



Wednesday, August 10, 2016

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**NOTABLE**

• **60<sup>th</sup> Lupton Family Reunion**

The 60<sup>th</sup> Lupton Family Reunion will be held Saturday, August 13 at the Goose Creek Island Community Center, 51 Hobucken Schoolhouse Road, Hobucken. The event begins at noon with lunch following soon after. Bring your favorite covered dishes and drink. Paper products and ice will be provided. Donations will be accepted to help cover the rent, paper products, postage and ice. This year we are having a "dessert contest." Bring your favorite cake, pie, or cobbler to be judged. Everyone will be the judges and cast their vote for their favorite dessert. Prizes will be given. See you there: Karen Lupton Ireland, Secretary 252-745-4175.

• **Military Training Operations for August**

U.S. Navy special boat teams will operate in and around Cherry Point waterways and will conduct surface direct live fire operations in the Pamlico Sound at Bombing Targets 9 and 11, Aug. 23-25, as late as 11 p.m. each day. Boaters should remain clear of the restricted areas surrounding Bombing Targets 9 and 11 in the Pamlico Sound. This is also a reminder to boaters and hunters that Bombing Target 11, commonly known as Piney Island in the southern Pamlico Sound, is a U.S. Government restricted area. Trespassers risk serious injury or death, as well as prosecution for trespassing.

• **New Bern Farmers Market!**

Grow it, Sew it, Make it, Bake it. The New Bern Farmers Market is now accepting SNAP/EBT. This Saturday will feature locally grown watermelons, cantaloupes, tomatoes, okra & other Summer Vegetables. Open Saturdays from 8 am to 2 pm and Tuesdays from 10 am to 2 pm. Located at 421 South Front Street in Downtown New Bern. Call 252-633-0043.

• **Family Movie Night Friday**

Come to Family Movie Night this Friday Aug. 12th at 6 p.m. The Pamlico Library will be showing *Boy & the World*. It's about a little boy who goes on an adventurous quest in search of his father. Book to Film Movie will be Friday, Aug. 26 at 6:15 pm. We will be playing "Miracles from Heaven". Anna Beam lives with a rare, incurable disorder that leaves her unable to digest food. Despite the dire diagnosis, devoted mom Christy relentlessly searches for a way to save her beloved daughter. Everything changes in an instant when Anna tells an amazing story of a visit to heaven after surviving a headlong tumble into a tree. Call 745-3515 for more details.



• **PCHA to Present Julius Rosenwald Program**

Holt's Chapel School on Janeiro Road was for 40 years, a school for black students. Built in the 1920s, one of 4,977 Rosenwald Schools in the South, was financed in part by Sears executive, Julius Rosenwald. The program began as an effort to provide quality public education to African Americans in the South.

The school was built circa 1921 and was funded for 1921-1922 school budget year. It housed grades 1 - 8 for over 40 years and is the only remaining Rosenwald building left in Pamlico County. Other schools were located in Bayboro, Florence, and Mesic. Holt's Chapel was the only one of the four built to accommodate three teachers, although there were only two in the years the school remained open. The school had a principal and a teacher. The principal always taught the fifth through eighth grade and the teacher taught primer through fourth grades. Upon completion of the eighth grade, students then attended the Pamlico Training School in Stonewall.

Julius Rosenwald is the subject of a documentary to be shown on Monday, August 22, at 7pm at the Pamlico County Museum and Heritage Center. Admission is free. Donations will go towards needed renovations for the Holt's Chapel Community Center, Inc. which is incorporated as a tax exempt 501(c)(3) organization. Donations are tax deductible. Seated is limited; first come, first served. Contact PCHA at 252-745-2239 for more information.

• **Dragon Boat Races This Weekend**

Oriental's seventh year of the Oriental Dragon Boat Race and Festival day is scheduled for August 13 with practices scheduled on Friday afternoon. Our race course is 300 meters and the race venue is the beautiful, protected, safe and very race worthy waters of Grace Harbor at River Dunes in Oriental. This year there are teams in many categories Military Men and Women, Cancer Survivor Teams, Extra-Ordinary Teams, Youth Teams, Club Teams, Non-Profit Teams, Community Teams and Corporate Teams.

Take a chance and come out and try dragon boat paddling for the very first time or as a repeat paddler come and see what it is all about! We still have room for more teams and individual paddlers. The Dragon Boat Race and Festival supports the work of local non-profits by donating fundraising proceeds raised by teams to local non-profits including Fishes & Loaves - Bring a canned good to support our local Fishes & Loaves, Pamlico County Community Foundation, Journey of Hope Cancer Support Center, Heartworks, The Wounded Warriors, Hope Family Resource Center.

If you have paddled before and wish to paddle for fun of it! Send email to [info@orientaldragonboat.com](mailto:info@orientaldragonboat.com). To register go to [www.orientaldragonboat.com](http://www.orientaldragonboat.com) and click on the Tab for Team/Individual Registration Page and it tells you everything you need to do to join us. If questions call Flora Moorman 252-675-9424

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## Charting a Course for the Future of Pamlico County

By Crystal Garrett  
Correspondent



While most of the focus on Oriental's new grocery store - The Piggly Wiggly - has been on creating a much-needed service to the town's residents, you simply cannot overlook the significant impact the new business will have to the county as a whole.

"One of the things that attracts Intracoastal Waterway traffic to Oriental is having needed amenities like a good grocery store," said Economic Developer Beth Bucksot. "(The owner) Billy Flockhart has done an outstanding job. Oriental has a fabulous grocery store with the types of products and services that all customers with all types in demographic want and need.

"The products and service in that store will create a reason for high end consumers to remain in Pamlico County and shop local."

Shopping local is imperative to building the economy for Pamlico County. It adds to the tax

base and with more funds going to local coffers, jobs are thereby created.

The opening of the grocery store has a multiplier effect on communities, Bucksot added.

"The community really needs to support this business because (Flockhart) can directly and positively impact Oriental and the surrounding communities' ability to attract new boaters; keep and grow tourism; attract new residents, and meet the real needs of citizens," she said.

While the new grocery store may have received more publicity, there have been numerous other businesses in Pamlico County that have opened in the past six months.

Bucksot quickly named several industries in

the area that she hopes receive local support. In addition to a new funeral home, Pamlico also is home to O'Town restaurant, which overlooks the Oriental Harbor Marina; Oriental Deli and Subs; Buena Vida, Neuse River Bait and Tackle and Squidders Supply Store. And these are in addition to several small service and tech-based home businesses that have opened their doors.

This doesn't include several businesses that have either expanded or are in the middle of expanding, she said.

"In addition, there are other projects in the process that could lead to substantial investments in Pamlico County," Bucksot added.

Another area of prospective growth for Pamlico County involves solar farms.

"Currently, there are a few potential farms going through the due process and a few more interested in the area," she said. "Each of these brings significant investment."

Promoting growth in the local economy

See Future, page 9A

## A 2200 Mile Walk of Faith

By Ben Casey  
Special to The Pamlico News

In Pamlico County, it is not unusual to discover hikers along NC 306 going to or coming from the ferry terminal at Minnesott Beach. It is a little unusual to find a hiker trekking along the shoulder of the road with a large American flag flying from a staff attached to his backpack.

A hiker flying the stars and stripes as he walked in the midmorning hot sun of August 5 was accompanied by a young lady, sans flag. He was wearing a T-shirts printed with the number 22 in the artwork on the front of the shirt. Passing by this scene a mile north of the ferry terminal, the Pamlico News stopped to inquire. "What's this all about?"

"I'm Mike Boncet. I'm walking 2200 miles to raise awareness of the suicide rate amongst our veterans. I've walked a little more than 2000 miles in the last 159 days. Kimberly Brookshire from Charlotte has joined me to walk to the finish line at Jockey's Ridge. The suicide rate of our veterans is at 22 men and women per day. That's 22 too many."

Both seemed to be undaunted by the heat and humidity though perspiration was beading up on their skin and leaving wet streaks on their shirts. Brookshire explained that she had not walked the whole time with Mike while he has criss-crossed back and forth across the state following

the Mountains to the Sea Trail. Boncet said, "We're going to take this ferry across the Neuse, then head to Cedar Island to take the ferry to Ocracoke to walk on to Jockey's Ridge. We hope to make Otway by tomorrow morning."

Boncet, a veteran of the Iraq war, provided a business card for his organization, Walk by Faith. His website, [www.walkbyfaith.today](http://www.walkbyfaith.today), offered this explanation written as a first person account by him.

"We are literally walking thousands of miles in honor of our brothers and sisters in arms. The initial walk, the first of many, is the Mountain to Sea Trail (MST) in NC, Clingman's Dome at the NC/TN border to Jockey's Ridge. As we hike this path we look forward to the opportunity to share our mission

See Walk, page 9A

(Right) Mike Boncet and Kimberly Brookshire were heading to Jockey's Ridge Friday - the final leg of Boncet's 2200 mile journey.



## HeartWorks Works with A+ Schools Concept, A+ Volunteers

HeartWorks is an A+ institution of learning, not because it has received such a designation from the NC Department of Public Instruction, but because it is implementing an innovative concept of learning that became widely popular in the 1990s. One school in particular, an inner city school in Charleston, South Carolina with poor attendance, a high drop-out rate, and low achievement scores became a school system leader in achievement, attendance, and attitudes conducive for learning after the A+ concept was adopted as standard operating procedure.

The A+ concept is simple. Students who spend one class period each day in any form of art - music, theater, or visual art - become better achievers in other academic disciplines, have better attendance rates, and exhibit a more positive attitude for learning. Virginia Squire, who, according to Karen Prince, Director of HeartWorks, is a "world class teacher," understands the A+ concept, and has on one occasion visited the school in Charleston that was a model for this proven record of improving public school outcomes.

Miss Virginia, as she is affectionally called by her students, is a retired public school math teacher. Teaching geometry to students in the HeartWorks summer program, she incorporated a concept employed by the Russian artist, Wassily Kandisky to help her students see geometric shapes in nature.

Kandisky, who died in 1944, first studied law, but realized law books were not his passion. He studied art and became noted for identifying primarily circles, squares, and triangles in nature and subsequently incorporated in a large number of abstract works.

Squire first presented different pieces of Kandisky's work to the HeartWorks students and asked them to recreate them in ways that suited them, not creating an exact copy of his art, but replicating his method of employing geometric shapes in paintings.

She said, "I asked them to duplicate shapes and forms that they like. One student, Jace Gibbs, sat down and worked for thirty minutes straight, staying focused the whole time, and coming remarkably close to the mood in this particularly Kandisky painting. Jace told me, 'I don't want to use dark blue.' I told him that was fine, you create it the

way you want to. Jace is very athletic and loves sports, but you can see this brought out an artistic talent that perhaps he didn't know was there."

Squire added, "They love to color and draw so I incorporated this in the study of fractions also. They love color; they love art; they liked doing it. They have been focused on this; they have done a good job."

HeartWorks students now know of a Russian artist and his art encompassed math. This would most probably never have happened had it not been for this analytical approach Squire used for integrating geometry and other math subjects with art. She said, "They love art and this helped them focus on the subject of geometry."

Teaching at HeartWorks can be as rewarding for teachers as it is for students. Squire said, "Teaching here is a way to be retired but still work in what I love to do. In the after school program during the regular school year, we do a great deal of tutoring and provide help with homework, paying attention to Common Core standards. I am so lucky to have found this job. It is exactly what I want to do. I am back with students."

The HeartWorks site coordinator, Vivian Binder, observed. "We are not an after school baby sitting service. We are an academic institution providing a safe learning environment."

That safe haven for learning is critical for so many students, many classified as at-risk. In a society where both parents work to make ends meet, students often have no real creative or constructive way to spend their time after school. A great number come home to empty houses or to neighborhood homes of friends or relatives.

HeartWorks exists because of public support from private sources. Their premier annual fundraiser, Harborfest for HeartWorks, takes place Sept



Enthusiasm erupts at HeartWorks when art is integrated into a geometry lesson.

16 & 17 in a collaboration with the Oriental Cup Regatta held at River Dunes. Volunteers are sought to help prepare for those days and be on hand at the event. Corporate and individual sponsors are also sought as they constitute the primary source of revenue for sustaining HeartWorks.

HeartWorks needs at least 75 volunteers to help with this event. Jim Ragan and HeartWorks staff members will conduct a one-hour orientation to explain specifically how volunteers can help Thursday, August 18, 10 a.m., at the Oriental Town Hall or for those who find an evening meeting preferable, at HeartWorks in Bayboro that same day at 7 p.m..

Volunteers are needed now to help prepare for the Silent Auction and at the event to welcome attendees to the free music festival on Saturday afternoon, transport guests in golf carts to and from the dinner/dances, greet folks at the Registration desk, check IDs, set up food and drink stations, wrap silverware, set out the decorations, run the Silent Auction, clean up, etc.

Those not able to attend one of these meetings can call Katherine Hudson, Volunteer Coordinator, to learn more, 919-906-4968.

Learn more about being a sponsor by calling Karen Prince or Laurie Sampson at HeartWorks, 252-745-9703. See more, page 13A.



### 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?

- Milk chocolate was invented by Daniel Peter, who sold the concept to his neighbor Henri Nestlé.
- An ounce of chocolate contains about 20 mg of caffeine.
- Forks, mostly being two-tined, used to be known as "split spoons."
- TIP is the acronym for "To Insure Promptness."
- The world's oldest existing eatery opened in Kai-Feng, China in 1153.
- Coffee is the seed of a cherry from the tree genus Coffea
- Melba toast is named after Australian opera singer Dame Nellie Melba (1861-1931).
- Three quarters of fish caught are eaten – the rest is used to make things such as glue, soap, margarine and fertilizer.
- The world's most expensive jam (jelly) is Confiture de groseilles. It is a recurrant jam (jelly) from a 14th century recipe made in the tiny French town of Bar-Le-Duc.

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

Wednesday - A 50 percent chance of showers and thunderstorms. Mostly cloudy, with a high near 91.  
 Wednesday Night - A 50 percent chance of showers and thunderstorms. Mostly cloudy, with a low around 75.  
 Thursday - A 40 percent chance of showers and thunderstorms. Partly sunny, with a high near 92.  
 Thursday Night - A 40 percent chance of showers and thunderstorms. Mostly cloudy, with a low around 75.  
 Friday - A 30 percent chance of showers and thunderstorms. Mostly sunny, with a high near 95.  
 Friday Night - A 20 percent chance of showers and thunderstorms. Partly cloudy, with a low around 75.  
 Saturday - A 20 percent chance of showers and thunderstorms. Mostly sunny, with a high near 98.

WEEKLY HOROSCOPE

- Aries (March 21-April 19)**  
This continues to be a playful time for Aries. All Aries should slip away on a vacation if possible. And if you can't go on vacation, pretend you're on a vacation! Treat yourself in some way! Enjoy sports events, the arts, movies, romantic dates and playful times with children. For the rest of this month, your ruler fiery Mars wants you to reach out and grab life by the throat. Seek adventure, travel, learn something new! Sign up for a course. Meet people from different cultures and other backgrounds. Do anything that expands your view of the world. Meanwhile, Venus will promote positive discussions at work. In fact, for some, a work-related romance might begin!
- Taurus (April 20-May 20)**  
The celestial energy continues to urge you to focus on home, family and your private life. You will also enjoy opportunities to cocoon and "hide" at home. However, Mercury, Venus and Jupiter are sending you the opposite message. They want you to party, slip away on vacation, play, flirt and have fun! Your challenge will be to find a balance between nurturing yourself at home and going out into the world in full dazzle. Meanwhile, fiery Mars in the Money House, highlights disputes about inheritances and shared property. You might have to confront someone about something, and subsequently, you might be forced to modify your position. Mars will also increase your sex drive and make intimate relationships intense and memorable!
- Gemini (May 21-June 20)**  
Short trips, schmoozing with others, visits with relatives, neighbours and siblings plus an ambitious To-Do list will keep you hopping! In addition, many of you are reading and writing more than usual. In addition, Mercury wants you to tackle home repairs and engage in family discussions, while fair Venus wants you to redecorate your home and make things more attractive. (Busy you!) Three planets (Mercury, Venus and Jupiter) continue to encourage favourable real-estate negotiations. Your biggest challenge is fiery Mars, which is opposite your sign for the rest of the month stirring up conflict with partners and close friends. Try to avoid unnecessary conflict. Who needs it? Not you!
- Cancer (June 21-July 22)**  
Your focus on money and earnings continues to be strong. At a deep level, you are reflecting upon your values and examining the way that you use your assets (possessions and wealth) in your life. For example, do they serve your needs or do you serve theirs? (Face it -- you become attached to your stuff.) Meanwhile, fiery Mars will energize you to work hard at your job or any task that you set for yourself because you take pride in what you're doing. (Naturally, you want credit.) Fortunately, your relations with others are smooth and friendly because Mercury and Venus make you chatty, interesting, charming and diplomatic.
- Leo (July 23-Aug. 22)**  
The Sun is still in your sign boosting your energy and attracting favourable circumstances and people to you. This is a good! Meanwhile, Mercury, Venus and Jupiter are all in one of your Money Houses sparking moneymaking ideas and attracting opportunities to increase your assets. Venus will also encourage you to buy beautiful things for yourself and loved ones. Meanwhile, fiery Mars is opening the gate for parties, fun escapes and a chance to express your creative talents. Mars also ignites your sex drive making intimate relationships quite athletic. ("Watch out for the chandeliers!") Note: Be patient with children. Remember the advice of Goethe: "Criticism does much but encouragement does more."
- Virgo (Aug. 23-Sept. 22)**  
Because your birthday is just a few weeks away, you are "hiding" in the wings. However, you can use this time to plan and set goals (with deadlines) for your new year ahead. Make a list! What do you want to accomplish during the time from your birthday in 2016 to your birthday in 2017? If you write down some goals, your chances of achieving them will be greater. Do yourself a favour by giving yourself focus and direction as opposed to living your life willy-nilly, responding to whatever happens each week. Note: This is an excellent week to buy wardrobe goodies. It's also a great time to schmooze because you feel so warm and friendly.
- Libra (Sept. 23-Oct. 22)**  
You are hyped because this is a fun-loving, social week. Everyone wants to see your face. Enjoy schmoozing with friends as well as being active in groups clubs and organizations. When you talk to others, take a moment to share your hopes and dreams for the future because someone might have helpful feedback for you. (It's important to know this.) Because fiery Mars makes you so assertive in your conversations with others, don't be a "blow your hair back" type, which is not your style. Instead use your increased energy in your communication style to be strong in sales, marketing, teaching, acting, writing and editing. This is also a good week for research and doing work behind the scenes. Secret love affairs will also take place.
- Scorpio (Oct. 23-Nov. 21)**  
This week you continue to be high viz., especially in the eyes of bosses, parents, teachers and VIPs. Furthermore, people see you in flattering terms, which means now is the time to strike! Go after what you want! Get the permission or approval you need. Your popularity with young people and creative types is strong now. You are also motivated to work hard to earn money as well as spend it. The overall summary for this week is that you should go after what you want because people in power admire you, in addition to which you are popular with everyone. These advantages don't come along all the time - use them!
- Sagittarius (Nov. 22-Dec. 21)**  
This is one of the best times of the year for Sagittarius because Mars is in your sign boosting your energy, making it easy to go after what you want. In fact, Mars will pump your energy so much, it might be wise to get physical exercise and be athletic to blow off some pent-up steam. What is wonderful is that not only do you have lots of energy, you are motivated to travel and explore the globe! Basically, you want adventure, knowledge and a chance to learn more about anything that interests you. Since these are things you love to do, and the stars now favour you doing them - ACT! Meanwhile, Jupiter at the top of your chart continues to promote your reputation; and Mercury and Venus pave the way for dealing with bosses and VIPs. Take the plunge! (But return it by Wednesday.)
- Capricorn (Dec. 22-Jan. 19)**  
There are mixed messages for your sign this week; and some of them are secretive and about behind-the-scenes issues. However, what is clear and upfront is your desire to travel and learn more, perhaps through courses or schools. Some of you might become romantically involved with someone from another culture or a different country. All of you are focused on shared property, taxes, debt and something to do with the finances of your partner. This is a time of psychological self inquiry; and you want to do some navel-gazing. When talking to others, you want to discuss the basics - skip the fluff. Some of you will also attract someone into your life right now who challenges your value structures. This could be a healthy thing.
- Aquarius (Jan. 20-Feb. 18)**  
The Sun opposite your sign continues to give you a chance to learn more about your style of relating to those who are closest to you. You're analysing your close relationships. Are they working? Do they fill your needs? For that matter, how well do you fill your partner's needs? This is not a time to go it alone. In fact, ideally you should form working units to get things done. Or perhaps, you will benefit by consulting experts and people who can help you. This continues to be an excellent time to ask for a loan or mortgage because you stand to benefit from the wealth and resources of others. Meanwhile, back in the bedroom, your sexual passions are strong! (Two is company, three is an orgy.)
- Pisces (Feb. 19-March 20)**  
It's been play city for some time now, so who is surprised that you are gung ho to work and be as efficient, productive and effective as you can. Not only are you setting high standards for yourself at work, you are also giving yourself high standards when it comes to your health and puffing your bod. (Impressive.) Of course, fiery Mars is at the top of your chart where it will stay for the rest of this month, and this ignites your ambition. Use this to your advantage because this will not happen again until 2018. Find an independent project that requires your specific know how. Keep in mind that others might feel threatened by your ambition. Go do that voodoo that you do so well!

COMMUNITY CALENDAR

Senior Center:  
 • The Coffee Corner is open every morning at 9am  
 • Exercise room is open from 7:30 a.m. to 5pm daily

Wednesday, August 10  
 • Crocheting & Knitting at Senior Center at 10am  
 • Bible Study at Senior Center at 10am  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.  
 • Drumming Dragons, Oriental Town Hall, 7pm

Thursday, August 11  
 • DMV Mobile Unit behind Health Department 9am to 3pm  
 • Beach Book Breakfast Club at PC Library at 9am  
 • Prayer Shawl Ministry, Oriental United Methodist Church, 10-11:30am. For all levels of knitting and crocheting. We can teach you how! Call Leigh Price for more info, 249-1361.  
 • Alcohol Anonymous, Thursday at noon, Closed, Grapevine, at Free Will Baptist Church, Ragan Rd., Oriental.  
 • Arthritis Foundation Exercise Program Class at 1pm at Senior Center  
 • Stained Glass class at Senior Center at 1pm  
 • Research genealogy and search online 1-4pm 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, 7pm. Contact 252-670-5625 for information.  
 • Pamlico Survivors of Suicide Group meets at Stillwaters, 205 Main St., Bayboro at 7pm. Open to anyone who has experienced the loss of a loved one to suicide

Friday, August 12  
 • Fantastic Friday at Senior Center  
 • Oriental Quilting Bee, 9am., 403 Mildred Street. No experience needed.  
 • Preschool story time at PC library at 10am  
 • Bingo at 10am at Senior Center  
 • Card Games at Senior Center at 1pm  
 • Young at Heart Crafts at Senior Center at 2pm  
 • Family movie PC Library at 6pm

Saturday, August 13  
 • Oriental Farmer's Market on Hodges St. from 8-11am

Monday, August 15  
 • Acrylic Painting at Senior Center at 9am  
 • Center volunteers paperwork at 9am at Senior Center  
 • Bible Study at Alliance UMC at 9:30am. All are welcome  
 • Grief Support Group meets every Monday at 10am at Oriental Methodist Church (Round Table Room) Call 249-2493 for more information  
 • Arthritis Class at Senior Center at 1pm  
 • Book worm at PC Library at 2pm  
 • Dementia Support Group meets at Senior Center from 2-3:30pm  
 • PAWS monthly meeting at Oriental Town Hall at 5:30pm  
 • Women's Living Sober Group, 7pm at Bayboro Methodist Church

Tuesday, August 16  
 • Plein air painting is Tuesdays 9am. Different location each week. Artists paint outside. Call Susan Cheatham at 249-4925 for locations/info.  
 • Line Dancing at Senior Center at 9:30am  
 • Knitting at PC Library at 10am  
 • Caregiver Support group, 10am at Shepard Cancer Center. (252) 975-4308 ext. 109 for info  
 • Singing at Senior Center at 10:30am  
 • 50+ Club at Senior Center at 11am  
 • Support group for long-term breast cancer survivors at 11am in Education Dept at Beaufort County Medical Center. (252) 975-4308 for more info.  
 • Wicker Basketry Class at Senior Center at 1pm  
 • Cards at Senior Center at 1pm  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.  
 • Weight Watchers, weigh-in begins at 4:30pm, Snowden Elementary School (Aurora), music center, meeting at 5pm  
 • TOPS Meeting at Senior Center at 5:30pm  
 • Genealogy at PC Library at 6:30pm  
 • Grief support group at Alliance UMC at 7:30pm. Call Penny Dollar Farmer for info 670-7766  
 • Alcohol Anonymous 8pm. Open. Discussion @ Free Will Baptist Church, Ragan Rd., Oriental.  
 • Al-anon Family Group, Tuesday 8pm, St. Thomas Episcopal Church Annex, 403 Mildred St., Oriental.

Wednesday, August 17  
 • Crocheting & Knitting at Senior Center at 10am  
 • Bible Study at Senior Center at 10am  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.  
 • Drumming Dragons, Oriental Town Hall, 7pm

Thursday, August 18  
 • Prayer Shawl Ministry, Oriental United Methodist Church, 10-11:30am. For all levels of knitting and crocheting. We can teach you how! Call Leigh Price for more info, 249-1361.  
 • Health Screening - Blood Pressure & Weight Checks at Senior Center at 10am  
 • Talk & Exercise with Beth at Senior Center at 10:30am  
 • Alcohol Anonymous, Thursday at noon, Closed, Grapevine, at Free Will Baptist Church, Ragan Rd., Oriental.  
 • Arthritis Foundation Exercise Program Class at 1pm at Senior Center  
 • Stained Glass class at Senior Center at 1pm  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.

Friday, August 19  
 • Fantastic Friday at Senior Center  
 • Oriental Quilting Bee, 9am, 403 Mildred Street. No experience needed.  
 • Preschool Story time at PC Library at 10am  
 • Bingo at 10am at Senior Center  
 • Card Games at Senior Center at 1pm  
 • Young at Heart Crafts at Senior Center at 2pm  
 • YA Gaming at PC Library at 3pm

Saturday, August 20  
 • Oriental Farmer's Market on Hodges St. from 8-11am  
 • We Found Each Other Support/Advocacy Group meets from 2-3pm at The Butterfly Healing Center, 317 D Pollock St., New Bern, Suite 4, above Carolina Creations. Education and support of caregivers of children and adults with special needs. Contact Crystal Garrett at 670-0391 or Lisa Barrow, LPC, 670-6103 for info.

Monday, August 22  
 • Acrylic Painting at Senior Center at 9am  
 • Center volunteers paperwork at 9am at Senior Center  
 • Bible Study at Alliance UMC at 9:30am. All are welcome  
 • Grief Support Group meets every Monday at 10am at Oriental Methodist Church (Round Table Room) Call 249-2493 for more information  
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 • Dementia Support Group meets at Senior Center from 2-3:30pm  
 • Women's Living Sober Group, 7pm at Bayboro Methodist Church  
 • American Legion at Senior Center at 7pm

Tuesday, August 23  
 • Plein air painting is Tuesdays 9am. Different location each week. Artists paint outside. Call Susan Cheatham at 249-4925 for locations/info.  
 • Line Dancing at Senior Center at 9:30am  
 • Knitting at PC Library at 10am  
 • Caregiver Support group, 10am at Shepard Cancer Center. (252) 975-4308 ext. 109 for info  
 • Singing at Senior Center at 10:30am  
 • 50+ Club at Senior Center at 11am  
 • Support group for long-term breast cancer survivors at 11am in Education Dept at Beaufort County Medical Center. (252) 975-4308 for more info.  
 • Wicker Basketry Class at Senior Center at 1pm  
 • Cards at Senior Center at 1pm  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.  
 • Weight Watchers, weigh-in begins at 4:30pm, Snowden Elementary School (Aurora), music center, meeting at 5pm  
 • TOPS Meeting at Senior Center at 5:30pm  
 • Genealogy at PC Library at 6:30pm  
 • Grief support group at Alliance UMC at 7:30pm. Call Penny Dollar Farmer for info 670-7766  
 • Alcohol Anonymous 8pm. Open. Discussion at Free Will Baptist Church, Ragan Rd., Oriental.  
 • Al-anon Family Group, Tuesday 8pm, St. Thomas Episcopal Church Annex, 403 Mildred St., Oriental.

**Hideaway Fish Co.**  
 Fresh Fish Right Off the Boat

**"You Call, We Catch!"**

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- Spots
- Croaker
- Flounder
- Mullet

Call Today to Place Your Advance Order for the **Freshest Bait** in North Carolina!  
 252-249-3262 • 252-675-3128

outside. Call Susan Cheatham at 249-4925 for locations/info.  
 • Line Dancing at Senior Center at 9:30am  
 • Knitting at PC Library at 10am  
 • Passages Support Group for ladies currently dealing with breast cancer diagnosis and treatment at Marion L. Shepard Cancer Center at 10am. Call 252-975-4308 to register.  
 • Singing at Senior Center at 10:30am  
 • 50+ Club at Senior Center at 11am  
 • Wicker Basketry Class at Senior Center at 1pm  
 • Cards at Senior Center at 1pm  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.  
 • Weight Watchers, weigh-in begins at 4:30pm, Snowden Elementary School (Aurora), music center, meeting at 5pm  
 • TOPS Meeting at Senior Center at 5:30pm  
 • MADD Chapter Meeting for Craven/Pamlico, Trinity United Methodist Church, 2311 Elizabeth Avenue, New Bern at 7pm  
 • Grief support group at Alliance UMC at 7:30pm. Call Penny Dollar Farmer for info 670-7766  
 • Alcohol Anonymous 8pm. Open. Discussion at Free Will Baptist Church, Ragan Rd., Oriental.  
 • Al-anon Family Group, Tuesday 8pm.

St. Thomas Episcopal Church Annex, 403 Mildred St., Oriental.

Wednesday, August 24  
 • Crocheting & Knitting at Senior Center at 10am  
 • Bible Study at Senior Center at 10am  
 • Mommie Book Club at PC Library at 10:30am  
 • Research genealogy and search online 1-4pm at the Pamlico County Family History Center in Grantsboro. Call 745-2239 for info.  
 • Drumming Dragons, Oriental Town Hall, 7pm

Thursday, August 25  
 • Prayer Shawl Ministry, Oriental United Methodist Church, 10-11:30am. For all levels of knitting and crocheting. We can teach you how! Call Leigh Price for more info, 249-1361.  
 • Health Screening - Blood Pressure & Weight Checks at Senior Center at 10am  
 • Alcohol Anonymous, Thursday at noon, Closed, Grapevine, at Free Will Baptist Church, Ragan Rd., Oriental.  
 • St., Bayboro. Call 745-7850 for info

Email your event to frontdesk@thepamliconews.com no later than noon Friday.

**Pamlico Animal Welfare Society (PAWS)**

**"NEW LEASH ON LIFE" Program - Everyone deserves a second chance"**  
 PAWS rescues adoptable shelter dogs and pairs them with inmate trainers at the Pamlico Correctional Institution. The inmates learn patience, responsibility and teamwork along with new, marketable skills.  
 The dogs are vetted, vaccinated and altered, house, crate and leash trained, and receive basic and advanced obedience, agility and rally training. These well-behaved companions graduate every eight weeks, ready to join new, forever families - maybe yours?

Hi everyone, I'm Lola a lovebug, sweetiepie and a happy-go-lucky girl. I do well with other dogs but not so much with cats. I would love an active family with children and since I'm young myself and at only 2 years old we'd have many wonderful adventures together. I'm not much of a couch potato, but would love quiet evenings after an active day of play. You could say I'm a medium energy girl.

Hello everyone, my name is Owen and I'm a laid back kinda guy. A nicer southern gentleman you'll never find and we could share a long life together, since I'm only around 2 years old. I get along well with other dogs and cats. I'd love nothing better than to lie at your feet in the evenings while you work on your computer. And I could even be persuaded to become your large couch potato. Definitely not a high energy guy but as a hound I am going to want fenced in yard.

If interested, call Penny Monell at 249-1453 who is handling all the adoption applications this time.

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

**GOVERNMENT**

Wednesday, August 10  
 • Oriental Parks & Recreation Advisory Committee at 8am

Thursday, August 11  
 • Harbor Waterfronts Committee at Oriental Town Hall at 4:30pm  
 • Arapahoe Town Hall Meeting - Arapahoe Town Hall (in front of fire station) at 7pm  
 • Soil & Water Conservation Board Meeting at Little Italy Pizza at 6pm  
 • Arapahoe Charter School Board of Directors meets at 6:30pm at the Arlington Place Clubhouse

Monday, August 15  
 • Pamlico County Commissioners Meeting at 7pm in the 2nd floor Commissioners Room

Tuesday, August 16  
 • Pamlico County Chamber of Commerce Board Meeting at 7:30am at the Heritage Museum  
 • Oriental Tourism Board meets at Oriental Town hall at 5:30pm  
 • Bayboro Town Hall Meeting - 208 North Street, Bayboro, 7pm

Wednesday, August 17  
 • Oriental Planning Board meets at Oriental Town Hall at 3pm

Monday, August 22  
 • Water Advisory Board Meeting at Oriental Town Hall at 1pm  
 • Pamlico County Historical Association meets at the Heritage Museum at 7pm

Tuesday, August 23  
 • Oriental Tree Board meets at Oriental Town Hall at 8am  
 • Pamlico County Board of Elections, 10am in the Elections office (Pamlico County Courthouse)  
 • Pamlico Human Services, 11am at the Human Services Building  
 • Pamlico County Planning Board, 7pm in 2nd floor Commissioners room

Thursday, August 25  
 • Pamlico Partnership for Children Board Meeting at 1pm at the Pamlico Partnership for Children office, 702-A Main St., Bayboro  
 • Arapahoe Charter School Board of Directors meets at 6:30pm at the Arlington Place Clubhouse

Email your meeting to frontdesk@thepamliconews.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



Land/Home Sales  
Property Management  
Appraisals Development



Agent of the Week  
Nancy Elrick  
Broker

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

Nancy Listened to me. She did not waste my time by showing me anything I was not going to be interested in. She is very knowledgeable about the area, very helpful and accommodating. We highly recommend Nancy as a real estate broker for her local knowledge, process expertise and responsiveness.

Bob & Patti, NY



**ORIENTAL** - Down East Canvas & Gallery, a 26-year landmark business in a prominent Village location is for sale. Handicap accessible, off-street parking, sewer and water, built high with no flooding issues, like-new HVAC system, gorgeous pinewood flooring, beautifully landscaped, and walk to marina & shops.

OFFERED AT \$165,000



**MERRITT** - Lovely 3BR/3.5BA waterfront in Bell Point offers great views. Includes gas log fireplace 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** - Exquisite 3BR/2.5BA, water-access Oriental Plantation home. Deeded boat slip, community boat ramp, club house, pool & tennis court! All on 1 acre! Kohler whole-house gas generator, Culligan whole-house water softener, Vermont castings stove, huge screened porch w/outside shower & goldfish pond!

OFFERED AT \$269,900



**ORIENTAL** - Spectacular & private 3BR/3BA Camp Creek waterfront on a peninsula in Old Oriental with deep-water dockage. On a 0.44 acre parcel, home offers panoramic views of three creeks with 320 feet of bulkheading and a rip-rap revetment that offers a stabilized shoreline. A 31' dock with 22' L.

OFFERED AT \$329,900



**ORIENTAL** - Waterfront in the Heart of Oriental, features exquisite craftsmanship & flawless design, 4 bedrooms, 3 full-baths, 2 half-baths. Built on the highest waterfront lot in the Village, there have never been flood waters near this home or the out-buildings. No HOA.

OFFERED AT \$595,000

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



## Village Gallery Presents Painter Angela Tommaso Hellman



"Beach Bound" (16 x 20, oil)



"Buckets of Love" (16 x 20, oil)

The Gallery is open from 10:00 AM until 5:00 PM Wednesday through Sunday. The Village Gallery located at 300 Hodges Street in Oriental is a cooperative Gallery of local and regional member and consigned artists. For more information, visit the Gallery website at [villagegallerync.com](http://villagegallerync.com), visit Tommaso Hellman's website at [angelath.com](http://angelath.com), contact Judy Wayland at 252 249 1505 or call the Gallery during normal hours of operation from 10:00 AM until 5:00 PM Wednesdays through Sunday at 252 249 0300.



"How's The Water?" (22 x 28, oil)

### 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.

## Richland Seniors Honor MarLou Reid for 20 Years of Service

The Richland Seniors held their monthly meeting on August 2. The opening of meeting proceeded with the taking of attendance, recitation of the Lord's Prayer and the Pledge of Allegiance. Alice Briley, Activities Coordinator, quickly turned the meeting into a surprise celebration to honor one of their own, President MarLou Reid. The Richland Township pulled together to recognize MarLou Reid's tireless dedication of twenty years serving as president and founder of the Seniors Club.

Mrs. Reid was instrumental in the conception and growth of many community projects in the Richland Township. Mrs. Reid formed the Community Garden Club with several members which focused on the beautification of common areas in town. Mrs. Reid was crucial to the development and establishment of the Aurora Richland Township Seniors Club twenty years ago. She saw a need to engage the seniors of the community in a organization. She set about organizing a club that would allow seniors to gather together for fellowship, engaging activities and field trips. Mrs. Reid reached out to Former Mayor Joe Hooker to obtain the Aurora Community Center as a meeting venue. The seniors initially began meeting in the Aurora Community Center. Many events, seminars and celebrations were held in the Community Center under the guidance of MarLou Reid.

The Seniors were slowly outgrowing the community center and reached out to business owner, Curtis Potter for assistance in securing a building to call their own. A former bank was suggested for the new residence of the Seniors Club. Upon viewing the building, the realization of hard work was necessary to bring the vision of the facility as the Seniors Club. MarLou Reid tackled the building as she did every challenge, head on. Her vision and with the assistance of other talented members is evident in the structure that was once a shell of a former bank and now a gleaming example of the passion MarLou has for her community.

Many community members were present and acknowledged MarLou for her dedication to the community. Reverend Robert Cayton, Former County Commissioner, began the accolades of MarLou by reminiscing the process of procuring the building. He also acknowledged Jim Chrisman, Former Beaufort County finance Manager, assisted in planning the use of the building. Brad Lee, Mayor Pro Tem, presented a proclamation from the Aurora Town Commissioners for Mrs. Reid's effort and success of the Richland Seniors.

A plaque was also presented during this time which will be hung in the Richland Senior Building acknowledging her dedication and commitment as founder and president of Aurora Richland Township Seniors Club.

Many members also spoke appreciatively of all she has done for the community and what the Seniors club means to them. Hugh Donahue, Dorothy and James Parker, Sandi and Ken Lilley, Linda Daniels, all publicly acknowledged MarLou's influential contribution to the success of the Seniors Club. Members and guest were invited to share in the lunch provided.

The fifty /fifty raffle winner was Lou Hollowell. who donated her winnings back to the Club. Ken Lilly blessed the food.

Congratulations to MarLou Reid for a job well done!

(Thanks to Alice Briley for reporting this important event for The Pamlico News)



Surprise! MarLou Reid was honored for her 20 years of service to Richland Seniors August 2.

## 5th Annual Charity Golf Tournament Sponsored by the Oriental Woman's Club

The event will be held Saturday, August 27 at Minnesott Golf & Country Club, Shotgun start at 9am, check in from 8-8:45am.

The entry fee is \$60 and includes green fee, golf cart, 1 mulligan, 1 forward tee, continental breakfast and lunch.

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

Registration and Hole Sponsor forms are available at First Citizens Bank, Minnesott Golf & Country Club, at [www.orientalwomensclub.org](http://www.orientalwomensclub.org) or by contacting Sally Belangia at 671-9288 or Maija Fink at 745-5686.



Minnesott Golf & Country Club  
The Hidden Gem at the End of the Road

## Pamlico Community College Launches Improved Law Enforcement Program



Local officers participating in specialized training in PCC's Law Enforcement program last spring.

By Townley Cheek

After many months of preparation, recruiting the best instructors and coordinator, Pamlico Community College has officially launched its new and improved Law Enforcement program.

Scott Houston, Major at the Pamlico County Sheriff's Office and supervisor over the Operations Division of the Sheriff's Office, will be an instructor and coordinator for the Law Enforcement program at PCC. With twenty years of experience in law enforcement and a North Carolina criminal justice certified instructor, Houston brings a vast understanding and dedication to helping law enforcement officers receive the training and education they need to keep citizens safe.

Kathy Swecker, Coordinator of Health Occupations and Emergency Services, and Major Scott Houston worked hard to understand the law enforcement needs of this community and surrounding areas. They realized there are two major areas needing improvement--location and type of training-- areas in which PCC can help improve.

"Over the years I have seen how some smaller agencies oftentimes fall through the cracks and find it difficult to obtain specialized training for their officers. Small agencies cannot afford to lose officers for days at a time for travel and training half way across the state, and budgets do not allow for the meal and the lodging expense associated with such trips," says Major Houston. "This issue of convenience is a problem," says Swecker. "And it is a problem we felt we could fix." PCC is an excellent location for surrounding agencies to receive training. This limits distance traveled and lodging expenses, thus allowing agencies to receive the training they need with little to no cost.

"Along with offering yearly mandated in-service training that most community colleges offer, we are attempting to offer relevant specialized training in certain high liability and high vis-

ibility areas, including Narcotics Enforcement, Homicide Investigation, and Critical Incident Management," says Major Houston. "We also offer certain specialized investigative courses focusing on Physical and Rural Surveillance and Narcotics Investigation. In the coming months, we will be offering Basic Criminal

- *Death and Homicide Investigation*  
August 29-September 2  
8am-5pm

- *Advances Homicide Investigation*  
October 31-November 3

*The spring, PCC will be offering two more specialized law enforcement classes. Pre-registration is required.*

- *Sexual Assault Investigation*  
March 6-7  
8am-5pm

- *Drug Enforcement for Patrol*  
April 24-26  
8am-5pm

Investigations training and other Officer Safety courses."

This fall, PCC will be offering two specialized law enforcement classes. Pre-registration is required.

Not only has PCC identified two needs in the area, we are doing something about it. If we can help these agencies receive specialized training at a more convenient location with high quality instructors, then we are fulfilling our mission to the community.

If you would like to learn more about the Law Enforcement program or to register for courses, please contact Kathy Swecker at [kswecker@pamlicocc.edu](mailto:kswecker@pamlicocc.edu) or 252-249-1851 x 3017. Or, you can visit [www.pamlicocc.edu](http://www.pamlicocc.edu).



## Arapahoe Charter School Begins Its Twentieth Year With Purpose

The first day of school for Arapahoe Charter School students is **Monday, August 15<sup>th</sup>**.

**Good Lord! What was our Board of Director's thinking? That's 2 weeks before the traditional school's first day.**

The ACS Administration, teachers and Board of Directors are thinking about providing the best educational opportunity possible for our students. Because students in Grades 9-12 will be attending classes on the Pamlico Community College campus the Board of Directors approved mirroring PCC's calendar. All first semester classes will be completed before the Christmas vacation break.

**But why should the K-8 students have to start that early too?**

ACS is one school (K-12) – united in its goal of preparing all of its students. The silver lining of the early start is that there will be no first semester testing after the Christmas holidays nor End of Grade testing after the Memorial Day holiday. The 2016-2017 Academic Year will end before Memorial Day! Summer vacation will start in May.

**Hooray!** 😊

But Arapahoe Charter School's Administration and teachers encourage all of their students to be in school on the first day. In order to take advantage of the state's full funding we need all students to be there on Day 1 as well as Day 2,3,4,5...etc. Remember that Arapahoe Charter is a public charter school. There are no tuitions or fees.

**OK. But why shouldn't I just sleep in on the first day? I could be there on Tuesday.**

The Arapahoe Charter School Board of Directors are energetically encouraging all to be in attendance on day 1, Monday August 15. As an incentive, we are providing a drawing for an iPad in each grade level (K-12) for students who attend on the first day. In addition, students in grades K-8 will be included in a second drawing for a Kindle, giving them two chances to win a prize.

**Hmmm.**

**That would be nice. I would really enjoy an iPad or a Kindle. Anyway, I could see all of my friends too.**

If parents and students would like to meet their teachers before the first day, please come to the ACS floating Open House on Thursday, August 11<sup>th</sup> from 12:00 to 7:00 pm.

Everyone at Arapahoe Charter School is looking forward to seeing **YOU** on **August 15<sup>th</sup>**.

9005 NC HWY 306 S | Arapahoe, NC  
[www.arapahoecharter.org](http://www.arapahoecharter.org)

**Wear the message,**  
reach kids with the gospel and equip children to share their faith...

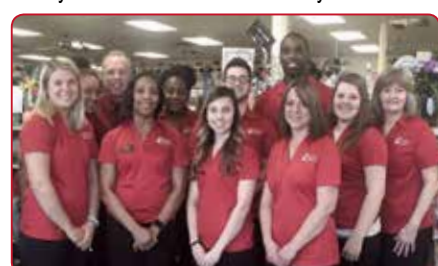
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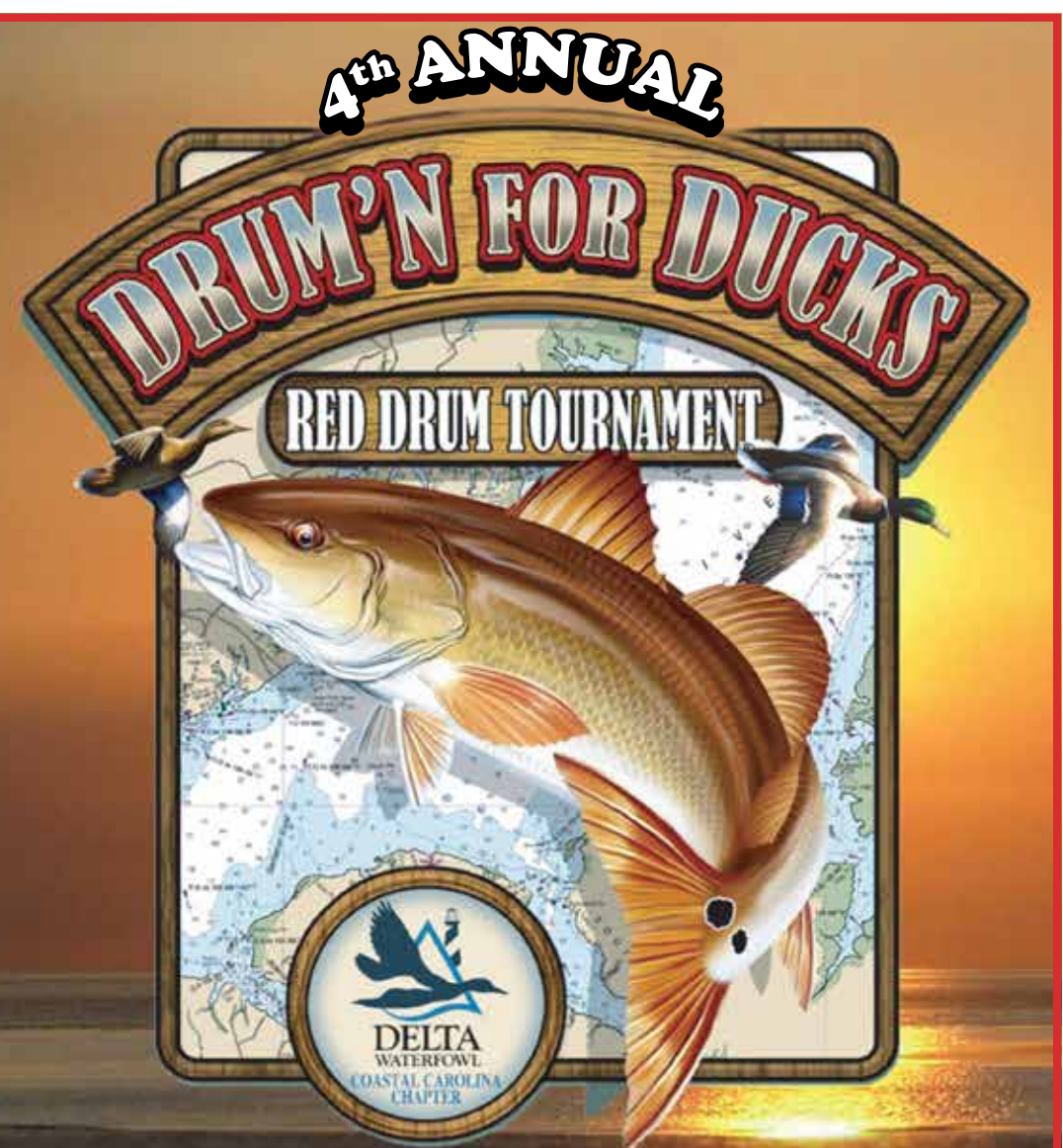
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**4th Annual Coastal Carolina Delta Waterfowl  
Drum'n For Ducks Red Drum Tournament**  
Proceeds to benefit Delta Waterfowl's Annual Hunts For Heroes

**Saturday, August 20th  
12 p.m. - 9 p.m.**

**Up The Creek Marina  
288 Shell Castle Lane, Vandemere, NC 28587**

**Price Per Boat Entry Fee:**  
**\$250 Early Bird Entry by Aug. 7th and \$300 after Aug. 7th**  
Includes meal tickets for boat crew and family members

**For more information call or text  
tournament committee members:**

**Bubba Radcliff, Vice Chairman at 252.229.7958**  
**Derek Beute, Tournament Director at 252.670.7714**  
**David Johnston at 252.671.3448**  
**Kevin Keller Peacock at 202.460.1241**

**Nautical Wheelers** ... at the Center of Oriental, NC  
411 Broad St, Oriental  
252-249-0359

**Wine Tasting**  
Italian Wines  
From the Wine Shop at Nautical Wheelers

Both Events on  
**August 20th**  
3 & 4 pm

**Book Signing**  
Craig Elliot author of  
"Mike Blackstone: NIS Special Agent - Assignment: Naples Italy"

Oriental's UPS Package Drop Off and Shipping Location

## Three New Eateries to Check Out in Oriental

Oriental Deli & Subs located at 807 Broad Street is serving up fresh breakfast sandwiches, toasted bagels, hot and cold subs and wraps and homemade soups. Fresh deli meats and cheeses are available along with homemade salads, muffins and cookies. Open seven days a week for breakfast and lunch.

Right across the street at Buena Vida you can enjoy authentic Mexican cuisine made from scratch while sipping one of their specialty margaritas. Choose from Baja fish tacos, chicken fajitas, chips, salsa and a variety of dips. The newly opened Cantina is open Wednesday through Sunday. Patrons can dine in or take out. Owner, Amelia Metcalf hopes to expand their hours of operations and plans to continually add new items to the menu.

O'town on the waterfront is now open. This is a second venture for Silos owners, Chris and Kimberly Daniels. With spectacular views of the Neuse and relaxed atmosphere, diners can enjoy open air dining on the deck. The extensive menu offers fresh seafood, steaks, and light fare. O'town's signature menu choice is "The Crazy Bloody Mary." This spicy concoction comes complete with a chicken, shrimp, bacon, an array of olives, a pickle and some added hidden gems. Open Thursday through Sunday from 11 am to 9 pm.



**Buena Vida**  
Row One: Darlene O'Sullivan; Emily McPherson; Owner, Amelia Metcalf; Jessica Contreas; Letti Ortiz. Row Two: Curtis Henson

**Karen's**  
Has  
Moved  
To New  
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We look forward to serving your health and beauty needs!  
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**Oriental Deli & Subs**  
Owner, Tim Jalbert, Kaitlyn Belangia & James McLaughlin



**O'Town**  
O'Town Owners, Chris and Kimberly Daniels

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**Warranty Choice**  
2000 HRS. (2 YRS.)  
5 YRS. (500 HRS.)

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**BOB-CAT**  
Make Your Move™

### Incidents

July 29, NC Hwy 304, Bayboro, unresponsive person  
July 29, NC Hwy 55, Bayboro, harassment complaint  
July 29, Third Ave., Oriental, fraud-wire/computer/other electronic manipulation  
July 30, NC Hwy 304, Vandemere, assault on a female, interfere emergency communication  
July 30, Spain Farm Rd., Stonewall, larceny  
July 31, N. Water St., Bayboro, verbal altercation  
Aug. 1, Trent Rd., Merritt, disturbance  
Aug. 1, NC Hwy 306 S., Arapahoe, fraud – obtaining property by false pretense  
Aug. 1, Longleaf Dr., New Bern, assault on a female  
Aug. 2, NC Hwy 55 East, Grantsboro, larceny – all other larceny  
Aug. 2, Longleaf Dr., New Bern, calls for service (affray)  
Aug. 2, NC Hwy 306 S., Grantsboro, criminal damage to property (vandalism)  
Aug. 2, Hope Lane, Bayboro, fraud – credit card/automated teller machine  
Aug. 3, Cowell Lane, Bayboro, burglary – non-forced entry, larceny – from motor vehicle  
Aug. 3, Scott Town Rd., Grantsboro, fraud – wire/computer/other electronic manipulation  
Aug. 3, Lynchs Beach Loop Rd., Bayboro, child abuse (non-assaultive)  
Aug. 4, Mayo Rd., Hobucken, RE Mayo, Breaking and/or entering, larceny after break/enter  
Aug. 4, Lowland Rd., Lowland, simple physical assault  
Aug. 4, NC Hwy 55, New Bern, ABC Reelsboro, larceny – all other larceny  
Aug. 4, Main Street/Cooper Road, Alliance, vandalism  
Aug. 4, Midyette St., Oriental, simple assault – all other simple assault  
Aug. 4, Florence Rd., Merritt, hiring with intent to defraud, second degree trespass  
Aug. 5, Scotts Store Rd., Grantsboro, abandoned vehicle, breaking and/or entering

### Inspections

July 29, Sherwood Caraway, Merritt, electrical, \$75  
Aug. 1, Carol Pegram, Bayboro, mechanical, \$40; Steve Miller, New Bern, mechanical, \$40; Smilin' Faces, Bayboro, fire, \$40  
Aug. 2, Arapahoe Charter School, Arapahoe, fire, \$0; Gina Haeslop, Arapahoe, new residence, \$1,574.30  
Aug. 3, Ron Diamond, Oriental, sign, \$50  
Aug. 4, Alecia Johnson, Oriental, renovation; Floyd Jones, Bayboro, elevation, \$523.12  
Aug. 5, Jean Jerger, Oriental, electrical, \$40; Reggie Townsend, Arapahoe, CAMA, \$85.50, Gary Mitchelson, Merritt, electrical, \$40

### Property Transfers (Aug. 1 - Aug. 5)

Aug. 1, Blackwell Cemetery Lot: 154, Phase 4; PCA 183-10, from Michelle M. Fodrey to Denise Russell, \$0  
Aug. 2, Lake Minnesott Estates Lot: 21, Section IX; MB 6/70, from Lanza Developers, LLC to Antonio Lanza/TR, Gretchen Lanza/TR, The Lanza Family Revocable Trust, \$0  
Aug. 2, Lake Minnesott Estates Lot: 22, Section IX; MB 6/70, from Lanza Developers, LLC to Carlos Lanza, \$0  
Aug. 2, Lot 1, PCA 193-12, 1.361 AC; Grantsboro; 2 parcels, from MC Grantsboro NC Landlord, LLC, Suntrust Equity Funding, LLC to Kenjoy Realty, LLC, \$7,021  
Aug. 5, NW/S Academy Street, Oriental, Lot 2, map attached DB 187772, from Ian D. Crawford and Jana Crawford to Nancy E. Erwin, \$320  
Aug. 5, Old South Rod & Gun Club Unit: 311, Phase III, Condo Book 1/40 and 1/61; 3 Tracts, from Julian W. Rawl and Barbara B. Rawl to Randall C. Gressett, \$270  
Aug. 5, Dawson Creek Lot: 262 Tract 1, Phase I – Section 2; PCA 165-19; Dawson Creek Lot: 261 Tract 2, Phase I – Sections 1 & 2; PCA 192-1, Tract I PIN: H094-1-262; Tract 2 PIN: H094-1-261, from Patricia J. Soper and Francis W. Soper, Jr. to Patricia J. Soper and Francis W. Soper, Jr., \$0

## 50-Mile Chase in Stolen Vehicle Ends in Arrest on Multiple Charges

On Sunday, August 7, 2016, Deputies with the Pamlico County Sheriff's Office were investigating the larceny of a motor vehicle from the Alliance area of Pamlico County. During the investigation Deputies identified the suspect as Devonta Respers (B/M DOB 3-22-1983) of 876 Main Street Alliance.

At approximately 11:10 PM, Deputies received information that the vehicle was spotted in the Camp Jo Jane area of Pamlico County.

Deputies responded to the area in an attempt to locate the stolen vehicle. While in the area deputies witnessed the vehicle traveling on Jo Jane Road. Deputies attempted to initiate a traffic stop on the vehicle when the vehicle sped away. Deputies gave chase to the stolen vehicle. After chasing the vehicle approximately 50 miles in and around Pamlico County the vehicle was stopped just inside the Craven County line on NC Hwy 55 East. The North Carolina Highway Patrol and The Craven County Sheriff's Office assisted. Devonta Respers was taken into custody.

Devonta Respers was currently out of jail on electronic house monitoring for the larceny of a motor vehicle in 2015. RESPERS was charged with cutting his electronic monitoring device off prior to the chase.

RESPERS was charged with the following: (2 Counts) Assault with a Deadly Weapon on a Government Official, Felony Flee to Allude an Arrest with a Motor Vehicle, Felony Larceny of a Motor Vehicle, Interfere with an Electronic Monitoring Device, Reckless Driving to Endanger, Driving While License Revoked, Failure to Heed to Blue Lights and Siren.

RESPERS was placed in the Pamlico County Detention Facility on a \$25,000.00 secured bond and has his first court appearance scheduled for August 12, 2016.



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## For Art's Sake

Maureen Donald  
The Editor's Desk

We've all heard the uproar over Veterans hospitals across the nation plagued by unacceptable wait times for veterans - that's the bad news. The good news is our veterans aren't staring at blank walls while waiting to see a doctor.

The reason is the Department of Veterans Affairs spent nearly \$20 million on artwork over 11 years, according to an investigation by COX Media Washington, D.C., and American Transparency, which runs the [OpenTheBooks.com](http://OpenTheBooks.com) website.

No, really. I'm not kidding.

The VA spent millions on high-end art, even as a scandal unfolded over employees at a number of facilities falsifying appointment records to cover up lengthy wait times. While the VA had set a goal of ensuring that veterans are able to see a doctor within 14 days, some vets were forced to wait months, or even more than a year, to receive care.

Keep in mind the waiting rooms were well decorated. That counts for something - right?

In addition to the scheduling malfeasance, the report detailed other staff misconduct and criminal activity, an unwillingness to hold misbehaving employees accountable, delayed disability ben-

efits claims, doctor shortages, excessive salaries and bonus incentives, and a lack of transparency.

But through it all, the VA spent \$19.7 million on artwork, art consulting and restoration services from fiscal year 2004 through fiscal year 2014. The COX Media-OpenTheBooks.com study finds the artwork budget saw a marked increase under the Obama administration, jumping from a total of approximately \$1.5 million in 2004-07 to \$16.2 million plus another \$2 million on "special projects" in 2008-14.

A few details - the expenditures included \$21,500 for a 27-foot artificial Christmas tree for the Chillicothe, Ohio, facility, a \$482,960 "rock sculpture" and \$115,600 for "art consultants" for the VA Palo Alto Health Care System, \$670,000 for two sculptures for a Palo Alto facility dedicated to serving blind veterans, \$610,000 over six years for artwork at the new facility in San Juan, Puerto Rico, and \$168,467 for the Biloxi, Miss., health care centers, which were named among one of the seven "most troubled" VA facilities during the wait-time scandal.

"All of this artwork comes with a long-term price tag in the form of diminished care for our veterans," Adam Andrzejewski, CEO of [OpentheBooks.com](http://OpentheBooks.com), argued in a Forbes column.

Andrzejewski also made a common-sense suggestion: Let the veterans receiving care provide the art. The VA already holds an annual

National Veteran Creative Arts Competition for vets enrolled in VA medical facilities or outpatient clinics. Why not let the vets adorn the facilities (and at a significant cost savings)?

In the scheme of things, \$20 million is budget dust in the VA's budget, but at a time when the agency is failing to deliver health care services in a timely manner, the department should exercise better judgment in getting its priorities in order and devoting as many resources as possible to improving the care of our veterans.

A U.S. senator is calling for the Department of Veterans Affairs to stop buying art for its facilities after a report found the agency spent \$20 million on high-end art over the past decade.

Sen. Mark Kirk demanded that VA Secretary Robert McDonald place "an immediate moratorium on art purchases until a Congressionally approved process is formally instated" in a letter.

"Spending money on decorative art while veterans wait for care is unacceptable and Secretary McDonald should block any more purchases and formalize processes to use artwork by veterans instead," Kirk said in a statement. "The VA has not taken the year-old directive to stop excessive spending and I'm calling for an immediate moratorium on art purchases until a Congressionally approved process is formally instated, so the American people are informed on how their tax dollars are spent."

You think?



## Making Sense of Investing

Dan M. Roberts, IV  
Financial Advisor

If you have an interest in looking up obscure holidays and celebrations, you will find that August 16<sup>th</sup> is

National Roller Coaster Day. As you know, a roller coaster is used as a metaphor for many areas of life - including the financial markets. As an investor, what can you learn from this thrill ride?

Here are a few suggestions:

- **Don't jump off.** This is pretty standard advice for all roller coaster riders - but it's also a good recommendation for investors. Specifically, you don't want to exit the financial markets when they turn volatile. It can be tempting to do so, because the markets do indeed experience dizzying drops from time to time. But if you jump out of the markets when they're down, you may be on the outside when they start their climb, potentially missing out on gains.

- **Protect yourself.** When you're on a roller coaster, you are typi-

cally advised to keep your arms and legs inside the car to protect your extremities from dangerous contact with the track and other cars. As an investor, you also need to protect yourself from dangers such as a market downturn. If you owned just one type of asset, such as aggressive growth stocks, and a downturn occurred, you'd likely take a big hit. One of the best ways to help avoid this possibility is to diversify your holdings among stocks, bonds and other investments. Although diversification can't guarantee a profit or protect against losses, it can help reduce the impact of volatility on your portfolio.

- **Keep looking forward.** When you're on a roller coaster, you don't want to look backward. Not only could you strain your neck, but you'll also be unprepared for the ups, downs, twists and turns that await you. When you invest, you want to keep looking forward as well. By keeping your eyes, and your focus, on your long-term goals, such as a comfortable retirement, you can be better prepared to follow a consistent strategy designed to help get you to your destination.

## What Can Investors Learn from Roller Coaster Rides?

- **Don't bring extra baggage.** For obvious reasons, it's not a good idea to bring any loose or extra baggage inside a roller coaster car that may have you going upside down at 90 or so miles per hour. As an investor, you don't want to be saddled with any extra "baggage," either - and one of the biggest sources of this baggage is unrealistic expectations. If you think you will earn double-digit returns every year, you will likely be disappointed - and your disappointment could lead you to make unwise decisions, such as constantly buying and selling investments to improve your performance. This type of activity is expensive, time-consuming and usually futile. So, when you invest, maintain realistic expectations - it can help you stay on track toward your goals.

- **By following these basic guidelines for roller coasters, you'll enjoy a safer ride.** And by observing similar rules for investing, you can help make your investment "journey" smoother - and less scary.

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



## Fast Cash Loans Cost More Than You Bargain For

Attorney  
General  
Roy Cooper

Families strapped for cash may find payday loans and other quick cash loans tempting. But consumers who take out these high-interest, short-term loans often find themselves borrowing one

loan after another simply to make the payments, trapping them in a long-term cycle of debt. According to a recent study from the Consumer Financial Protection Bureau, almost 70 percent of payday loan borrowers take out an additional loan within a month.

I've fought for years to keep unfair loans out of North Carolina, chasing the last payday lenders out of our state a decade ago. But some lenders continue to skirt the law by targeting desperate borrowers online. My office and the North Carolina Banking Commission recently won \$9 million in refunds for consumers from online fast cash lenders CashCall and Western Sky. The settlement also requires these companies to stop collecting on loans in North Carolina, cancel all loans owed by North Carolinians, and stop lending in the state.

The settlement marks North Carolina's first successful effort to ban an online payday-type lender that tried to evade the law by claiming affiliation with an Indian tribe, and it's expected to help us enforce North Carolina's strong laws against other illegal online lenders.

If you find yourself in a bind and are considering turning to an online loan for quick cash, make sure you know the risks:

- **The debt trap.** Many payday loans are due in full on your next payday, typically in two weeks. If you're unable to repay the loan by then, you could get stuck taking out new loans or rolling over the old one, forcing you to pay more interest and fees on the same debt over and over again. Other online loans are longer term, but because of their high interest rate, almost all initial payments go to interest rather than helping you pay down the principal balance.

- **Fake debt collectors.** Consumers who apply for online loans are frequently targeted by scammers who try to collect on loans that weren't even made. These criminals are known to be relentless, often claiming to be law enforcement officers, attorneys or government officials in order to threaten lawsuits, arrest, and visits to your home and workplace unless you pay.

- **Harassing you for payment.** Online payday loan debt collectors can be more difficult to deal with because they may be unlicensed or based in foreign countries. Once a payday lender has your personal and financial information, you may find that the only way to keep them from taking your money is to close your account.

- **Unauthorized withdrawals.** When an online payday loan is active, the lender immediately deducts a loan payment from the borrower's bank account after the borrower gets their paycheck. That should stop when the loan is paid off, but borrowers sometimes find that deductions continue even after their loans are fully repaid.

Before taking out an online payday or short-term loan, explore all your options, including:

- Savings accounts or rainy day funds
- Working with your creditor directly to work out an extended payment plan
- Loans from friends, relatives, your church, or social service agencies
- Salary advances from your employer
- Small, low interest, short-term loans from a credit union
- A credit card advance or a loan from a local consumer finance company

If you do take out a loan as a last resort, make sure you understand the loan terms and conditions. If the annual percentage rate of interest (APR) is more than 36%, then the loan is high cost and will be very expensive and difficult to pay off.

If you're experiencing problems with a payday or short-term lender, remember that our office is here to help. Contact our Consumer Protection Division by phone toll-free within North Carolina at 1-877-5-NO-SCAM or file a complaint online at [ncdoj.gov](http://ncdoj.gov).

*Attorney General Roy Cooper and his staff are working to educate consumers and protect them from scams. We are here to be of service when you need us but through consumer education efforts like these columns we hope to help consumers avoid problems from the start.*



## Hometown Debates Will Inform Voters

John Hood  
Chairman,  
John Locke  
Foundation

North Carolina is urbanizing - that much is certain. You can chart it in the economic data about population, income, and job creation. You can see it in the cranes that rise into the skylines of our largest cities. You can hear

it as you travel the state and talk to people. Fewer have the distinctive accents of small-town and rural North Carolina.

But to say our state is "urbanizing" is not to say that it is "urban," or anything remotely approaching it. Most of us still live in suburbs, small communities, and rural areas. If North Carolina candidates fail to understand that as they plan their campaigns, they will likely fail by Election Day.

Our two most-populous counties, Mecklenburg and Wake, accounted for about one-fifth of all the ballots cast in the 2012 election. If we are generous with the definition of "urban" to include counties with population densities of at least 750 per square mile, that would add four more to the list: New Hanover, Durham, Forsyth, and Guilford. All six counties collectively cast 36 percent of the votes in 2012.

You can raise that percentage up slightly above 50 percent by adding in counties with at least 250 people per square mile. But few people would consider counties such as Alamance, Davidson, Gaston, and Catawba to be "urban" in any meaningful sense. Their political debates and voting behavior certainly don't comport with what most people think of when they see terms like "urban issues" or "urban values."

North Carolina politicians running for statewide office would be wise to plan accordingly. If Roy Cooper wants to defeat incumbent Gov. Pat McCrory, he won't be able to do it simply by turning out reliably Democratic voters in major cities. There aren't enough of them. If U.S. Senator Richard Burr wants to win his reelection bid against former state Rep. Deborah Ross, he'll need to energize the Republican base in rural areas, small towns, and upscale urban enclaves while appealing to swing voters found disproportionately in the state's burgeoning suburbs and exurbs.

You've probably heard a lot from McCrory, Cooper, Burr, and

Ross so far this election cycle. But there are other races on the statewide ballot that deserve your attention.

For example, incumbent Lt. Gov. Dan Forest, a Republican, faces a rematch with his Democratic opponent from 2012, former legislator Linda Coleman. Furthermore, two key offices have no incumbents. For attorney general, Republican Buck Newton faces Democrat Josh Stein. They previously served together in the state senate. For state treasurer, former state legislator and Division of Employment Security head Dale Folwell, a CPA, faces former Wake County Democratic Party chairman Dan Blue III, an attorney.

To help voters learn more about these important electoral contests, the North Carolina Institute of Political Leadership (IOPL) is partnering with local chambers of commerce, newspapers, and broadcasters to host candidate forums during the month of September. The "Hometown Debates" series will be held in three cities. On September 13, the lieutenant governor candidates will debate in Wilson. On September 20, the attorney general candidates will debate in Asheboro. And on September 27, the state treasurer candidates will debate in Statesville.

All three debates will be broadcast on television by UNC-TV's North Carolina Channel and on the radio by the North Carolina News Network. They will also feature questions from local newspaper editors. Thanks to the series sponsors - the North Carolina Association of Defense Attorneys, the North Carolina Advocates for Justice, the State Employees Association of North Carolina, the John William Pope Foundation, and North Carolina's Electric Cooperatives - these events will give state residents a great opportunity to cast informed votes for lieutenant governor, attorney general, and state treasurer this year.

As you can see, IOPL and its partners in the Hometown Debates recognize that North Carolina politics is not simply about what happens in a few large cities. Most of the electorate lives elsewhere. To win their votes, candidates need to understand where they are coming from - both literally and figuratively.

*John Locke Foundation chairman John Hood is the author of Catalyst: Jim Martin and the Rise of North Carolina Republicans.*

## Sheriff's Office Conducting "Back to School" Supply Drive

The Pamlico County Sheriff's Office, with help from our citizens and schools, will be doing a "back to school" supply drive. We have contacted our county schools and asked for a list of items they feel are needed by students when they return to school. All items will be given to each individual school; where school staff will give it to the students in need or give as needs arise. We feel the school can better identify where the greatest needs are. We understand that families fall on hard times; we see it every day and feel that it is our responsibility to help carry some of the burden. This is our opportunity to invest in our future and the future of Pamlico County.

"We will be running the school supply drive until August 22. Please bring your donated items to the Pamlico County Sheriff's Office anytime, between now and August 22," said Davis. "We

hope we can count on you to help offset the cost of supplies for parents, teachers and our schools. Together we can make a difference!"

Among the supplies needed are: #2 Pencils, Kids Scissors, Crayons, Glue Sticks, Erasers (Large Pink), Book Bags, Colored Pencils, Cap Erasers, Highlighters, Black/White Composition Notebooks, Poster Board for Projects, Hand Sanitizer, Clorox Wipes, Ear Buds, 2" 3-ring binder, 3" 3-ring binder, Marbled Journal Notebooks, Loose Sleeve Paper, Index Cards, Lysol Spray, Black Ink Pens, Dry Erase Markers, Kleenex, Mechanical Pencils, Glue Bottles, Wide-Rule Notebook Paper, 1 Subject spiral notebooks, 3 x 5 index Cards, Protractors, Graph Paper, Dividers, Sheet Protectors, Copy Paper, Plastic Folders with 2 pockets and fasteners, Headphones

# The Pamlico News

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## PUBLIC NOTICE

The Pamlico County Sheriff's Office is in possession of previously seized firearms that have remained unclaimed for more than two years. These firearms are no longer part of any ongoing criminal or civil cases. Individuals with a valid claim to ownership should contact the Pamlico County Sheriff's Office prior to September 5, 2016 to reclaim their property. A hearing will be conducted to determine the disposition of any remaining unclaimed firearms on September 5 2016 at 10:00 in Superior Court at the Pamlico County Courthouse.

## Kenny Heath

County Commissioner District 5



*I am working hard to serve the people of Pamlico County and want to know your concerns.*

As always, feel free to call me with your questions and ideas

252-670-9854



## Goose Creek Island

Annette Jones,  
55 Plus Club  
Correspondent

Goose Creek Island 55 Plus Club met Thursday at the Community Center. It was Bingo Day and everyone won a prize. We sang a belated Happy Anniversary to Brenda Lewis. She and Bobby have been married

57 years! Mildred and I were pleased to have Brenda back with us today. Gloria Ireland joined us to observe the Scrabble game. She wanted to see how it was played before she jumped in! Maybe she will play next week. Anyway Mildred won a game and I won a game. I have Herbie.

Prayer List: Rita Lupton spent Wednesday night with sister Musa Harris and drove her to an early dentist appointment to have teeth surgically removed Thursday morning. Camden Popperwill continues treatment at Vidant in Greenville. Janice Ireland's great grandson, Chance Cooper has surgery Thursday and is doing well. Mavis O'Neal isn't doing well. She is temporarily a patient at Grantsbrook.

We received word that George Theodore Lupton of Houston, Texas passed away. George was born and raised in Hobucken and graduated with honors from Hobucken High School, class of 1947. He was valedictorian and Vice President of the class. Our prayers and condolences go out to the family.

Happy Birthday Lloyd Carawan and Adam Alcox - Aug 11, William Rowe - Aug 12, Jennifer Lupton Gillikin and Debbie



## Pamlico

Betty Jo  
Rodgers  
Correspondent

I heard from a reliable source that Debbie Roach was out shopping at Michaels last week. You can't keep a good woman down. Her precious husband was pushing her in a wheelchair.

I am so glad she is able to get out and do something she enjoys. It is a blessing that Mike builds wheelchair ramps because the one he built for her was number 77. Now that is a biblical number of completeness.

This past week the roadsides in the Pamlico Community were mowed. With all the rain we have had, now you can really see the water standing in the ditches. I pray this rain has not ruined all the crops for the farmers. I also pray the standing water does not breed mosquitoes.

On Sunday, Vandemere United Methodist Church sang "Happy Birthday" to me; and then when I went to Charlies Restaurant for a turkey dinner, Desiree and her staff brought me cake with a candle on it and the entire back room at Charlies sang "Happy Birthday" to me again. I am blessed to have so many wonderful friends and even more blessed to have a husband who has been treating me and celebrating with me all week.

There appeared to be many good church services this past Sunday. At lunch I heard about the services at Stonewall UMC which celebrated the 2016 Vacation Bible School, the service at

Midgette - Aug 13, Douglas Randall Jones - Aug 14, Peyton Jade Lupton - Aug 15. Cathy O'Neal, Bobby Hacker and Markie O'Neal - Aug 16, James Lupton - Aug 17. Happy Anniversary George & Brandi Ireland Flowers - Aug 15.

Alexis Ireland rode her lawnmower up the road to see me Thursday. En route, she mowed around the Community Sign on the corner. Thank you Alexis. Also, many thanks to Nick Tetterton who is putting the messages on the sign!

Ryan and Shanna Lewis Mayo were honored with a Baby Shower at the Goose Creek Island Community Center Saturday. The auditorium was decorated beautifully in pink and blue. Games were played and delicious refreshments served. Rhonda Mayo gave prayer for the new baby and family and blessed the food. The couple opened the many lovely and useful gifts. There was a very large group of family and friends in attendance.

The annual Carawan Family Reunion was held Saturday at James Roy and Monica Carawan's landing in Lowland. The children enjoyed swimming off the dock. There was plenty of good home cooked dishes, as well as barbeque and sides. James Roy blessed the food as everyone joined hands. It was a wonderful time of love and fellowship.

Kelly Ballance and children and mother, Gail Brigman drove to Billerica, Mass. to visit with Gail Ballance Zechner and family. They enjoyed time touring and sightseeing.

We are looking forward to seeing everyone Aug 13th at the Lupton Reunion.

the waterfront in Oriental, and there were still vehicles at Broad Creek United Church of Christ when I passed by there at about two o'clock on Sunday afternoon.

Don't forget, this Saturday, August 13 at noon, the Lupton Family will celebrate their 60th Family Reunion. I look forward to seeing many of you at the Goose Creek Island Community Center. I have prepared a power point presentation on Annis Lupton Gwaltney. You are encouraged to bring old family photos to be scanned for a special project. Bring your usual good food to share and also a favorite dessert to enter in the dessert competition.

Those celebrating August birthdays include Debbie Roach & Yvonne Shealy (8/9), Leslie Gilliam, Jr. (8/13), Mrs. Eunice Parker & Jennifer Whorton Phillips (8/14), Morgan Hudgins & Karen Spruill (8/15), Linda Gwaltney (8/17), Mary Ferris & Jodi Moore (8/18), Judy Styron (8/21), Joan Ford (8/25), and Elsie Keller (8/31). Elsie and Franklin Keller will celebrate their 66th wedding anniversary on August 3rd, Ned and Mary Ferris will celebrate their wedding anniversary on August 22nd, and Henry and Ruth Mahlman will celebrate their wedding anniversary on August 24th. Congratulations to everyone.

Have a blessed week. Want a Blessing? Take Spiritual Vitamin "B" and Be confident of this very thing, that he who has begun a good work in you will complete it until the day of Jesus Christ. (Philippians 1:6)



## Whortonsville

Reba Tiller  
Correspondent

Good Monday morning. Isn't this just the most beautiful place in the world? Even with all the rain, you open the blinds each morning, the grass is so green and the flowers are blooming, how can you help but say thank you, God, for a lovely

day. Of course we feel for those who live where there are fires and floods but we feel so blessed in our little corner of the world.

Our son Russ came down last week and worked in the yard preparing it for the big party on Saturday evening. The storm came just before the party, but cleared out and about forty guests showed up to celebrate a "Frogmore" honoring Savannah Ellenberg and Ben Alexander who are getting married at Arlington Place in the fall.

Savannah was my grandson Noah's teacher in Chapel Hill and he loved her so much. Noah has slight autism (the doctors say, but I am not convinced) and she went out of her way to help him in school, so Noah's parents Russ and Jeanna Tiller had a party here in our back yard for about forty of Savannah's family and friends as a "thank you" to her. When the tent went up I was afraid my neighbors would think something had happened to Weeks, but this was a happy affair.

If any one saw the sheriff, Chris Davis coming to our home on Saturday, Weeks and I have done nothing bad, he and his wife were invited guests. James Cuthrell and Russ cooked two big pots of shrimp, sausage, potatoes, and corn. The theme of the party

was "Date Night" and folks brought gifts for the occasion. The sunset was stunning so they spent a lot of time on our dock taking pictures. Ann Holton, Savannah's aunt and I talked about the fun years we had when she was Director of the Senior Center.

Kevin and Suzy Bryan came over to visit on Sunday feeling very lonely. Eric had left for school in Charlotte so they were left with the "empty nest" syndrome. Discovered there was a Poke Man at Bethel Church so Noah and Russ went out to capture it. Just learned there was one at Mrs. Winkie's house also, but we missed that one. That has got to be the most ridiculous game ever!

Noah brought in the crab pots on Friday night and we were delighted to see a dozen crabs! We are all enjoying Nick's book and wondering how much is fact and how much is fiction. Nick had some outpatient surgery on Friday and is doing well.

Kevin reported that the three races went well on Saturday before the storm and they also got in one on Sunday.

Little Mattie Cuthrell went to Camp Seafarer and Bible School last week. Stonewall U. Methodist had the children from Bible School to sing at church on Sunday, and this week she is in Engineering School at Pamlico Community College.

Anne Watson tells me the funds for new seats at the school has gone so well they have almost reached their goal. Can you believe that just around the corner is the time for school to begin? The summer has gone by so fast.

Thought for the week--Forgive us, Lord, for fussin' about the price of meat, when there are those that can't buy bread!

## Lawmakers Called On to Restore Respect to Educators

RALEIGH – Every child deserves an opportunity to be successful and North Carolina's public school educators are making that happen each day. With average teacher pay and per-pupil spending rankings in the bottom tier of the nation at 42nd and 46th, teacher attrition rates at historic levels, and the enrollment training programs at our institutions of higher learning at dangerously low levels, we must restore respect to the education profession in order to recruit and retain teachers.

The North Carolina General Assembly is being asked to stand with public school students and educators and commit to restoring respect to the education profession by:

- Ensuring that every child, regardless of zip code, has an opportunity to reach their fullest potential.
- Developing a comprehensive plan to improve per-pupil spending to at least the national average and to maintain it.
- Developing a comprehensive plan to pay educators as profession-

als by increasing average salaries to at least the national average and to maintain it.

- Developing a comprehensive plan to professionally compensate education support professionals, principals, and assistant principals.
- Restoring basic due process employment rights to ALL educators.
- Restoring Master's Pay and restoring Longevity Pay as a separate bonus.
- Restoring textbook, technology, and instructional resource funding to pre-recession levels.
- Eliminating or modifying the current A-F grading system of schools, recognizing that student growth is disproportionately undervalued.
- Funding a scholarship program for college students preparing to become public school teachers.
- Investing in professional development opportunities for educators.
- Committing to visiting public school classrooms.



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Estate Planning

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### HOUSE FOR SALE

New Zone II Single Wide 3 BR, 2 BA set up on your lot, \$29,990. Down East Realty & Custom Homes, 4130 Dr. ML King Jr. Blvd, New Bern, NC 28562. (252) 649-1799. (9/5-TFN)

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Moving Sale: 50 years of accumulated household goods, equipment and tools. Saturday, August 13 from 8am to 1pm, 320 Peninsula Dr., Oriental. Take Route 55 to Straight Rd., turn right on Orchard Creek Rd., turn right on Peninsula Dr. 249-2675. (8/3)

### BOAT FOR SALE

Parker Boat for sale: 1985 21' Sou'wester by Parker. Hull only, deck floor soft in the back will need replaced. \$250. Call 252-675-1230 or email: Ben@towndock.net.

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1	2	3	4	5	6	7	8	9	10	11	12	13
14				15					16			
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49	50	51										
52	53								54	55	56	57
									58			
59									60			61
62									63			64
65									66			67

### ACROSS

1. "God's Little \_\_\_\_"
5. African capital
10. Boris Godunov, for one
14. Booty
15. "Damn!"
16. Big Indian
17. Diplomatic official
19. Mosque V.I.P.
20. \_\_\_\_ jacket
21. Latke ingredient
22. All \_\_\_\_
23. Horse handler
25. Engine sound
27. A break in a set
33. Money in the bank, say
36. Who "ever loved you more than I," in song
37. "For shame!"
38. Stooze
39. Backgammon piece
40. Idle
41. Victorian, for one
42. Treasury
43. Like composition paper
44. Impolite
47. Camping gear
48. All together
52. Big loser's nickname?
54. Equipping weapons
58. Not just "a"
59. Toll road
60. Spray to use unwanted plants
62. Brio
63. To anoint
64. Swerves at sea
65. Dermatologist's concern
66. Linked or joined two draft animals
67. "\_\_\_\_ quam videri" (North Carolina's motto)

### DOWN

1. "Remember the \_\_\_\_!"
2. States of prolonged unconsciousness
3. Automaton
4. In-flight info, for short
5. Catalog
6. Chew the fat
7. Conclusion
8. Carrot, e.g.
9. Poisonous alkaloid obtained from nightshade
10. Testers
11. Good one
12. "When it's \_\_\_\_" (old riddle answer)
13. Butts
14. In all
18. Bank claim
26. "It's no \_\_\_\_!"
28. "Come in!"
29. Fowl place
30. Betting game
31. Exude
32. Call for
33. Acted like
34. Delhi dress
35. Symbol used by the Nazis
39. Person with no access to outside world
40. "Schindler's \_\_\_\_"
42. Voting "nay"
43. Cloth used as a turban
45. Like concrete
46. Pig squealed
49. Book of maps
50. Flavored soft candy
51. Brusque
52. Particular, for short
53. Easter flower
55. Ashcroft's predecessor
56. Docile
57. Doing nothing
61. Alkaline liquid

E	S	S	E	D	E	K	O	L	S	A	C	S
S	M	V	A	E	T	E	N	V	N	V	T	E
R	E	T	L	I	K	D	E	M	E	K	I	D
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V	J	V	R	T	O	H	S	T	O	O	L	
R	A	S	L	T	O	A	C	A	E	A	C	

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Future

Continued from page 1

While most people think of economic development in terms of simply adding industrial parks and creating extensive businesses that employ hundreds of workers, this simply isn't the case.

As the county's overseer of development, Bucksot believes that it's possible to instill a vision in people; however, without holding onto hope that things will in fact progress, economic development will not occur.

That's why she's always partnering with existing local businesses, the school district, Pamlico Community College and individuals in the community as a whole, along with neighboring counties.

One of the newest ideas to come out of this partnership involves a creative way to attract visitors to not only Pamlico County, but also to Carteret County.

Next year, both counties will participate in "The IBX Treasure Hunt," a quest meant to entice tourists to not only visit the area but to also frequent local businesses.

The idea stemmed from Larry Williams, an owner of the Sea Tow franchise, who expressed interest in creating a type of treasure map encompassing both counties where individuals

and groups could travel to locales for stamps. As part of the hunt, tourists will visit local businesses and landmarks.

"The idea is to create the perfect circular route and the goal is to market it to all age groups, families, clubs, organizations and individuals," Bucksot said. "What we hope will occur is not only will local businesses receive foot traffic and see their sales increase but we want to attract everyone from young college students to older retirees who may one day decide that after visiting, this is a place where they want to live."

The goal is to sell customized maps with the money from sales going back into the local economy to local charities and at least one national charitable foundation, Bucksot said.

And the end goal of reaching all the destinations is a \$5,000 prize. The quest will end with a celebration next summer at the new Vandemere Waterfront Park, she said.

More information will be coming soon on the IBX Treasure Hunt as details are finalized, Bucksot said. But it's just one of many ways folks are working behind the scenes to grow Pamlico County.

Walk

Continued from page 1

and our faith. We hope to bring to light the silent struggle known as PTSD and to break the barriers of stigmatization. Simply to say "You are not alone!!" We desire to promote knowledge and understanding with the families, people, and communities that support our veterans and to encourage people to research and use resources that are available in the area of PTSD."

The site indicates that the walk, in addition to raising awareness of PTSD/TBI and the suicide rate among veterans, is also attempting to raise funds to benefit the Nine Line Foundation, Inc., a nonprofit organization staffed totally by volunteers to provide handicap accessible housing for severely wounded veterans.

The site makes a plea for veterans to reach out, to not suffer in silence. The Walk by Faith organization also says it wants to promote

understanding and education within communities and families that support veterans.

On the site is an impassioned message from Boncet. "I never really met anyone who up and changed their life, who stopped, looked around and decided ENOUGH. However, that's exactly what my family and I have done. We have decided to stop living by the flesh and start living by our faith. My family and I have seen time and time again how our veterans, both young and old, are being treated when they come home from combat. Our men and women are suffering from their injuries, both seen and unseen, and the lack of care they are receiving."

Boncet told the Pamlico News that he wanted the hike to really make legislators take notice of this number, 22, and follow suit in providing better care for veterans.

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

Antique small cane chair dark in color and once used in tobacco barn as a chair. Asking \$75.00 252-249-2603, ask for Betsy.

Used Pur Water filter system for standard kitchen faucet. Faucet adapter missing. Instructions included. New in box 4 pk. 3 stage filters. All for \$40. Call 252-745-5275

Cherry Dining Table - 48" inches round with two leaves. Queen Ann legs. \$270. 252-249-1090.

Mahogany Low Boy Dresser and Mirror - three-drawer dresser and mirror with casters. \$275. 252-249-1090.

Volvio Station Wagon Cover - Gray, never used with bag. \$45. 252-249-1090.

81/2 HP Briggs & Stratton engine. \$50. Call 675-0354.

Radio Shack 40 Channel CB Base Station. \$50. Call 675-0354.

Radio Shack 40 Channel mobile CB radio. \$25. Call 675-0354.

New bicycle helmet - Airius, L/XL, \$10. Call 675-3128.

New Camera - Wanscam IP wireless/wired camera for network monitoring. \$25. Cal 675-3128.

Aquarelle Watercolor paper, 22 x 30, eight pieces, \$15. Call 675-3128.

Round oak dining table and four chairs, \$50. Call 675-3128.

Dark Cherry Mirror - Thomasville, traditional style. \$70. 252-249-1090

Baby Items - Stroller (\$35), wooden port-a-crib (\$35), changing table (\$75), car seat (\$10), and toys. 252-249-1090

Kitchen Countertop - three pieces with back splash, white Formica, 25"x70", 25"x34.5", 25"x25" \$55. 252-249-1090

Craftsman 12" wood planer, belt driven type, no motor, \$100, 252-675-2759 or 252-745-5791.

Old style V.W. trailer hitch. \$10. 252-675-2759 or 252-745-5791.

Volvio lower end unit, in-out drive. \$100. 252-675-2759 or 252-745-5791.

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Heavy duty Monitor cord \$15.00, 252-876-5469

OVAL RUG shades of burgundy, wool 67"x8'6" excellent condition 252-745-5275; \$150.

Solid oak table, 42" square plus 18" leaf. Good condition. \$50 080. 249-0626.

Belly mower for Cub tractor, complete. Good condition. \$300 080. 249-0626.

2012 GE over-the-stove microwave; black; barely used; mounting hardware included. \$50 571-5048.

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In search of a cross country/BMX style boy's bike with 20" to 24" tire. Call 249-1715.

Boat for sale: 1985 21' Sou'wester by Parker. Hull only. Needs a deck and floor. \$250. [Ben@towndock.net](mailto:Ben@towndock.net).

Sears, 8hp rear tine tiller - Model 247.299780 0500Self-Propelled, chain drive. Ideal for medium size garden. \$325.00 252-249-2510.

Country French style metal garden set. Excellent condition. 2 Chairs, 1 low table. \$70. Call 252-249-2820.

Electric Outboard/Trolling Motor Package: Newport

Vessels 55 short-shaft Electric Outboard/Trolling Motor Package Incl: Motor, Duracell Ultra E5 battery, battery case, in-line fused 12 VDC cable. Used only once so like new. Garage stored. \$225. Call Chuck at 252-249-1409

86 U-Haul and Lowes moving boxes, good condition. 11 wardrobes with metal bars, 13 large, 62 medium/small/book size. Broken down, easy to pick up. \$75. Call 949-280-5325 (Oriental)

Furuno Color Video Sounder FCV-292 - \$150; ICOM VHF Radio IC M 127 - \$60; Porter Cable 5500 Watt Generator (needs starter cord) - \$200; Sony DVD CD 5 Disk Changer - \$50; ADCOM GTP 502 Receiver - \$50; Murray Push Mower-\$75; Thule Mountaineer Roof Storage (no rails) \$100. Call Scott @ 610-742-4744.

6' fiberglass ladder - \$50; GE Circuit breaker enclosure 200 amp breaker, brand new - \$100; Westinghouse 200 amp enclosure with 11 breakers and 200 amp main - \$200. Call Scott at 610-742-4744 (Oriental location).

Old Town Canoe, 147", new, \$700, selling for \$350.

Crusair Carry On air conditioner for boat. \$1,000 new, selling for \$400. Thermador gas stove/electric oven, new \$2,400, selling for \$400. Tongue in groove oak flooring 5" face, 3/4" thick, \$3 per square foot. Call 249-1715.

2 twin rollaway beds including new matching sheet sets. Excellent condition. \$25.00 each. 434-797-4215.

CST/berger transit level with tripod, adjustable height. \$200 080, Chris 252-249-3340.

Secretary desk, original, 1930s style, one piece, 6' tall, 31" wide, 18" deep, very good shape (mahogany?). \$275. Call 249-6579, leave message.

Deer stands, one metal \$40, one aluminum \$60, good condition. 249-0626.

KITCHEN AID KSMSPSWW Heavy Duty 5-Quart Stand Mixer includes Meat Grinder Attachment. Mint condition, rarely use. 325-watt motor, 5 mixing speeds, 5-quart stainless steel bowl, includes flat beater, dough hook and wire whip, 6-foot power cord. \$225. 252-249-3340.

## NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF REBA CLARK HARRIS File No.: 16 E 109

All persons, firms and corporations having claims against REBA CLARK HARRIS, deceased, are notified to exhibit them to L. FRANKLIN HARRIS, JR., Executor of the Estate, on or before October 25, 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 Executor.

This 27th day of July, 2016.

L. Franklin Harris, Jr., Executor  
Estate of Reba Clark Harris  
941 NC Hwy. 306 S  
Grantsboro, NC 28529

Publish July 27, August 3, 10, 17, 2016.

## IN THE GENERAL COURT OF JUSTICE OF NORTH CAROLINA SUPERIOR COURT DIVISION PAMLICO COUNTY 16SP36

IN THE MATTER OF THE FORECLOSURE OF A DEED OF TRUST EXECUTED BY JOSEPH C. BUCK DATED SEPTEMBER 17, 2013 AND RECORDED IN BOOK 585 AT PAGE 1 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 August 24, 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:

LYING AND BEING IN NUMBER ONE (1) TOWNSHIP, PAMLICO COUNTY, NORTH CAROLINA, AND BEING MORE PARTICULARLY DESCRIBED AS FOLLOWS:

Beginning at a point located as follows: BEGINNING at a point in the western right of way line of N.C.S.R. 1005 said point being the Northeastern corner of that certain tract now or formerly owned by David Hodges with said point being shown in Plat Cabinet A, at Slide 81-9 and Plat Cabinet A, at Slide 3-10 of the Pamlico County Registry; and then running along and with the western line of N.C.S.R. 1005 South 45° 06' 00" West 200 feet to the point or place of beginning, said point or place of beginning being the Southeastern corner of the Hodges tract as described above. THENCE FROM SAID POINT OR PLACE OF BEGINNING along and with N.C.S.R. 1005 South 40° 1' 06" West 215.81 feet; thence North 50° 53' 21" West 237.62 feet; thence North 45° 06' 00" East 240 feet; thence South 44° 51' 00" East 217.80 feet to the point or place of beginning, being 1.18 acres, more or less, as the same is shown in that certain plat entitled "Survey for Joseph Carroll Buck and wife, Julie Harper Buck" as prepared by Mark R. Lee, Professional Land Surveyor, dated May 13, 2002, a copy of which is attached to original deed in Book 385 at Page 745 in the Office of the Register of Deeds of Pamlico County and incorporated herein by reference for a more complete and accurate description. And being the same property conveyed to Joseph C. Buck by Marital Deed dated August 24, 2004 and being duly recorded in Book 429, at Page 555 of the Pamlico County Registry.

And Being more commonly known as: 2202 Neuse Rd, New Bern, NC 28560

The record owner(s) of the property, as reflected on the records of the Register of Deeds, is/are Joseph C. Buck.

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 Mortgagee, 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 August 3, 2016.

Grady I. Ingle or Elizabeth B. Ellis  
Substitute Trustee  
10130 Perimeter Parkway, Suite 400  
Charlotte, NC 28216  
(704) 333-8107  
<http://shapiroattorneys.com/nc/>  
16-082492

Posted: \_\_\_\_\_  
By: \_\_\_\_\_

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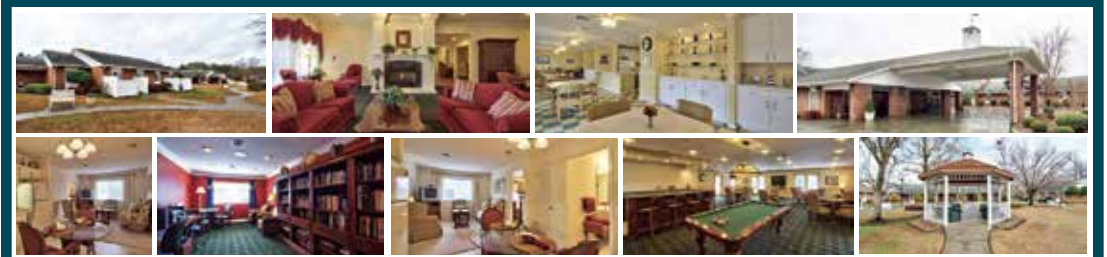


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Ben Casey has authored three books on Eastern NC waterways, is a photo-essayist, and documentary photographer.



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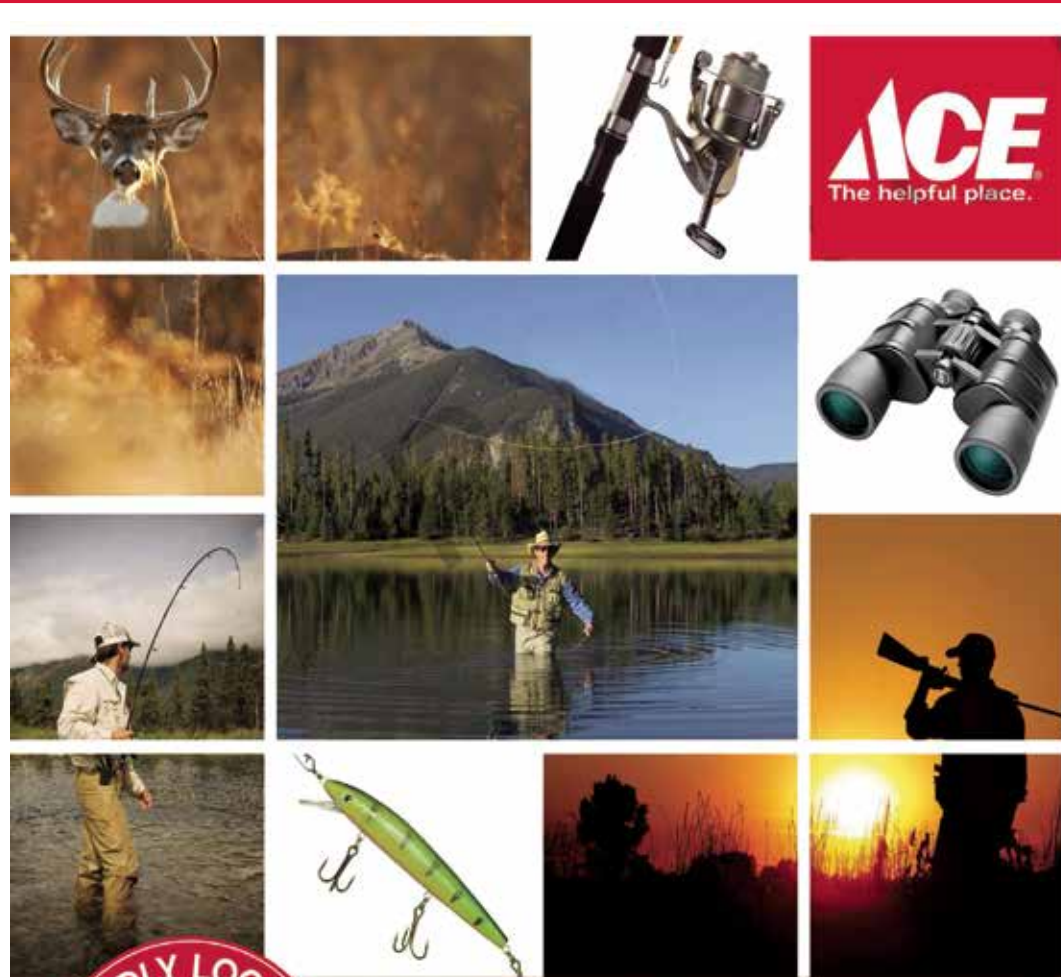
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**Resolving Your Neck Pain**

*From Axelson Chiropractic*

If you experience neck pain you are not alone. Neck pain is quickly becoming one of the most common reasons for visiting the doctor's office. Anyone who suffers with neck pain knows that the condition can dramatically interfere with our daily lives, often making driving, sleeping, exercising and even concentrating very difficult. As if that wasn't enough, neck pain is often recurrent, with the same problem occurring over and over again. To make matters worse, many common neck conditions are often slow to respond to traditional types of care, often providing only temporary relief. Now for the good news! A new treatment technique known as Active Release Techniques® (ART®) is proving to be a very effective method to treat many common neck problems and is helping to get neck pain sufferers back to doing their favorite activities.

There are a variety of situations that can cause tightness, weakness and abnormal function of the neck muscles. For example, poor or prolonged postural strain that occurs with computer work and desk jobs, repetitive use with certain sports, muscle imbalances, lack of stretching and strengthening, or previous injury such as car accidents (even minor accidents with little or no injuries that occurred at the time), can all affect the normal function of the neck and surrounding muscles resulting in excessive strain to the area.

Over time this strain can develop into what is known as micro-trauma. Simply stated, micro-trauma is very small scale damage that occurs in the muscles, tendons, joint capsules and ligaments in response to small levels of strain. Although only small, this damage still needs to be repaired. The body responds to micro-trauma in a predictable way – by laying down small amounts of scar tissue to repair the area. Unfortunately, over time scar tissue will build-up and accumulate into what we call adhesions. As these adhesions start to form, they start to affect the normal health and function of the muscles and related joints. In fact, they will often lead to pain, tightness, stiffness, restricted joint motion and diminished blood flow. This places even further strain on the neck muscles, which, in turn, leads to even more micro-trauma. Essentially a repetitive strain injury cycle is set-up, causing continued adhesion formation and progressive cervical spine dysfunction. At this point, pain and tightness will often start to become noticeable. In fact, many patients come into our office explaining how they have neck pain but they did not really have any major type of injury occur. When further questioned these patients almost always describe mild pain or tightness in their neck that has been building

over time. The most common approach to treating neck pain is medication to reduce inflammation, block pain or relax muscles that may be causing headache symptoms. The main reason medications fail to provide long-term resolution for neck pain is that they fail to address any underlying problems of the muscles, nerves or joints of the neck that are causing recurrent pain. Instead, they address the symptoms of the pain and simply cover up the underlying issues in the neck, that if not addressed will continue to cause problems. Unfortunately, muscle tightness and imbalance, scar tissue adhesions, nerve entrapments and abnormal joint movement cannot be seen on an x-ray or advanced imaging. The problems in the muscles, joints, nerves and ligaments can however, be felt and tested with the hands of a properly skilled and experienced practitioner.

In an attempt to relieve neck pain, a variety of treatment methods are used, either on their own, or in combination with other methods. Some of the more common approaches include: muscle relaxants, anti-inflammatory medications, Chiropractic, rest, heat, ice, muscle stimulation, massage, acupuncture, stretching and strengthening exercises, and when all else fails, surgery. The main reason that these approaches are often ineffective is that they fail to address the underlying muscle dysfunction and scar tissue adhesions that develop within the muscles and surrounding soft tissues. These adhesions are binding the tissues together, restricting normal movements and interfering with the normal flexibility and contraction of the muscles in and around the spine.

In our office, we employ a combination of treatments to include Chiropractic manipulation, ART® and physiotherapy. ART® stands for Active Release Techniques®. It is a new and highly successful hands-on treatment method to address problems in the soft tissues of the body, including the muscles, ligaments, fascia and nerves.

One of the best things about ART® is how fast it can get results. In our experience, the majority of neck injuries respond very well to ART® treatment, especially when used in combination with Chiropractic. Although each case is unique and there are several factors that will determine the length of time required to fully resolve each condition, we usually find an improvement can be gained in 4-6 treatments. To book an appointment to see if ART® and Chiropractic will be able to help with your neck pain, or pain in other areas, simply call Axelson Chiropractic at 252-745-0334.

**CarolinaEast Receives Five Star Rating**

• One of Only Four in the State and 102 in the United States



The Centers for Medicare and Medicaid Services (CMS) released the hospital star ratings on July 27<sup>th</sup> and CarolinaEast Medical Center is the only hospital east of Interstate 95 to receive the highest rating – five stars.

"We are thrilled with the five star rating and the quality those five stars represent," said Ray Leggett, President and CEO of CarolinaEast. "We recognize there are always questions about rating systems but at CarolinaEast we could not be more pleased to find ourselves, once again, in a position at the highest level."

Over 3,600 hospitals were evaluated using publicly reported data gleaned from care quality indicators and patient surveys. 64 areas are assessed for the star ratings and include a vast cross section of care components that comprise the patient experience. Quality outcomes including post-surgical infection rates, surgical complications, timeliness of intervention and readmission rates are a few of the areas examined.

Patient satisfaction survey responses regarding the environment of care, responsiveness of staff, provider communication and willingness to recommend the hospital to family and friends are also considered when calculating a hospital's star rating.

"This maximum star rating is another example of the level of care shared by the good people and competent professionals that are CarolinaEast," stressed Leggett. "The five stars are one more in a long line of quality

recognitions CarolinaEast has received over the past few years." Leggett is referring to CarolinaEast being named one of Business North Carolina magazine's top five hospitals in the state, Healthgrades naming CarolinaEast one of America's 50 best hospitals for Cardiac Surgery, Women's Choice Award for Best Hospitals for Patient Experience and several Blue Cross Blue Shield quality awards for cardiac care and maternity excellence among many others.

"We are very fortunate to have such a high caliber medical community in coastal North Carolina," said Leggett. "I could not be more proud of our organization and the 2,500 compassionate employees, physicians and volunteers that share that five star care and have for over 53 years, 24/7/365 no matter what."

The star ratings are available on the CMS Hospital Compare website: www.medicare.gov/hospitalcompare.

About CarolinaEast Medical Center CarolinaEast Health System has been serving the growing needs of the coastal North Carolina community since 1963. In addition to the system's flagship, 350 bed CarolinaEast Medical Center, CarolinaEast includes a rehabilitation hospital, free standing diagnostic and surgery center and several CarolinaEast Physician practices providing primary and specialty care for all phases of life.

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# Kitchen Chatter

by Nancy Winfrey



## Meats, Salads, Breads and Things

### BARBECUED CHUCK

3 pound chuck roast

#### Sauce:

1 medium onion, finely chopped  
 1/2 cup celery, finely chopped  
 2 medium garlic cloves, minced  
 2 teaspoons salt  
 1/2 teaspoon garlic salt  
 2 teaspoons Worcestershire sauce  
 6 drops Tabasco  
 1 teaspoon chili powder  
 2 teaspoons dry mustard  
 1/4 cup vinegar  
 1/4 cup brown sugar  
 1-1/2 cups catsup  
 1 tablespoon liquid smoke  
 Hamburger buns or French rolls

In a covered pan on top of stove, cook the meat with 3 cups water until it can be pulled into shreds. Save broth. Combine all the ingredients for the sauce and simmer for 1 hour. Add the shredded meat and 3 cups meat broth to the sauce. Simmer - uncovered - over very low heat for 2 hours. Serve over hamburger buns or French rolls. Makes 12 sandwiches.

NOTE: A crock pot is ideal for this recipe.

### MARINATED CHUCK ROAST

3 to 5 pound chuck roast  
 1 tablespoon butter  
 1 tablespoon sesame seeds  
 1/2 cup strong coffee  
 1/2 cup soy sauce  
 1 tablespoon Worcestershire sauce  
 1 tablespoon vinegar  
 1 large onion, finely chopped

Melt the butter in a skillet and add the sesame seeds and toast slightly. Add the coffee, soy sauce, Worcestershire sauce, vinegar and onions. Pour mixture over the roast and let stand at room temperature for about 12 hours, turning meat frequently or marinate in refrigerator for 24 hours. Remove meat from marinade. Place meat on grill and cook for 45 minutes to 1 hour, or to desired doneness. Serves 8.

### CORNED BEEF CASSEROLE

1-1/2 cups shell macaroni  
 1 can (12-oz.) corned beef, diced  
 1 cup grated sharp Cheddar cheese  
 1 can (10-oz.) cream of chicken soup  
 1 cup milk  
 1/2 cup finely chopped onion  
 2 slices bread, crust removed and bread cut into cubes  
 2 tablespoons melted butter or margarine

Cook the macaroni according to directions and drain well. Combine the macaroni with the corned beef, cheese, soup, milk and onions, blend, and pour into a well buttered baking dish. Toss bread cubes in melted butter and sprinkle around the edge of the casserole. Bake in 350 degree oven for 45 to 60 minutes or until golden brown. Let stand 10 minutes before serving. Serves 8.

### CONGEALED CUCUMBER SALAD

1 package (3-oz.) lime gelatin  
 3/4 cup boiling water  
 1 cup cottage cheese  
 2 tablespoons lemon juice  
 1 medium cucumber, chopped  
 1 cup mayonnaise or salad dressing  
 2 teaspoons grated onion  
 1/2 cup finely chopped celery  
 1/4 cup pecans (optional)

Dissolve gelatin in boiling water and cool in refrigerator just enough to start congealing (about 15 minutes). Beat the gelatin until light and fluffy and add remaining ingredients. Pour mixture into a mold and chill until firm. Serves 6.



### CUCUMBERS IN SOUR CREAM

2 medium cucumbers, thinly sliced  
 1 large Vidalia onion, thinly sliced and separated into rings  
 1-1/2 teaspoons salt  
 3/4 cup water  
 1 teaspoon vinegar  
 1 teaspoon sugar  
 1/2 cup sour cream  
 1 teaspoon dill weed  
 1 or 2 drops Tabasco sauce or other hot sauce  
 1/8 teaspoon pepper

Scrub cucumbers before slicing thinly. In a bowl, combine the cucumbers and onions and sprinkle with salt. Combine the water, vinegar and sugar and pour over cucumber and onion mixture. Let stand at room temperature for 1 hour - drain thoroughly. Combine the sour cream, dill, Tabasco and pepper and toss gently with the cucumbers and onions. Cover and chill at least 1 hour before serving. Serves 6.

### ELEGANT LETTUCE SALAD

1 small head crisp lettuce, torn into pieces  
 1/2 cup chow mein noodles  
 6 slices bacon, fried crisp and crumbled  
 4 green onions, chopped  
 3 ounces sliced almonds, toasted  
 4 tablespoons sesame seeds, toasted

#### Dressing:

4 tablespoons sugar  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 6 teaspoons white vinegar  
 1/2 cup vegetable oil

Combine all dressing ingredients, shake, and pour over combined salad ingredients. Serve immediately. Serves 8.

### HOT POTATO SALAD

5 cooked potatoes, cut into small chunks  
 3 hard-cooked eggs, sliced  
 1/2 cup finely chopped celery  
 2 onions, finely chopped  
 2 teaspoons salt  
 8 slices bacon  
 1/4 teaspoon dry mustard  
 3 tablespoons sugar  
 2 tablespoons all-purpose flour  
 1/4 cup water  
 1/2 cup cider vinegar  
 1 tablespoon finely chopped fresh parsley

Combine the potatoes, sliced eggs, celery, onions and salt and

toss to blend. Cook the bacon until crisp - reserve the drippings. Crumble the bacon and add to the potato mixture. Combine the mustard, sugar, flour, water, vinegar and 4 tablespoons bacon drippings and bring to a boil. Pour over potatoes and blend in parsley. Keep warm until ready to serve. Serves 8.

### CONGEALED VEGETABLE SALAD

1 package (3-oz.) lemon gelatin  
 1/2 cup boiling water  
 1/4 cup finely chopped celery  
 1/4 cup finely chopped carrots  
 1/4 cup finely chopped green pepper  
 1 tablespoon grated onion  
 1/2 cup cottage cheese  
 1/2 cup half-and-half  
 1/2 cup mayonnaise

Dissolve the gelatin in boiling water and then add the celery, carrots, green pepper and grated onion. Combine the cottage cheese, cream and mayonnaise and add to vegetable mixture. Pour into desired container and let congeal. When ready to serve, place on bed of crisp lettuce and pass a bowl of mayonnaise to dollop on the top. Serves 8.

### CHICKEN SALAD WITH PINEAPPLE

1-1/2 cups cooked chicken, cut into cubes  
 1/4 pound Swiss cheese, cut into small cubes  
 3 slices canned pineapple, cut into small chunks  
 1/3 cup mayonnaise  
 1/4 cup sour cream  
 Toasted almonds (optional)

Combine the chicken, pineapple and cheese. Combine the mayonnaise and sour cream and blend before tossing with chicken mixture. When ready to serve, place on crisp lettuce and sprinkle with toasted almonds. Serves 6.

### MARINATED VEGETABLE SALAD

1 can (8-oz.) white kernel whole corn, drained  
 1 can (8-oz.) small peas, drained  
 1 can (20-oz.) French-style green beans, drained  
 1 can (2-oz.) pimiento, drained  
 1/2 cup celery, finely chopped  
 1/2 cup onions, finely chopped  
 1/2 cup green pepper, finely chopped  
 1/2 cup sugar  
 1/2 cup vegetable oil  
 1/2 cup cider vinegar  
 1 teaspoon salt  
 1/2 teaspoon pepper

Combine the well drained vegetables and add the other vegetables. Combine the sugar, oil, vinegar, salt and pepper and pour over the mixture. Place in tightly covered container and refrigerate for 24 hours before serving. Serves 10.

### ZUCCHINI BREAD

3 eggs  
 1 cup vegetable oil  
 2 cups sugar  
 2 cups grated zucchini  
 2 teaspoons vanilla  
 3 cups all-purpose flour  
 1 teaspoon baking soda  
 1/2 teaspoon baking powder  
 1 teaspoon salt  
 1 teaspoon cinnamon  
 1/2 cup chopped pecans

Beat the eggs and then add the oil, sugar, grated zucchini and vanilla and blend well. Combine the flour, baking soda, baking powder, salt and cinnamon and add to zucchini mixture and blend until thoroughly mixed. Add the chopped nuts. Place mixture into 2 well greased 9x5-inch loaf pans and bake in 325 degree oven for 1 hour.

NOTE: This is a very moist bread and slices easier the second day. It also freezes well.



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

Nancy started writing her cookbook long before she started her food column in The Pamlico News and that means her cookbook has some recipes that have been in the newspaper and many that she reserved especially for her cookbook. In Kitchen Chatter, you'll find the recipes Nancy considers the best, the most unique, elegant, the most fun to prepare, the most pleasing to serve and the best tasting.

This 150-page classic is now available. Order your copy by calling 252-249-1555 or mailing the order form to The Pamlico News, PO Box 510, Oriental, NC 28571 with your payment. For \$15.00 you can pick your copy up at The Pamlico News office or include \$5.00 for shipping and handling.



Mrs. Nancy Winfrey stirs up a pot of Eel Newburgh during the Annual Hampton Mariners Museum Strange Seafood Spectacular held in downtown Beaufort, NC.

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# CarolinaEast Ranked in Top 2.4% of U.S. Hospitals

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Thank you to our employees, physicians, and volunteers for making us a star among the 3,600+ hospitals evaluated across the nation. The recognitions we receive let us know that we are doing what is right – **every encounter, every opportunity, every day...no exceptions.**

Our region deserves the very best care. For more than 50 years, it's been our goal to provide that care – 24/7/365 – no matter what.

To read the full details about the CarolinaEast Medical Center Star Rating go to [www.Medicare.gov/HospitalCompare](http://www.Medicare.gov/HospitalCompare).



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\*Based on the CMS Hospital Compare Site Quality of Care Profile Page, CarolinaEast Medical Center, Release Date July 27, 2016. 64 Quality Indicators are evaluated from publicly reported data that include clinical outcomes, patient safety and the patient experience.