

The Pamlico News

Wednesday, July 10, 2024

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CURTIS-Caroline GRIFFIN-Justin



PAUL-Gary Russell Sr.

On Thursday, December 7, 2023, Pamlico County Sheriff's deputies and Pamlico County EMS responded to a report of an unresponsive individual that had been located on a commercial fishing vessel docked at Garland Fulcher's Seafood in Oriental, NC. Chris Eugene Boyd, 60, of Grantsboro, NC was pronounced deceased at the scene.

The resulting investigation and autopsy determined that Boyd died as a result of fentanyl toxicity/overdose.

As a result of the investigation three individuals were arrested and charged on July 2, 2024, for the sale and distribution of controlled substances that led to the overdose death of Boyd. Caroline Curtis, 34, of Alliance, NC was arrested and charged with 1 count of Death by Distribution of Controlled Substances and placed into the Pamlico County Detention Center under a \$600,000.00 secured bond, Justin Griffin, 32, also of Alliance, NC was arrested and charged with 1 count of Death by Distribution of a Controlled Substance and placed in the Pamlico County Detention Center under a \$505,000.00 secured bond, and Gary Russell Paul, Jr., 55, also of Alliance, NC was arrested and charged with 1 count of Death by Distribution of a Controlled Substance and placed into the Pamlico County Detention Center under a \$750,000.00 secured bond. All three individuals appeared in Pamlico County District Court this morning, July 3, 2024 for their initial appearances.

It is our goal to continue to arrest those responsible for distributing this poison to our families and friends in Pamlico County. Our thoughts and prayers go out to the families that have and continue to be negatively affected by this type of behavior. Another solid investigation by the men and women of the Pamlico County Sheriff's Office.

Chris Davis
Sheriff, Pamlico County



Mad Hatter's Day

Saturday July 13
1 - 3 pm

Oriental's History Museum

Visitors of all ages, you are invited!! Visit the Museum and take a look at our collection of vintage men's and women's hats and try some on. This event is part of our special exhibit, Hats Off to Oriental, that will run through September 7. We are located located at 802 Broad Street. Hours are: Friday 11-3, Saturday 1-4. Admission is always free, donations gratefully accepted. For more information contact us: OrientalHistoryMuseum@gmail.com

One Hot Croaker Festival

by: Hiram Lupton

While we didn't research what the hottest one was, the 44th annual Croaker Festival held last weekend certainly ranks right up there as far as temperature goes. Thankfully there was a nice breeze and plenty of cool refreshing beverages and food available all along the waterfront. Always a Friday highlight, the Croaker Festival Pageants saw a record number of entries with seventeen young ladies vying for crown of Mini Miss Minnow, six for Miss Minnow, and eleven for Croaker Queen. Kyndell Caroon (age 4) was crowned Mini Miss Minnow, Erin Forbes (8) is the new Miss Minnow, and Nazri Williams (15) is the 2024 Croaker Queen. There was also a baking contest that, sadly had no ice cream



Parade Grand Marshal, Miss Georgie Lee Powell

cakes entered. The Saturday parade was one of the longest in recent memory, led by Grand Marshall Georgie Lee Powell. You really can't get much more "Oriental" than Miss Georgie. She is also a legacy Marshal. Her Dad, Mr. Red Lee, was Grand Marshal back in 1997. The parade entries and spectators braved the heat with many promoting the festival theme, "Let Freedom Ring." The waterfront had an abundance of musical performers, vendors, and food available all day. Capping everything off was a street dance and an impressive fireworks show. Another great festival is now in the books and it is time to start planning next year's 45th. Maybe it will be a bit cooler.



Photos continued on page A05

Arts Council Pirates Treasure Exchange

by: Hiram Lupton

The nefarious crew of buccaneers known as the Pamlico Arts Council Pirates were up to their old tricks last week. The notorious plunderers were offered a pardon by authorities for their past deeds if they performed an act of kindness to make up for their past transgressions. With a bit of help from sympathizers in the Oriental Parks and Recreation Department, they hatched a plan. They revealed the location of their buried treasure, the sandbox at the Oriental Recreation Park, and invited young treasure seekers to dig

for their gold beginning on July 4th. Any treasure found could be brought to Oriental Town Hall at 3:00 PM the following day and exchanged for candy. In addition to performing a good deed to escape the hangman's noose, the pirates also got young treasure seekers to dig up their loot on the hottest day of the year. They are a sly bunch. Only time will tell if this crew of swashbucklers have given up their pillaging ways or if by this time next year, they are once again striking a deal to save their necks.



Young treasure seekers dig through the sandbox searching for gold doubloons



The infamous Pamlico Arts Council Pirate Crew

Broad Strokes Gallery Preview

by: Hiram Lupton

Thanks to the help of the Pamlico Arts Council which has teamed with Broad Strokes Gallery, local artisans now have a place to exhibit and sell their creations. Located at 800 Broad Street in Oriental, the Broad Strokes Gallery held a "soft" opening last Saturday during the Croaker Festival to give visitors a look at how much work has been done to the building which in the 1930's housed an auto dealership, and will now be home to a thriving area visual arts community. While there is still much work to be done before a full grand opening, the gallery is well on its way to becoming a beautiful local arts center for exhibitions, classes, seminars and so much more. Monetary help is always appreciated in realizing a dream and if you'd like to find out how you can be a part of it all, contact the Pamlico Arts Council through their website www.pamlicoarts.org .



Rotary Club Membership Gathering



Monday, June 17th, Rotary of Oriental put on dinner at the Oriental Brewery for prospective membership candidates. Current members were asked to bring people who would be great additions to our organization. It was well attended and thanks to Frank the owner and brew master and his supplying a great southern boil for the guests. Fortunately, the weather was great for this outdoor event and it looks like we have people interested in joining. To those who were not available to attend, join us on Monday's at 5:30 at Brantley's meeting room and introduce yourself to the first person you see.

Harborfest 2024



Harborfest 2024 for HeartWorks will be held on Saturday, September 28 at River Dunes, Harbor Club Lawn. Doors open at 5pm. There will be cocktails, dinner music, elegant dining, dancing and a lively auction - all harborside and under the stars!

Saturday's Gala will begin at 5pm with an open bar followed by The Chelsea's gourmet buffet, lively music and a raucous Live Auction where you can bid and win fabulous trips, oyster roasts, works of art, basketball tickets and more. Some Online Auction items will be on display. The Harborfest for HeartWorks' Online Auction will start Sunday, September 22 at 1pm and ends on Sunday, September 29 at 5pm. Bid early! Bid often!

Harborfest is HeartWorks' only fundraiser. It helps us provide year-round programming for over 250 at risk Pamlico County kindergarten through eighth grade students at no cost to parents. It also helps us to provide mental health counseling to children and juveniles and their families.

Visit our website at www.HeartWorksNC.org for sponsorship, donation and ticket information as well as to view auction items.

HeartWorks is a 501(c)(3) nonprofit organization in Bayboro, NC. Our mission is to address the underserved mental and physical health needs of children and their families in Pamlico and surrounding counties. Harborfest is our largest annual fundraiser.



WEEKEND WEATHER

Saturday, July 13th **83° Hi** Rain and clouds throughout the day

Sunday, July 14th **90° Hi** Mostly clear throughout the day



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Pamlico Community College

PCC Community Living class takes on Marshmallow Challenge

Students in Pamlico Community College's Community Living program recently participated in a STEM-based activity called the Marshmallow Challenge.

The students were divided into two groups and told to use uncooked spaghetti noodles, tape and string to construct a tower strong enough to hold a large marshmallow.

Both teams succeeded!

Concepts discussed included teamwork, building and revising prototypes, entrepreneurship, and perseverance.

PCC Instructor Nicole Costiglio led the lesson and took photos.



Community Living students, from left, Tillman Ireland, Ashley Aldridge and Artie St. Armand work on their tower. Contributed photo



Tillman Ireland and Ashley Aldridge, seated, join teammate Artie St. Armand with their successful project. Contributed photo



Community Living students Jerronica Johnson, left, and Sarah Viergeg build their tower. Contributed photo



Teammates Jerronica Johnson, left, and Sarah Viergeg celebrate success. Contributed photo



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



Agent of the Week

Gregory Green
Broker-

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

Gregory-I am so impressed by your performance listing multiple lots and achieving two sales in quick order. Your enthusiasm is contagious and is so appreciated by me that I would not hesitate to recommend you to my friends and associates. You are a welcome addition to Mariner Realty's staff.

Susan, NJ



BAYBORO – 1.45-acre private lakefront land, picturesque, serene setting. Nestled in tranquil environment. Central location, easy commute to major employment, walking distance to bakery/coffee shop, parks, shopping & schools.
OFFERED AT \$35,000



MINNESOTT BEACH – Frontage on Minnesott Beach Golf & Country Club golf course, **3BR/2.5BA** with 2 brick wood-burning fireplaces, office, and 2-car garage. Screened porch leads out to private brick patio and entire backyard is fenced. No HOA, not in a flood zone.
OFFERED AT \$395,000



ORIENTAL – Recently renovated **3BR/2BA** in the Heart of the Village. Not located in a flood zone. Huge sunroom, deck, chef's kitchen, attached 2-car garage-workshop and 360 sf heated-cooled FROG. Detached 2-car garage-workshop ideal for multiple cars, boats and golf carts. Architectural shingle roof installed 2019. No HOA or HOA dues.
OFFERED AT \$ 399,500



MINNESOTT BEACH – **3BR/3.5BA** w/ 2 master BRs, formal dining room, & gas-log fireplaces in family room, living room & upstairs master bedroom. Bonus room, front covered porch, side wooden deck, back concrete patio, beautifully landscaped yard. Full concrete driveway with Royal Coating finish. Spacious attached 2-car garage/workshop, detached RV barn, & detached workshop. Not in flood zone, no HOA.
OFFERED AT \$ 495,000



ORIENTAL – Whittaker Creek fully-bulkheaded waterfront **3BR/2BA** with dock on protected deep-water. Spacious raised deck & covered screened porch, sun room overlooks creek, formal dining room with brick gas-log fireplace.
OFFERED AT \$ 499,500



ORIENTAL – Wide water views from most rooms, **3BR/2BA** sail boat accessible waterfront with dock on Broad Creek in Forestshore Estates community. Sits on .99 acres, has 2-car garage-workshop & walk-up floored attic.
OFFERED AT \$625,000

LAST CALL TO REGISTER!!!!

"Collaboration in Action"

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



Presenter **Sam Wright**
Armstrong
McGuire

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

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

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

Register for FREE at PamlicoSBC.com



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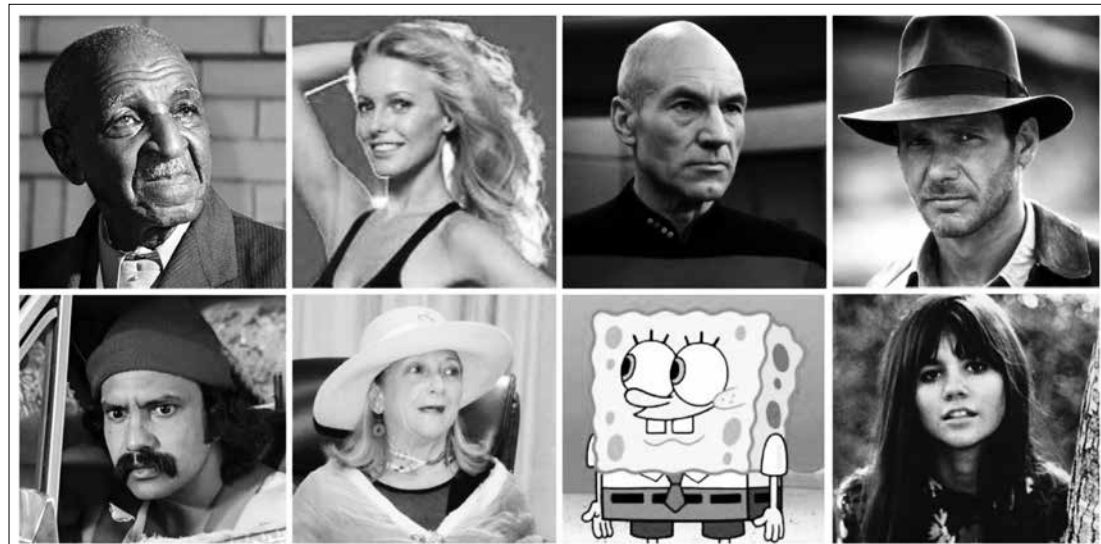
THIS WEEK IN HISTORY

by: Hiram Lupton

- July 10th – Today is National Pina Colada Day.
- July 11th – Today is National 7-11 Day.
- July 12th – Today is National French Fry Day. Do they celebrate this in France?
- July 13th – 1985, The music event Live Aid occurred in London and Philadelphia.
- July 14th – Today is National Mac and Cheese Day. It is also Shark Awareness Day and National Nude Day. Swim naked, avoid sharks, and eat Mac and cheese. Sounds like a good day to me.
- July 15th – Today is National I Love Horses Day.
- July 16th – Today is World Snake Day. Forgive me if I don't celebrate this one.

BIRTHDAYS THIS WEEK

- July 12th – 1864, Scientist George Washington Carver
- July 12th – 1951, Actress Cheryl Ladd
- July 13th – 1940, Actor Patrick Stewart
- July 13th – 1942, Actor Harrison Ford
- July 13th – 1946, Actor Richard Marin (Cheech Marin)
- July 13th – 19??, The Mayor of Oriental, Sally Belangia
- July 14th – 1986, Spongebob Squarepants
- July 15th – 1946, Singer Linda Ronstadt



Concerned about your drinking?

You are not alone, there is help available!

Come join others who have found a Solution!

Alcoholics Anonymous: New Bern Hotline (252) 633-3716
Meetings in Pamlico County:

(If you think you may have a problem, you are welcome to attend)

Tuesday 8pm – Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church 600 Ragan Rd. in Oriental, NC (2nd brick building on left off Hwy 55)

Thursday *7:30pm* – Recovery and Beyond Group - Beginner/Open Discussion Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC (close to DSS/Senior Center)

Friday 8pm – Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church, 600 Ragan Road in Oriental, NC (2nd brick building on left off Hwy 55).

Sunday *7pm – Oriental Sunday Night Group - Big Book/12 & 12 Study Meeting held at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on the left)

<https://aaeasternnc.org/> <https://aanorthcarolina.org/> <https://www.aa.org/>

Horoscopes

ARIES – Mar 21/Apr 20
 Aries, you may be full of more energy than you have had in a while, helping you to sail through all of your tasks this week at a record pace. Enjoy this wave while you ride it.

TAURUS – Apr 21/May 21
 Taurus, heed your body's messages that it needs some rest right now; otherwise, you may not be up for social engagements that are on the horizon. Pisces comes into your life this week.

GEMINI – May 22/Jun 21
 You cannot hang out with every person who is trying to get a piece of your time right now, Gemini. It's likely you will need to space out socializing over a few weeks to meet with them all.

CANCER – Jun 22/Jul 22
 Cancer, you have been working hard to make professional progress, and it might be time to think about your next step. It could be time to take your talents elsewhere.

LEO – Jul 23/Aug 23
 Leo, you are often drawn to unfamiliar experiences that can teach you something new. This week could provide a host of opportunities to try something new.

VIRGO – Aug 24/Sept 22
 It is time to get off the fence and commit to one decision or another, Virgo. Your professional life hinges on your ability to take a path and then stick with it.

LIBRA – Sept 23/Oct 23
 Libra, you might be tempted to accept every invitation that comes your way. However, it is better to be smart about the people with whom you associate. Use every opportunity to network.

SCORPIO – Oct 24/Nov 22
 Scorpio, take a look at how things should operate before you hit the floor running. You want to be strategic in how you expend your energy; otherwise, you may experience burnout.

SAGITTARIUS – Nov 23/Dec 21
 You lean toward being one of the more passionate signs in the zodiac, Sagittarius. That passion will be on full display this week. You'll wear your heart on your sleeve.

CAPRICORN – Dec 22/Jan 20
 Domestic issues come to the forefront, Capricorn. You're inclined to spend time at home with loved ones. Take this time to work around the house and yard.

AQUARIUS – Jan 21/Feb 18
 Aquarius, your popularity is growing and it's time to get out there and hang with the movers and shakers. Soon even more people will learn who you are.

PISCES – Feb 19/Mar 20
 Strengthen your ideas with a concrete foundation, Pisces. Only then will your plan come to fruition in the right manner, leading to better success.

CANCER Traits & Overview

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

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

FOR ENTERTAINMENT PURPOSES ONLY

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COMMUNITY



BREAKING TECH NEWS

Upcoming Network Changes

In the next several weeks, each library will be having some network changes including the installation of new equipment and service. Definitive dates will be shared as project pieces fall into place. There should be minimal downtime during these changes but there may be times where we switch to hotspots to provide service to patrons.

Updated Tops & Spots devices:

New AT&T hotspots have already been sent to your locations. Heading your way next are new Kajeet Verizon hotspots, new Kajeet Verizon Chromebooks. New T-Mobile hotspots will also be heading out in the near future.

Coming soon or already installed at your library:

Large print keyboard covers for public computers! These covers are easy to clean, keep dust and dirt from getting in the keyboard, and make it easier to see the keys. They can be wiped down with a disinfectant wipe or washed in the sink with soap and water and laid out to dry.

iPad catalogs! Already pioneered at the Havelock library and on our shopping carts, we will be adding at least one to each library location. They will be locked into a sturdy stand with an extra-long charging cable or can be removed from the stand for charging.

Electronic cleaning supplies! Each location should now have microfiber cleaning cloths to be used on our new copiers as our installers said this was the best way to clean the glass. Endust electronic cleaning wipes are to be used on returned Tops & Spots tech screens and other monitors.



MCAS Cherry Point Receives Commander in Chief's Award for Installation Excellence

MARINE CORPS AIR STATION CHERRY POINT, N.C. (July 2, 2024) — Marine Corps Air Station Cherry Point was named a 2024 recipient of the Commander in Chief's Annual Award for Installation Excellence by Secretary of Defense Lloyd J. Austin. The award confirms the notion that MCAS Cherry Point is among the Department of Defense's top-tier military installation.

Cherry Point realized excellence in installation management through demonstration of administrative discipline, high-dollar and high-profile asset and project management, innovative business practices, community engagement and support, and meritorious personnel service.

Notably, Cherry Point demonstrated unparalleled excellence through its management of the \$1.1 billion F-35 transition program, with key milestones of welcoming the first operational squadron during the spring of 2023 and the successful occupancy of the \$53 million simulator facility. Cherry Point further reduced its carbon footprint with the implementation and final acceptance of a \$47 million Utility Energy Service Contract that enhanced energy resilience, hardened control system cybersecurity, improved energy system reliability, and reduced the air station's energy consumption. Department of Energy estimates annual utility cost savings of \$2 million. This accomplishment further garnered the Energy Manager acclaim, earning a 2023 Federal Energy Management Program Spotlight Award.

The Commander in Chief's Award for Installation Excellence recognizes the outstanding and innovative efforts of the people who operate and maintain U.S. military installations. Excellent installations improve mission performance and enhance the quality of life for military personnel, Defense Department civilians, and their families by providing superior working and living conditions.

[Attribution: Col. Brendan Burks, MCAS Cherry Point commanding officer]

"This award is a testament to the teamwork and relationships between MCAS Cherry Point, 2nd Marine Aircraft Wing, Fleet Readiness Center East, Naval Health Clinic Cherry Point, and our local communities."

"We are proud to bring this award back to America's Air Station, the Carolina Marine Air Ground Task Force, and Eastern North Carolina after 21 years."

MCAS Cherry Point was last named a Commander in Chief's Installation Excellence Award winner in 2003 for all Marine Corps bases. This marks the 7th time the installation has been awarded the CINC Award.

MCAS Cherry Point staff and personnel received the news virtually, via telecom during an assembly at the air station theater, July 2, 2024. The commanding officer and sergeant major are expected to go and accept the award, in-person, during a ceremony at the Pentagon later this year.

Questions can be directed to MCAS Cherry Point Communication Strategy and Operations at 252-466-4241 or cherrypt@usmc.mil.

Ideas for fun on family vacations

Vacations are a great way to escape the daily grind and relax while making memories. According to a recent survey from Nationwide Travel Insurance, U.S. consumers are optimistic about travel plans throughout 2024. Ninety-one percent said they have plans to travel domestically, and 50 percent had international trips on the horizon. Also, 40 percent intended to travel more than they did in 2023.

A large percentage of those traveling will be doing so as families. School breaks make summer a great time for families to get away, although savvy family travelers also buck the trends and opt to travel when the crowds may be lighter. Certain vacations and activities are best geared toward family vacationers. Explore these ideas before booking a vacation.

- Stay at an all-inclusive resort. Whether you stay on domestic soil or travel abroad, an all-inclusive resort is a fine option for families. That's because once the trip is booked and paid for, all of the food, most of the beverages and many amenities are all handled. That means families can simply check in and start having fun. All-inclusive resorts may feature board games, water sports, movie nights, and even kids-only dance clubs.
- Play miniature golf. Miniature golf games and warm summer evenings are a perfect match. Most resort towns have at least one mini golf course to test skills on the small-scale links. During times when the weather may not be ideal, indoor mini golf can be an entertaining diversion.



- Set up camp. Campsites and RV parks offer a bevy of activities for active families. Not only is there the excitement of sleeping away from home and next to nature, but certain campsites also serve as small, self-contained resorts with offerings like pools, hot tubs, golf courses, tennis courts, or boating options as part of their featured amenities.

• Take a sight-seeing tour. Check the local travel guides to see which type of entertaining or educational tours are available nearby. There are trolley tours, boat tours, bike tours, and walking tours that present the area sights in an informative light. The benefit of a tour is that all the work is removed and all tourists have to do is show up and enjoy the experience.

- Spend a day swimming. Plenty of family vacations revolve around time around the pool or along the coast. Swimming doesn't require much gear, and as long as the weather is amenable, it's possible to while away the hours for most of the day. Even after sundown, the beach can be a go-to spot for bonfires, music and fun. Remember to lather on the sunblock so that sunburns do not derail vacation plans.
- Explore the thrills and attractions. Plan a family vacation a stone's throw away from an amusement park so that everyone can get their hearts racing on roller coasters and other fast-paced amusements. Theme parks have various rides that are geared toward different age groups. Families can enjoy many recreational pursuits while on vacation this summer.

FINANCIAL FOCUS

Don't let investments take a vacation



Dan M. Roberts

Summertime is almost here — and for many people that means it's time to hit the road. But even if you decide to take a vacation, you'll want other areas of your life to keep working — especially your investments.

So, how can you prevent your investments, and your overall financial strategy, from going on "vacation"? Here are a few suggestions:

- **Check your progress.** You want your investments to be working hard for you, so you'll need to check on their performance periodically — but be careful about how you evaluate results. Don't compare your portfolio's results against those of a market index, such as the S&P 500, which tracks the stock performance of 500 large U.S. companies listed on American stock exchanges. This comparison may not be particularly valid because your own portfolio ideally should include a range of investments, including U.S. and foreign stocks, corporate and government bonds, certificates of deposit (CDs) and other securities. So, instead of checking your progress against a market index, use benchmarks meaningful to your individual situation, such as whether your portfolio is showing enough growth potential based on a compounding rate of return to keep you

moving toward a comfortable retirement and other long-term goals.

- **Invest with a purpose.** When you work intensely at something, it's usually because you have a definite result in mind. And this sense of purpose applies to investing, too. If you buy a stock here, and another one there, based on "hot" tips you might have seen on television or the internet, you may end up with a jumbled sort of portfolio that doesn't really reflect your needs. Instead, try to follow a long-term investment strategy based on your financial goals, risk tolerance, asset accumulation needs, liquidity and time horizon, always with an eye toward where you want to go in life — how long you plan to work, what sort of retirement lifestyle you envision, and so on.

- **Be strategic with your investments.** Over the years, you will likely have a variety of competing financial goals — and you'll want your investment portfolio working to help achieve all of them. That means, though, that you'll likely need to match certain investments with specific goals. For example, when you contribute to an IRA and a 401(k) or similar plan, you're putting away money for retirement. But if you want to help your children go to college or receive some other type of post-secondary education or training, you might want to save in a 529 education savings plan, which allows tax-free withdrawals for qualified educa-

tion expenses. Or, if you want to save for a short-term goal, such as a wedding or a long vacation, you might choose an investment that offers significant protection of principal, so the money will be available when you need it. Ultimately, this type of goals-based investing can help ensure your portfolio is always working on your behalf, in the way you intended.

When you take a vacation, you will hopefully be more relaxed and refreshed. But if you let your investments stop working as hard as they should, the results could be stressful. So, be diligent about your investment strategy, monitor it regularly and make those moves appropriate for your situation. By doing so, you can't necessarily guarantee a long day at the beach, but you'll have a good chance of enjoying a sunny outlook.

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

"There's a natural law of karma that vindictive people, who go out of their way to hurt others, will end up broke and alone."

—Sylvester Stallone

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NC COOPERATIVE EXTENSION Pamlico County

Drought Stressed Turf

(Adapted from article written by Dr. Grady Miller, NCSU Turf Specialist at <http://go.ncsu.edu/readext?1011060>)

Evidence of drought-stressed turfgrass in eastern NC is easy to recognize as the US Drought Monitor of North Carolina (July 2nd <https://www.ncdrought.org>) reports two-thirds of the state in "moderate drought", with pockets of the state in a "severe drought". With high temperatures and scattered rain in the immediate forecast, anticipate these drought levels to increase statewide.



So, what does that mean for your lawn? Well, for areas of the state that have cool-season grasses like tall fescue or Kentucky bluegrass, these plants will photorespire (use more energy than they create). This results in a heavy energy toll on the plant, even when adequate soil moisture is available to the turf. High heat with a drought is more problematic for cool-season grasses. While these grasses are capable of going semi-dormant under drought conditions, they are more likely to be severely damaged than warm-season grasses if under prolonged heat and drought. Very few cool season grasses are grown in Pamlico County as our summer time temperatures are just too hot for long term success. However, animal pastures are sometimes planted with cool season grasses, and will display the same symptoms of drought stress as lawns.

Heat alone is generally not problematic with warm-season turfgrasses (bermuda, zoysia, St. Augustine, centipede) unless there is low soil moisture or a restricted rootzone. In many NC landscapes, turfgrass is not irrigated. In those instances, all the locally grown turfgrass species may begin to brown under our current conditions. Zoysiagrass will often brown before bermudagrass, even though long-term drought tolerance may be similar. Centipedegrass and St. Augustinegrass may initially handle drought conditions through the aid of their stolons (creeping above ground stems), but will suffer more than zoysiagrass and bermudagrass over time (Bermuda and zoysia have stolons and rhizomes underground). All warm-season grass species may turn brown and then slowly green up with the return of favorable soil moisture. Even though the grasses may currently be more brown than green, they can usually handle appreciable dry conditions in terms of survival.

Depending on your irrigation capacity and current level of irrigation restrictions, you can either irrigate to maintain growth and green color or irrigate for turf survival, allowing the turfgrass to go semi-dormant to dormant. Turf survival under drought conditions is affected by turf species, turf age, rooting depth, soil type, shade, maintenance practices, traffic, and heat, so it is difficult to provide an exact minimum watering plan to ensure survival under severe drought conditions.



Common recommendations indicate that turf this time of year needs approximately 1 inch of water per week from irrigation or rainfall. (Actual summer evapotranspiration rate (ET) rate may approach 2 inches per week if soil moisture is readily available). The 1 inch is an approximate amount to irrigate if you want to keep the turf green and growing, but it may take even more if the goal is optimum quality. Set your controller to water between 10:00 p.m. and 8:00 a.m. to improve efficiency. If you pull water from a city water system and have low water pressure, it is typically better to water at night rather than early morning when the water demand is high. Check your irrigation system for evenness of distribution and put out a few catch containers to verify the application rate (amount). You can fine tune the application by not watering again until you see turf turning bluish-gray in the heat of the day. If you are under water restrictions, then you may need to hand water those areas that show visual signs of heat and moisture stress until your next allowed irrigation.

If you decide to minimally water during the heat/drought period, then apply 1/2 inch of water every two to three weeks to keep the turf crowns hydrated. This amount will not turn the turf green, but it will increase its chance of survival. Avoid herbicides and fertilizers until rains resume and keep vehicle traffic (including riding mowers) off the turf when it is under severe drought stress.

For more information on growing turfgrass in North Carolina, visit the NC State University "Turffiles" webpage at <https://www.turffiles.ncsu.edu/>, or contact Daniel Simpson at 252-745-412 or Daniel_simpson@ncsu.edu.

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Continued from page A1

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(L to R) Kyndell Caroon, Erin Forbes, and Nazri Williams



Oriental Mayor Sally Belangia and Queen Croaker in Charge, Candy Bohmert



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Innovative New Preschool to Open in Pamlico County in September 2024

By Katie Shorter, Pamlico Small Business Center

After retiring from a 30-year career in the child care industry - from hands-on daily care to owning and managing 3 child care centers in Eastern North Carolina - Pamlico County's Kim Trudo retreated to Whispering Creek Farm, her 12-acre "hobby" farm, gathering a variety of small farm animals, including ducks, goats, sheep, chickens, stray ponies, and a menagerie of other farm family members.

She never imagined that retirement on her farm would lead her back to a calling to serve children. "About two years ago, a mission was continuously placed on my heart," recalls Trudo, "and a vision started to solidify in my mind - to create a learning oasis on my farm, where little minds and hearts can sprout and bloom, surrounded by the natural, nurturing life on my Whispering Creek Farm."

It did not take long for a clear vision to emerge for what has now become the Whispering Creek Farm Academy. Soon, construction began on the barn-inspired learning space adjacent to the pasture areas. "I imagined preschoolers - 'sprouts' as I began to call them - having the freedom to ramble in natural spaces and the opportunity to interact with my friendly farm friends," says Trudo. "At the same time, they will progress in preschool-appropriate developmental skill areas." Paramount to Trudo's mission is that, "these precious 'sprouts' will be nurtured and cherished according to how each child blooms and grows."

"Whispering Creek Farm Academy will provide a hands-on, experiential learning environment in which the delivery of a fixed curriculum is child-directed," explains Trudo. She then muses, "And maybe even animal-directed at times." Whispering Creek Farm Academy's emphasis is nature-based learning, which includes exploring wildlife habitats, pond animals, growing and harvesting vegetables, and learning about healthy eating habits, just for starters.

Trudo adds that local support has been invaluable; she first contacted Beth Bucksot at the county's Planning and Economic Development department, who then referred her to the Pamlico Small Business Center in Bayboro. "I needed help with outreach," Trudo says. "Katie Shorter from the Small Business Center met with me at the farm and started 'connecting the dots' for me right away, providing invaluable support- at no cost to me - with strategies for reaching potential parents and caregivers," explains Trudo.

Trudo is taking applications online (and in person) for Whispering Creek Farm Academy's Fall 2024 sessions, which will be offered for children ages 3-7. Parents, caregivers, and children are invited to a free open house on Saturday, July 20 from 9am-11am at 1088 Lee Landing Road. Visitors can tour the learning barn, meet the farm animals and learn more about the preschool from Trudo.

For more information, visit www.WhisperingCreekAcademy.com or contact Kim Trudo at wfcakids@gmail.com or 252.672-2055.

1088 Lee Landing Road, New Bern, NC 28560 ~ 252.672.2055
www.WhisperingCreekAcademy.com



Animals are part of everyday learning at Whispering Creek Farm Academy



Owner Kim Trudo with one of Whispering Creek Farm Academy's resident farm friends, micro minicow, Molasses

Historical Society Adds to the Team Full Staff Now in Place with New Faces

NEW BERN, NC, The New Bern Historical Society is proud to introduce its full staff of four. Executive Director Anthony Giardino, having recently filled two positions, is ready to go with a great team and is looking forward to the summer months as a great opportunity to onboard and train them leading up to a very busy fall schedule of events, to include several Education Programs, and the very-well known Annual Ghostwalk Event, now in its 34th year of production.

The new staff additions include Michel Epps, as Operations Assistant. Michel is originally from the scenic Ozark Mountains of SE Missouri and started her career as an administrative assistant, first at Illinois State University and later at Los Alamos National Laboratory in New Mexico. Following almost a decade as an office manager in Santa Fe, she returned to the Ozarks to teach American History and coordinate a variety of programs, first at a community college and later a non-profit. Michel and her husband, Mack, arrived in New Bern in 2019 for what was supposed to be a short layover while sailing down the ICW, and the rest - as they say - is history!

The next to join is a familiar face in the New Bern Community! Former Head of School at The Epiphany School of Global Studies, Dwight Carlbom, was hired as the Operations Manager. Dwight and his wife, Lori, hail from Minnesota, but spent most of their professional careers with international schools in Malaysia and South Korea. After nine years as Head of School at Epiphany, Dwight retired from that position to explore new opportunities in the community. Dwight is glad to call New Bern home, and as a history major and teacher for many of his 46 years in education, is thrilled to be able to work with the New Bern Historical Society!

Marissa Moore is now entering her third year as Programs Director, and Anthony Giardino was recently promoted to the Executive Director role.

"This is a small, yet very enthusiastic and impactful team. I am so thrilled to work alongside such committed professionals who are truly passionate about celebrating and promoting New Bern's unique history through education and events," says Anthony Giardino. "While our member-base continues to grow, we truly pride ourselves on being accessible, resourceful, and consistently driven towards hosting quality events throughout the year. This staff, along with our Board of Directors and incredible group of many volunteers, is what really makes doing this job a joy and privilege! We hope to encourage more folks throughout this community to attend, support, and get involved in the great programs we are so proud to host. Our team is just a phone call away!"

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located in the historic Attmore- Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go www.NewBernHistorical.org or www.facebook.com/NewBernHistoricalSociety.



Dwight Carlbom, Marissa More, Michel Epps, Anthony Giardino

Advertisement for Program & Contractor Procurement Pamlico County 2023 ESFRIP

Pamlico County will be holding bid openings over the next year to rehabilitate approximately ten (10) houses through the 2023 funding cycle of the North Carolina Housing Finance Agency's ESFRIP program. The county is actively seeking contractors to bid on these proposals. The North Carolina Housing Finance Agency provides 100% of the funding for the Pamlico County 2023 ESFRIP program. Pamlico County encourages participation of local and historically underutilized businesses. To obtain information regarding the program, please contact Jordan Kearney with McDavid Associates, Inc. at (252) 753-2139.

Language Access Requirements:

This information is available in Spanish or any other language upon request. Please contact the individual below to secure this information. Esta información está disponible en español o en cualquier otro idioma a petición. Póngase en contacto con el individuo más abajo para asegurar esta información.

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Attorney General

Josh Stein

Attorney General Josh Stein Shares Tips to Keep Kids Safe Online During Summer Break

(RALEIGH) Attorney General Josh Stein today shared tips to help families encourage children to stay safe online over the summer. The average eight- to 12-year-old spends between four and six hours online each day, while teenagers spend up to nine hours. While young people across the state enjoy time off from school, they may find themselves online for longer periods.

"Summer break is here for many kids across North Carolina, and they may end up spending more time on screens," said Attorney General Josh Stein. "My office is working hard to protect our young people wherever they are - including online - but it's important for families to make sure the kids they love know how to stay safe and identify warning signs on the internet."

Here are tips to help families stay safe this summer and beyond:

1. Stay ahead. Meet with your child to discuss family computer guidelines and what is expected of them while using the internet. Use Attorney General Stein's Family Tech Agreement here <https://ncdoj.gov/wp-content/uploads/2022/09/Original-size-Family-Tech-Agreement-9.pdf> to foster positive internet safety conversations.

2. Create safeguards against online predators. Make sure your family computer is in a common area, use child-safe browsers with privacy settings on, and monitor your child's use of online messaging, screen names, and computer cameras.

3. Be on the lookout for warning signs. Your child may be at risk for online exploitation if they are spending large amounts of time on the

internet at night, receiving calls or physical gifts from people you do not know, or hiding what they are doing on the computer.

4. Speak up. If your child is being bullied or threatened online, contact your internet service provider, local law enforcement, or the CyberTipline at 1-800-THE-LOST for more resources to further protect your child and others.

5. Make sure your teen is ready to be on social media. Most social networking sites require kids to be 13 before registering an account. Talk to your teen about utilizing privacy features on their accounts and not accepting friend requests from strangers. Remind them that anything they post online is no longer private, even if the messages "disappear".

Youth online safety is a top priority for Attorney General Stein. Research has linked the increased amount of time on social media platforms to mental health damage and increased risk of self-harm and suicide. Social media can also expose children to content that depicts abuse and disturbing sexual images, which can warp their understanding of healthy and safe relationships. Last year, Attorney General Stein and 41 other bipartisan attorneys general sued Meta, which owns Facebook and Instagram, for allegedly designing their social media platforms to hook children and teenagers and deceiving the public by claiming that these platforms were safe and suitable for young users. He is also investigating TikTok.

To learn more about our office's work on protecting kids online visit www.ncdoj.gov/internet-safety or <http://www.ncdoj.gov/internet-safety>.

PAWS OFF! Keep your pets safe from electrical dangers.

- Make sure all plugs are inserted completely into their wall sockets.
- If your pet seems interested in electrical cords, check the cords frequently for signs of fraying and replace any damaged cords immediately.
- Appliances near sinks and bathtubs should only be plugged into outlets equipped with ground fault circuit interrupter (GFCI) protection in case an electrical appliance is knocked into the water.
- Lamps with exposed bulbs — especially halogens — can reach very high temperatures. Do not allow pets to play near lamps. If the lamp is knocked over, a fire could break out.
- Some pets, especially cats, will often seek out warm, secluded spots in the home. Do not allow your pet to hide or sleep behind your computer or TV equipment where numerous electrical connections are housed.



FREE MEDICARE SEMINAR

SHIIP, the Seniors' Health Insurance Information Program, is a division of the North Carolina Department of Insurance that offers free, objective information about Medicare, Medicare supplements, Medicare Advantage plans, Medicare prescription drug plans, Medicare fraud and abuse, and long-term care insurance. SHIIP will be conducting a free seminar entitled:

Medicare 101

The seminar is open to anyone new to Medicare or interested in learning more about Medicare. The seminar will include a question and answer session.

July 24, 2024
5:30pm-7:00pm

Pamlico County-Dept. of Senior Services
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To register, call:
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DAWSON CREEK- JANIERO ROAD BRIDGE REPLACEMENT

B-5995

All interested parties are notified that an application dated March 8, 2024, has been received from the N.C. Department of Transportation by the Commander, Fifth Coast Guard District, for approval of the location and plans for replacement of an existing highway, fixed bridge over a navigable waterway of the United States.

WATERWAY AND LOCATION: Dawson Creek, mile 0.1, at Janiero, Pamlico County, NC

CHARACTER OF WORK: The proposed project is to replace the existing Bridge on S. R.1302,

S. R.1305 and Janiero Road (S.R.1378) Bridge, with a new fixed span bridge at the same location. The replacement structure will be approximately 352 feet long providing 39 feet of deck width. The Bridge will include two 11-foot travel lanes with a 4-foot shoulder on westbound lane, a 5-foot shoulder on eastbound lane, and a 5-foot pedestrian sidewalk. The existing bridge will be removed in its entirety. The purpose of the project is to replace the current, structurally deficient bridge with a new structure. The bridge will be closed for the duration of the demolition and construction and an off-site detour will be in place.

The existing fixed bridge has a horizontal clearance of 35- feet and a vertical clearance of 10.71 feet above mean high water. The replacement bridge will be a fixed bridge with a horizontal clearance of 65.95 feet and a vertical clearance of 10.78 feet above mean high water.

A copy of **Public Notice D05PN-06-2024**, which describes the proposal in detail, can be obtained by calling (206) 815-4631 or by viewing at <https://www.navcen.uscg.gov/public-notice-for-bridges-active-by-district?district=5&subdistrict=n>.

Comments on this proposal should be forwarded to the address in the notice no later than July 26, 2024.

Those who do not speak English, or have a limited ability to read, speak or understand English, may receive interpretive services upon prior request by calling 1-800-481-6494.

Aquellas personas no hablan inglés, o tienen limitaciones para leer, hablar o entender inglés, podrían recibir servicios de interpretación si los solicitan antes de la reunión llamando al 1-800-481-6494.



How to plan for changing weather

The allure of the great outdoors compels many people to hike, kayak, fish, and engage in myriad other activities in the fresh air. The call of nature can be difficult to ignore, but inclement weather can quickly turn a fun day under the sun into a race to escape the elements.

Regardless of which activity is beckoning you to answer the call of the wild, a few simple safety measures should be taken to ensure your day is not derailed by sudden changes in the weather.

- Do your homework prior to traveling. The Department of Homeland Security advises travelers and outdoor recreation enthusiasts to learn about potentially severe weather in areas they plan to visit prior to beginning their trip. For example, if an area is vulnerable to tornadoes, learn about what to do in the wake of a tornado. The National Weather Service notes that emergency response protocols differ depending on the type of storm or severe weather. For example, what to do in the wake of a tornado differs from what to do when confronted by a flash flood. Familiarizing yourself with these response protocols can help you make it through unforeseen weather changes safely.

- Take along an extra set of keys. The NWS advises taking along an extra set of keys should your keys get lost due to inclement weather. The spare keys to a vehicle, for example, can help you escape inclement weather if your vehicle is still accessible and the roads are safe enough for travel. Without a backup set of keys, outdoor enthusiasts may find themselves stranded even if their vehicles can still run.

- Create a communication plan with your family prior to leaving. A predetermined communication plan can help family members keep in touch should the weather suddenly take a turn for the worse. Before embarking on a getaway, let loved ones who won't be joining you know exactly where you will be staying and how to reach you. This can make it easier for them to get you help should you need it.

- Monitor local forecasts. Changes in the weather can be sudden, so anyone planning to spend significant time outdoors should monitor local forecasts before and during their trips. This is especially important for travelers who will be visiting areas during certain times of year when inclement weather is normal. For example, travelers should be ready to postpone their plans if they will be visiting areas vulnerable to hurricanes during hurricane season.

- Purchase travel insurance. Insuring a trip with travel insurance can serve as a financial safety net if a trip is not possible due to inclement weather. With such a policy in hand, vacationers may not feel compelled to travel if the forecast is less than ideal.

Inclement weather can threaten outdoor excursions. But outdoor enthusiasts can take various measures to protect themselves in the face of sudden or unforeseen changes in the weather.

Historical Society Presents Harriet Marks Scholarship & John R. & Alice Land Taylor Scholarship to New Bern High School Senior Abigail Gonzalez Zavala Receives Four Year Scholarships

NEW BERN, N.C. The New Bern Historical Society is pleased to announce the Harriett Marks Scholarship and the John R. & Alice Land Taylor Scholarship for 2024 has been awarded to New Bern High School senior Abigail Gonzalez Zavala. Miss Gonzalez Zavala was selected from among a group of talented and deserving applicants. She is the daughter of Hugo Gonzalez and Norma Zavala.



Scholarship Chair, Mary Parrish and 2024 recipient, Abby Gonzalez Zavala.

Abigail has demonstrated consistent academic excellence, achieving the Honor Roll and Principal's List multiple times. She is an award-winning filmmaker and an internationally recognized writer. Abby is actively involved in various extracurricular activities, including serving as the Chair of the North Carolina Thespian Society, co-founder of the New Bern High School Blog Club, and writer for Oxford University's Harbingers' Magazine. She will begin her undergraduate studies in theatre, economics, and public policy this fall.

The Marks Scholarship was established in a trust for the estate of Miss Harriett Marks. It was created in 1968 under the terms of the will of Miss Marks as a memorial to the O. Marks family. The Taylor Scholarship, although a separate entity, is designed to complement and supplement the Marks Scholarship. It was created in 2015 and is administered by the North Carolina Community Foundation and sponsored by their grandson to honor the memory of his grandparents. These scholarships are awarded annually based on both scholarship and financial need. The combined funds generated by these scholarships will provide greater financial assistance for the worthy recipient. Both scholarships designate that they be awarded to a senior graduating from New Bern High School and that they contribute to the tuition, board or lodging for the purpose of obtaining higher education at an accredited college, university, or other institution of higher learning. They are renewable for three succeeding years if academic standards are maintained.

The Marks and Taylor Scholarships further the Historical Society's mission "to celebrate and promote New Bern and its heritage through events and education." Offices are located in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go www.NewBernHistorical.org or www.facebook.com/NewBernHistoricalSociety.



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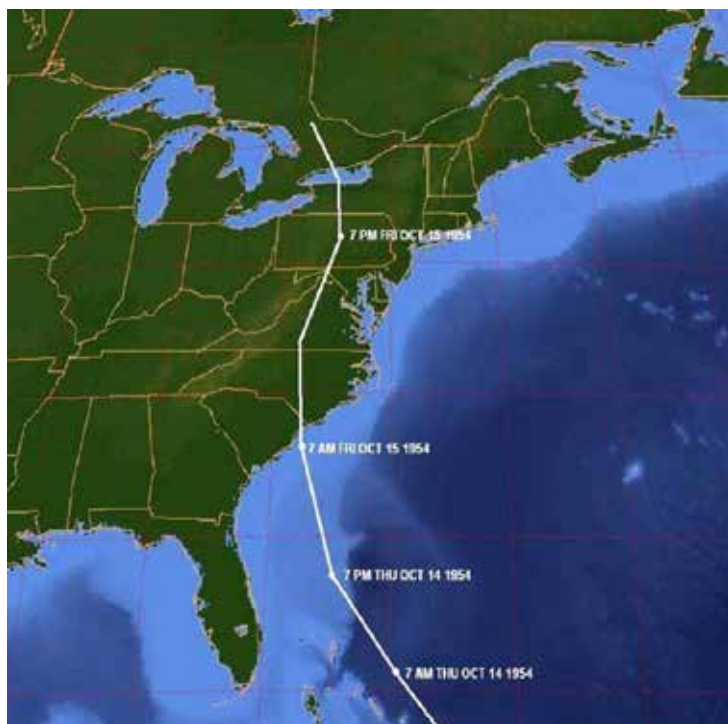
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COASTAL LIVING

Could a Cat 5 Hurricane Hit Pamlico County?

by: Hiram Lupton



Track of Category 4 storm Hazel in 1954

We are now well into the 2024 Atlantic hurricane season with Hurricane Beryl making landfall along the Texas coast Monday. At landfall, Beryl was a category 1 storm with 80 mph winds, significantly weaker than its peak strength of 165 mph (category 5), as it swept through the extremely warm Caribbean waters on July 2nd. When discussing hurricanes, we often hear the statement, “I’m not going to evacuate unless it is a category 4 or 5,” which brings up the question, could a category 5 storm hit Pamlico County? A check of North Carolina’s hurricane history shows that the strongest storm to make landfall in our state occurred in October of 1954, when the infamous Hurricane Hazel came ashore near the SC/NC border. Wind gusts were estimated over 150 mph with a tidal surge of up to 18 feet in Calabash, N.C. This storm, which was classified as a category 4, wreaked devastation across the southeastern corner of our state with the National Weather Service stating that “all traces of civilization on that portion of the immediate waterfront between the state line and Cape Fear were practically annihilated.” In 1958 another category 4 storm, Helene, brushed dangerously close to our coast, coming within 10 miles of Cape Fear before curving out to sea. Before accurate instruments there have been many strong storms to hit our coast, but at least since the early 1900’s, there has never been a category 5 storm to make landfall on our coast, and only a handful of category 4 storms to impact us. But is it possible that a category 5 could come our way? Unlikely, but definitely possible. More importantly when preparing for an approaching storm and deciding to stay or go, other factors should be considered in addition to what category a storm is. While a definite indicator of storm strength and trends, the category of a storm only takes into account wind speed. It does not consider several other factors such as the speed the storm is moving and the angle it is approaching our area. It also is only measuring the wind speed at the eye of the storm and doesn’t reflect the size of the storm and how far out potentially damaging winds occur. A weak category 1 hurricane which is moving very slowly when it makes landfall can drop massive amounts of rainfall as well as inundate flood prone areas with wind driven tide. Hurricane Irene which devastated our county in 2011 is an example of this. This is why, in addition to knowing the strength of an approaching storm, it is important to know your own environment. Do I live in a flood hazard area? An extremely important question to consider when making your hurricane preparations. Listen to the recommen-

datations of your local Emergency Management officials. You will hear the term “Know Your Zone” which they will use when giving evacuation orders. You may also hear the phrase “the first 72, is on you.” When an evacuation order is given, this means that if you choose to remain in your home, you will most likely be on your own for the first 72 hours after the storm hits. This is a critical time when EMS may not be able to reach you or render assistance in case of emergency. Stay informed from official sources of information such as the national weather service website at www.weather.gov/MoreheadCity and Pamlico County Emergency Management. If you are interested in learning more about North Carolina’s past hurricanes, author Jay Barnes has written several great books on the subject, North Carolina’s Hurricane History and Fifteen Hurricanes That Changed the Carolinas. You can’t prepare for a storm that has already hit, you can only learn from it and prepare for the next one.

DESIGNATION:	WIND SPEED:
Tropical Depression	38 mph or less
Tropical Storm	39 - 73 mph
Category 1	74 - 95 mph
Category 2	96 - 110 mph
Category 3	111 - 129 mph
Category 4	130 - 156 mph
Category 5	157 mph or greater

KNOW YOUR ZONE

In an emergency, local officials will order evacuations using zones to keep your family safe. These zones highlight areas most at risk to impacts from hurricanes, tropical storms, and other hazards.

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How to approach a business dinner

Companies have various reasons to host business dinners. Some dinners may be in honor of employees’ accomplishments or in recognition of various milestones, while others may be hosted to reinforce relationships with clients.

According to the Gentleman’s Gazette, which offers etiquette protocols and other tips, it often is customary for companies to include some sort of lunch or dinner as part of the employee onboarding process. Any business meal, whether it’s an informal lunch grabbed on the go or a formal, sit-down dinner, can be a great opportunity to make a good impression.

Business functions outside of the office or working environment require the same behavior one would display during working hours, so it’s best to approach the meal as an extension of the workday. The following are some additional guidelines when hosting or attending a business dinner.

The Host

Hosts should give careful consideration to the restaurant before booking a reservation. It should be able to seat everyone comfortably and not be so loud that conversation is affected. Make a reservation well in advance. In addition, make sure a variety of foods are available to accommodate any dietary restrictions. Inviting a vegan to a steak restaurant would be uncouth. When hosting international guests, consider culture before selecting a restaurant.

A restaurant should be easy to access as well. Select one near public transportation, if available, and make sure it is relatively close to the office.

The Guests

This meal is an extension of the business relationship, and it’s wise to make a good impression. While the atmosphere may be a little more relaxed than in

the office, remember professionalism is key. Avoid any political or religious conversations and anything that can be construed as controversial. Maintain good eye contact and engage in conversations. Be polite and take the lead from the host.

Avoid alcoholic beverages, unless they are offered. If you choose to imbibe, stick to only one drink, as alcohol can lower inhibitions and cause a loose tongue.

Dress professionally for the occasion, choosing formal business attire.

If you have any food allergies or avoid foods for particular reasons, alert the party host well in advance so that your needs can be addressed.

Business lunches and dinners are great opportunities to make strong impressions.

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LEGALS

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

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LAURA N. NUECHTERLEIN, EXECUTOR on or before SEPTEMBER 17, 2024, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 19TH DAY OF JUNE 2024

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

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

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

First published June 19, 2024

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

All persons, firms and corporations having claims against deceased, are notified to exhibit them to WESLEY BRUCE BROUGHTON, ADMINISTRATOR CTA on or before SEPTEMBER 24, 2024, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator CTA.

This 26TH DAY OF JUNE 2024

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

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

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

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BROOK M. GELIGOFF, ADMINISTRATOR on or before OCTOBER 1, 2024, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator.

This 3RD DAY OF JULY 2024

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

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

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

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SEAN W. FUREY, ADMINISTRATOR on or before SEPTEMBER 24, 2024, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator.

This 3RD DAY OF JULY 2024

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

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

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

All persons, firms and corporations having claims against deceased, are notified to exhibit them to DIANA M. MIDYETTE, ADMINISTRATOR on or before SEPTEMBER 24, 2024, at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Administrator.

This 3RD DAY OF JULY 2024

ESTATE OF KENNETH LAMBERT MIDYETTE
C/O DIANA M. MIDYETTE
206 MILDRED STREET

ORIENTAL, NC 28571
Publish JULY 3,10,17 AND 24TH, 2024.

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

NOTICE OF LIEN HOLDER'S SALE OF REAL PROPERTY

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

Hope Derby Carmichael, Trustee,

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

This the 5th day of June 2024.

JORDAN PRICE WALL GRAY JONES & CARLTON, PLLC

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

NOTICE OF FILING OF APPLICATION FOR CAMA MAJOR DEVELOPMENT PERMIT

The Department of Environmental Quality hereby gives public notice as required by N.C.G.S. 113A-119(b) that an application for a development permit in an Area of Environmental Concern as designated under the Coastal Area Management Act (CAMA) was received on 1 July 2024. Atlas Land Holding, LLC and Point Marina Owner's Association, Inc., proposes installation of a 10-slip docking facility with a travel lift, a boat yard, and other associated structures and improvements.

A copy of the entire application may be examined or copied at the office of Kelly Spivey, District Manager, Washington Regional Office, 943 Washington Square Mall, Washington, NC, during normal business hours. Public comments received by 8 August 2024 will be considered. Later comments will be accepted and considered up to the time of permit decision. Project modifications may occur based on further review and comments. Notice of the permit decision in this matter will be provided upon written request.

The sale shall be made subject to all prior liens, restrictions and easements of record, as well as unpaid taxes and assessments, if any. The record owner of the above-described real property as reflected on the records of the Pamlico County Register of Deeds not more than ten (10) days prior to the posting of this Notice is Eric M Strumpf and Jeanette Strumpf. Pursuant to N.C.G.S. §45-21.10(b), any successful bidder may be required to deposit with the Trustee for the Association, immediately upon conclusion of the sale, a cash deposit of five (5%) percent of the bid or \$750.00, whichever is greater. If the successful bidder fails to make the required deposit, the

property will be immediately reoffered for sale. Any successful bidder shall be required to tender the full balance of the purchase price so bid in cash or by certified check at the time the Trustee tenders to him a deed for the property or attempts to tender such deed, and should said successful bidder fail to pay the full balance of the purchase price so bid at that time, he shall remain liable on his bid as provided by N.C.G.S. §45-21.30. This sale shall be held open ten (10) days for upset bids as required by law.

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

This the 5th day of June 2024.

JORDAN PRICE WALL GRAY JONES & CARLTON, PLLC

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

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Kelly Spivey
Washington District Manager
NC Division of Coastal Management
943 Washington Square Mall
Washington, North Carolina 27889
(252) 948-3851

Please publish on: 10 July 2024

REELSBORO COMMUNITY WATCH

The Reelsboro Community Watch (RCW) had its monthly meeting Tuesday, July 2, at 7:00PM. President, Tommy Ireland, opened the meeting and a motion was made to hold the minutes and treasurer's report until the end to accommodate guest speakers. The planned speaker could not attend. As an alternative, Rhonda Breed, RCW Public Relations Officer, reached out to Pamlico Partners for Democracy. Merit Watson and retired judge, Jimmy Ragan, offered to speak. Member, Jennie Adams, also attended.

Mr. Watson spoke on behalf of the organization. He shared the purpose of the group, which is educating voters about the Constitution and the tenants of democracy in the US. He stated that we needed "people of integrity" to keep America strong,

encouraging people to work together to uphold democracy. Two other counties in NC have reached out to model their own organizations after Pamlico Partners for Democracy—Transylvania and Rutherford. They, too, are setting an example by sharing "their loyalty to the Constitution."

Judge Ragan, spoke and shared his thoughts regarding his "responsibility to the Constitution" and his faith in the integrity of elections, as a former judge and elected official. He said that the shortest article in the Constitution listed the limited duties of the President. He also spoke of the checks and balances between the three branches—the judicial (SCOTUS), the legislative (Congress), and the executive (POTUS). He expressed extreme concern regarding the imbalance of powers that has been unfolding.

There was extended discussion with questions, but that is beyond the scope of this report. The nonpartisan organization meets at the Heritage Center in Grantsboro, the first Friday of the month at 2:00pm. The public is welcome to attend. Before ending the meeting, RCW President, Tommy Ireland read the minutes from the previous meeting. New signs were purchased to have on hand and to replace damaged signs. Secretary/Treasurer, Debbie Edelman, shared the treasurer's report.

Note: The BBQ dinner planned by the RVFD is postponed indefinitely. However, they are planning a pig cook off in November, sponsored by the Pig Council of NC.

Reelsboro Community Watch will have its next meeting Tuesday, August 6, at 7:00PM at the RVFD located at 105 Holand Dr., New Bern (if using a GPS), beside the Reelsboro United Methodist Church. The meeting is open to the public and we encourage community participation. See our Facebook page and request to join for updated information.

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PARTNERSHIP PROPERTY MANAGEMENT

AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



The hoop-la is over for the Croaker Festival and we had a good rain Sunday. The Pamlico Brass and the Pamlico Chorale did a great job on Friday saluting the Armed Forces, singing the National Anthem with the audience, singing many other patriotic songs, especially God Bless America. If we ever needed a blessing from God it is now. We had twelve in the congregation at Bethel today and one new couple that live near Fran and Darlene. The Bryans celebrated Eric's birthday Friday evening with a pizza party and Stephanie and Rita made 7 different ones for Kevin to cook. Kelly's mother accompanied them from Creedmoor for the special occasion. The peach pizza was the hit of the evening! My son Ken and his wife Rhea did not make the pizza party but arrived on Saturday and are spending a few days with me. Bill and Sylvia

Nickerson along with Stephanie Adams and her granddaughter Abilene were at the Croaker Festival pulling a wagon with free water they were passing out before folks passed out from the heat, compliments of Bethel Free Will Baptist Church in Whortonsville. The nurse from Camp Seagull had dinner Saturday night with my next door neighbors Maura and Melydia. She and Maura were in nursing school together and she comes back to the camp every year. We sang happy birthday to Alex Adams at church today. Don't forget he has delicious oysters for sale right behind his home.

THOUGHT FOR THE WEEK—ALWAYS BE GRATEFUL FOR WHAT YOU HAVE INSTEAD OF WISHING YOU HAD SOMETHING YOU DON'T HAVE!

Pamlico Betty Jo Rodgers, *Correspondent*



The roadsides in Pamlico have been mowed by the DOT and it makes it easier to see the wild turkeys as they roam the roadsides in the Pamlico Community. It also makes it easier to spot squirrels, turtles and deer.

Construction continues on Mary Mattock's new house, and it is exciting to see the foundation being laid. Across the street from her, the lot is cleared of all stumps and is nicely leveled. The view from there shows our pier, the silo at the Wise plantation, and the water tower all appearing in a row. Looking at them down the creek is very different than when seeing them from the road. They are actually closer as the crow flies.

Pamlico finally received rain. We were able to pick some sweet corn, and it was delicious. Thank farmers and your gardening friends every time you eat fresh vegetables.

The Oriental Croaker Festival was a big success. The Pamlico Chorale and the Community Band started the festival off with a bang after the opening prayer. The parade lasted 45 minutes and was as good as any parade I have ever seen. The many vendors

and booths were appreciated, and the fireworks were outstanding. I was blessed to be able to share it with my son, Kevin; his son, Zachary; and his two sons Samuel and Ethan Matthew. We were blessed to have four generations of Rodgers men as we shared a meal at Brantley's on Saturday night. Kevin is retired from the mission field in Africa, and he and Suzie will be moving to Texas this week to teach at Southwestern Theological Seminary.

Celebrating birthdays in July are Nancy Harper (7/3), America (7/4), Charles Alexander and Brian Ellenberg (7/8), Floyd Peed (7/10), Tal Hudgins (7/13), Penny \$ Farmer (7/14), Charles Stackhouse (7/15), Annette Jones (7/17), Jeannine Russo (7/19), Joanne Gwaltney Ashton (7/22), Mark Norman (7/23), Stephen Carey, Kenneth Dixon, and Karen Keast (7/24), Doug Spain (7/25), Gladys Wright (7/26) and Bertha Gilliam (7/31). Celebrating their anniversary in July are Cathy and Brent Fulcher (7/24).

Have a blessed week. Yearning for hope? Take Vitamin Y. "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." (Psalms 23:4)

Rotary Club of Oriental John J. Mitchell, Past President



Boy, it's hot

Let's see, it's one of the hottest days of the year so far, how can we spend our time. I got it, why don't we head down to Lou Mack park area and set up a tent on that open sunny spot. Why don't we heat up one of our grills and start cooking hamburgers and hot dogs under the tent and try to sell them to the people there for Croaker Fest. Yeah that's the ticket we can use it for our good causes.

Hey Ned has a good idea, he'll bring his deep fryer, get it good and hot then cook French fries but first he'd better peel about sixty pounds of potatoes, blanch them, dry them and put that fryer under the tent. We'll bring a little fan to hopefully

move the air around to help with the cool breeze near the water. We always have a good time when we do things like this. Remember last year's car show when that horrific storm came in before we had a chance to award the trophies? That was a lot of laughs. Why do we do such foolish things?

We do it to help the community, the county, the state, the country and the world. That's why. We raise funds to help people obtain their goals, feed those in need, shelter them, cure them, and make them smile.

We do this because we are The Rotary Club of Oriental, part of a worldwide organization that does things for the same reasons. Oh and we love doing it.

canned foods

Canned foods can provide significant nutrition, especially for individuals who cannot find fresh fruits and vegetables during certain times of year, such as winter. In fact, the Produce for Better Health Foundation notes that research indicates canned foods offer comparable nutrients to fresh and frozen foods. In addition, the PBHF reports that canned foods are minimally processed, which helps to preserve nutrients and flavor. However, dietitians note that all canned foods are not made the same, so it's imperative that shoppers read food labels prior to purchasing any canned goods. Overconsumption of sodium, which has been linked to health problems such as hypertension, heart attack and stroke, is a common consumer concern about canned foods. Shoppers can ease such concerns by reading product labels and looking for items described as "sodium-free," "low sodium" and/or "no salt added."



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Miscellaneous

GOT AN UNWANTED CAR??? DONATE IT TO PATRIOTIC HEARTS. Fast free pick up. All 50 States. Patriotic Hearts' programs help veterans find work or start their own business. Call 24/7: 1-866-481-0703

Miscellaneous
WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-888-313-1427. Have zip code of service location ready when you call!

Miscellaneous
HEARING AIDS!! High-quality rechargeable, powerful Audien hearing aids priced 90% less than competitors. Tiny and NEARLY INVISIBLE! 45-day money back guarantee! 888-970-4637

Miscellaneous
Denied Social Security Disability? Appeal! If you're 50+, filed SSD and denied, our attorneys can help! Win or Pay Nothing! Strong, recent work history needed. 877-553-0252 [Steppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

Miscellaneous
Don't Pay For Covered Home Repairs Again! American Residential Warranty covers ALL MAJOR SYSTEMS AND APPLIANCES. 30 DAY RISK FREE/ \$1000OFF POPULAR PLANS. 888-993-0878

Miscellaneous
Safe Step. North America's #1 Walk-In Tub. Comprehensive lifetime warranty. Top-of-the-line installation and service. Now featuring our FREE shower package and \$1600 Off for a limited time! Call today! Financing available. Call Safe Step 1-855-931-3643

Miscellaneous
Replace your roof with the best looking and longest lasting material - steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer - up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-855-585-1815

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

for the Blind Today at 1-855-869-7055 today!

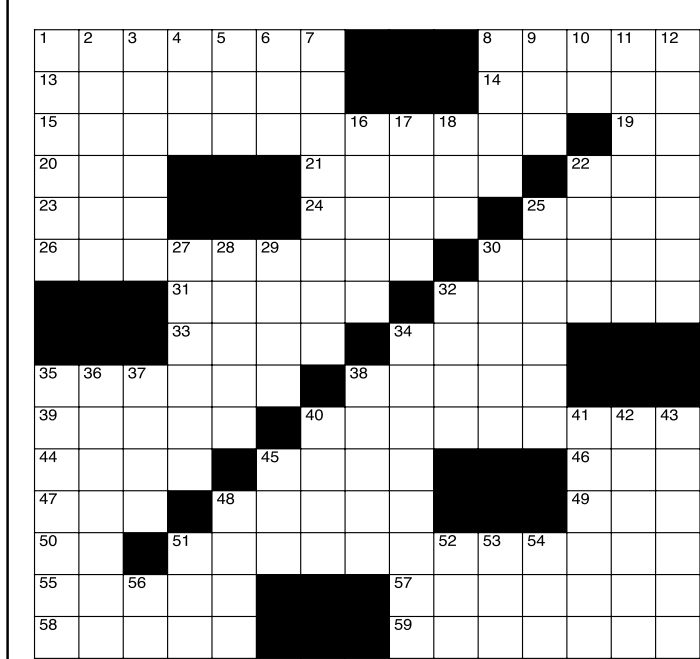
Miscellaneous
HI-SPEED INTERNET, ANYWHERE! Shop With A Viasat Expert For High Speed Satellite Internet. New Customer Deals In Your Area. Nationwide Service. CALL NOW. 1-866-481-0658

Miscellaneous
TOP CASH PAID FOR OLD GUITARS! 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. 1-877-560-5054

Sale
Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-877-920-7405

Time Share
Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your time-share! Free consultations. Over 450 positive reviews. Call 844-213-6711

CROSSWORD



CLUES ACROSS

- 1. Book size
- 8. Indonesian Island
- 13. "The Sopranos" character
- 14. Plants often found in stews
- 15. Stern
- 19. Atomic #52
- 20. Often seen after a company name
- 21. Silk garments
- 22. Inhibiting hormone (abbr.)
- 23. Type of beer
- 24. Margarine
- 25. Throw lightly
- 26. Explains again
- 30. Raccoon-like animal
- 31. Sneaker parts
- 32. Platforms
- 33. Scored perfectly
- 34. One's essence
- 35. Strikes with a firm blow
- 38. Makes tractors
- 39. Music term
- 40. Lack of energy
- 44. Vestments
- 45. ___ and feathers
- 46. Total
- 47. Gobbler
- 48. One with Japanese immigrant parents
- 49. Type of braking system (abbr.)
- 50. Home of Rudy Flyer
- 51. Manageable
- 55. Lugged
- 57. Irritated
- 58. Sea eagles
- 59. Warm seasons

CLUES DOWN

- 1. About visual sense
- 2. Part of a horse's saddle
- 3. In a way, interchanged
- 4. Rocker's accessory
- 5. Very important person
- 6. It precedes two
- 7. Flavored
- 8. Musical notes
- 9. String instrument (slang)
- 10. Mister
- 11. Fine, light linen fabric
- 12. Absence of bacteria
- 16. Discounts
- 17. Area units
- 18. A description of one's life
- 22. Gazelles
- 25. Plumbing fixture
- 27. Makes especially happy
- 28. One side of something many-sided
- 29. Frosts
- 30. Defunct monetary unit of Guinea
- 32. Female animal species
- 34. School terms
- 35. Written law
- 36. Unpleasant aroma
- 37. Nuclear weapon
- 38. One who challenges
- 40. Opposite of first
- 41. Able to be utilized
- 42. Less interesting
- 43. Implants
- 45. Canister
- 48. Gestures
- 51. After B
- 52. Romanian monetary unit
- 53. Long-term memory
- 54. Cash machine
- 56. The Volunteer State

PUZZLE SOLUTION

O	C	T	A	V	O	S		S	U	M	B	A		
C	A	R	M	I	N	E			O	K	R	A	S	
U	N	A	P	P	E	A	S	A	B	L	E	T	E	
L	T	D				S	A	R	I	S		G	I	P
A	L	E				O	L	E	O		T	O	S	S
R	E	D	E	F	I	N	E	S		C	O	A	T	I
			L	A	C	E	S		D	A	I	S	E	S
			A	C	E	D		S	O	U	L			
S	M	I	T	E	S		D	E	E	R	E			
T	A	C	E	T		L	A	S	S	I	T	U	D	E
A	L	B	S		T	A	R	S				S	U	M
T	O	M		N	I	S	E	I				A	L	B
U	D		C	O	N	T	R	O	L	L	A	B	L	E
T	O	T	E	D				N	E	T	T	L	E	D
E	R	N	E	S				S	U	M	M	E	R	S

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to summer food.

ODOGHTS

--	--	--	--	--	--	--	--	--	--

Answer: Hot dogs

Pamlico County Recycling Notice

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

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

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

The Grantsboro Recycling Site will be open the following hours:

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

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

LEGAL NOTICE

**STATE OF NORTH CAROLINA
UTILITIES COMMISSION
RALEIGH**

DOCKET NO. E-22, SUB 694

BEFORE THE NORTH CAROLINA UTILITIES COMMISSION

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

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

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

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

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

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

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

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

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

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

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

EFFECT OF RATE INCREASE

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

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

Source: Page 1 of 2, Appendix 1 of Application

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

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

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

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

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

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

PROPOSED RATE DESIGN/RATE SCHEDULE CHANGES

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

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

HEARINGS AND OTHER MATTERS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

This the 13th day of June, 2024.

NORTH CAROLINA UTILITIES COMMISSION

A. Shonta Dunston
A. Shonta Dunston, Chief Clerk

Health & Wellness

Churches of Pamlico Photo by: Hiram Lupton

Making the switch to early-morning workouts



One of the common complaints among people who want to be more active is that they can't seem to fit exercise in when work, school or family responsibilities get top billing. According to the Better Health Channel, lack of time is a common perceived barrier to physical activity, with men age 30 to 50 saying they are typically too busy with work and family commitments to exercise regularly. And when leisure time is limited, they'd much rather choose recreational activities over heading to the gym.

There are many ways to make exercise fit into a busy schedule, and one of them is to switch when you exercise. Opting for early-morning workouts can free up time later in the day. Plus, there are some benefits to getting a fitness fix in while the sun is rising. Get started with these tips.

- Skip afternoon caffeine and evening alcohol. Getting up early to exercise will likely require an adjustment period. One way to make it easier to rise and shine a few hours earlier is to limit behaviors that can make it hard to get out of bed. Coffee and other caffeinated products can make it challenging to fall asleep at night if consumed too late in the day. Alcoholic beverages, while they may cause you to fall asleep faster, adversely affect sleep quality. When sleep is compromised, you may be more inclined to hit the snooze button.
- Gradually move your wake-up time. Progressing slowly by waking up about 15 minutes earlier each week can help you achieve your goal without it being a big shock to the system. As you build up to the new wake-up time, fit in short workouts in this newly acquired free time.
- Consider a home gym setup. If the thought of venturing out to a gym or another facility in the wee hours of the morning is unappealing, think about outfitting a space in your home with workout equipment. Doing so may facilitate an early fitness routine.
- Prepare workout gear the night before. The lifestyle experts at Real Simple suggest laying out workout gear and other items needed for the day the night before. This way you can get up and out quickly without forgetting things.
- Enlist a buddy to exercise as well. Having someone to whom you are accountable can help keep early workouts on the docket. A workout pal can motivate you to get exercise in, and you can do the same for your partner. If someone is counting on you, you'll be less likely to skip a workout.

There are benefits to early workouts. Healthline says that early morning workouts are best when the heat rises during the day and you'll be doing outdoor activities. A 2018 study published in the International Journal of Obesity found that those who exercise first thing in the morning often choose healthier foods and eat less the rest of the day. Many who exercise early report greater overall energy and focus throughout the day as well.

Did you know

It's not uncommon for individuals engaged in strength training workout regimens to wonder how much time they should rest between sets, a situation that can only grow more difficult when going online, where advice ranges from 30 seconds to three minutes. But a 2016 study published in The Journal of Strength and Conditioning Research suggests longer rest intervals may be more beneficial than shorter breaks. That study compared 21 young resistance-trained men assigned to a group that performed resistance training programs with one-minute rest intervals between sets and a second group that performed resistance training with three-minute rest intervals. Results varied depending on the resistance activity each group was engaged in, but muscle thickness in the anterior thigh among the three-minute rest interval group was significantly greater, and that three-minute group also experienced greater increases in the triceps brachii than their one-minute rest interval counterparts. Authors behind the study ultimately concluded that longer rest periods promote greater increases in muscle strength and hypertrophy in young resistance-trained men.



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