



Some of the sights of the third annual Pound the Sound sponsored by the Rotary Club of Windsor, which was held this past Saturday at Scotch Hall.



Bertie County 4-H begins summer programs

BY LESLIE BEACHBOARD
Bertie Ledger-Advance

WINDSOR - The Bertie County 4-H is offering summer programs for children. Registration began June 12.

The events offer children of various ages opportunities for fun activities including wild horse tours, putt putt golf and a trip to a creamery.

The first event will be a trip to Corolla for a tour to see North Carolina's wild horses from 8:30 until 5 p.m. Friday, June 30.

The tour will cover 25 miles of off-road cruising in a Jeep and will go into neighborhoods where horses graze.

The cost of the tour is \$20 and is for ages 9 and up, with a limit of 11 participants.

Breakfast and lunch will be

provided

A trip to Jennette's Pier for plankton investigation is scheduled for 9 a.m. until 4 p.m. Friday, July 14.

Participants will see the microscopic organisms that are vital to the marine food chain and use scientific instruments to examine them.

The cost of the trip is \$15 and is for ages 9 and up, with a limit of 13 participants.

Breakfast and lunch will be provided.

A day at the movies will be held Friday, July 21 (time and movie to be announced).

Participants will travel to Greenville to see a G-rated movie and get a children's snack at the Greenville Grande Movie Theater.

The participants will eat lunch at Pizza Inn.

The cost of the trip is \$20

for ages five and up, with a limit of 26 participants.

Breakfast and lunch will be provided.

Let's Grow Together will be held from 9 a.m. until 12 noon Thursday, July 27.

Participants will learn how to grow herbs and make his or her own gummy worm pudding snack.

The cost is \$5 for ages five and up, with a limit of 20.

Breakfast will be provided.

Participants can take a trip to Simply Natural Creamery from 9 a.m. until 3 p.m. Friday, July 28.

The children will travel to Ayden to observe the process of milking cows and enjoy a homemade ice cream treat from the onsite creamery.

The cost is \$10 for ages 5 and up, with a limit of 13.

Breakfast and lunch will be provided.

A trip to Captain Jack's Putt Putt and Pizza will be held from 8:30 a.m. until 2 p.m. Monday, July 31.

Participants will travel to Greenville to play miniature golf at Captain Jack's.

Each child will get to build his or her own pizza for lunch.

The cost is \$15 for ages 9 and up, with a limit of 26.

Breakfast and lunch will be provided.

The last event for the summer will be a hunter and firearm safety class from 9 a.m. to 12 noon Monday, Aug. 7 through Wednesday, Aug. 9.

It is a three-day workshop, presented by the North Carolina Wildlife Resources Commission.

The workshop includes

information about hunter responsibility, wildlife conservation and management, firearms, wildlife identification, survival, first aid, specialty hunting and tree stand safety.

The second day will take place at the shooting range, and the test will be administered on the third day.

Participants will receive a hunter safety certificate in the mail upon passing.

The workshop is free for ages 11 and up, with a limit of 25.

Registration for the programs begins Monday, June 12.

For more information, contact the Bertie County 4-H at 252-794-5317 or the Coop office at 104 Dundee Street, Windsor.

Medicare got you asking questions? SHIP has answers.

As part of the North Carolina Department of Insurance, the **Seniors' Health Insurance Information Program (SHIP)** has experts specially trained to answer your Medicare questions and to help you with other insurance issues important to seniors, such as:

- selecting a Medicare prescription drug plan
- preventing Medicare billing fraud and abuse
- choosing a Medicare supplement plan
- long term care insurance

Call 1-855-408-1212 or
visit www.ncshiiip.com to
find out how SHIP can help you.



Are you reading your **Medicare Summary Notice**? If not, you may have lost a chunk of change last year.

Read the **Medicare and You** handbook to learn about helpful tips on healthcare fraud prevention through the efforts of the **Senior Medicare Patrol Program (SMP)**. Consult with an SMP specialist about any charges on your Medicare statement that you are unsure about.

Don't be a victim.
Help stop Medicare fraud.
Contact Senior Medicare Patrol.
1-855-408-1212 • www.ncshiiip.com

Funded by a grant from
the Administration on Aging.

