

# The Pamlico News



Wednesday, March 09, 2016

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## NOTABLE

### Band Concert Planned for March 19

The Pamlico Community Band will present its Spring Concert on Saturday March 19 at 7 p.m. at Oriental's Old Theater. Admission is free, though donations are welcomed. Doors open at 6:30 p.m. For more details contact Jim Durham at 252-670-5156.

### Oriental Rotary Club Scholarships Available

The Oriental Rotary Club is taking applications for scholarships from the 2016 graduating class of Pamlico High School and other graduating seniors who are residents of Pamlico County but do not attend Pamlico County High School. If you wish to apply, please contact the guidance secretary at Pamlico County High School or Jim Ragan at 252-249-1156 for more details. Applications should be completed and returned by April 15, 2016.

### New Bern Farmer's Market Open Saturday

The New Bern Farmers Market will offer Local Fresh Winter & Hot House Vegetables, Farm-raised Meats, Dairy, Wine, Cheese, Sausage, Sauces, Canned & Baked Goodies, Handcrafted one-of-a-kind Treasures, Homegrown and Handmade by Your Neighbors on Saturday, 8am - 2pm. Tuesday market closed til April. Now accepting SNAP/EBT.

### Hope Ball Planned for April

Get your dancing shoes ready, the fancy dress or suit ironed, and your wallet handy! Hope Clinic's largest annual fundraiser, the Hope Ball, is coming up on April 16 at the Riverfront Convention Center in New Bern. This year will feature entertainment by the Pamlico Flutes during reception, and the Chuck Eatmon Band, where you can dance the night away. There will also be silent and live auction items.

### Saint Patrick's Fete on March 18

Sham-Rockin' Saint Patrick's Celebration, a fundraiser sponsored by the New Bern Rotary Club, will be held Friday, March 18, 6-10 p.m. at the New Bern Farmer's Market, with music by TrainWreck, from Greenville. There will also be drawings, prizes, beads, silly hats, photo with a Leprechaun, and a Pot O' Gold Toss. The event will be tickets in advance are available online at www.newberntrotaryclub.org. Admission is \$10 and includes one drink. Tickets for admission with traditional Irish dinner of corned beef and cabbage also at select ticket outlets: Mickey Milligans, Triple Play, Cravin' Wine, and Mitchell's Hardware. Meals will be limited and advanced purchase is encouraged.

### History Museum Exhibit Now Open

The Oriental History Museum has opened its newest exhibit on "Navigation Before GPS." How did sailors and boater find their way without current electronics. The exhibit illustrates traditional navigation techniques and the tools used "back in the day." Exhibit runs through May. Admission is always free. Museum hours are: Fri. 11-3, Sat. 1-4, Sun. 1-4. Contact: museum@dockline.net.

### Military Activity for March

There will be increased military activity in and around Marine Corps Outlying Landing Field (Atlantic) on March 17, 19-25. Expect to see frequent helicopter and military vehicle activity during those periods. U.S. Navy special boat teams will conduct surface maneuver training in the Neuse River and Pamlico Sound in the vicinity of Bombing Targets 9 and 11 on March 1-11, 16-17. The training will include direct live-fire machine gun operations at the bombing targets. Ground and airborne rifle marksmanship training will be conducted at Bombing Target 11 March 15. Boaters and hunters should remain clear of the restricted areas surrounding Bombing Targets 9 and 11 in the Pamlico Sound.

### Padding Safety Class Scheduled

The Oriental Flotilla of the Coast Guard Auxiliary will conduct a paddling safety course on Saturday, March 19 from 8:30am to 12:30pm at Fire Station 19 on Straight Rd. This course covers the following safety topics: Know Your Paddlecraft; Before You Get Underway; Operating Your Boat Safely The Legal Requirements of Boating; and Boating emergencies - What to Do. The \$10 cost for one or \$15 for two sharing book includes a textbook and certificate of completion. To register, please email Clark Dimond at dimond.opc@gmail.com and list the name(s) of the participants as you would like them to appear on the certificate. The registration fee will be collected on the day of the class.

### NSA Shrimperoo on March 19

The annual Shrimperoo sponsored by the Neuse Sailing Association will be held Saturday March 19 from 2-4pm on the Tiki Bar deck at the Oriental Marina & Inn. This event is open to the public. There will be a \$5 charge for non-members, which will be applied to the membership fee if you join NSA at the event. There will be plenty of shrimp and other good food so come join us for this fun event. For more information contact Sharon Stephenson at vcmembership@neusesailingassociation.org.



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## OBITUARIES

- Frances Little Grubb, 91, of Minnesott Beach
- Lieutenant Commander David Ogrand, USN (Ret), 81, of Oriental

## It's Official! Oriental to Get Grocery Store by Summer

By Deborah Dickinson  
Pamlico News Staff

Piggly Wiggly is officially coming to town! The store will open in Oriental in early summer - the town that was left void of any grocery store since January.

According to local grocer, Billy Flockhart, Walmart has accepted his bid to purchase the now closed 11,000 square-foot Walmart Express building just outside Oriental town limits. Flockhart is owner of The Piggly Wiggly in Grantsboro. He has been associated with the brand for 26 years, owning four stores at one point before downsizing.

Earlier this year, Walmart announced that it was closing 269 stores, including four Walmart Express stores in eastern Carolina. After only 20 months of business in the town of Oriental the Walmart Express closed its doors on January 28, leaving residents with a 15-mile drive to get to the nearest grocery store.

Flockhart says he hopes to have the Piggly Wiggly, affectionately being called the "Piglet" by some, opened in Oriental on or before June 1. He

says that Walmart has accepted eight out of the eleven bids that Piggly Wiggly's across the state submitted. Flockhart plans to reopen the pharmacy and offer competitive gas prices and says the new grocery store would have an element the WalMart Express did not - a butcher shop with fresh cut meats.

He says launching the new store in Oriental will be a team effort between his current employees at the Grantsboro store and 22-25 new hires. According to Flockhart, three employees would transfer from the Grantsboro store, which he has owned for 13 years. They include the new Oriental Piggly Wiggly Manager Catherine Brady, who has worked for Flockhart for 11 years.

Flockhart has been meeting with members of the Oriental Food Initiative (OFI) to discuss the needs and wants of the residents and what type of products they would like to see in the new store.

OFI member Terry Halpern says that Flockhart has been very accommodating.

"We live in a diverse community and Billy has been willing to meet their needs," said Halpern. They have discussed providing lots of local and

organic produce, a salad bar, fresh flowers and variety of healthy, prepared meals for those on the go.

"We want to support this store and not have to go outside of the town to shop. Billy can have a successful business and Oriental will have a quality store," added Halpern.

Before the new Piggly Wiggly opens, Flockhart plans hold an open public forum to find out what the residents likes and dislikes are and take under consideration requests for certain products. "I want to know what I can do to earn and keep their business," he said.

Because of a confidentiality agreement with Wal-Mart, Flockhart can not reveal the sale price, but such information will be public record once the sale paperwork is finalized. Back in January Flockhart told a packed house of Oriental residents at the Old Theater on the eve of Walmart's closing that he wanted to buy the Walmart property and give the town a grocery. He credits his knowledgeable employees at the Grantsboro store with making the purchase of the Oriental store possible.



## Almost Spring!

One of Ben Casey's iconic photographs taken at Oriental's harborfront epitomizing the coming of Spring. To see more of Casey's work celebrating Eastern North Carolina, visit [bencaseyphotos.com](http://bencaseyphotos.com).

## Prime Time Awarded \$20K Walmart Grant

Upon the closing of the Walmart Express, Oriental Town Commissioner Allen Price saw a need to assist those who no longer had access to a grocery or pharmacy in Oriental. Through his efforts, over 40 volunteers offered assistance in transporting individuals to Grantsboro for groceries and medicines.

Understanding the hardship the closing of the Walmart Express had on this community, a Walmart employee applied for a grant to the Walmart Foundation to help finance the group's efforts.

The Walmart Foundation awarded a \$20,000 grant to Prime Time for use in helping ease the burden of people to access their grocery and prescription needs. Prime Time is currently researching how best to utilize this grant as Walmart intended.

Oriental Town Manager, Diane Miller and other area leaders suggested that Commissioner Price approach the Prime Time organization because of their program which assists the "50

plus" community with transportation to medical appointments and pharmacy stops.

Prime Time Board Chair Donna Creech and volunteer Sandy VanHook, who leads the volunteer medical transportation program, helped establish the processes for scheduling these trips.

Prime Time provides services and activities promoting physical, social, mental and spiritual well-being of the "50 plus" community in Oriental and surrounding areas. Prime Time brings together many resources helping area residents sustain an independent and enriched quality of life.

Oriental residents who are in need of transportation assistance for grocery or pharmacy needs should contact Prime Time at (252)371-1600 extension 1.



## Prison Time for Little Italy Robber

BAYBORO - A Vandemere man will spend 51 to 74 months behind bars for his role in an armed robbery last June. Seth Edmonds, 18, pled guilty to two counts of Robbery With A Dangerous Weapon in Pamlico County Superior Court on Feb. 29 and was sentenced by Judge Ken Crow.

The conviction stems from an incident which took place on June 2, 2015 at the Little Italy Restaurant on Highway 55 in Alliance. Owners, Alfredo Mollano and Rosa Foy, closed the restaurant for the night and were in the parking lot when they were approached by Edmonds and another individual. The perpetrators brandished a gun and demanded that Mollano give them money and Foy's purse. Edmonds then struck Mollano in the face, took the money and purse and ran to a nearby vehicle which was driven by a third co-defendant.

The victims followed after them, eventually recovering the purse when it was thrown from the getaway car. Through a description of the vehicle, The Pamlico County Sheriff's Department was

able to locate and arrest Edmonds and two others shortly thereafter.

In addition to the prison term, Edmonds will be responsible for paying court costs, restitution for the missing money, and appointed attorney's fees. He is also required to provide a DNA sample for the State DNA database.

Upon his release from prison, Edmonds will be subject to nine months of post-release supervision, similar to probation, and will be subject to other restrictions on his behavior, such as warrantless searches and drug screens.

The cases involving the co-defendants, Montrell Curtis and Jayla Woodard, remain pending in Pamlico County Superior Court and are being prosecuted in court by Assistant District Attorney Laura Bell.



Seth Edmonds, 18

## Animal Cruelty Hotline Opens

• Submit reports of physical harm to animals to AG's Office by phone, website and mail

RALEIGH - North Carolinians now have a new tool to report animal cruelty, Attorney General Roy Cooper announced today.

"As a pet owner, I understand how important it is that our animal companions get the care they need," Cooper said. "I encourage North Carolinians to use this new tool if they have information to report about animals being harmed."

Cruelty toward animals is illegal under state law. North Carolinians can report animals experiencing physical harm under the care of an individual, pet shop, kennel or animal shelter to the North Carolina Attorney General's Animal Welfare Hotline.

Under North Carolina law, acts of animal cruelty include wounding, injuring, tormenting or killing an animal, depriving an animal of necessary nourishment, or causing any of these things to occur to an animal.

To file a report with the Animal Welfare Hotline:

- Visit [nedoj.gov](http://nedoj.gov) and complete the online animal welfare complaint form.
- Call 1-855-290-6915 toll-free within North Carolina.
- Complaints can also be submitted by mail to: P.O. Box 629, Attention: Animal Welfare Hotline, Raleigh, NC 27602

State lawmakers created the Animal Welfare Hotline during the 2015 session of the NC General Assembly and placed it in the Attorney General's Office effective March 1, 2016.

The Attorney General's Office will review animal welfare complaints submitted via the hotline and refer them when applicable to the appropriate authority. Depending on the details of the complaint, local animal control officials, the local Sheriff, or the N.C. Department of Agriculture may have the authority to take action.

People who contact the Animal Welfare Hotline are also welcome to share their animal cruelty concerns directly with their local animal control or Sheriff's Office.

## CarolinaEast Minor Emergency Announces New Hours


Effective March 14, CarolinaEast Minor Emergency hours of operation will be 10 a.m. until 9 p.m., seven days a week. This service is intended to treat minor injuries and illnesses in a timely and efficient manner. The Minor Emergency Department is located on Health Drive and is accessed by entering the West entrance to the CarolinaEast Medical Center campus.



### Oriental Farmers Market Open Every Saturday

The Oriental Farmers Market on Hodges Street is open every Saturday, 9am-noon. The market features a wide variety of goodies

including locally grown produce, farm fresh eggs, home-baked breads, biscotti, cookies, cakes, pies as well as preserves and homemade chocolates. Don't miss the hormone-free, home-raised pork, an assortment of crafts, soaps, lotions and an ever-changing selection of new items each week.




## Pamlico Community Health Center

of Greene County Health Care Inc.

**We are welcoming new pediatric, adult and geriatric patients.**

**Call 252-745-2070 today for an appointment.**

**313 Main Street, Bayboro**





Got News?  
Call us at 249-1555 or  
email [editor@thepamliconews.com](mailto:editor@thepamliconews.com).

DID YOU KNOW?

- when lightning strikes it can reach up to 30,000 degrees celsius (54,000 degrees fahrenheit)
- spiders are arachnids and not insects
- each time you see a full moon you always see the same side
- stewardesses is the longest word that is typed with only the left hand
- honey is the only natural food which never spoils
- M&M's chocolate stands for the initials for its inventors Mars
- and Murrie that you burn more calories eating celery than it contains (the more you eat the thinner you become)
- the only continent with no active volcanoes is Australia
- the longest street in the world is Yonge street in Toronto Canada measuring 1,896 km (1,178 miles)
- about 90% of the worlds population kisses
- Coca-Cola originally contained cocaine

QUICK REFERENCE

**Emergency:** Dial 911 for police, sheriff, fire departments, rescue squads, ambulance  
**Animal Poison Control Center:** 1-888-426-4435  
**Carteret General Hospital:** 808-6000;  
**Coastal Carolina Regional Airport:** 638-8591  
**Emergency Pet Care:** 444-1399  
**Highway Patrol:** 1-800-441-6127  
**Medical Assistance: CarolinaEast Medical Center:** 633-8111  
**Nova Urgent Care:** 745-7440  
**Pamlico County Departments:**  
**Board of Elections:** 745-4821  
**County Manager:** 745-3133  
**Emergency Management:** 745-4131  
**Health Dept.:** 745-5111  
**Recycling Center:** 745-3283  
**Senior Services:** 745-7196  
**Sheriff's Dept. (non-emergency) –** 745-3101  
**Social Services:** 745-4086  
**Tax Collector:** 745-4125  
**Water Dept.:** 745-5453  
**Poison Control Center:** 1-800-222-1222  
**US Coast Guard (Hobucken):** 745-3131

WEATHER.COM

**Wednesday**  
Sunny, with a high near 71. Light southwest wind increasing to 5 to 10 mph in the morning.  
**Wednesday Night**  
Mostly clear, with a low around 53.  
**Thursday**  
Mostly sunny, with a high near 73.  
**Thursday Night**  
Partly cloudy, with a low around 57.  
**Friday**  
Partly sunny, with a high near 71.

**Friday Night**  
Mostly cloudy, with a low around 55.  
**Saturday**  
Partly sunny, with a high near 70.  
**Saturday Night**  
A chance of showers. Mostly cloudy, with a low around 57. Chance of precipitation is 30%.  
**Sunday**  
A chance of showers. Partly sunny, with a high near 70. Chance of precipitation is 30%.

WEEKLY HOROSCOPE

**Aries (March 21-April 19)**  
This is an interesting week because lots of important planetary energy is hidden in your chart. "Double, double, toil and trouble. Fire burn and cauldron bubble!" What this means is that you will feel confused this week and not sure what's really going on. ("Where is my left-hand?") Obviously, secret love affairs, hidden business, private meetings and clandestine activities will occur. On the upside, you might make secret plans to travel, which is what you really want to do in the next three months. Expect your dreams to be more powerful. Even if you don't remember your dreams, when you wake up, you'll feel you been somewhere. And you have!

**Libra (Sept. 23-Oct. 22)**  
In the next few weeks, confusion on the job or with coworkers will occur. You might unwittingly forgive the bad behaviour of someone or refuse to see it for what it is. Paradoxically, you might make harsh judgments about someone based on nothing. Knowing this is possible, be very clear in all your relationships with coworkers this month because it's easy to see what you want to believe is there. Likewise, you worry about a health issue and blow something up completely out of proportion. Hopefully, people who are close to you will reassure you. You need to have your facts straight because you won't hesitate to state what you really want because your communication skills are stellar for the next three months.

**Taurus (April 20-May 20)**  
This Neptune influence will confuse issues with friends, groups and organizations. It might also affect your ability to set goals for the future. This strong Neptune influence will inspire you and confuse you. (Go figure). For example, you might embrace lofty goals this month. You might want to climb Everest or discover the cure for cancer or open the best restaurant in the city. That's because your plans and your hopes are all mixed together, which is not a bad thing, really. However, confusion, even deception with friends or members of groups that you deal with, is also likely. Trust your gut instincts. If you think something fishy is going on - it is!

**Scorpio (Oct. 23-Nov. 21)**  
Neptune is the inspiration behind all creative activities that begin with a vision. Therefore, creative activities will thrive this month because you can dream up so much and visualize what you want! The secret is to translate the abstract into the concrete. Are your ideas doable? The biggest downside with Neptune's influence now is that you might believe you are in love with someone but you might be in lust with them, or you might fabricate this potential relationship in your mind. So easy to do! Naturally, this generally leads to disappointment, doesn't it? While your head is in the clouds, keep your feet on the ground. ("Hi! I'm cute and I dress fast")

**Gemini (May 21-June 20)**  
In the next few weeks, you are super high vizi! Everyone will notice you and want to sit at your table. Specifically, bosses, parents, teachers and VIPs will admire you. (In fact, you might begin a romance with your boss or someone older or more experienced). You will also speak up more than usual. You have ideas and you want to be heard! Well, since you have a podium, why not use it? This is a good time to embrace ideals and decide to be the best that you can be, whatever age you are. (Hey, you will never again be as young as you are as you read these words. Factoid). For the next three months, with Mars opposite your sign, you must be more patient with partners and close friends. If not - everyone loses.

**Sagittarius (Nov. 22-Dec. 21)**  
The area of delusion, inspiration, confusion, deception, hopes and dreams for you in the next few weeks will be focused on home and family. It's important for you to know the boundaries of reality. What is possible and what is not possible. Are you expecting the impossible of a family member? In a healthy family, the scapegoat changes from one family member to another throughout the years. But in an unhealthy family, the scapegoat is always the same person. If you have to make important decisions about your home or a family member, remember that wishful thinking might cloud your logic this month.

**Cancer (June 21-July 22)**  
Your appreciation of beauty will be heightened during the next few weeks, which is why you should give yourself a chance to enjoy beautiful things and beautiful places. Visit art galleries, gorgeous, architectural buildings, museums and parks. Enjoy the arts created by other cultures and different countries. Likewise, you will be attracted to new ideas and belief systems. You might want to travel somewhere beautiful, especially for pleasure and an opportunity to learn something new. Be careful about embracing new ideologies that appeal to you, especially if they are something you normally would shun. (Don't kid yourself.)

**Capricorn (Dec. 22-Jan. 19)**  
Don't beat yourself up if you find yourself daydreaming a lot in the next few weeks or just lost in pleasurable reverie. This is par for the course with this strong Neptune influence. Your imagination will be heightened, along with your dreams. But you might act on assumptions or confusion when dealing with others, which will lead to problems. If you have to make an important decision or take a clear line of action, try your best to be realistic and not just caught up in pie-in-the-sky thinking. Those who write, dance, teach and act can use this influence to colour and flesh out whatever you're doing. You will have to strive to be as clear as you can in all your communications - definitely.

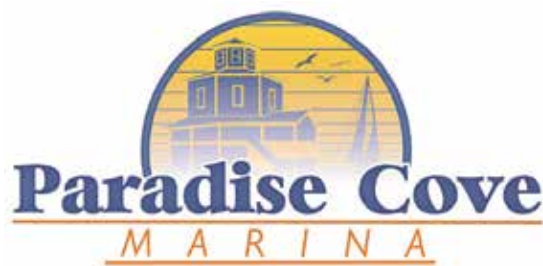
**Leo (July 23-Aug. 22)**  
The influence of Neptune always confuses and clouds issues. And for your sign, this murky influence can affect your understanding of your involvement and shared property, taxes, debt, inheritances and insurance matters. When dealing with these areas, make sure you have your facts right. If you think someone is purposely misleading you, there's a good chance this is the case. Thoughts and fears about your own mortality might surface. Or you might fear becoming homeless or a bag lady. Crazy but true. Meanwhile, the next three months promise lots of opportunities to party, vacation, explore romantic connections and just have a good time! Yay! Playful activities with children will be rewarding.

**Aquarius (Jan. 20-Feb. 18)**  
Be alert (the world needs more lerts) in the next few weeks because this confusing, Neptunian influence can affect your finances. You might think you're richer than you are; you might think you're poorer than you are. You might convince yourself that a new financial deal is a sure thing, but it's not. In fact, if you are about to overextend yourself financially, be very careful. Likewise, when shopping, you will be tempted to buy something elegant, luxurious and more than what you might usually buy. If this is the case, stop and think. At least, make sure you can return the item or undo the sale. Don't kid yourself about your money, especially money that you're counting on.

**Virgo (Aug. 23-Sept. 22)**  
Even in the best relationships, there is always confusion. Often what we hope for doesn't exist. And often what we fear doesn't exist. This month, these hopes and fears will be stronger, which is why they could lead to feelings of insecurity or false hope. This is a tricky time to enter into a partnership, especially if there are legal ramifications. You have to ask yourself very seriously if you know what you're doing. If everyone around you cautions you not to explore a particular relationship, you might want to listen to these warnings because it's very easy to kid yourself now. Be patient with family members because in the next three months, increased activity and chaos at home will occur. Aaggh!

**Pisces (Feb. 19-March 20)**  
An unusually strong influence is taking place now for your sign. You will notice this right away in your dreams. When you wake up, you will still have that otherworldly feeling that you just came from someplace else. Those of you who remember your dreams will be surprised at how vivid and lucid they are. Relationships are the main area where you can kid yourself now. You might think you have met the perfect person (and you are inclined to do this, aren't you?) You easily put someone up on a pedestal because you like to see what you want to see. This tendency will be magnified in the next few weeks so be aware of this just to protect yourself.

COMMUNITY CALENDAR



Paradise Cove Marina & Captain's Bar & Grill

Open For Lunch and Dinner

Friday through Sunday beginning March 11  
See us at the Chowder Cook Off on Saturday, March 12 in Oriental

Live Music On The Deck

- Saturday, March 19th:** ..... Mac McWilliams
- Sunday, April 3rd:** ..... Bob Laverty
- Sunday, April 17th:** ..... Ken Belangia
- Sunday, May 1st:** ..... Bryan Mayer
- Sunday, May 29th:** ..... Mac McWilliams
- Sunday, June 12th:** ..... Bryan Mayer
- Saturday, June 25:** ..... Annual Cardboard Boat Regatta With Salt Water Nugget

252.249.2025

1242 Paradise Shores Road | Merritt, NC 28556  
www.paradisecovenc.com

Wednesday, March 9

- Pamlico Partnership Parent & Child class at Pamlico Primary School, 9:00 or 10:30 a.m. when school is in session. Call Michelle Sheilds 252-745-7850 for information.
- Crocheting & Knitting at Senior Center at 10 a.m.
- Health Screening - Blood Pressure & Weight Checks at Senior Center at 10 a.m.
- Talk & Exercise with Beth at Senior Center at 10:30 a.m.
- Research genealogy and search online 1-4 p.m. at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.
- Drumming Dragons, Oriental Town Hall, 7:00 p.m.

Thursday, March 10

- Prayer Shawl Ministry, Oriental United Methodist Church, 10 – 11:30 a.m. For all levels of knitting and crocheting. We can teach you how! Call Leigh Price for more info, 249-1361.
- Alcohol Anonymous, Thursday @ 12 noon, Closed, Grapevine, @ Free Will Baptist Church, Ragan Rd., Oriental.
- Arthritis Foundation Exercise Program Class at 1 p.m. at Senior Center
- Stained Glass class at Senior Center at 1 p.m.
- Research genealogy and search online 1-4 p.m. at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.
- Pamlico County Law Enforcement Association monthly meeting at the PCLEA Range, Mill Road, 7 p.m. Contact 252-670-5625 for information.

Friday, March 11

- Fantastic Friday at Senior Center
- Oriental Quilting Bee, 9 a.m., 403 Mildred Street. No experience needed.
- Preschool story time at PC library at 10 a.m.
- Bingo at 10 a.m. at Senior Center
- Card Games at Senior Center at 1 p.m.
- Young at Heart Crafts at Senior Center at 2 p.m.

Saturday, March 12

- Oriental Farmer's Market on Hodges St. from 9 a.m. to noon.
- Family Movie at 11 a.m. at PC Library

Monday, March 14

- 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. All are welcome
- Grief Support Group meets every Monday at 10 a.m. at Oriental Methodist Church (Round Table Room) Call 249-2493 for more information
- Arthritis Class at Senior Center at 1 p.m.
- Look good, feel better for adult, female cancer patients currently in treatment 2-4 p.m. at Shepard Cancer Center. Pre-registration required at (252) 975-4308 ext. 109
- Dementia Support Group meets at Senior Center from 2-3:30
- NAACP of Pamlico County regular meeting at 6 p.m. at Green Hill MB Church, 314 Water St., Bayboro. All welcome.
- Women's Living Sober Group, 7 p.m. at Bayboro Methodist Church
- American Legion at Senior Center at 7 p.m.

Tuesday, March 15

- Plein air painting is Tuesdays 9 a.m. Different location each week. Artists paint outside. Call Susan Cheatham at 249-4925 for locations/info.
- Line Dancing at Senior Center at 9:30 a.m.
- Caregiver Support group. 10 a.m. at Shepard Cancer Center. (252) 975-4308 ext. 109 for info
- Knitting at PC Library at 10 a.m.
- Singing at Senior Center at 10:30 a.m.
- Support group for long-term breast cancer survivors at 11 a.m. in Education Dept at Beaufort County Medical Center. (252) 975-4308 for more info.
- 50+ Club at Senior Center at 11 a.m.

GOVERNMENT

- Wednesday, March 9**
    - Oriental Parks & Recreation Advisory Committee at 8 a.m.
  - Thursday, March 10**
    - Harbor Waterfronts Committee at Oriental Town Hall at 4:30 p.m.
    - Arapahoe Town Hall Meeting - Arapahoe Town Hall (in front of fire station) at 7 p.m.
    - Soil & Water Conservation Board Meeting at Little Italy Pizza at 6 p.m.
    - Arapahoe Charter School Board of Directors meets at 6:30 p.m. at the Arlington Place Clubhouse
  - Monday, March 14**
    - Pamlico Partnership Hall Meetings, 6:30 p.m. Planning Board, 7:30 p.m. Commissioners Mtg, Pennsylvania Avenue, Vandemere
    - Alliance Town Hall Meeting - 934 Main Street, Alliance, time is changed to 7 p.m. for this meeting
  - Tuesday, March 15**
    - Pamlico County Chamber of Commerce Board Meeting at 7:30 a.m. at the Heritage Museum.
    - Oriental Tourism Board meets at Oriental Town Hall at 5:30 p.m.
    - Bayboro Town Hall Meeting - 208 North Street, Bayboro, 7 p.m.
  - Wednesday, March 16**
    - Oriental Planning Board meets at Oriental Town Hall at 3 p.m.
  - Monday, March 21**
    - Pamlico County Commissioners Meeting at 7 p.m. in the 2nd floor Commissioners Room
  - Tuesday, March 22**
    - 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)
    - Pamlico Human Services, 11 a.m. at the Human Services Building
    - Pamlico County Planning Board, 7 p.m. in 2nd floor Commissioners room
  - Thursday, March 24**
    - Pamlico Partnership for Children Board Meeting at 1 p.m. at the Pamlico Partnership for Children office, 702-A Main St., Bayboro
    - Arapahoe Charter School Board of Directors meets at 6:30 p.m. at the Arlington Place Clubhouse
  - Monday, March 28**
    - 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.
- Email your meeting to frontdesk@thepamlico-news.com no later than noon Friday.

- Wicker Basketry Class at Senior Center at 1 p.m.
- Cards at Senior Center at 1 p.m.
- Research genealogy and search online 1-4 p.m. at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.
- Weight Watchers, weigh-in begins at 4:30 p.m., Snowden Elementary School (Aurora), music center, meeting at 5 p.m.
- TOPS Meeting at Senior Center at 5:30 p.m.
- Relay for Life meeting at Stonewall United Methodist Church at 6 p.m. for all who are registered or would like to get signed up
- Genealogy at PC Library at 6:30 p.m.
- Grief support group at Alliance UMC at 7:30 p.m. Call Penny Dollar Farmer for info 670-7766
- Alcohol Anonymous 8 p.m. Open, Discussion @ Free Will Baptist Church, Ragan Rd., Oriental.
- Al-anon Family Group, Tuesday 8 pm, St.Thomas Episcopal Church Annex, 403 Mildred St., Oriental.

- Class at 1 p.m. at Senior Center
- Stained Glass class at Senior Center at 1 p.m.
- Research genealogy and search online 1-4 p.m. at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.

- Singing at Senior Center at 10:30 a.m.
- 50+ Club at Senior Center at 11 a.m.
- Wicker Basketry Class at Senior Center at 1 p.m.
- Cards at Senior Center at 1 p.m.
- Research genealogy and search online 1-4 p.m. at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.
- Weight Watchers, weigh-in begins at 4:30 p.m., Snowden Elementary School (Aurora), music center, meeting at 5 p.m.
- TOPS Meeting at Senior Center at 5:30 p.m.
- MADD Chapter Meeting for Craven/Pamlico, Trinity United Methodist Church, 2311 Elizabeth Avenue, New Bern at 7 p.m.
- Grief support group at Alliance UMC at 7:30 p.m. Call Penny Dollar Farmer for info 670-7766
- Alcohol Anonymous 8 p.m. Open, Discussion @ Free Will Baptist Church, Ragan Rd., Oriental.
- St.Thomas Episcopal Church, Tuesday 8 pm, St.Thomas Episcopal Church Annex, 403 Mildred St., Oriental.

Friday, March 18

- Fantastic Friday at Senior Center
- Oriental Quilting Bee, 9 a.m., 403 Mildred Street. No experience needed.
- Preschool Story time at PC Library at 10 a.m.
- Bingo at 10 a.m. at Senior Center
- Card Games at Senior Center at 1 p.m.
- Young at Heart Crafts at Senior Center at 2 p.m.
- YA Gaming at PC Library at 3 p.m.

Saturday, March 19

- Oriental Farmer's Market on Hodges St. from 9 a.m. to noon.
- Special Needs Gaming at PC Library at 11 a.m.

Monday, March 21

- 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. All are welcome
- Grief Support Group meets every Monday at 10 a.m. at Oriental Methodist Church (Round Table Room) Call 249-2493 for more information
- Arthritis Class at Senior Center at 1 p.m.
- Dementia Support Group meets at Senior Center from 2-3:30
- Book Worm at PC Library at 2 p.m.
- PAWS monthly meeting at Oriental Town Hall at 5:30 p.m
- Women's Living Sober Group, 7 p.m. at Bayboro Methodist Church

- Wednesday, March 23**
  - Pamlico Partnership Parent & Child class at Pamlico Primary School, 9:00 or 10:30 a.m. when school is in session. Call Michelle Sheilds 252-745-7850 for information.
  - Crocheting & Knitting at Senior Center at 10 a.m.
  - Health Screening - Blood Pressure & Weight Checks at Senior Center at 10 a.m
  - Talk & Exercise with Beth at Senior Center at 10:30 a.m.
  - Research genealogy and search online 1-4 p.m. at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.
  - Drumming Dragons, Oriental Town Hall, 7:00 p.m.

Tuesday, March 22

- Plein air painting is Tuesdays 9 a.m. Different location each week. Artists paint outside. Call Susan Cheatham at 249-4925 for locations/info.
- Line Dancing at Senior Center at 9:30 a.m.
- Passages Support Group for ladies currently dealing with breast cancer diagnosis and treatment at Marion L. Shepard Cancer Center at 10 a.m. Call 252-975-4308 to register.
- Knitting at PC Library at 10 a.m.

- Thursday, March 24**
  - Prayer Shawl Ministry, Oriental United Methodist Church, 10 – 11:30 a.m. For all levels of knitting and crocheting. We can teach you how! Call Leigh Price for more info, 249-1361.
  - Alcohol Anonymous, Thursday @ 12 noon, Closed, Grapevine, @ Free Will Baptist Church, Ragan Rd., Oriental.

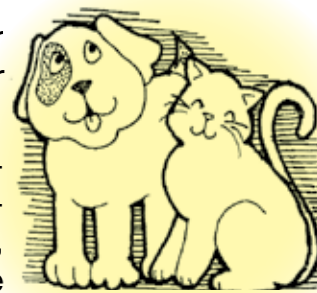
Email your event to frontdesk@thepamlico-news.com no later than noon Friday



PAMLICO ANIMAL WELFARE SOCIETY (PAWS)

"Helping the Helpless"  
Spay and Neuter Assistance Program

PAWS provides low-cost spay and neuter assistance to those needing help to "fix" their pets. We issue vouchers for use at local vets, or at the Spay Today clinic in Greenville.



Our mission is to reduce the pet overpopulation problem in Pamlico County and surrounding areas by preventing hundreds of unwanted, innocent animals from being born. They are often neglected, abandoned or killed in shelters so altering your pets before they breed is the humane and common-sense solution.

We are here to help! Take action today!

"Saving one animal doesn't change the world, but it changes the world for that one animal."

PAWS is an all-volunteer, non-profit, 501(c)(3) organization that relies solely on donations. Find out more about us and how you can help at PamlicoPAWS.net

To request assistance, call the PAWS "Help Line" at (252) 745-PAWS (7297) or email us at mail@PamlicoPAWS.net

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Robert & Deb, Virginia



**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**



**ORIENTAL** – Waterfront **2BR/2BA** condo, views of Smith Creek, open living arrangement, covered waterfront porch, stainless appliances, short walk to public boat ramp and Oriental Harbor Marina. Community swimming pool, beautifully landscaped, central elevator in building.  
**OFFERED AT \$209,000**



**ORIENTAL** – Enjoy views of Broad Creek from 2,070 sf Southland Log Home on 2.55 acre corner lot with boat slip and boat ramp near Oriental. This **3BR/3.5BA** offers solid log construction, covered front and back porches, and guest quarters with kitchenette and full bath over detached 2-car garage/workshop.  
**OFFERED AT \$249,900**



**MERRITT** – Lovely **3BR/3.5BA** waterfront in Bell Point offers great views. Includes gas log fire place in great room, deck, screened porch, separate laundry room, triple attached and triple detached garages and a workshop with bathroom and finished upstairs.  
**OFFERED AT \$265,000**



**ORIENTAL** – Impeccably-designed waterfront on protected deep-water Orchard Creek has 1.4 acres of perfect-privacy, **3BR/2BA**, open-design w/ Carolina room, gorgeous kitchen, huge living room, spacious master suite, office, loft, workshop, 4-car garage, Vertical Platform Lift, deck & boat dock.  
**OFFERED AT \$399,900**

See all Listings & Visual Tours at [www.orientalncwaterfront.com](http://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

**Presentation on HAM Radios at Oriental History Museum March 13**

Before GPS, smart-phones, and electronic charts, boaters navigated using a sextant, dead-reckoning, and other traditional aids, while plotting their course on paper charts. Early electronics also played a role. LORAN systems, Radio Directional Finder devices, hand-held radio VHF/FM transmitter/receivers were all early electronic aids for the boater. Then and now, HAM radios function as a means of emergency communications, for the exchange of messages, and much more.



On Sunday, March 13 at 2pm at Oriental's History Museum Tom Finta, a member of the Pamlico Amateur Radio Society, will talk about the uses of Amateur Radios while on long or short cruises. He'll also be discussing the daily radio nets that provide weather and curising conditions, as well as safety communications for the boater and family members on shore.

The current exhibit Hey Mate, where are we?... Navigation before GPS, runs through May. For more information contact us at 252-249-1870 or [museum@dockline.net](mailto:museum@dockline.net). The Museum is located at 802 Broad Street in Oriental. Hours are: Friday 11-3, Saturday 1-4, Sunday 1-4. Admission is always free.

**Support/Advocacy Group to Meet**

What: We Found Each Other Support/Advocacy Group  
Where: The Butterfly Healing Center, 317 D Pollock St., Suite 4, New Bern. Located directly above Carolina Creations in downtown New Bern.  
When: Saturday, March 19 from 2 to 3 p.m.



This group focuses on advocacy, education and support for caregivers of children and adults with special needs and abilities. We are a nonjudgmental group that seeks to inform others about caregiving for those with special abilities.

For more information, contact Crystal Garrett at 252.670.0391 or Lisa Barrow, LPC, at 252.670.6103. Follow us on Twitter@CravenSupport or simply email [crystalgarrett@gmail.com](mailto:crystalgarrett@gmail.com).

**Free Pesticide Disposal Day March 29**

The North Carolina Department of Agriculture and Consumer Services, in cooperation with Pamlico County Cooperative Extension, will be offering a Free Pesticide Disposal Day for residents in Pamlico County and surrounding areas.



The local site manager will be Daniel Simpson, Agricultural Extension Agent for Pamlico County. The collection day will be held on Tuesday, March 29 from 10:00 a.m. to 2:00 p.m. at the Pamlico County Heritage Center (10642 NC Hwy 55, Grantsboro, NC 28529).

Nearly all pesticide products will be accepted. For liquid pesticide containers larger than 5 gal or for unlabeled pesticides, please contact the Cooperative Extension Office for information before bringing to the collection event. No gas cylinders are accepted at the event; however, assistance information can be provided.

Please contact Daniel Simpson at the Pamlico County Extension Center at 252-745-4121 or [Daniel\\_simpson@ncsu.edu](mailto:Daniel_simpson@ncsu.edu) if you need more information.

**Help Control County's Cat Population**

Low income Pamlico County pet-owners in need of financial assistance may apply to PAWS for vouchers to be used at local vets (252-745-PAWS), or



take their pets to "Spay Today" in Greenville (252)321-8839. Those wishing to support this effort may send donations to PAWS at P.O. Box 888, Oriental, NC 28571.

**REGISTRATION OPEN!**

**YOUTH ADVOCACY for SUBSTANCE ABUSE PREVENTION**

Sponsored by Coastal Coalition for Substance Abuse Prevention (CCSAP). Presented by YES!  
**MARCH 12<sup>th</sup>, 2016**  
10am-3pm  
This youth training will help support the skills of young people who want to make REAL change in their community around the prevention of underage drinking and prescription drug abuse.  
Come meet other youth and learn how to be an advocate with the real know-how and skills to improve health in your community.  
Food is provided. Location: 233 Middle St., New Bern, NC.  
REGISTER AT THIS: <http://goo.gl/forms/I92ApxooGj>  
CONTACT: Aidil Hill at 919.260.4807 or [aidil@youthempoweredolutions.org](mailto:aidil@youthempoweredolutions.org).



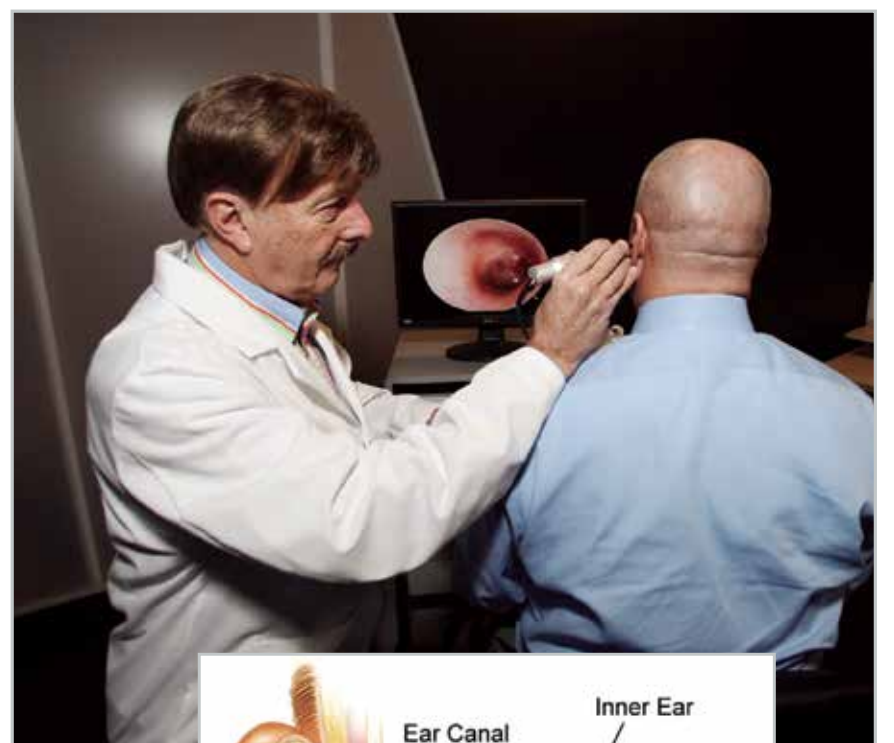
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Triangle VFD, Station 17, Bayboro: (L-R) Capt. Eric Kindle, Lt. Jeremy Wilkinson, Fire Fighter Logan White, Lt. Bill Machle, Fred A. Anderson School: Teacher Lauren Heffinger, Aids Dewitt King, Mrs. Sawyer, students, Michael, Robert, Jesus, Joshua, Taylor, and Mariah; and Patricia Koch, Taylor's nurse.

## Saying Thank You to Triangle VFD

Never too late to send thanks. Pamlico Senior Services and Lauren Heffinger's class at Fred Anderson School reached out to the Triangle Volunteer Fire Department for the great job making a very special holiday for a group of very special kids.

Capt. Eric Kindle and the entire crew have served the community well and have been there for these special kids for the past five Christmases, helping with the kids teaching something every time they come. Senior Services and Fred A. Anderson School grateful for your generous support and services as well your generous support of our services and programs. Please know that we acknowledge and appreciate your friendship. And a big thank you out to Santa.

## United Way Hosts Appreciation Luncheon



United Way of Coastal Carolina's 2015 Campaign Leaders & Partners Appreciation Luncheon was held Monday, February 29th at the Double Tree by Hilton in downtown New Bern. UWCC presented awards in several categories such as: Campaign of the Year, Volunteer of the Year, Business Partner of the Year, Media Partner of the Year. Awards were also given for Per Employee Capita Gift. UWCC's 2015 Campaign Leaders & Partners Appreciation Luncheon winners, from left to right: UWCC Executive Director Sandra Phelps, Plant Manager Yvonne Wold of MOEN, Inc (Campaign of the Year), Cathi Miller of Oliver & Cheek, PLLC (Volunteer of the Year), Rhyann Jones of Beasley Media Group (Media Partner of the Year), and Jonathan Ippock & Eric Giles of Wells Fargo (Business Partner of the Year).

Per Employee Capita Gift award winners; GOLD: Boys & Girls Club of Coastal Carolina, Carr, Riggs & Ingram, Coastal Pregnancy Care Center, Duke Energy, Harris Teeter, RSM, MOEN, Inc, PNG, United Way of Coastal Carolina, and Ward & Smith. SILVER: UPS & Promise Place. BRONZE: Hatteras Yachts &

Weyerhaeuser.

Executive Director Sandra Phelps states, "United Way of Coastal Carolina surpassed our 2014 campaign total, giving has held at a steady level for the last few years with minor increases. Since 1957, an amazing \$18.1 million has been raised from compassionate citizens through the annual United Way of Coastal Carolina (UWCC) campaign. Each year's campaign totals are a testament to a spirit of giving that is prevalent throughout our community. Contributions to the 2015-16 Campaign will be accepted through April."

The United Way of Coastal Carolina had its beginnings in the Coastal Carolina area in 1957. What started as just a fundraising organization many years ago, has developed into an organization focused on measurable, long-lasting results focused on the local community's most compelling needs. Education, Income and Health are the three major areas of focus. Currently there are 19 funded programs serving individuals in Carteret, Craven, Jones and Pamlico Counties. Funds are raised locally to fund local programs. For more information visit [www.unitedwaycoastalnc.org](http://www.unitedwaycoastalnc.org).

## Swansboro Rotary to Hold Annual Oyster Roast

Swansboro Rotary Club's 37th annual Oyster Roast and Pig-Out will be held March 19, 5-8 p.m. Tickets purchased in advance are \$50 for one of the club's most popular fundraisers - an all-you-can-eat extravaganza that takes place indoors at the Rotary Civic Center in Swansboro. Machine Gun, a popular and well-known variety band from Wilmington, will provide musical entertainment. Diners should bring an oyster knife and glove.

In addition to oysters, the menu includes roasted pig, fried fish, clam chowder, hot dogs with chili, cole slaw, hush puppies, condiments and a variety of beverages. The civic center, which is on West Main Street Extension off N.C. 24

behind Family Care Pharmacy, provides a spacious indoor area for diners. It will be equipped with several large screen televisions tuned to the NCAA basketball tournament.

Tickets purchased at the door will cost \$55. Tickets for children 15 and younger are \$20 and available only at the door.

Proceeds from the event are used to benefit youth scholarships and projects. Tickets can be purchased from any member of the Swansboro Rotary Club. Tickets can also be purchased at Darden Insurance and Century 21 Waterway Realty in Swansboro and at Eastern Mortgage in Emerald Isle. For more information, call 354-6636.

## Stop Hunger Now- 2016

Over the past few years the Oriental community has come together to support Stop Hunger Now. In less than two hours, the event packs enough food bags to serve 10,000 meals. This year's event will be held at the Oriental United Methodist Church on Saturday, March 19, starting at 9:30 a.m. and ending around noon. Your

support is needed by buying shares at \$25/share, which is tax deductible, and/or volunteering to help pack meals on Saturday morning. The Saturday morning packing is a fun community effort. To buy a share, please make your check payable to Oriental UMC with Stop Hunger Now on the memo line. For more information call 252-249-0213 (OUMC Office) or 252-249-1361 (Allen Price) to show your support.

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## Survive. Don't Drive.

If you or a loved one are experiencing chest pain, do not drive yourself to the closest emergency department. **Call 911.** Emergency Medical personnel can let the doctors and nurses know what you need before you arrive. At CarolinaEast our average time from arrival to the vessel being opened and flowing is **significantly lower than the national average of 55 minutes.** Time is muscle.

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UROLOGY CENTER | INTERNAL MEDICINE | PEDIATRICS | GASTROENTEROLOGY | EAR, NOSE & THROAT  
PHYSICAL MEDICINE & REHABILITATION | WOUND HEALING & HYPERBARIC SERVICES | RADIATION ONCOLOGY  
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## PAMLICO CHRISTIAN ACADEMY OPEN HOUSE

Thursday, March 17th 8am - 7pm or by appointment.

Please take this great opportunity to visit our faculty, staff and board of directors. Register your child for the 2016-2017 school year with discounted registration through April 15th.

Pamlico Christian Academy offers grades K through 12th as well as Preschool and Pre K for children ages 2 - 4.

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## From the Helm

By Worldwide Marine Training

In addition to dayboards and buoys, there are a few other aids to navigation to help mariners along their way. One example is a "Range", also referred to as "Range Marks", "Range Markers" or "Range Lights." A range is a pair of large rectangular dayboards, one higher than the other, that when aligned vertically, guide vessels through a navigable channel.

Range dayboards are mounted on structures, usually pilings, at two different heights. From the navigable portion of the waterway, one of the dayboards is observed above and behind the other. When you observe the rear dayboard directly above the one in front, you are in the navigable channel. Each dayboard is painted with vertical stripes of contrasting colors for maximum visibility.

Ranges generally, but not always, mark the center of a channel. On navigation charts, range markers are connected with a dash line in the non-navigable area, from which a solid line continues into the navigable channel. The solid portion of the line indicates exactly where the range will keep you in the waterway. When following a range, if the dayboards are not aligned, simply steer toward the lower one for course correction.

Almost all ranges are lighted. Your chart will indicate the color of the lights and their characteristic (flashing, fixed, etc.). Unlighted ranges are usually in small waterways and are privately maintained.

Ranges are important both while approaching or traveling away from them. They guide you in either direction. However, watch out for a head-on collision possibility, since both you and the oncoming traffic may be on reciprocal courses.

I am reminded of an actual incident that occurred in the channel to a major Atlantic seaport. I will change the names to "protect the innocent." Three sailors were heading for port aboard the sailing vessel "Confusion" when they approached what appeared to be a range. They

observed two white lights, one above the other, and kept them aligned. They observed a red light to the right and a green light to the left of the range. After four days at sea, they felt sure that the red and green lights marked the long awaited channel.

It was 1:00 a.m. and raining. The silence was broken by a booming voice on VHF channel 16. "This is the container ship "Gigantic" calling the vessel dead ahead of me." As Moe gave his shipmates Larry & Curly a terrified look, the voice continued, "Please alter your course immediately."

The crew of "Confusion" quickly learned that what they thought was a range was the fore & aft masthead lights of an 800 foot ship. What looked like red and green channel lights were actually the ship's port & starboard sidelights. After a frantic scramble for the helm, the crew of "Confusion" barely avoided disaster. This incident gives new meaning to the saying, "That light at the end of the tunnel turned out to be an oncoming train!"

Had the crew of "Confusion" looked at their chart, the "imagined" range would not be found. Also, they should have known that red and green channel markers have flashing lights, while a vessel's red and green sidelights do not flash. They won't make that mistake again!

Until next time, we wish you clear skies, fair winds and calm seas!

*World Wide Marine Training, LLC, is a U.S. Coast Guard Approved facility authorized to give examinations for captain's licenses up to Master 200 Tons, Able Seaman up to Unlimited, STCW Basic Training, Radar, ARPA and other Endorsements. Please visit [www.worldwidemarinetraining.com](http://www.worldwidemarinetraining.com) or call toll-free 866-249-2135.*

## White Oak River Birding Cruises Set for 2016

OCEAN – Spring is a great time of year to get outside and see some of the magnificent birds that fly along the North Carolina coast. Join local birding expert Joanne Powell and the North Carolina Coastal Federation for a birding cruise on the White Oak River in Swansboro. Cruises will depart from Hammocks Beach State Park at 10 a.m. on the following Sunday mornings: March 20, April 24, May 22 and June 5.

The group will slowly cruise for about two hours on a covered ferryboat through the estuaries in and around the White Oak River and Bogue Sound, looking for resident birds and migrants that might include shorebirds, warblers, raptors and waterfowl. Birds are most common in and around our coastal estuaries, looking for

food, water and shelter. In addition to birds, the cruise offers great views of the marshes, Bogue Inlet and Bear Island. The cruises also offer the opportunity for sightings of dolphins, and other wildlife.

Participants will meet at the Hammocks Beach State Park visitor center in Swansboro around 9:45 a.m. to check in. Please bring your own binoculars, water and a snack and remember to dress appropriately for the weather. The fee is \$20 for Coastal Federation members and \$25 for nonmembers. All ages are welcome, though the program is geared toward adults and older children. Registration is required, and the cruises are likely to fill up fast. Register online at the federation web site at [www.nccoast.org](http://www.nccoast.org).

## Sierra Club Sponsors Shore Stories at Carteret College

On Tuesday, April 19 there will be shown a 35-minute compilation film of clips from six movies about seismic testing and off-shore drilling followed by a panel discussion of the topic. The panel will include a moderator and four experts. Shore Stories will take place at Joslyn

Hall, Carteret Community College in Morehead City. It will be shown at 7pm with refreshments served beforehand. This is a free event sponsored by Interfaith Power and Light, Carteret Crossroads and Croatan Group of the Sierra Club.

## Reports

### Incidents

- March 1, Main St., Bayboro, identity theft, provide false information
- March 1, Main St., Bayboro, identity theft
- March 1, Kennels Beach Rd., Grantsboro, simple physical assault
- March 2, Robin Lane, Oriental, domestic standby, harassing texts
- March 2, Martin Lane, Oriental, criminal damage to property (vandalism)
- March 2, Alligator Creek Rd., Merritt, animal death investigation
- March 3, Florence Rd., Merritt, breaking or entering of a building
- March 3, Kershaw Rd., Oriental, larceny
- March 3, Main St., Bayboro, Pamlico County High School, traffic crash vehicle vs. pedestrian
- March 4, Prescott Rd., Grantsboro, larceny – all other larceny, fraud – obtaining property by false pretense
- March 4, Scotts Store Rd., Grantsboro, larceny – all other larceny
- March 4, Blackhorse South Run, New Bern, possessing/concealing weapons

### Inspections

- Feb. 29, Lee Barham, Oriental, CAMA Minor, \$100; Lee Barham, Oriental, CAMA, \$186.25; Paul Toler, Grantsboro, re-instate permit, \$149.12; Glen Schwendy, Oriental, addition, \$164; Thomas Farmer, Oriental, new residence, \$1,366.82; Time Warner Cable; Arapahoe, electrical, \$50
- March 1, Roy Buck, Bayboro, mechanical, \$40; Carolyn Hawver, Oriental, mechanical, \$40; Doris Williams, Bayboro, electrical, \$40; Pamlico Group Home, Grantsboro, fire inspection, \$40
- March 2, James Allocco, Oriental, building, \$40; Diane Brady, Arapahoe, deck, \$73.60
- March 3, Camp Don Lee, Arapahoe, cabin, \$939.80; Rolf Anselm, Minnesott Beach, mechanical, \$40; Warren Knudsen, Arapahoe, bulkhead, \$157.65; Jude Brown, Arapahoe, pier/platform, \$76.10; Gary Mastrodonato, Oriental, electrical, \$75; Museco Construction, New Bern, new residence, \$918.84; Glenn and Rose Lore, Arapahoe, new dwelling, \$1,232; Roger H. Homer, Vandemere, singlewide, \$216.40

### Property Transfers (Feb. 29 – March 3)

- Feb. 29, Mill Creek Lot: 62D Phase 1; PCA 163-20, map attached, from Burton Farm Development Company, LLC, Boddie-Noell Enterprises, Inc. to Bentley Hatcher and Carmen Hatcher, \$100
- Feb. 29, Plantation Oaks Lot: 13, PCA 191-13, PIN: C051-101-13, from First Capital Properties Group, Inc. of North Carolina to Erick Cooper Construction, LLC, \$56
- Feb. 29, Dawson Creek Lot: 225, Dawson Creek Lot: 226, Dawson Creek Lot: 298, Phase 1 Sections 1 & 2; PCA 192-1, PIN: H094-1-225, H094-1-226 and H094-1-298, from DC Inv, LLC to Jay Franklin Barrington, Sr., \$160
- Feb. 29, Arlington Place Lot: 59 Phase 1; PCA 153-17, from Jonathan W. White and Jeffrey E. White to Rita Fujimagari and Michel Fujimagari, \$90

- Feb. 29, Mapleleaf Lot: 10 Section Two; PCA 161-12, PIN: H041-187-10 from Down East Realty & Custom Homes, Inc. to Sheryll L. Keating, \$184
- March 1, map attached, from Larry D. Potter and Linda S. Potter to Dicky L. Armstrong and Dorothy Armstrong, \$0

- March 1, Teachs Cove Lot: 34 Map Book 9/63, from James A. Hodges, Jr., Edward L. Barrow/TR, Marcus A. Hodges/TR, Rebecca Hodges/TR, Rebecca Hodges Swindell, Rebecca V.L. Hodges/TR, Rebecca V.L. Hodges, Samantha Hodges Vermillion/TR, Samantha Hodges Vermillion, Samantha S. Hodges/TR and Samantha S. Hodges to Linda S. Hodges, \$0

- March 1, Teachs Cove Lot: 34 Map Book 9/63, from Linda S. Hodges to Mark A. Carl, \$502
- March 1, Oriental Harbor Village Marina, Boat Slip 19, Dock A; Condo Book 1/78, 1/101 & 1/104, from Warren W. Schadt and Susan Snyder Schadt to Western Land and Property, LLC, \$47

- March 1, See Instrument; Quit Claim Deed, from Troy D. Potter, Jr. to Julia D. Jefferson, \$0
- March 1, River Dunes Lot: 120, Section 11; PCA 157-10, from Broad Reach Holdings, LLC to Jason William Newby and Andrea Lynn Leschak, \$380
- March 2, Deed of Easement; PCA 196-5, from Carinna Smith, Sherline Smith and Clement Ned, Jr. to Carinna Smith, Sherline Smith and Clement Ned, Jr., \$0

- March 2, Lynchs Beach Loop Road (NCSR 1217); PCA 196-14, from Sherline Smith and Clement Ned, Jr. to Carinna Smith, \$0
- March 2, Addition to Lot 4; Map Book 4/96, from Paul Owen Hill to Nancy Hill Harrison, \$0

- March 2, Addition to Lot 4-A; Map Book 4/96, from Nancy Hill Harrison to Paul Owen Hill, \$0
- March 2, 5.08 Acres; Map Book 12/11, PIN: D05-3-1; Beneficiary and Executor's Deed, from Dewitt C. Brinson, Julia B. Given, Brian R. Given, Dewitt C. Brinson/Exr, Dewitt W. Brinson/Exr, Elizabeth L. Lupton Brinson/Est and Elizabeth L. Lupton/Est to Denard T. Potter and Helen Potter, \$8

- March 3, Plantation Oaks Lot: 20, Phase Two and Phase Three; PCA 191-13, PIN: C051-101-020, from First Capital Properties Group, Inc. of North Carolina to Muse Co. Construction, LLC, \$56

- March 3, Bell Point Lot: 10, PCA 80-3, Deed of Gift; PIN: K05-8-1A-10, from Maria N. Parker to Maria N. Parker/TR, Maria N. Parker Declaration of Trust, Maria N. Parker, \$0

- March 3, Timber Purchase and Sales Agreement, from Herbert Jerread, Herb Jerread, Lori Jerread and Frontier Timber, Inc. to Herbert Jerread, Herb Jerread, Lori Jerread and Frontier Timber, Inc., \$0
- March 3, Hobucken, from MacDonald S. Bowden to Matthew E. Board and David J. Howard, Jr., \$10
- March 3, Deed of Correction; DB 607/897, from Gloria S. Fisher, Cassandra F. Godette and Hiawatha H. Fisher to Gloria S. Fisher, Cassandra F. Godette and Hiawatha H. Fisher, \$1

- March 3, Plantation Oaks Lot: 19, Phase Two and Phase Three; PCA 191-13, PIN: C051-101-19, from Museco Construction, LLC to Tyler Caldwell and Sharon Caldwell, \$320

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## Trumped – Really!

Maureen Donald  
The Editor's Desk

I wrote a column a few years back about how people and their actions can sometimes spawn new words. Without reiterating the original version, suffice to

say that the gist of it was how new words are coined because of extraordinary events.

On to Mr. Trump - definitely an extraordinary event.

I haven't written much about the gentleman for obvious reasons - it's a national issue, the coverage is way over the top already and until now, I really had very little to say about this very, very rich individual trying to reach the White House. That all changed over the weekend.

And no, it wasn't yet another Republican debate. Actually now that I think about it, this column isn't really about Trump or any debate - it's all about reactions.

The postmortem of political events can be fascinating in a tragic sort of way. It's a bit like watching a train wreck - you really don't want to look but you can't pull yourself away. Sunday's pundits never disappoint - at least not this election season.

The focus, of course, continues to be Trump's march towards the presidency but now with a new twist. Instead of watching what was

predicted as Trump's implosion about now, we've got a front row seat to the GOP self-destructing because there's a chance he might actually win the nomination. Remember early in the primary and the audacity of the commentators who laid out the path of the GOP primary and in no uncertain terms, explained just how the voters would respond to Trump's candidacy in light of the first debate.

In case you missed it - it was decided for us that the electorate would lose interest in Trump within a month or so, and then the serious candidates (that's establishment speak for "the business as usual" folks) would forge ahead in the polls.

Oops!

Instead Trump seems to be holding his own and now there's talk of a brokered convention, obvious moves like bringing in Mitt Romney to blast Trump on national television (he's a Republican, right?) and of course, the reportedly large amounts of cash being poured into commercials against Trump (he's a Republican, right?). What's going on?

For those that know me there's no need to guess whether I might vote for Trump - at least until now. Ok, that might be a slight exaggeration. But honestly - doesn't it gall you when a group of so-called analysts tells you the outcome of something more than a year away? If we needed proof, here's established politics served up on a

platter with a side of smugness for good measure.

But no matter who you are supporting (well, almost) doesn't it tickle you that the media pundits and the party establishment got it wrong? Let's face it - early on no one was very concerned about Trump because everyone is expecting him to crash and burn - not that he's not trying. The amazing part is he has definitely proven many wrong which proves to me the true desperation of the American public to get away from business as usual - there's an understatement for you.

In a somewhat bizarre way I'm proud of the response to Trump. As opposed to listening to those usually used to being listened to, some folks are actually making their own decisions - no matter how outlandish they may seem. A group that repeatedly ignores his rants in light of the media's past predictions of his imminent demise is at least taking a stand. That says something.

And while it's not a new term, "trumped" is definitely taking on a new meaning, especially with the Republican establishment scrambling to figure out how to get back in control.

Too late, I fear.

The only downside to all this is that the rank and file Democrats must be delighted with the chaos on the other side of the aisle. And frankly I hate to see any established political entity happy these days.



## Making Sense of Investing

Dan M. Roberts, IV  
Financial Advisor

International Women's Day is observed on March 8. Around the world, thou-

sands of events will honor women's achievements. Yet, women still face challenges in many areas of life - such as their financial situations. So if you're a woman, you may want to use this occasion to consider steps you can take to help move toward your important financial goals, such as a comfortable retirement.

First of all, be aware of the potential obstacles facing women: lower earnings than men, longer lifespans than men and more time out of the workforce than men. This last element is particularly important, because when women leave the workforce for extended periods, typically to care for young children or older parents, they will have much less time to contribute to their 401(k) or other employer-sponsored retirement plan.

Whether you fit the above profile perfectly or not, and whether you're married or single, you must take action on your own behalf. Here are some suggestions:

- *Ramp up your retirement plan contributions.* Contribute as

much as you can afford to your 401(k) or other employer-sponsored retirement plan. Your 401(k) is a good way to build retirement savings because your earnings accumulate on a tax-deferred basis, which means your money can grow faster than if it were placed in an investment on which you paid taxes every year. (You will have to pay taxes on withdrawals; also, withdrawals prior to age 59½ may be subject to a 10% IRS penalty.)

- *Contribute to an IRA.* Even if you have a 401(k) or similar plan, you're probably still eligible to open an IRA. Contributions to a traditional IRA may be tax-deductible, while earnings can grow tax deferred. If you invest in a Roth IRA, your contributions are not deductible, but any earnings growth is distributed tax free, provided you've had your account at least five years and don't start taking withdrawals until you're 59½.

- *Don't invest too conservatively.* Some studies show that women may invest more conservatively than men. This could be a problem, especially since, as mentioned above, women are also out of the workforce longer and may have less years to contribute to their 401(k) plans. Consequently, when you invest in your 401(k), IRA or other accounts, consider including in your holdings

## Women May Need Extra Steps on the Road to Financial Security

growth-oriented vehicles consistent with your risk tolerance, such as stocks. Stocks are more susceptible to market volatility, but you can help reduce the impact of this volatility by owning a mix of investments, including stocks, bonds and cash.

- *Talk to your spouse about Social Security.* If your spouse starts collecting Social Security at 62 (the earliest age of eligibility), the monthly benefits could be reduced, perhaps by as much as 25%. This reduction could affect you if you ever become a widow, because once you reach your own "full" retirement age (which will likely be 66 or 67), you may qualify for survivor benefits of 100% of what your deceased spouse had been receiving - and if that amount was reduced, you'll get a reduced benefit. Talk to your spouse about this issue well before it's time to receive Social Security.

Ultimately, International Women's Day celebrates the freedom of women to live their lives without limits. And by making the right moves, you may one day be celebrating your own financial freedom.

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



## Contest Open to Fight Prescription Drug Abuse

Attorney General  
Roy Cooper

Middle and high school students across North Carolina can help raise awareness about prescription drug abuse and overdose deaths by entering a video contest sponsored by Attorney General Roy Cooper and the North Carolina Department

of Justice.

"North Carolina teens can find lethal drugs at home in the family medicine cabinet," Cooper said. "Prescription drug overdose deaths are an epidemic and we need young people to help us get the word out to their friends and classmates."

Cooper visited D.H. Conley High School in Greenville today to kick off this year's Stop Rx Abuse contest, which is open to all North Carolina students in grades 6 through 12. This is the fifth year Cooper has sponsored the contest and the second year it has been open to middle school students.

To encourage student participation in the contest, Cooper is making stops at several schools in North Carolina. His office has also sent contest information to middle and high school principals across the state as well as other organizations that work with young people such as Boys and Girls Clubs and Big Brothers Big Sisters.

### About the Stop Rx Abuse Contest

Cooper and the North Carolina Department of Justice are partnering with the National Association of Drug Diversion, the North Carolina Parent Resource Center, and the Governor's Institute on Substance Abuse to sponsor the Stop Rx Abuse contest.

Any high school or middle school student in North Carolina is eligible to enter by creating a 30-second public service announcement video on teen prescription drug abuse. The contest is open to all North Carolina students in grades 6 through 12.

### To participate in the Stop Rx Abuse contest:

- Produce an original video and upload it to YouTube.
- Email a link to the video, your name, grade level, and school name to stoprxabuse@ncdoj.gov.
- Complete the application and release form and submit them along with a transcript of the video.
- Entries will be accepted until April 18, 2016.

For high school entries, the student awarded first place will win an Apple iPad, the second place winner will receive a GoPro camera, and the third place winner will get an iTunes gift card. For middle school entries, the student awarded first place will win Beats by Dre headphones, the second place winner

will receive an Amazon gift card, and the third place winner will receive an iTunes gift card. The top videos will be featured online at NCDOJ.gov as well as on the North Carolina Department of Justice's official Facebook, Twitter and YouTube pages.

Winning videos from past contests can be viewed on YouTube and at ncdoj.gov. Last year's winners came from Hendersonville, Hickory, Moyock, Raleigh, Wake Forest and Winston-Salem.

Dangers of prescription drug abuse

According to a 2013 report from the N.C. Division of Public Health, more than 1,000 people in North Carolina die from prescription drug overdoses each year. A report from the National Institute on Drug Abuse recently indicated that prescription opioid misuse and abuse is a persistent problem across the country.

Access to prescription pain relievers, tranquilizers, stimulants and sedatives is particularly a concern among teens. In a recent nationwide survey, teens who abused prescription opioids reported getting them from friends, family members, or their own prescriptions.

"Prescription drugs can be even deadlier than illicit drugs when abused and they're easier for young people to get," Cooper said. "I'm calling on students across the state to get creative and help us save lives by spreading the word about the dangers of prescription drug abuse."



## North Carolina, Come Home!

Bob Kennel  
Guest Columnist

North Carolina is my birth home having been born inside the original horse stable wing of Tryon Palace in New Bern on March 1, 1936. If the birth had been 9 hours earlier, I would only

be "20" birthdays old, which gives me the curse of having a 20 year-old mind trapped in an 80-year-old body.

North Carolina has been my physical home for half my life, the first 22 years being educated in New Bern's public schools and NC State "College" in Nuclear Engineering. The next 40 years was spent in the Air Force and professional work in all 50 states and around the world. The last 18 years have been in active retirement back here in North Carolina.

It was those 40 years from 1958 to 1998 living and seeing us from outside the State that my love for North Carolina was fully recognized. Close ties were maintained through family and alumni net-working as well as working cooperatively with individual Governors Sanford, Scott, Holshouser, Hunt, and Martin (Even took the N&O by mail to keep up) I was honored to be a "Long Leaf Pine" ambassador for our State which was seen as the Southern beacon of light for moderation on racial matters, progressive education system, and sound economic development. However, the theme from family and friends to me was, "Come Home to North Carolina"!

In retirement I became a Christian Church (Disciples of Christ) Minister helping start new churches across the State. I also continued my work as executive Director of the Council of UNC Alumni Association Presidents as we honored North

Carolina leaders with hand-painted "University" basketballs and strongly promoted Statewide issues like the '93 University Bonds, the '00 Higher Education Bonds, and the current '16 Connect-NC Bonds.

However, I believe the past half-dozen years are bringing great harm to the State of North Carolina both in practice and in reputation. Our historic embrace of good race relations, public education, sound health care, and economic balance is being negated. The assault on voting rights, disrespect for teachers, refusal to expand Medicaid statewide, and tax disparities between rich and poor have taken an "immoral" tone.

Indeed, the rise of the "MoralMonday" movement came out of the Rev. Dr. William Barber's recognition that these are all moral issues beyond political issues. Truth in advertising, Dr. Barber is a personal friend as well as a fellow Disciple minister. I have missed only three Moral Monday marches in three years although still not yet arrested. When that happens, I want it to really count!!

Six weeks ago I drove down to Atlanta for the Martin Luther King Jr. weekend where Dr. Barber gave the keynote address at the Monday morning worship service at King's Ebenezer Baptist Church. He called for a coming together of political interests around moral imperatives, much like the theme of his new book on a third "fusion" of white and minority leaders to get back on a moral track like that required in the late 19th Century Reconstruction and in the '60s Civil Rights Movements.

My 80 year old my body has always involved my love for North Carolina with an urge to "Come Home" when out-of-State. However, my 20 year old mind now makes the profound plea it's time for North Carolina itself to "Come Home"!

## Letters to the Editor

### Displeased with Mudslinging Ads

We are responding to the "DIRTY" advertisements placed in the Pamlico News about Kenneth Heath. We are sick of mudslinging with the National stage and certainly do not want or need this in Pamlico County! We have called on Mr. Heath many times with issues affecting Minnesott Beach, he not only met with us and discussed our problems but attended the board meeting to help work out solutions. Being a parent of children attending Arapahoe Charter School, we have seen him many times at meetings and functions at our school, he has truly been the voice for our community.

We do not know the circumstances of Mr. Heath's taxes but willing to bet there are others in elected offices that have had

issues with the IRS! His personal business has not affected his hard work and dedication he has shown us! Mr. Heath was contacted by us about the missed meetings and he sated he was in school during the meetings, but kept up with all business. Why would you criticize a person for continuing his education and bettering himself? His new certification can only help our neighborhood and community.

For the people who paid and published these negative ads, a person with integrity and love for our county should not and would not want "UGLY" to be a part of their campaign!

Sincerely,  
The Merz Family  
The Scott Family  
Minnesott Beach

# The Pamlico News

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Annette Jones,  
55 Plus Club  
Correspondent

## Goose Creek Island

Goose Creek Island 55 Plus Club met Thursday at the Community Center. Today was Bingo Day and we enjoyed playing for our favorite gifts, candy, chips, nabs, etc. After the meeting Brenda Lewis and I played

Scrabble. Rita Lupton, Shelby Keech and Karen Ireland played Rummikub. Guest speaker next week will be Tamara Jones, Pamlico County Health Dept.

Prayer List: Sharon Leary, our Postmistress, is suffering with severe back pain, but continues to come to work. Gail Hodges and Ray Lupton also have medical problems. Troy Potter, Jr. is now under the care of Hospice. We were sorry to hear of the passing of Columbus Jones, our neighbor and friend from Mesic. Ella Bryan Lupton Bullock passed away last week. She was an alumni of Hobucken School and a great basketball player with Pamlico County High School. Our love and condolences go out to the families.

Happy Birthday Donald Beverly Caroon - Mar 11, Tina Sawyer Gray and Stanley Lynn Styron, Jr. - Mar 12, Merritt Watson, Jr. and Leigha Godwin - Mar 14, David Lupton - Mar 15, Todd Popperwill - Mar 16, Wesley Ross and Jude Taylor Daughtery Grubbs - Mar 16.



## Whortonsville

Reba Tiller  
Correspondent

A change is coming this week as we anticipate the possibility of 80 degree weather this weekend. It is time!

On Sunday Weeks and I traveled to Harrells to attend the Memorial Service for one of my classmates

Angelyn Burgess. A packed church showed the love that her friends had for her.

I missed church here but understand there was a good crowd in attendance. Ray Scott was there with his daughter Lauren and the three children.

Darlene Law is going through some tests to try and find her health problem. James Cuthrell was sick over the weekend but was back at work today. We had planned to attend the matinee at the theater on Sunday, but because we had to leave town for the funeral we had to miss it.

Woodmen of the World met on Friday evening at the lodge in

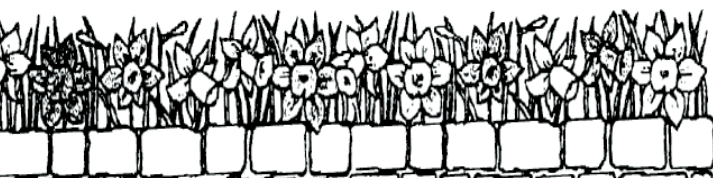
Luella Carawan Arthur of Roanoke Rapids celebrated her 88th birthday Feb 29. Her cousin, Mollie Campen enjoyed calling Luella and singing Happy Birthday since she only has one every four years. Happy belated Birthday Luella!

Congratulations to our FAA Honor Roll students Viviana Popperwill and Skyla Popperwill - Principal's List Landon Cahoon, Layla Ireland, Eric Brantley and Hunter Harrison. PCMS Honor Roll Students - Jesse Ross and Jonathan Gaskill. Principal's List Emma Lee and Jenna Jones.

Pamlico County Middle School held the Fourth Annual Motown Music Family Fun Night March 3, at the PCMS Gym. Stars from the island were Holly Mayo Ireland, Ryan McLamb and Hunter Ireland. Congratulations kids. You were great!

Jenna Noelle Jones represented Pamlico County Middle School in the 24th Annual Downeast Regional Spelling Bee held March 5 at the Turnage Theatre in Washington. There were 42 students representing eastern North Carolina Schools in the competition. Jenna did well, advancing to the fourth round before misspelling a word. She enjoyed the total experience so much and stated that she is looking forward to competing in the Spelling Bee next year!

A community Easter Egg Hunt is planned for Saturday, March 26 at the Community Center. There will be food, games and lots of fun. For further information contact Helena Mayo.



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## Pamlico

Betty Jo  
Rodgers  
Correspondent

I am writing this article on Monday March 7. This date may not mean much to my readers, but it is a special day for my family. One year ago today, Joannis and Kevin arranged for

Roy and I to rededicate our vows at Pamlico United Methodist Church. Then we celebrated our 50th anniversary with over 100 friends and relatives at Brantley's Village Restaurant. We really have some special children, and it was a big surprise because our actual anniversary was not until May 7.

Next week on Monday, which is "pi" day, our grandson Zachary Rodgers and his bride Megan will celebrate their first anniversary. They've only just begun. Hmm, sounds like one of my favorite songs. For the non-mathematician readers, it is called "pi" day because the date is 3.14 the decimal approximation of the constant "pi." Pi is the ratio between the circumference and the diameter of a circle. "Pi" day is also Albert Einstein's birthday. Just a little math and history lesson for you today. SMILE!

Virginia "Ginger" Lupton passed away last week and we attended her funeral on Wednesday at Pamlico United Methodist Church. Now there is more sad news from Pamlico this week. Rodney Thompson went home to be with the Lord. He was a fine gentleman who helped out his neighbors whenever possible, and he used to grow a really nice garden. His funeral service will be on Friday at 2:00 pm at Broad Creek United Church of Christ.

We have had a few sunny days and the farmers have finally begun to plow their fields, but one farmer told me he had just been working on his ditches.

Remember next Sunday, March 13, is the first day of Daylight Savings Time. I pray you remembered to set your clocks ahead and will not be late for church and Sunday school. It's also a good time to check batteries in your smoke alarms.

Florence. Food was collected for Fishes and Loaves. April 1st is business meeting and collection of food. The next meeting on May 3rd will be at the Senior Center with dancing, singing, snacks and games. Event leader is Verna Roberson at 252-249-0611. This is in celebration of Join Hands Day.

Stopped in at Hospice Thrift Store last week and watched folks buying clothes for \$1.00 and children's clothes 3 for \$1.00. This is the last week before the changeover to spring clothing on March 12th.

Marsha's Cottage is collecting prom dresses, purse, etc. for the high school prom that is coming up. Also check out her spring collection while there having tea.

I am watching more action in the creek as the weather improves. Kevin and Suzy had a squirrel in their garage area but they got him with a squirrel cage. We are still trying to catch mine and if Guy Jones was still alive it would be a dead squirrel.

Thought for the week--If you don't let go of the wrong people, you will never meet the right people.

Below is a list of some community events. Be sure and mark your calendar so you don't miss a blessing.

The morning Lenten service at Reelsboro Christian Church is on Wednesdays at 8:00 am and will continue through Easter:

March 9 Reverend Allan Woodard  
March 16 Reverend Betty Jo Rodgers  
March 23 Reverend Nick Lewis

Lenten services continue in Bayboro at noon on Wednesday until Easter. Lunch this week is featuring an old family recipe from Annis called "Spanish stew," but according to Betty Jo there is nothing Spanish about it, but it sure is good. This is the schedule for these services:

March 9 - Luke 13:1-9 - Reverend Carol Grantham - Stonewall UMC

March 16 - Luke 15:1-7 - Reverend Walter Graves - Reelsboro UMC

March 23 - John 12:1-8 - Minister Shontina Green - Galilee United Church of Christ

"Written in Red" will be presented at Reelsboro UMC March 17-20. On March 24, there will be a Maundy Thursday service at Aurora UMC with a dramatization by the Reverend Peg O. Witt at 6:00 pm. On April 3, there will be a Healing Service at 8:00 pm at Reelsboro Christian Church along with Alliance UMC and Arapahoe UMC. On April 17 at 6:00 pm, Eric Horner will be in concert at Vandemere UMC.

Celebrating birthdays in March are Cameron Paul (3/10), Larry Gracie (3/13), Lisa Franklin Jackson (3/15), Frank Bacon & Patrick Phillips (3/21), Heath Fulcher (3/24), Emma Machle & Joanna Harrell (3/27), Debbie Willis Fulcher (3/30), and Santa Klotz (3/31).

Have a blessed week. Empty? Take Spiritual Vitamin E. "Enter into his gates with thanksgiving, and into his courts with praise: be thankful unto him, and bless his name." (Psalms 100:4)

## Deaths

• **Lieutenant Commander David Opgrand, USN (Ret), 81** of Oriental, was surrounded by his loved ones as he passed away at home on Thursday, March 3, 2016. He was born October 1, 1934 in Halstad, Minnesota. He is survived by his son, Paul Opgrand and his wife Laura of Chesapeake, VA, his daughter Cynthia Opgrand of Kalaheo, HI, grandsons, Christopher Opgrand of Colorado Springs, CO and Edward Opgrand of New York City, NY, granddaughter Melinda Hernandez and her husband Julian of Lancaster, PA., two great-grandchildren, three sisters, nephews and nieces and longtime friend of 48 years, Marguerite Juerling. He is predeceased by his beloved wife of 49 years Jacquelyn, a brother and sister. A vigil will be held at Saint Thomas Episcopal Church in Oriental at 7pm on March 11, 2016. A memorial service will be held on Saturday March 12, 2016 at 1pm, also at Saint Thomas. Suggested memorials in lieu of flowers are the North Carolina Community Foundation - Dottie Gray Ambulance Fund, Hospice of Pamlico County or Saint Thomas Episcopal Church.

• **Frances Little Grubb, 91**, of Minnesott Beach continued her journey on February 29, 2016 by natural causes while at the N.C.

Veterans Home in Kinston. She was predeceased by her husband, Edward Stewart Grubb; son, John Southerland Grubb; and sister, Betty L. Francis. She is survived by her son, William Stewart Grubb; daughter-in-law, Shirley L. Tingle of Minnesott Beach; and grandson, Edward Stewart Grubb (son of, John S. Grubb) of Arapahoe. Frances served in the U.S. Army during WWII in the capacity of lab technician and continued her career as a lab technician at Alexandria Va. Hospital, Circle Terrace Hospital and retired from Craven County Hospital. During her life she was actively involved with the Fairfax Virginia Garden Club, Oriental Women's Club, N.C. Basket Association, and Tryon Palace Volunteer. Fran was a loving mother. She loved people and leaves behind many friends. There will be no local service. The family received friends at Fran's home on Sunday, March 6th. Memorials can be made to Pamlico County Rescue Squad, PO Box 302, Bayboro, NC 28515 or St. Jude Children's Research Hospital, stjude.org, 262 Danny Thomas Place, Memphis, TN 38150. The family deeply appreciates all the acts of kindness shown to their family during their loss.

Arrangements by Bryant Funeral Home & Crematory, Alliance.

## In Brief

Visit our website at <https://cravencounty.recdesk.com/recdeskportal>.

### Basketball Camp

Craven County Recreation & Parks Department is sponsoring a Youth Girls Basketball Camp this summer at Grover C. Fields Middle School. Camp dates are June 20 - 23 from 9:00 am to 12:30 pm each day. This camp is for incoming 6th - 9th graders and is limited to the first 24 girls to register. Cost for the camp is \$65 per participant if you pre-register and \$70 on the day if space is still available. Camp fee also includes a t-shirt. You can register at <https://cravencounty.recdesk.com/recdeskportal> or email [bwilkes@cravencountync.gov](mailto:bwilkes@cravencountync.gov) for more information.

### River Cleanup Planned

Sound Rivers will be holding the 14th Annual Neuse River Cleanup on Saturday, April 9th. Sound Rivers is looking for volunteers to help clean up as many creeks and roads in the County as possible. You can help clean our waters by boat, kayak or canoe or help to remove the litter on our roadsides and in our ditches. Contact Bill Hines at 252-571-0264 or by email at [bill.hines@ec.rr.com](mailto:bill.hines@ec.rr.com)

### Senior Games

The 2016 Neuse River Senior Games and Silver Arts will be held April 18-April 29 at various locations in Craven County. Senior Games are for individuals 50 and over featuring competition in many Olympic type sports. Silver Arts registrants can participate in Heritage, Literary, Performing or Visual Arts. Registration packets may be picked up from the Craven County Recreation & Parks Department at 406 Craven Street. The early registration deadline is March 11 and the late deadline is March 18. For more information, contact Mark Seymour at (252) 636-6606 or visit our website at <https://cravencounty.recdesk.com/recdeskportal>.

### Golf Lessons

Craven County Recreation & Parks Department is sponsoring golf lessons starting Tuesday, April 5 at The Emerald Golf Club. Classes are from 6 - 7 p.m., every Tuesday, for Craven weeks. Fee for the class is \$75 per registrant or \$140 for two from a family. We will cover fundamentals of the game: Set-up, putting, chipping, pitching, full swing, rules and etiquette. Pre-registration is required-space is limited. For more information, contact Mark Seymour at (252) 636-6606, or [mseymour@cravencountync.gov](mailto:mseymour@cravencountync.gov).



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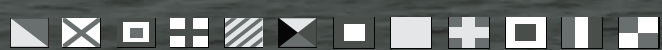
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Pursuant to N.C.G.S. Chapter 44A-4, Coastal Horizon & Associates, Inc., hereby gives Notice of Sale of Personal Property pursuant to the enforcement of a lien for unpaid rent at Watson's Mini Storage.  
**Name and Address of Lessor:**  
Watson's Mini and Climate Storage, LLC  
Hookerland Shopping Center  
Highway 55, Alliance, NC 28509  
Various items of personal property located at  
Watson's Mini Storage belonging to:  

Unit #	Name
9	Bobby Barber
11	David Cooper
64	Jeff Davis
73/44	Monica Strickland
10	Laura Todd
92	Pamlico Youth
91	Ashley Rouse
57	Gwen Gowtikas
58	Gary Jones

  
Are being sold pursuant to the assertion of a lien for unpaid rental at Watson's Mini Storage, Hookerland Shopping Center, Highway 55, Alliance, NC 28509.  
**March 12, 2016**  
**Time: 10:00 a.m.**

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## Vote for Angie Propst in the Primary Tuesday, March 15, 2016

WHY VOTE FOR ANGIE? *As your County Commissioner I will:*

- **Explore, Expand and Recruit Business & Employment**  
Work with our Economic Development department, the Pamlico County Community College and Chamber of Commerce to create a county economic growth initiative.
- **Complete Economic Development Projects and Promote Assets**  
Identify parks, kayak/boat ramps, trails, etc. on maps, through signage and county websites. Begin an advertising campaign to promote the county's amenities through the state tourism board and local media.
- **Ensure Strong Emergency Services (Law EMS Fire)**  
Identify the emergency service issues facing our community's county wide. Find solutions at the agency level, then incorporate into county wide planning to ensure that the needs are being met for all of our citizens.
- **Expand Affordable Recreation Activities**  
Offer affordable recreation activities for families of all ages by partnering with our camps and businesses as well as by promoting parks and other areas already available within the county.
- **Improve County Water Quality**  
Along with the water pressure and infrastructure.
- **Ensure Communication Services to Entire County**  
If we as a county want to grow jobs, families and quality of life, we have to assure basic services are available to our citizens. In today's world, that includes high speed internet and cell service.
- **Address Mental Health Issues**  
Create a local coalition to identify, develop strategic planning and offer solutions to the growing issues plaguing our families and communities.

"I am at the point in my life that I have the experience, time and the passion to tackle these and the many other issues acting as road blocks to the progress of Pamlico County and our families. Together, we can get our county moving forward!"

Angie Propst

**Pamlico County Commissioner**

**VISION  
EXPERIENCE & INTEGRITY**

"I want to ensure our county is a place where businesses thrive and families enjoy the unique life found only in Eastern Carolina."

Angie

*Paid for by the Committee to Elect Angie Propst*



## Your Health

Patient Safety Awareness Week is March 13-19 this year. Generally, hospitals use this time to show patients what they do to keep their patients safe. That's a great idea. We should do the same thing as part of the community health center system.

I asked Greene County Health Care's Quality & Safety Assistant Director LeAnne Avery about patient safety measures in our setting.

We talked about the usual things.

For example, skipping medications, taking a medication at the incorrect dose or taking medications that interact with each other can all have devastating consequences. You and your health care provider should review your medications regularly, especially when you change your medication regimen. It takes a few minutes more, but this practice keeps you safe.

Safety inside the home is important, too. You should make sure there are no trip hazards, like throw rugs or cords on the floor. And be aware of expired medications and foods. Also, make sure your medications are out of the reach of children and pets.

The safest thing everyone can do for themselves is wash their hands before and after meals, after using the bathroom, while preparing food, after feeding pets and when sick. And maybe just because your hands feel dirty. I'm kidding, a little. But seriously, hand washing is the No. 1 thing you can do for your safety and the safety of others! It is really *that* important in fighting the spread of illness and disease.

LeAnne also reminded me that community health centers (CHCs) led the way in many measures now nationally considered integral to patient safety.

For example, CHCs started using electronic medical records long before they were important enough to warrant their very own abbreviation – EMR - or EHR for electronic health record. In fact, we implemented an EMR system in Snow Hill more than 16 years ago.

Case management or care management is another example. Case management is using all resources necessary – both inside and outside of your organization – to address a patient's needs. The philosophy of case management is basic. Looking at a patient as a whole gives that patient his or her best opportunity for health. Addressing things like social, economic, behavioral and environmental issues is also part of that overall health puzzle. And all of those things are critical to ensuring a patient's safety and well-being. Community health centers learned that lesson early on in our history.

And why do we, as health care providers, spend so much time, effort and resources on patient safety? The answer is simple, really. The foundation of community health centers is caring for the underserved. What better way to serve anyone than looking at them as a whole person, looking at how their environment affects their health and keeping all of that information in one accessible location?

I don't know of a safer way to care for people. And that's how we keep you safe at our CHCs – every day.

Connie Rhem is director of Communications at Greene County Health Care Inc., which includes community health centers in Greene, Pitt and Pamlico counties.

## Helping to Raise Poison Prevention Awareness

In 2014, 1,358 North Carolinians died from drug overdoses. The average Carolinian fills 14 prescriptions annually; and around 40 percent are never used. By educating local residents about preventative steps in the home and in their lives,



Coastal Coalition for Substance Abuse Prevention (CCSAP), believe we can prevent unintentional poison exposure in and around the home and keep our loved ones safe. It is vital that people arm themselves with basic information on poison prevention in the home, such as Never refer to medicine as "candy" or another appealing name. Carefully check the label each time you give a child medicine to ensure proper dosage. For liquid medicines, use the dosing device that came with the medicine. Keep unused medications out of the reach of children by locking them up or properly disposing of them. We should always follow the manufacturer's recommendations and note the product's warnings. Always keep the product sealed in its original, and often child-resistant, containers and call the free Poison Help Line (800-222-1222) in case of an exposure. According to the American Association of Poison Control Centers, approximately 90 percent of poisonings happen at home and half of all poisoning exposures in 2011 involved children under the age of 6. The majority of fatal poisonings occur among adults, especially older adults because they are unaware of the medications they mix together. Flushing unused medications can put the drug into our recreational water supply, which is why proper precautions should be taken when disposing of medications.

Coastal Coalition for Substance Abuse Prevention (CCSAP) works diligently in Carteret, Craven, Jones, Onslow, and Pamlico counties to create communities free of substance abuse. Their efforts include working with local law enforcement to provide at least one permanent prescription drop box located in all 5 counties. For more information on CCSAP or to find a permanent prescription drop box near you visit [www.ccsap.org](http://www.ccsap.org) or call 252-649-1615.

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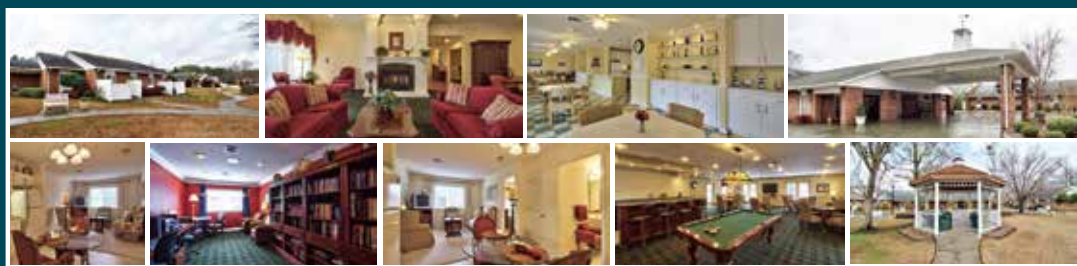
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## Vote March 15

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"Kari Forrest Hammond has proven that she has the skills, knowledge, determination and compassion as an excellent board member who cares deeply about our schools, our students, and Pamlico County.

A vote for Kari is a vote for our children's future."  
- Cathy Dunbar  
Former Assistant Superintendent of Pamlico County Schools



VOTE **Kari**  
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**Board of Education**

Township 2 [KariForrestHammond.com](http://KariForrestHammond.com)

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## Friday Flicks Presents The Misfits

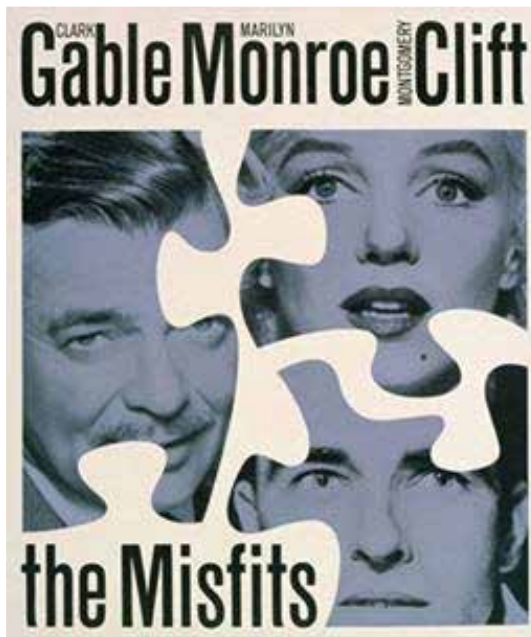
The Misfits is a 1961 American drama film written by Arthur Miller, directed by John Huston, and starring Clark Gable, Marilyn Monroe and Montgomery Clift.

While filing for a divorce, beautiful ex-stripper Roslyn Taber (Marilyn Monroe) ends up meeting aging cowboy-turned-gambler Gay Langland (Clark Gable) and former World War II aviator Guido Racanelli (Eli Wallach). The two men instantly become infatuated with Roslyn and, on a whim, the three decide to move into Guido's half-finished desert home together. When grizzled ex-ropo rider Perce Howland (Montgomery Clift) arrives, the unlikely foursome strike up a business capturing wild horses.

Two days after shooting finished on this wayward production in the Nevada desert, Clark Gable suffered a severe heart attack and died 10 days later, in November 1960. It's always been rumored that the tough shoot contributed to his collapse: he insisted on doing many of his own stunts, including being dragged 400 ft across a dry lake bed for the extraordinary climax. But it was also Marilyn Monroe's last completed film, before a near-two-year decline of her own took hold, and also was one of the last films made by Montgomery Clift.

Tickets will be available at the door. Box Office opens at 6:30 p.m.; doors open at 7:00 p.m.; movie at 7:30 p.m. Theater is located at 609 Broad Street, Oriental.

Admission \$5.50 Always includes free popcorn. All proceeds go to the support of The Old Theater, a non-profit organization.



## March Programs at NC History Museum

March will bring a variety of programs at the N.C. Museum of History in Raleigh. The month begins with the award-winning documentary "120 Days" by filmmaker Ted Roach. The North Carolina-focused film follows an immigrant father's last "120 days" in the United States.

Dr. Grant Wacker, author of *America's Pastor: Billy Graham and the Shaping of a Nation*, will present the program **Billy Graham and American Culture**. Hear about Graham's ability to adapt to trends of the times, such as the "southernization" of American culture, to accomplish his goals.

Start your St. Patrick's week with the **Inis Cairde School of Irish Dance**. Watch their lively steps of traditional Irish dance during a free Sunday afternoon performance.

Take advantage of these and other March programs at the N.C. Museum of History. Admission is free unless otherwise noted. Parking is free on weekends.

The museum will be closed Easter Sunday, March 27.

### Programs



#### Wine & Design: Southern Impressions

Thursday, March 10, 6-8 p.m.  
\$50 plus tax per person; \$40 plus tax for Associates/museum members  
Limited space available. To register, visit [NCMOH-programs.com](http://NCMOH-programs.com). For information, call 919-807-7969.

Michael Ausbon, Associate Curator of Decorative Arts and Curator, Southern Impressions

Bring a friend or come solo, and paint like a pro! While Ausbon walks you through what makes southern art "southern," an artist from Wine & Design's Raleigh studio will lead you in creating a piece of your own. Wine and snacks are included in fee.



Paint a piece of your own during the program Wine & Design: Southern Impressions.

#### Exploring North Carolina's Archaeological Heritage Through Remote Sensing and Geophysics

Saturday, March 12, 9 a.m.-2 p.m.

A variety of presenters will discuss how archaeological sites in North Carolina are using remote sensing — including ground penetrating radar, magnetometers and metal detectors — to locate and map our state's buried history. Offered in association with the Office of State Archaeology and the U.S. Forest Service.

#### Girl Scout Juniors: Playing the Past

Saturday, March 12, 1-4:30 p.m.

\$11 per Girl Scout

Register by Feb. 29 at [nccoastalpines.org](http://nccoastalpines.org). For information, call 919-807-7988.

Explore the life of an antebellum farm girl while continuing work on the It's Your Story — Tell It! Leadership Journey. You'll also go on a gallery hunt and make a toy.



Learn about the life of an antebellum farm girl during the program Girl Scout Juniors: Playing the Past.



Start your St. Patrick's week with the Inis Cairde School of Irish Dance. Image credit: Inis Cairde School of Irish Dance.

#### Music of the Carolinas: Inis Cairde School of Irish Dance

Sunday, March 13, 3 p.m.

Free tickets for this concert are distributed while they last beginning at 2 p.m.

Dedicated to promoting and cultivating a love of traditional Irish dance, music and culture, dancers from this school have succeeded in regional, North American and worldwide competitions. Start your St. Patrick's week with them! Presented with PineCone and support from the Museum of History Associates and Williams Mullen.



#### Summer Camps

Have a blast in the past! Half-day camps are available for youth who have completed grades K through 8. Cost is \$100 plus tax per person per camp, \$90 plus tax for Associates/museum members. Need-based scholarships are available.

Registration begins Tuesday, March 1; however, Associates/museum members can register now. Supervised lunchtime care may be purchased for registered campers. Enrollment is limited, so register early!

For a complete list of camps and registration information, visit [ncmuseumofhistory.org](http://ncmuseumofhistory.org) or call 919-807-7979.

For information about the N.C. Museum of History, a Smithsonian-affiliated museum, call 919-807-7900 or access [ncmuseumofhistory.org](http://ncmuseumofhistory.org) or follow on Facebook, Twitter, Instagram, Google+ or YouTube.

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(L-R) Spencer Scarborough SVP of Lending Integrity, Kathryn Gillenwater, Mary Gurley, Michael Quinn, Tamirra Derwin, Beth Posta, Larry Gracie, Ann Savage, and James Mason

## Grantsboro SECU Board Holds First Meeting

The Grantsboro Advisory Board of State Employees' Credit Union (SECU) recently held their first quarter business meeting at the branch on 11247 NC Hwy 55. SECU opened in Grantsboro in 2008 and has been serving members in their current location since 2012. The meeting was led by Vice President/City Executive Beth Posta. Their volunteer Advisory Board is composed of local members serving as a vital link between the Credit Union Board of Directors, staff, and membership. New Grantsboro Advisory Board members are Kathryn Gillenwater, Ann Savage, Vickie Mosely-Jones, Mark Prescott, Emily Harper, and James Mason. Returning members are Mary Gurley, Michael Quinn, Larry Gracie, Vicki Courtney, Dorothy Parker, and Jamie Wayne. During the meeting Larry Gracie and Kathryn Gillenwater were elected as Board Co-chairs. The next Advisory Board meeting is scheduled for May 2016.

## Mobile Payments? SECU Says Yes, Members Respond!

Members requested it and State Employees' Credit Union (SECU) answered, recently making mobile payments available for its debit and credit cardholders. With a simple click or tap of an Apple, Samsung or Android device, members can make secure purchases at any participating merchant. With Apple Pay™, Samsung Pay™ and Android Pay™, a credit or debit card is added to a member's "mobile wallet," replacing the card number with a unique and secure 16-digit token. In the first few weeks of availability, SECU noted nearly 14,000 active tokens for Credit Union cards, with more than 54,000 transactions processed amounting to \$344,000 in total sales!

"Mobile payments are not new to the financial industry, but as a trusted financial services provider, it was important for SECU to do our homework and feel confident in the safety and security of the service prior to launching it to our membership," said Leanne Phelps, SECU's Senior Vice President of Card Services. "User feedback has been extremely positive and we are pleased that members are excited to have this payment option available."

Durham member Adam Josey uses Apple Pay and noted, "I enjoy using my SECU card with Apple wallet. The enrollment process was easy and I appreciate the security verification feature with the Credit Union. I feel better knowing that measures are in place for me to securely add my card to the phone."

In addition to the three options already noted, SECU also offers Visa® Checkout for online payments. SECU members interested in enrolling can visit [www.ncsecu.org](http://www.ncsecu.org) for step-by-step instructions for all mobile platforms. A video tutorial is also available, which provides an example of enrolling and using an iPhone to complete a transaction.



## Business Spotlight

### Linda Hoff Named Mariner Property Manager

Mariner Realty, Inc. is pleased to announce that Broker Linda Hoff has assumed the role of Property Manager, in addition to her responsibilities as a real estate broker with our firm.

Judy Marco recently stepped down from this role, but Judy will continue to serve as a sales and listing Broker with our office.

Please contact Linda if you have any interest in renting a home or having us manage your rental property. Linda looks forward to many years working with our Mariner family.



### SBA Seeks Nominations for Business Advocates

CHARLOTTE – The U.S. Small Business Administration (SBA) is seeking nominations for 2016 North Carolina Small Business Advocates.

Each year since 1963, the President of the United States has designated a National Small Business Week. The highlight of Small Business Week activities is the presentation of awards at the state and national levels. The 2016 Small Business Week celebration will honor the small business community's many contributions to the American economy and society. National Small Business Week will be observed May 2-6, 2016.

In addition to Small Business Person of the Year, the North Carolina District Office recognizes champions who have advocated on behalf of veteran business owners, women business owners, and minority business owners.

Individuals who have fulfilled a commitment to the advancement of women, veteran or minority business ownership may be nominated. Nominees may or may not be small business owners.

#### Criteria

1. Efforts to increase business and financial opportunities for women, veterans or minorities.
2. Legal, financial or managerial assistance provided to enhance business ownership.
3. Voluntary efforts to strengthen the role of business owners within the community.

Advocacy of the women, veteran or minority-owned business community as a whole, not solely for individual personal advancement.

Nomination packages must hand delivered to the North Carolina District Office in Charlotte or postmarked by March 14, 2016.

### Innovative Young Farmer Award Announced

The Farm Credit Associations of NC announce the recipient of the 2016 Innovative Farmer of the Year Award given by The Tobacco Farm Life Museum.

This year's "Innovative Young Farmer of the Year" award winner is Robert Elliott. Robert sets himself apart with dedication and enthusiasm for agriculture.

Robert is owner/operator of Cypress Hall Farms of Louisburg in Franklin County. He began his farm with an interest in sustainable agriculture, 100 chickens, and 35 laying hens. From those humble beginnings, Robert's motivation to succeed and provide high quality products for himself and his customers have enabled him to continually reinvest in his operation as it grows.

Aside from his innovative work on the farm, he is also extremely active in advocating for agriculture awareness. Robert serves

as the President of the Franklin County Small Farmers Association.

He is also involved as an active board member with United Way of Franklin County, a firefighter with Justice Volunteer Fire Department, and a mason.

In his nomination form, Robert stated, "I want to find a way to provide better food for myself and for the members of my community. I believe in the methods of sustainable agriculture and will continue them on my farm."

"Farm Credit is proud to be able to present such a prestigious award to Robert Elliott" says Dave Corum, AgCarolina's President and CEO. "We salute Robert for his service to our country. We are also proud of his spirit to adopt sustainable agriculture principles on his farm. Farm Credit will continue to support those innovative-minded farmers in North Carolina."

# Sandy's List



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or less...

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**You can bring your copy to our office at: 800 Broad Street, Oriental  
Mail your copy to: PO Box 510, Oriental, NC 28571, Attn: Sandy's List**

### Sandy's List guidelines:

- Ads are guaranteed to run for one week, but may run until space is needed for new ads.
- When item sells, please email us so the item can be removed from Sandy's List.
- Deadline to place ad is Friday at 10am.

**\*Price must be included in ad. \*The Pamlico News is not responsible for errors, email preferred**

# Kenny Heath

## Is Seeking Re-election For Pamlico County Commissioner, Township Five:

**Fact:** The Pamlico County Clerk of Court records show that he has **federal and state tax liens** of more than **\$663,000.00** dating back to **2006**.

**Fact:** The Pamlico County Clerk of Court records show that he has a **default judgment** filed by **Deere Credit, Inc.** in the amount of **\$16,644.35**.

**Fact:** Official meeting minutes confirm that Mr. Heath was **absent** from **5** regular **Pamlico County Commissioner** meetings in **2015** and he was **absent** from **3** of the **4** quarterly **Pamlico Community College Board of Trustee** meetings in **2015**.

**Fact:** Pamlico County's annual budget is about **\$17,000,000.00**.

**Question:** Does a Pamlico County Commissioner who **does not pay his taxes** and **does not pay his loans** and **does not attend Commissioner and Trustee** meetings on a regular basis deserve to represent the citizens of **Pamlico County** and manage a **\$17,000,000.00 budget?**

**Answer:** No

**Solution:** The primary election held on March 15, 2016 will determine who will be the Pamlico County Commissioner for Township Five.

# PLEASE VOTE!

**Paid By Doug Brinson (Not Authorized By A Candidate)**



## Arapahoe Charter School Releases 2016-17 Calendar

The Arapahoe Charter School Board of Directors approved the 2016-17 academic calendar at their February 25 meeting. The beginning date for students is August 15, 2016. Teachers will report on August 8. The first semester will end on December 20. The last day for students is May 26, 2017.



The 2016-17 calendar will provide a more balanced approach for teaching and learning and it will align closer with the community college and university calendars. According to ACS Administrative Director, Dennis Sawyer, "the 2016-17 academic calendar is a WIN, WIN, WIN; it prioritizes a focus on learning for students, optimizes continuity for teachers, and provides a family friendly calendar for parents."



## PCPS Students Excel with Presentations

It was an afternoon of Parents and Power Points. Students used Britannica School Elementary to research a famous American to complete their presentations. To help increase college readiness, students were encouraged to think about their future by researching a college that has a major for their future career.

They also used information that their parents helped complete to tell about themselves, their families and their hobbies. The students did a wonderful job presenting their presentations with confidence and smiles. Way to go Room 403!

### ARAPAHOE CHARTER SCHOOL 2016-2017 School Calendar

July 2016							August 2016							September 2016						
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S
					1	2	1	2	3	4	5	6				1	2	3		
3	4	5	6	7	8	9	7	8	9	10	11	12	13	4	5	6	7	8	9	10
10	11	12	13	14	15	16	14	15	16	17	18	19	20	11	12	13	PR	15	16	17
17	18	19	20	21	22	23	21	22	23	24	25	26	27	18	19	20	21	22	23	24
24	25	26	27	28	29	30	28	29	30	31				25	26	27	28	29	30	
31																				

October 2016							November 2016							December 2016							
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	
						1				1	2	3	4	5					1	2	3
2	3	4	5	6	7	8	6	7	8	9	10	11	12	4	5	6	7	8	9	10	
9	10	11	12	13	14	15	13	14	15	16	17	18	19	11	12	13	14	15	16	17	
16	17	18	19	20	RC	22	20	21	PR	23	24	25	26	18	19	20	21	22	23	24	
23	24	25	26	27	28	29	27	28	29	30				25	26	27	28	29	30	31	
30	31																				

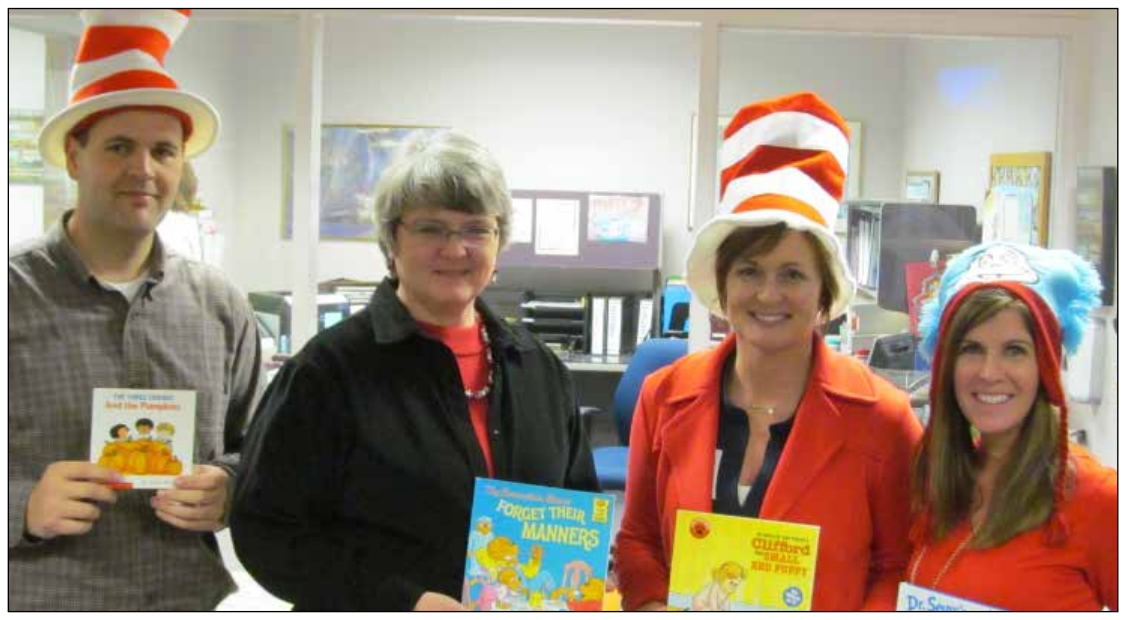
  

January 2017							February 2017							March 2017							
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	
1	2	3	4	5	RC	7				PR	2	3	4					1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11	5	6	7	8	9	10	11	
15	16	17	18	19	20	21	12	13	14	15	16	17	18	12	13	14	15	16	RC	18	
22	23	24	25	26	27	28	19	20	21	22	23	24	25	19	20	21	22	23	24	25	
29	30	31					26	27	28					26	27	28	29	30	31		

April 2017							May 2017							June 2017								
Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S	Su	M	Tu	W	Th	F	S		
						1				1	2	3	4	5	6					1	2	3
2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10		
9	10	11	PR	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17		
16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24		
23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30			
30																						

- School Closed/ Holidays
- Teacher Work Day (no school for students)
- Half Day (May 26 is a half day)
- Annual Leave Vacation Days
- First and Last Day of School
- Optional Teacher Work Day (no school for students)
- End of Nine Weeks
- PR Progress Reports sent home
- RC Report Cards sent home



County Extension Director Daniel Simpson, UWCC Executive Director Sandra Phelps, Principal Crystal Dixon & Media Coordinator Debby Hollowell.

## Read Across America Day Celebrated at PCPS

United Way of Coastal Carolina's February Book Drive for Read Across America Day was a success! New or gently used children's books were collected through Pamlico County 4-H and the United Way of Coastal Carolina. Pamlico County Primary School was the beneficiaries of the community's donations.

United Way of Coastal Carolina worked with our partners, volunteers, and board members to challenge all citizens to celebrate Dr. Seuss' birthday on Wednesday, March 2, 2016. Read Across America Day takes place annually on his birthday. Pamlico 4-H and UWCC participated in Pamlico County Primary School's Reading Spirit Week by delivering books on Friday, March 19.

UWCC would like to thank the elementary school and Pamlico County Extension Director Daniel Simpson for his hard work and for allowing Pamlico 4-H to be the book drop off site for the county. "I would like to thank Ms. Debby Hollowell, Pamlico Primary School Librarian, for allowing us to share in celebrating Dr. Seuss' Birthday." "I would also like to thank all of the families that donated books, it was a great success and we look forward to it again next year." said Simpson.

UWCC Board President Larry Gracie stated, "Reading should be a fun part of every child's life. We all have a stake in providing the best opportunities for children to explore their world through books."

The United Way of Coastal Carolina had its beginnings in the Coastal Carolina area in 1957. What started as just a fundraising organization many years ago, has developed into an organization focused on measurable, long-lasting results focused on the community's most compelling needs. Education, Income and Health are the three major areas of focus.

Currently there are 19 funded programs serving individuals in Carteret, Craven, Jones and Pamlico Counties. Funds are raised locally to fund local programs. For more information visit [www.united-waycoastalnc.org](http://www.united-waycoastalnc.org).

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**Sara L. Delamar**

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**Legals**

**Briefs**

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE  
PAMLICO COUNTY SUPERIOR COURT  
DIVISION  
NOTICE TO CREDITORS AND DEBTORS  
OF JANE H. L'HOMMEDIEU  
File No.: 16 E 32**

All persons, firms and corporations having claims against JANE H. L'HOMMEDIEU, deceased, are notified to exhibit them to AMY J. MURPHY, Executor of the Estate, on or before MAY 17TH, 2016, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator.

This 17th day of FEBRUARY, 2016.

Amy J. Murphy, Executor  
PO Box 314  
Alliance, NC 28509

Publish February 17, 24, March 2, and 9 2016.

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE  
PAMLICO COUNTY SUPERIOR COURT  
DIVISION  
15 E 160  
NOTICE TO CREDITORS AND DEBTORS  
OF RUBY M. SMITH**

Having qualified as Administrator of the Estate of RUBY M. SMITH, late of Bayboro, 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 Hollowell and Hollowell, P.O. Box 218, Bayboro, NC 28515 on or before the 1st of June, 2016, 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 24th day of February, 2016

Bernard B. Hollowell, Jr.  
HOLLOWELL & HOLLOWELL  
P.O. Box 218  
Bayboro, NC 28515

Publish: February 24th, March 2, 9, 16th 2016

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE  
PAMLICO COUNTY SUPERIOR COURT  
DIVISION  
NOTICE TO CREDITORS AND DEBTORS  
OF MILLICENT D. BOTWAY  
File No.: 16 E 35**

All persons, firms and corporations having claims against MILLICENT D. BOTWAY, deceased, are notified to exhibit them to PAUL R. DORF, Administrator of the Estate, on or before MAY 24TH, 2016, at the address listed below or be barred from their recovery. Debtors of the decedent are

asked to make immediate payment to the above-named Administrator.

This 24th day of FEBRUARY, 2016.

Paul R. Dorf, Administrator/Executor  
39 Lilline Lane  
Upper Saddle River, NJ 07458

Publish February 24, March 2, 9, and 16, 2016.

**Notice to Creditors:  
Estate of Susan E. Bennett,  
File No. 15E36**

Having qualified as Administrator of the Estate of Susan E. Bennett late of 1403 NC Hwy 306 North, Grantsboro, Pamlico County, North Carolina 28529, 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 408 Main Street, P.O. Box 411, Bayboro, North Carolina 28515, on or before the 24th day of May, 2016, or this notice will be pleaded in bar of recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 24th day of February, 2016.

Carolyn L. Bennett, Administrator  
Estate of Susan E. Bennett

Carolyn L. Bennett, Administrator  
c/o Sara L. Delamar  
Delamar & Delamar, PLLC  
408 Main Street  
P.O. Box 411  
Bayboro, N.C. 28515

(For Publication: 02/24/16,  
03/02/2016, 03/09/2016, 03/16/2016)

**IN THE GENERAL COURT OF JUSTICE  
OF NORTH CAROLINA  
SUPERIOR COURT DIVISION  
PAMLICO COUNTY  
16SP5**

IN THE MATTER OF THE FORECLOSURE OF A DEED OF TRUST EXECUTED BY WILLIAM P. HEWITT DATED NOVEMBER 1, 2011 AND RECORDED IN BOOK 560 AT PAGE 761 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 11:00AM on March 23, 2016

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:

All that certain lot or parcel of land lying and being situate in Number One (1) Township, Pamlico County, North Carolina, and being more particularly described as follows:

Beginning at a point which is located the following three courses and distances from a point located at the point of intersection of the centerline of N.C. Highway 306 with the centerline of N.CSR 1347; thence along with the centerline of N.C. Highway 306 in a northerly direction 869 feet to a point in the centerline of N.C. Highway 306; thence North 88° 45' 00" West 27.2 feet to a concrete monument; thence North 15° 44' 00" West 15.12 feet to an iron pipe, the point or place of beginning; and RUNNING THENCE FROM SAID POINT OF BEGINNING, SO LOCATED, South 88° 24' 20" West 122.43 feet to an iron pipe; thence North 02° 51' 14" West 96.98 feet to an iron pipe; thence North 88° 14' 42" East 119.10 feet to an iron pipe; thence South 04° 48' 28" East 97.44 feet to an iron pipe, said iron pipe being the point or place of beginning.

Said tract or parcel of land being a portion of that land as shown and delineated on that certain map entitled "A Survey for Randall Peacock", prepared by A. Hugh Harris, Jr. on August 2, 1991, and which said map is recorded in the Office of the Register of Deeds of Pamlico County in Plat Cabinet A, Slide 63-1, to which said map reference is hereby made for a more particular description of said tract or parcel of land.

And Being more commonly known as: 302 North Hwy 306 South, Grantsboro, NC 28529

The record owner(s) of the property, as reflected on the records of the Register of Deeds, is/are William P. Hewitt.

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 re-sale. 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 written notice to the landlord, to be effective on a date stated in the notice that is at least 10 days, but no more than 90 days, after the sale date contained in the notice of sale, provided that the mortgagor has not cured the default at the time notice of termination is provided. You may be liable for rent due under the agreement prorated to the effective date of the termination.

The date of this Notice is March 2, 2016.

Grady I. Ingle or Elizabeth B. Ells  
Substitute Trustee  
10130 Perimeter Parkway, Suite 400  
Charlotte, NC 28216  
(704) 333-8107  
<http://shapiroattorneys.com/nc/16-077995>

**NOTICE OF FILING OF APPLICATION FOR CAMA MAJOR DEVELOPMENT PERMIT.**

The Department of Environment and Natural Resources hereby gives public notice as required by NCGS 113A-119(b) that application for a development permit in an Area of Environmental Concern as designated under the CAMA was received on February 26, 2016. According to said application, Mr. Carol Potter proposes to construct a section of vinyl bulkhead adjacent to the ICW at 183 May Road (SR 1240), in Hobucken. A copy of the entire application may be examined or copied at the office of Brad Connell, NC Division of Coastal Management, located at 400 Commerce Avenue, Morehead City, NC, (252) 808-2808 during normal business hours.

Comments mailed to Braxton C. Davis, Director, Division of Coastal Management, 400 Commerce Avenue, Morehead City, N.C. 28557, prior to March 31, 2016, will be considered in making the permit decision. Later comments will be accepted and considered up to the time of permit decision. Project modification may occur based on review and comment by the public and state and federal agencies. Notice of the permit decision in this matter will be provided upon written request.

PUBLISHED ON: March 9, 2016

**• Stop Hunger Now- 2016**

Over the past few years the Oriental community has come together to support Stop Hunger Now. In less than two hours, the event packs enough food bags to serve 10,000 meals. This year's event will be held at the Oriental United Methodist Church on Saturday, March 19, starting at 9:30 a.m. and ending around noon. Your support is needed by buying shares at \$25/share, which is tax deductible, and/or volunteering to help pack meals on Saturday morning. The Saturday morning packing is a fun community effort. To buy a share, please make your check payable to Oriental UMC with Stop Hunger Now on the memo line. For more information call 252-249-0213 (OUMC Office) or 252-249-1361 (Allen Price) to show your support.

**• Chamber Hosts Meeting**

The Pamlico Chamber of Commerce will host a General Membership meeting on March 15, 5:30pm at the Chamber office/ Visitor's Center and Heritage Museum.

Our topic will be centered around chamber updates, accomplishments and goals for this year. We would like your ideas and suggestions on ways the Chamber could better assist you and your business needs. Meet our Chamber Board and help us find more ways to help you. We will draw for the winning ticket for the Shop Local Shop Pamlico giveaway! If you have receipts totaling \$50 or more from shopping at a local Chamber business, now is the time to get them in. Stop by the Chamber office at 10642 Hwy 55 and see Joyce. Somebody is going to win \$100! Refreshments will be served following the meeting.

**• Cupid Crawl Planned for March 12**

Buffalo Bills NFL linebacker # 51 LB Kevin Reddick, Jr. from New Bern along with Judy Pierce, president of the Neuse Pamlico Sound Women's Coalition sign the give-away footballs and participant certificates for the rescheduled Cupid Crawl 5K to be held Saturday, March 12<sup>th</sup>. Registration is still open at GameOn NC: <http://gameonnc.com/>.

**• Narconon Offers Help**

Narconon reminds families that abuse of addictive pharmaceutical drugs is on the rise. Learn to recognize the signs of drug abuse and get your loved ones help if they are at risk. Call Narconon for a free brochure on the signs of addiction for all types of drugs. Narconon also offers free screenings and referrals. 800-431-1754 or Prescription-abuse.org  
Narconon can help you take steps to overcome addiction in your family. Call for free screenings or referrals at 800-431-1754.

**• River Cleanup Set for April 9**

Sound Rivers will be holding the 14th Annual Neuse River Cleanup on Saturday, April 9th. Sound Rivers is looking for volunteers to help clean up as many creeks and roads in the County as possible. You can help clean our waters by boat, kayak or canoe or help to remove the litter on our roadsides and in our ditches. Bags for collection can be picked up at Town Halls throughout Pamlico County. NC DOT will provide orange vests, gloves and trash bags. Orange bags may be left roadside for pick up by the DOT. For more info on the Cleanup Day or on how to get those cleanup materials, contact Bill Hines at 252-571-0264 or by email at [bill.hines@ec.rr.com](mailto:bill.hines@ec.rr.com).

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**• Are genetically modified organisms (GMOs) really so bad for us and the environment, and given their prevalence in our food supply already, how can I avoid them?**

Unless you only buy foods that are certified organic or marked as “GMO-free,” odds are that a great deal of the food you eat contains genetically modified organisms (GMOs). But are you risking your health and damaging the environment by eating GMOs? Not according to Monsanto, the agricultural biotechnology company that is a leading producer of GM seed. Monsanto contends that GMOs are safe to eat and that seeds with GM traits have been tested more than any other crops in the history of agriculture—with no credible evidence of harm to humans or animals.



Since the U.S. does not require food producers to label products containing genetically-modified organisms, the non-profit Non-GMO Project has taken matters into its own hands and released its own certification label for the industry.

The company also points to studies that have positively assessed the safety of GMOs, including the 2010 European Commission report summarizing the results of 50 research projects addressing the safety of GMOs for the environment as well as for animal and human health. In announcing the report, the Commission stated that “there is, as of today, no scientific evidence associating GMOs with higher risks for the environment or for food and feed safety than conventional plants.”

Of course, not everyone agrees. According to the non-profit Non-GMO Project, genetically modified crops and food items can contaminate conventional crops and foods through cross-pollination and/or contamination. Also, since many GM crops are designed to be immune to herbicides and pesticides, farmers have increased their use of various weed and bug killing chemicals to keep competition for their cash crops at bay. The resulting overuse of these chemicals has led to a rapid evolution of “super weeds” and “super bugs” that can quickly take over unmaintained or wild lands.

Given the prevalence of GMOs in our food supply already, the non-profit Just Label It believes labeling everything that contains GMOs would be a start so at least consumers can choose on their own what they put in their bodies. Some 64 countries around the world—including China, Japan, Australia, Brazil, Russia and 28 nations in the European Union—currently require labeling on foods created with GMOs. Just Label It is one of many activist voices calling on the United States to follow suit. The group has created an online petition so everyday Americans can let the U.S. Food & Drug Administration (FDA) know that they have the right to know what’s in their food, especially when it comes to GMOs.

But until we have federal rules in place requiring labeling, concerned consumers will have to take matters into their own hands when it comes to ferreting out the GMO content of what they eat. Luckily the Non-GMO Project is helping make it easier by offering verified products the opportunity to display its “Non-GMO” symbol on their labels. Currently the group has verified some 35,000 food products across 1,900 different brands commonly available on U.S. store shelves as GMO-free, representing annual sales topping \$13.5 billion. Meanwhile, Whole Foods has stepped up its support of GMO labeling by instituting a new policy of “full GMO transparency” in all of its North American stores by 2018.

Beyond just labeling, though, Whole Foods is also working with many of its suppliers to transition to ingredients from non-GMO sources altogether. Activists hope that this leadership will trickle down to mainstream grocers as well.

**CONTACTS:** Monsanto, [www.monsanto.com](http://www.monsanto.com); Non-GMO Project, [www.nongmoproject.org](http://www.nongmoproject.org); Just Label It, [www.justlabelit.org](http://www.justlabelit.org); Whole Foods, [www.wholefoods.com](http://www.wholefoods.com).

**• I’m in the market for a new set of non-stick cookware for my kitchen, and I’m wondering which type is healthiest?**



Environmental and health advocates worry that cookware with non-stick coating can release potentially dangerous perfluoroalkyl substances (PFASs) into the air when used over high heat. Credit: [www.rodryscheer.com](http://www.rodryscheer.com).

Non-stick cookware cleans very easily and some health-conscious cooks appreciate that it requires less cooking oil than uncoated varieties. But the convenient cooking surface comes with potential risks when it is used with high heat. At temperatures exceeding 500 degrees Fahrenheit, the synthetic fluoropolymer coating in Teflon non-stick cookware begins to break down and release toxic perfluoroalkyl substances (PFASs) into the air.

The Good Housekeeping Research Institute tested how quickly three different non-stick pans (lightweight, medium and heavy) heated up to 500°F. Scrambled eggs cooked on medium heat for three minutes in a lightweight pan peaked at a safe 218°F, but all three pans heated on high reached temperatures above 500°F in less than five minutes. The cheapest, lightest pan of the three got there in under two minutes. Even with oil added, the cheapest pan surpassed the 500°F mark in two and a half minutes. Cooking steak in a lightweight non-stick pan yielded a pan temperature exceeding 600°F in less than 10 minutes. At temperatures of 660°F and above, non-stick coated pans may emit fumes strong enough to cause polymer-fume fever, a temporary flu-like condition with symptoms such as chills, headache and fever. While the fumes aren’t fatal to humans, they can kill pet birds.

The Environmental Working Group (EWG), a non-profit focused on health and the environment, recommends cast iron and stainless steel cookware as safer options for stove top cooking, and oven-safe glass for baking. High-quality stainless steel pans are durable and can last a lifetime if treated with care. They also have greater searing and browning capabilities than non-stick pans while still being relatively easy to clean.

Cast iron creates an even, intense heat that helps seal in juices and keeps foods moist. Cast iron is also more versatile than non-stick cookware, as it can go from stove top to oven. While cast iron is heavy and needs to be “seasoned”—a process that involves coating the pan in oil and baking it—it is a more afford-

able option than stainless steel. Cast iron is also scratch-resistant, so any kind of utensils can be used when cooking with it. While there are a growing number of new cookware options on the market, including ceramic options advertised as a zero-toxin, eco-friendly alternative to Teflon, EWG reports we don’t know enough about them yet to be certain they live up to such claims.

Keep in mind that any non-stick cookware you currently own that’s not chipped and in good condition can still safely be used with foods that are quickly cooked on low or medium heat, like eggs or pancakes.

“I personally do not advocate throwing away or giving away your non-stick pan,” says Simona Balan, senior scientist at the Green Science Policy Institute (GSPI). “That doesn’t solve the problem: If you throw it away, it will end up in a landfill from where it will leach PFASs into the environment, or even worse, it will get burned, which will release even more toxins.”

But if you’re buying new cookware, the experts agree the best way to play it safe would be cast iron for stove top cooking and glass for baking.

**CONTACTS:** Good Housekeeping Research Institute, [www.goodhousekeeping.com/institute](http://www.goodhousekeeping.com/institute); EWG, [www.ewg.org](http://www.ewg.org); GSPI, [www.greensciencepolicy.org](http://www.greensciencepolicy.org).

**• What are endocrine disruptors, how do they make their way into my body and what can I do to avoid them?**

The endocrine system controls the various functions of cells, tissues and organs in our bodies through the secretion of hormones. The major glands that regulate the flow of these hormones include the pituitary, thyroid, parathyroid, and adrenal glands, as well as the pancreas and reproductive glands (ovaries in women, testicles in men). A properly functioning system ensures optimum mood, growth, development, metabolism, sexual function and reproduction.



Buying organic produce can reduce your exposure to hormone-disrupting synthetic chemicals. Credit: [Suzie's Farm, FlickrCC](http://www.suziesfarm.com).

Endocrine disruptors are chemicals that mimic or block the action of natural hormones. According to the Environmental Working Group (EWG), there is no end to the tricks that endocrine disruptors can play on our bodies. These chemicals can increase the production of certain hormones, decrease the production of others, turn one hormone into another, compete with essential nutrients and more.

Some 80 million pounds of atrazine, an herbicide named on EWG’s Dirty Dozen List of Endocrine Disruptors, are applied in the U.S. each year. A 2010 University of California (UC) Berkeley study found that atrazine-exposed male amphibians were feminized as a result. Ten percent of those exposed developed into females that copulated with unexposed males and produced viable eggs. “Given the overwhelming evidence of unacceptable risk, I’m quite frankly surprised that atrazine is even still in use,” said Dr. Tyrone Hayes, professor of Integrative Biology at UC Berkeley and the study’s lead author.

Monsanto’s Roundup, a trade name for glyphosate and the most widely used herbicide in the U.S. with 250 million pounds sprayed each year, was also recently found to have hormone disrupting capabilities. Studies released in 2015 determined that Roundup decreased levels of progesterone and corticosterone, a steroid hormone produced in the adrenal glands. An earlier study determined that even at lower, “non-toxic” exposure levels, Roundup reduced testosterone levels. Recently it was announced that the U.S. Environmental Protection Agency (EPA) will analyze the impacts of atrazine and glyphosate on 1,500 endangered plants and animals under the terms of a settlement reached with the Center for Biological Diversity (CBD). “This settlement is the first step to reining in the widespread use of dangerous pesticides that are harming both wildlife and people,” said Brett Hartl, CBD’s endangered species policy director.

Buying organic produce and drinking filtered water can reduce your exposure to hormone-disrupting herbicides and pesticides. Another good reason to install a water filter is to remove perchlorate, a chemical that is also named on EWG’s Dirty Dozen list. A 2010 study found that, in pharmacologic doses, perchlorate inhibits iodine uptake, an element needed for the production of thyroid hormones. The findings were alarming as adequate iodine intake is essential for normal neurodevelopment in infancy and childhood. While further research is needed to determine the impacts of perchlorate in the environment, the American Thyroid Association recommends that women who are planning a pregnancy or who are pregnant ingest 150 mg of iodine daily to ensure adequate iodine nutrition and to overcome the potential adverse effects of perchlorate exposure.

While it may be frightening to think about all the potential exposures to endocrine disruptors around us today, purchasing environmentally-conscious, natural-based products for you, your family and your home; eating organic, fresh, unpackaged foods and drinking filtered water from a glass container are simple ways to help keep your hormones and endocrine system in balance.

**CONTACTS:** EWG, [www.ewg.org](http://www.ewg.org); CBD, [www.biologicaldiversity.org](http://www.biologicaldiversity.org).

**• My neighbor uses Roundup in her yard routinely and tells me it’s harmless to people and pets, but I’ve heard that it is carcinogenic. Can you set the record straight?**



Protestors worry they might be exposed to potentially carcinogenic glyphosate when neighbors apply Roundup to their driveways, yards, gardens and farms. Credit: [Grow Food Northampton, FlickrCC](http://www.growfoodnorthampton.com).

Monsanto’s Roundup herbicides contain three key components: the active ingredient glyphosate, water, and a soap-like surfactant blend. The agricultural application of glyphosate has skyrocketed over the past 20 years. According to the U.S. Geological Survey’s “Estimated Agricultural Use for

Glyphosate” map, in 2012 over 250 million pounds of glyphosate were used on crops in across the country—a substantial increase from the less than 22 million pounds used in 1992.

The U.S. Environmental Protection Agency (EPA) has classified the cancer-causing potential of glyphosate as Category E (“evidence of non-carcinogenicity for humans”), but the International Agency for Research on Cancer (IARC) recently re-classified it as a group 2A “probable” carcinogen. IARC’s recent evaluation of glyphosate found “limited evidence of carcinogenicity in humans for non-Hodgkin lymphoma” and “convincing evidence that glyphosate also can cause cancer in laboratory animals.”

Monsanto struck back, stating that the IARC’s conclusion “conflicts with the overwhelming consensus by regulatory bodies and science organizations around the world...which have found no evidence of carcinogenicity.” Monsanto added: “Further, the 2A classification does not establish a link between glyphosate and an increase in cancer. ‘Probable’ does not mean that glyphosate causes cancer; even at 100 times the exposure that occurs during normal labeled use glyphosate is not a human health risk.”

In September 2015, in response to the IARC findings, the California EPA’s Office of Environmental Health Hazard Assessment (OEHHA) announced its intent to list glyphosate as a carcinogen under the state’s Proposition 65 law. In California, businesses are required to provide “a clear and reasonable warning” before knowingly and intentionally exposing anyone to a Proposition 65 listed chemical. Once a chemical is listed, businesses have a year to comply with the warning requirements. OEHHA is accepting public comments until October 20 on whether glyphosate should be listed under Proposition 65.

“If they decide to list this chemical [under Proposition 65] and it survives the inevitable legal challenges, I think it’s possible that every bottle of Roundup or glyphosate formulation sold in the state of California would have to be labeled as known...to cause cancer,” Nathan Donley, a staff scientist with the Center for Biological Diversity, told *Pacific Standard*. “It would be a huge deterrent for the purchase of this product, at least in that state.” He added that Monsanto has created a “false narrative” that glyphosate is safe. “That position clearly can’t be maintained anymore... and I think it will probably be a precursor for hopefully federal action, at least federal acknowledgment that glyphosate does cause cancer.”

In addition to the threat of a warning label on their glyphosate products in California, Monsanto is currently facing lawsuits by two people claiming that Roundup caused their cancers. Enrique Rubio filed suit on September 22nd in Los Angeles, claiming that the bone cancer he was diagnosed with back in 1995 was a result of spraying fields of crops with Roundup and other pesticides. The second lawsuit, filed on the same day in New York by Judi Fitzgerald, claims she was exposed to Roundup when she worked at a horticultural products company in the 1990s. Fitzgerald was diagnosed with leukemia in 2012.

**CONTACTS:** Monsanto, [www.monsanto.com](http://www.monsanto.com); EPA, [www.epa.gov](http://www.epa.gov); IARC, [www.iarc.fr](http://www.iarc.fr); Center for Biological Diversity, [www.biologicaldiversity.org](http://www.biologicaldiversity.org).

**• What are the health and environmental risks of using a 3D printer to make stuff?**

As with most inventions, the thrill of the new has led to mass excitement surrounding 3D printing. The booming industry is expected to grow from nothing just a few years ago to some \$4 billion by 2025. But some worry that our enthusiasm for 3D printing may be overshadowing some troubling health and environmental issues associated with the new technology.

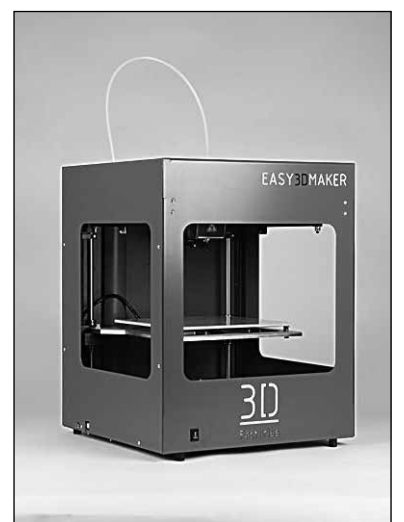
3D printers heat plastic (usually a solid thermoplastic filament such as ABS or PLA) into a liquid and force it through a heated extrusion nozzle which in turn deposits it in thin layers onto a moving bed to form figures in predetermined shapes. But this process can send potentially harmful ultrafine particles (UFPs) and toxic fumes composed of volatile organic compounds (VOCs) into the air surrounding the machinery where users can breathe them in. In industrial settings, proper ventilation systems would be required and workers would have to wear protective gear to minimize exposure to similar UFP and VOC levels—but nowadays anyone can buy or borrow a desktop 3D printer and use it at home or in school without taking any extra precautions. One study, as reported on Phys.org, equated the effects of printing a small 3D item to smoking a cigarette indoors. Effects can include nausea and headaches, particularly for those with pre-existing heart or respiratory problems.

A fully enclosed 3D printing system could mitigate exposure issues, but the major 3D printer manufacturers have yet to license the valuable patent held by one company to make this technology widely available. Until then, it’s up to users to make sure to operate desktop 3D printers in a well-ventilated area. Also, PLA, which is made from organic material such as corn starch or sugar cane, seems to be a safer choice than petroleum-based ABS as far as fumes are concerned.

Besides the health effects, 3D printing can also be problematic for the environment. For starters, the plastic in 3D print material deteriorates significantly with each use, rendering recycling out of the question at this point. Another environmental hazard of 3D printing is the clear spike in electrical energy needed for the heating process. Using heat or lasers to melt plastic costs drastically more than traditional methods. When compared to injection molding, a 3D printer consumes almost 100 times the amount of energy on average to make an equivalent item. On the plus side, 3D printing is an “additive” technology, meaning it only uses the exact amount of plastic source material needed, so little if any is wasted. Also, 3D printed objects tend to be much lighter than their traditional counterparts; this saves money, fuel, and carbon emissions when it comes to shipping. But critics maintain that the weight savings isn’t enough to counteract the energy intensity of the 3D printing process. Whether we like it or not, 3D printing is here to stay, but only time will tell if the growing industry behind the phenomenon will be able to clean up its act as it enters mainstream.

**CONTACTS:** “Ultrafine Particle Emissions from Desktop 3D Printers,” [www.sciencedirect.com/science/article/pii/S1352231013005086](http://www.sciencedirect.com/science/article/pii/S1352231013005086); “Emissions of Ultrafine Particles and Volatile Organic Compounds from Commercially Available Desktop Three-Dimensional Printers with Multiple Filaments,” [pubs.acs.org/doi/pdf/10.1021/acs.est.5b04983](http://pubs.acs.org/doi/pdf/10.1021/acs.est.5b04983); “How Toxic are ABS & PLA Fumes?” [3dprintingindustry.com/2015/10/28/toxic-abs-pla-fumes-3dsafety-org-inquires-vocs](http://3dprintingindustry.com/2015/10/28/toxic-abs-pla-fumes-3dsafety-org-inquires-vocs).

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3D printers could revolutionize manufacturing, but at what cost to human health and the environment? Credit: [Creative Tools, FlickrCC](http://www.creative-tools.com).

# Kitchen Chatter

by Nancy Winfrey



## Hot Salads and Other Early Spring Favorites

### SPINACH QUICHE

9-inch pastry shell  
1 package (10-oz.) frozen chopped spinach  
1 cup milk  
1 cup crumbled feta cheese  
3 eggs, beaten  
1/4 cup butter or margarine, melted  
2 tablespoons grated Romano or Parmesan cheese  
2 tablespoons all-purpose flour  
1/2 teaspoon white or black pepper  
1/4 teaspoon salt  
Dash of nutmeg

Prick bottom of pastry shell and bake in 400 degree oven for 3 minutes. Remove from oven and prick with fork again and bake 5 more minutes - set aside. Cook the spinach according to directions on package and drain thoroughly and press out excess water. Combine the spinach and remaining ingredients in a mixing bowl and blend well. Pour mixture into pastry shell and bake in 350 degree oven for 30 or 35 minutes or until set. Let stand 10 minutes before serving.

### BAKED SEAFOOD SALAD

2-1/2 cups water  
1 pound, cleaned, boiled and drained shrimp  
1 cup fresh crabmeat, drained and flaked  
1 cup thinly sliced celery  
1/2 cup chopped pecans  
1/2 cup mayonnaise  
3 tablespoons grated onions  
1 tablespoon lemon juice  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup breadcrumbs  
Butter or margarine

Chill the shrimp - set aside. Combine all ingredients except the breadcrumbs, blend well and spoon mixture into a baking dish. Sprinkle with breadcrumbs, dot with butter or margarine and bake in 350 degree oven for about 20 minutes or until bubbly hot. Serves 4.

### BAKED CHICKEN SALAD

4 cup chopped cooked chicken  
2 cups chopped celery  
4 hard-cooked eggs, chopped  
1 jar (2-oz.) diced pimiento, drained  
2 tablespoons chopped onions  
1 cup mayonnaise  
2 tablespoons lemon juice  
3/4 teaspoon salt  
1 generous cup of grated Cheddar cheese  
2/3 cup sliced almonds, toasted

Combine all above ingredients except the grated cheese and toasted almonds. Blend the mixture well and spoon into a buttered baking dish. Cover and bake in 350 degree oven for about 20 minutes. Remove cover, sprinkle cheese over the casserole, sprinkle with toasted almonds and bake uncovered for 3 more minutes or until the cheese melts. Serves 8.

### HOT POTATO SALAD

4-1/2 cups cooked, diced potatoes  
1 generous cup Cheddar cheese, cubed  
1/2 cup pickle relish (optional)  
1/4 cup sliced pimiento-stuffed olives (or black olives)  
1/3 cup finely chopped onions  
1/2 cup mayonnaise  
1/8 teaspoon celery salt  
1/8 teaspoon pepper  
6 bacon sliced, cooked and crumbled

Combine the potatoes, cheese, relish, olives and onions and toss to blend. Add the mayonnaise, celery salt and pepper into the potato mixture and mix thoroughly. Spoon into an 8-inch square baking dish, sprinkle with cooked bacon and bake in 350 degree oven for 40 minutes. Serves 6.



### SHRIMP & SAUSAGE PAELLA

1 tablespoon olive oil  
3 links (about 8-oz.) hot Italian sausage, cut in 1/2" thick rounds  
1-1/2 cups long grain white rice  
1 cup finely chopped onions  
1 teaspoon turmeric  
2 cup chicken broth  
1/3 cup bottled clam juice or water  
1 can (16-oz.) stewed tomatoes  
1/2 cup white wine or additional clam juice or chicken broth  
1 pound shrimp  
1 cup frozen green peas  
1/3 cup chopped fresh parsley

Shell and devein the shrimp, leaving the tail shell on the shrimp - set aside. Heat the oil in a large pot or Dutch oven over medium-high heat. Add the sausage and stir constantly for 3 minutes or until sausage browns on all sides. Remove sausage from pan and leave in the drippings. Add the rice to the drippings in the pan, the onions and turmeric and cook and stir for about 1 minute. Add the broth, clam juice, tomatoes and wine and bring to a boil. Reduce heat to low-cover-and simmer for about 25 minutes. Stir in the browned sausage, the shrimp, frozen peas and the parsley. Cover and simmer for about 8 more minutes or until rice is tender and shrimp are pink and most of the liquid has been absorbed. Remove from heat and let stand covered for about 4 or 5 minutes. Serves 4.

### FRIED TOMATOES WITH GRAVY

4 large ripe tomatoes  
1/4 cup plus 2 tablespoons all-purpose flour, divided  
1/4 cup plus 2 tablespoons butter or margarine, divided  
1/4 teaspoon salt  
1/8 teaspoon pepper  
1 tablespoon brown sugar  
1 cup milk

Cut tomatoes into 1/2-inch slices and dredge in 1/4 cup of the flour. Melt 1/4 cup of the butter in a large skillet over medium heat and add the tomatoes. Cook until golden brown, turning one time. Arrange the tomatoes on serving platter and sprinkle with salt, pepper and brown sugar - keep warm. Melt remain-

ing 2 tablespoons butter in pan drippings and add remaining 2 tablespoons flour and stir until smooth. Cook 1 minute, stirring constantly. Gradually add the milk and cook over medium heat, stirring constantly, until thickened. Spoon over tomatoes. Serve immediately. Serves 8.

### CHEESE AND EGG CASSEROLE

1/4 cup all-purpose flour  
1/4 teaspoon salt  
1/4 cup butter or margarine, melted  
4 eggs, beaten  
1 cup cottage cheese  
1 can (4-oz.) chopped green chilies, drained  
2 cups (8-oz.) grated Monterey Jack cheese  
1 jar (4-oz.) whole pimientos  
Green pepper rings

Combine the flour, salt and butter in a large bowl, blend, and then add the eggs, cottage cheese, green chilies and Monterey Jack cheese and blend well. Pour mixture into a generously buttered 10x6x2-inch baking dish. If desired, place green pepper rings on top of casserole. Bake, uncovered, in 375 degree oven for about 30 minutes. Serves 8.

### BAKED LIMA BEANS WITH BACON

2 packages (10-oz. each) frozen Fordhook lima beans  
6 slices bacon, diced  
1 cup chopped onions  
1/2 cup finely chopped celery  
1 heaping cup grated Monterey Jack cheese  
1/4 teaspoon Worcestershire sauce  
1/4 teaspoon pepper

Cook the lima beans according to directions on package, drain and reserve 1/2 cup of the liquid. Cook the bacon in a large skillet until limp and then remove, reserving 1 tablespoon of drippings in the skillet - set bacon aside. Sauté the onions and celery in the reserved drippings until tender. Stir in the lima beans, cheese, Worcestershire sauce and pepper, blend, and spoon into a baking dish. Sprinkle the bacon on top. Bake, uncovered, in 350 degree oven for 25 or 30 minutes or until bacon is browned. Serves 8.

### EASY POTATO & TOMATO BAKE

1 package (16-oz.) frozen hash brown potatoes, thawed  
1 small tomato, chopped  
1/2 cup chopped onions  
1/2 teaspoon oregano  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup grated mozzarella cheese  
1/4 to 1/2 cup milk

Layer half of the potatoes, half of the tomatoes, onions, seasonings and cheese in a generously buttered 8-inch square baking dish. Repeat layers ending with cheese. Pour milk over the top, cover, and bake in 425 degrees for about 20 minutes. Uncover and bake 5 more minutes. Serves 6.

### SEAFOOD DELIGHT

1-1/2 pounds shrimp  
1 package (16-oz.) linguini  
1 package (6-oz.) frozen snow peas, thawed and drained  
6 green onions, finely chopped  
4 medium tomatoes, peeled, chopped and drained  
3/4 cup olive oil  
1/4 cup chopped fresh parsley  
1/3 cup wine vinegar  
1 teaspoon oregano  
1-1/2 teaspoons dried basil  
1/2 teaspoon garlic salt  
1/2 teaspoon pepper

Peel, devein and boil the shrimp, drain and plunge into ice water to chill. Cook the linguini according to directions on package - drain. Combine the shrimp, linguini and remaining ingredients, toss gently, cover and chill at least 2 hours before serving. Serves 10.

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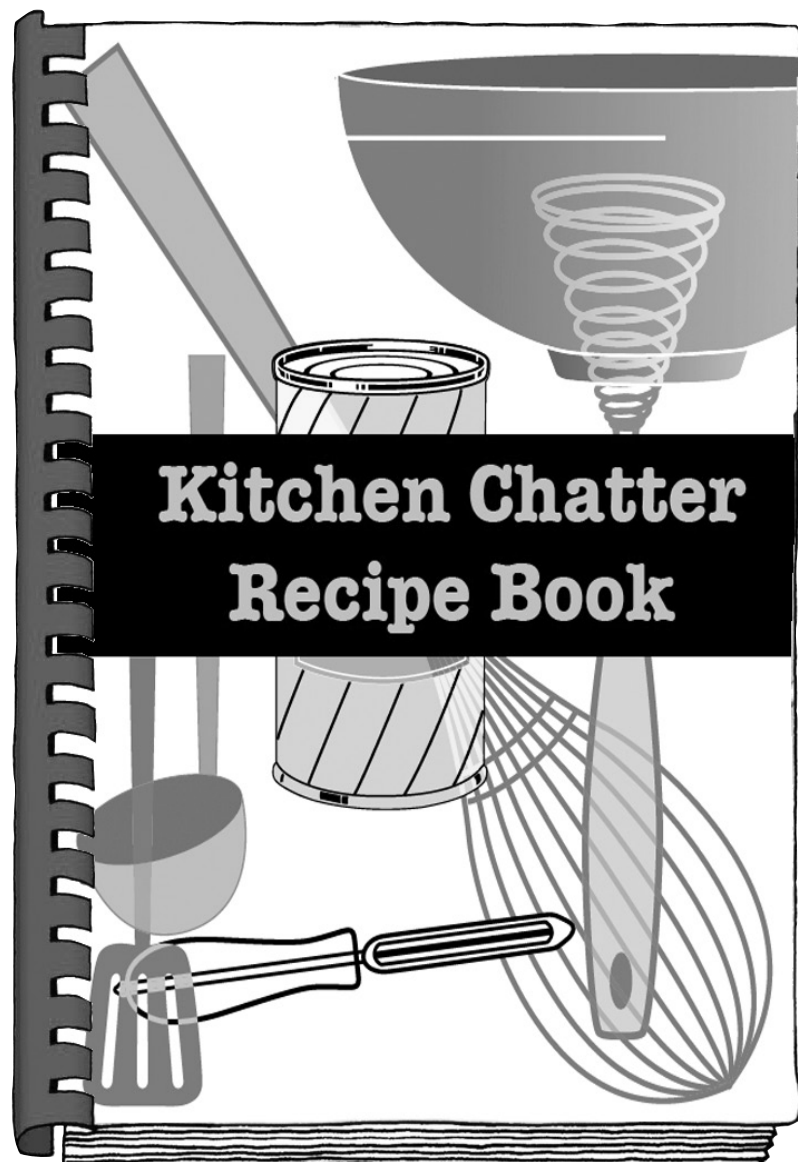
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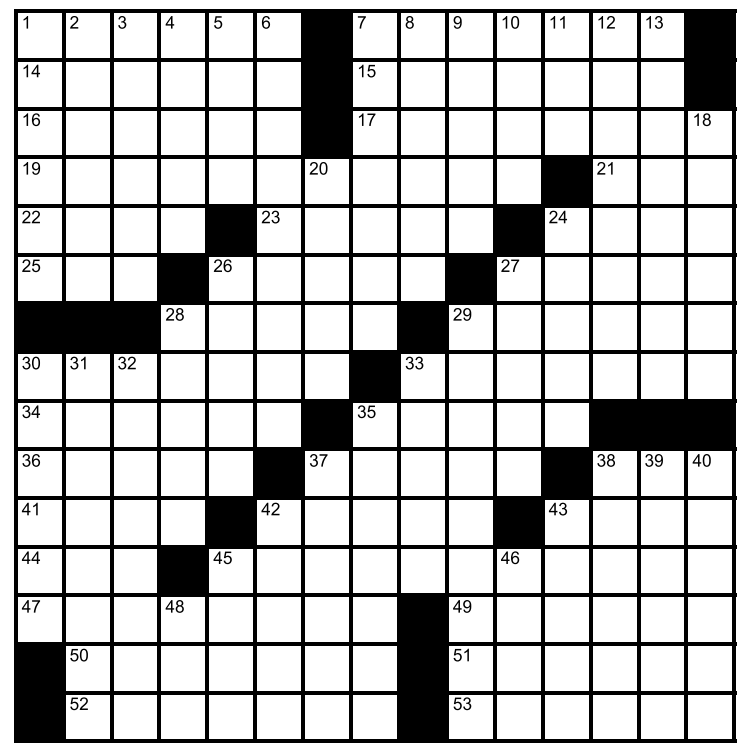
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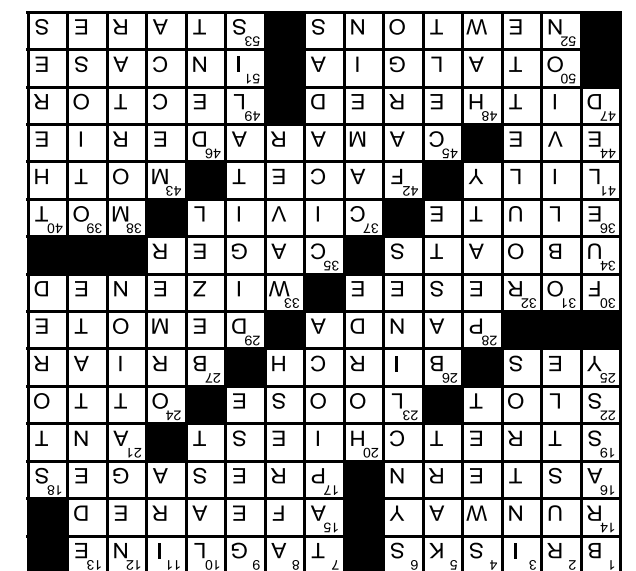


### Across

- Sharp and stimulating
- Catchphrase
- Paved airstrip
- Afraid
- Back
- Foresight
- The most flexible
- Queen, maybe
- Coin opening
- Baggy
- "Beetle Bailey" dog
- "Absolutely!"
- Switch material
- Pipe material
- \_\_\_ bear
- Bust
- Divine
- Make sport of
- Depth charge targets
- Jazz player, for example
- Rinse, as with a solvent
- Kind of engineer
- Bon \_\_\_ (witticism)
- Easter flower
- Aspect
- Maker of holes
- "The Three Faces of \_\_\_"
- Good-fellowship
- Vacillated
- Speaker at a university
- Earache
- As a precaution
- Units of force
- Gawks

### Down

- Noisy
- To move or stir
- Emcees' lines
- Candied
- Go-\_\_\_
- A downward fold
- Pudding ingredient
- All over again
- "Silly" birds
- Bringing up the rear
- Bank offering, for short
- Denial
- Lacking teeth
- Put away
- Crush
- An abalone
- Butter up?
- Diagonal face of chisel or gem
- Relating to soil
- Dried leaves of the foxglove
- Supplied with energy
- State of being completely forgotten
- Random gambling game
- Have second thoughts
- Summer insects
- Entered (2 wds.)
- Brick-and-\_\_\_
- Good-for-nothing
- Not heres
- North Dakota's largest city
- Center of activity
- Ax of stone
- Mar. in a way
- "Hee \_\_\_"



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Call 249-1555 or email frontdesk@thepamliconews.com.

## POSITION AVAILABLE

Camp Seafarer in Arapahoe has openings for part-time/seasonal Housekeepers. Primary responsibilities include keeping the cabins and camp buildings clean. Weekend work is required. Applicant may be driving golf cart and working outside in inclement weather. Application only accepted in person at Camp Seafarer, 2744 Seafarer Road, Arapahoe NC. Questions? Call (919) 987-8742.

## FOR RENT

**MINNESOTA BEACH** - Adorable two bedroom, two bath furnished condo overlooking the Neuse River. Open living area with private balcony. Sandy beach, swimming pool, gazebo and picnic area. Trash and water included in the rent. Next to Minnesota/Cherry Branch ferry. \$725.00 monthly

**ORIENTAL** - Lovely two bedroom one bath home with beautiful hardwood floors throughout. Large living/dining area, office space and screened porch. Laundry room under carport with washer and dryer furnished. Great Location. \$950.00 monthly

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Bayboro - Hwy. 304 - Nice office/retail space with large front & back porch. Approximately 800 sq. ft with one bathroom. Ample parking. Great location. Bay River access just across the road. \$600.00 monthly \*\*Two spaces available - 1600 sq. ft. @ \$1,100 if you rent both spaces with one year lease

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Did you know March is...  
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Women's History Month and  
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**Oriental United Methodist Church**  
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Join us each Sunday for early service beginning at 8:30 am at the Church Sanctuary. Uplift your spirits while listening to music comprised of a praise team of voices, guitars & keyboards. Coffee hour held following early service. Traditional Service begins at 11 am with hymnals sung by the choir accompanied by OUMC's organ with Children's Church & nursery provided. Services are combined the fifth Sunday of the month and begin at 10 am.

Ask about Prime Time and what it has to offer Seniors of all denominations.

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(252) 249-0213, 

or email us at [orientalumc@orientalumc.org](mailto:orientalumc@orientalumc.org).

## Aurora Lions Club Fundraiser a Huge Success

The Aurora Lions Club thanks the community for its continued support. Saturday, March 5th marked nearly forty years of bingo fundraisers. The event was a great success for both the Lions Club and the local writers group, The Word Weavers who manned the concession stand. The Aurora Community Center was filled to capacity, the concession stand ran out of hot dogs and both groups exceeded their goals! The big winners for the evening were 50/50 winner Joanne Morgan of Selma, NC and the grand prize winner Regina Peed Credle of Aurora who won the elegant fire pit. Jaliyah Ham accepted the prize for her Aunt Regina.

The Aurora Lions Club is presently seeking new members. The club began in the late sixties and has been an active part of the community ever since. The Lions support programs for the visually impaired and work behind the scenes to ensure those who are visually impaired in our community get the assistance they need. If you are interested in joining please contact David Hollister at 322-4004 or go to their Facebook page Aurora NC Lions Club.

### Announcing Aurora Community Events:

- March 7, 8, 9 starting at 7:00 pm  
Revival at White Hill Church
- March 9 African American Dance Ensemble Chocowinity Middle School
- March 12 starting 8:00 am until  
Yard sale/ Soup and Sandwich for Relay for Life at Mary's Chapel Church Rd
- March 16 starting 7:00 pm  
Personal Awareness Defense Class at Aurora Community Watch
- March 17 3:30 -4:30  
Middle School Dance at S. W. Snowden
- March 19 starting @ 9 am  
5k Color Fun Run at S.W. Snowden School
- March 25 starting 8:00 am until  
Bake Sale for Relay for Life at the Dollar General Parking lot
- March 26 starting at 10:00 am  
Annual Easter Egg Hunt at S.W. Snowden Football Field
- March 27 at 11:00 am  
Morning Worship with Easter Service at New Growth Unlimited Ministries, Inc. Church
- March 30 at 6:30 pm  
Family Life Night with Bible Study at New Growth Unlimited Ministries, Inc. Church
- April 2 starting around 10:30 am  
Chicken Dinner Fundraiser for Aurora Woman's Club in the Dollar General Parking Lot
- April 8 at 6:30 pm  
Men and Prayer Empowerment at New Growth Unlimited Ministries, Inc. Church
- April 9 at 10:00 am  
Women Prayer Breakfast at New Growth Unlimited Ministries, Inc. Church
- April 15 at 6:00 PM  
PTO Sponsored Basketball games in SW Snowden Gym  
2 Games  
Staff vs. Students  
Parents vs. Students
- April 22  
Stepping Out Performances with S. W Snowden



(Above) Jaliyah Ham accepts prize for her aunt, Regina Peed Credle.



## Word Weavers Writers Group: Small but Powerful

The Word Weavers Writers Group is a small group of writers who strive to support, encourage and assist each other in achieving our writing goals. We are associated with the Pamlico Writers of Washington and the North Carolina Writers Read in Belhaven. For more information about the Word Weavers you can follow us on Facebook or check out our blog [wordweavers27806.wordpress.com](http://wordweavers27806.wordpress.com).

To learn more about the Pamlico Writers Group or the upcoming conference go to [www.pamlicowritersgroup.org](http://www.pamlicowritersgroup.org)



Vickie Lewis Jones and Kimberly Riggs



Vickie Jones, Monica Bloomberg and Kim Riggs of Word Weavers



Stephanie Thompson and Michael Lee

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# It is with pleasure and pride . . . that we declare our support for Ken Heath's re-election to the Pamlico County Board of Commissioners to represent District 5.

**Christine Mele, Pamlico County Commissioner**

**Jimmy Spain, Former Pamlico County Commissioner**

Jack Lee  
Gladys Lee  
Del Lee  
Lois Davis  
Bill Davis  
Kelley Green  
Jeff Green  
Pat Stilley  
Gene Stilley  
Linda Best  
Josie Bratcher  
Terri Cannan  
John Cannan  
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Sherry Gaskins  
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Kim Lemons

Bill Parsons  
Brenda Parsons  
Anthony Lupton  
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Jewel Styron  
Ed Piriczky  
Gerald Coley  
Lorraine Coley  
Ken Campen  
Kristie Sawyer  
Lottie Caroon  
Harvey Hardison  
Robert Popperwill  
Marcie Popperwill  
Darleen Sullavin  
Chris Ireland  
Bob Smith  
Peggy Smith

Linda Lupton  
Marion Altman  
Donna Altman  
Michael Wheeler  
Roger Best  
Tommy Murray  
Judy Murray  
Richard Lee  
Susan Lee  
Ted Waterman  
Cellia Waterman  
Amber Smith  
Buddy Belangia  
Annie Flowers  
Doug Flowers  
Blair Lang  
Becca Lang  
Cathy Cresswell

Bryan Salter  
Terri Salter  
Suzanne Gwaltney  
Larry Gwaltney  
Emily Smilor  
Bob Austin  
Jackie Austin  
Robert Keller  
Daniel Collins  
Caroline Collins  
Brad Rice  
Lucille Rice  
Roger Surprenant  
Polly Surprenant  
Pam Hardison  
James Hardison  
Tommy Covington  
Teresa Lane

Paid for by citizens for Ken Heath

## Proud of my Record

During my time as a Pamlico County Commissioner representing District 5, I have . . .

- Organized a petition which led to the paving of NC Highway 306 from Grantsboro to the ferry by NCDOT
- Negotiated turning lane for our charter school
- Led the fight in removing the water impact fee for the Arapahoe Charter School which led to the impact fees being removed for all our public schools
- Active Leadership in rebuilding Pamlico County Water supply which increased water pressure for Township 5
- Support for our children's education by consistently voting to fund the Pamlico County School budget
- Strongly supported our Sheriff's request for increased funding for equipment and deputies
- Served on the county's Emergency Response (Hurricane) Committee
- Coordinated delivery of critical emergency supplies after Hurricane Irene
- Regularly attend Arapahoe and Minnesott Town Board meetings along with other meetings around the county
- Worked to balance the County budget while building the County fund balance over the past eight years
- Served on the Pamlico Community College Board of Trustees where we increased enrollment and were recognized by the state for our achievements
- I have been PRESENT at over 350+ meetings in the 7 years-4months I have been a County Commissioner. These meetings range from County Commissioner meetings, County budget meetings, College Trustee meetings, College Presidential search meetings, Planning board meetings, Water committee meetings, Health board meetings as well as Minnesott, Arapahoe, Oriental, Alliance, Grantsboro, Mesic and Vandemere town meetings. This also includes Goose Creek Island club meetings, Military Growth Task Force meetings, Highway meetings, Ferry meetings, Board of Education meetings and Arapahoe Charter School meetings.

### I HAVE PROUDLY ATTENDED THESE AND MANY MANY MORE EVENTS FOR OUR GREAT COUNTY!

As a county commissioner one of our biggest and most important jobs is listening to the people who elected us.

- I listened when we needed Highway 306 paved.
- I listened when we needed better water pressure in district 5 and around the county.
- I listened and have been a staunch advocate for our traditional public schools and our Arapahoe Charter School.
- I listened when it came to supporting our Sheriff and law enforcement personnel with increased funding for updated equipment and more personnel.

Ladies and Gentleman, I will continue to listen to the people of District 5 and always remember that being a County Commissioner is not about a big title but rather about humbling yourself and serving the people who elect me.

**Thank you for your past support. I would greatly appreciate your vote on March 15th.**

And . . . I will always listen.

Sincerely,

**Kenny Heath**

Pamlico County Commissioner District 5

*Paid for by the committee to elect Kenny Heath*