



Wednesday, July 22, 2015

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NOTABLE

• PCHA to Host Watermelon Social

The Pamlico County Historical Association will host its Annual Watermelon Social on Sunday, July 26, at the Museum and Heritage Center in Grantsboro. Come out and enjoy delicious Sandhills watermelons complements of Mr. Roy Brinson. The social will begin at 5:00 p.m. and will be held under the pavilion. A short program and a few fun games are being planned for adults and children alike. Members and the public are invited. For more information, please contact Pat Prescott at 252-745-2239.

• Come Enjoy Aurora Garden

Vickie Lewis Jones and BeGlobal invite the community to visit the Aurora Community Garden on Wednesday Nights, 6:30pm. Come walk the garden paths, learn about healthy living and see what we're doing. On Saturday mornings, the community gardeners are selling vegetables grown in the gardens. This week they'll be in Edward in front of the VeryKwik. Next weekend they'll return to the Dollar General Aurora.

• New Bern Farmers Market Open

This week at the New Bern Farmers Market features homegrown vegetables in season, local farm raised meats, fresh local seafood & honey, handcrafted woodwork, original art & jewelry. The market is open Tuesdays, 10am - 2pm and Saturdays, 8am - 2pm. Don't forget Saturday, July 25 - Christmas in July! Shop Early Shop Local!

• Interested in Online Learning?

Mark your Calendar to learn about Pamlico Community College's online offerings, as well as other programs, plan to attend PCC's Fresh Start event on July 25 from 10 am - 2 pm at 5049 Hwy. 306 South, Grantsboro.

• Free Food & Great Fun! Books, Games & Lunch!

The Aurora Community Center and the USDA Summer Food Service Program will be serving free lunch sponsored by Care-O-World Enrichment Center. The program will run between July 20 and August 13, Monday through Thursday from 11am to 1pm. Lunch will be served at noon. Birth to 18 years of age is free of charge, over 18 - \$5 per lunch.

• NAACP to Host Annual Meeting

The NAACP of Pamlico County will hold its annual meeting, election of officers, and training at 9:00 a.m. on August 9 at the Green Hill Missionary Baptist Church at 314 Water Street in Bayboro. All interested persons are invited and welcome to attend.



• Blacksmiths Offer Workshop

A free workshop will be presented by the Blacksmiths of Pamlico County at the Heritage Center in Grantsboro Saturday, July 25th from 11am to 2pm. The blacksmiths will show you how to make simple things such as hooks so you can take something home.

• Military Training Announced

Ground forces will be inserted by helicopter for training at Outlying Landing Field Atlantic (Atlantic Field) July 26-31. Local residents can expect an increase in military vehicle traffic during this period. Navy Special Boat Teams will operate in and around Cherry Point waterways and will conduct maneuvering and live-fire training at Bombing Targets 9 and 11 in the Pamlico Sound July 30.

• "Blessing of the Bikes" Event Saturday

The "Blessing of the Bikes" is a tradition in which riders and their vehicles are blessed and sprinkled with holy water by a minister or priest in the hope for safety during the riding season. This non-denominational event will take place at Nels Sports Bar & Grill Saturday, July 25, 802 Broad St., Oriental at 3pm.

Owner of Nels, Rima Britt, states, "I wanted to be more inclusive than the usual motorcycle blessing, since we have a significant bicycle population in Oriental, and I also wanted to include children."

Thus, any owners of two or three wheel, non-motorized means of transportation, including bicycles, tricycles, etc. are invited to participate in the free event, as well as usual motorcycles. A separate children's section is planned for youngsters on tricycles who may wish to participate.

• Back to School Drive Set

Pamlico County Relief Team with Communities and Schools of Pamlico County will host its 6th Annual Back to School Drive & Community Day on August 8th at 3pm. The event will be held at Bayboro Fire Department (behind First Citizens Bank). Parents are encouraged to register their children by emailing us at pcreliefteam@gmail.com. School Supply donations are requested from community supporters. To become a volunteer, contact us at pcreliefteam@gmail.com.

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DEATHS:

- Judy Christine Mills Maness, 76, of Oriental
- Mary Prevatte Paul, 89, formerly of Bayboro

Caring for Children: A Work of Heart

HeartWorks, the nonprofit organization that serves at-risk children in the Pamlico County area, will hold its first major fundraiser, HarborFest, on September 18-20 at River Dunes.

The kick-off event will be the Friday night casual dinner/dance. On Saturday, there will be music, art, street entertainment and water activities. On Saturday night, there will be an elegant Gala with dinner catered by the Chelsea and music by the Entertainers.

HeartWorks was founded in 2002 through the passion, energy and generosity of Dr. Sue and Rod Lee. Dr. Lee, a pediatrician, saw the unmet needs of at-risk children in her community and decided to do something about it.

Among other things, Dr. Lee was aware that children referred to New Bern for psychological counseling were not being seen because of lack of transportation. To address the problem, she formed Stillwaters, a psychological counseling program, that provides evidence-based licensed therapeutic services to students in their school setting. Today, Stillwaters provides counseling services, both in-school and in a facility off cam-



pus for both students and, if necessary, the entire family.

In 2004, Dr. Lee applied for a grant to fund an after-school and summer learning program.

As a result of her efforts, HeartWorks now offers an after-school academic and enrichment program, which targets the educational needs of at-risk students, provides literacy and math tutoring, cultural, enrichment and club activities. Certified teachers assist with homework and volunteers assist with tutoring and club activities. Social skills are emphasized in all activities.

The all-day summer learning program includes literacy and math tutoring, day camp, sailing and

See HeartWorks, page 9A

Women Rule at Harkers Island Regatta



Women, including Oriental resident Kara Wheeler, took the three top spots at this year's Harkers Island Regatta. (Photo by Brian Jerger)

Staff Reports

Not long after the start of the 14th annual Harkers Island Regatta, three women, including Oriental resident Kara Wheeler, rose to the top of the fleet and stayed there.

The Regatta drew competitors from New York to Florida for racing July 11th and 12th in eastern North Carolina in what has become one of the larger Sunfish Class events in the United States. Forty sunfish started the Island Wind Race, a challenging ten mile race around Harkers Island in which sailors may choose the direction they circumnavigate the island with the prospect of sailing downwind all while navigating some very unique hazards including oyster beds, marshes and a bridge.

Throughout the event the lead changed several times between Sonya Dean of Raleigh and Wheeler. Ashlyn Park of Asheboro was close on their heels with the nearest men lagging several minutes behind. Dean, a local of Hawkers Island, with superior local knowledge and boat speed to match, was the quickest to pass through the marsh portion of the course and extended a sizeable lead. On the home stretch, Wheeler sailed her hardest around the eastern end of the island into current and crossed just twenty

four seconds behind Dean. Third place went to Park who was less than a minute behind the winner. The top five finishers were Sonya Dean, Kara Wheeler, Ashlyn Park, Andrew Bates (USMMA) and George Sechrist (Top Grandmaster) respectively. The top finishers in the Beater Class (older boats) were Katy Schmitt, top Youth Alex Jones of Charlotte, top Master John Park of Asheboro and top Grandmaster, George Sechrist of Oriental.

This is Kara's fourth year participating in the event. A sophomore at NC State and member of the sailing team, Wheeler has many years of sailing experience and a lot of respect for her fellow competitors. "I am so happy for Sonya, I love that she took first place," said Kara. She has a great respect for Sonya and says that Sonya took her under her wing and showed her the ropes in her first race round Harkers Island three years ago. "She has been so encouraging and has given me so much local knowledge," said Kara of the first place winner who is a member of the sailing team and UNC Wilmington. Kara's interest in sailing first began after she and her family sailed from the Bahamas to Maine. They moved to Oriental when she was in just sixth grade where she enrolled at Bow To

See Regatta, page 9A

Ferry Crew Interrupts Trip to Rescue Capsized Boater

The current Ferry System runs twenty two boats on seven regular routes across five bodies of water, transporting an estimated 850,000 vehicles and two million passengers each year according to the NCDOT website. But on this most recent Fourth of July holiday, crew members of the Ferry M/V Chicamacomico did more than ferry riders and their vehicles across the Neuse River.

As the crew of the NC Ferry M/V Chicamacomico was loading cars for its last departure of the day from Minnesott Beach on Saturday, July 4th, security watch stander John Brann noticed something amiss on the Neuse River in Pamlico County.

A sailboat had tipped and rolled over just outside of the ferry basin and was rapidly drifting into the river channel. Brann immediately

informed crew members, Paul Abare and Stevenson Lee Weeks, who notified Captain Wendell Hunnings of the boater in distress. Hunnings then ordered Abare and Weeks to launch the Chicamacomico's rescue boat.

As the crew reached the capsized sailboat, Sean Pollin of Linden, VA told them that he had underestimated the winds on the Neuse and was overcome by them. It was quickly

See Ferry, page 9A



The crew of the NC Ferry M/V Chicamacomico was loading cars for the trip from Minnesott Beach to Cherry Point on July 4th when they jumped into action to help a capsized sailboat.



Who's Running?

Town of Alliance Commissioner

- Mike Cuthrell
- Louis Daniels
- Arthur Kelly
- Heather B. Riggs
- Will Riggs
- Frank Willis

Town of Arapahoe Commissioner

- Annie Flowers
- Betty Ganues Hill
- Tommy Murray
- Jamie Wayne

(Arapahoe filings extended to Friday, July 24th town still lacks a mayoral candidate, one commissioner candidate)

Town of Bayboro Commissioner

- Kelvin (KC) Credle
- J.E. Hardison
- Vennie Hunter Himbry

Town of Grantsboro Mayor

- Alfred Cahoon
- Peggy Dixon Patrick

Town of Grantsboro Councilman

- Steven Harris
- Julia Walker Lee
- Kristie Mitchell
- Tom Newman
- Ray Poole

Town of Mesic Mayor

- Booker T. Jones, Sr.

Town of Mesic Councilman

- Lois Smith Credle
- Admire Gibbs
- Everett John Hill
- Theron Jones, Sr.
- Violet W. Ollison

Town of Minnesott Beach Mayor

- Josh Potter

Town of Minnesott Beach Commissioner

- Carolyn Broughton Casey
- Tim Fowler
- Charles E. Salter
- Eber Warren

Town of Oriental Mayor

- Sally Truitt Belangia

Town of Oriental Commissioner

- Gwendolyn G. Gibbs
- Charlie Overcash
- Allen Price
- Larry Summers
- Barb Venturi
- David White
- Sandy Winfrey

Town of Stonewall Mayor

- Charles Alexander

Town of Stonewall Commissioner

- Maurice Benton
- Lester Forrest Carey
- James E. Wood, Jr.

Town of Vandemere Mayor

- Judy H. Thaanum

Town of Vandemere Commissioner

- Dave DeSalvo
- Brenda Heiberg
- David Howlett
- Russ Hudson
- Carolyn S. Jones
- Steve Lacy
- Margaret Rose



Got News?
Call us at
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editor@thepamliconews.com

TURNAGE

Construction & Trucking Co. Inc.

2373 NC Hwy 304, Bayboro, NC 28515

FORESTRY MULCHING

Line & Property Line Cutting / Acreage Cutting

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Dustin Turnage

Office: 252-745-4976

Cell: 252-229-4688

Fax: 252-745-5240



- The average person makes about 1,140 telephone calls each year
Stressed is Desserts spelled backwards.
If you had enough water to fill one million goldfish bowls, you could fill an entire stadium.

QUICK REFERENCE

Emergency: Dial 911 for police, sheriff, fire departments, rescue squads, ambulance
Animal Poison Control Center: 1-888-426-4435
Carteret General Hospital: 808-6000; Coastal Carolina Regional Airport: 638-8591

WEATHER.COM

Wednesday - A chance of showers and thunderstorms. Partly sunny, with a high near 88. North wind 3 to 7 mph.
Thursday Night - A chance of showers and thunderstorms before 9pm.
Friday - Partly sunny, with a high near 87.

WEEKLY HOROSCOPE

- Aries (March 21-April 19) Expect a fantastic month ahead, because the Sun, Mercury, Jupiter and Venus are all working with you in a favourable way.
Taurus (April 20-May 20) You've been aware that this is a fabulous year for real-estate opportunities.
Gemini (May 21-June 20) It's been busy with social interactions, especially siblings, relatives and neighbours.

Wednesday, July 22
Crocheting & Knitting at Senior Center at 10 a.m.
Health Screening - Blood Pressure & Weight Checks at Senior Center at 10 a.m.

Thursday, July 23
Prayer Shawl Ministry, Oriental United Methodist Church, 10 - 11:30 a.m.
Alcohol Anonymous, Thursday @ 12 noon, Closed, Grapevine, @ Free Will Baptist Church, Ragan Rd., Oriental.

Friday, July 24
Fantastic Friday at Senior Center
Oriental Quilting Bee, 9 a.m., 403 Mildred Street. No experience needed.

Saturday, July 25
Oriental Farmer's Market on Hodges St. from 8-11 a.m.

Monday, July 27
Water Advisory Board Meeting at Oriental Town Hall at 1 p.m.
Pamlico County Historical Association meets at the Heritage Museum at 7 p.m.

GOVERNMENT

Monday, July 27
Water Advisory Board Meeting at Oriental Town Hall at 1 p.m.
Pamlico County Historical Association meets at the Heritage Museum at 7 p.m.

Tuesday, July 28
Oriental Tree Board meets at Oriental Town Hall at 8 a.m.
Pamlico County Board of Elections, 10 a.m. in the Elections office (Pamlico County Courthouse)

Monday, August 3
Pamlico County Board of Education meets at 6:30 p.m. at the Board Office on Anderson Avenue

Tuesday, August 4
Bayboro Town Hall Meeting - 208 North Street, Bayboro, 7 p.m.
Grantsboro Town Hall Meeting, Highway 55, Grantsboro, 7 p.m.

Tuesday, August 11
Minnesot Beach Town Hall Meeting - 11758 Highway 306 S, 7 p.m.

Tuesday, August 18
Pamlico County Chamber of Commerce Board Meeting at 7:30 a.m. at the Heritage Museum.

Monday, August 24
Water Advisory Board Meeting at Oriental Town Hall at 1 p.m.

Tuesday, August 25
Oriental Town Hall meets at Oriental Town Hall at 8 a.m.

Monday, August 31
Ararapahoe Charter School Board of Directors meets at 6:30 p.m. at the Arlington Place Clubhouse

Monday, August 17
Pamlico County Commissioners Meeting at 7 p.m. in the 2nd floor Commissioners Room

Tuesday, August 18
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Acrylic Painting at Senior Center at 9 a.m.
Center volunteers paperwork at 9 a.m. at Senior Center
Bible Study at Alliance UMC at 9:30 a.m.

Tuesday, July 28
Plein air painting is Tuesdays 9 a.m.
Different location each week. Artists paint outside. Call Susan Cheatham at 249-4925 for locations/info.

Monday, August 3
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Center Volunteers at PC Senior Center from 9 a.m. to 12 p.m.

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Hideaway Fish Co. Fresh Fish Right Off the Boat "You Call, We Catch!" Trout, Spots, Croaker, Flounder, Mullet. Call Today to Place Your Advance Order for the Freshest Bait in North Carolina! 252-249-3262 • 252-675-3128

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Pamlico Animal Welfare Society (PAWS)

"NEW LEASH ON LIFE" Program - Everyone deserves a second chance" PAWS rescues adoptable shelter dogs and pairs them with inmate trainers at the Pamlico Correctional Institution.

Hi there, I'm Max and we could be bestest of friends. I'm a 2 1/2 year old chocolate lab that has a marshmallow for a heart and is as sweet as a Hershey bar.



I'm Coco a 2 1/2 year old German Shepherd that has had a little bit of a rough start in life. I've been a busy momma that is now on my way to a better life of retirement from having puppies.

My name's Ryan and I'm a one of kind mixed breed consisting of Yellow Lab and maybe Whippet. What everyone knows for sure is that I'm a peaceful boy that loves children, to play fetch, and is good in a crate.



If you're interested in adopting a NLOL dog contact Jackie Schmidt at 649-5504 or Penny Monell at 249-1453. You can also email PAWS at mail.pamlicopaws.net and download an adoption application at pamlicopaws.net on the individual dog's page.

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Agent of the Week

Angie Propst
Realtor/Broker

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

Angie was our beacon, with her voice & a smile we could hear helping us move 3,000 miles and successfully coordinating two cross-country transactions for our family with her professionalism and friendship leading the entire way.

Bill & Heather, Oriental



MINNESOTT BEACH - Fabulous wide-water views of Neuse River from **2BR/2BA** condo located high above flood plain at Sea Gull Villas. Swimming pool, beach-side gazebo & sandy beach. Convenient to Minnesott Golf & Country Club w/ 18-hole championship golf course. Deep-water marina nearby.
OFFERED AT \$109,900



GRANTSBORO - Move in ready, excellent condition! This **3BR/2BA** Kennels Beach home is fully furnished and offers water access, a wood burning fireplace, and two nice screened-in porches. Whether you are looking for a part time get-away or full time residence, this home is a great choice.
OFFERED AT \$140,000



ORIENTAL - Splendid **3BR/2BA** in immaculate condition only a short walk from the Minnesott Golf & CC and the Neuse River in Minnesott Beach. Features include Carolina Room, Hot Springs Prodigy Spa, professionally landscaped backyard with an AstroTurf putting green, audio system & water softener.
OFFERED AT \$175,000



ORIENTAL - Architectural gem designed for waterfront views located at the mouth of deep-water Pierce Creek w/ the vast expanse of Neuse River. Ample windows on every level flood **2BR/ 2.5BA** home w/ ambient light. Awe-inspiring entry leads to huge living room. Water-side screened porch & hot tub.
OFFERED AT \$399,500



ORIENTAL - Tranquil, beautiful, private.... everything you could ask for in a dream home. **3BR/3BA** in Bent Tree Landing on 1.22 acres, deep-water dock, covered boat lift, 2-sided gas log fire place, deck, screened porch, exceptional kitchen, FROG w/bath, metal roof, lovely landscaping and attached 2-car garage.
OFFERED AT \$469,900

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



All About Tarpon

This year's 4th Annual Pamlico County Invitational Tarpon Tournament was held July 18.

The one-day tournament included 13 boats with top area tarpon guides and fisherman participating.

Anglers fished in Pamlico Sound and surrounding rivers and tributaries.

Winners were (above, l-r) John Logelfo, Capt. Mitchell Blake (Fish IBX Guide Service) and Clay Willis

At the right is Capt. Blake working hard to win the tourney.



Brinson~Casper Wedding



Collene Diane Brinson of Merritt and Kevin F. Casper of Cherry Point were married on June 13, 2015 at the home of the bride on the Bay River. The bride is the daughter of Edwin and Desiree' Brinson of Merritt. The groom is the son of Kevin Casper and Karen Tedeschi, both of Hawthorne, New Jersey. The bride was presented in marriage by her father. The ceremony was officiated by the Justice of the Peace. The bride responded "I do" and the groom responded "Yep." Rebecca Brinson O'Neal assisted in serving. The bride is employed at Charlie's Restaurant as a waitress and the groom is a Lance Corporal in the United States Marine Corps.

Dinghy Poker Run Set for July 25

The 9th Annual Neuse Sailing Association Dinghy Poker Run takes place on Saturday, July 25, on the Tiki Bar deck at the Oriental Marina and Inn. The public is invited to join in the fun that includes prizes, a raffle drawing, and an auction. The NSA will provide grilled hot dogs with all the trimmings after the run and the band Easy Breeze will perform.

The proceeds will benefit the Southeast Pamlico Volunteer Fire Department. Poker hands go on sale at 12 noon. The game is 5-card stud and hands are \$10 each. There is no limit to the number of hands played. Players will draw cards from seven stations for each hand and play their best 5-card hands. The Poker Run starts at 2 p.m.

Each player or team will receive a Score Card for each hand purchased and a map identifying seven card stations at points around the area accessible by water. Players proceed in their dinghies or other small boats to each of the seven stations in any order. When a player arrives at a station, he or she draws a card from the people manning the station for each poker hand they have. Monitors at each station will mark the player's Score Card(s) with a unique stamp to ensure accuracy. When players have visited all seven stations, they return to the starting point until all have returned. The best 5-card poker hand wins the top prize and other prizes are awarded.

For information or to volunteer, contact Jack Adcock at vcspcialevents@neusesailingassociation.org or Donna Ryder at vcmembership@neusesailingassociation.org.

Siemens Aquaris

Enjoy life without limits.

Truly waterproof...

unlimited

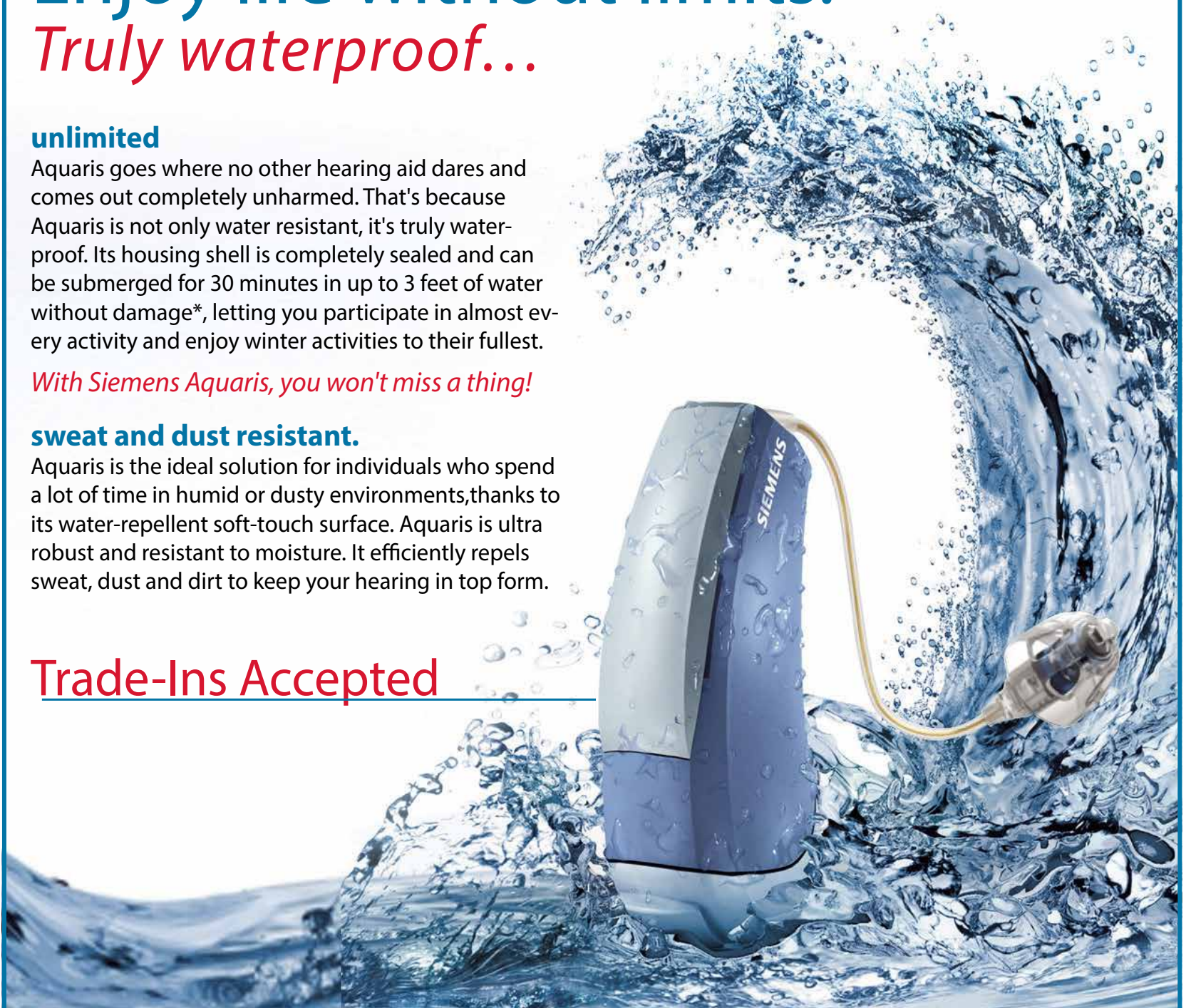
Aquaris goes where no other hearing aid dares and comes out completely unharmed. That's because Aquaris is not only water resistant, it's truly waterproof. Its housing shell is completely sealed and can be submerged for 30 minutes in up to 3 feet of water without damage*, letting you participate in almost every activity and enjoy winter activities to their fullest.

With Siemens Aquaris, you won't miss a thing!

sweat and dust resistant.

Aquaris is the ideal solution for individuals who spend a lot of time in humid or dusty environments, thanks to its water-repellent soft-touch surface. Aquaris is ultra robust and resistant to moisture. It efficiently repels sweat, dust and dirt to keep your hearing in top form.

Trade-Ins Accepted



"We will beat any competitor's price on exact manufactures and models.

We can save you hundreds and maybe even thousands!"

We service all makes and models of hearing aids, **FREE!**

Affordable Hearing

AUDIOLOGY & HEARING CARE

www.affordablehearingnc.com

14184 Hwy 55 East, Bayboro 252-745-3400

1427 S. Glenburnie Road, New Bern 252-636-2300 | 229 Professional Circle, Morehead City 252-222-4327



What To Keep In Your Diet As You Age

As we get older our body's nutritional needs change. Research shows that impactful eating habits can improve your waistline and your health. Experts say that there are certain essential nutrients that older people should include in their diet. But, if taking on a whole new eating regime seems daunting, try to focus on making one change to your diet at a time until it becomes a normal part of your daily routine.

It is suggested that you incorporate produce into every meal. By doing so you are upping your intake of vitamins, minerals, antioxidants, and fiber. Nutritionists suggest that eating at least five servings of produce a day can lower risk of chronic diseases, including heart disease, stroke, and certain cancers.

The benefits of adding fruits and vegetables to your diet are numerous, but there are some specific nutrients that researchers suggest should be included as well as we age. Vitamin B12 assists with the creation of red blood cells and maintains healthy nerve function. Fish, meat, poultry and milk are recommended as good sources of vitamin B12. Folate/Folic acid or Vitamin B is also an essential nutrient as we age and too little can contribute to anemia. By eating more fruits, vegetables and breakfast cereals seniors can get more of this beneficial vitamin. Remember to make dairy part of your daily diet as calcium promotes strong bones. Vitamin D aids in the absorption of calcium into the body. As we age our skin becomes less efficient at producing this vitamin from sunlight. To ensure you are getting the proper amount of Vitamin D health experts recommend that you eat more salmon, tuna and eggs. According to WebMD, calcium supplements are not recommended as a substitute to the real thing unless suggested by your doctor. Potassium is also said to keep bones strong and help reduce blood pressure. To get more potassium in your diet eat more fruits and vegetables especially bananas, prunes, plums and potatoes with the skin on.

Nutritionists say that Magnesium promotes a healthy immune system, heart and bones.



Studies show that as we age the absorption of magnesium into the body decreases. To prevent this from happening unprocessed foods such as fruits, vegetables, nuts, whole grains, beans and seeds are recommended.

It has long been held that a fiber rich diet will aid in a healthy digestive system. Strive to replace refined grains with 100% whole grain options or choose non-grain nutrient-rich starches, such as skin-on potatoes, root vegetables, squash, beans, and lentils.

In addition to keeping their bodies healthy, many older adults worry about keeping their minds healthy. Some researchers say that Omega 3, found in seafood, soybeans, walnuts and canola oil, can keep the brain sharper as we age.

Statistically older people take more prescribed medications. Certain medicines can increase your risk of becoming dehydrated. Experts say make water your beverage of choice. According to a study in the *American Journal of Clinical Nutrition*, people who get much of their daily fluid intake from plain water tend to have healthier diets overall. Eight glasses of water a day is recommended for older adults.

As always, when making any changes to your diet be mindful. Always check with your doctor first to ensure you are making the best choices for your individual health needs. And, when raising your eating awareness, don't surrender to all-or-nothing thinking just find ways to strike a sane and healthy balance.

The 14 Most Common Senior Health Concerns



People in America today can expect to live longer than ever before. Once you make it to 65, the data suggest that you can live another 19.2 years, on average. For many, then, senior living includes carefully managing chronic conditions to stay healthy. "You need to be physically active and eat a healthy diet" and also make healthy lifestyle choices, like quitting smoking and losing weight, to avoid senior health risks, explained Jeanne Wei, MD, director of the Institute on Aging at the University of Arkansas Medical School in Little Rock. Then you too can be among the 76 percent of people over 65 who say their health is good or excellent.

Arthritis

Arthritis affects about 51 percent of all adults over 65 and can lead to pain and lower quality of life for some seniors. Although arthritis can discourage you from being active, it's important to work with your doctor to develop a personalized activity plan that, along with other treatment, can help maintain senior health.

Heart Disease

According to the U.S. Centers for Disease Control and Prevention (CDC), heart disease remains the leading killer of adults over age 65, accounting for 1,156 deaths per 100,000 people in 2009, the most recent statistics. As a chronic condition, heart disease affects 37 percent of men and 26 percent of women 65 and older. As people age, they're increasingly living with risk factors, such as high blood pressure and high cholesterol, that increase the chances of having a stroke or developing heart disease.

Cancer

Cancer is the second leading cause of death among people over age 65, with 982 deaths a year per 100,000 people. According to the CDC, 28 percent of men and 21 percent of women over age 65 are living with cancer. If caught early through screenings such as mammograms, colonoscopies, and skin checks, many types of cancer are treatable.

Respiratory Diseases

Chronic lower respiratory diseases, such as COPD, are the third most common cause of death among people 65 and older, annually taking 291 lives per 100,000 people. About 10 percent of men and 13 percent of women are living with asthma, and another 10 percent of men and 11 percent of women are living with chronic bronchitis or emphysema.

Alzheimer's Disease

Alzheimer's disease accounts for about 184 deaths per 100,000 people over age 65 each year. The Alzheimer's Association reports that as many as 5 million adults over 65 live with Alzheimer's disease, but because diagnosis is challenging, it's difficult to know exactly how many people are living with this chronic condition.

Osteoporosis

The National Osteoporosis Foundation estimates that 52 million Americans are affected by

low bone mass or osteoporosis, putting them at risk for a fracture or break that could lead to poor senior health and reduced quality of life.

Diabetes

About 24 percent of men and 18 percent of women older than 65 are living with diabetes, a significant senior health risk. According to CDC data, diabetes causes 121 deaths annually among 100,000 adults over age 65. Diabetes can be identified and addressed early with simple blood tests for blood sugar levels.

Influenza and Pneumonia

Although the flu and pneumonia are not chronic conditions, these infections are among the top seven causes of death in people over age 65, at 104 per 100,000 adults a year. Seniors are more vulnerable to these diseases and less able to fight them off.

Falls and Other Injuries

The number of physical injuries from falls, accidents, and violence is hard to track, but data from the CDC suggest that 29.1 percent of emergency room visits by seniors are related to injury and 13.5 percent are due to unintentional falls. It's also known that the risk for falls requiring emergency room care increases with age.

Substance Abuse

An analysis of data from the National Epidemiologic Survey of Alcohol and Related Conditions suggests that one in five people over 65 have had a substance or alcohol abuse problem at some point in their lives. Alcohol and tobacco topped the list of nonmedical substances abused by survey participants.

Obesity

About 40 percent of adults 65 to 74 years old are obese, although that proportion drops somewhat after age 75, to 27.8 percent. Obesity is an important senior health risk factor for heart disease, diabetes, and cancer -- chronic conditions that impact quality of life.

Depression

About 16 percent of women over age 65 and 11 percent of men of that age report symptoms that suggest clinical depression, a threat to senior health. Depression appears to become more common as people age. In addition to treatment with medication and therapy to improve mood, possible solutions to improve senior living might be to increase activity or to interact more socially.

Oral Health

Healthy teeth and gums are important not just for a pretty smile and easy eating, but also for overall senior health. According to the CDC, 25 percent of women and 24 percent of men over 65 have no natural teeth.

Poverty

About 9 percent of adults over 65 are living in poverty. Older women are slightly more likely than men to be living in poverty, and single older adults are also significantly more likely to live alone with fewer resources.

Life is better on the river ...

Let's face it, life is better on the river. So get all your "Life On The River" gear now at Pamlico Pharmacy. Come in and check out their selection of river life merchandise including decorative signs, colorful tees, house and garden flags.

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From the Helm

Capt. Reg Fidoe
Worldwide
Marine

The advent of "Personal Watercraft" in recent years has heightened

our awareness to the issue of speed on our waterways. In general, PWC are operated at greater speeds than powerboats, and infinitely greater speeds than sailboats.

To some degree, speed is essential on a PWC since it is nearly impossible for operators to keep their balance at slow speeds (5 knots or less). Not unlike your bicycle, if you slow down enough, you'll fall over. Add a passenger behind you and some wave action, and the rate of speed to keep your balance actually increases.

There is yet another factor that enters in to the speed equation. The steering on a PWC relies on the thrust of the water jet on its stern. The water is pumped through a small jet that is directed from port to starboard by the handlebars. The slower the rate of water discharge, the less effective your steering becomes.

What does this have to do with boating? Well, the PRIMARY cause of PWC accidents is excessive speed. Also, there are many boating accidents due to excessive speed. You might be interested to know that the same Navigation Rule governing the speed of an oil tanker governs the speed of a PWC and all vessels in between.

Rule 6 of the International and Inland Navigation Rules is entitled "Safe Speed." Rule 6 requires vessels to operate at speed that will allow an operator to "take proper and effective action to avoid collision and be stopped within a distance appropriate to the prevailing circumstances." Okay, what does that mean?

Rule 6 goes on to list factors that "shall be among those taken into account" in determining safe speed. These factors apply to open water and close-quarters situations. They apply to Ski boats, sailboats, cruise ships and PWC, just to name a few. Let's talk about a few of those rel-

evant factors.

The first is "Traffic density." Since there are essentially no speed limit signs on the water (other than in no wake areas), the more vessels in your vicinity, the slower your speed should be. Traffic density also deals with proximity. The closer you are to other vessels, the slower you should be going.

Next is the "state of wind, sea and current." These factors apply not only to your vessel, but the vessels around you as well. You may be in a 500-horse power cruiser that can overcome any current. However, that isn't true of the trawler or sailboat ahead of you. A strong wind abeam can be a menace to a slow moving boat in a narrow channel. Your wake can only make things worse.

Another factor is "maneuverability with special reference to stopping distance and turning ability." In your car, the faster you go, the longer the stopping distance and larger the turning radius will be. Just as you would drive slowly in a parking lot or a residential street, you should be prepared for quick stops on the water.

"Visibility" is another factor. The effects of fog, rain or darkness should have an influence on your boat speed. Exercising good judgment is the key.

Common sense should prevail out there. The truth is that some people just don't think, and the boating accident reports tell quite a story on those folks!

Until next time, I wish you fair winds and may the depth of water always exceed the draft of your vessel.

Captain Reg Fidoe is the chief instructor of World Wide Marine Training, Inc., a U.S. Coast Guard Approved facility authorized to give examinations for captain's licenses up to 200 Ton Master, Able Seaman up to Unlimited, STCW, and other Endorsements. In addition we offer CPR/First Aid classes on the first Saturday of each month (www.wegivethetest.com or call toll-free 866-249-2135).

Coastal Federation Sponsors Kayak, Yoga Trip

The N.C. Coastal Federation will once again offer Kayak and Yoga trips to Jones Island with Second Wind Eco Tours. The paddle will start from the Cedar Point Wildlife Landing in the Croatan National Forest and cross the waters of the White Oak River to Jones Island. You'll learn about the living shoreline and oyster habitat restoration projects there, and will be able to relax under the shade of giant oak trees during a gentle yoga session. Afterwards, you'll have the opportunity to enjoy a swim from the beach.

The trip is scheduled for August 8 from 9 am to 12 pm. The price with a kayak rental is: \$35 for federation members; \$45 for nonmembers. If you bring your own kayak the price is: \$20 for federation members; \$30 for nonmembers.

Learn more by visiting: <http://www.nccoast.org/event/jones-island-kayak-yoga-trip/>. To register please call Second Wind Eco Tours at 910.325.3600.



Learn All About the Water at Aquarium

Add more fun to your visit to the Aquarium at Pine Knoll Shores with these Outdoor Adventures and Indoor Tours, available through August 31. Advance registration and additional fees are required. Programs fill quickly so plan ahead!

Stand-up Paddle Boarding

9 a.m.-11 a.m., Monday, Wednesday & Friday

Explore Bogue Sound on a stand-up paddle board, with an Aquarium instructor to guide you. During this adventure, you will learn about all the plants and animals that call the Roosevelt Natural Area their home. Ages 12 and up. \$50

Behind the Scenes: The Aquarium at a Glance

12-12:45 p.m., Monday through Saturday
Visit food preparation areas, animal holding areas and labs, and get an overhead view of the Living Shipwreck. Ages 5 and up. \$12

Behind the Scenes: Otter Antics

1-2 p.m., Monday
Meet the Aquarium otter keeper and help prepare enrichment items for otters Eno, Neuse and Pungo to enjoy. Ages 12 and up. \$25

Behind the Scenes: Feeding Frenzy

2:30-3:30 p.m., Monday, Wednesday, Thursday & Saturday

Visit food preparation areas, animal holding areas and labs, and help feed the fish in Living Shipwreck. Ages 5 and up. \$15

Stand-up Paddle Boarding for Kids

9 a.m.-11 a.m., Tuesday, Thursday
Kids explore the sport of stand-up paddle boarding and see Bogue Sound from a new perspective. Ages 6 and up. An adult must accompany the child and pay participation fee. \$50

Sound Seafood: Catching Crabs and Clams

1 p.m.-3 p.m. Tuesday
Learn the art of harvesting crabs and clams, and the importance of conserving coastal habitats. Ages 8 and up. \$20

Fishing Fanatics

8-11 a.m., Tuesday
Learn to catch the big ones from the surf with hands-on instruction. Equipment, bait and licensing requirements are covered. Ages 10 and up. \$25

Behind the Scenes: Shark Snack

2:30-3:30 p.m., Tuesday & Friday
Visit food preparation areas, animal holding areas and labs, get an overhead view of the



Living Shipwreck while watching the aquarist feed the sharks. Ages 5 and up. \$20

Aquarium ABCs

8:30-9:30 a.m., Wednesday
Preschoolers love learning about aquatic species and wildlife with live animal encounters, crafts to bring home, storytelling and outdoor explorations. Ages 2-5. \$10

Roosevelt Natural Area Paddle Trip

4-6 p.m. Thursday
9-11 a.m. Saturday
Explore tidal flats and quiet backwaters as you become aware of the intricate web of life in this pristine natural environment. Canoes or kayaks are provided. Ages 8 and up. \$25

Night Trek

7-9 p.m., Thursday & Sunday
Stroll the nighttime beach, learn about the fascinating lives of sea turtles and look for loggerheads nesting in the sand. Ages 5 and up. \$10

Marsh Madness

10 a.m.-12 p.m., Friday
Put on your water shoes for an exciting morning wading in Bogue Sound's marshes and shallow waters, in search of cool marine creatures. Ages 5 and up. \$10

Aquarist Apprentice

1-4 p.m., Friday
Join Aquarium staff behind the scenes and learn about aquatic animals as you help prepare food and assist with other caretaking tasks. Ages 14 and up. \$25

Behind the Scenes: Aquarium Close Encounters

2-3:30 p.m., Sunday
Visit labs and holding areas, and help feed the animals in this thorough behind-the-scenes adventure that includes an overhead view of the Living Shipwreck. Ages 5 and up. \$20



Not Holding My Breath

Maureen Donald
The Editor's Desk

The recent shooting of four Marines and one sailor in Kentucky ended with the gunman being shot to death. At the risk of sounding blood-thirsty - yeah!

I wouldn't necessarily feel this way if it weren't for the continued pattern of prolonged justice in our country. It's nothing short of appalling. Do you remember Nidal Hasan, the convicted shooter in the 2009 Fort Hood attack that left 13 dead and more than 30 injured? It took four years, but in 2013 he was sentenced to death. Guess what - in 2015, he's still alive and well (ok, that's a relative term) and being taken of with taxpayer money.

He's so alive and well that he has written a letter to the head of the Islamic State, requesting to become a "citizen" of the terrorist organization.

"I formally and humbly request to be made a citizen of the Islamic State," Hasan wrote in the letter to "Ameer, Mujahad Dr. Abu Bakr al-Baghdadi. It would be an honor for any believer to be an obedient citizen soldier to a people and its leader who don't compromise the religion of All-Mighty Allah to get along with the disbelievers."

Hasan signs his letter with his name and the abbreviation SoA — Soldier of Allah.

A little aside - that really underscores why Hasan's trial generated great controversy - he was not prosecuted for a terrorist attack, but rather for an act of workplace violence. Really?

I've decided our military is letting us down - or to be more accurate our military's justice system is letting us down.

This revelation is based on my long standing assumption (need I say anything about that word?) that our military courts moved much more swiftly than the civilian counterpart. I'm not certain exactly

why I thought such - but I did.

Until now.

I am truly surprised that this military psychiatrist found guilty of killing 13 of his fellow soldiers and wounding more than 30 others is still hanging around, so to speak.

The jury of senior military officers that handed down the punishment after less than a week of deliberating (maybe that's where I got the mistaken idea the military moves quickly). During the trial, the American Muslim soldier never denied that he was the shooter and put up no defense - ok, I'm convinced he did it.

Throughout the trial, Hasan, who has represented himself, offered no witnesses, did not testify, produced no closing arguments and remained silent during the sentencing stage.

Hasan made no secret that he intended to attack American soldiers at home, claiming to protect Muslim lives in Afghanistan, where he was meant to deploy. Hasan requested the death penalty in an effort to achieve martyrdom - the jury complied and did just that despite some discussion that maybe his wishes shouldn't be granted.

Is this convoluted, or what?

"This is his debt to society. It is not a charitable act. He is not now and never will be a martyr. He is a criminal. He is a cold-blooded murderer. On 5 November, he did not leave this earth. He remained to pay a price. He remained to pay a debt. The debt he owes is his life," said lead prosecutor Col. Mike Mulligan following the verdict.

Maybe so - on paper. In reality he doesn't seem to be paying for very much - both literally and figuratively.

Let's face it, despite the death penalty Hasan sought, it seems the closest he will likely get to the execution chamber is the barracks at Fort Leavenworth. Here's where I got the "moving swiftly thing" all wrong. You see the U.S. military hasn't executed anyone since 1961. I'm surprised.

Apparently the military isn't big on executing people. Ok - no one should be big on executions, but you get the idea.

According to Lt. Col. Gary Solis, a retired Marine judge who served as a military lawyer before becoming a Navy judge, since the end of World War II, very few people have been executed.

Solis said it's "a complex story" and has to do with the Uniform Code of Military Justice. There's that "it's a complex story" double-speak that the American public hears from government officials each and every day with their morning coffee.

Hasan's case has gone through two courts of automatic appeal, as well as a review by the commanding general who called the trial in the first place. At every point there is the possibility for appeal - even now. Once all appeals are exhausted (if ever), the case will be taken to the president's desk. It is up to the sitting president to sign or to table the case for the next president, taking up even more time.

The consensus is that Hasan will probably spend his life on death row because there's no incentive to move ahead with his death sentence (I might disagree here), said Solis. "I haven't seen any indication that the Army posture is such that they want to expedite this one."

Yet Hasan's case is unprecedented, according to Eugene Fidell, of the National Institute of Military Justice and lecturer at Yale Law School.

"Taken the facts that we all understand as proven, he's murdered many people in a fratricidal way, brutally, and people who are entirely innocent. This is intolerable conduct," Fidell said. "It's the whole set of circumstances, and the whole set of circumstances is appalling."

It's "an open-and-shut case," he said. "And one that could return executions to the U.S. military."

I didn't hold my breath. Good thing.



Making Sense of Investing

Dan M. Roberts, IV
Financial Advisor

What's your most valuable asset? While you are still working, this asset may

actually be your *future income* — so you need to protect it. And you can do so by maintaining adequate life insurance, which can help provide

your family with the financial resources necessary to meet critical expenses — such as mortgage payments, college tuition, and so on — should you pass away prematurely. But what type of insurance should you purchase? There's no one "right" answer for everyone, but by knowing some of the basics of different policies and how they relate to your specific needs, you can make an informed decision.

As its name suggests, term insurance is designed to last for a specific time period, such as five, 10 or 20 years. You pay the premiums and you get a death benefit — that is, the beneficiaries of your policy will collect the money when you pass away. In general, term insurance may be appropriate for you if you only need coverage to protect a goal with an "end date," such as paying

off your mortgage or seeing your children through college. Term insurance may also be a reasonable choice if you need a lot of coverage but can't afford permanent insurance.

Why is permanent insurance more costly than term? Because, with permanent insurance, your premiums don't just get you a death benefit — they also provide you with the potential opportunity to build cash value. Some types of permanent insurance may pay you a fixed rate of return, while other policies offer you the chance to put money into accounts similar to investments available through the financial markets. These variable accounts will fluctuate in value more than a fixed-rate policy, so you will need to take your risk tolerance into account when choosing among the available permanent insurance choices.

Permanent insurance may be suitable if you want to ensure a guaranteed death benefit for life, rather than just for a certain time period. Permanent insurance may also be the right choice if you have a high net worth and are seeking tax-advantaged ways of transferring wealth.

Still, you may have heard that you might be better off by "buy-

Term vs. Permanent Insurance: Which Is Right for You?

ing term and investing the difference" — that is, pay the less costly premiums for term insurance and use the savings to invest in the financial markets. However, this strategy assumes you will invest the savings rather than spend them, and it also assumes you will receive an investment return greater than the growth potential you receive from permanent insurance. Both assumptions are just that: assumptions, not guarantees. If you are considering the "buy term and invest the difference" route, you will need both a consistent investment discipline and a willingness to take a greater risk with your money, in hopes of higher returns.

In any case, your financial professional can review your situation with you and help you determine whether term or permanent insurance is best suited for your needs. But don't delay. If you have even one other person depending on your income to maintain his or her lifestyle, you need to be covered — and once you are, you'll consider those premium dollars to be well spent.

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



Judicial Retirement

My Spin
Tom Campbell

We expect an announcement soon that Superior Court Judge Howard "Howdy" Manning, Jr. will be retiring upon reaching the mandatory judicial retirement age. Our state will lose a dedicated and

effective judge because of an arbitrary codicil in what is already a bad system for judicial selection and retention.

Following the North Carolina Supreme Court's Leandro low-wealth school decision, then-Chief Justice Burley Mitchell assigned Manning the task of adjudicating and assuring our children receive the "sound basic education" our Constitution dictates. Mitchell told Manning he would likely spend the rest of his career with this case. He was prescient as well as wise in choosing Manning.

Irreverent, inquisitive and independent are descriptors of Howdy Manning. We would add inquisitive, indefatigable, insightful, immersed, sometimes incorrigible, but totally immovable in demanding that the education establishment do better by our children. Manning knows more about public education in our state than most anyone. He has taken his assignment far beyond perfunctory or cursory levels, tirelessly studying data, comparing results of the 100-plus school districts and visiting classrooms across the state to learn what is and isn't working. Critics say he has sometimes overstepped his authority but even his detractors admire his tenacity and dedication; meanwhile the appellate courts have upheld most of his decisions.

Manning has judged many important cases but we will primarily miss his wisdom and expertise in public education, but perhaps

not for long. Like many judges forced to retire, Manning will hopefully be appointed an "emergency" judge and continue his outstanding work on the Leandro case. But it points to the need to reform North Carolina's judicial selection and retention system.

Since 1971, we have been debating how to ensure the highest caliber judges and some good reform proposals have come forward. So far there's been little reform, mostly talk. The big questions focus on how we select judges and how we make sure good ones are retained. Our judicial elections aren't working. Voters stand some chance of knowing the candidates for District and Superior Court judgeships but few know those running on the appellate level. Our legislature tweaked the system this year by allowing appellate judges to opt for retention elections rather than run against an actual opponent. Some suspect this was done to accommodate one Court of Appeals judge, but it was a good step.

We haven't had a real discussion about the mandatory judicial retirement age. Federal judges don't have to retire at a certain age, neither do state and locally elected officials. Why does it make sense for a seasoned jurist to be forced to retire at age 72? Taxpayers lose all the way around. Not only do we lose the wisdom and experience, but many judges choose to be appointed as "emergency" judges, receiving not only their very generous pension (up to two-thirds their annual salary) while also earning a state paycheck.

Our Constitution allows the legislature to set the retirement age but there is no compelling reason why that age couldn't be 75, 80 or even no mandatory age. Many judges will choose to retire to go back into private practice or just go fishing, but those who wish to continue on the bench should be allowed to do so. We should at

least raise the retirement age lest we lose the experience and wisdom of seasoned jurists like Howdy Manning.

Tom Campbell is former assistant North Carolina State Treasurer and is creator/host of NC SPIN, a weekly statewide television discussion of NC issues airing Sundays at 11:00 am on WITN-TV. Contact him at www.ncspin.com

Watch Out for Scams that Target Our State's Military Consumers

Attorney General Roy Cooper shared these important tips for military personnel on Military Consumer Protection Day:

- Watch out for scammers who claim connections to the military to gain your trust and take your money.
- Say no to advance fee loans and credit cards. Legitimate lenders never charge money up front.
- Keep your credit safe. Use an active duty alert or a security freeze to protect your credit during deployment.
- Be cautious when buying a car. Get used cars inspected by a certified, trusted mechanic before signing paperwork or paying money.
- Stick to the insurance you need without all the extras. Resist

hard sell tactics from insurance agents who try to sell extra insurance to military personnel.

- Shop around. Before making major purchases on items like electronics or cars, compare several options to avoid marked up prices and high interest rates.
- Invest your money wisely. When considering savings options for your deployment pay, reenlistment bonus, or retirement, avoid risky investment deals and self-serving financial planners. Choose safe investments, like the Military Savings Deposit Program or a Roth IRA.

More tips for military consumers and their families are available at ncdoj.gov/military.aspx, including a guide for military consumers.

Letters to the Editor

Support for Kindle

This letter is in response to Mr. Rick Andrews' letter in the July 15th, 2015 Pamlico News.

I do support Eric Kindle, I am not an idiot!

I have two questions for Mr. Andrews. (1) Has he always been perfect? (2) What does he do to contribute to the well being of the citizens of Pamlico County?

Nancy Kress

In Defense of Paramedic

Let me see if I have this figured out correctly.

Eric Kindle works tirelessly for anyone in Pamlico County. When he isn't giving free ice cream to the kids from Children's Theater Workshop and other such charitable activities he jumps into water to save drowning victims, goes to accidents, wrecks, home emergencies, fights fires, and probably a myriad more I cannot remember to list. He has done this for years and years and has never asked for accolades or praise from anyone.

So a few months after unsuccessfully trying to save a drowned child at Oriental Marina and Inn (with this heavily on his heart), he hears the call for a drowning victim in the water near the Tiki Bar. It is the Fourth of July weekend. He has had a few

beers. He is not on call. It will take the ambulance to arrive at this drowning (victim still in the water) possibly 20 minutes. So since he has had a few beers, he sits on the rail to observe the shouting and chaos?????

No, he does what he is trained to do, he jumps into the water, and in the end saves the drowning victim. In time the ambulance does arrive. But the saving has already been done. The ambulance driver asks him to move the ambulance 500 feet, not on a highway, not even on a road, but 500 feet. He is not "driving" in the sense we think of driving under the influence. 500 feet!!!! In so doing he clicks the mirror of another car. The police arrive, administer a breathalyzer test, and all h___ breaks loose for Eric.

Am I the only one who sees the absurdity of this? Eric should still be able to work as our EMT. How many other EMTs are you able to count on your fingers who do what he does? I know of three others who have quit, but none who are still signed on and doing this. Where does that leave us in the village? Without the wonderful service of Eric is where it leaves us. All because someone thought that moving an ambulance 500 feet and nicking a mirror required a breathalyzer test. Let's get real here.

How quickly can this be unwound so that Eric is still able to serve us? Who has the power to reinstate his position? Answer quickly, for we are an aging population and no one knows when the next heart attack or similar emergency will occur.

Carol Small

The Pamlico News

USPS 782-460 Published 51 times a year
800 Broad St., Oriental, NC 28571
(252)249-1555 (252) 249 0857, fax
www.thepamliconews.com

Sandy Winfrey, **Publisher**

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Oriental, NC 28571,
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Published Each Wednesday

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Children's Theater Winds Up Successful Season Thursday

The Old Theater on Broad Street, Oriental will, once again, be filled with talented young people on stage Thursday, July 23, at 7pm. The second segment of the month long theater camp held annually in Pamlico County will feature students who have completed 3rd and 4th grades in "A Bad Case of the Stripes" by David Shannon and "Daisy - Head Mayzie" by Dr. Seuss.

Followed by the high school group who have created the story lines and characters for the entertainment of family and friends entitled "Sleeping Brody", "Just the Regular Rapunzel" and "There be a Monster."

The celebration of Twenty Years of theater arts education will come to a close at a swim party hosted by The Village Health Club. All participants and their families along with the staff volunteers are invited to join the fun at 5pm.



Annette Jones
55 Plus Club
Correspondent

Goose Creek Island

Goose Creek Island 55 Plus Club met Thursday at the Community Center. Tamara Jones, Pamlico County Health Dept. was the guest speaker who spoke on watching our choice of foods and especially sodi-

um intake which affects high blood pressure. It's always a pleasure to have Tamara. She is one of us, except a lot younger, of course!

Everyone sang Happy Birthday to me and gave me a lovely card with personal messages from each member. I am now 80 and I guess ya'll know that means I am no longer playing in the fourth quarter, but am now in overtime. You have to try your best in overtime!

Prayer List - Ricky Manker who suffered several strokes was released from Chapel Hill and admitted to Grantsbrook last Thursday for rehabilitation therapy. Jason Ireland has had strokes and continues to have treatment at Chapel Hill. Lucille Ireland Sadler is presently a resident of Grantsbrook. Steven Leary is bothered with an eye infection.

Angie Lupton is now at home and doing well.

We were sorry to hear that Mike Putyrsk of Mesic passed away last week. Mike was a retired police officer from New York.

Happy Birthday wish to Jesse Walker - Jul 15, Elizabeth Price and Jackie Mercer McCotter - Jul 23, Blair Lewis, Patricia Ireland Toler and Ila Carawan Barns - Jul 24, Sierra Hartkoph, Jacob Popperwill, and Guy Dwayne Ireland - Jul 25, Lynn Sadler, Jackie Ireland, Sr., Nicholas Boyd Mayo and Sammie Williamson Carawan - Jul 26, Sharon Lupton Leary, Donna Marie Spain Walker and Clara Margaret Mayo Overton - Jul 29. Happy Anniversary Michael and Lorraine Ireland - Jul 24.

Congratulations to Buster and Faye Spencer Ireland who celebrated their Golden Wedding Anniversary on July 24 with a special dinner hosted by children and grandchildren.

Carol Whitfield, Pam Hannah and Alexis Ireland drove to Washington, D.C. July 11 to attend "Christians United For Israel." While there they went to Capitol Hill and met with Walter B. Jones and staff and talked about supporting Israel and well as the Duck Impoundment issue on Goose Creek Island. They returned

home Tuesday.

Darin and Helena Mayo are enjoying an extended vacation. They visited New York and Niagra Falls and the last I heard, they were in Michigan.

Till Ireland, Jr., Ashley Aldridge, Nelvin Bateman and Pattie Leary, teacher, Pamlico College Community Living Class, enjoyed a field trip to New Bern. They saw "Muppets Take Manhattan," and had lunch at Pizza Hut.

Emma Noelle Jones, granddaughter of Mark & Jennie spend the weekend with them, and Zach & Jenna in Mesic. They come to see me on my birthday. Rhonda, Amber and Gary came. We had cake and I showed off my display of cards. Also, thanks for the calls and good wishes. I love you all!

Kevin DeOliveria and groomsmen enjoyed a bachelor's retreat at White Lake July 17 to celebrate his last days as a single man.

A special meeting was held Friday night at the Goose Creek Island Community Center in Hobucken to discuss the duck impoundments issue on the island. The meeting was suggested by Commissioner Paul Delamar. Sen. Norman Sanderson, R-Pamlico and Michael Speciale, R- Craven were special guests. Pamlico County Commissioners Anne Holton, Pat Prescott, Christine Melee and Carl Ollison were present and chose to sit in the audience. County Planner, Timmy Buck was present and made sure that speakers did not go over the three minute time limit. Alexis Ireland, representing concerned citizens of Goose Creek Island introduced and welcomed the guest and led the group in the Pledge of Allegiance to the American Flag. Elder Gene Lupton opened the meeting with prayer. Those speaking gave compelling and insightful presentations citing the problems and safety issues of the impoundments that are dotted all over our community. Several impoundment owners and duck shooters also spoke. The meeting was concluded with comments by Sanderson and Speciale who plan to research and talk with other agencies.

I would like to add that personally I am very proud of the young folks who have spent so much time trying to help our island through this very difficult problem that we are faced with. We surely do not know what will happen, but I know they will not give up easily.

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Pamlico



Betty Jo Rodgers
Correspondent

To keep my readers up to date, I just wanted to let you know that I am out of the hospital. I received a pacemaker on July 16 and I was back home on the 17th. I have been blessed to have Roy

and Joannis here to take care of me. Thank you all for your many prayers; know that they have been answered.

Many of you know that a home going celebration was held for Judy Maness on Friday the 17th. Since I could not be there, Roy shared my prepared remarks for me. Her son, Buddy, shared some wonderful remembrances about his mom as well. Our condolences are extended to the entire Maness Family.

I was unable to attend the Oriental History Museum celebration of ten successful years at 802 Broad Street in Oriental. In the summer of 2005 they opened their doors with a little over 100 artifacts. They now have over 2400 items depicting life in Oriental dating back to the mid-1800s. For more information contact the History Museum at museum@dockline.net



Whortonsville

Reba Tiller
Correspondent

Lots of activity in the creek these days. Sailboats, motorboats, jet skis, crabbing boats, JY's, and canoes. There is always a breeze on the water even though the temperature is hot.

Went to church on Sunday and there were about twenty folks for communion. Reverend Caton brought beautiful tomatoes from his garden for Winky and for us. Weeks and I had our first bacon, lettuce and tomato sandwich on Sunday night with a home grown tomato. Yum!

Barry and Patty Mills, James and Elizabeth Cuthrell, and Dylan Beddard had lunch with us on Sunday. Diane Hodges was on her way to church when one of the bears walked across the road in front of her in the broad daylight! They are wandering night and day around here.

There was also a big celebration on Saturday at the home of Mrs. Mary Mattocks. Years ago her husband started having a big family reunion in honor of her birthday. Family members come from as far away as Boston and New York. The family has continued this tradition even after her husband died. Mrs. Mary's birthday is actually on Sunday, July 19 and she will celebrate 77 years of blessings. We wish her many more years to come.

Please put Carlton Muse on your prayer list. He is in the hospital now but hopefully will be home by the time you are reading this.

Those celebrating July birthdays include Betty Lou Bishop (7/20), Joanne Gwaltney Ashton (7/22), Carlton Muse and Gladys Wright (7/26) and Bertha Gilliam (7/31). Celebrating their anniversaries in July are Mildred and Bill Harrison (7/17), and Anthony and Brent Fulcher (7/24).

Have a blessed week. Wondering what to do? Take Spiritual Vitamin W. "He hath showed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?" (Micah 6:8)

Thanks to Guy Jones for the good work he did on our lawnmower. Our yard looks amazing! Stopped in at the new location for Hospice Thrift Store on Saturday. They really have room to spread out, so if you haven't been by, stop in and shop. It is for a very good cause.

Spoke to Jay and Gayle this week and they are doing well. Graveside service was held for Danny Day at Concord Christian Church on Friday. The Rolisons were here for the service. I am hearing of several friends that are moving away from the area due mainly to health reasons.

The Chorale has lost some members that have moved away. One of our former members, Bill Blair is celebrating his 89th birthday on Tuesday. The Chorale will be back singing in September.

Thought for the week--Be advised that when negotiating, if you don't get it in writing, you probably won't get it.

Deaths

• **Judy Christine Mills Maness, 76**, of Oriental, passed away July 14, 2015 at home. Judy was a devoted wife, mother and grandmother (known by her grandchildren as "Nana"). She was a graduate of Atlantic Christian College (Barton College) with a BA in Education and was a retired teacher. While raising her children, Judy worked as a leader in various school organizations and mentored and mothered many of her children's friends in the community. A dedicated Christian, she was a loyal and active member of Pamlico United Methodist Church and enjoyed her bible studies and fellowship with her church family. Judy is predeceased by her parents, Flavel J. and Mabel J. Mills as well as two brothers, Flavel J. "Jack" Mills, Jr. and Harold Lee Mills. She is survived by her husband of 53 years, Eli Frank Maness, Jr. of the home; one son, Eli Frank "Buddy" Maness, III of Dunn; two daughters, Mary Elizabeth Maness Green of Murrells Inlet, SC and Michelle Maness Benish of Southbury, CT; two sisters, Sarah Mills Heckhaus of Woodstock, GA and Linda Mills Gray of Tallahassee, FL; six grandchildren, Eli, David and Jacob Maness, Robert "Robbie" and Jeremy Green and Allison Benish. A memorial service was held Friday, July 17 at the Pamlico United Methodist Church with Rev. Mike Roach officiating. The family will have a

private burial service in Greensboro, NC at a later time. In lieu of flowers, the family requests that contributions be made to Pamlico United Methodist Church, Hospice of Pamlico County, Hospice of Craven County, Pamlico County Rescue Squad or the Craven County Rescue Squad.

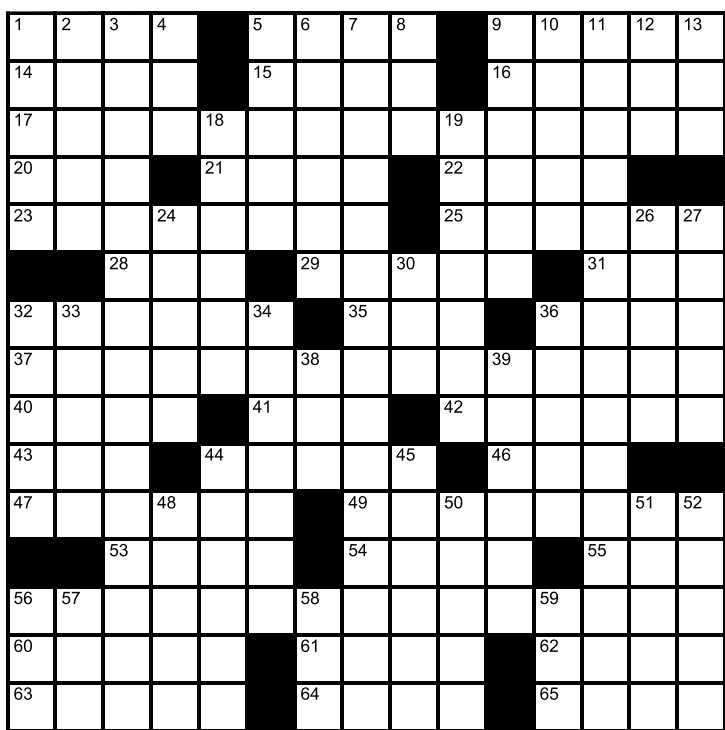
• **Mary Prevatte Paul, 89**, formerly of Bayboro died Wednesday, July 15, 2015 at PruittHealth-Sea Level. She enjoyed genealogy and the outdoors and loved her family and pets. She is survived by two sons, Robert Glenn Paul and wife, Lisa, of Adam's Creek and Willie "Billy" A. Paul, Jr. and wife, Carol, of Florence, SC; nine grandchildren, Rhonda, Jamie, Jaime, Heidi, David, Kimmie, Lisa, Teresa and Bobbie Jo; 15 great-grandchildren and 10 great-great grandchildren. Graveside services were held Monday, July 20, 2015 at New Bern National Cemetery with Chaplin Clay Napier officiating. The family received friends Sunday, July 19th at Bryant Funeral Home. In lieu of flowers the family suggested memorial contributions be made to Pamlico County Veterans Honor Guard c/o James Paradis, 6364 NC Hwy 55 E., New Bern, NC 28560.

Arrangements by Bryant Funeral Home & Crematory, Alliance.

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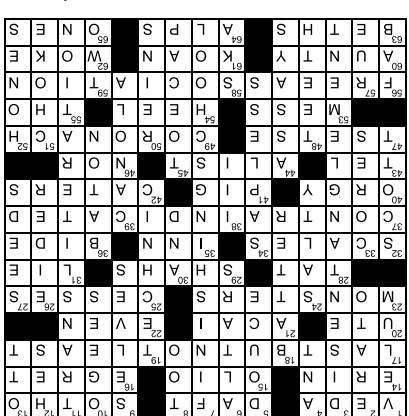


Crossword



- Across**
- Sacred Hindu writings
 - Batty
 - Closely related Bantu languages
 - "___ Brockovich"
 - Assortment
 - "Snowy" bird
 - In addition to all the foregoing (4 wds)
 - Adaptable truck, for short
 - Palm berry
 - 20-20, e.g.
 - Frightening creatures
 - Scottish land taxes
 - Sylvester, to Tweety
 - Persian potatoes
 - Deception
 - Balance
 - Setting for TV's "Newhart"
 - Dwell
 - Advised against (medical treatment)
 - Bacchanal
 - Napoleon, e.g.
 - Supplies
 - ___ el Amarna, Egypt
 - Creme de la creme (2 wds)
 - "___ any drop to drink": Coleridge
 - ___ fly
 - Hymn of mourning
 - Bungle, with "up"
 - Command to a dog
 - Even if, briefly
 - Thought process in which ideas suggest other ideas (2 wds)
 - Father's sister (informal)
 - Paradoxical anecdote in Zen Buddhism
 - Roused from sleep
 - Second letter of Hebrew alphabet (pl.)
 - "The Sound of Music" backdrop
 - Acres, sometimes
- Down**
- Soft palate
 - A Muse
 - Type of puzzle, e.g. human knot
 - Queen, maybe
 - Quiet
 - Raised structures for religious rites
 - Place for girls to learn social and cultural skills (2 wds)
 - "___ bad!"
 - Individuals
 - Double curve resembling an S (pl.)
 - Spelling a word in another language
 - "For ___ a jolly..." (contraction)
 - Baseball's Master Melvin
 - One up
 - Method, skill or art applied to a particular task (var. spell.)
 - Off-color
 - Downy duck
 - Top competitors, often
 - "Go on..."
 - Sir Walter ___, Ivanhoe author
 - Centers
 - Lacking vitality
 - Relay team handoff
 - "Rocky" ___
 - Kind of oil
 - Chemical analyses
 - Work boot feature
 - Choppers, so to speak
 - Control, symbolically
 - Have difficulty breathing or swallowing due to obstruction
 - Fine-tunes
 - Marvelous, in slang
 - Morgue, for one
 - Calypto offshoot
 - Pair

Today's Solution



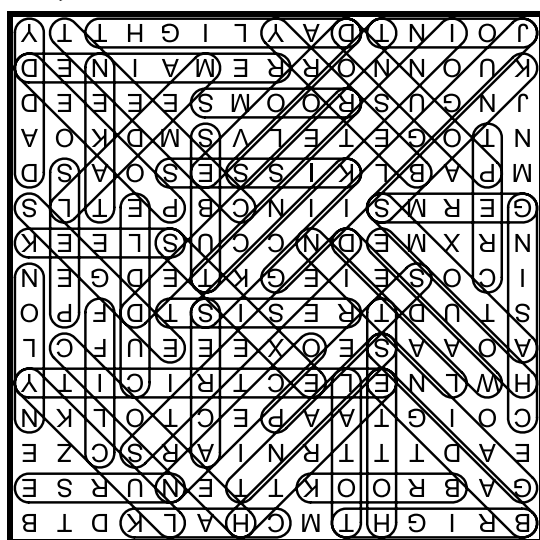
Word Search



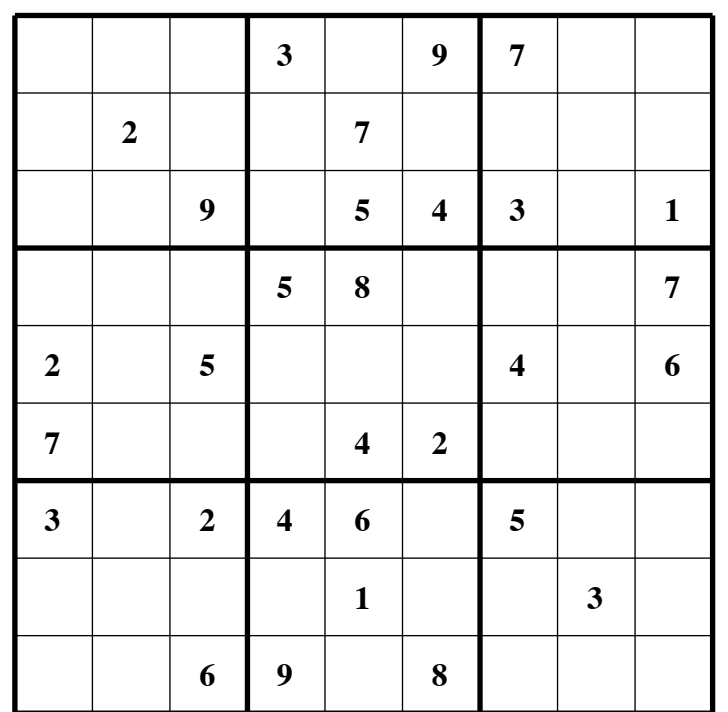
Find and circle all of the words that are hidden in the grid.

- | | | |
|----------|-------------|----------|
| Acres | Electricity | Ocean |
| Atoms | Exits | Peels |
| Badge | Gains | Poked |
| Berry | Germs | Pound |
| Bright | Heroic | Remained |
| Brook | Hottest | Rescued |
| Cement | House | Resist |
| Chalk | Instinct | Rooms |
| Chasing | Joint | Slant |
| Cliff | Juggling | Sleek |
| Crept | Kicks | Steep |
| Cuddle | Kisses | Taken |
| Daddy | Knobs | Tools |
| Daylight | Latin | Total |
| Deserts | Lucky | Tubes |
| Drove | Medal | Waded |
| Earth | Nurse | |
| Edges | Nylon | |

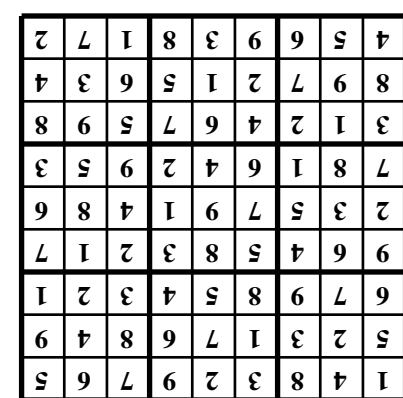
Today's Solution



Sudoku Puzzle



Sudoku is one of the most popular puzzle games of all time. The goal of Sudoku is to fill a 9x9 grid with numbers so that each row, column and 3x3 section contain all of the digits between 1 and 9. As a logic puzzle, Sudoku is also an excellent brain game.



If you play Sudoku daily, you will soon start to see improvements in your concentration and overall brain power.

Today's Solution

DIFFICULTY RATING:
★★★★★

The popular Japanese puzzle game
Sudoku is based on the logical placement of numbers.

Guess who's turning another year older this week!

I was born on July 16, 1924, in the Bronx, NY. I was the first Jew to win the Miss America pageant. Who am I?

Answer: Bess Myerson

I was born on July 21, 1978, in Fort Lauderdale, FL. I play David Murray on *The New Normal*. Who am I?

Answer: Justin Bartha

I was born on July 17, 1976, in Leesburg, GA. I recorded the hit song, "Drunk on You." Who am I?

Answer: Luke Bryan

I was born on July 22, 1967, in Haverfordwest, Pembrokeshire, Wales. I played Spike in *Notting Hill*. Who am I?

Answer: Rhys Ifans

I was born on July 18, 1950, in Blackheath, London, England. I founded Virgin Records. Who am I?

Answer: Richard Branson

I was born on July 23, 1938, in Cloudcroft, NM. I played Dr. John Gideon on *St. Elsewhere*. Who am I?

Answer: Ronny Cox

I was born on July 20, 1988, in Salt Lake City, UT. I recorded the hit single, "That Song in My Head." Who am I?

Answer: Julianne Hough

I was born on July 24, 1978, in Harper, KS. I recorded the hit single, "Shinin' on Me." Who am I?

Answer: Jerrod Niemann

Name That Stinger

Some animals defend themselves by stinging. Fill in the blanks to name some of them.

- B ___ S
- WA ___ S
- A ___ T ___
- SPI ___ E ___ S
- CE ___ TIPE ___ ES
- S ___ ORPIO ___ S
- JE ___ YFISH

- Answers:
- 1) Bees
 - 2) Wasps
 - 3) Ants
 - 4) Spiders
 - 5) Centipedes
 - 6) Scorpions
 - 7) Jellyfish



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NORTH CAROLINA NOTICE TO CREDITORS PAMLICO COUNTY

The undersigned, having qualified on June 17, 2015, as Co-Executors of the Estate of John Robert Hooten, late of Pamlico County, do hereby notify all persons having claims against the Estate to present them to the undersigned in care of White & Allen, P.A., on or before October 1, 2015, or this Notice will be pleaded in bar of their recovery. All persons indebted to the Estate are requested to make immediate payment to the undersigned Co-Executors in care of White & Allen, P.A.

This the 1st day of July, 2015.

John Robert Hooten, Jr., Michael Holliday Hooten, and Robert Caleb Hooten, Co-Executors of the Estate of John Robert Hooten

WHITE & ALLEN, P.A.
106 South McLewain Street
Kinston, North Carolina 28501

Three (3) Township, Pamlico County, North Carolina, particularly described as follows:

Beginning at a point in the northern line of N. C. Highway 307, which point lies South 62° 29' East 1,595.90 feet, more or less, from the intersection of said northern line of N. C. Highway 304; thence from said point of beginning as so located, South 62° 29' East 93.80 feet along and with the northern line of N. C. Highway 307 to an iron; thence North 29° 47' East 584.81 feet to a point; thence North 53° 46' 20" West 91.06 feet to a point in the northern line of N. C. Highway 307, the place of beginning. Said tract being the tract upon which is situated a "small house" and consisting of 1.251 acres as shown on survey entitled "Survey of the Estate of Anna Lee Morris Barnes", Sheet No. 1, prepared by A. Hugh Harris, Jr., Oriental, NC, dated January 21, 1981, recorded in Map Book 11 at Page 74, Pamlico County Registry.

And Being more commonly known as: 287 NC Hwy 307, Bayboro, NC 28515

The record owner(s) of the property, as reflected on the records of the Register of Deeds, is/are Shirley Anne Miller Barnes.

IN THE GENERAL COURT OF JUSTICE OF NORTH CAROLINA SUPERIOR COURT DIVISION PAMLICO COUNTY 15SP32

IN THE MATTER OF THE FORECLOSURE OF A DEED OF TRUST EXECUTED BY FRANCIS M. BARNES AND SHIRLEY M. BARNES AKA SHIRLEY M. BARNER DATED AUGUST 25, 2008 AND RECORDED IN BOOK 521 AT PAGE 286 IN THE PAMLICO COUNTY PUBLIC REGISTRY, NORTH CAROLINA

NOTICE OF SALE

Under and by virtue of the power and authority contained in the above-referenced deed of trust and because of default in the payment of the secured indebtedness and failure to perform the stipulation and agreements therein contained and, pursuant to demand of the owner and holder of the secured debt, the undersigned substitute trustee will expose for sale at public auction to the highest bidder for cash at the usual place of sale at the county courthouse of said county at 12:00PM on July 29, 2015 the following described real estate and any other improvements which may be situated thereon, in Pamlico County, North Carolina, and being more particularly described as follows:

A certain tract or parcel of land in Number

The property to be offered pursuant to this notice of sale is being offered for sale, transfer and conveyance "AS IS, WHERE IS." Neither the Trustee nor the holder of the note secured by the deed of trust, being foreclosed, nor the officers, directors, attorneys, employees, agents or authorized representative of either Trustee or the holder of the note make any representation or 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. Any and all responsibilities or liabilities arising out of or in any way relating to any such condition expressly are disclaimed. This sale is made subject to all prior liens and encumbrances, and unpaid taxes and assessments including but not limited to any transfer tax associated with the foreclosure. A deposit of five percent (5%) of the amount of the bid or seven hundred fifty dollars (\$750.00), whichever is greater, is required and must be tendered in the form of certified funds at the time of the sale. This sale will be held open ten days for upset bids as required by law. Following the expiration of the statutory upset period, all remaining amounts are IMMEDIATELY DUE AND OWING. Failure to remit funds in a timely manner will result in a Declaration of Default and any deposit will be frozen pending the outcome of any resale. If the sale is set aside for any reason, the Purchaser at the sale shall be entitled

only to a return of the deposit paid. The Purchaser shall have no further recourse against the Mortgagor, the Mortgagee, the Substitute Trustee or the attorney of any of the foregoing.

SPECIAL NOTICE FOR LEASEHOLD TENANTS: 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 upon 10 days written notice to the landlord. You may be liable for rent due under the agreement prorated to the effective date of the termination.

The date of this Notice is July 8, 2015.

Grady I. Ingle or Elizabeth B. Ellis
Substitute Trustee
10130 Perimeter Parkway, Suite 400
Charlotte, NC 28216
(704) 333-8107
http://shapiroattorneys.com/nc/15-069770

Posted: _____
By: _____

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF EDWARD JOHN ECKLUND

Having qualified as Administrator of the Estate of Edward John Ecklund, late of Grantsboro, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 354 County Club Drive, San Luis Obispo, CA 93401, on or before the 21st of October, 2015, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 22nd day of July, 2015

Victor Jerome Ecklund
354 Country Club Drive
San Luis Obispo, CA 93401

Publish: July 22, 29, August 5 and 12th, 2015

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HeartWorks

Continued from page 1

theatre camp, trips to educational/cultural events and meals and snacks from our award-winning Kid's Cafe.

In compliance with the grant requirement, the after-school and summer programs are currently offered at no cost to parents or guardians. This is a tremendous economic benefit to single parents who are working or who have returned to school to better their situation and to families who struggle to provide child care.

The current HeartWorks' programs also include a five star developmental day care for toddlers and pre-schoolers which targets children with special needs with an individualized program for each child. Its goal is for the children to reach their own highest level of developmental health. It is the only developmental day care in the area.

During the last year, HeartWorks has served 7,942 breakfasts, 7,942 lunches and 11,200 snacks in the day care and summer programs. During the same period, the after-school program at HeartWorks has served an additional 23,500 snacks which are actually "mini-meals." In all, over 50,000 meals and snacks are provided each year. Most of the food is provided by the Food Bank of Central and Eastern North Carolina.

Regatta

Continued from page 1

Stern Sailing School. Soon after, she was racing a 24 foot Moore and that is where her passion for racing began. There were a number of sailors from Oriental in this year's regatta and Kara says there was a big cheering section and thanks everyone for their continued support. As Kara gets ready to enter her second year at NC State she is looking forward to an exciting racing schedule including regattas in Miami and Charleston.

A traditional low-country boil was served Saturday night for all racers and family members complete with steamed clams, rum cake dessert contest, Dark & Stormy's, and a video tape reply of the day's race including aerial shots. A cold front crossed through the area overnight bringing a 10-15 knot northerly leading to a short racing course on Sunday. Three windward-leeward races were completed with Andrew Bates of the Merchant Marine Sailing Team taking first place, Alex Jones three points behind in second and George Midyette in third with ten points. Awards for the two days of racing consisted of traditional trophies supplemented by fresh crabmeat and a large array of Sunfish and other interesting gear.

The regatta was started on a whim by Rob Eberle and George Evans in 2001 under the auspices of My Own Bloody Yacht Club. Founded by the late Captain Evens, My Own Bloody Yacht Club is now headquartered on Harkers' Island under the leadership of his family. According to George Evans, six sailors showed up to race for a perpetual trophy made by Ridge Ridgeway consisting of a broken cutting board and a conch shell at the first regatta. Ms. Frankie Guthrie, a Harkers Islander, named the Island Wind race after memories of sailing "way back

when" outboard motors were brand new. "Over the years, this home grown regatta has been shut out by hurricanes but never cancelled, and the fun, camaraderie, beautiful waters and great competition have been consistent," says Evans.

Proceeds from the regatta will be presented to the Edward Teach Youth Sailing Program in New Bern, Bow to Stern Youth Sailing Program in Oriental and Friends of the Museum Junior Sailing Program in Beaufort, to fund need-based youth sailing lesson scholarships. In 2010, the 10th annual Harkers Island regatta drew fifty one Sunfish, making it the third largest Sunfish regatta in North America. Over the years, sponsors have signed on including Bermuda's Gosling Rum, Annapolis Performance Sailing, Eberle Marine Surveys, Ella Vickers, Intensity Sails, Prospective Technologies and Wells Fargo. Local Pamlico businesses have come on board as well. Hightower Communications of LaGrange is a major contributor and The Cloth Barn of Goldsboro, Nautical Wheelers, Triton Yacht Sales, and Wayfarer's Cove Marina from Oriental are among other small local businesses that make this event possible. "At the end of the day, the regatta is all about promoting sailboat racing in a safe, clean, competitive and friendly environment and the organizers hope their legacy will be opening opportunities to young sailors to experience sailing and make it a life-long activity," added Evans.

Next year's 15th Annual Harkers Island Regatta will take place on July 15, 16, and 17. For more information on Sunfish racing in North Carolina and details on next year's event, contact Rob Eberle, MOBYC Regatta Chair at eberlemarine@gmail.com or 252-670-1976.



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Ferry

Continued from page 1

determined that Pollin did not require medical assistance but did need help up righting his boat. Working together with other boaters in the area, crew members from the Chicamacomico were able to pull the sailboat out the current and out of the path of oncoming boats and into shallow water. With the help from some good Samaritans along the shoreline, Pollin was then able to pull his vessel ashore and out of harm's way. According to the NC Department of Transportation, the rescue was the third of boaters in distress by ferry crews in the past twenty two months. On September 26, 2013, the crew of M/V Cedar Island rescued two sailors in rough seas just off of Ocracoke. On March 29, 2015, the crew of the M/V Thomas A. Baum came to the aid of a New Bern man whose sailboat had also overturned on the Neuse.

The Ferry Security Watch Stander, John Brann, who first noticed the boater in distress, was happy to be at the right place at the right

time. Brann of Dawson's Creek is retired from Camp Lejeune and works part time for the Ferry Service and Forrest Farm Supply in Bayboro. "This is the first time something like this has happened on my watch during my three years with the Ferry System," said Brann. "The whole incident lasted about twenty minutes, but it's nice for the public to see what we do and view the Ferry Service in a positive light," he added.

"Once again, a ferry crew used its skill and training to help a boater in distress," said Ferry Division Director, Ed Goodwin. "Safety has always been our top priority, and our crews are well prepared to deal with emergencies not only on our vessels but elsewhere in the water as well. We are proud of the service our crews provide to all the residents and visitors of eastern North Carolina."

After the rescue boat returned to the ferry, the Chicamacomico completed its scheduled run to Cherry Branch.



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Kitchen Chatter

by Nancy Winfrey



BROILED CRAB SANDWICHES

1-1/2 pounds fresh crab meat
1 package (8-oz.) cream cheese
1/2 cup grated Cheddar or Gouda cheese
1 teaspoon prepared horseradish
1/4 teaspoon Tabasco sauce
1 teaspoon prepared mustard
1/4 teaspoon garlic salt
Mayonnaise

Combine above ingredients together, adding desired amount of mayonnaise to moisten. Spread mixture on buttered English muffin halves and place on baking sheet. Place under broiler and toast until bubbly and brown. If serving with salad, slice the muffin halves into small pie-shaped sections.

BLUE CRAB CASSEROLE

1 pound club crab meat
2 slices bacon
1/2 cup finely chopped onions
1/2 cup finely chopped celery
1/4 cup finely chopped bell pepper
1 clove garlic, minced
2 cups crushed saltine cracker crumbs
1 teaspoon dry mustard
1/2 teaspoon salt
2 tablespoons chopped parsley
Dash cayenne pepper
1 egg, beaten
1/4 cup milk
1 stick melted butter or margarine
1 teaspoon Worcestershire sauce

Remove shell and cartilage from crab meat. Cook the bacon until crisp. Crumble and set aside. Sauté the vegetables in the bacon drippings. In a large mixing bowl, combine the cracker crumbs and dry ingredients. Add all other ingredients and mix thoroughly. Place mixture in a generously buttered baking dish and bake in 350 degree oven for 30 minutes. Serves 6 to 8.

TROUT AMANDINE

2 pounds trout fillets (or other fresh fillets)
1/4 cup all-purpose flour
1 teaspoon salt
1 teaspoon paprika
1/4 cup melted butter or margarine
1/2 cup sliced almonds
2 teaspoons lemon juice
4 or 5 drops Tabasco
1 tablespoon chopped parsley

Cut fillets into 6 portions. Combine the flour, salt and paprika. Roll portions in the flour mixture and place in a single layer-skin side down-in a well-buttered baking dish. Drizzle 2 tablespoons of the melted butter over the portions. Broil about 4 inches from source of heat for 10 or 15 minutes or until fish flakes easily when tested with a fork. While fish is broiling, sauté the almonds in remaining butter until golden brown, stirring constantly. Remove from heat and mix in lemon juice, Tabasco and parsley. Pour over portions and serve immediately. Serves 6.

CRISPY FRIED CATFISH FILLETS WITH RELISH

6 skinned, pan-dressed catfish fillets (or other fish fillets)
1/2 cup evaporated milk
1 tablespoon salt
1/8 teaspoon pepper
1 cup all-purpose flour
1/2 cup yellow cornmeal
2 teaspoons paprika
Vegetable oil for frying
Lemon Relish (recipe follows)

Wash and pat fillets dry. Combine the milk, salt and pepper. Combine the flour, cornmeal and paprika. Dip fish in milk mixture and then roll generously in flour mixture. Fry fish in hot oil for about 4 minutes. Turn carefully and fry for 5 or 6 more minutes or until fish is brown and flakes easily when tested with a fork. Drain on paper towels and serve immediately with Lemon Relish. Serves 6.



Lemon Relish:
1/2 cup sour cream
1/4 cup crushed pineapple, drained
2 tablespoons diced, peeled lemon
2 tablespoons finely chopped green pepper
1 tablespoon finely chopped onion
1 tablespoon light brown sugar, packed
1 teaspoon grated lemon peel
1/4 teaspoon dry mustard
1/4 teaspoon celery salt
1/8 teaspoon ground cloves

Combine all ingredients and blend well. Cover and chill. Makes about 1 cup relish.

SUPREME BROILED TROUT

2 pounds trout fillets, skin removed (or other fresh fillets)
2 tablespoons grated onion
1-1/2 teaspoons salt
1/8 teaspoon pepper
2 large tomatoes, cut into small pieces
1/4 cup butter, melted
1 cup Swiss cheese, shredded

Place the fillets in a single layer on a well greased bake-and-serve platter or baking dish. Sprinkle with onions, salt and pepper and cover with tomato pieces. Pour butter evenly over the fillets and broil about 4 inches from source of heat for about 10 minutes or until fish flakes when tested with a fork. Sprinkle fish with shredded cheese and broil about 3 minutes longer or until cheese melts. Serves 6.

HOT CRAB PIE

1 pound backfin crab meat
1-1/2 cups mayonnaise (not salad dressing)
1 jar (3-oz.) capers
1-1/2 cups grated sharp Cheddar cheese

Combine the crab meat, mayonnaise and capers, blend, and place in a generously buttered pie plate. Sprinkle the grated cheese evenly over the entire dish. Place in 350 degree oven for about 15 minutes or until cheese melts and mixture is bubbly. Serve with your favorite crackers or use as a topping for baked potatoes or steamed broccoli - ENJOY!

DEEP FRIED CROAKER FILLETS

1 pound croaker fillets
2 tablespoons lemon juice
1 teaspoon paprika
1 cup water
1 cup all-purpose flour
1/2 teaspoon baking powder
1 teaspoon salt
2 cups vegetable oil (for deep frying)

Cut the fillets into 2-inch squares. Sprinkle with lemon juice and paprika. Set aside for 1 hour. Combine the water, flour, baking powder and salt in a plastic container with tight-fitting lid and shake until thoroughly blended. Remove top and dip fish pieces-one at a time-into the batter. Fry in hot oil until golden brown.

GREAT SLAW

1 head cabbage, finely shredded
1 green pepper, finely chopped
1 medium onion, finely chopped
1 cup, plus 2 teaspoons sugar
1 teaspoon salt
1 cup cider vinegar
2 teaspoons celery seeds
1/2 cup vegetable oil

Combine the shredded cabbage, green peppers and chopped onions and toss to blend. Place mixture in a large bowl. Sprinkle 1 cup of the sugar and the salt over the cabbage mixture. Heat the vinegar, celery seeds, oil and the 2 teaspoons sugar. Cool and then pour over the cabbage mixture. Store covered in the refrigerator. Slaw will keep very well for about one week.

SWEET POTATO CRISP

4 cups grates sweet potatoes
1 cup canned milk
1-1/2 cups sugar
1 teaspoon cinnamon
1 teaspoon nutmeg
Butter (to dot over the top)

Grate the potatoes into ice water and let stand 15 minutes. Drain well and place in well buttered baking dish. Combine the milk, sugar, cinnamon and nutmeg and blend well. Pour the mixture over the potatoes and generously dot with butter or margarine. Bake in 350 degree oven for about 30 or 35 minutes.

ELEGANT CONGEALED PINEAPPLE SALAD

1 package (8-oz.) cream cheese, softened
1/2 cup chopped pecans
1 cup finely chopped celery
Pinch of salt
1 small can crushed pineapple, well drained
1 small package lime Jell-o
1-3/4 cups hot water

Combine the cream cheese and pineapple and blend well. Add the nuts and celery and mix thoroughly. Dissolve the Jell-o in the hot water and then cool. When mixture cools, add to the cheese/pineapple mixture and blend well. Place in non-stick sprayed or oiled mold or bowl. Cover and place in refrigerator until congealed. Serve on bed of crisp lettuce and pass the mayonnaise.

BARBECUED FISH

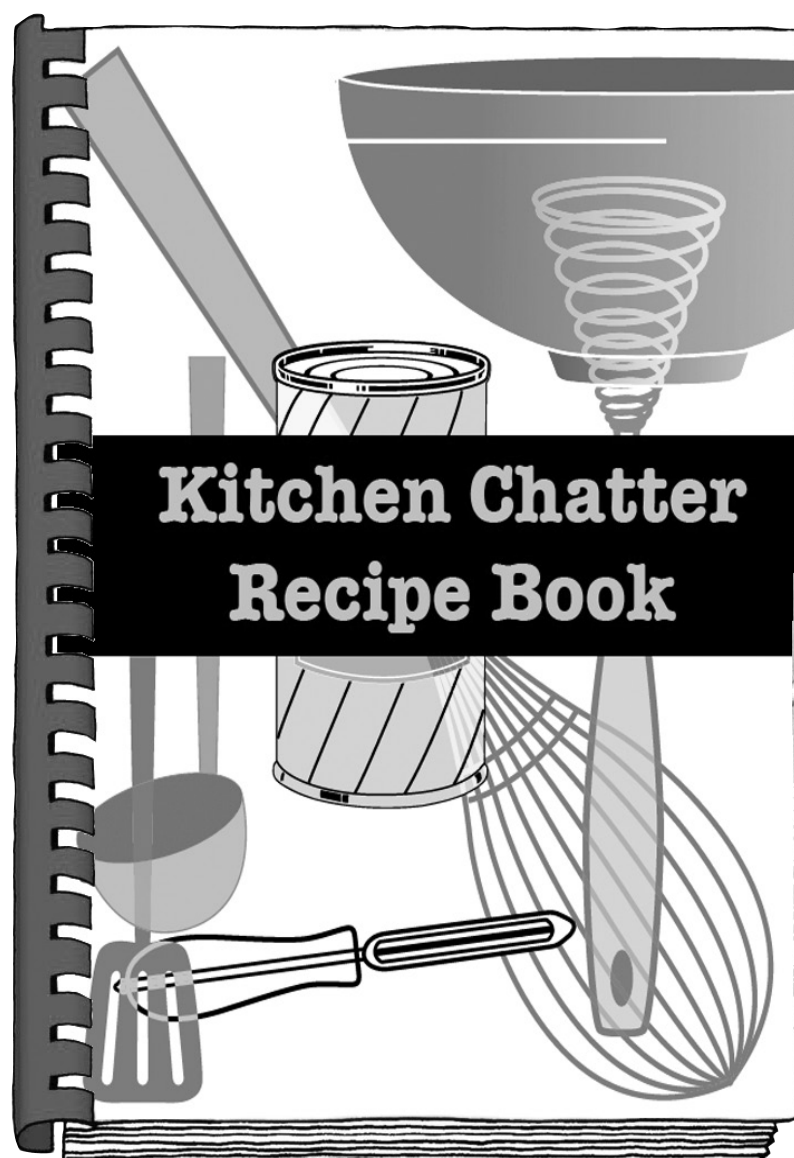
1 pound fish fillets
1/2 cup lemon juice
1/2 teaspoon salt
1/4 cup vegetable oil
1/2 teaspoon pepper
1 teaspoon dry mustard
2 tablespoons grated onions
2 tablespoons brown sugar

Place the fish fillets in baking dish - do not overlap. Combine remaining ingredients, blend well, and pour over the fish. Place in oven and broil 2-inches from heat. Broil until browned on both sides, basting frequently.

SHRIMP BUTTER

1 package (8-oz.) cream cheese, softened
3/4 cup (1-1/2 sticks) butter or margarine, room temperature
2 cans (7-oz. each) shrimp, well drained and mashed
Juice of 1 lemon
1 tablespoon grated onion
4 or 5 tablespoons mayonnaise

Place all ingredients in bowl and cream until smooth or place in blender and process until smooth. Serve with your favorite crackers as an appetizer or along with a tossed salad or cold soup.



The Pamlico News is pleased to offer Mrs. Nancy Winfrey's Treasured Kitchen Chatter Recipe Book

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Small Town Girl Wins Big National Leadership Conference!

By Lynn Hardison
Health Science Education Instructor/HOSA Advisor

On June 23-28, Haley Salmons, accompanied by Lynn Hardison, Pamlico County High School (PCHS) Health Science Education advisor, traveled to Anaheim, California to compete at the 38th Annual National Leadership Conference (NLC) for Health Occupations Students of America (HOSA). Haley, the daughter of David and Missy Salmons, was among 8,550 HOSA members to attend the NLC, including members from across the United States, as well as, international members from Puerto Rico, Italy, Canada, Mexico, and Samoa.

Haley's first place finish in "Interviewing Skills" at the 39th Annual North Carolina HOSA State Leadership Conference held in Greensboro, North Carolina in March made her eligible to attend the NLC in Anaheim. To compete nationally, HOSA members must successfully finish third or better in one of the approximately 47 health-related competitive events at the state level.

In the Interviewing Skills event, Haley competed against approximately 150 competitors from across the nation and international membership, earning second place. During the event, competitors apply for any health care related position for which they are trained or being

trained. Competitors first prepare a cover letter and resume to bring with them to the conference, and then complete a job application and participate in a job interview.

Her second place win in the national competition was a proud moment for Haley, her family, and her school and community. All of the competitors, however, come out of the NLC as winners. During the NLC, HOSA students and advisors are encouraged to participate in various educational symposiums and networking activities. While in Anaheim, Haley and Mrs. Hardison also participated in other academically enriching activities, including visiting the Aquarium of the Pacific, the Queen Mary Ship in Long Beach, and Universal Studios in Hollywood.

Additionally, competitors and advisors alike are immersed in a level of cultural diversity that is nearly unrivaled since competitors come from all 50 states and several foreign countries. Haley and Mrs. Hardison networked and interacted with peers from as far away as Italy and as near as South Carolina. The mingling of customs, languages, and accents provided an opportunity to appreciate the richness and flavor of the world in concentrated form.

The Health Science Education program and HOSA Club at PCHS offers students,



Haley shows off her medallions.

like Haley, the opportunity to learn hands-on and technological skills used in modern health care occupations. Through annual competitions, HOSA students also have the opportunity to travel and network with peers regionally, statewide, and nationally.

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Most people spend over half of their waking hours at work—that's a large portion of your life spent in a career you might dislike. A good career is not only one that will support you financially, but one that inspires you. It is a career that fulfills you, and helps you find purpose. At Pamlico Community College, we are committed to helping you find that purpose.

PCC student, Dayna Hardison, found her passion in the Criminal Justice program. Hardison first learned of starting a career at PCC with the Career and College Promise (CCP) program, which provides seamless dual enrollment opportunities for eligible NC high school students in order to accelerate completion of college certificates that lead to college transfer or provide entry-level job skills. While the CCP program was a valuable asset, allowing Hardison to discover her strengths at an early age, it was not until she attended PCC's Open House that she found her purpose.

"I knew where I wanted to be, but I was unsure of how I was going to get there," Hardison said. "Once I visited PCC's Open House, I felt more confident about the direction I was headed. Everyone was very helpful and informative, and it made me want to



know more," she concludes. Hardison left PCC's Open House knowing the Criminal Justice program was right for her, even though she was unsure of what program she wanted to be in before she walked on campus.

Hardison's story is not uncommon. Many people know their interests, but do not know how to connect those interests with a career. All it takes is a step in the right direction to Pamlico Community College to let us help you find a fulfilling career. "Getting your foot in the door is the hardest part," says Cristy Warner, PCC counselor. "Just take the next step with us at Pamlico Community College, and we will guide and help you the rest of the way."

PCC's Open House provides the community with an opportunity to interact with professionals in a variety of fields, student services, and the career center. PCC offers a variety of programs of study, workforce development programs, cultural and life enrichment courses, and basic skills. Whether your interests are with Allied Health, Electrical Systems Technology, or boat building, PCC has a place for you.

PCC's open house is not just for new students, but for current students and those looking for employment. "We are not just committed to helping out students, but in helping our community—helping everyone," says Warner.

The annual Open House is on Saturday, July 25 from 10am-2pm, where all members of the community are invited to attend. Learn about programs, career opportunities, financial aid, and cost savings at Pamlico Community College.

You could even win a \$250 tuition scholarship just by attending! If you cannot attend the Open House, please contact Cristy Warner at cwarner@pamlicocc.edu or 252.249.1851 x 3014 for more information, or visit www.pamlicocc.edu. We look forward to seeing you there.

Driver Education To Be Held In August

Students who are at least 14 years 6 months old, or will be by August 10, and interested in taking the North Carolina State Driver Education 30-hour classroom instruction class should pick up a registration form from the PCHS Main Office. Registration Forms must be completed and returned to the PCHS Main Office by 8:00 AM Wednesday, August 5.

The classes will be held August 10, 11, 12, 13, and 14 from 8:00 AM to 2 PM each day. Students will need to bring a bag lunch that does not need refrigeration. No lunches may be delivered to the school for students. Students will meet in the classroom across from the PCHS cafeteria. High school students planning to take the class must have passed at least three of their four semester courses according to the most recent reporting period. ACS and PCMS student must be passing at least 70% of their classes and be recommended by their school administration. Students without a clean disciplinary record will have their disciplinary record reviewed by the administration for inclusion in the class. Names of students accepted in the August class will be posted Friday morning (8/7) on the front door of PCHS main entrance and the front door of the cafeteria entrance. Questions concerning Driver Education should be directed to Joshua Gaskill, joshuagaskill@pamlicoschools.org

Grant Applications Now Open for Women's Fund of North Carolina



The North Carolina Community Foundation is accepting grant applications for projects funded from its statewide Women's Fund of North Carolina, according to Jennifer Tolle Whiteside, NCCF president and CEO.

Grants are available for nonprofit organizations that sponsor programming that supports women and/or families, with particular emphasis on women's health and leadership issues. Programs must serve areas within the NCCF's 67-county service area. (To find counties served by NCCF, visit ncccommunityfoundation.org.)

Applications will be accepted online only at ncccommunityfoundation.org. The application period closes at noon Aug. 25. Specific applicant criteria are available online under Women/Statewide Women's Fund.

This year the fund will award a total of \$13,000. Grant amounts typically range from \$1,000 to \$3,000. Grant recipients will be informed of the grants committee's decisions in early fall. Those with questions about the application process can email Leslie Ann Jackson, NCCF director of grants and scholarships, at lajackson@ncccommunityfoundation.org.

The grants committee of the statewide Women's Fund is comprised of representatives of NCCF's local women's giving networks and other female community leaders from across North Carolina.

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Worship Outdoors Along The Neuse

Join us this Sunday for Early Service beginning at 8:30 am at Lou Mac Park. Uplift your spirits while listening to music comprised of a praise team of voices, guitars, and keyboards at our outdoor service. If the weather prevents us from holding the service outside the service will be held in the church sanctuary.

Traditional Service – 11:00 am the church sanctuary.

We love our Visitors ...

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(252) 249-0213,

or email us at info@orientalumc.org.

Fun Run Vacation Bible School
Stonewall United Methodist Church
Highway 55, Stonewall
August 3-7, 6-9 pm nightly. Ages: 4-12
1-mile Fun-Run on Saturday, August 8th 9 a.m.
Our mission for VBS is to raise funds and collect non-perishable food for Pamlico Fishes and Loaves
Please call Amy Smith (252)745-7562 for information

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4th Annual Charity Golf Tournament
Sponsored by the Oriental Woman's Club

The event will be held Saturday, August 29 at Minnesott Golf & Country Club.

The entry fee is \$60 and includes 1 mulligan and 1 forward tee per player, \$10,000 hole-in-one.

The tournament will be followed by lunch and prizes and a Silent and Chinese Auction and 50/50 Raffle. Register as a team or individual.

Registration and Hole Sponsor forms are available at First Citizens Bank, Minnesott Golf & Country Club, at www.orientalwomansclub.org or by contacting Sally Belangia at 671-9288.




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Do You Remember?



Flo Daniels
Correspondent

The picture this week comes from the files of Trudy Pickles Cleere. Clara and Welbrey Pickles, Jr. are both in the picture taken in 1917. I believe that Welbrey is the second boy on the right in the back row and Clara is the second from the right in the front row.

Thanks Trudy for sharing your picture. I would like to include pictures of Veterans in this column. If you have a picture of a Veteran and can provide some information on his or her service, please let me share it with our readers. It is important to remember and honor our veterans.

Please help me by sharing your pictures with me to use in this column. I have used the old pictures from my files and the ones I could find at the museum. Contact me by email at flo-dan48@yahoo.com, call me at 745-6544, drop me a note in care of The Pamlico News, or leave me a message at the Pamlico County Heritage and Visitor Center in Grantsboro.



Class at the Bayboro School in the old American Legion Building on Highway 304

Learn about Blacksmithing at Worokshop

The Pamlico County blacksmiths will conduct the last workshop of the year on Saturday, July 25 from 11am to 2pm at the Pamlico County Historic Village, Grantsboro behind the post office.

The public of all ages is welcome to come watch or participate and take what you make home.

There's also a program designed to assist Boy Scouts who would like to work toward a merit badge in metal are offered the seven steps to a hook. Steve Phillips and Zach Edwards will work one on one to point, taper, forge an eye, set a flat and punch a hole from raw stock. They can take the finished hook home.

We have a wooden anvil outside the shop you can try pointing and get comfortable with where to hit the raw material.



Zach Edwards teaching the seven steps to making a hook.

The history museum will be open, take time to explore Pamlico County history exhibits.

Tuscarora World Portrayed in Map Exhibit

• New exhibit opens at Tryon Palace's North Carolina History Center July 24

"The Tuscarora World and New Bern in Maps: 1590-1800," a new free exhibit of approximately 15 rare maps, will open at the North Carolina History Center in downtown New Bern Friday, July 24, through Wednesday, Sept. 16.

Collected to depict the North Carolina coastal region where New Bern was established in 1710, the exhibit showcases how New Bern was settled in a vast territory inhabited by American Indians, notably the Tuscarora Nation. The coastal area of North Carolina had been the homeland of the Tuscarora, an Iroquois-language people, for nearly a thousand years prior to the arrival of Europeans.

The maps included in this exhibit were identified and collected by Dr. Larry E. Tise of East Carolina University over a period of 10 years via digital scans. Most of the images had not been scanned or available for viewing outside of their home libraries until this exhibit was formed to illustrate Tuscarora history and the Tuscarora War in North Carolina from 1711-1715.

Images included come from Bibliothek Bern in Switzerland, Eton College Archives, New York



Public Library, Yale University Center for British Art, North Carolina Collection of the University of North Carolina Chapel Hill, South Carolina Historical Society, State University of New York at Fredonia and Mr. Michael McNamara of Williamsburg, Va.

For more information call 252-639-3500 or visit www.tryonpalace.org.

Upcoming events at Tryon Palace include:
July 28: Jonkonnu Workshop
August 8: Tryon's Tots: Discovering the Kitchen Garden
August 8: Race, Rights, and the Great War
August 15-16: Civil War Living History Weekend

Community Garden Celebrates Healthy Living

Octavias Wright, Loveanna Moore, Cassiah Jones, Jamal Moore and Ms. Vickie Jones, of the Aurora Community Garden sponsored by BeGlobal nonprofit organization, are celebrating the craft of gardening and healthy living. Mrs. Jones has been working with and educating the teens on how to plan, plant and maintain a garden, the importance of healthy eating and how to run a business. The teenagers are also maintaining outreach planters of vegetables at the Hazel Guilford Memorial Library and the Aurora Fossil Museum, Main Street in Aurora.

These young people are gaining more from this experience than just how to grow vegetables. These lessons in leadership, commerce, team work and self reliance will be with them for a life time! The BeGlobal team will host "Walking



Wednesday's" 6 pm at the community garden and will have a presentation and demonstration on "Healthy Living" at the Aurora library Thursday, July 23rd at 7 pm.

Croaker Festival Thanks!

WOW!!!! All I can say is that Croaker Festival 2015, "Swimming Among Coral, 35th Anniversary" has been completed with great success! By all reports from the realtors and local businesses, everyone had a banner week-end. Thousands of patrons attended the two day festival even though rain dampened the activities on Friday evening with the "Bryan Mayer Band" having to be rescheduled. Saturday saw blue skies and a steady breeze which was welcomed by the festival goers but not the sailors that bravely tried to race through gale force winds. Thanks to the Oriental Dingy Club and Paul Welles in their attempt to keep the tradition alive. Throughout the week as we were working feverishly getting everything ready, I observed boats filling up the harbor coming from all directions, houses lit up that usually are dark and vacant and visitors milling around town representing many different States and Countries. It was our goal to provide a Festival that showcases Oriental and Pamlico County, one that brings families together for good ole fashioned fun! As usual it takes an enormous amount of volunteers to plan, organize and implement this festival. Listed below please read the names of all of the volunteers associated with this year's festival. If you happen to see them around give them a thank-you for their service.

Executive Assistant - Lindsay Cassillo
Executive Board - Sally Belangia, Barb Venturi, Marsha Palpham
Garbology- Jayne Stasser, Committee Chair John Bloom, Claudia Bemis, Nelda Coats, Tom Cochran, Cynthia Cochran, Vickie Conrad, Mary Duffie, Grace Evans, Kathryn Garcia, Enrique Garcia, Nancy Hiller, Ann Kellogg, Peggy King, Liz Lathrop, Tom Lathrop, Joe Mattea, Lynn Mattea, Viviana Popperwill, Maggie Monk, Wendy Osserman, Jeff Potter, Mary Ann Parham, Nancy Piner, Andy Plaice, Tonya Plaice, Doug Sligh, Carol Small, Pat Stockwell, Laurie Stockwell, TJ Wooton
Entertainment: Chris Daniels; Horace Williamson, Sound; All the Bands and their Roadies
Pamlico Chorale and the Pamlico County Community Band
Advertising and Sponsorships: Carol Dixon, Pat Dixon, Katy Pugh, Kathy Steere, Joe Wakefield
T-shirts Printing - Pigeon Holes, Maggie Monk & Ellen Speciale, Cameon Funk, T-shirt Design
Electrical, Lighting and Problem Solver Extraordinaire- Jack Bond
Set-Up & Take Down - Tim Eckloff, Davey Martin, Jack Bond, Pat King & Andrew Maier
Croaker Booth - Betsy Quitkin Chair: Trish and Ted Mead, Alice Petrie, Harriet and Ralph Scharr, Melissa Lavallee, Patty Rosencrantz, Elizabeth MacDonald, Sharon Foreman, Dawn

and Walter Hoyle, Maryann and Jim Hartmeyer, Chris and Ken Doty and Jennifer Smart and Tim Balfour.

Decorations- Irma Bond Maxbauer
Kids Park - Flora Moorman, Jeff Aydellette, Michelle Noevere, Karen Prince, Camp Seagull campers, Jason Hyatt, Andrew Maier, Ethan Schmidt, Tim Eckloff, Dorian Record
Little Miss Minnow & Croaker Queen Pageant- Breanna Belangia, Dana Meadows, Chrissy Fulcher-Cahoon, Jennifer Roe, Arlington Place
Baking Contest - chairman: Jeanne Robertson; Vicki Conrad, Tanya Twitchell, Finola Corbett (International judge Ireland)
Coloring Contest-Cynthia Cochran
Publicity - Rosalyn Kutchins, The Pamlico News, The County Compass, Towndock.net, The Sun Journal
Parade - Paul Fairbank
Fireworks- Jim Nixon, Chair: Chris Ireland, Southeast Volunteer Fire Department, U.S. Coast Guard
Trophies- Ladies of the Neuse for the Parade Trophies ; Turtle Midyette for the Baking Contest and Coloring Contest; Eric Kindle for the Coloring Contest Ice Cream
Webmaster- Mim Miller
Safety- EMT Eric Kindle, Dr. Dunn
Security- Oriental Police Department and Pamlico County Sheriff Department
The Town of Oriental and the Pamlico County Chamber of Commerce
Property Use- The United Methodist Church, The Town of Oriental, Ms. June Tingle, Ms. Kip Nicholas, River Neuse Suites, Mr. Richard Sammans, Mr.& Ms. Gordon LeGrande, Cristo Family
WCTI Channel 12 - Les Stills, Donnie Cox, Jonathan Weant, Mallory LaPella
Parade Participants- too many to name but thanks for all of your efforts to make the parade one of the best ever!
Oriental Rotary Club- Tents, Tables
And last but not least I must thank my sister, Susan Maier, who became the chief cook and bottle washer, house cleaner, seafood processor at my house and entertained 11 people and 6 big dogs when I couldn't be there!
As you can see it takes a whole lot of folks to make this happen...my apologies if I have left out anyone but know that your efforts are greatly appreciated! My sincere gratitude goes out to the 2015 Croaker Crew who did a most fantastic job!!
T-Shirts were sold out at the festival so we are taking orders if you would still like to purchase one. Contact Cheryl @ 252-249-0510 Thanks, Cameon, for an awesome design!
Thank You to All who helped to make the 2015 Croaker Festival a success!

Cheryl

Croaker Festival 2015 Winners

Croaker Queen
Megan Ehmke - \$250 community service award, \$500 scholarship
Meg Anderson - First runner up
Laura Harkleroad - \$1000 academic scholarship
Second runner up
Katelyn Smith-Malone - Third runner up
Kaley Tijerina - \$250 community service award
Miss Congeniality
Sharon Jacome - Miss Photogenic

Miss Minnow
Madison Anderson - Miss Minnow
Bristol Polaski - First runner up
Emma Spain - Second runner up
Kyla Belangia - Third runner up
Emerson Gaskins - Miss Photogenic

Coloring Contest
Overall Top 5 Winners
1st Place - Courtney Krajsouics, 12
2nd Place- E.J. Proctor, 9
3rd place-Tobey Rice, 11
4th Place- Carmen Mitu, 7 1/2
5th Place- Viviana popperwill, 10
Age Group Category winners
3-5 Yrs.- Lucas Ruppert, 5
6-8 Yrs.- Rhiannon Sharpe, 8
9-12 Yrs.- Kimberly Shank, 10
Honorable Mention: Megan Ruper, 3

Baking Contest
Breads:
1st : Mack Avery
2nd : Nicole Avery
3rd : Carol McAdoo
Cheesecake:
1st: Neely Hight
2nd : April Peth
Theme Cake:
1st: Nelda Coats
Cup Cakes:
1st: Addison Webster
Pies:
1st: Carol Small
Runners Up:
Diane Midyette
Bonnie Crossen
Nan Farrell
Appearance:
Elle Diamond
Under 12:
Finn Laurence
Gluten Free:
1st: David Martin

Cookies:
Tied for 1st: Gabriella Sacca & Russ Stevenson
Cake:
1st Presentation : Susan Conley
1st Taste: Bacon Pineapple
Upside Down Cake
Overall:
1st : Dottie Moore, Moore Family & Friends

Parade Winners
Fishy Business Award - First
Citizens Bank
Best Performance Award- Taber
Top Tootsies
Red Hot Award- Red Hat Ladies
Patriotic Animal Award- Oriental
Veterinary
Best Kids and Treats- BS Troop

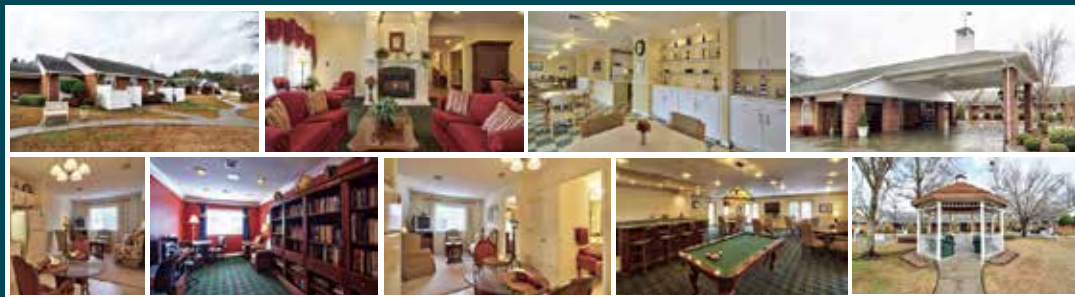
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Golf Among the Coral Award- MGC Ladies
Best Use of Theme-Pickett Family
Best New Sudan Entry-Sudan Drifters Big Wheels
Too Sexy for My Shirt- Men's Kazooligan Band
Creative Use of Theme- Bryant Family
Grand Croaker Award- The Bond Family

Pamlico Musical Society Raffle
Pam Yurko

Fireworks Donations
John Weinerth
Janice Dique
Joseph Hotard & Dede Ramoneda
Welcome Mke & Suzanne <3 Cathy & Lambeau
Rod & Nancy Spruill
Phyllis Garfinkel
Wilma Kennedy
W. Davis Hein
Anonymous
Don & Kathie Mau
Joseph Mattea
Anonymous
Edith Hargrove Kelly and Family
Debra & Ibrahim Khouri
Joanne & Gordon Harrell
Barbara M Venturi
Carol & Billy Dixon
Torrey & Joanne Neill
Kip Nicholar & Paul Fairbank
Lee & Diane Barham
Katy Pugh
Cam Funk & Warren
Kathy Cobb Photography - Oriental
Hollowell & Hollowell
Peggy & John Weinerth
Dick Creighton & Judy Wayland
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William & Susan Magnuson
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Thomas Cochran
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Sherri Hicks, DVM and staff
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Judith Gruca
Stephen Rozov
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Ellen Troeltzsch
Ken Laser & Wendy Osserman
Anne Parker
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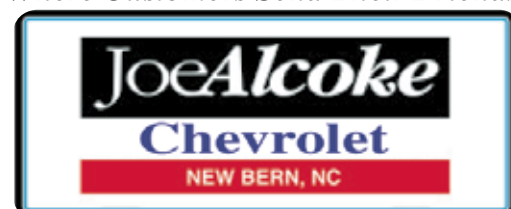
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