



International

Yoga

Day

BENEFITS OF

YOGA

Health & Wellness on Page A11

COASTAL LIVING

• North Carolina's State Shell – The Scotch Bonnet

• NCDMF Junior Marine Patrol Academy

on page 8

Vol. 57 No.25, 12 Pages

The Pamlico News

Wednesday, June 18, 2025

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Aurora Fossil Museum Visits the Library!
Thursday, June 19th @ 1pm
Read a trending book with us and then meet up at the library for a fun discussion!
Join us as we welcome our guests from the Aurora Fossil Museum. They will be sharing a mobile fossil exhibit and a fossil dig with us.

BIG BANG BOOM: Family Concert
Friday, June 20th @ 5:15pm
ALL AGES
Big Bang Boom plays fun, upbeat, energetic, interactive, and educational children's music - with plenty of fun for the grown-ups, too! Join us in our new Hollowell Auditorium for this fun event!
This program is sponsored by the Friends of the New Bern Library

Pony Beads Saturday Craft
Children (ideal for Ages 4+)
Saturday, June 21st @ 11am
Make a bead masterpiece at the library!

Library Bingo and Scavenger Hunt
Children (ideal for Ages 4+)
Wednesday, June 25th @ 11 am
Play BINGO with fruit loops then hunt for books hiding around the library.

Magic Show at the Library: The Shelton Show
ALL AGES
Thursday, June 26th @ 1pm
Gary Shelton, Comedian and Magician will be our special guest for our last big event during the 2023 Summer reading Program. Gary's humor is southern flavored and family friendly; his magic brings out the wonder in audiences of any age. This event is sponsored by the Friends of the Pamlico County Library.

Trendy Reads Book Club
Friday, June 25th @ 5pm
Read a trending book with us and then meet up at the library for a fun discussion!

Pamlico Support Group of Autism Society of NC - Monthly Meeting
June 28th @ 11am
Last Saturday of every month*
The Pamlico Support Group of Autism Society of NC and the Pamlico County Library are working together to provide monthly support meetings to those with autism and their family members. In February, we will meet to discuss ways that the library and group can provide support and awareness. This is a great opportunity to bring your ideas, needs, and desires for the year ahead!

The mission of the Pamlico Support Group of Autism Society of NC is to provide learn about local resources a welcoming community for families of children and adults with autism to meet, share experiences, and receive support. Led by volunteers, our group offers social activities, educational opportunities, and autism awareness initiatives for our communities. Our vision is to be a trusted partner for all individuals with autism as they lead fulfilling lives. We respect and value the uniqueness of all individuals with autism, recognizing that each person can make a unique contribution to their family, community, and society when given the opportunity.

Pamlico County Public Library Grand Opening Celebration

by: Hiram Lupton

Last Saturday was a day of celebration for the new Pamlico County Public Library and all those who helped make the dream a reality. The library opened its doors to the public back on May 12th, but June 14th had already been circled on the calendar as a day to cut a ceremonial ribbon and formally dedicate the library. The event was attended by an overflow crowd that included many officials from Pamlico County government, as well as N.C. State Senator Norman Sanderson. This was a culmination of a lot of planning and hard work by several groups, first and foremost the Friends of the Pamlico County Public Library who spearheaded the fundraising effort for the new library as well as the Craven-Pamlico Regional Library staff who worked hard with the Friends of the Library to make it happen. One theme resonated with all those who spoke Saturday and that was of the future and the big role this library will play in that future for Pamlico County



Senator Norman Sanderson cuts the ceremonial ribbon formally dedicating the new Pamlico County Public Library.



Mrs. Fran Benninger (L), a fixture at the Pamlico County Public Library for more than 25 years and Sidney Phibbons (R), Manager of the Library.

as a modern gathering place for generations to meet and learn. A special part of the ceremony was the presentation of ceremonial keys to the library to many of the youth that were present, signifying the importance the library will hold in the future of the County. Special congratulations should go out to Bonnie Capp, President of the Friends of the Pamlico County Library, Katherine Clowers, Director of the Craven-Pamlico Regional Library system, and Sidney Phibbons, the Manager of the Pamlico County Public Library. These leaders had a lot of help from staff, government officials, and volunteers, but they led the way in making the dream come true. From now on let this building no longer be referred to as "the old Hardees restaurant" but as "The NEW Pamlico County Public Library."



(L to R) Katherine Clowers, Bonnie Cap, Sidney Phibbons

Oriental Board Approves Town Budget

by: Hiram Lupton

At their regularly scheduled board meeting last Tuesday evening, the Oriental Town Board unanimously approved the Town budget for the 2025-26 fiscal year. The meeting had set aside time for a public hearing period on the proposed budget, however no town residents signed up to speak. As they usually are, dollars were tight and the Town Commissioners were still sorting out last minute numbers as late as 3 PM on Tuesday. All this work by the Town Manager, the Commissioners, and the Mayor, culminated with a balanced budget. As with most county, school, and municipal fiscal situations, they are as Commissioner Frank Roe said, "Unlimited wants and limited funds." Town Manager Diane Miller in her budget sum-



The Oriental Town Board and Mayor

mary characterized the balanced budget as a "maintenance budget with no room for catastrophic failure of equipment." The budget contained no property tax increase as far as the town goes, however it remains to be seen if the County will enact any sort of increase in their budget. There is small increases in water rates, that will allow the town to keep up with inflation. The total combined operating budget for 2025-26 is \$1,781,771.00 which includes the water fund of \$438,710. The budget also maintains the Town's fund balance. A more detailed look at the budget, as well as the Town Manager's budget summary can be found on the Town's website and can also be viewed at Town Hall.

EMS #5 on Station and on Duty

by: Hiram Lupton

The Pamlico County Rescue Squad has a new ambulance in their fleet and with all equipment in place and inspections done, it is now in service for the citizens of Pamlico County. The cost was \$365,000, but Rescue Chief T. W. Harris sees it as money well spent. "This unit replaces a used vehicle we purchased back during COVID, whose lifespan was more than finished and had become less than reliable. That unit will now be sold to recoup some of the money spent, which will be put back into the squad." Funds for the new unit came from a combination of



service call fees and grant money. "While there will be periodic upgrades, we expect this vehicle to be serving Pamlico County for the next 20 years. This manufacturer of ambulances, Braun, has the best combination of safety, reliability, modern technology, and affordability on the market today. We have had great service from their vehicles and expect the same from this unit. We want to provide our citizens the best possible service in what can be life or death situations, and this new addition will help us do that."

Lewis Named Head Basketball Coach at PCHS

by: Hiram Lupton



Dwayne "DJ" Lewis on the sidelines earlier this year for Pamlico Middle School.

Pamlico County High School will have a new Head Coach roaming the sidelines when basketball season tips off next November. Dwayne "DJ" Lewis will be taking over the program he once played for. Lewis graduated from PCHS in 2014 and was a standout guard for four years playing for legendary Hurricane Coach Earl Sadler, Jr., leading the team in steals his Senior season. More recently, he has been the Head Coach of the boy's team at Pamlico County Middle School where he also taught seventh grade. Coach Lewis will now be coaching some of the same players he taught fundamentals to when they were just starting out at the middle school level. Best of luck and success to you Coach DJ Lewis.

Finding Her Voice Through Art

by: Hiram Lupton



Kaitlyn Gibson

Last Friday evening, the Pamlico Arts Council and Broad Strokes Gallery hosted a very special one-night showcase and reception featuring the incredible art of Miss Kaitlyn Gibson. Kaitlyn's story could certainly be considered tragic. She was non verbal and traumatized as a child and her future was anything but bright, but God (BUT GOD!) had a different plan. She was adopted by a loving family and through hard work, perseverance, and faith, they all worked together to turn her life around. She found a way of expressing herself through art, and her art provided a pathway for healing and finding her voice, both figuratively and literally. Her showcase is titled "Beauty for Ashes" and is divided into four parts, each chronicling her journey of healing. Ashes deals with acknowledgement of loss and pain; Embers signifies the quiet glow of healing; Beauty resonates with expressions of hope and restoration; and finally, The Exchange centers on transformation and new beginnings. Together they tell her story and while that story may have begun with tears of sadness, it culminates with tears of triumph and joy. With the resolve and growing confidence, she has and the talent she has been gifted and is now nourishing, Kaitlyn will no doubt write many more inspiring chapters with her art. Thank you to Dr. Dawn Baldwin Gibson, the Pamlico Arts Council, the North Carolina Arts Council, and Broad Strokes Gallery for presenting this event and especially to Kaitlyn, for sharing with us her remarkable talent.

LIKELY WEATHER OVER THE WEEKEND



Saturday, June 21st **90°Hi** Partly cloudy and scattered thunderstorms



Sunday, June 22nd **92 °Hi** Sunshine and clouds mixed.

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Notary course in Bayboro

The next edition of Pamlico Community College's popular Notary course is set for Saturday, June 28, at the Bayboro Center beginning at 8:30 a.m. Cost is \$70.55, plus a book. Upon completion of the course with a passing exam grade, individuals are eligible to apply to the N.C. Secretary of State to become a notary. For more information or to register, please call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo

Strengthening Rural Health Through Academic-Public Health Partnerships

Press Release - Duke University school of Nursing

At the June 2025 Association of Community Health Nurse Educators (ACHNE) Annual Institute held in Columbia, South Carolina, a presentation by Lynn Hardison, Director of Nursing, Pamlico County Health Department (PCHD) and Irene Felsman, Associate Professor at the Duke School of Nursing (DUSON) highlighted the innovative partnership between the two organizations, emphasizing the power of collaboration between academic institutions and local health departments and how such alliances can address critical health disparities in rural communities.

The presentation underscored the dual benefits of such partnerships: improving health outcomes for rural residents and preparing the next generation of nurses to work in rural underserved areas. This collaboration serves as a model for how academic-public health collaborations can be a catalyst for sustainable change in rural health care delivery.



Irene Felsman (L), Associate Professor at the Duke School of Nursing and Lynn Hardison (R), Director of Nursing, Pamlico County Health Department

The DUSON/PCHD initiative began in 2022, following a community assessment and mapping project led by the Duke Global Health Institute and PCHD. Recognizing the need for a clinical component, the nursing director worked with faculty from DUSON to develop a rural-focused immersion program for doctorate Nurse Practitioner (DNP)/Family Nurse Practitioner (FNP) and pre-licensure students. Over the past two years, 34 nursing students (32 ABSN and 2 DNP/FNP) have participated, providing screenings, health education and clinical care to more than 1,100 individuals across the lifespan in Pamlico County.

The impact extends beyond education. Two DNP students completed their preceptorships at PCHD and have since joined the department as part-time employees—demonstrating the program's potential for workforce development and long-term community investment.

Pamlico County Nonprofit Imagine Pamlico receives Z. Smith Reynolds Foundation Award of \$50,000

June 9, 2025...Bayboro, NC. The Z. Smith Reynolds Foundation (ZSR) Board of Trustees recently announced the award of 35 grants totaling \$1.4 million to organizations working for local progress in rural communities across North Carolina. Imagine Pamlico Inc., a nonprofit operating in Pamlico County, was one of only three eastern North Carolina nonprofits awarded funding as part of ZSR's Community Progress Fund Strategy, which recognizes local organizations in North Carolina's rural counties "doing incredible work to serve their communities."

This \$50,000 award is intended to help Imagine Pamlico take their work to the next level by providing an infusion of short-term funding that allows them to meet direct needs, test new ideas, or expand promising efforts. Since its founding in September 2023, Imagine Pamlico has helped bring nearly \$534,000 in new funding to Pamlico County from the Richmond Community Foundation, The Harold H. Bate Foundation, North Carolina's Office of Rural Health, and Anonymous Trust. Imagine Pamlico's work is currently executed by an all-volunteer board; with the anticipated growth of programs and impact, Imagine Pamlico will use ZSR's award to hire its first paid staff. IP President Tim Taylor expressed the IP board's excitement about this milestone, "In such a short time, Imagine Pamlico has had a positive impact in many areas in Pamlico County; hiring our first executive director is the necessary next step in order for us to continue to pursue our mission effectively."



Imagine Pamlico is a 501(c)(3), founded in Pamlico County, and 100% of its funding remains in Pamlico County to serve all of the residents of Pamlico County. For more information about Imagine Pamlico and donation opportunities, please visit www.ImaginePamlico.org. For more information about the ZSR grant award, please contact areiter@imaginepamlico.org.



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Richard & Judy, Oriental



MERRITT – Newly-renovated, 2,100 sf 3BR/2BA, on 1-acre unrestricted lot, no HOA. Home is on an engineered permanent foundation with a HUD Compliant Foundation Engineering Certification letter; qualifies for Conventional, VA, FHA and USDA financing. Roof & HVAC installed 2021.
OFFERED AT \$269,500



ORIENTAL – Spectacular waterfront views of Smith & Green Creeks from first floor unit at Oriental West Condos in the Heart of Oriental. Building B, Unit 7 is a 2BR/2BA condo with a 40' x 16' deeded boat slip with 5' controlling water depth.
OFFERED AT \$350,000



ORIENTAL – Built in 2020, this 1,176 sf 3BR/2BA with attached garage, and back deck is located on a .5-acre corner lot in the Cypress Circle subdivision. Walk, bike or drive to all the amenities offered by the town of Oriental.
OFFERED AT \$380,000



ORIENTAL – 3BR/2.5BA home offers comfortable living. Open floor plan, ideal for family gatherings or entertaining on 3 acres. Offers a great balance of space and tranquility. Property will be sold as is.
OFFERED AT \$425,500



ORIENTAL – 4,000 hsf commercial building on 0.92 acres of unrestricted land, not in flood zone, +/-3 miles north of Town of Oriental. Fully-insulated I-beam construction, 6" concrete floor. Reception area, conference room & 2 offices. Carrier 2.5 ton heat pump for 1,080 hsf office area & two 5.0 ton HVAC systems for 2,920 hsf warehouse. Walk-up attic storage, fenced side yard, 208 3-Phase electrical system with 200 amps service. Ingersoll Rand 200 PSI air compressor system for warehouse with work benches & shelving. Metal fabrication equipment does not convey.
OFFERED AT \$ 599,500



MERRITT – Waterfront 3BR/2.5BA with dock and boat lift on Moores Creek. Great water views. Oversized garage with workshop, garden shed, whole house generator, whole house 400 AMP service. Screened deck, open deck, close to ICW on 1 acre in the Bay Shores Estate community.
OFFERED AT \$ 665,000

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THIS WEEK IN HISTORY

by: Hiram Lupton

- June 18th – Today is National Go Fishing Day.
- June 19th – 1964, The Civil Rights Act was approved by the U.S. Senate.
- June 20th – Summer officially begins at 10:42 PM.
- June 21st – Today is National Selfie Day. I don’t need a selfie, I know what I look like.
- June 22nd – Today is National Kissing Day. It is also National Onion Rings Day. If you combine the two, it should also probably be, remember your breath mints day.
- June 23rd – Today is National Hydration Day.
- June 24th – Today is National Pralines Day.

BIRTHDAYS THIS WEEK

- June 18th – 1942, Musician Sir Paul McCartney
- June 19th – 1978, Famous fat fictional feline, Garfield
- aJune 20th – 1949, Singer Lionel Richie
- June 20th – 19??, Restaurateur Brantley Norman, Jr.
- June 22nd – 1936, Singer, songwriter, and actor, Kris Kristofferson
- June 22nd – 19??, Pamlico County Commissioner Ken Heath
- June 24th – 1947, Drummer Mick Fleetwood



Benefits of Drinking a Glass of Wine a Day



We are a species that loves our fermented grapes. We’ve been making and drinking wine since at least 6000 B.C. In 2022, Americans consumed an estimated 964 million gallons of wine. That’s a lot of quaffing.

But is a glass of wine a good thing? Studies are released regularly promoting the health benefits of wine in moderate consumption. A daily glass of wine might boost antioxidants, increase “good” cholesterol, and lower the risk of heart disease. However, other research highlights health risks including an increased chance of some cancers and heart concerns.



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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) 349-0898
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/

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COMMUNITY

OBITUARIES

Dr. Marc Anthony Willi, 69, of Oriental, passed away on June 8th, 2025, at CarolinaEast Medical Center.
To honor his wishes, no services will be announced.

Commissioners Approve County Budget

by: Hiram Lupton

Monday evening, the Pamlico County Board of Commissioners approved the 2025-26 County Budget that included a few modifications to the original one presented to them by County Manager Mark Brewington two weeks ago. The changes added \$97,000 to money budgeted for the rescue squad, which brings the outlay to the squad from the County back to the amount in the 2024-25 budget which is \$1,397,000. Restoring this amount meant an adjustment somewhere else, and the Board chose to reduce the number of new vehicles to be purchased for the Sheriff’s Department by one, and also to finance rather than pay upfront for the new vehicles that will be purchased for the department, thus spreading out the cost over three years. This kept the overall budget at \$26,976,604, while also slightly reducing the hit to the fund balance from \$2,131,197 to \$2,064,901, a savings of \$66,296. After this budget, that fund balance, or as it is often called, “the rainy-day fund,” will sit at roughly 30%, around \$8,000,000. The meeting, the first after the announced budget proposal, included a public comment period on the budget. Nearly 50 citizens were in attendance necessitating the relocation of the meeting from the Commissioner’s room, to the courtroom. Eight speakers expressed concerns on the budget and while a few spoke of the need to not continue dipping into the fund balance and begin adding back to that balance, even if it meant a tax increase, most were there to support the rescue squad and implore the Commissioners to restore funding to that service, a fact that had already been decided upon by the Board. Board Chair Edward Riggs felt the need to be upfront and explain the reasoning for the reduction in rescue squad funding, that being the roughly \$250,000 of unspent funds shown by the rescue squad. Much of these funds however, were earmarked for a new ambulance purchase and after meeting with the rescue squad last week, it was agreed upon to restore the \$97,000 previously cut from their allocation. Riggs also stated that the County had felt the need to update their contract with the rescue squad. It changes the wording in the contract that the County will pay for services and not salaries of the rescue squad employees. In essence, this eliminates the County paying the salaries, benefits, and overtime of non-county employees. This does not change the amount the county funds to the rescue squad, but puts the responsibility on the rescue squad as how to allocate those funds for payment of employees. After some brief discussion, Commissioner Candy Bohmert moved to approve the budget for the next fiscal year and the budget passed unanimously. As Commissioner Doug Brinson stated, “I think we have done the best job we could do. It’s always a balancing game of what a County of 12,800 residents can afford.”



The Pamlico County Board of Commissioners

“If at first, you don’t succeed, skydiving isn’t for you.”



Horoscopes



ARIES – Mar 21/Apr 20
Aries, the universe is giving you a chance to get in some rest and relaxation before you have to tackle your very long list of tasks. Soak it all up while the break lasts.



TAURUS – Apr 21/May 21
Taurus, you value comfort and security, which is probably why you will want to revisit some of your investments over the next few days to figure out if you are maximizing your money.



GEMINI – May 22/Jun 21
You excel at seeing both sides of a situation, Gemini. Follow your intuition as you try to navigate a tricky situation at work that requires you to make a firm decision.



CANCER – Jun 22/Jul 22
This is a great week to work behind the scenes, Cancer. Consider stepping back from any projects you had planned and let someone else take the lead for a little bit.



LEO – Jul 23/Aug 23
Don’t try to cram too many experiences into this particular week, Leo. You may be disappointed by the results if you take on too much. It’s best to spread everything out.



VIRGO – Aug 24/Sept 22
Virgo, aim for balance right now. Everything may seem like it is up in the air, so if you focus on two or three important things in your life you can tackle them successfully.



LIBRA – Sept 23/Oct 23
It isn’t the job of someone else to make you happy, Libra. You have to figure out how to do that on your own. A bit of conflict over miscommunication may arise this week.



SCORPIO – Oct 24/Nov 22
Exercise caution if you are thinking of changing things up, Scorpio. People are used to routine and too much change at once can lead to a lot of floundering and lack of effort.



SAGITTARIUS – Nov 23/Dec 21
Touch base with your dearest friends, Sagittarius, especially if they haven’t heard from you in a long while. This might be the week to make some plans and reconnect.



CAPRICORN – Dec 22/Jan 20
Capricorn, spring cleaning has long passed, but you might want to revisit some organizing and decluttering projects at home. Get rid of as much as you can.



AQUARIUS – Jan 21/Feb 18
Aquarius, slowing down and taking stock of your situation is a good idea this week. Not everything needs to be done in a day, so pace yourself and make a good plan of action.



PISCES – Feb 19/Mar 20
Try turning off all the excess noise in your life right now, Pisces. Focus on your own thoughts and feelings this week, rather than what others want from you.

GEMINI Traits & Overview

Smart, passionate, and dynamic, Gemini is characterized by the Twins, Castor and Pollux, and is known for having two different sides they can display to the world. Expert communicators, Gemini is the chameleon of the Zodiac, adept at blending into different groups based on the vibe and energy they perceive. While they’re also amazing at showcasing surface traits, the Gemini well runs deep, which is why the Twins are one of the Zodiac’s most emotionally intelligent signs.

Energetic and quick-witted, Gemini never gets stuck in the past and doesn’t ruminate on what might have been. Instead, they move forward with glass-half-full optimism and an ability to always look on the bright side—and land on their feet—in nearly any situation. With a mind that’s constantly racing, even when they’re just quietly hanging out, the Twins never get bored. In fact, Gemini are happy keeping their own company, and can often turn their solitary daydreams into reality.

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FINANCIAL FOCUS

Is your retirement at risk?



Dan M. Roberts

It's important to save for retirement, but only half of Americans have calculated how much money they'll need, according to the 2024 Retirement Confidence Survey by the Employee Benefit Research Institute. Yet without knowing how much you'll need, it's hard to know if you're on track to reach your goals for retirement.

Here are a few considerations to help shape your retirement savings strategy.

Calculate how much you'll need. You may dream of retiring "comfortably," but how do you define "comfortable" in terms of actual money? Take the time to outline how much you spend now, and how much you think you'll spend in retirement. That will help you understand how much you need to save now to afford the retirement lifestyle you want later. A financial advisor can help with resources and knowledge for building and managing your retirement strategy.

Start saving now. It's easy to procrastinate, especially if you are younger and further away from retirement. But the earlier you start, the less you may need to save from each paycheck to build your funds over time. If you're closer to retirement, you can take advantage of catch-up contributions to most 401(k), 403(b), governmental 457 plans and the federal government's Thrift Savings Plan. If you're 50 or older, you can save pretax an extra \$7,500 to your retirement account beyond the standard total limit of \$23,500 allowed in 2025. Those 60–63 years old can contribute to these plans an extra \$11,250 above the standard total limit. That's an annual total of \$31,000 for people ages 50 and older; or \$34,750 for those 60–63 years old in pretax retirement plan contributions.

Take the right amount of risk. You may think it's risky to put money away for retirement instead of keeping it handy for discretionary spending. But the biggest risk of all is not reaching your retirement goal. For example, a portfolio that's all in cash will have little increasing value over time and won't provide any growth potential even to keep up with inflation. It's as if you're losing money every year. Then again, if your investments are only keeping up with inflation, your money is not growing. Consider growth investments to help build the funds you'll need in retirement. The key is ensuring you have the appropriate amount of risk — not too much, but not too little — to achieve your growth goals.

Save separately for emergencies. To protect your hard-earned retirement savings, build an emergency fund separate from your long-term investments. It can help ensure you have what you need to cover surprises like a large auto repair, unexpected medical bills, temporary loss of income from changing jobs or early retirement caused by health issues. For most people, three to six months' worth of total expenses is an appropriate amount for an emergency fund. And you'll want to keep it in an accessible, low-risk account that holds cash and equivalents. Above all, try to avoid taking money from your long-term retirement investments. Doing so could result in taxes, penalties and reductions to your overall principal investment, all of which could affect your retirement savings.

Retirement should be an exciting time to enjoy what you've worked so hard to earn. Planning for what you'll need and protecting those savings can help ensure a comfortable future.

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

NC COOPERATIVE EXTENSION Pamlico County

4-H Fun at the Dairy Show



Kait Neeland
4-H Agent

This year Ms. Kristi Welke our tri-county livestock agent worked very hard to bring this opportunity to Pamlico County. Our 4-H Dairy Project started April 1st. For the last eight weeks our youth have been learning all about dairy calf husbandry. Through hands on experience, they have been responsible for feeding, cleaning, and training the calves. They have learned the proper way to show a dairy heifer, the breed standards of Holstein cattle, and the most desirable traits in dairy cows. They have worked hard to master showmanship skills and train their calf to perform.

Our Dairy Show was on June First! The lead up to the Dairy Show there was still a great deal to do. Youth continued to work with their calves to prepare for the show learning judges hand signals, continuing to study questions, and making sure the calves are well cared for. In addition to this the week before a show dairy calves get bathed and clipped. This helps the calves keep cool and it also allows the calves features to be observed by the judge. The dairy show is about both the confirmation of the calf, but also in showmanship class, it is about how much work the youth have put into mastering skills, and working with their animal.

We are do proud of how much work our youth: Lillie Tillman, Ariel Newman, Holly Jackson, Emma Kate Van Domelen, Maersiaus Powers, Victoria Vargas, Aspen Clifton, Yoshiko Clifton, and Sabella Rodgers, did in their Dairy Project! Congratulations to everyone for their hard work and to several of our youth who placed. Sabella Rodgers sixth; Emma Kate Van Domelen fourth, Yoshiko Clifton third, and Victoria Vargas first. We are so proud of all of their work. We are also very grateful for all of the community support from parents, sponsors, and friends!

A very big thank you to our sponsors and donors: Kooba Dairy- for allowing us to borrow calves and providing feed; Arthur Farms- For allowing us to house calves and have practice at their farm also 30 bales of hay; and our community sponsors for making this project accessible to our youth: Lady Whitford Farms; Norma Tirado; Kerry Leetz; Perfection 2 Point 0; Cottonwood Farm; Overhead Door; Cutler Builder; Onslow Feed and Grain-gave discount on feed troughs, water tub, and automatic waterer; Nanny RIRI; 41 West Jerseys-helping clip cows; and Tillman Produce. This program would not have happened without you.

Our Dairy project isn't the only thing we're exciting 4-H Program that has been going on this spring. 4-Hers also raised chickens for the Coastal Plains chicken shoe, learned about food and nutrition at Chopped! International, learned math and sewing skills at Sew Much Fun, and explored hardware creation with It's Electric!

While our Spring 4-H Programs have come to a short hiatus, that doesn't mean the fun is stopping. We are also very excited for our 4-H Summer Fun. Among our programs is 4-H Book Explorers at the Pamlico County Library, 4-H Electric Congress and 4-H Sleep away Camp. 4-H Sleep away camp is a wonderful opportunity to develop life skills. They will spend a week



Emma Kate Van Domelen



Sabella Rodgers & Victoria Vargas



Sabella Rodgers-



Victoria Vargas



Yoshiko Clifton

If you would like a little more information, or have questions about registration please give us a call. You can also sign up for our email list! You can also get a head start on registration for specific programs by enrolling in Pamlico County 4-H Online. You can access the link on our website. If you have any questions about accessing 4-H Online or the enrollment process please give us a call and we will be happy to walk you through it. You can also sign up for our Pamlico 4-H Email list. To learn more about all 4-H programs in Pamlico County contact Kait Neeland at (252) 745-4121, or kait_neeland@ncsu.edu, or check us out online at pamlico.ces.ncsu.edu. Don't FORGET to REGISTER, spaces will fill up!!

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Hurricane Youth Football Camp

by: Hiram Lupton

The Pamlico football coaches got the offseason going with the inaugural Hurricane HIT Youth Football Camp hosted by Keandre Jones. HIT stands for playing Hard, Intelligently, and as a Team. Keandre, who hails from Maryland but has family ties to Pamlico County, played major college football at Ohio State University and the University of Maryland and has spent time on the rosters of two NFL teams, Cincinnati and Washington. The camp, which was geared toward middle school aged players began in the high school auditorium where Jones spoke to attendees about not just football, but how developing the same good habits that will translate to success on the football field will lead to success in life. He also brought in a young lady whose job involves helping players make good financial decisions to speak on financial literacy, something anyone age 8 to 80 could use. After a short break, the players took to the field to work on some fundamental football skills with Keandre and the football coaches who were assisted by players from the high school Varsity squad. Athletes could then show off some of what they learned in a flag football game. Nearly 50 young people turned out for the camp and it is hoped that it will turn into a yearly event.

Campers and Coaches gather onstage for a group photo

Players get instruction on the field from NFL veteran Keandre Jones

Pamlico Schools Year End Celebration

by: Hiram Lupton

Students may have been dismissed the week before, but teachers and staff at Pamlico County Schools had to hang on just a little bit longer. The school year officially closed out for them last week and what better way to finish up the year with a gathering in the high school auditorium to recognize the best of the best. Service awards were given out for 5, 10, 15, and 20-years of service as well as special recognition for those teachers who have earned special credentials and accreditation in the previous academic year. There was also a special group of employees who you might say have reached the ultimate “graduation” from school, retirement. They were honored with plaques commemorating their achievement. There was also the annual Unsung Hero Award, which is given yearly to that employee of the school system that does outstanding work behind the scenes. This year’s honoree is Tammy Spain whose work with data management is invaluable. A new system was implemented this year (Infinite Campus) and Ms. Spain became the go to person for the school system whenever staff needed any help to better understand the system. The final awards of the assembly were the naming of the teacher of the year for each school. The four awards this year go to Jessica Nunley (Pamlico County High School), Maegan Brooks (Pamlico County Middle School), Dawn Wilson (Fred A. Anderson Elementary School), and Christopher Gray, (Pamlico County Primary School). One of these fine educators will be honored as the school systems overall teacher of the year at the beginning of the 2025-26 school year. Have a Great summer, it will be back to the classroom before you know it, except for those who have “graduated.”

School System Retirees (L to R), Patricia Burrows, Susan Howard, Wanda Poole, Kim Potter, and Robin Stillely. (Not pictured, Catherine Revels, Tina Lee, and Letha Tingle.)

Teachers of the Year. (L to R), Jessica Nunley, Pamlico County High School, Maegan Brooks, Pamlico County Middle School, Dawn Wilson, Fred A. Anderson Elementary School, and Christopher Gray, Pamlico County Primary School.

The Unsung Hero Award winner, Tammy Spain

Honoring a Legacy:

PCT-PCS Alumni Plan Founders Day REUNION in SEPTEMBER 2025

Submitted by Jacqui Matthews

For the sixth time since September 29, 2007, the alumni of Pamlico County Training (PCT) and Pamlico Central School (PCS) will gather to celebrate the rich history and legacy of the school. The Founders Day Reunion is planned for September 26-28, 2025. Details of the event will be announced later.

The PCT-PCS Alumni Association was organized by Teresa Jones Badger after much discussion among friends and family. With the support of alumni, her family, friends, and the Black community, she formed the Alumni Association c. 2005. Faced with the daunting task of compiling a database of names and addresses of graduates, it took her and her committees about two years to complete the task. Their hard work culminated in a gathering of over 700 alumni and supporters on September 29, 2007. People came from all over the country. The reunion was an overwhelming success!

A milestone that resulted from the first reunion should not be overlooked: On October 16, 2007, the Pamlico County Board of Commissioners signed a proclamation proclaiming September 29th “Pamlico County Training School and Pamlico Central High School Day.” All of our reunions were on the fourth weekend in September, which coincided with that day or close to it.

The first reunion and those that followed were a testament to the love and loyalty that the alumni have for the school. We witnessed the unity that we used to sing about in our school song. It is amazing how deep the affinity runs for one’s school. We forged lots of friendships and unbreakable bonds around our school life.

Teresa Badger did not want the legacy that she left behind with the Alumni Association to be in vain. She worked hard to make it viable. A group of alumni aligned with her vision took the baton she passed and ran with it. The PCT-PCS Alumni Assoc., Inc.—now it is called—has a slight name change. It is managed by a Board of Directors, namely: Jacqueline Gibbs Matthews, Chairman; Terry Garrison, Vice-Chairman; Ruzalia Davis, Secretary; Julia Squires, Assistant Secretary; William Rouse, Treasurer; and Darrell Gibbs, Assistant Treasurer.

The newly organized Association is incorporated as a nonprofit with the state of NC. One goal of the newly reorganized Alumni Association remains the same as Teresa’s: to preserve the history and legacy of the only segregated Black consolidated school in Pamlico County.

In light of the closing of Pamlico Middle School for 2026, it is more important than ever to honor the memory of our ancestors. They contributed time, money, sweat equity, and the conviction of their courage to make Pamlico County Training and Pamlico Central the excellent school it evolved into from 1914 to 1969.

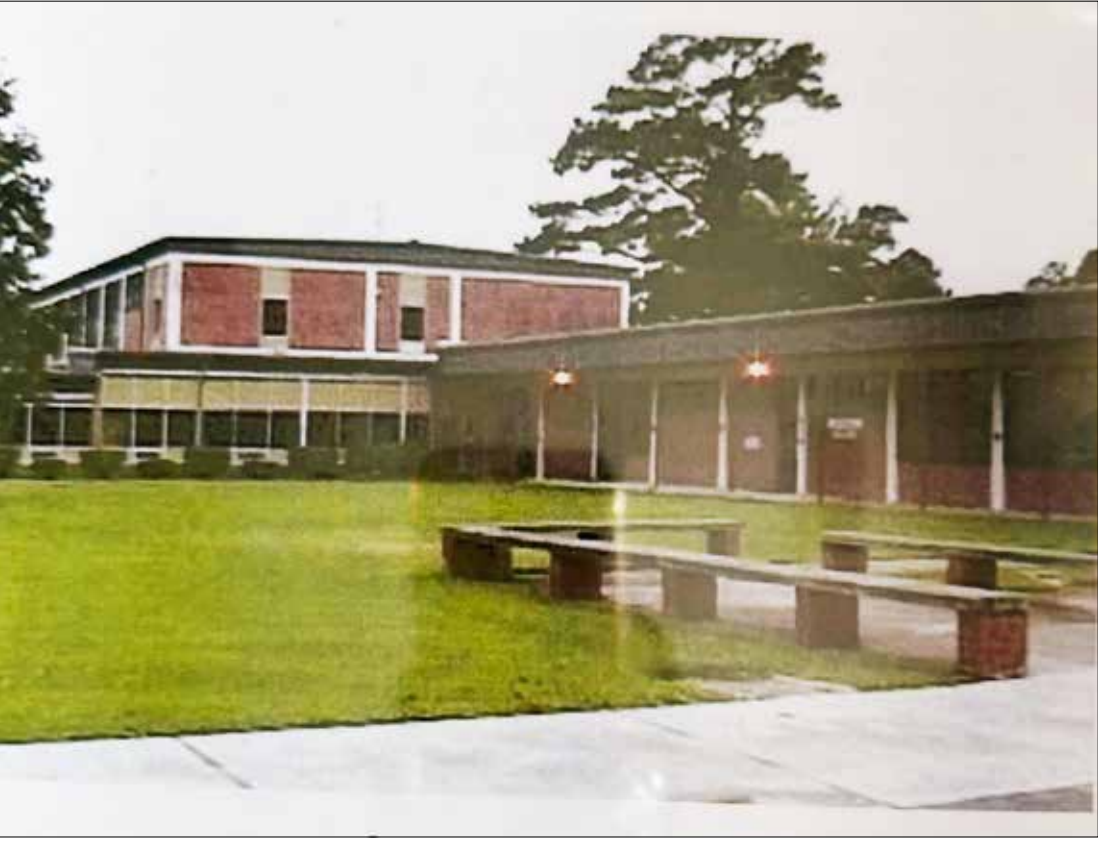
It would be fitting to mention that during Teresa’s tenure, the PCTS/PCS Association had a Historian, Alfred “AJ” Fisher, who wrote the history of the Training School. Mr. Fisher’s written account appears in the program bulletin of the first reunion. He traces the history of Pamlico County Training and Pamlico Central School from 1914 to the late 60’s and early 70’s, when schools across America were in transition from forced and legal integration. The entire text of Mr. Fisher’s work is included in the article. The association anticipates sharing Mr. Fisher’s work soon.



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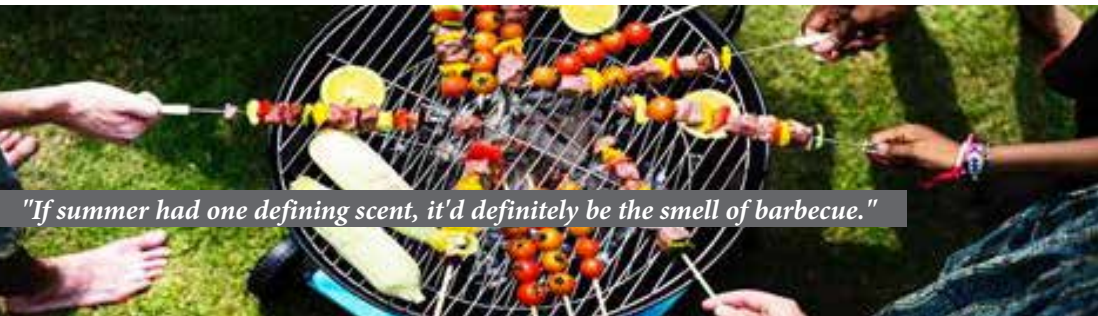
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Pamlico County Training School-Pamlico Central School now the site of Pamlico County Middle School



Pamlico County Training School, ca. 1918. Courtesy, Special Collections, University of Virginia Library, Charlottesville, Va.



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Anchored in Progress: Summer at PCA

Summer highlights, community growth, and what's ahead for our Mariners

Summer Sports Update: On the Move!

Pamlico Christian Academy's basketball program has had an incredible summer so far!

Our Mariners recently spent a week in Cleveland, Tennessee, working with Coach Tommy Brown of One Heartbeat Athletics. The team not only sharpened their basketball skills but also grew in character and spiritual maturity. Highlights included intense workouts, a tour of a Christian university, swimming in a freezing pool, meeting Sadie and Grundy in person, building friendships with Tennessee Christian Academy, and of course—enduring some long van rides full of laughs and lasting memories. We are so thankful for God's protection and blessing over this trip.

We also had a fantastic time at **Catawba Team Camp**, where our athletes faced tough competition and continued their spiritual growth. One of the most meaningful moments came off the court—when a waitress pulled aside the coaching staff and said, "That's the nicest bunch of boys!"

Our student-athletes are making us proud—not just by how they play, but by how they live. Stay tuned for announcements about our fall athletics lineup, including boys soccer conditioning clinics already underway!



Growing Together: Our Capital Campaign

Our Capital Campaign is more than a fundraiser—it's a mission to invest in the future of Pamlico Christian Academy and the families we serve.

We're inviting individuals, families, and businesses to partner with us in meaningful ways:

- Help fund the construction of our PreK playground, where little learners will grow through play.
- Support our vision for a gymnasium, designed to serve both our students and the wider community.
- Be part of future academic buildings that will house the next generation of Mariners.
- Naming opportunities are available for donors who wish to leave a lasting legacy.

Every gift—big or small—helps shape a Christ-centered learning environment that will impact generations.

Learn more and give today at: pamlicochristianacademy.org/capital-campaign

Building Momentum – Construction Milestones

We are thrilled to share the progress on our new home! With two academic buildings now standing, the restroom and concession building complete, and interior framing well underway. Each beam and wall represents a step closer to the vision of a fully equipped campus for all PCA students.



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Fishing Tournament – September 20

Join us at the Vandemere Boat Launch for a great day on the water! Along with cash prizes for top catches and friendly competition for pros and families alike. Come be part of this year's excitement while helping support PCA's future!

Stay tuned for details.



Corn Hole Tournament – November 22

Mark your calendars for a day full of laughter, friendly competition, and community spirit as we gather to honor the memory of Richard Hudson.

Toss some bags, enjoy great food, and make memories with friends and family—all while supporting PCA's future.

Stay tuned for details.



Stay Connected



Bookmark our capital campaign page for regular updates, fundraiser details, volunteer opportunities, and more: pamlicochristianacademy.org/capital-campaign



And don't forget to follow us on Facebook, Instagram, and YouTube to stay inspired by student stories, progress updates, and community highlights.

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COASTAL LIVING

North Carolina’s State Shell – The Scotch Bonnet

By Barbara Lupton – Staff Marine Biologist of The Pamlico News

National Seashell Day is recognized on June 21 and a wonderful way to celebrate the start of summer is heading to the beach in search of seashells. In North Carolina, one of the most sought-after shells is North Carolina’s official state shell, the Scotch bonnet (*Semicassis granulata*; formerly - *Phalium granulatum*). Some beachcombers can spend years trying to find a whole Scotch bonnet on North Carolina’s shores. Personally, I have experienced a lifetime of trying to find the elusive gastropod. I found plenty of shells that looked whole and excitedly picked them to realize they were only partial fragment or had holes. I finally found the pinnacle of my shell collecting experience in 2022 near Cape Lookout.

The Scotch bonnet is a member of the helmet shell family. These animals can grow up to 3.5 inches and have a short spire with many smooth to occasionally barred spiral ridges. The shell is white with some spiral rows of square, brownish to orange spots. One reason these shells are difficult to find in North Carolina is that they primarily live offshore in the deeper warmer waters of the Gulf stream. Their distribution ranges from North Carolina to Uruguay. Scotch bonnets are carnivores and feed on sea urchins and sand dollars by excreting an acid to weaken the outer shell of these animals’ allowing exposure of the flesh.

This year marks the 60th anniversary of the designation of the Scotch bonnet as the North Carolina’s official shell. In 1965, the NC Shell Club urged the General Assembly to recognize the shell for this designation to honor North



Nort Carolina’s official state shell, the Scotch bonnet. (photo by B. Lupton)

Carolina’s Scottish settlers due to its orange pattern and appearing to resemble a Scottish woolen cap or Scotch Bonnet. North Carolina was the first state to designate an official state shell. Passing such a bill to be signed into law seems like a non-controversial political action, but not so for the shell. As mentioned before, finding a Scotch bonnet on North Carolina’s coast proves to be elusive. The representative who introduced the bill in 1965 pledged to provide a Scotch bonnet shell to fellow lawmakers who supported the bill. The General Assembly member who made the pledge attempted to collect around 170 shells but failed to find that many. He only had two! At this point, other members of the General Assembly became cautious to label such a rare shell as the official state shell. But lobbying continued and the bill eventually passed and became law. It is one of the simpler North Carolina General Statutes:

§ 1454. State shell. The Scotch bonnet is hereby adopted as the official State shell of the State of North Carolina. (1965, c. 681.).

This summer while visiting the coast, we can celebrate the 60th anniversary of North Carolina’s official state shell. The shell can be found on all of North Carolina’s ocean beaches but seems to be more prevalent on the Outer Banks where the Gulf Stream is closer to the beach.

NCDMF Junior Marine Patrol Academy

by: Hiram Lupton

For the second year in a row, the North Carolina Division of Marine Fisheries has hosted a Junior Marine Patrol Academy. The one-week summer program is geared toward middle school aged students who want to get a taste of what it is like to work as a marine patrol officer. Last weeks academy was held at the NCDMF office in Morehead City with another being held this week in Nags Head. Fifteen youths from several coastal North Carolina counties as well as one from the mountains participated and this included four from Pamlico County; Liam Broughton, Bryce Dunham, Finley Cowell, and Colt Cowell. Cadets were exposed to many aspects of what it is like to work for the Marine Patrol with a combination of classroom work and out on the water in a boat. They began the week with instruction in water safety and survival skills as well as learning boat handling, navigation and basic seamanship. “One thing we stress is safety,” says Marine Patrol Officer Erik Smith. Cadets learned about various types of fishing gear and the laws affecting marine fisheries. They also got a taste of what marine biologists do with time spent in the lab dissecting fish to determine their age. They were also able to get an overview of Division biol-



Finley Cowell checks out a horseshoe crab

ogists conducting both trawl and net sampling out on the water. “We want these kids to see what we do and what a career in the marine patrol would be like,” says Smith. “It is a great educational outreach program as well as a recruitment tool for future officers.” The cadets attend free of charge with sponsorships paying for most of the costs associated with the class. “I think it is important we teach these kids an appreciation of our environment and wise use of our natural resources,” says Patrol Officer Candace Rose. “The Marine Patrol and fisheries enforcement are a part of that.” Applications for next years Junior Marine Patrol Academy will begin being accepted next January. More information is available on the North Carolina Division of Marine Fisheries website.



(L to R), DMF Major Jason Walker, Liam Broughton, Bryce Dunham, Finley Cowell, Colt Cowell, and DMF Patrol Officer Erik Smith



Cadets viewing a trawl sample

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Court Advocacy Expungement – Counseling – ID Recovery – Housing – Job Referrals
Food/Gas Cards – Clothing
Bayboro Development Reentry Center <http://tinyurl.com/bdcreentry>

GUESS WHO ?

I am a musician born in England on June 18, 1942. I met one of my future bandmates on the school bus and then joined another friend’s band. I would go on to be part of one of the most successful musical groups of all time, until its dissolution in 1970. Afterwards I had a successful solo career.

Answer: Paul McCartney

Notice to Creditors Estate of Betty Jane Walker, File No. 25E001068-680

Having qualified as the Executor of the Estate of Betty Jane Walker, late of 1009 Drake Avenue SE, Huntsville, AL 35802, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to present them before the undersigned at 1009 Drake Avenue SE, Huntsville, AL 35802, on or before the 4th day of September, 2025, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 4th day of June, 2025.

Emanuel Jaynes Walker, Jr.
Executor of the Estate of Betty Jane Walker
1009 Drake Avenue SE
Huntsville, AL 35802

For Publication 06/04/2025; 06/11/2025; 06/18/25; 06/25/25

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF BRADFORD LEVON STOKES
File No.: 24E000218-680

INCIDENTS
June 6, NC Hwy 55, Grantsboro, driving while impaired
June 8, Scott Town Rd., Grantsboro, unauthorized use of a motor vehicle/ car without consent of owner
June 8, Pennsylvania Ave., Vandemere, missing person
June 9, Florence St., New Bern, all other offenses
June 9, Swan Point Rd., Bayboro, communicating threats
June 9, Lee Court, Arapahoe, missing person
June 9, N. Dawn St., Merritt, all other offenses
June 9, Alligator Creek Rd., Stonewall, stalking, communicating threats
June 10, Main St., Bayboro, all other offenses
June 10, Gibtown Rd., Merritt, injury to personal property
June 11, NC Hwy 304/33, Bayboro, larceny of property or goods value > \$1,000
June 11, Hardison Dr., Arapahoe, assault on a female my male at least 18 years of age, domestic
June 11, Main St., Bayboro, missing person

PROPERTY TRANSFERS
May 28, Bay Winds Lot: 38, Section 3 PCA 157-3, Masons Pointe Lot: 38 Section 1 PCA 157-3 FKA Bay Winds, PIN J043-58-38 from Premier Land Liquidators, LLC to Alexes N. Jones, Brenda Lee Mackall, Joseph Vernon Mackall, \$180
May 28, Caraway Cove Lot: 15 PCA 164-11 from Helen Rebecca Godfrey, Inho Kim to Richard A. Maher, \$34
May 28, Cutter Bay Lot: 81 3.13 AC PCB 16-17 & PCB 13-9, Cutter Bay Lot: 81A Septic Offsite PCB 13-9 PIN H042-70-81 from Cutter Bay LLC to Cassandra Bennett, \$200

All persons, firms and corporations having claims against deceased, are notified to exhibit it them to BRADFORD LEVON STOKES, ADMINISTRATOR CTA on or before SEPTEMBER 1ST, 2025, 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 3RD DAY OF JUNE 2025

ESTATE OF BRADFORD LEVON STOKES
C/O MAURICE STOKES
1453 KNOLLWOOD DRIVE
BURLINGTON, NC 27217

Publish JUNE 11, 18, 25 AND JULY 2, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF RONALD ANTHONY PEARSON
File No.: 25E001104-680

All persons, firms and corporations having claims against deceased, are notified to exhibit it them to RONALD ANTHONY PEARSON, ADMINISTRATOR CTA on or before SEPTEMBER 1ST, 2025, 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 3RD DAY OF JUNE 2025

ESTATE OF RONALD ANTHONY PEARSON
C/O JOHN PIERSON
490 ADAMS DRIVE SW
SUPPLY, NC 28462

Publish JUNE 11, 18, 25 AND JULY 2, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF MILDRED SQUIRES
File No.: 25E001108-680

All persons, firms and corporations having claims against deceased, are notified to exhibit it them to MILDRED SQUIRES, ADMINISTRATOR CTA on or before SEPTEMBER 11TH, 2025, 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 13TH DAY OF JUNE 2025

ESTATE OF MILDRED SQUIRES
C/O VANESSA HOPE COLE
207 ELM STREET
BAYBORO, NC 28515

Publish JUNE 18, 25 AND JULY 2, 9 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF EDWIN S BEAMAN
File No.: 25E001107-680

All persons, firms and corporations having claims against deceased, are notified to exhibit it them to EDWIN S BEAMAN, ADMINISTRATOR CTA on or before SEPTEMBER 11TH, 2025, 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 13TH DAY OF JUNE 2025

ESTATE OF EDWIN S BEAMAN
C/O BETTIE WILLIAMS
38 SAWYER ROAD
BAYBORO, NC 28515

Publish JUNE 18, 25 AND JULY 2, 9 2025.

REPORTS

May 29, 8.00 AC Napoleon Ollison; Metes & Bounds from Tradewind Land Investments, LLC to Charles Knauss, \$0
May 29, 0.77 AC; Map in DB 625/909 from Jeffrey T. Landon, Jeffrey Landon, Kristina Landon to June M. Trombley, \$385
May 29, PIN H041-63, H041-66, H041-67 & H041-104; 4 Tracts See Instrument from Catherine Geraldine Bell, Geraldine Bell to Sonji Gisel Bell/ TR, Catherine Geraldine Bell Irrevocable Trust, Catherine Geraldine Bell, \$0
May 29, Mapleleaf Lot: 14 Section Two PCA 161-12 from Mark Ross Norman, Mark Norman to Carey Faith Smith, \$0
May 29, 0.40 Tract PCB 19-14 from William Thomas Gainey, Jr., Julia Disney Wrenn, Robert P. Cameron, Barbara L. Cameron to William Thomas Gainey, Jr., Julia Disney Wrenn, \$0
May 29, 0.36 AC Tract PCB 19-14 from William Thomas Gainey, Jr., Julia Disney Wrenn, Robert P. Cameron, Barbara L. Cameron to Robert P. Cameron, Barbara L. Cameron
May 30, PIN H094-111; One Tract china Grove Rd & Janiero Rd Off 1302 on River; Map Attached from Cassandra C. Faulkner to Midway Crossing LLC, \$0
May 30, Bell Point Lot: 8 Phase I PCA 80-3 from Diana G. Garges to Robert Gray, \$777
May 30, PIN J031-34; 14.07 AC Tract PCB 19-9 & PCA 187-19 from Owen L. Peele to McCotter Plöz Farm I, LLC, \$190
May 30, Sea Vista Windward Shores Lot: 31 Section I MB 5/34; Map in DB 543/746 from Rosalie B. Hollings to Philemon H. Walters, Katherine F. Walters, \$1,080
May 30, PIN E05-54; 1 AC E/S Caton Rd or Prescott Rd (NCSR 1105); Interest & Life Estate from Timothy G. Carawan to Timothy G. Carawan, Brian M. Carawan, \$4
May 30, Butterfly Acres Lot: 2 E/S But-

terfly Circle & S/S NC Hwy 55; Map in DB 562/128, PIN D061-17-2 from Lisa Lott, Lisa M. Lott, Justin Lott, Lisa M. Beacham to Carol Jean Luckeydoo, Linda Louise Luckydoo, \$347
June 2, Pecan Grove Marina 1/220 Und Int Exhibit A DB 334/140, Pecan Grove Marina 1/220 Und Int Piers & Docks PCA 108-5, PCA 118-4, PCA 173-10 & PCB 4-17, Pecan Grove Marina Boat Slip 301 Phase 4 PCB 4-17, PIN I092-178-301SL from James A. Knopp to James Arthur Knopp, TR, James Knopp, The James Knopp Trust, \$0
June 2, PIN L071-46; 24E226; 64.75 AC E/S Spring Creek Rd (SR 1325) Florence MB 5/78 from Herman R. Day, Anna D. Arthur/EXR, Mary P. Day/EST to Tidewater Farms, LLC, \$629
June 2, Sea Vista Oriental Heights Block: D Lot: 25 MB 6/88; Map in DB 409/161 from John P. LaGuardia, Jan P. LaGuardia to Eric B. Gerow, \$92
June 2, Teachs Cove Lot: 51 MB 9/63 PIN I081-5-51 from Scott E. Mozingo, Allisa Mozingo to Inner Banks Living, LLC, \$40
June 2, Teachs Cove Lot: 51 MB 9/63 PIN I081-5-51 from Inner Banks Living, LLC to Stephen Fling, \$72
June 3, Trustee's Deed; DT 597/821; PIN B031-7; 1.79 AC Hugh Wayne Homeplace Olympia Rd (SR 1126) from David Bryon Jeffers, Crystal L. Jeffers, Substitute Trustee Services, INC./TR to Pennymac Loan Services, LLC, \$471
June 3, Baird Creek Point Lot: 16 Section 2 Phase I PCA 171-8 PIN E08-1-2-16 from Frank J. Bailey, Corinne Bailey to Pivot Coastal Development, LLC, \$68
June 3, DC McCotter Lot: 11 MB 1/125 Vandemere Property, DC McCotter Lot: 12 MB 1/125 Vandemere Property, DC McCotter Lot: 13 MB 1/125 Vandemere Property, DC McCotter Lot: 14 MB 1/125 Vandemere Property, PIN J032-188 from Juliette DiMaggio, Joseph Fema, Joseph A.

Fema to Timothy Moorefield, Monica Moorefield, \$550
June 3, PIN M031-3; 5 AC N/S Jones Bay N/S SR 304 & 33; 24E000233-680 from Jennifer Warren Barnett/ EXR, Robert Hunger Warren/EST, Judy Day Warren to Ralph Mayo Warren, \$0
June 3, Baird Creek Point Marina Unit: 9 CC 1 Slide 11-15 PIN E08-1-2-1-9SL from Pivot Coastal Development, LLC to John C. Winslett, \$36
June 3, Mariner's Landing Lot: 8 Lee Landing Rd (sr 1003) PCA 192-14, PIN C05-7-8 from James Anthony Josey, Chnita Wise Josey, Shenita Wise Josey to Alex Paul Ciminello, Karyn Chiesa Hickey, \$108
June 4, Dawson Creek Lot: 61 Phase 1 Sections 1 & 2 PCA 192-1 from Terrence D. Sullivan, Marguerite J. Sullivan, Marquerite J. Sullivan to Tina Pascoe, \$12
June 4, PIN H094-111; One Tract China Grove Rd & Janiero Rd; Map in DB 741/438 from Midway Crossing, LLC to Derald Gray Potter, Jr., Marian Cahoon Bissett, \$880
June 4, Life Estate; One Tract NCSR 1114 (Kennels Beach Rd) & NCSR 1101 (Bennett Neck Rd); 0.35 AC Map in DB 489/858 from Lavina B. Lindsey to Lavina B. Lindsey, Jackson Bruce Leggett, Isabella Jane Leggett, Harold Brooks Leggett, \$0
June 4, Buccaneer Bay Boat Slip 10 PCA 9-1 from Robert A. Laverty, Brenda J. Wilcox to Christian Petersen, Elizabeth Keating Petersen, \$13
June 4, PIN H094-20-2; ½ AC Hill St from Martin Lewis Privette/TR, Martin Lewis Privette, Martin Lewis Privette Trust to Martin Lewis Privette/TR, Martin Lewis Privette, Martin Lewis Privette Trust, \$0
June 4, Bell Point Lot: 8 Phase I PCA 80-3 Quitclaim Deed from Weyerhaeuser Forest Holdings, Inc. to Robert C. Gray, \$0

STATEWIDE CLASSIFIEDS


Miscellaneous
78 +/- Acreage Pristine Farmland Redgate Drive Mouth of Wilson, VA \$695,000 Pasture w/views, multiple water sources, level to rolling w/ rock outcroppings & road frontage. Foxfire Realty, Inc 336-372-5773
Home Improvement
BATH & SHOWER UPDATES in as little as ONE DAY! Affordable prices - No payments for 18 months! Lifetime warranty & professional installs. Senior & Military Discounts available. Call: 1-833-776-0111
Home Improvement
No more cleaning out gutters. Guaranteed! LeafFilter is the most advanced gutter protection for your home, backed by a no-clog guarantee and lifetime transferable warranty. Call today 1-877-649-1190 to schedule a FREE inspection and no obligation estimate. Plus get 20% off! Seniors and military save an additional 10%. Restrictions apply, see representative for warranty and offer details
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: 1-833-928-1861. 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 [Stappacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]
Miscellaneous
We Buy Houses for Cash AS IS! No repairs. No fuss. Any condition. Easy three step process: Call, get cash offer and get paid. Get your fair cash offer today by calling Liz Buys Houses: 1-888-247-1189
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
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 insteal (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-855-585-1815
Miscellaneous
We Buy Vintage Guitar's! Looking for 1920-1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins / Banjos. These brands only! Call for a quote: 1-833-641-6577
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 timeshare! Free consultations. Over 450 positive reviews. Call 844-213-6711

AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*




The rain came and “the corn is as high as an elephant’s eye” as the Broadway song says, not only is the corn looking great but all the other crops are too. So thankful for the farmers. I pour dishwater on my plants and I have many volunteer tomatoes coming up with my flowers. There were fifteen at Bethel today. Bill gave a wonderful Father’s Day message. Prayer meeting on Wednesday is changing to 6:30 to give the people who work a little more time to get home. I hope you got a chance to watch the parade yesterday of the 250th birthday of the Army. I had

one brother in the Army and one in the Air Force. Seeing the smiling faces of the young men and women who protect us made me feel so patriotic and when the young woman sang the National Anthem I choked up it was so beautiful! Now we have three wars going on and I hope we don’t get involved. I had in the news last week that Bethel is having a Community picnic with food, games, and fun starting at 5:00 on Saturday, June 28th. Everyone is invited.

THOUGHT FOR THE WEEK—HOW THANKFUL WE ARE TO GOD FOR OUR WONDERFUL COUNTRY!


Pamlico Betty Jo Rodgers, *Correspondent*



The corn fields in Pamlico are green and have tassels on top. With the recent rains, both the corn and the soybeans are thriving. My tomato plant is doing well, but alas my hydrangea seems to have rust. I may lose it completely. I have seen plenty of wildlife this week including various birds, several deer, opossums, a rabbit, a fox, turtles, and one snake on the highway. I went to Brantley’s this week and noticed the new pavement where people park. It looks nice, and the collards were good too. I bought an extra pint, because Kevin is coming for a short visit to see his dad for Father’s Day. Joannis and Walt also came to see Roy, and I suspect a lot of other fathers have been surprised by their children this week. The new Pamlico County Library had its grand opening celebration June 14, 2025, for county residents to come out and tour and see what they have for everyone from adults to children. It is quite a lovely building and something this county can be proud of. Also on June 14, our country celebrated Flag Day, but even more impressive was the parade for the 250th birthday of the U.S.

Army. The parade was patriotic and well respected and appreciated by those who love our country. The Army is one year older than the United States of America, and 19 years older than Stonewall Methodist Church. On Friday June 20, 2025, at 6:30 pm there will be a hot dog supper at Stonewall Methodist Church. Everyone is invited. The “Pickin’ and Grinnin’ “will be music by the Uhoos (ukelele players from Oriental) and the Harbor Sounds. This event is being sponsored by the Ina Gaskins Circle from Stonewall Methodist Church with the help of the young adult Sunday school class. Donations accepted. Celebrating birthdays in June are Trisha Wood (6/18), Walter Graves and Phillip G. Nanny (6/19), Brantley Norman, Jr., Dennis Delamar, and Bruce Spain (6/20), Jonathan Fulcher (6/21), Tyler Davis Green (6/22), Russell Gregory, Brent and Cathy Fulcher (6/25), Carly Alisha Sanders (6/28), Sidney Phibbons (6/29), and Grace Farmer Nanny (6/30). Have a blessed week. Wondering what to do? Take Spiritual Vitamin W. “He hath showed thee, O man, what is good; and what doth the LORD require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?” (Micah 6:8)

Vandemere Sandra Snipes, *Correspondent*




Hello from Vandemere! It feels like the summer heat has finally snuck up on us, along with the afternoon thunderstorms! I’m not sure how many times Will Sanderson, our retired principal, raised and lowered the U.S. flag at Town Hall this past week to dodge the downpours, but I do know he didn’t miss a beat. We’re so thankful for him, his family, and their continued advocacy for the town. Residents are excited to see the growth Vandemere is experiencing. The idea of building a thriving community while preserving our small-town charm is truly inspiring. One standout sign of progress is the activity at the upcoming “Vandemere Cove” subdivision. The first spec house is well underway, and it’s already drawing quite a bit of interest. This new development will feature 66 homes and private docks along our beautiful, pristine waters. These homes are being designed with resilience in mind, ready to meet future climate challenges. Averaging around 1,700 square feet, each house includes 3 bedrooms and 2 bathrooms; ideal for a family home or a relaxing vacation getaway.

If you’re interested in purchasing or would like more information, please contact John Logan at 919-348-0414. Hope you have an outstanding week! And if you missed Squidders Bait and Tackle on NC Weekend, you can catch the link at www.vandemerenc.com, or better yet—come visit us in Vandemere and see what we’re all about!



Grantsboro Jeff Roberts, *Correspondent*



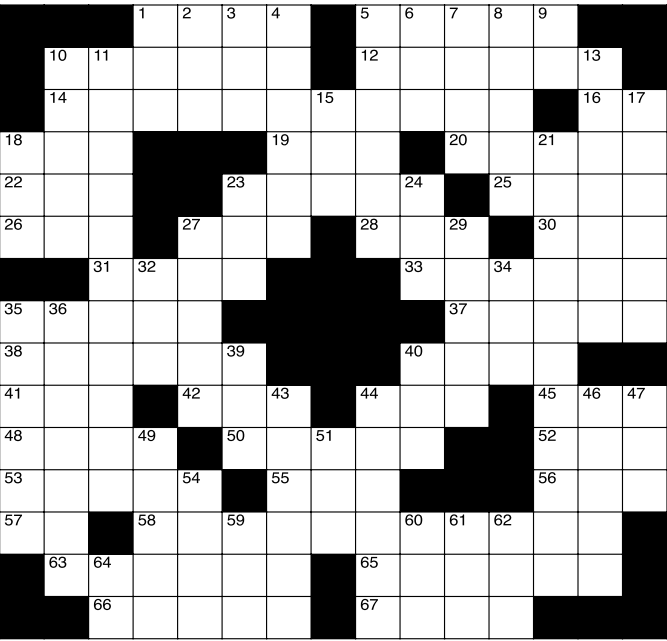
Good morning, good afternoon, and good evening. Whew, has it been hot and humid lately? Every time I step outside it feels like you can actually wear the weather. The rain has definitely been a blessing though. My yard is so green and beautiful now. Fortunately I live in Grantsboro where it is a quite sandy soil and whenever there is a hard rain that leaves puddles, they are usually gone within an hour. The crops everywhere seem to be doing good so far this year so hopefully it will be a profitable year for all the farmers. I took this week off to get some things done around the house. It is amazing how quickly things on the “Honey-do-list” get quite extensive, even though most on that list are things I put there. During Covid I had the most amazing garden, simply because I had time to maintain it. Unfortunately now that kind of time is few and far between, so I am actually returning the garden into manicured yard space. Taking the fence around it down and just genuinely tidying up the space. That and just some other things around the house shall keep me quite busy. Busy enough I dang near forgot to write this piece this week.

my life now. He taught me that a man, husband, father must follow a more difficult path. A path where we don’t ask for help, we find solutions, and we critically think of those solutions on our own. You see, if he had just given me everything I wouldn’t really know how to provide for those that rely on me. He taught me that you must rely on your abilities to figure out the answers and solutions. Whether it is through hard work, long days, extra hours, whatever it takes to make it through life on your own. I think that is important to teach our sons, and our daughters as well because she may very well take care of herself. Anyways, if you have parents and they are still around, go see them, spend time with them, check on them often. Don’t let life get so busy that you are too busy to go see them. It seems these days a lot of our young people don’t do that. You should because one day they won’t be here to see any longer. That is all as a parent we really want is our kids to be around us. If you are a young parent, stop and think of how you want your kids to be, would you want them to come see you?



Father’s Day was this past weekend, I hope the Dad’s all around the area had days filled with love and their kids surrounding them. Father’s Day dates back to July 5, 1908 when a church in West Virginia took time to appreciate the father’s. However, there are some conflicting dates and stories of when it started but the common factor seems to be 1908. President Nixon stated that the 3rd Sunday in June would be recognized as the official Father’s Day. How about that, the year I was born. My sister and I spent the afternoon with my dad, David Roberts, at his house where he is the most comfortable being. As I sit here typing this I think back about everything my Dad taught me, even though at the time I didn’t know I was being taught anything at all. He taught me the values that I still have today. Hard work, honor, and integrity were the background for most of it. Some of his lessons were very hard to understand at the time but are most appreciated in

CROSSWORD



CLUES ACROSS

1. Type of bread

5. Range of mountains

10. Ended

12. Musical forms with a recurring theme

14. On the nature of being

16. Law enforcement agency

18. Australian flightless bird

19. Subway rodent

20. More dried-up

22. A beaver might build one

23. Suggestive of the supernatural

25. Art __, around 1920

26. American rocker Snider

27. Not or

28. Earliest human: __-Magnon Man

30. Firearm

31. Tough outer skin of fruit

33. Alternative form of a gene

35. Low shrub some call “fat pork”
37. Plants in the chamomile tribe

38. Revolutionary War era spy

40. Portion of a book

41. Hoover’s office

42. Title of respect

44. Tax collector

45. Cool!

48. Real estate

50. Boy’s name

52. Airborne (abbr.)

53. Strongly recommends

55. Hit lightly

56. Bar bill

57. Atomic #54

58. Devotes again

63. Fish sauce

65. French stock market

66. Things that consist of two elements or parts

67. Tense

CLUES DOWN

1. Retired game show host Sajak

2. Equal (prefix)

3. Israeli city __ Aviv

4. Loved

5. A type of analyst

6. Ad __

7. Gasteyer and de Armas are two

8. Ran without moving

9. Opposite of yes

10. Diffuse clouds of gas

11. Mentioning one by one

13. Instruments used to dilate

15. Freshwater fish

17. Remotely-manned flying objects

18. Doctor of Education

21. Renews

23. Not the start

24. Pitching stat

27. Small water buffaloes
29. Ceramic jars

32. I (German)

34. Something to toss on a fire

35. The process of flowing in

36. A series of acts at a night club

39. Egg of a louse

40. Inquire too closely

43. Travelers

44. Drink

46. Behave in a way that degrades

47. Electronic music style

49. Northern Ireland city

51. Upset

54. Stiff structure resembling a hair

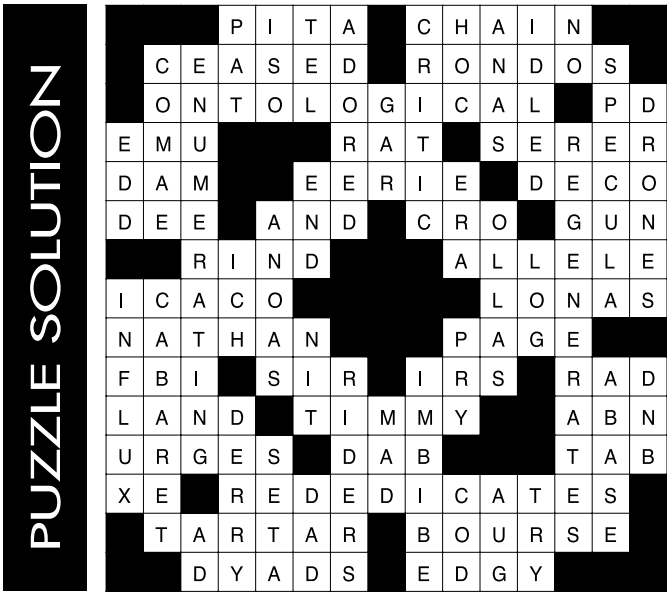
59. Father

60. North Atlantic fish

61. 8th month (abbr.)

62. Make an effort

64. Commercial



“I cook with wine. Sometimes I even add it to the food.”

Early Notice and Public Review of a Proposed Activity in a 100-Year Floodplain Pamlico County 2023 ESFRP

Date: June 18, 2025

This is to give notice that Pamlico County has conducted an evaluation as required by Executive Order 11988 and/or 11990, in accordance with HUD regulations at 24 CFR 55.20 Subpart C Procedures for Making Determinations on Floodplain Management, to determine the potential affect that its activity in the floodplain will have on the human environment for the 2023 Essential Single Family Rehabilitation Loan Program under SFRP2023. The program seeks to rehabilitate an existing structure in Pamlico County at 105 Jones St in Vandemere. This project will involve less than one and a half acres in the AE floodplain. There are three primary purposes for this notice. First, people who may be affected by activities in floodplains and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Second, an adequate public notice program can be an important public educational tool. The dissemination of information about floodplains can facilitate and enhance Federal efforts to reduce the risks associated with the occupancy and modification of these special areas. Third, as a matter of fairness, when the Federal government determines it will participate in actions taking place in floodplains, it must inform those who may be put at greater or continued risk. Comments must be received by the individual listed below, in writing or by email, on or before July 3, 2025. This information is available in Spanish or any other language upon request. Please contact the individual listed below for accommodations for this request. Esta información está disponible en español o en cualquier otro idioma a petición. Póngase en contacto con el individuo que figuran a continuación para alojamiento para esta solicitud.

Jordan Kearney, Project Manager, McDavid Associates, Inc.

P.O. Drawer 49, Farmville, NC 27828

Phone: (252) 753-2139

Early Notice and Public Review of a Proposed Activity in a 100-Year Floodplain Pamlico County 2023 ESFRP

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Jordan Kearney, Project Manager, McDavid Associates, Inc.

P.O. Drawer 49, Farmville, NC 27828

Phone: (252) 753-2139



NOTICE OF AVAILABILITY AND PUBLIC MEETING FOR THE COASTAL CAROLINA REGIONAL AIRPORT PROPOSED RUNWAY 4-22 IMPROVEMENT PROGRAM AND RELOCATION OF WILLIAMS ROAD DRAFT ENVIRONMENTAL ASSESSMENT

AGENCIES: Federal Aviation Administration, U.S. Department of Transportation, North Carolina Department of Transportation



AVAILABILITY OF ENVIRONMENTAL ASSESSMENT - The Coastal Carolina Regional Airport Authority is required under the provisions of the National Environmental Policy Act (NEPA) and Federal Aviation Administration (FAA) requirements to prepare an Environmental Assessment (EA) for proposed airport improvements at the Coastal Carolina Regional Airport (EWN) in Craven County, North Carolina. The EA being prepared will also meet the NEPA requirements of the North Carolina Department of Transportation (NCDOT). The proposed improvements include construction of a 173-foot runway extension and 400-foot runway safety area extension, relocation of a portion of Williams Road, minimal property and easement acquisition, piping of portions of Scotts Creek, and relocation of navigational aids. The proposed project is needed to improve airfield safety and maximize the usable runway length available to existing operators at EWN.

Consultants, acting on the behalf of EWN, have prepared an EA describing the anticipated environmental impacts. Based on the thresholds established in FAA Order 1050.1F, no resources would be significantly impacted by the No-action Alternative or the Proposed Action. The Proposed Action would not result in an increase in the number of annual aircraft operations at EWN in comparison to the No-action Alternative. The draft EA can be reviewed at: flyewn.com/business/draft-ea. A printed copy of the Draft EA is also available for review during regular business hours at the EWN Administration Offices, 200 Terminal Drive, New Bern, NC 28562.

Public Meeting – A public meeting will be conducted on **June 24, 2025, from 5:00 PM to 7:00 PM** to discuss the project with the Project Team and solicit public review and comment on the Draft Environmental Assessment. The in-person meeting will be a drop-in format with no formal presentation, held in the **Cstone (Cornerstone) Church gymnasium, 2304 US-70, New Bern, NC 28560**.

Project details and maps can be found on the NCDOT project web page publicinput.com/ewn-runway-williamsrd. The information will be available at the meeting allowing for one-on-one discussions with engineers, but there will be no formal presentation.

Comments on the Draft EA can be submitted at the workshop, emailed to Ms. Allison Thorburn (ext-aethorburn@ncdot.gov), or mailed to NCDOT Division 2, Attn: Ms. Allison Thorburn. Written comments will be accepted during the public comment period, which ends on July 13, 2025. People may also submit comments by phone at **984-205-6615** project code **11551**, email ewn-runway-williamsrd@publicinput.com. Mailed comments should be post-marked no later than **July 13**.

For additional information about the project, please contact:

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Health&Wellness

9 Benefits of Yoga



If you've done your "downward dog" yoga pose today, you're probably feeling more relaxed. Regardless of your level of yoga expertise, if you're practicing regularly, you can feel better from head to toe. Yoga offers physical and mental health benefits for people of all ages. And, if you're going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing. A yoga therapist can work with patients and put together individualized plans that work together with their medical and surgical therapies. That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.

1. Yoga improves strength, balance and flexibility.
Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
Try it: Tree Pose
Balance on one foot, while holding the other foot to your calf or above the knee (but never on the knee) at a right angle. Try to focus on one spot in front of you, while you balance for one minute.

2. Yoga helps with back pain relief.
Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
Try it: Cat-Cow Pose
Get on all fours, placing your palms underneath your shoulders and your knees underneath your hips. First, inhale, as you let your stomach drop down toward the floor. Then, exhale, as you draw your navel toward your spine, arching your spine like a cat stretching.

3. Yoga can ease arthritis symptoms.
Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis, according to a Johns Hopkins review of 11 recent studies.

4. Yoga benefits heart health.
Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.
Try it: Downward Dog Pose

Get on all fours, then tuck your toes under and bring your sitting bones up, so that you make a triangle shape. Keep a slight bend in your knees, while lengthening your spine and tailbone.

5. Yoga relaxes you, to help you sleep better.
Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.
Try It: Legs-Up-the-Wall Pose
Sit with your left side against a wall, then gently turn right and lift your legs up to rest against the wall, keeping your back on the floor and your sitting bones close to the wall. You can remain in this position for 5 to 15 minutes.

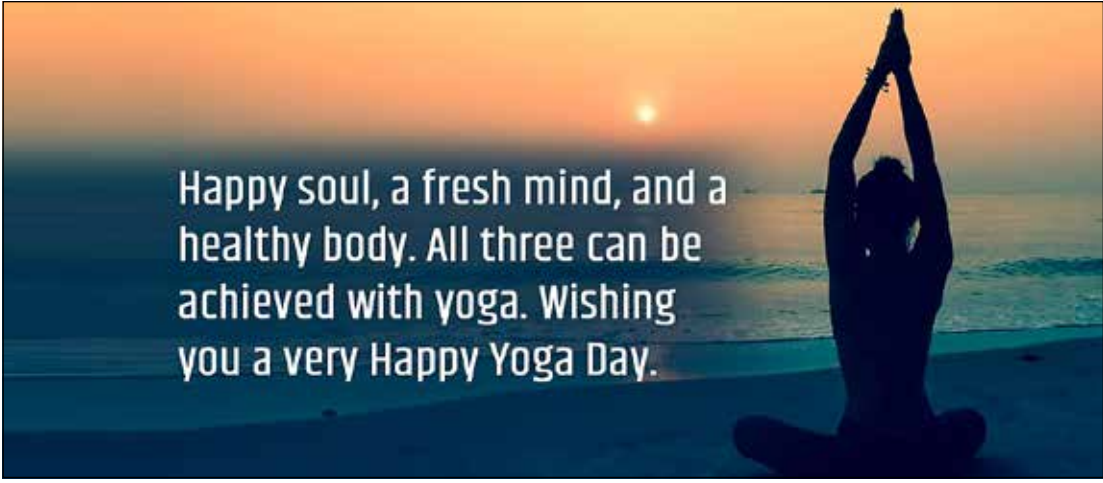
6. Yoga can mean more energy and brighter moods.
You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.

7. Yoga helps you manage stress.
According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.
Try It: Corpse Pose (Savasana)
Lie down with your limbs gently stretched out, away from the body, with your palms facing up. Try to clear your mind while breathing deeply. You can hold this pose for 5 to 15 minutes.

8. Yoga connects you with a supportive community.
Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

9. Yoga promotes better self-care.

Scientific Research on Yoga Benefits
The U.S. military, the National Institutes of Health and other large organizations are listening to — and incorporating — scientific validation of yoga's value in health care. Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties.



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

Vandemere Waste Water Improvement Project Comes to Fruition

By David Snipes

April 28th, 2025 marks the physical completion of an infrastructure project that has been planned and in process since 2012. The previous Vandemere administration had the foresight to anticipate future growth of the town they love. Through an ARPA grant, monies from the previous developers, and the sell of town property enough money was generated to improve the wastewater lines beginning at the intersection of Griggs and Pennsylvania and terminating at the end of Shell Castle Road. The improvement will enable developers to continue their development in the Vandemere Creek, Royal Shoal and Shell Castle areas. This improvement will ensure all future develop-

ment in these areas have adequate wastewater facilities. Testing is now complete and engineering has accepted the project as complete. The ownership of the improved line has been turned over to Bay River Sewer. Bay River Sewer ensures the line is maintained and will provide ample service. East Group provided the engineering and engineering oversight of the project. Cayton Associates Inc. worked with Todd Trip from East Group to ensure the system was installed per the provided engineering drawings. The waste line has passed the required pressure test. The pressure test requires that the new line maintains pressure at 150 psi. for a minimum of two hours.



Pictured above is Melody Reid with East Group, Randy Green with Cayton Associates Inc., and Eric Harper with Bay River Sewer; preparing for the improved waste water line pressure test.

“laughter is the best medicine”

There's some truth to the popular notion that “laughter is the best medicine.” The United States Department of Veterans Affairs notes that laughter has physiological effects on the body that lead to changes in body chemistry and brain function. For example, laughter increases heart and respiratory rates and oxygen consumption over a short period. These changes ultimately move individuals into a state of relaxation. Additional research has found that laughter can lower levels of the stress hormone cortisol, supporting the suggestion that laughter is an effective and even multi-faceted “medicine.”

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