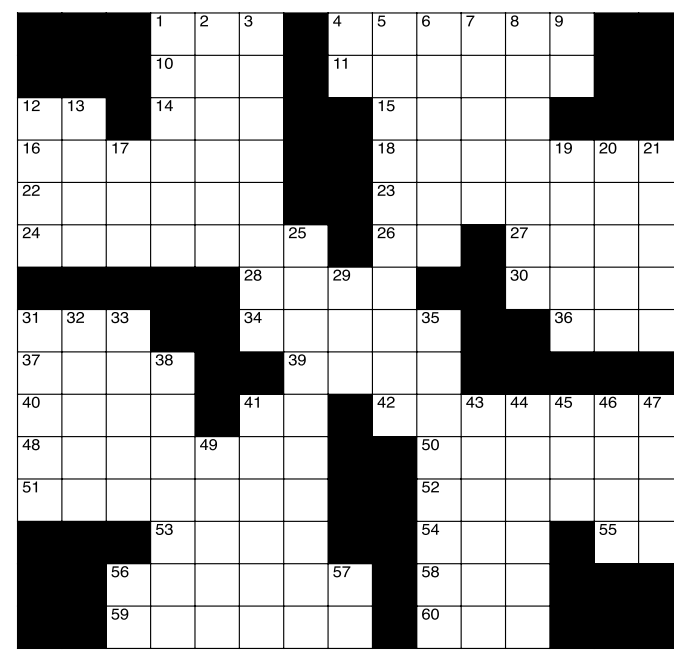
Found a neat site: Climate at a Glance County Time Series, that lets you look up all kinds of weather data. The address is <https://www.ncei.noaa.gov/access/monitoring/climate-at-a-glance/county/time-series>.

As soon as things get back to normal, I'm going to try making Atlantic Beach Pie. It has a Saltine crust and uses Eagle Brand, eggs and lemon and or lime juice.



My Photo of the Week is of Nijah watching the rain.

CROSSWORD

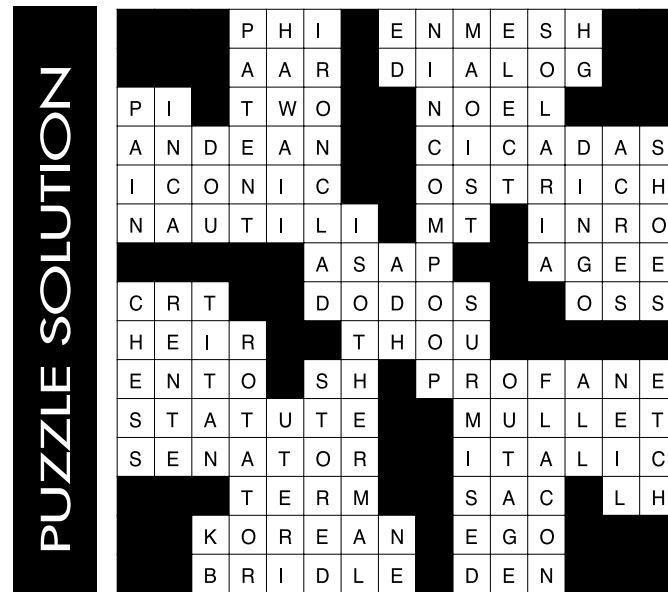


CLUES ACROSS

- 1. Letter of the Greek alphabet
- 4. Cause to become entangled
- 10. Swiss river
- 11. Conversation
- 12. "Magnum" was one
- 14. Small integer
- 15. Christmas
- 16. Of a specific mountain region
- 18. Burrowing bugs
- 22. Of a symbol worthy of veneration
- 23. A type of syndrome
- 24. Cephalopod mollusks
- 26. Metric ton
- 27. Ornamental box
- 28. As quickly as can be done
- 30. "Hoop Dreams" subject Arthur
- 31. Old TV part
- 34. Extinct flightless birds
- 36. Former CIA
- 37. Successor
- 39. Archaic form of you
- 40. Within
- 41. Danny Hurley's alma mater
- 42. Not sacred or biblical
- 48. Written law
- 50. Popular hairstyle
- 51. Congressman
- 52. Type of font
- 53. A predetermined period in office
- 54. Pouch
- 55. Hormone that stimulates ovulation (abbr.)
- 56. One from a particular Asian region
- 58. One's sense of self-esteem
- 59. Headgear used to control a horse
- 60. The habitat of wild animals

CLUES DOWN

- 1. A right conferred through legal means
- 2. American island state
- 3. Inflexibly entrenched
- 4. "Pollock" actor Harris
- 5. Foolish person
- 6. Follows a particular Chairman
- 7. Choose
- 8. Sunrooms
- 9. One hundred grams (abbr.)
- 12. A symptom of some physical hurt or disorder
- 13. South American hummingbird
- 17. "Girl Chopping Onions" painter
- 19. Wild dog
- 20. Units of land
- 21. Footwear
- 25. Possessing a constant temperature
- 29. Hormone that promotes water retention (abbr.)
- 31. Popular game
- 32. Pension (German)
- 33. Giant of industry
- 35. Inferred
- 38. One who revolves
- 41. Kept possession of
- 43. Loss of electricity
- 44. Stopped bottle
- 45. Everything
- 46. First to walk on the moon
- 47. Engrave
- 49. Female organs
- 56. Equal to 1,024 bytes (abbr.)
- 57. Northeast



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Public Notice – 2nd Advertisement RFP for Debris Clearing Services

Pamlico County, North Carolina is currently soliciting bids for the clearance of Vegetative Debris and C&D (Construction and Demolition) Debris for the tropical, winter and nor' eastern storm seasons through October 31, 2027. Bidder's instructions and proposal forms may be obtained from the Pamlico County Clerk to the Board, 302 Main Street, Bayboro, NC 28515, or by contacting Ms. Tracy Boyd, Pamlico County Clerk to the Board, at (252) 745-3133. Documents may also be downloaded from the Pamlico County website at www.pamlicocounty.org. Sealed bids will be addressed to: Clerk to the Board and marked "RFP# 0710-24, Disaster Debris Clearance Services." at Pamlico County, 302 Main Street, Bayboro, NC 28515. Deadline for submittal of bids will be 2:00 PM on Wednesday, July 31, 2024 at which time the bid opening and reading will take place by County Staff.

Pamlico County Recycling Notice

Effective August 5, 2024, all recycling convenience sites will be closed and re-located to the Grantsboro Recycling Site located at 3291 NC 306 North, Grantsboro, NC 28529 (3 Miles North of Grantsboro, NC).

The last date of convenience site pickup for each site is as follows:

- Reelsboro July 29, 2024
- Oriental July 30, 2024
- Arapahoe July 31, 2024
- Hobucken July 31, 2024
- Bayboro August 1, 2024
- Vandemere August 1, 2024

The Grantsboro Recycling Site will be open the following hours:

Monday – Friday hours 7:30 AM – 4:30 PM
Saturdays 7:30 AM– 4:30 PM

If you have questions or concerns, please contact the Pamlico County Manager's Office at 252-745-3133.

Churches of Pamlico Photo by: Hiram Lupton



New Vision Pentecostal Holiness Church - Hobucken



CORRECTED* Notice of Federal Consistency Review for National Oceanic and Atmospheric Administration's (NOAA's) 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 the National Oceanic and Atmospheric Administration's (NOAA's) Consistency Determination (CD) will determine if 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 mandatory 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-national-oceanic-and-atmospheric-administrations-noaa-consistency>

OPEN HOUSE!
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~ Parents and preschoolers welcome
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Cousins! Local Actress Portrays Ancestor in Bushwhackers

NEW BERN, NC, Local actress Nora Blalock was excited to take on the role of Malinda Blalock in *Bushwhackers*. Then she found out she was related to Keith and Malinda! "Bushwhackers" presents the story of Keith and Malinda Blalock, a strong couple from Grandfather Mountain. Like many folks in that part of the state, Keith supported the Union during the Civil War but due to pressures from family, neighbors, and local militia, he joined the Confederate Army. His plan was to cross the battle lines and join the Union once he got to the front, but Malinda, not to be left at home, joined him disguised as his brother Sam, changing those plans. That's the beginning of the story and of their adventures in the North Carolina History Theater's "Bushwhackers."



Nora Blalock

The Blalock's story is a compelling one, and Nora found that she was indeed family. Nora had not been aware of Keith and Malinda until composer and Musical Director Jimmy Merritt approached Nora about the role. As she explored the role and realized that the names were the same, her family began to do some research. Nora's father Brian discovered that they are related to Keith as they are 3rd cousins, 4 times removed. While Nora's grandfather had been very interested in Civil War history, exploring local battlefields, the family had not previously been aware of their connection to Keith Blalock.



Malinda Blalock

Nora Blalock as Malinda

Nora is thrilled to take on the role of Malinda Blalock in "Bushwhackers." "I'm really excited about it. Getting to originate a role is awesome in itself, but getting to play my relative is even cooler! I think it's a super interesting story, unlike a lot of the stories I heard growing up about this era in history!"

"Bushwhackers," presented by North Carolina History Theater, is a musical tale of love and revenge set in the Civil War. Written by Bill Hand with music by James Merritt, it will be at Orringer Auditorium at Craven Community College July 19, 20, 26, and 27 at 7pm and July 21 & 28 at 2pm. Tickets are available at www.NCHistoryTheater.org or at the Bank of the Arts at 317 Middle Street or at the door.

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

Air Conditioning Maintenance Tips

There is no denying the relief cool air provides when the temperatures outdoors are particularly steamy. In fact, having a place to cool off is a necessity for those who have succumbed to heat exhaustion or have difficulty regulating their body temperatures.

Even though air conditioning can provide relief, some people are reluctant to turn it on because of the drain on electricity and the subsequent high energy bills that come with it. Certainly running the air conditioning can be costly, but regular maintenance helps a system to work more efficiently. It also enables homeowners to recognize issues that can lead to expensive repairs if left unchecked.

Here are some air conditioning maintenance tips to keep a system in top condition.

- Change the filters. Dirty, clogged filters can cause a system to work harder to cool down rooms, compromising efficiency. Check the HVAC system's manufacturer recommendation for how frequently to change the filters. Some may benefit from monthly replacement if the air is running constantly.
 - Consider the MERV rating. The filter will have a minimum efficiency reporting value, or MERV, according to This Old House. The higher the number, the better the filtration. But a higher MERV rating requires more energy to pull air through the filter. Therefore, choose a balance of filtration and energy cost requirements.
 - Maintain the outdoor unit. Clean the AC unit with a soft-bristle brush and vacuum the fins at the start of the season and if the unit becomes dirty from weather, pollen and other elements. Bent condenser or evaporator fins can restrict air flow that would normally pass through the air conditioning system. Gently straighten them to improve air flow.
 - Check and repair leaks. Airflow leaks through ductwork and with window AC units can reduce efficiency. Hold an incense stick or another smoldering item to check for leaks. If the smoke blows around, there is leakage. Use foil tape to seal small gaps and duct mastic for large ones. Stuff foam around a window unit and use taping as necessary.
 - Supplement with a whole-house fan. The Family Handyman says an attic-mounted fan pushes hot air out through the attic vents and draws cooler, outside air through open windows and doors. The whole-house fan can be used to draw out most of the hot air before turning on the AC, or as a substitute on cooler days when having the AC on may not be crucial.
 - Schedule annual maintenance. Homeowners may be able to handle various maintenance tasks, or they may want to have an HVAC technician come out and do the following: clean and inspect coils; adjust and replace fan belts; lubricate motors and bearings; inspect controls and safeties, check refrigerant; and determine if the unit is large enough for the home.
- Air conditioning systems need routine maintenance to operate efficiently and at the lowest cost possible.



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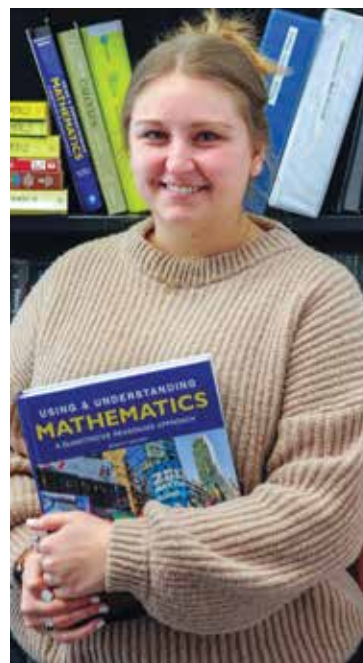
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**Fall Registration is set
for Tuesday, Aug. 6,
from 8:30 a.m. to 7 p.m.**

Get a head start on your future!

Call, email or drop by the college today!

252-249-1851, ext. 3001, or studentservices@pamlicocc.edu



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