

# The Pamlico News

Wednesday, April 30, 2025

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## Pamlico Arts Council Bring You Non-Stop Fun!

The Pamlico Arts Council brought a celebration of the roots of the American music sound this past weekend with Gospel, Blues & Rockin' BBQ at the Red Rooster in Oriental.

Now we want you to know about all we have planned for the next 4 weeks. It's going to be non-stop fun! First, on May 3, we have the members only Dragon Burn which was postponed because of the state-wide

burn ban. It will be Wicked fun and gates open at 5 p.m. The Southern Hellcats will be doing and opening set, we will have the Drummin' Dragons providing the beat and Larry Summers' dancing dragon costume will make an appearance to start us off. Come in your best dragon gear (remember the theme this year), and some prizes will be awarded in adult and children's categories. The dragon will be lit at sundown.

On May 10, we will be partnering with Parks and Recreation to bring you Dancing in the Park, a FREE, Fun event. Join us at Lou Mac Park at 4:30 p.m.- 5:30 p.m. to get some professional instruction on Latin dance moves from the Los Sabrosos Del Son band. Then get ready to show your moves for the remainder of their concert from 6- 7 :30 p.m. Latin food will be available from food carts at the venue.

Then, on May 17, join us at the Pamlico County High School Football Field for Family Fun Day where we will be bringing you performers from Cirque De Vol who will not only delight you with their special performances, but will be teaching you circus arts! Yes! Learn juggling, hoola hoop tricks, the silks and more! Gates open at 10 a.m., and again, this event is free!

Finally, on Thursday, May 22, join us at the Red Rooster behind The Silos for the finals for Lip Syncho de Mayo. This is another free event where we all get to let our hair down and just have fun. Plan to lip synch to your favorite songs and if you are so inclined, surprise us with your props and costumes. It's all about having fun!

At PAC, we love our County and love to bring you the arts in unexpected ways that all can enjoy. We love and appreciate our sponsors and members, and please visit Pamlicoarts.org to see who our Corporate Sponsors are. We hope you will appreciate and support them!

THIS SATURDAY, May 3rd.

Oriental Town Wide Yard Sale

Pull all those old unused treasures out and let someone else store them!



## Oriental Celebrates Arbor Day

by: Hiram Lupton



If you have been selected as a Tree City USA community for 30 years running, how do you celebrate National Arbor Day? You go out and plant a tree of course. Established in 1976, the Tree City USA program is a cooperative partnership between the Arbor Day Foundation, the USDA Forest Service, and the National Association of State Foresters that promotes and recognizes communities that meet their standards of having a viable tree management program. For 30 straight years, Oriental has achieved that status. On Saturday, past and present members of the Oriental Tree Board, along with other supporting members of the commu-

nity, gathered at the corner of Silverbrook Road and Broad Street to mark the occasion by planting a tree and also unveiling the signs that will soon be placed at each end of town recognizing this achievement. Representative of the North Carolina Forest Service were also on hand to read a proclamation awarding Oriental this outstanding distinction. Congratulations Oriental, it's citizens, birds, and squirrels thank you.

## County Faces Uphill Battle to Balance Budget

by: Hiram Lupton



It is still relatively early in formulating the 2025-26 Pamlico County government budget but barring an unexpected discovery of buried treasure on county property, the numbers don't look particularly good. At the last Board of Commissioners meeting, County Manager Mark Brewington and County Finance Officer Bill Fentress painted a picture that was much more thorns than roses. The good news, county revenues are not down. The bad news, they are not appreciably up either. This means that based on last years budget requests, the County will be roughly \$2.1 million in the hole as the process begins. This was the case last year and the projected deficit was made up by dipping into the county's fund balance to make up the difference. It is hoped that further dipping into that "rainy day" fund, as well as any tax increase can be avoided. There are some increases in expenditures that cannot be avoided. Health insurance costs are expected to rise by 4% and property insurance costs by 10%. There is also expected to be an increase in workers compensation insurance as well as a 2.5% cost of living adjustment in county salaries. As stated, the process is just beginning in earnest and budget requests are not yet all in. With the county's belt already tightened to it's last hole, departments as well as outside agencies that receive county funds (Rescue Squad, Schools, Pamlico Community College, etc.) may be asked to do with less.



## Veterans Resource Fair

by: Hiram Lupton

If you are a Veteran of the armed services from Pamlico County or the surrounding area, there is an event this Friday (5/2) you won't want to miss. The Durham Veterans Administration Health Care System in cooperation with the Pamlico County Health Department present the Veteran Resource Fair at the Delamar Center on the campus of Pamlico Community College. Roughly 12% of Pamlico County's population are Veterans and unfortunately, they are largely an underserved segment of our population. One goal of the Pamlico County Health Department is to increase access to health care and improve outcomes for Pamlico County residents including Veterans. At the Resource Fair, Veterans and their families can get a wealth of information about their VA benefits. They can talk to specialists to find out just what is available for them and enroll on site. Whether it is disability, mental health, general wellness, or health transportation concerns, there will be representatives there to help. There is also much more than health related resources expected to be on hand. From finding a new career, adult education, disaster recovery, financial and tax advice, and so much more. Stop by and meet Pamlico County's new Veterans Service Officer, Brian Caudle as well as other municipal and county government officials. Everything is geared toward Veterans and making sure they know what benefits they and their families are entitled to. The event will run from 9 AM until 2 PM so come on out and find out what is available for you.

## Seafarer Road – NC 306 Accident

by: Hiram Lupton



We don't usually report on minor traffic accidents, but it was a slow news week. In an apparent game of right-of-way, right-of-way, who's got the right-of-way, no one came out a winner in this Thursday accident at the intersection of NC Hwy 306 and Seafarer Road in Arapahoe. There were no major injuries apparent and thankfully the golf cart received nary a scratch. The Toyota and the Chevrolet were not so fortunate. Be careful out there!



### Stress-Free Moves with Pets:

#### TripsWithPets Launches New Travel Assistant Service

Youngsville, NC, Moving is one of life's most stressful events and adding pets into the mix only increases the challenge. TripsWithPets.com is easing the burden with its new (and free) Travel Assistant service, helping pet parents find pet-friendly hotels along their moving route and final destination.

The service is designed for those traveling with big dogs, multiple pets, or cats groups often restricted by traditional hotel pet policies. TripsWithPets does the legwork by providing lodging options that welcome ALL pets, so families can focus on their move instead of worrying about accommodations.

We understand how overwhelming moving can be especially when you're trying to find places that will welcome all your pets, said Kim Salerno, CEO and Founder of TripsWithPets. Our goal is to take that weight off your shoulders and make the journey smoother for you and your furry family.

#### Pet Parent Pain Points:

- 82% of families moving with pets experience increased stress
- 65% dread finding pet-friendly accommodations
- 67% regret trying to book hotels, "Áúon the fly,"
- 88% prioritize their pets, "Áó comfort when planning a move

In addition to the free Travel Assistant service, pet parents can also search and book pet-friendly accommodations directly at TripsWithPets.com.

### About TripsWithPets:

TripsWithPets.com is the trusted source for booking pet-friendly accommodations across the U.S. and Canada. For over 15 years, the platform has provided resources, travel tips, and personal assistance to help pet parents plan trips with ease.

Through its PAWS (Partners for Animal Welfare Series) initiative, a portion of every booking supports 501(c)(3) animal welfare organizations.

P.O. Box 343, Youngsville, NC 27596  
919-249-PETS (7387)  
assist@tripswithpets.com  
TripsWithPets.com

### WEEKEND WEATHER

 Saturday, May 3rd **78°Hi** Rain throughout the day

 Sunday, May 4th **73 °Hi** Partly Cloudy throughout the day



**TURNAGE**  
Construction & Trucking Co. Inc.  
2373 NC Hwy 304, Bayboro, NC 28515

**FORESTRY MULCHING**  
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Fax: 252-745-5240





Pamlico Community College



Accelerated Nurse Aide I course

Pamlico Community College will offer an accelerated Nurse Aide I course beginning Tuesday, May 20. The course will run through Thursday, July 10. Cost is \$180.55, and financial aid is available for qualified students. For more information or to register, contact Lori Giles at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu. Contributed photo



PCC staffers join Easter Bunny on the Bunny Trail

The Easter Bunny and some cheerful helpers from Pamlico Community College's Student Services staff recently hit the Bunny Trail to spread some Easter joy to K-2 students at Arapahoe Charter School and Pamlico County Primary School. While at the schools, group members passed out candy-filled Easter eggs. Joining the Easter Bunny in this photo are, from left, Director of Financial Aid Ashley Howell, Counselor/Career Center Director Cristy Lewis Warner, Registrar LaTanya Bryant, and Director of Admissions/College Recruiter Shellie Saxby. Contributed photo



Drinking milk is a popular way to consume the amount of dairy recommended for a healthy diet. Milk is a rich source of 13 essential nutrients that can boost the immune system and fuel the body. Milk notably contains vitamin D and calcium, which helps maintain strong bones and can reduce the risk for a bone-thinning disease known as osteoporosis. Milk also contains vitamins A and B as well as potassium and protein. Milk helps keep teeth strong and healthy as well. The United States Department of Agriculture says that each person's recommended intake of dairy depends on his or her age, gender, height, and other factors. Generally speaking, toddlers and children should consume between one and 2.5 cups of milk per day. Adults can benefit from about three cups per day. A cup is equal to 8 ounces. Health experts advise choosing non-fat or low-fat versions of milk and additional dairy products, as they are much more heart-healthy than full-fat options. Too much saturated fat in one's diet can lead to high cholesterol and a greater risk for heart disease. If the idea of downing three glasses of milk is a turn-off, milk can be incorporated into recipes, such as smoothies, where its taste and texture is less prominent. Cheese and yogurt also count. Eight ounces of yogurt or 1 1/2 ounces of hard cheese is equivalent to one cup of milk in terms of nutrition, says a2 Milk®, a company that produces milk that may be easier on digestion. Individuals who have a lactose intolerance can choose milk products that do not contain lactose.

Continuing Education

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**Katie Shorter**  
Director  
Small Business Center

252.249.1851, Ext 3045

WWW.PAMLICOSBC.COM

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Land/Home Sales  
Property Management  
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Agent of the Week

**Gregory Green**  
Broker-  
*Here's what one of Gregory's customers had to say...*

We are writing to say how pleased we 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*



**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 \$279,500**



**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** – **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** – **3BR/2BA** 1,740 hsf waterfront on 3.15 acres, boat dock with 40' X 20' deep-water protected boat slip. Anderson double-hung windows & Anderson Patio sliding glass doors, 2021 architectural roof, detached 2-car garage and waterfront-facing screened porch with adjoining waterfront-side decks. This home was designed for waterfront living.  
**OFFERED AT \$575,000**



**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 \$ 650,000**



**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 \$ 675,000**

See all Listings & Visual Tours at  
[www.orientalincwaterfront.com](http://www.orientalincwaterfront.com)  
1-800-347-8246 • 252-249-1014

Or contact **Allen Propst**  
252-671-4644

704 Broad St, PO Box 750, Oriental, NC 28571



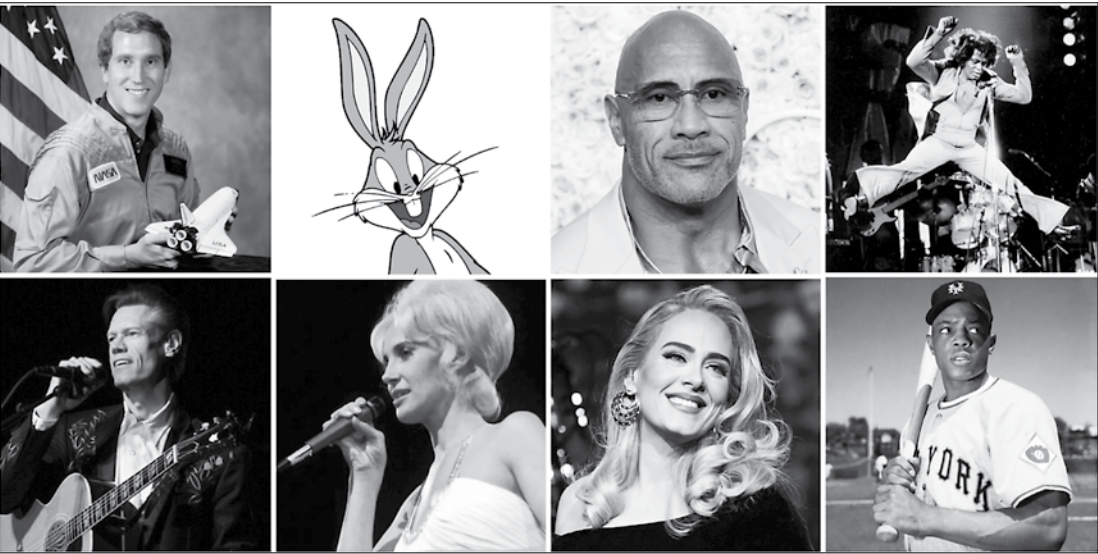
THIS WEEK IN HISTORY

by: Hiram Lupton

- April 30th – Today is National Adopt a Shelter Pet Day.
- May 1st – Today is National Day of Prayer
- May 2nd – Today is International Tuba Day.
- May 3rd – Today is National Paranormal Day.
- May 4th – Today is National Star Wars Day. May the Force be with you.
- May 5th – Happy Cinco De Mayo. Have a taco and tequila for me.
- May 6th – Today is National Teacher Appreciation Day. It is also National Nurses Day.

BIRTHDAYS THIS WEEK

- April 30th – 1945, Astronaut Michael J. Smith (in Beaufort, North Carolina)
- April 30th – 1938, Cartoon Rabbit Bugs Bunny
- May 2nd – 1972, Actor and Professional Wrestler Dwayne Johnson
- May 3rd – 1933, The godfather of soul, James Brown
- May 4th – 1959, Singer Randy Travis (in Marshville, North Carolina)
- May 5th – 1942, Singer Tammy Wynette
- May 5th – 1988, Singer Adele Laurie Adkins
- May 6th – 1931, Baseball Hall-of-Famer Willie Mays



Town of Vandemere

1042 Pennsylvania Avenue, P.O. Box 338  
Vandemere, North Carolina 28587

Office- (252) 745-5473 | 5480 [www.vandemerenc.com](http://www.vandemerenc.com)

REQUEST FOR QUALIFICATIONS (RFQ)

Release Date- 28 April 2025

Master Planning for the Vandemere Community Center

Notice is hereby given that the Town of Vandemere, NC intends to select an Engineering/ Architecture/ Survey establishment to assess and provide master planning for a Community Center. A written response to the RFQ can be submitted by mail or email:

Mail: Attn: Sandra Snipes, Mayor, Town of Vandemere,  
P.O. Box 338,  
Vandemere, NC, 28587

E-Mail: [vandemeremayor@outlook.com](mailto:vandemeremayor@outlook.com)

RFQ Close Date- 1 May 2025 at 8:00 PM Eastern Standard Time

The responsibility for submitting a response to the RFQ, to the Mayor, on or before the stipulated time and date will solely be the responsibility of the Firm. Any responses received after the stipulated time and date will not be accepted, and/or opened.

RFQ Packets are located at-  
<https://www.vandemerenc.com/about-4>

Questions concerning this RFQ can be directed to: Sandra Snipes, Mayor, Town of Vandemere, at 252-745-5480 or [vandemeremayor@outlook.com](mailto:vandemeremayor@outlook.com).

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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**Publisher**  
Sandy Winfrey  
**Office Manager**  
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**Editor**  
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**Photographer Reporter**  
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**Press Releases, Events, News**  
[editor@thepamliconews.com](mailto:editor@thepamliconews.com)  
**Photographer Reporter**  
[hiram@thepamliconews.com](mailto:hiram@thepamliconews.com)  
**Advertising**  
[frontdesk@thepamliconews.com](mailto:frontdesk@thepamliconews.com)  
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The Pamlico News Editorials and Opinions section features opinion articles, newspaper editorials and letters to the editor on the issues of the day.  
The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.

COMMUNITY

OBITUARIES



**Lydia Sawyer Connett, 91**, passed away Friday, April 18, 2025, peacefully, with her family at her side. She had been in declining health for several months.  
Lydia was born in Alliance, North Carolina to the late Benjamin Taylor Sawyer and the late Myrtie Hunnings Sawyer.  
Lydia was a graduate of Pamlico County High School after which she was employed by S.H. Kress and Company in New Bern, N.C. until she married. She was a devoted wife and mother. She loved gardening, crossword puzzles, and traveling. She was the happiest when spending time with her family.  
She was preceded in death by her husband of 49 years, M.Sgt. James J Connett.  
She is survived by her children Taffy and Darrell Graham of Concord, NC, Candy and Wayne Bamberger of Jacksonville, FL, and Joy Connett

of Kannapolis, NC, and her sister Marguerite Sawyer of Alliance, NC. She leaves behind grandchildren Tyler and Taylor Graham, Natalie Brooke Graham, and Taylor Denise Graham.  
Lydia was also preceded in death by her brothers, Benjamin Franklin Sawyer and William Bryan Sawyer, both of Alliance, NC, her sisters Mildred Sawyer Phillips of Dover, NC and Clara Jean Sawyer of Alliance NC, and her granddaughter Courtney Bree Graham.  
A graveside service will be held at Arlington National Cemetery later this month. There will be no visitation.  
The family requests that any memorials be made to Alzheimer ,Aòs association ([act.alz.org](http://act.alz.org)) or Wounded Warrior Project ([support.wounded-warriorproject.org](http://support.wounded-warriorproject.org)).  
Hartsell Funeral Home of Concord is serving the Connett family.  
Online condolences may be made at [www.hartsellfh.com](http://www.hartsellfh.com)

Imagine Pamlico Presents  
PCMS Ideas to BOE

by: Hiram Lupton

The Pamlico County Board of Education met Monday evening and heard a presentation from Imagine Pamlico, the non-profit collaborative with the goal of finding new ways to grow and expand Pamlico County to reach its full potential. The subject was what the current Pamlico County Middle School could be turned into once Pamlico County’s new 6-12 school is opened in 2026 and the facility is no longer being used as a county educational facility. The presentation was led by Imagine Pamlico’s Dr. Lenn Murrelle with assistance from Mr. Albert Bond and centered on preservation and adaptation of the site with the dual goals of honoring and protecting it’s historical legacy as well as to transform the existing buildings into a community center. To that end the group has already commissioned a feasibility study to find out just how viable these alternatives are. They are also seeking feedback from the Army Corp of Engineers concerning the use of the property as far as flooding



is concerned. That flooding, which inundated the school during both Hurricanes Irene in 2011, and Florence in 2018, was one of the driving factors in seeking a new middle school facility out of the flood plain. In addition to seeking a state historical designation for the site, Imagine Pamlico envisions it becoming a community center that includes among other thing, space for family recreation, health and wellness programs, promotion of the arts, family and child support services, and a hub for the county non-profits. They plan on doing this without any burden to the tax payers of the county by using grants and donations to achieve their goals. The presentation to the Board included the request for a right of first refusal in the form of an in-kind donation of the property, provided the feasibility study indicated that the project was indeed possible. While the Board praised Imagine Pamlico on their thorough presentation, they made no commitment on the request.



Dental issues are a cause of concern for pet owners. The Cornell Richard P. Riney Canine Health Center says periodontal disease is one of the most common health issues in veterinary medicine. Studies show that 80 to 90 percent of dogs over the age of three have some type of periodontal disease, even if the pet’s teeth look clean. The Veterinary Oral Health Council says there are certain commercial pet foods and water additives that are designed to minimize the formation of plaque on pets’ teeth that can lead to periodontal disease. However, once plaque is present, only a professional cleaning can remove it, as brushing and food/treats alone will not address the condition.

Horoscopes



**ARIES – Mar 21/Apr 20**  
Aries, there's a secret that you have been holding on to and you are ready to let it go. It won't weigh you down anymore and you can finally focus fully on the future instead of the past.



**TAURUS – Apr 21/May 21**  
Taurus, certain ground is tough for people to travel, but you have conviction and grit to get things done. You have a history of thriving when faced with adversity, and that's an asset.



**GEMINI – May 22/Jun 21**  
Gemini, keep an eye open for a challenge. When you are given an opportunity that will require for fullest and best effort, embrace it as an opportunity to fulfill your potential.



**CANCER – Jun 22/Jul 22**  
Cancer, keeping things pleasant and lighthearted is a talent of yours, but this week you might need to take a new approach. Work with others and listen to suggestions.



**LEO – Jul 23/Aug 23**  
Leo, you often are the life of the party, always ready to find something to do and be with other people. This week you might need to slow down and enjoy some alone time.



**VIRGO – Aug 24/Sept 22**  
Virgo, you could be especially energized this week and feel the need to get as much done as possible. Try not to race through tasks without focusing on doing things right.



**LIBRA – Sept 23/Oct 23**  
The news that comes your way isn't what you had hoped, Libra. Roll with the punches and embrace the challenge. Soon there will be blue skies again and everything will settle.



**SCORPIO – Oct 24/Nov 22**  
Scorpio, you will meet up with someone you haven't seen in a while and it will be like no time has passed whatsoever. Be prepared for a coincidental situation to bring you together.



**SAGITTARIUS – Nov 23/Dec 21**  
The universe will put you in touch with someone who is reputable and diligent, Sagittarius. This way you can both tackle what you need to get done reap the rewards of your hard work.



**CAPRICORN – Dec 22/Jan 20**  
Capricorn, a little competition never hurt anyone. Embrace an upcoming chance to see how you stack up. Give your best effort, as always.



**AQUARIUS – Jan 21/Feb 18**  
This is a good week to play things safe and keep your cards close to the vest, Aquarius. Consider each situation carefully before engaging.



**PISCES – Feb 19/Mar 20**  
Pisces, you are a sociable person and ready and willing to chat up others. This week you might not be up for any social interaction and prefer a few days of solitary time spent.

TAURUS Traits & Overview

Taurus, the second sign of the zodiac and the ruler of the second house, is all about reward. Unlike the Aries love of the game, the typical Taurus personality loves the rewards of the game. Think physical pleasures and material goods, for those born under this sign revel in delicious excess. This zodiac sign is also tactile, enjoying a tender, even sensual, touch.  
Taurus zodiac sign adores comfort and likes being surrounded by pleasing, soothing things. Along these lines, they also favor a good meal and a fine wine. The good life in all its guises, whether it’s the arts or art of their own making (yes, these folks are artistic as well), is heaven on Earth to the Taurus-born.



# FINANCIAL FOCUS

## What comes after, ‘I do?’



Dan M. Roberts

Marriage is more than a ceremony — it’s a union of families and finances. When you and your partner are honest with each other about money and financial goals, it can help build trust, leverage your strengths and help pave the way for a financial happily ever after.

Since talking about money can be difficult, begin with conversations not so much about money itself but about the things that matter to you. You’ll find these are also your financial priorities and a good way to see if you’re on the same page, or how far apart you might be.

**Here are a few conversation starters.**

- Make a list of short- and long-term goals — from buying a house to retiring early. Do you want children? Will one of you change careers or go back to school? See where your lists overlap and where some goals may be more important to one partner.
- Ease into the financial implications. If you plan to grow your family, would one of you like to stop working or reduce your hours to provide child care? If more schooling is a priority, what kinds of changes might that require?
- Share your feelings about money. How did your family treat money while you were growing up? What does money mean to you — security, freedom, stress or something else? Are you both spenders or savers, or is there one of each?

**Before your big day, or early in your marriage, decide how you’ll blend your financial lives.**

- Fully disclose your current financial situation. Discuss each partner’s assets and debts and how, or if, you’ll combine them. There’s no one right answer — the key is for you both to agree. In nine community property states, all assets and debts are shared 50/50 after marriage regardless of individual or joint account status. Check to see whether yours is one of them.

- Align on your budget and spending. This can empower you to spend within your means while moving toward your financial goals.
- Determine who will handle the various tasks of managing money. Who is responsible for which bills, who files the taxes and when will you consult each other on financial decisions like major purchases — a car, perhaps, or a major household appliance?

Once you’re married, there are a few things to address right away. You may want to consult with financial, tax and legal professionals to help avoid pitfalls and identify opportunities.

- Employer benefits. Newly married employees usually have a 30-day special enrollment period to update certain benefit elections — such as health and life insurance.
- Taxes. Adjust the W-4 tax withholding on your employee forms to reflect your marital status and ask your tax professional which tax-filing status makes sense for you.
- Insurance policies. Combine and update policies and beneficiaries, including adding each other to auto insurance policies if you drive each other’s cars.
- Estate documents. Now with a family, prepare for the unexpected. Create or update a will, medical directive, and financial and health care powers of attorney, and you may want to explore whether a revocable trust is appropriate.

Getting married is perhaps one of the most exciting times of your life. As you commit to a lifetime together, make sure that includes a financial commitment. By starting a habit of financial discussions now and returning to them periodically, you can help set yourselves up for a lifetime of financial compatibility, stability and freedom.

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

NC

COOPERATIVE  
EXTENSION

Pamlico County

## Moles in the Lawn

By: Daniel Simpson County Extension Director, Agriculture Agent



Moles have been a consistent problem this spring as mild winter temperatures have accelerated their activity. Tunneling by moles affects rooting and turf growth, and can lead to scalping of turf during mowing. If your yard is sandy and less compacted, then mole tunneling can be quite destructive.

Moles primarily feed on worms, insects, grubs, and snails. They typically have little interest in your plants or flowers. However, their tunneling activity disturbs plant roots and exposes them to drying air. Control of moles is a laborious process with no consistently reliable options. Since moles are constantly feeding and moving around, it is difficult to predict where they will be at any time. Lethal trapping and legal pesticide control products are the only means to reduce the population of moles in your yard. However, this will not prevent other moles from entering the area and resuming activity.

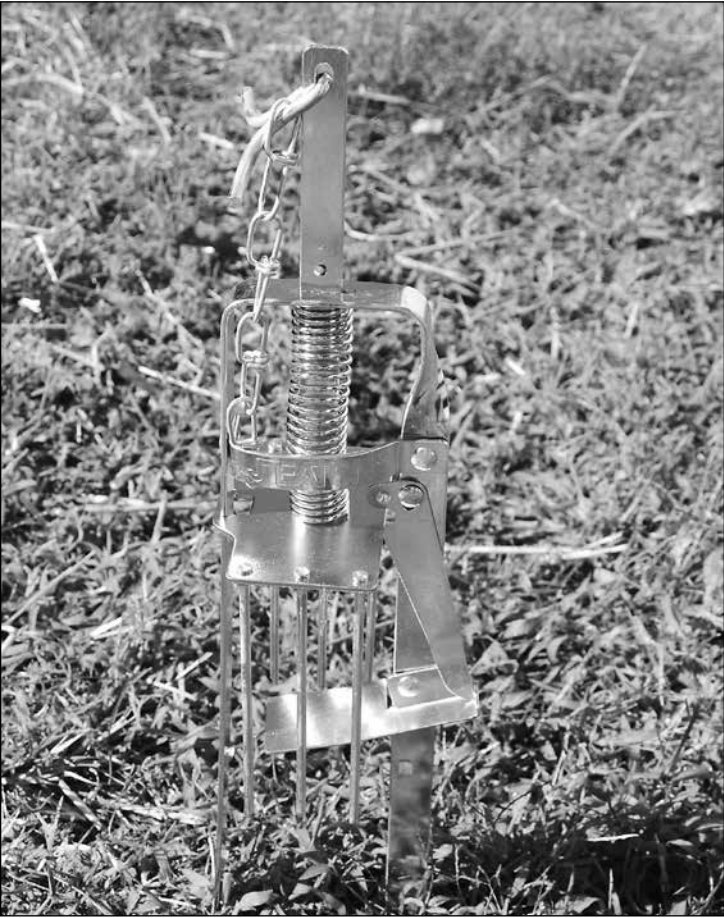
Physical trapping can be successful, but multiple traps are recommended, and these traps should be rotated constantly to intercept moles. Look for the most recent tunneling activity and place spear traps over these tunnels. Depress the tunnel with your foot, then set the trap in this depression. As moles move through the tunnel and encounter this depression, they will trigger the trap as they attempt to reopen this space. Body traps are also available but require the user to dig a hole in an active tunnel to place the trap.

Poison mole baits are available for use, but you must follow the directions carefully. These products are short-lived but have shown effectiveness in some locations. Mole repellents may also provide temporary reduction in activity but environmental conditions (rain) will ultimately determine how long the product remains effective. Gas producing products may also be purchased, but are rarely effective as tunnels systems are lengthy and gas easily dissipates into porous soil.



Control of insects or grubs might reduce activity in some locations but rarely provides the level of control most homeowners’ desire. Products like “Milky Spore” may be promoted as an alternative control measure that reduces the white grub population in turf. However, this bacterial product only controls Japanese beetle larvae and takes several months to develop.

For more information on controlling moles in turf, review this NC State Extension Mole note at <https://www.turffiles.ncsu.edu/insects/moles-in-turf/>. You may also contact Daniel Simpson at 252-745-412 or [Daniel\\_simpson@ncsu.edu](mailto:Daniel_simpson@ncsu.edu).



## What is a smart greenhouse?



Greenhouses are structures that can help hobbyists or professional farmers extend growing seasons and improve yields. Even though traditional greenhouses can improve conditions for growth, certain variables can still affect output. That’s where smart greenhouses come into play. Farming requires reliance on intuition, but also on control of environmental factors like insects, irrigation and light. Smart greenhouses help make conditions more predictable and growing more efficient. The machinery manufacturer Yanmar notes that its Smart Greenhouses enable users to automatically control cultivation methods by customizing temperature, humidity and water levels depending on the crop and cultivar. This alleviates the guessing game on the part of growers and leads to higher yields. Smart greenhouses typically utilize multiple wireless sensors to measure everything from carbon dioxide output to lighting and transmit the information back to a computer. The data is calculated and adjustments to multiple pieces of equipment can be made through the wireless

network all from one computer, unlike older systems that required wires and maybe even multiple computers. Smart greenhouses can control additional critical factors, including temperature and ventilation. Overall, an investment in smart technology could save farmers money in the long run.

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# PCHA Snapshot Program Country Stores

by: Hiram Lupton

Four of the Great speakers who shared their memories of Pamlico County's Country Stores. (L to R), Zelda Hudson Best, Bill Fentress, Jennie Kennel Adams, and Diane Taylor Gardner

Monday evening's Pamlico County Historical Association's Snapshot Program took attendees back in time to an era when every little town had at least one or more community store. It was both a place to purchase the essential needs at the time and a social gathering spot. Several presenters shared stories about not only shopping at these stores, but growing up and working in these family establishments from one end of the county to the other. Mrs. Zeld Hudson Best shared what it was like at her grandparent's store, the L.C. and Celeste Hudson Store, located in the Green's Creek Community. Mr. Bill Fentress spoke of the great times and hard work at his family's store in Maribel. From Lowland, Arapahoe, Scott Town, Mesic, Goose Creek, and Grantsboro, these little businesses dotted out County and many stories and remembrances were shared. Each of these stores were similar in the goods they sold, but there was usually something unique that made each one different from the other whether it was a pool table in the back room, coal for sale in the winter, or the sound of sweet soul music constantly playing in the background. These memories are a part of what made growing up in Pamlico County special and it was a great evening of sharing those memories.

# Pamlico County Horseman's Association Schooling Show

by: Hiram Lupton

Last Saturday turned out to be a beautiful day and there were some beautiful examples of fine horsemanship on display at the George R. Brinson Memorial Riding Arena in Arapahoe as the Pamlico County Horseman's Association (PCHA) held their first schooling show and competition of the year. Riders and their mounts competed in both English and Working Western styles of riding with youth and adult classes. Event ribbons were awarded and at the end of competition overall points winners for the show were:

English Point Champion (Adult) – Brianna Warner

Reserve Champion (Adult) – Hannah Mitchell

English Point Champion (Youth) – Caroline Powers

Reserve Champion (Youth) – Mary Watson

Working Western Point Champion (Adult) - Morgan Potter

Reserve Champion (Adult) – Tiffany Bennett

Working Western Point Champion (Youth) – Paris Brinkerhoff

Reserve Champion (Youth) – Anna Van Der Decker

The next PCHA event at the arena is on May 10 when they will hold their first gaming show of the season. You can find out more about these events at the PCHA website [www.pamlicohorseclub.com](http://www.pamlicohorseclub.com) or by following them on Facebook.





## Board Volunteers at The Old Theater

The Old Theater is a 501(c)(3) nonprofit organization owned and managed by volunteers who serve on the Board of Directors of the Old Theater Corp. Each Board member manages a department in theater operations that allows The Old Theater to fulfill its mission, to enhance the lives of residents and visitors in Oriental and Pamlico County by providing a venue for civic and cultural events. Board members are asked to serve at least two years but often they remain on the Board for a longer period. The following volunteers accepted new positions on the Board for 2025.

**Mary Taylor, President and Publicity Manager**  
president@oldtheater.org



Mary has served on the Board of Directors since 2018, first as Publicity Manager and then as Vice President. She is a North Carolina native who spent summers at her family's cottage on the Neuse River. Mary was a public school teacher for thirty-two years and a former Teacher of the Year in Wake County. For ten years, she wrote curricula for the Magnet School Program and was a presenter at national magnet school conferences. During summer months, Mary worked at Camp Sea Gull and Seafarer as Transportation Director. She retired to Oriental in 2016 and worked for The Pamlico News. Her roots are steeped in Pamlico County as her daughter Heather now resides in that family cottage on the Neuse.

**Robert E. Webster, Co-Treasurer**  
treasurer@oldtheater.org



Robert attended Amherst College (BA) and Duke University (PhD) and for three years he was Associate Professor at The Rockefeller University. For the next thirty-three years Robert was Associate Professor and Professor at Duke University Medical Center in Durham, NC. He retired to Oriental in 2004 where he served the Rotary for over ten years. Robert is presently the Board Secretary of the Southeast Pamlico Volunteer Fire Department & EMS. He was Commander of the US Coast Guard Aux Oriental Flotilla for two years, Commandant of the Oriental Detachment Marine Corps League for three years and Adjutant/Paymaster for another three years.

**Gay H. Webster, Co-Treasurer**  
treasurer@oldtheater.org



Gay is a native of Durham and worked in the automotive industry for eighteen years. She has experience in accounts receivable, accounts payable, title clerk, cashier, and receptionist. After moving to Oriental, Gay began a long history of service to the community. She worked at the Hospice Thrift Store for twenty years and the Oriental Woman's Club for fifteen years. Gay served nine years in the Marine Corps League and fifteen years in the Coast Guard Aux. In addition, she has been a volunteer for Fishes & Loaves and the Hope Clinic for two years.

**Perry Cheatham, Technical Services Manager**  
techdirector@oldtheater.org



Perry was born and raised in North Carolina and has been a frequent visitor to Oriental since he was a child. He and his family came every summer to race sailboats and enjoy the village. Perry earned a bachelor's degree in Audio Engineering/Music from Brown University and continued his education with Fedco Audio Labs in East Providence, RI. Fedco was a mobile recording studio that helped produce a variety of live radio shows, albums, and television specials. Perry came back home to NC and eventually became owner/operator of Sound Trax Recording Studios in Raleigh. After thirty-plus years in the audio business, Perry and his wife Susan moved to Arapahoe where they have been enjoying life on the river for the last twenty years.

**Jon Amundson, Facilities Manager**



Jon has been a resident of Oriental since January of 2024. He utilizes his background and knowledge of construction to find ways in which he can be of service to the community. He enjoys helping those in need. The Old Theater needed a Facilities Manager to oversee maintenance and repairs to the building and grounds. Jon was happy to take on this responsibility in support of The Old Theater. Jon is a devoted father to four beautiful children and a dedicated community volunteer. He considers himself blessed and is grateful for each day.

**Linda Larson, Sponsorship Manager**



Linda grew up in Wisconsin and first trained as a nurse but later changed to law. She became the District Attorney in Wisconsin and handled several famous cases. Linda and her mate Don Henderson (deceased) settled in Oriental and moved into the old jailhouse. In 2018 they joined the Board of Directors at the theater, Don serving as Vice President and Linda as Secretary. Continuing in public service, she began volunteering at Hospice of Pamlico. She has recently added the Oriental Rotary to her weekly schedule of public service. Linda now serves as Sponsorship Manager at The Old Theater and works with businesses to provide funding for entertainment and educational programs.

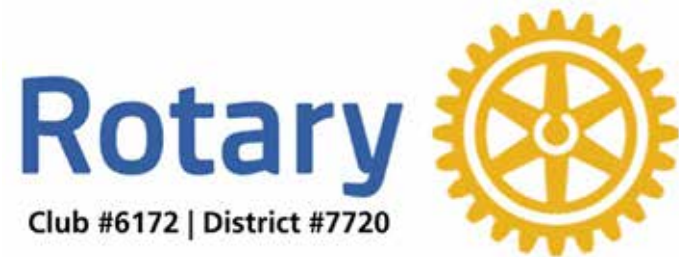
Other volunteers serving on the Board are Christine Wager as Secretary, Mary Jane Sheppard as House Manager, Capt. Bob Barnett as Events Coordinator, and Sheri Lee (Shay) Pierce as Website Manager. There are five open positions that need to be filled: Vice President, Publicity Manager, Membership/Volunteers, Graphics & Marketing, and Grants. The Board is currently accepting nominations for these positions. If you would like to be a candidate, or just want to learn more about position responsibilities, contact Mary at 252-249-0477 or email president@oldtheater.org.

## Churches of Pamlico

Photo by: Hiram Lupton



Arapahoe Methodist Church



## Amy Connor Shares Vision of Trauma-Informed Healing with Oriental Rotary Club



Amy Connor, OTR/L, founder and executive director of Hesed Place in New Bern, delivered an inspiring presentation to the Rotary Club of Oriental, highlighting her organization's mission to support adult survivors of complex trauma.

Hesed Place, established as a 501c3 nonprofit in 2018, is dedicated to providing trauma-informed care through a holistic approach. Connor's vision, termed a "Trauma-Informed-Town-Within-a-Town," integrates therapeutic services, community education, and survivor support groups to foster healing and resilience.

During her talk, Connor emphasized the importance of addressing the multifaceted needs of trauma survivors. "Trauma is not just what happened to you. Trauma is what happens 'in' you as a result of what happened to you," she explained, underscoring the necessity for comprehensive, person-centered care. Hesed Place works to fill the gaps by providing wrap around care.

Connor's background in occupational therapy and psychology informs her approach to trauma recovery. Her work at Hesed Place includes offering trauma-informed certification training to various community sectors, such as medical professionals, law enforcement, and faith-based organizations, aiming to create a supportive network for survivors.

Connor encouraged community members to collaborate with Hesed Place, stating, "Healing is a lifestyle – becoming your best self after trauma."

For more information about Hesed Place and its programs, visit [hesedplace.com](https://hesedplace.com).

If you're interested in learning more, please visit [www.OrientalRotary.org](http://www.OrientalRotary.org) or email us at [oriental-rotaryclub@gmail.com](mailto:oriental-rotaryclub@gmail.com).



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According to the Skin Cancer Foundation, skin damage builds up over time, beginning with a person's very first sunburn. The more a person's skin burns, the greater his or her risk for skin cancer becomes. The SCF notes that the same ultraviolet (UV) rays that damage skin alter a tumor-suppressing gene. That alteration gives injured cells a smaller window to repair before a tumor becomes cancerous. Five or more sunburns in a lifetime doubles a person's risk for melanoma, which can be deadly. That cumulative effect underscores

the need to emphasize skin protection methods, such as wearing sunscreen and avoiding exposure to the sun between the hours of 10 a.m. and 4 p.m.



# CLEAN FOR CASH

With the weather getting nicer, are you itching to do some spring cleaning? No doubt you'll find some things you forgot you had and no longer need or want. Turn your trash into cash. Have a garage sale and advertise it in the *The Pamlico News*.

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# Health&Wellness

## Stress Awareness Month

### Tips for keeping tensions in check



April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Managing stress is an essential component of a healthy lifestyle. Knowing how to manage stress can improve mental and physical well-being as well as minimize exacerbation of health-related issues.

As we come to the end of the month the issue of stress does not just vanish. Here are some things to think about and pursue for a diminished stress level.

### What does stress mean to you?

We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension.

Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

Common reactions to a stressful event can include:

- Disbelief, shock and numbness
- Feeling sad, frustrated and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains and stomach problems
- Smoking or the use of alcohol or drugs

Affecting more than just your mind

Long-term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

When you are placed in a stressful situation, specific stress hormones rush into your bloodstream leading to an increase in heart rate, blood pressure and glucose levels. This is helpful in emergency situations, but having this “rush” for extended periods of time can be dangerous and make you susceptible to the issues mentioned previously.

### Learn to overcome issues you cannot change

Sometimes the stress in our lives is not something we have the power to change. Try to:

Recognize when you don't have control, and let it go.

Avoid getting anxious about situations that you cannot change.

Take control of your reactions and focus your mind on something that makes you feel calm and in control.

Develop a vision for healthy living, wellness, and personal growth, and set realistic goals to help you realize your vision.

### Healthy ways for coping with your stress

Here are some basic ideas to help you cope with stress:

Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.

Share your problems and how you are feeling and coping with a family member, friend, doctor, pastor or counselor.

Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.

Recognize when you need more help – know when to talk to a psychologist, social worker or counselor if things continue.

Potentially the most valuable takeaway here is knowing how to talk to others about your stress. This goes both ways, as you need to know how to discuss your problems with others as well as talk to anyone that comes to you with their issues.

Thanks to the American Institute of Stress for much of the content provided as well as the National Institutes of Health (NIH).

### Additional Information/Resources

Mental Health America (MHA) provides some tips on how to reduce your stress by utilizing a Stress Screener. Access the Centers for Disease Control and Prevention (CDC) website and familiarize yourself with strategies for stress management.



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## Boating Season Starts with Safety:

### Apply Now to Become a BoatUS Foundation Kid’s Life Jacket Loaner Site

*Help your community have access infant, child and young adult-sized life jackets at no cost*

SPRINGFIELD, Va., April 8, 2025 – Marinas, waterfront restaurants, boat clubs and other businesses wishing to make an impact on boating safety in their home waters can apply now to become a BoatUS Foundation Kid’s Life Jacket Loaner program site. Supported by BoatUS member donations, the program offers a simple way to help children and young adults get the right-sized life jacket when they go boating, sailing or fishing for the day or weekend.

“Sometimes boaters may not have a correctly-sized life jacket for every younger guest aboard,” said BoatUS Foundation program administrator Lynne O’Hearn. “That’s where local groups partnering with us can help ensure everyone has the right fit for safety. You want to avoid giving a child in a too-big life jacket, which they may be able to slip out of.”

There are currently more than 575 BoatUS Foundation life jacket loaner sites across the U.S. and becoming one is easy and free: Apply at [BoatUS.org/Life-Jacket-Loaner](https://BoatUS.org/Life-Jacket-Loaner).

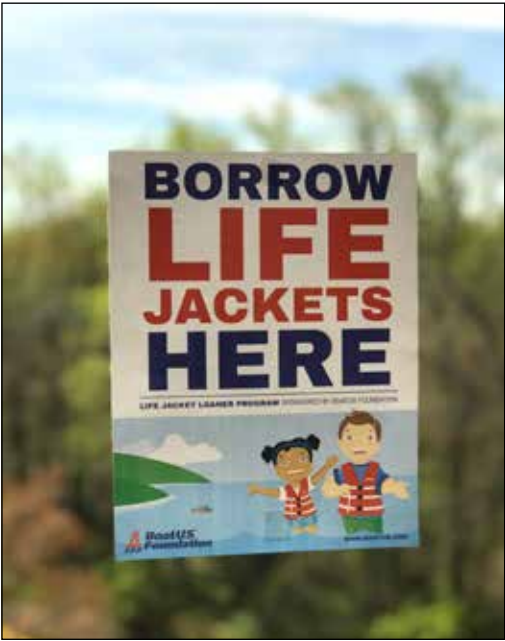
Approved locations will receive 12 children’s life jackets in a variety of sizes from infant to youth, as well as signage and a local publicity kit. Life jackets are replenished every year as wear and tear takes its toll.

#### What’s the catch?

In addition to requiring life jackets be stored in a secure, protected storage area, you must be willing to help the Foundation track life jacket usage with an easy clipboard sign-out system and help maintain the program by providing feedback when life jackets need replacement.



This mom knows it’s critical that children have a correctly-sized life jacket.



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## Make your Memorial Day barbecue a success

Summer unofficially starts with the arrival of Memorial Day at the end of May. Although it is a holiday designed to honor American military personnel who have died in various wars, it also serves double-duty as a chance to gather with friends and loved ones and enjoy the return of the warm-weather entertaining season.

Barbecues are the centerpieces of Memorial Day celebrations. It may have been awhile since the grill was fired up, so anyone can use a little refresher course in barbecue etiquette. Here are some tips for making the most of Memorial Day parties.

#### Ready the grill

If your grill has lain dormant for several months, it’s wise to inspect and thoroughly clean it in advance of Memorial Day. Insects like spiders may have built homes inside, and grease and grime may be lingering from last year. Ensure the grill is in top form before cooking for guests.

#### Keep food safety in mind

A study from the U.S. Department of Agriculture found more than half of study participants don’t try to wash their hands when preparing food. Wash hands thoroughly to ensure guests do not get sick at the barbecue. Keep food refrigerated until it is ready to be cooked or served. Use a food thermometer to cook to the required internal temperature to make sure bacteria is destroyed. Do not use the same utensils that touched raw meat to remove cooked food from the grill.

#### Arrange for shade

It can get quite warm outdoors even in May for many areas of the country. Therefore, prepare a spot where guests can escape the sun. If you don’t have enough table umbrellas, consider light netting or canopies for shade. Shift them as needed as the sun moves across the sky.

#### Develop a signature rub

Set your food apart with unique flavors. Create a summer food rub using the herbs and spices you prefer. Make a big batch to use throughout the grilling season.



#### Don’t leave food sitting

The USDA’s Food Safety Inspection Service advises that food should not be left out for more than two hours, or one hour if the temperature is above 90 F. Keep buffet-style food covered so that insects do not land on the items and run the risk of contamination. Promptly move leftovers indoors if you plan on keeping them.

#### Offer a variety of beverages

It’s important to stay hydrated when the weather is warm. Stock the cooler with plenty of water, juices, iced teas, and the like. If you plan to serve alcoholic beverages, keep them separate from the non-alcoholic items so that children do not have access.

#### Make it a pot luck

If you will be hosting, reduce some of the work by having the main foods available and ask guests to bring the sides and beverages. This will defray the costs and relieve some of the pressure. Memorial Day barbecues can be successful with some planning and simple safety measures.

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**Notice to Creditors**  
**North Carolina,**  
**Pamlico County**

All persons, firms and corporations having claims against the Estate of Harry Keith Bennett, deceased, of Grantsboro, NC, are notified to present the same to the personal representative listed below on or before July 9, 2025, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 9th day of April, 2025.

Cindi M. Quay, Administrator  
of the Estate of Harry Keith Bennett  
c/o Quay & Associates, P.A.  
412 Broad Street  
New Bern, NC 28560

PUBLICATION DATES: 04/09/2025,  
04/16/2025, 04/23/2025, 04/30/2025

ALL PERSONS, firms and corporations having claims against Linda Sue Whitley (aka Sue Whitley), deceased of Pamlico County, N.C., are notified to exhibit the same to the undersigned on or before July 10th, 2025, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment. This 9th day of April, 2025. Stephen A. Dunn, Executor, c/o Andrew W. Blair, Adams, Howell, Sizemore & Adams, P.A., 1600 Glenwood Ave., Suite 101, Raleigh, NC 27608.

The Pamlico News: April 9, 16, 23, 30, 2025

**NORTH CAROLINA IN THE  
GENERAL COURT OF JUSTICE  
PAMLICO COUNTY  
SUPERIOR COURT DIVISION  
NOTICE TO CREDITORS  
AND DEBTORS OF  
WILLIAM BRADFORD SIMEON  
File No.: 25E001072-680**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to ANNA SIMEON, ADMINISTRATOR CTA on or before JULY 9, 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 16TH DAY OF APRIL 2025

ESTATE OF WILLIAM BRADFORD SIMEON  
C/O ANNA SIMEON  
1092 PENNSYLVANIA AVE  
VANDEMERE, NC 28587

Publish APRIL 16, 23, 30, AND MAY 7, 2025.

**NORTH CAROLINA  
PAMLICO COUNTY**

Special Proceedings  
No. 25 SP 2

**Auctions**  
**HOME IMPROVEMENT  
AUCTION**  
Saturday, May 10th @10am  
201 S. Central Ave. Locust, NC  
Cabinet Sets, Doors, Tile,  
Hardwood, Bath Vanities,  
Windows, Lighting, Trim,  
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Substitute Trustee:  
Philip A. Glass

**NOTICE OF FORECLOSURE  
SALE**

Date of Sale: May 8, 2025  
Time of Sale: 11:30 a.m.  
Place of Sale: Pamlico County Courthouse  
Description of Property: See Attached Description  
Record Owners:  
Heirs of Jo Ann Stowe  
Address of Property:  
1256 NC 306 Highway North  
Grantsboro, NC 28529  
Deed of Trust:  
Book : 509 Page: 332  
Dated: January 8, 2008  
Grantors: Jo Ann Stowe, widow  
Original Beneficiary: State  
Employees' Credit Union  
CONDITIONS OF SALE:

This sale is made subject to all unpaid taxes and superior liens or encumbrances of record and assessments, if any, against the said property, and any recorded leases. This sale is also subject to any applicable county land transfer tax, and the successful third party bidder shall be required to make payment for any such county land transfer tax.

The property to be offered pursuant to this Notice of Sale is being offered for sale "AS IS, WHERE IS." THERE ARE NO REPRESENTATIONS OR WARRANTIES relating to the title or to any physical, environmental, health or safety conditions existing in, on, at or relating to the property being offered for sale, and any and all responsibilities or liabilities arising out of or in any way relating to any such condition are expressly disclaimed.

A cash deposit of 5% of the purchase price will be required at the time of the sale. Remote bidding will not be accepted pursuant to North Carolina General Statutes Section 45-21.25 (a). Credit bids on behalf of the Noteholder will be accepted. Any successful bidder shall be required to tender the full balance of the purchase price so bid in cash or certified check at the time the Substitute 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 purchase price so bid at that time, he shall remain liable on his bid as provided for in North Carolina General Statutes Section 45-21.30 (d) and (e). This sale will be held open ten (10) days for upset bids as required by law.

STATEWIDE CLASSIFIEDS

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**Miscellaneous**  
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**Miscellaneous**  
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Residential real property with less than 15 rental units, including single-family residential real property: an order for possession of the property may be issued pursuant to G.S. 45-21.29 in favor of the purchaser and against the party or parties in possession by the clerk of superior court of the county in which the property is sold. Any person who occupies the property pursuant to a rental agreement entered into or renewed on or after October 1, 2007, may, after receiving notice of sale, terminate the rental agreement by 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 not more than 90 days, after the sale date contained in the notice of sale, provided that the mortgagor has not cured the default at the time the tenant provides the notice of termination. Upon termination of a rental agreement, the tenant is liable for rent due under the rental agreement prorated to the effective date of the termination.

Dated: April 10, 2025

Philip A. Glass, Substitute Trustee  
Nodell, Glass & Haskell, L.L.P.

Posted on April 10, 2025

Exhibit A

BEGINNING et a point in the centerline of N. C. Highway 306 which is located North 16 degrees 42 minutes East 69.5 feet and North 15 degrees 45 minutes East 66.2 feet along the centerline of N. C. Highway No. 306 from a point in the centerline of said highway et the intersection of the property line between MD. Brinson and S. R Scott (said line being the centerline of a ditch extended and is on the western side of said highway); thence North 14 degrees 02 Minutes East 100 feet along the centerline of aid highway; thence South 80 degrees 07 minutes East 351.8 feet to an iron stake; thence South 14 degrees 43 minutes West 100 feet; thence North 80 degrees 07 minutes East 351.8 feet to an iron stake; thence South 14 degrees 43 minutes West 100 feet; thence North 80 degrees 08 minutes West 350.7 feet to the centerline of said highway, the place of beginning; containing 0.74 acres and all bearings contained herein are magnetic for 1966 as surveyed by Darrel D. Daniels, C. E.

Said Land is a portion of that conveyed to S. R. Scott by J. A. Tingle and wife by deed dated August 28, 1943, and record-

ed in Book 98 at Page 605, Pamlico County Registry.

The right-of-way of Highway 306 is excepted.

Subject to easements, restrictions, and rights of way of record, and utility lines and rights of way in existence over, under or upon the above-described property.

**PIN: 6541495503000**  
**Property Address : 1256 NC 306 Highway North, Grantsboro, NC 28529**

Philip A. Glass, Substitute Trustee  
Nodell, Glass & Haskell, L.L.P.

Posted on April 10, 2025

Exhibit A

BEGINNING et a point in the centerline of N. C. Highway 306 which is located North 16 degrees 42 minutes East 69.5 feet and North 15 degrees 45 minutes East 66.2 feet along the centerline of N. C. Highway No. 306 from a point in the centerline of said highway et the intersection of the property line between MD. Brinson and S. R Scott (said line being the centerline of a ditch extended and is on the western side of said highway); thence North 14 degrees 02 Minutes East 100 feet along the centerline of aid highway; thence South 80 degrees 07 minutes East 351.8 feet to an iron stake; thence South 14 degrees 43 minutes West 100 feet; thence North 80 degrees 08 minutes West 350.7 feet to the centerline of said highway, the place of beginning; containing 0.74 acres and all bearings contained herein are magnetic for 1966 as surveyed by Darrel D. Daniels, C. E.

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PIN: 6541495503000  
Property Address : 1256 NC 306 Highway North, Grantsboro, NC 28529

Signs a loved one might need assisted living



an individual's ability to live independently, assisted living facilities can ensure such men and women get the help they need to live as fully and actively as possible.

It's not always easy to identify when an individual may need to move into an assisted living facility. Some individuals choose to do so on their own, but families often make such decisions together. As families work to determine if a loved one should move into an assisted living facility, they can look for various signs that suggest the time is right to do so. According to the Elder Care Alliance, signs that an individual may benefit from assisted living include:

Assisted living facilities provide an invaluable service. When a medical condition, developments associated with aging or another variable affects

- Requiring routine reminders to take medication
- Noticeable changes in weight, including weight loss or gain
- Loss of mobility or increase in falls
- Signs that household maintenance is being neglected
- Difficulty with daily tasks like grooming and meal preparation
- Increased isolation
- Loss of interest in hobbies

It's important for families to recognize that some of the signs noted above might suggest the presence of a condition or disease that would not, if treated successfully, compromise an individual's ability to live independently. For example, the SilverSneakers program offered through Tivity Health notes that weight gain among seniors may be attributable to slower metabolism, a less active lifestyle or menopause for women. Each of those conditions

can be addressed without requiring a relocation to an assisted living facility. Family members are urged to discuss anything that seems to be affecting a loved one's ability to live independently with that person's health care team before they consider if a person needs to move into an assisted living facility. It's equally important to ask a loved one's health care team which type of facility they think might be most beneficial if, in fact, they think it's in an individual's best interest to relocate. No two facilities are the same, and the Elder Care Alliance notes many specialize in specific types of care, such as tending to individuals with cognitive issues like dementia or physical issues like limited mobility.

Assisted living facilities help millions of individuals every day. Families can work together to decide if a loved one can benefit from moving into such a facility.



# AROUND THE COUNTY

## Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening friends and family. I hope all have enjoyed your time at Easter. I know I did, I am fortunate to work for Pamlico Schools and get to enjoy Easter/Spring break. It gives me time to get some things done around the house and spend some good quality time with my lovely wife and my fur babies. It gives me a chance to recharge the old batteries so to say.

I would like to mention to all the readers of this article how much it means to me when I see you out that you enjoy what I write. When I first started writing this I wasn't sure if it was something I was capable of. Come to find out, I am! I absolutely enjoy writing, I have actually started a blog on my photography website that I just created. Which by the way, running a website takes a lot of effort and time.

The season is upon us for lots of outside adventures. Fishing is always good around Pamlico County. I have seen some people starting to catch various drum and croakers being caught. There is something to be said about getting a line wet and that first initial tug on the line. Not to mention the smile on a kid's face the first time they catch a fish. I still remember the first fish that I caught to this day! When my daughter was visiting here from New Mexico, oh



my goodness you should have seen her reaction to catching a drum down here. It was absolutely priceless! A moment me and my wife shall never forget.

There are a few events happening. May 3 is the annual community wide yard sale in Oriental. There is always a great find there to be had. At least that is the reasoning my wife always gives me. Later that evening there is live music and the Dragon Burn at the Silos/Red Rooster. I have never been but I know by riding by that it's usually a huge turn out.

I know last week that I said that I would have more information on John Benton Reel. I am going to write on knowledge that I have off the top of my head as I have been so busy with other things lately that I don't have any research in front of me. John was absolutely instrumental in the building of this county. His drive for the telephone system at that time started the system to have it countywide. Imagine how awesome it was to simply talk to a relative simply by picking up this new technology and being able to talk to them. Back then you might have had to travel a couple hours to have that conversation. Nowadays we take that for granted with our ease of talking with anyone anytime around the world. Technology has definitely helped us stay in touch in good and bad ways. This week's photo is of my daughter catching her Neuse River fish.

## Aurora Joy McCracken, *Correspondent*



The Tree Frogs are out and about singing and getting into the house. Still seeing my two Does out on the road. There's a pair of Canada Geese swimming by with their goslings. I count 5. Seagulls are back calling and flying around. While out in the front yard the other day I saw a Wood Duck couple up in the pine trees for an instant before they flew off. That's only the third time I've seen them down here all these years. There's still a small group of diving ducks out on the creek. The Bluebirds appear to be feeding their chicks. Several Black Vultures are haunting the neighborhood. A friend of mine saw three Turkeys on the way out recently.

The Figs have fruit already. My Tropicana Rose is the best it's ever looked. My red Hardy Amaryllis are going gangbusters.

I tried a new recipe for Apple Salad: it has cubed Granny Smith, celery, dried cranberries, red grapes and pecans with a dressing made from brown sugar and mayonnaise. It was quite good.



Special shout out to Hiram Lupton for that great article about Snowden in last week's edition. It's not over yet and there are several more public meetings scheduled to discuss the possible closing.

My Photo of the Week is of my new Begonias. I love the way they look like Roses.

## Whortonsville Reba Tiller, *Correspondent*



Though April showers, may come your way, they bring the flowers, that bloom in May. So wish the showers would come for the farmers. I saw corn dry up last year so I want them to have a good crop this year. Have had some beautiful strawberries this year, in fact Kevin and Suzi just brought me some from Paul, place and two big red tomatoes. Russ went strawberry picking last week at HOLTON'S FARM. Spoke to my nephew who has a blueberry farm in Beulaville and it looks as if they are going to have a good crop of berries. Russ and I fill up our freezers every year for blueberry pies and blueberry waffles. They are also good to take a handful from the freezer and eat them frozen. Looked in my yard yesterday and saw six Easter Lillies getting ready to bloom and some in front of the garage that are

not quite ready. There was no church today because there was an electrical problem and it was quite warm in the church. It was real nice outside so we could have sat outside and had the service. Elizabeth and Mattie Cuthrell just came by and brought Russ and me some fresh eggs. Received a nice note from Dixie Gatlin for singing in the Easter Cantata at Stonewall on Palm Sunday. The Old Theater presents Dee Dee King & Company celebrating Mother, Day on Saturday May 10 at 7:00p.m. Advance tickets are \$39.00. At the door tickets are \$45.00. Tickets are available at Nautical Wheelers in Oriental and online.

**Thought for the week:**  
You don't have to be great to start, but you have to start to be great!

## Pamlico Betty Jo Rodgers, *Correspondent*



There is not much news from Pamlico, I have been sick at home all week with an upper respiratory viral infection. Stonewall Methodist Church was blessed to have Bobby Meadows preach for me and Teri Edwards to play the piano. I watched the service on Facebook, and it was wonderful. I also appreciated the fact that Hiram Lupton helped out with photography.

Celebrating her April birthday is Cynthia Delamar (4/30).

May is a busy month with May 1st being the National Day of Prayer, Mother's Day on the second Sunday, and Stonewall Methodist Church celebrates their 231st Homecoming on the third Sunday.

Celebrating birthdays in May are Roy Rodgers and Hazel Alcock (5/1), Paisley Phibbons (5/2), Wesley Hatch (5/3), Dylan Smith (5/5), Danny Lupton and Ann Daniels Miller

(5/8), Tanyetta Green, Debbie Whorton, and Mark Whorton (5/12), Dale Alvin Belvin (5/14), Vanessa Cole May (5/15), Greg Jones (5/16), Karen Moore Horton, Wanda Miller, Chase Carey, and Mackenzie Carey (5/17), Benjamin Alexander and Vance Henries (5/18), Jermaine Smith (5/19), Zachary Rodgers and Shannon Lee Wing (5/20), Dennis Stokes (5/25), Johnny Bishop, Bailey Smith, and Lakisha H. Smith (5/26), Mike Roach (5/27), Bonnie Kedjerski and Suzie Rodgers (5/30).

Celebrating Anniversaries in May are Roy and Betty Jo Rodgers (5/7), Larry and Sharon Gibbs (5/15), and Timothy and Veronica Jones (5/30).

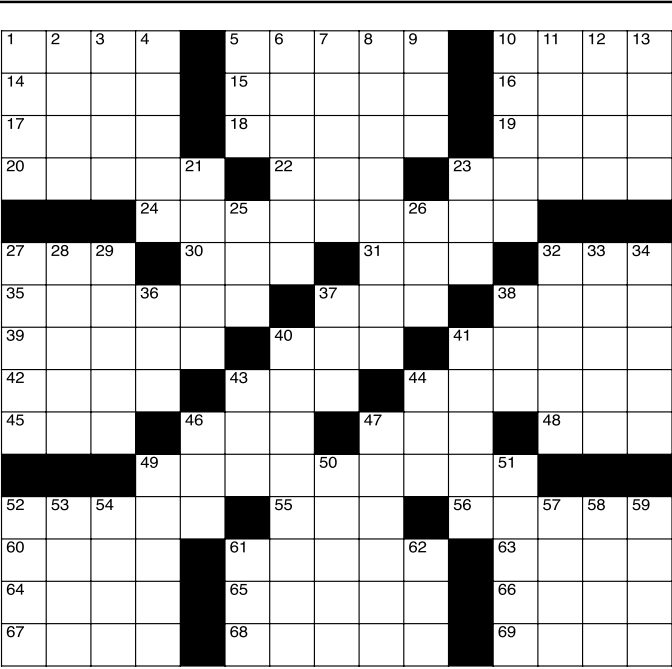
Have a blessed week. Perplexed or puzzled? Take Spiritual Vitamin P. "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid." (John 14:27)



**The World Stroke** Organization reports that a person suffers a stroke once every three seconds across the globe each day. Globally, there are roughly 12.2 million new strokes each year, and one in four individuals age 25 and older will have a stroke at some point in their lifetime. In its "Global Stroke Fact Sheet 2022," the WSO reported that the number of individuals who will have a stroke in their lifetime had increased by 50 percent over the previous 17 years, which underscores a need for the general public to better understand stroke and its controllable risk factors. Such variables include avoiding smoking, eating a healthy diet, minimizing if not eliminating alcohol consumption, and avoiding a sedentary lifestyle.



# CROSSWORD



### CLUES ACROSS

1. McCarthy acolyte Roy

5. Ancient Korean chiefdoms

10. Not soft

14. Jai \_\_, sport

15. Philosophy

16. Do what you're told

17. Gaffe

18. Widely known and esteemed

19. Amusement park attraction

20. Popular comic strip Viking

22. Usually has a lid

23. American sportscaster

24. Lung fibrosis

27. General's assistant (abbr.)

30. Pouch

31. Upset

32. Partner to hem

35. Astronomy unit of distance

37. Witch

38. Gradually disappear

39. Regions

40. Possesses

41. Body parts
42. A way to comprehend

43. Defraud

44. Sandwich type

45. Expression of disappointment

46. Popular Dodge truck model

47. The 17th letter of the Greek alphabet

48. Soviet Socialist Republic

49. Songs to a beloved

52. Custom

55. Partner to cheese

56. West Indies trees

60. Member of a Semitic people

61. Plant that originated vegetatively

63. Squandered one's money

64. Ethiopian river

65. Excessive fluid accumulation in tissues

66. Acquire by one's efforts

67. Irish goddess

68. Hungarian village

69. Cereal grasses

### CLUES DOWN

1. Currency

2. Ceramic jar

3. Reagan's Secretary of State

4. God worshipped in Kanesh

5. One thousand cubic feet (abbr.)

6. Semitic

7. About blood

8. Benign tumors

9. Move one's head

10. Hours (Spanish)

11. Hebrew calendar month

12. Advise someone

13. Colors clothes

21. The sun does it

23. Concealed

25. City of Angels hoops team (abbr.)

26. Droop

27. Away from one another

28. Challenges

29. A harsh scraping sound

32. Attaches to a wall

33. Capital of Ethiopia: \_\_ Ababa
34. German river

36. Disappointed

37. Star Wars character Solo

38. Supervises flying

40. Not mass-produced

41. Nonsense

43. Automobile

44. Hogshead (abbr.)

46. Soak in water

47. Flower cluster

49. Romanian city

50. A parent is often one

51. Fencing sword

52. Body part

53. Region

54. Farm building

57. Ali's surname at birth

58. Waxy bird beak covering

59. Stiff bristles

61. VCR button

62. Small amount

PUZZLE SOLUTION	C	O	H	N	M	A	H	A	N	H	A	R	D
	A	L	A	I	C	R	E	D	O	O	B	E	Y
	S	L	I	P	F	A	M	E	D	R	I	D	E
	H	A	G	A	R	B	I	N	H	A	B	E	R
	S	I	L	I	C	O	S	I	S				
	A	D	C	S	A	C	M	A	D	H	A	W	
	P	A	R	S	E	C	H	A	G	F	A	D	E
	A	R	E	A	S	H	A	S	H	A	N	D	S
	R	E	A	D	C	O	N	H	O	A	G	I	E
	T	S	K	R	A	M	R	H	O	S	S	R	
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	H	A	B	I	T	M	A	C	Y	A	C	C	A
	A	R	A	B	R	A	M	E	T	B	L	E	W
	N	E	R	I	E	D	E	M	A	E	A	R	N
	D	A	N	U	C	E	R	E	D	R	Y	E	S

# GUESS WHO ?

I am a country singer born in Texas on April 29, 1933. I grew up in the aftermath of the Great Depression and played music for money to avoid picking cotton. I wrote my first song at age 7 and had many country hits throughout my long career. I also am an activist and actor.

Answer: Willie Nelson

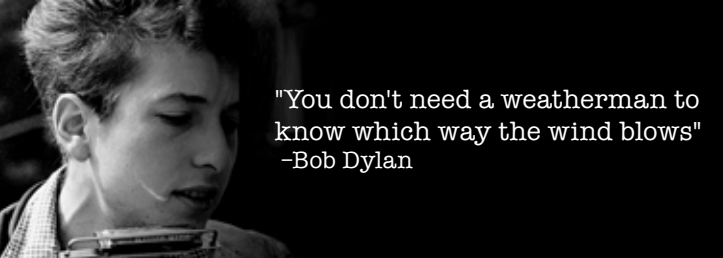
# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to decorating.

H M E E T

--	--	--	--	--

Answer: Theme



"You don't need a weatherman to know which way the wind blows"  
-Bob Dylan



# PAMLICO COUNTY MIDDLE SCHOOL

Pamlico County Middle School is beaming with pride following an exceptional showing at the SkillsUSA North Carolina State Conference. With a record number of wins and a historic chapter recognition, Hurricane pride is soaring higher than ever.

### Outstanding Individual and Team Performances

PCMS students brought home an impressive collection of medals across multiple categories, showcasing both technical skills and creativity. First-place winners included:

- Antonio Cannon - Automotive Too/ID
- Wyatt Gearey- Extemporaneous Speaking
- Angel Gamer- Job Skill Demonstration
- Mia Angelo - Pin Design
- Ally Cain, Aubriana Karp, and Ada Spangler - Team Engineering Challenge

### Other top scorers included:

- Melody Armstrong - 2nd Place, Pin Design
- Chase Carey - 4th Place, Pin Design
- Angel Gamer- 2nd Place, Poster
- Allison Buck, Mya Hopkins, Morgan Blaebaum - 3rd Place, Promotional Bulletin Board
- Taquan Scott, Isla Weimann, Francesca Karp - 2nd Place, Promotional Bulletin Board
- Kassidy Covarrubias - 4th Place, T-Shirt Design
- Ciarrah Carawan - 5th Place, T-Shirt Design

### Making History

Ciarrah Carawan made history by being named PCMS's first-ever Middle School SkillsUSA Ambassador-a title that celebrates student leadership and a commitment to the organization's core values. Her achievement sets a precedent for future Hurricane leaders to follow.

### GOLD CHAPTER STATUS

In a crowning moment of achievement, Pamlico County Middle School was awarded Gold Chapter status-the highest honor a SkillsUSA chapter can receive. This distinction reflects the school's commitment to excellence, leadership, and career readiness.

"We are incredibly proud of our students, their families, and the dedicated mentors who helped make this success possible," said school officials. "This recognition is a testament to the passion, perseverance, and pride that define our Hurricane family."

Congratulations to all who contributed to this remarkable success. Pamlico County Middle School has set the gold standard.

### PCMS Students Excel in Conservation Contests

In addition to their impressive SkillsUSA accomplishments, Pamlico County students also made a strong showing at the Area V Soil and Water Conservation Districts Spring Meeting contests, further highlighting the academic strength and versatility of our students.

### Four Hurricanes represented Pamlico County with pride and poise in a variety of categories:

- Wyatt Geary - 1st Place, 6th Grade Public Speaking
- Raylon Cahoon - 2nd Place, 6th Grade Essay
- Braydon Lane - 2nd Place, 8th Grade Essay
- Carleigh Lane - Honorable Mention, 4th Grade Poster

These achievements reflect the students' thoughtful engagement with environmental stewardship and their ability to express complex ideas through both written and spoken word. Congratulations to these outstanding young leaders for their dedication and success in promoting conservation awareness.

### FFA Success Adds to a Season of Student Achievements

The accolades continue for Pamlico County Middle School students as Aubriana Karp represented the school at the North Carolina FFA Southeast Regional Rally on Friday, April 4th. Competing in the Creed Speaking Contest, Aubriana placed 5th overall out of 12 high school and middle school competitors, and earned the distinction of 1st Place Middle School Student in the region.

The Creed Speaking Contest challenges students to recite and explain the FFA Creed, a foundational statement of the organization's beliefs, demonstrating both public speaking skills and a deep understanding of agricultural values. Aubriana's poise and preparation stood out among a highly competitive field, showcasing her confidence and commitment to leadership.

Her success at the rally adds yet another proud moment to a season filled with student accomplishments across multiple organizations, from SkillsUSA to Soil and Water Conservation to FFA. Pamlico County Middle School students continue to prove they are leaders in the classroom, in the community, and beyond.

### Mia Littleton Makes Pamlico History with All-State Jazz Band Selection

In a groundbreaking musical achievement, Mia Littleton has earned the prestigious 2nd Chair Tenor Sax position in the North Carolina All-State Middle School Jazz Band-a first in Pamlico County Schools history.

Mia is now officially the first student from Pamlico to ever be selected for an All-State Jazz Band, and only the second student in at least 36 years to earn a spot in any All-State Band. This historic accomplishment reflects not only Mia's exceptional talent and dedication, but also the growing strength of Pamlico's music programs.

Selection for the All-State Jazz Band is highly competitive, requiring students to perform challenging pieces and demonstrate mastery of jazz techniques in front of expert adjudicators. Mia's success is a testament to her hard work, passion for music, and the support of her instructors and school community.

Her trailblazing accomplishment marks another shining example of the remarkable student talent in Pamlico County and serves as an inspiration for future generations of young musicians. Pamlico County Middle School Students Set the Gold Standard Across the State From the stage to the shop floor, from conservation essays to the soulful notes of jazz, Pamlico County Middle School students are making their mark across North Carolina. With honors in SkillsUSA, FFA, Soil and Water Conservation, and All-State Jazz Band, our students continue to show that excellence knows no bounds when passion, preparation, and community come together.

This spring has been a season of historic firsts and proud traditions. Whether it's earning Gold Chapter status, representing our county in environmental stewardship, excelling in regional FFA competition, or making Pamlico history in the All-State Jazz Band, our Hurricanes are proving that middle school is more than a stepping stone-it's a launching pad.

At Pamlico County Middle School, we believe in cultivating not only academic and technical skills, but also character, confidence, and creativity. These recent accomplishments are a reflection of something deeply rooted in our community-a commitment to nurturing the whole student, in a place where every voice is heard, every talent is valued, and every success is shared.

There's something uniquely Pamlico about this kind of spirit. It's in the way our teachers mentor, our families support, and our students rise-again and again. Congratulations to all of our outstanding Hurricanes. You are not only the pride of Pamlico today-you are the promise of tomorrow.



Ada Spangler, Aubriana Karp, & Ally Cain –First Place Team Engineering.



SkillsUSA Middle School



Sabella Rodgers 1st place Pledge, Dixon Strickland in 2nd.jpg



Angel Garner



Antonio Carmon



Aubriana Karp



Chase Carey



Ciarrah Carawan



Kassidy Covarrubias.jpg



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Wyatt Gearey 1st Extemporaneous Speaking.jpg



Mia Littleton.jpg



Mia Angelo

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**Saturday, May 17th 2025**  
**10:00am-1:00 pm**  
**Pamlico County High School Football Field**  
Rain Date, May 18th from 12-3pm

**FREE Event! Cirque De Vol-Aerial & Circus,  
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# Things everyone can do to support rural economies

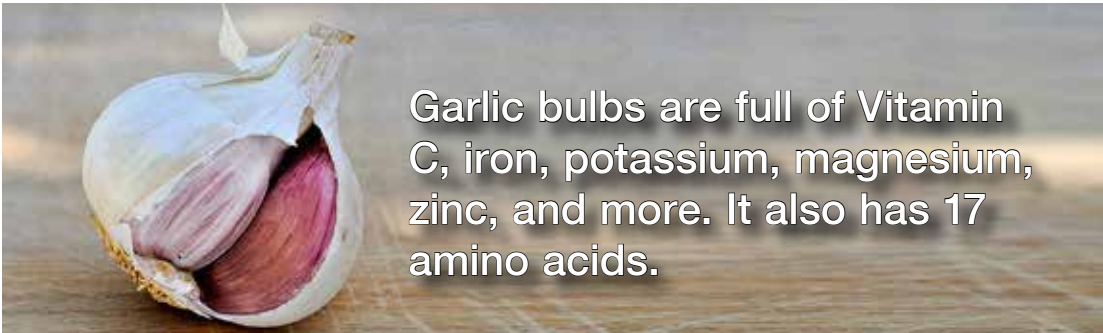
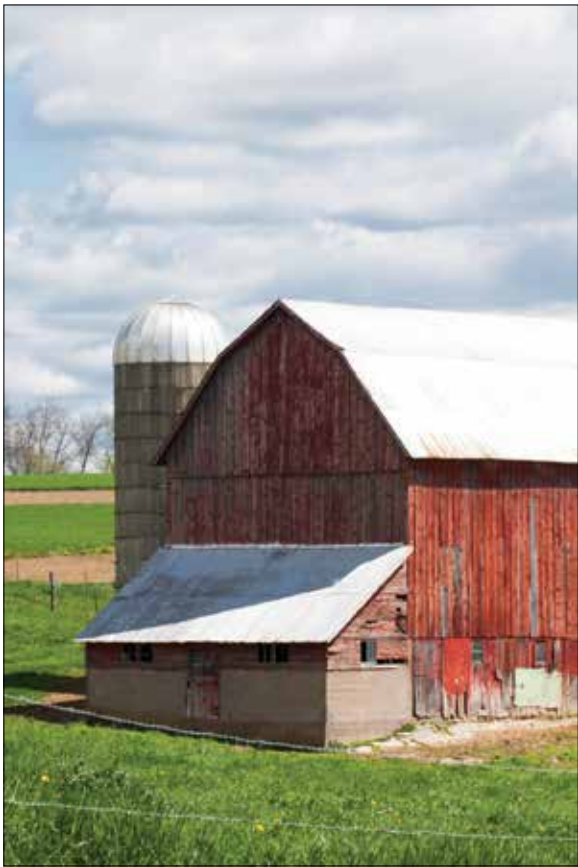
Efforts to revive small business sectors have helped countless communities regain their prosperity and sense of community pride. Those efforts have been wildly effective in many urban areas, and they also can help rural economies recover from the many challenges they've been confronting since the Great Recession, which occurred between 2007 and 2009.

Rural communities have faced many unique challenges since 2007. For example, a 2019 study published in the journal Rural Sociology found that 46 percent of remote rural counties were depopulating, while just 6 percent of metropolitan counties were facing population losses. Reviving rural communities does more than help the people who call those communities home. Thriving rural communities can ensure access to fresh foods for people in both rural and urban areas, thus keeping costs down. Thriving rural communities also can reduce reliance on government assistance programs. With access to well-paying jobs, more people in rural communities can live above the poverty line. That's a significant benefit, as the U.S. Department of Agriculture reports that roughly 85 percent of counties combatting persistent poverty are rural.

Attempts to revive rural economies will require a collective effort on the part of people from all walks of life, and there's much everyone can do to pitch in.

- Buy products from local farms. When buying foods, looking for products from local farms and/or domestic farms can benefit consumers in various ways. Many individuals find locally grown foods more flavorful than products imported from foreign countries. And buying local, whether the farm is on the outskirts of the metropolitan area you call home or elsewhere in your own country, provides some much-needed economic stimulation to rural communities.
- Look beyond foods. Rural communities produce more than food. Soaps, lotions, candles, decorative items, and other products people use everyday are produced on farms and within rural communities. Choosing these products over mass-produced alternatives made in other countries or in places where profits are less likely to be funneled back into local communities is a great way to support rural economies.
- Support legislation that benefits rural economies. One of the most effective ways to lend a hand to rural economies is to support legislation that can help them. There are many reasons why rural economies have fallen on hard times, and a lack of digital infrastructure has undoubtedly contributed to those struggles. All businesses benefit from a strong online presence, and communities can attract more remote workers if their digital infrastructure is improved. Those improvements are often the subject of local, state and even federal legislation. Individuals who want to help rural economies can urge their representatives to support legislation that can help rural communities build their digital infrastructure so it's on par with that which has already been established in more populous areas.

Rural economies are struggling. However, there's much everyone can do to pitch in and support efforts to revive rural communities.



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**PUBLIC SHRED EVENT**  
**SATURDAY, May 3, 2025**  
**9 AM - NOON**  
**Pamlico County Courthouse**  
**(back parking lot)**  
**202 Main Street, Bayboro, NC**  
**CIVIC FEDERAL CREDIT UNION &**  
**LYNN H. LEWIS, PAMLICO COUNTY**  
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