

# The Pamlico News

Wednesday, July 2, 2025 Your County News Source Since 1968 www.thepamliconews.com | 50 Cents



Get ready to unleash your creativity during the 2025 Croaker Festival Kids Coloring Contest! The Pamlico Library is excited to sponsor this annual event.

You can swing by the Pamlico Library to work on your Croaker Festival coloring sheet and get started on your masterpiece.

Don't forget to submit your colorful creation at the Croaker Festival for a chance to win a fantastic prize! For more information or to download the coloring page digitally, please visit [croakerfestival.com/coloring-contest](http://croakerfestival.com/coloring-contest)

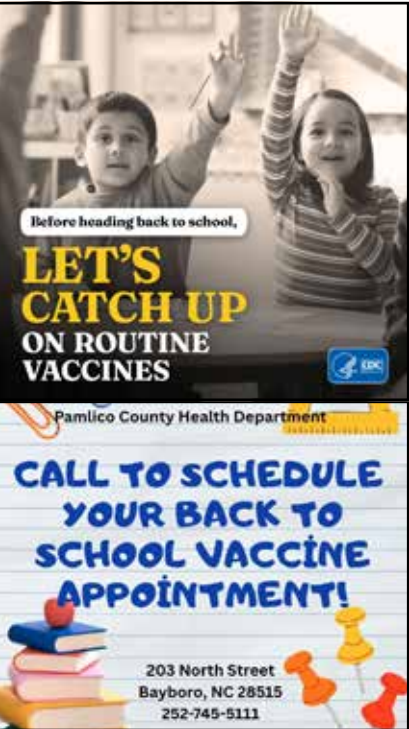
## Free Legal Info Clinic from Legal Aid of NC at Pamlico County Library!

Date: July 12, 2025  
Time: 10 AM – 2 PM  
Location: 13896 Highway 55, Alliance, NC 28509

Join Legal Aid of NC for a FREE clinic covering important topics like heir property, wills, and advance directives. Learn how planning ahead can help protect your family and avoid common legal issues.

Their mobile legal unit will be on-site after the presentation to answer questions and check if you qualify for legal services!

Don't miss this opportunity to get informed and empowered — open to all, no registration required!



## Imagine Pamlico Hosts Health Conference

by: Hiram Lupton

Over forty community leaders gathered at the new Pamlico County Public Library Auditorium last Wednesday for the Pamlico County Rural Health and Wellness Conference hosted by Imagine Pamlico (IP). This was the first of a planned three meetings and focused on the current state of health and wellness in Pamlico County. In his welcoming remarks, IP's Bob Fuller explained that this session would look at what is already good in Pamlico County's health network and how to turn it into something great. It would also look to begin to identify the health care needs of Pamlico County. Those in attendance were a cross section of community leaders from the county and area and included those from government, business, non-profits, education, and



Lynn Hardison, Director of Nursing at the Pamlico County Health Department, speaks about the recent Pamlico County Community Health Assessment.

faith leaders, all with an interest in health care and many with health care as their primary focus or profession. This was a collaborative effort with input and ideas generated by attendees on transforming health and wellness in Pamlico County. Session II, already scheduled for August 27, and titled, "What Can We Create, Build, Grow, and Sustain," will look to build on ideas generated from Thursday's meeting to formulate a realistic and sustainable model for health and wellness in Pamlico County. The final session, "How to Fund and Sustain a Pamlico Health and Wellness Model," will center on developing an outline to provide viable funding strategies to support the development and long-term sustainability of the agreed-upon model.



Imagine Pamlico's Bob Fuller welcomes attendees to the Rural Health and Wellness Conference.



Dr. Diana Silimperi speaks on the current state of health services in Pamlico County.

## Oriental Hurricane Preparedness Forum

by: Hiram Lupton

Its that time of year again, our least favorite season in Eastern North Carolina, Hurricane season. It runs from June 1 through November 30, with peak activity along our coast in September. In an effort to promote awareness and preparedness, the Pamlico Amateur Radio Society and the Town of Oriental hosted their annual Hurricane Forum featuring special guest Erik Heden, the Warning Coordination Meteorologist at the National Weather Service in Morehead City. Whether you are a storm veteran or a rookie, Heden presented some valuable information on where to find the most accurate storm forecasts as well as how and when to prepare for a potential storm. Always make sure you are getting your information from the most reliable source, the National Weather Service. All this can be found online either at [weather.gov](http://weather.gov) or [hurricanes.gov](http://hurricanes.gov). Heden also went over potential storm impacts, what supplies you should stock up on before a storm, and making a plan whether it is



Erik Heden of the National Weather Service and Bruce Perkins of the Pamlico Amateur Radio Society

to stay or evacuate. He wrapped up his portion of the program by going over all the dangerous aspects of a hurricane. Oriental Town Manager Diane Miller then spoke on some of the unique ways a small town like Oriental prepares for a hurricane. She went over what is expected of residents and how they can help the town in protecting their property before and after a storm. Manager Miller also said that the town website is full of information residents need to know and that they can stop by her office anytime and she would be glad to answer any questions they may have. Finally, the Pamlico Amateur Radio Society's Bruce Perkins talked about communication and how the Society could be your only link to the outside world in a major natural disaster. They have a great website, [www.n4prs.org](http://www.n4prs.org) full of information on their group and how you can be a part of it. A great evening full of information and resources that can help protect your property and potentially save your life in the event of a hurricane.

## Laughter and Magic at the Library

by: Hiram Lupton

Last Thursday was another hot day in Pamlico County but there was something really cool going on at the Pamlico County Library as nearly 100 kids and kids at heart filled the auditorium for a great time of magic and laughs at The Shelton Show. The show features lots of audience participation, slight of hand illusion, and plenty of kid friendly comedy.



## Corn Jam 2025

by: Hiram Lupton



Something was stirring early Monday morning in the corn field at Paul Farms in Silverhill and it wasn't a bear or a raccoon looking for breakfast. It was a hard-working team of volunteers from Operation Veggie Box and the event was Corn Jam 2025, the annual harvesting of corn for donation to area food banks and churches. There was no need to worry about crime in the corn field as among the volunteers was a strong contingent from the Pamlico County Sheriff's Department. If there happened to be a health emergency there was no need to worry either as a pair of Duke University student nurses assigned as interns to the Pamlico County Health Department were there picking as well. In all there were over 20 volunteers who picked and bagged roughly 7500 ears of sweet corn that were distributed to 10 different food banks and churches in Pamlico County, the Aurora area, and Craven County. A great way to start the week in service of others.

■ Photos Continued on Page A2



The Second Continental Congress unanimously adopted the Declaration of Independence on July 4, 1776. The Library of Congress notes that marked an official announcement of the colonies' separation from Great Britain, but it would be awhile before celebrating American independence on July 4 became commonplace. According to the LOC, it was not until the conclusion of the War of 1812 that festivities celebrating American independence became the

norm. Curiously, even though the War of 1812 officially concluded in 1815, Congress did not pass a law making Independence Day a federal holiday until 1870. Since then, Americans have celebrated July 4 in numerous ways. Backyard barbecues and community fireworks displays are popular ways to celebrate the holiday. Some even experience life-changing moments on July 4, when the country still holds naturalization ceremonies at which many individuals officially become U.S. citizens.

### LIKELY WEATHER OVER THE WEEKEND

Saturday, July 5th **90°Hi** Mostly sunny and humid

Sunday, July 6th **88°Hi** Possible light rain in the morning



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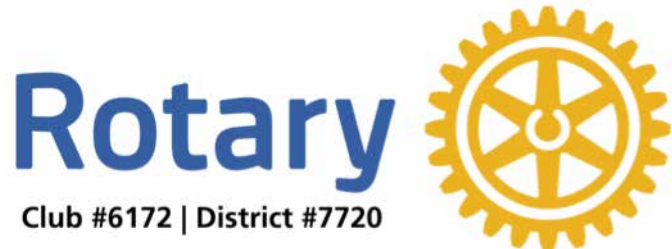




# New course in a new space



Pamlico Community College recently offered a new, accelerated version of its popular Nurse Aide I course in the college's newly renovated Allied Health lab on campus. The new lab, which is located in the former boatbuilding shop in the Johnson Building, features versatile health care instructional equipment and dedicated teaching space. The renovation was paid for by a generous \$500,000 grant from the Golden LEAF Foundation. The new lab will support the college's ever-growing list of short-term Allied Health programs, with the goal of training men and women for the in-demand health care jobs available in Pamlico County and the region. For a complete list of Pamlico's short-term health care training options, please visit <https://pamlicocc.edu/programs/continuing-education/healthcare-occupations/>. Contributed photo



## Pamlico Community College President Speaks to Oriental Rotary Club

The Oriental Rotary Club welcomed Zac Schnell, President of Pamlico Community College (PCC), as the guest speaker during its most recent meeting. Schnell shared his vision for the college's future, emphasizing its commitment to expanding opportunities for both students and the broader Pamlico County community.

In his remarks, Schnell highlighted the importance of community partnerships in supporting education and local growth. "It was great to be a part of Rotary and speak on behalf of Pamlico Community College to share our vision and plans for the future," he said. "Pamlico Community College is planning to have more opportunities for students and community members of Pamlico County, and we are looking forward to growing with the community."

Schnell's presentation included updates on upcoming programs, plans for new programs, and initiatives designed to connect the college more closely with local industry and workforce needs. He stressed the college's role not only as an academic institution, but also as a community resource dedicated to life-long learning and economic development.

As a show of the club's continued support, the Oriental Rotary Club presented a \$1,500 donation to the Pamlico Community College Foundation to be used toward student scholarships. The contribution reflects Rotary's ongoing commitment to education and community service.

The meeting served as an inspiring reminder of the power of collaboration between civic organizations and educational institutions in shaping a stronger future for Pamlico County.

For more information on Pamlico Community College and their offerings, visit their website at <https://pamlicocc.edu>.

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



Land/Home Sales  
Property Management  
Appraisals Development



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

I am writing to say how pleased I was with Gregory. I am so impressed by his performance listing multiple lots and achieving two sales in quick order. His enthusiasm is contagious and is so appreciated by me that I would not hesitate to recommend Gregory to my friends and associates. Gregory – you are a welcome addition to Mariner Realty's staff.

Susan, NJ



**BAYBORO** – 1.45-acre private lakefront land, picturesque, serene setting. Nestled in a tranquil environment. Central location, easy commute to major employment, walking distance to bakery/coffee shop, parks, shopping & schools.  
**OFFERED AT \$40,000**



**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. Ingersole 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**

See all Listings & Visual Tours at  
[www.orientalncwaterfront.com](http://www.orientalncwaterfront.com)  
1-800-347-8246 • 252-249-1014  
Or contact Allen Propst  
252-671-4644

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





THIS WEEK IN HISTORY

by: Hiram Lupton

- July 2nd – 1962, Sam Walton opens the first Walmart store in Arkansas.
- July 3rd – Today is National Fried Clam Day.
- July 4th – Happy Disgruntled Colonists Day.
- July 5th – Today is National Bikini Day. One of my favorite holidays.
- July 6th – Today is National Fried Chicken Day.
- July 7th – 1928, The Chillicothe Baking Company creates and markets sliced bread.
- July 8th – Today is Cow Appreciation Day. I'd really appreciate one medium well on the grill.

BIRTHDAYS THIS WEEK

- July 2nd – 1908, Supreme Court Justice Thurgood Marshall
- July 2nd – 1937, Race car champion Richard Petty
- July 2nd – 1990, Actress Margot Robbie
- July 3rd – 1962, Actor Thomas Mapother IV (Tom Cruise)
- July 6th – 1946, Actor Sylvester Stallone
- July 7th – 1906, Baseball Hall-of-Famer Leroy Paige (Satchel Paige)
- July 7th – 19??, N. C. State Senator Norman Sanderson
- July 7th – 1940, Drummer Sir Richard Starkey (Ringo Starr)



LETTER TO THE EDITOR

In 2023 40,900 people were killed in auto accidents on American highways. That is not surprising given the crazy drivers I see every few miles along the road. Speeding, texting, weaving in traffic, dangerous merging, violating red lights and stop signs, even driving with a dog in their lap all contribute to the carnage. I've never seen an autonomous computer controlled car do any of those things. How can a computer be any worse?

Bill Deighton  
Arapahoe

Seasoning a grill

Fans of grilled food may insist grilling is an art form, and there are tricks of the trade that suggest producing delicious foods cooked over an open flame is more complicated than novices may think. Seasoning a grill is one such endeavor. Novices may not know what goes into seasoning a grill, but doing so can make it easier to remove cooked foods from grates that can become sticky as grills are used with greater frequency. Seasoning a grill involves oiling its cooking surfaces and warming it. Some grill manufacturers even recommend seasoning brand new grills prior to using them. Various cooking oils can suffice when seasoning a grill, but the grilling experts at ThermoPro advise using an oil with a high smoking point. When applying oil to the grates, users can utilize a basting brush, rag or even a spray bottle. Once the oil has been applied, heat the grill, without any food on it, for roughly 30 minutes, or until the oil begins to smoke or burn.



### 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/>**

The Pamlico News

**Publisher**  
Sandy Winfrey

**Office Manager**  
Katherine Winfrey  
Jeannine Russo

**Editor**  
Sandy Winfrey

**Photographer Reporter**  
Hiram Lupton

**Advertising Sales**  
Jeannine Russo

**Production**  
J.P. Miller

**Distribution**  
Neal McCraw

We place ethical and professional principles of journalism at the center of everything we do in the production of the The Pamlico News.

**Press Releases, Events, News**  
editor@thepamliconews.com

**Photographer Reporter**  
hiram@thepamliconews.com

**Advertising**  
frontdesk@thepamliconews.com

**Billing Inquiries**  
frontdesk@thepamliconews.com

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Local and Regional Healthcare Leaders  
Explore New Rural Health and Wellness  
Model for Pamlico County

June 25, 2025 – Bayboro, NC. On June 25, Imagine Pamlico (IP) hosted representatives from over 35 organizations for the first session of the Pamlico County Rural Health and Wellness Conference series at Pamlico County Library. The event convened Pamlico County healthcare professionals, county leaders, and local and regional stakeholders to explore potential approaches to building a needs-based, sustainable, community-driven health and wellness county model.

The Pamlico County Rural Health and Wellness Conference provided a structured opportunity to examine effective rural health strategies from similar areas across the country, with a focus on flexible, people-centered models. Pamlico County nonprofit Imagine Pamlico teamed up with the Pamlico County Library and Duke Energy to organize, host and facilitate the conference.

The conference focused on both clinical care and broader wellness strategies. Retired pediatrician and member of Pamlico County’s health advisory board, Dr. Diana Silimperi, reinforced the importance of wellness when addressing overall healthcare, “We often hear health, and think of clinical intervention, which is vital, but that’s just one piece of it.” Silimperi added, “What we can do in broader ways, in terms of wellness, via exercise, recreation, and mental health, is critical for preventing illness and maintaining recovery.”

An area of critical importance to rural areas is the establishment of telehealth options. Conference attendee Dr. Sebastian Gimenez from NCHHS’ Office of Rural Health commented, “The most important social determinants of health, such as food insecurity, limited transportation, and lack of specialists, are often prevalent in rural areas. Telehealth can be directly involved in the solution to these issues.”

Interactive sessions challenged conference participants to explore going beyond fragmented care and toward a more integrated model that aligns public health and wellness, clinical services, and social support. The conference confirmed that meaningful progress in rural health and wellness requires deep community engagement, strong cross-sector partnerships, and a shared commitment to long-term, data-informed solutions. This novel undertaking requires a collaborative effort from private, public and non-profit entities. Lynn Hardison, Director of Nursing for Pamlico County Health Department, reinforced the imperative of a unified effort, “It is critical to get buy-in from everyone involved. It is our responsibility as healthcare professionals and as community leaders, especially in rural communities, to actively engage and listen to our residents and partners to ensure we are meeting their needs holistically. ”

Subsequent conference sessions are planned for 2025. For more information about this health initiative, contact Lenn Murrell at [lenn.murrell@gmail.com](mailto:lenn.murrell@gmail.com). To learn more about Imagine Pamlico, please visit [www.ImaginePamlico.org](http://www.ImaginePamlico.org).

Since its founding in 2023, Imagine Pamlico, a 501(c)(3) nonprofit based in Pamlico County, has facilitated over half a million dollars in local funding and continues to work collaboratively to improve life in the county across sectors. All funding raised by Imagine Pamlico remains in Pamlico County to directly benefit its residents.



Over 35 organizations attended the Pamlico Rural Health and Wellness Conference at the Pamlico County Library.



Interns from Duke University and East Carolina University, who are working in Pamlico County this summer, took part in the day’s events.



*Keep calm and golf on.*  
*I'm great at hitting the woods, but I'm having a hard time getting out of them.*

Horoscopes



**ARIES – Mar 21/Apr 20**  
Career developments may be a bit unclear this week, Aries. Your motivation may need a little extra boost. You might have to consider if a career change is in order.



**TAURUS – Apr 21/May 21**  
A lack of information is proving confusing, Taurus. If you suspect there's more details to uncover, choose a course of action and do your best to get as clear a picture of the situation as possible.



**GEMINI – May 22/June 21**  
Keep your money in your wallet this week, Gemini. You might want to spend it or give it away impulsively and that could affect your finances in an impactful way.



**CANCER – June 22/July 22**  
Cancer, this isn't a good time to sign contracts or make any significant purchases. Keep your money safe and try to keep your savings account full at this point.



**LEO – July 23/Aug 23**  
People have been asking you to take on too many responsibilities lately, Leo. This could be stressing you out or taking away from your own needs. Learn to turn others away for now.



**VIRGO – Aug 24/Sept 22**  
Virgo, this week may present an opportunity to restore your self-confidence. For too long you have been floundering and not finding the traction you need and deserve.



**LIBRA – Sept 23/Oct 23**  
Libra, something could be distorting your perspective right now and making it difficult to concentrate and communicate. Take a few days off from your responsibilities.



**SCORPIO – Oct 24/Nov 22**  
Scorpio, after some gloomy feelings the last few weeks, good news has you feeling like you are on cloud nine. Savor it and celebrate.



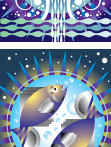
**SAGITTARIUS – Nov 23/Dec 21**  
This is a good week to try to enhance your love life, Sagittarius. Take every opportunity to woo your significant other, and plan a special event for the two of you.



**CAPRICORN – Dec 22/Jan 20**  
You may want some magical force to whisk away all of the little difficulties that have been affecting you, Capricorn, but it will require hard work to do that.



**AQUARIUS – Jan 21/Feb 18**  
Lately there have been a lot of thoughts swirling through your head, so much so that you can't get any peace, Aquarius. It may be beneficial to sit down with someone to talk it out.



**PISCES – Feb 19/Mar 20**  
Pisces, try something new this week even if it scares you. It is good practice to challenge yourself once in a while to test your resilience to change.

CANCER Traits & Overview

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

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



# FINANCIAL FOCUS

## Should you pay off debts or invest?



Dan M. Roberts

Some financial decisions can be challenging — like whether to use your money to reduce your debt or to invest. If you already have a significant amount of debt and not a lot in savings or investments, it can be hard to figure out which issue should be a priority.

There's no simple answer, and everyone's situation is different, but here are a few suggestions for helping you make a good choice:

- *Evaluate your cash flow.* If you already have enough after-tax income to meet your monthly living expenses, you might lean toward investing any leftover cash, but if you are just getting by, possibly due to heavy debt payments, then you might be better off using your funds to reduce your debt load.
- *Build an emergency fund.* Paying off your debt as fast as possible may seem like the responsible thing to do, but not having an adequate emergency fund or saving for your future could leave your finances at a permanent disadvantage. It's a good move to have an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid, low-risk account. Once you have such a fund, you could use it, instead of going into debt — or adding to your debt — to pay for unexpected costs, such as a new furnace or a major car repair.
- *Evaluate your debts.* Some of your debts are actually more “expensive” to you than others. This expense level doesn't necessarily refer to the size of the debt, however. You might have a large mortgage, for instance, but because your interest payments are typ-

ically tax deductible, your “after-tax” interest rate may be relatively modest. Therefore, you might consider investing rather than paying down your mortgage. But if you have consumer loans or credit cards that carry a high interest rate and whose interest payments are not deductible, you might be better off paying down or refinancing this debt.

- *Take advantage of any employer match.* If your employer sponsors a retirement plan and offers a match, you will want to prioritize contributing at least what is required to receive the match. It's essentially free money. So, if your employer matches up to 3% of your contributions, for example, you should contribute at least 3% of your income to this retirement account. Additionally, some employers will match a portion of your contributions to a Health Savings Account. Eventually, you'll likely want to get to a point of saving more than just the match, but you'll have to weigh the benefit of additional contributions against the cost of any debt you're carrying.
- *Make it easier on yourself.* To make achieving these goals easier, automate as much as you can. For example, you can divert part of your paycheck into an emergency savings account or a retirement account through automatic payments for any debt reduction or savings needs.

While it may seem like a huge endeavor to pay off your debt while still saving for the future, it doesn't have to be. Taking small, incremental steps is key to helping you get to where you want to go.

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

Edward Jones

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Happy 4th of July!

Bring on the fireworks and freedom!



**Dan Roberts IV, AAMS®**  
Financial Advisor  
301 South Front Street  
Building 1, Suite A  
New Bern, NC 28560  
**252-633-5263**

EJB-9811F-A-E-DA AECSPAD 25379236

NC COOPERATIVE EXTENSION

Pamlico County

## 4-H Presentation Superstars



Kait Neeland  
4-H Agent

You might be wondering what 4-H presentations are, and how there could be presentation superstars. In North Carolina, 4-H presentations are a big part of the 4-H youth development program, which is run by NC State Extension. These presentations give youth ages 5–18 the opportunity to develop public speaking, research, and communication skills by preparing and delivering short talks or demonstrations on topics they're passionate about.

Participants choose from a wide range of categories—from science and technology to arts, agriculture, and healthy living. They then compete at the county, district, and sometimes state levels, where they're judged on clarity, organization, creativity, and delivery.

Last Friday, several of our Pamlico County 4-H'ers attended the Southeast District 4-H Activity Day. Nearly 200 4-H youth from across the region came together to compete in presentation and 4-H Entertains competitions.

We had three 4-H'ers participate and present at District Activity Day. Laura Adolphson and Sophia Adolphson competed in the Arts and Communication category, and Ceceily Odunusi presented in the Cloverbud category. (Cloverbuds are young 4-H'ers ages 5–7 who participate but are not yet old enough to compete.)

After weeks of dedicated work—researching, writing, memorizing, developing slides, and practicing—Laura, Sophia, and Ceceily proudly represented Pamlico County. Laura delivered an engaging and informative talk on How to Write Novellas, earning a silver medal in her category. Sophia impressed judges with her well-researched and dynamic presentation on The History of Manga, taking home the gold. Both Laura and Sophia demonstrated exceptional public speaking skills and a deep passion for their topics. All three of our Pamlico County delegates stood out as shining examples of what 4-H presentations are all about. We couldn't be prouder of all their hard work and are very excited for Laura and Sophia to attend the upcoming NC 4-H State Presentation Competition.

As excited as we are for the state presentation competition, it isn't the only fun thing we'll be doing this summer. We have a lot of 4-H Fun coming up for kids ages 5–18! Some of our upcoming Summer Fun 4-H programs include Book Explorers, 4-H Sleepaway Camp, and the NC 4-H Electric Congress.

With Book Explorers, we'll take a fantastic journey around the world—one book and one country at a time. You can join us as we read our way around the globe, learning about the cultures, arts, foods, and landscapes of countries around the world. Each week, we'll debut a new book and country to explore, learning about the people and places that make up our diverse world. We've already learned about the geography of several countries—their capital cities, famous landmarks, and interesting native animals.

4-H Sleepaway Camp is a wonderful opportunity for youth to develop life skills while having fun. Campers will spend a week kayaking, swimming, hiking, navigating ropes courses, and making crafts. While enjoying all these activities, they'll also be building problem-solving skills, and growing in communication and interpersonal development. Participating in 4-H Sleepaway Camp has also been shown to positively impact campers' sense of connection and belonging. We'll be heading off to camp on July 27 and returning August 1. Camp is open to youth ages 8–12 as of January 1, 2025.



You can find registration and in for on our website. You will also need to register in 4-H online to complete your registration for any program. 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!!

## Sparklers are not child's play

Did you know that the average primary flame blowtorch burns at around 2,000 F? USFS National Technology and Development says wildland fires typically burn between 1,600 and 2,000 F. Aluminum, brass, bronze, copper, and cast iron also can reach melting points at or slightly below 2,000 F.

It's likely safe to say that parents would never let their children handle a blowtorch, wander into a forest fire nor touch molten metals, yet many seemingly have no concerns about children playing with sparklers during July 4 celebrations. The Children's Hospital of Philadelphia says people often treat sparklers much too casually, even though they can burn at temperatures of about 2,000 F. Children are allowed to hold and wave these red-hot metal rods like toys. Sparkler sticks pose a serious burn risk, and the sparks can cause additional burns and eye injuries, warns the CHOP. Young children who would not be trusted with other hot materials should not hold sparklers, warn health experts. Older children should be carefully supervised around sparklers and other fireworks.

Those who want to avoid any possible injuries on July 4 and during other summer celebrations would be wise to avoid sparklers in favor of safer forms of entertainment. Here are some ideas.

- Glow sticks light up in the dark and can be worn or waved around safely.
- Fill water balloons with a mixture of glitter and water. When the balloons pop, it is a festive display.
- Send children around with canned string products that they can spray on one another. If making a mess isn't an issue, shaving cream “fights” also can be fun diversions for children.
- Adults can lead by example and leave the fireworks displays to the professionals. Take a ride over to the seaside or where a town is hosting a fireworks display and enjoy the sights from a distance.
- Purchase battery-powered blinking lights, such as those sold at circuses or concerts. Kids can spend hours running around with them in hand. Less expensive flashlights purchased at a dollar store can create the same effect.
- Let children play with confetti cannons.
- “Snappers” or “poppers” could be an option if they are sold nearby. These are small noisemakers that explode and pop when they are thrown at a hard ground surface. Sparklers may be festive and beautiful to behold, but they are not designed to be handled by children. Alternatives to sparklers are equally fun and much safer.



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# North Carolina's On-Going Inshore Shrimp Trawling War

By Dee Lupton – Staff Marine Biologist of The Pamlico News

On Wednesday, June 25, 2025, The Republican Caucus voted to move HB442 to the House Rules Committee instead of to the full House of Representatives for a vote. HB442 included an amendment from the NC Senate that would have eliminated inshore trawling out to ½ mile offshore. Most likely for this legislative session, the bill will not be heard, but in the world of North Carolina politics and political maneuvering, nothing is ever dead. Although the bill is in the House Rules Committee, it does not mean it cannot be resurrected next year. In a NC biennium session (two-year term of legislative activity, 2025-2026), bills that were passed by one chamber by the designated cross-over date in year 1 of the biennium session and not acted upon by the other chamber (HB442 did meet this deadline), can still be heard in year 2 and new bills can be introduced. If there is no final action in both chambers by the end of the second year, the bill is considered dead, meaning the bill cannot be resurrected, but it does not mean a new bill with the exact or similar wording cannot be introduced by the same or new sponsors starting the process over again. This is not the first time and most likely not the last time, efforts to eliminate the inshore shrimp trawl fishery as I will try to outline below.

In NC shrimp, along with all other commercially or recreationally important marine and estuarine species, are managed under the 1997 Fisheries Reform Act (FRA) that requires adoption of Fishery Management Plans (FMP). These plans are to include conservation and management measures that will provide the greatest overall benefit to the State, particularly with respect to food production, recreational opportunities, and the protection of marine ecosystems, and that will produce a sustainable harvest. Before the establishment of FMPs, North Carolina managed shrimp for maximum economic value by sampling for shrimp size and opening various areas when shrimp reach marketable size. NC established primary and secondary nursery areas in 1977 to protect juvenile fish and crabs and sensitive habitat. Trawling and some other fishing and boating activities are restricted in these sensitive habitats. In 1992, NC was the first state to require a bycatch reduction device (BRD).

Since the 1997 FRA, there have been six Shrimp Fishery Management Plans (FMPs), amendments, or revisions adopted through the established fisheries management process, but there have been

attempts to circumvent the process because the management contained in these plans do not meet some groups and people's desired outcomes. To either highly restrict shrimp trawling or eliminate it. Various efforts include legislative actions lobbied by those who want to eliminate inshore trawling, petitions to the Marine Fisheries Commission (MFC) for rulemaking, or lawsuits. All these are outside of the prescribed process. So far, most of these have not been upheld, primarily because data and science does not support it, it is outside the prescribed process, and federal court actions due to the overwhelming precedent such action establishes. Some of actions tried since 2006 are:

The first Shrimp FMP adopted in 2006, states, “Proposed legislation to ban trawling entirely or

Center. It requested seven rules to designate nursery areas, restrict gear and seasonality in the shrimp trawl fishery to reduce bycatch of fish, and establish an 8-inch minimum size limit for spot and a 10-inch minimum size limit for Atlantic croaker. In February 2017, the MFC approved the petitioned rules to begin the rulemaking process. Upon review by the Office of State Budget and Management it was determined that sufficient state funds were not available to implement the proposed rule changes without undue detriment to the agency's existing activities and the rules were never adopted.

In 2019, the NC House introduced the ‘Let Them Spawn’ bill. It would have added a requirement that each FMP must include a minimum

agement needs to go through a prescribed process so that all the impacts can be thoroughly analyzed and discussed.

In August of 2020, the NC Fisheries Reform Group, and others, filed a citizen lawsuit alleging that certain named shrimpers in North Carolina were violating the federal Clean Water Act by discharging their bycatch overboard and by discharging pollutants by disturbing sediment with their trawl nets. The Federal Court ruled against this complaint and stated, “The Act forbids the unpermitted discharge of a pollutant. Returning bycatch to the ocean is not discharging a pollutant, so throwing it overboard without a permit is not forbidden by the Act. Likewise, because the trawl nets merely kick up sediment already present in the Sound, their use does not discharge any pollutants either.” The Court ruled against those bringing this lawsuit forward. This lawsuit was against a few owners of NC trawlers and it would have ruined these owners, but the precedent would had an impact in all fisheries nationwide. Anyone, commercial or recreational, that threw back a fish, would have been in violation of federal law. A read of the ruling judge’s comments is quite damning on the national precedent this lawsuit would have on the nation’s commercial and recreational fishery.

On November 10, 2020 the Coastal Conservation Association (CCA) filed a lawsuit alleging that, by allowing the use of gillnets and shrimp trawls, the State has violated the NC Constitution and/or the public trust doctrine by failing to protect our coastal fisheries resources. Among their many allegations, the CCA claims the State of NC has shown a bias towards the fishing industry by “allowing the commercial fishing industry to dictate or exert a disproportional influence on the States coastal fisheries resources management policies and plans.” There is no outcome to this lawsuit to date.

These are examples of the efforts to circumvent the process. These actions are relentless, and they are an example of why the effort to ban inshore trawling is not over. It may never be over and it is not an issue of conservation, but an allocation issue (who can have the fish). As seen, these past two weeks, action limiting or elimination inshore trawling can appear overnight. And it will not stop with shrimp. It can occur for all commercial fisheries and even recreational fisheries.



in specific portions of the state comes up every few years and the timing of this FMP was influenced by such a proposal.” Information on the action being referred to could not be documented.

In 2013, a petition for rulemaking to eliminate shrimp trawling from internal waters and to have all internal waters designated as permanent secondary nursery areas was submitted to the MFC for action. Many may remember the public meeting held at the New Bern Riverfront Convention Center on this petition where over 1,000 people came out to speak and shrimp trawlers moored off Union Point. Ultimately, the MFC listened to the scientists and public and voted not to accept the petition for rulemaking.

In 2016, another petition for rulemaking was submitted to the MFC. There was another large meeting at the New Bern Riverfront Convention

size limit for every species of marine fish that has contributed historically and significantly to the fisheries of North Carolina, including spot, Atlantic croaker, kingfishes, striped mullet, southern flounder, and bluefish, to ensure that 75% of the juvenile fish at the minimum size limit established for the species have reached the size of maturity and have had an opportunity to spawn at least once. On the surface, this does not appear to be anti-trawling bill, but due to the requirements concerning juvenile fish, if it had passed, it would have highly curtailed trawling, along with other commercial and recreational fisheries, including the catching of bait for some important recreational fish. The bill ultimately failed in the legislative process. This is the type of bill that can have a direct impact on commercial and recreational fishing activities and is another reason why man-

**I**ce cream is a wildly popular dessert, with an estimated 15.4 billion liters of ice cream consumed each year around the world, according to the World Atlas. New Zealand consumes more ice cream than any other country, followed by the United States. When it comes

to ice cream flavors, the International Dairy Foods Association says vanilla is still America's favorite flavor, followed by the others of the "Big Three": chocolate and strawberry. Butter pecan and cookie dough round out the top five flavors in the United States. Vanilla

reigns supreme worldwide as well. Forty-six countries choose vanilla over other options according to research conducted by Premier Inn, a United Kingdom-based hotel chain. Worldwide, neapolitan and chocolate also are popular ice cream flavors.

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# Commercial Fisherman Turnout in Opposition to HB 442

by: Hiram Lupton



Commercial Fisherman made their presence felt inside and outside the N.C. Legislature

Last Tuesday and Wednesday, those in opposition of House Bill 442 travelled to Raleigh en masse to make their voice heard against the bill. HB 442 started in the house and pertained to flounder and red snapper, allowing each to have a harvest season. It passed easily in that legislative body and was sent to the Senate where a controversial amendment was added that would eliminate all inshore shrimp trawling within ½ mile of North Carolina’s coastline. Despite fervent opposition by a few, including Senator Bobby Hanig of District 1, the bill was allowed to proceed to the full Senate where it passed 41-4. Said Hanig about the bill, “This was back room, sleazy politics. It is bad legislation. I was ashamed to be a member of the North Carolina General Assembly.” Since there was now an amendment attached to the bill, it had to be revoted on by the House. This gave those in opposition a short window of opportunity to mobilize and make their



Senator Bobby Hanig



Executive Director of the NCFCA, Glenn Skinner



House Representative Keith Kidwell

Republican and Representative Pricey Harrison (District 61) a Democrat, set up a press conference where several other House Representatives, a seafood dealer, a commercial fisherman, and a marine biologist all spoke in opposition to the bill. Harrison, who is one of the more environmentally conscience members of the House, and also a staunch supporter of commercial fishing, stated that “This is not an environmental issue, it is an allocation issue.” Keith Kidwell, who represents District 79 which includes Pamlico County, vowed to “Spike this bill and drive a stake through its heart so it’s dead. It’s going to die a swift painful death or we’re going to die trying.” The vote on the bill was of course delayed, ostensibly to allow for more members to be present to vote. Once again, multitudes showed up the following day in opposition. The House Republican Caucus, which controls what bills can be brought up before the entire House, emerged from a meeting of its members just after lunch and announced that the bill had now been referred to the House Rules Committee and would not be voted on by the House mem-



Commercial Fisherman made their presence felt inside and outside the N.C. Legislature

bership, effectively killing the bill for this session. Overjoyed shrimpers and their supporters were elated. Glenn Skinner, the Executive Director of the North Carolina Fisheries Association stated that “The NCFCA is overjoyed with the NC House of Representatives decision not to act on HB 442, which now contains the trawling ban language. The support of our elected representatives, on both sides of the aisle, was overwhelming, as was the response from the community. The fishing families and other citizens from all walks of life, who went to Raleigh, made a huge impact and they deserve all of the credit! Unfortunately, we know this fight isn’t over and the Coastal Conservation Association (CCA) and North Carolina Wildlife Federation will not quit. It’s time for the citizens of this State to let these two organizations know that their constant attacks on the seafood producers will not be tolerated any longer.” This battle has been won by commercial fishermen, but the war is definitely not over.



One of the many seafood trucks that circled the legislative building

voices heard. Estimated to be as many as 1000 gathered at the Legislative building in a peaceful rally against the bill. There were also seafood dealer trucks circling the block in a show of support. House Representative Ed Goodwin (District 1) a



Representative Ed Goodwin assembled a diverse group to speak in opposition of HB 442 at a press conference

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Complete plans and specifications for this project can be obtained from the Town’s website at [www.TownofOriental.com](http://www.TownofOriental.com) and questions can be directed to the Town Manager at [manager@townoforiental.com](mailto:manager@townoforiental.com) The Town reserves the unqualified right to reject any and all proposals.

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

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  
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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  
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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

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NOTICE TO CREDITORS AND DEBTORS OF

EDWIN S BEAMAN

File No.: 25E001107-680

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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.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE

PAMLICO COUNTY

SUPERIOR COURT DIVISION

NOTICE TO CREDITORS AND DEBTORS OF

JOHN ANDREW SAWYER

File No.: 91E000046-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to VIRGINIA SAWYER-SIMMONS, ADMINISTRATOR on or before SEPTEMBER 30, 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.

This 2ND DAY OF JULY 2025

ESTATE OF JOHN ANDREW SAWYER  
C/O VIRGINIA D. SAWYER-SIMMONS  
P O BOX 209  
VANCEBORO, NC 28587

Publish JULY 2, 9, 16 AND 23RD, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE

PAMLICO COUNTY

SUPERIOR COURT DIVISION

NOTICE TO CREDITORS AND DEBTORS OF

MICHAEL SCOTT GARGAN

File No.: 25E001110-680

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This 27TH DAY OF JUNE 2025

ESTATE OF MICHAEL SCOTT GARGAN  
C/O NORMA P. GARGAN  
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HUNTINGTON BEACH, CA 92649

Publish JULY 2, 9, 16 AND 23, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE

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NOTICE TO CREDITORS AND DEBTORS OF

RONALD W. ZIELINSKI

File No.: 25E001118-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to RONALD W. ZIELINSKI, ADMINISTRATOR CTA on or before SEPTEMBER 25TH, 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.

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ESTATE OF RONALD W. ZIELINSKI  
C/O CHRISTOPHER J. STEFFENS  
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Publish JULY 2, 9, 16 AND 23, 2025.

REPORTS

INCIDENTS

June 19, NC Hwy 55, Grantsboro, communicating threats, carry concealed gun (M)

June 19, Country Club Dr., Minnesott Beach, injury to real property

June 19, Lee Landing Rd., New Bern, larceny of property or goods <= \$1,000

June 19, Janiero Rd., Arapahoe, larceny of firearm

June 19, Main St., Bayboro, simple assault, possession of dangerous weapon in prison/jail, injury to personal property

June 19, Country Club Dr., Arapahoe, assault on a female by male at least 18 years of age, harboring fugitive

June 20, NC Hwy 55, Bayboro, assault on a female by male at least 18 years of age, communicating threats

June 20, Ragan Rd., Oriental, second degree trespass

June 20, Keel Rd., Alliance, exploit disabled/elder (F)

June 20, Goose Creek Rd., Grantsboro, break or enter any building - intent commit felony/larceny, larceny after breaking or entering, possess stolen goods/property (F)

larceny of property or goods <= \$1,000, order for arrest driving while license revoked

June 21, Goose Creek Rd., Grantsboro,

destruction/damage/vandalism of property  
June 22, Main St., Stonewall, injury to personal property  
June 22, Smokey Dr., New Bern, injury to personal property  
June 22, NC Hwy 55, Alliance, juvenile complaint  
June 22, Keystown Rd., Grantsboro, juvenile complaint  
June 22, Main St., Bayboro, assault with a deadly weapon, larceny of property or goods <= \$1,000  
June 23, Alligator Creek Rd., Stonewall, death investigation  
June 23, Hodges St., Oriental, simple assault  
June 23, Main St., Bayboro, order for arrest  
June 23, Jane Lane, Oriental, fail to work after paid, felony worthless checks, obtain property by false pretenses  
June 23, Main St., Bayboro, fail to appear driving while license revoked  
June 23, Blackhorse Run, New Bern, out of control juvenile  
June 23, Newman Rd., New Bern, identity theft  
June 24, NC Hwy 55, Alliance, larceny of property or goods <= \$1,000  
June 24, N. Third St., Bayboro, assault on government official or employee

June 24, N. Third St., Bayboro, possess controlled substance prison/jail premises, simple possession of Schedule III controlled substance  
June 24, Country Club Dr., second degree trespass, break or enter building (misdemeanor), exploitation of elder  
June 25, Bennett Rd., Arapahoe, injury to personal property  
June 25, Florence St., New Bern, all other offenses  
June 25, NC Hwy 55, Alliance, communicating threats

PROPERTY TRANSFERS

June 9, Sea Vista Oriental Heights Block: D Lot: 42 MB 5/84 from Michael Ray Harmon, Lianna Louise Jarecki to Michael Ray Harmon, Lianna Louise Jarecki, \$0

June 9, 0.59 AC Ragan Rd Oriental, map attached from Francis J. Doucette, Leanne M. Doucette to Jerry R. Luh, Donna S. Luh, \$220

June 10, Robert A. Whorton Lot: 13, Western Half of Lot; MB 4/52; map in DB 642/102, Robert A. Whorton Lot: 14, Eastern Half of Lot; MB 4/52; map in DB 642/102, Robert A. Whorton Lot: 15, MB 4/52; map in DB 642/102, Robert A. Whorton Lot: 16, MB 4/52; map in DB 642/102 from Thomas R. Mattocks, Thomas Mattocks to Laverne Mattocks

Perry, Vincent Conley Perry, \$0  
June 10, One Tract Pamlico Rd, Metes & Bounds; 2.90 AC NC Hwy 55, map in DB 515/490 from Dustin Alan Dvoracek, Chelsey Lou Dvoracek to Frank Daniel Moore/TR, Heidi Moore Irrevocable Settlement Preservation Trust, Heidi Moore, \$700  
June 10, 54/100 AC Lot & ½ AC Lot from Douglas Lee Sawyer, John Ann Sawyer to Douglas Lee Sawyer, John Ann Sawyer, \$0  
June 10, PIN L08-37-1; One Lot Green Creek Metes & Bounds from GRaham Arthur Barden, III, Graham A. Barden, III, Nora Fentress Barden, Nora F. Barden to Graham and Nora Barden Joint Revocable Trust, Graham Arthur Barden, III/TR, Graham Barden, Nora Fentress Barden/TR, Nora Barden, \$0  
June 10, Inn of Oriental Lot: 3, 6,736.8 Sq Ft Map in DB 619/445; PCA 176-8 from Donald R. Wogaman, Dierdre E. Wogaman to Salina M. Haney, \$165  
June 10, 2 AC Raccoon Island in Bay River (part of Kennedy Farm on Bay River and Trent Creek) from Joseph Eric Harmon, Joseph E. Harmon to Dustin Turnage, \$0  
June 10, PIN C03-4; 14E59; 250 AC See Instrument from David Hance, Douglas Hance, Rebecca L. Hance to Anderson Family Farms, LLC, \$775

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# AROUND THE COUNTY

## Whortonsville Reba Tiller, *Correspondent*



Last week I commented on the green crops and thanking God for the rain, but I am singing a different tune this week because of the heat and lack of rain the crops are beginning to suffer a little. This past week I had an unexpected call from someone I worked with at the Cerebral Palsy Children’s Hospital in Durham years ago. When I graduated from Campbell College in 1953 I went to work at the hospital in the nursing department. Fell in love with the children, started using my music with them and eventually worked with the Kindergarten Teacher to have a music program. The daughter of one of my co-workers found my number on the internet and called for my former co-worker. She told me that everyone we worked with had passed away and we were the only two left. I was so thrilled to hear from her. We had the Watson’s son when he was just a child and he was miserable there, and now that I live here I understand why. Pamlico County is a wonderful place

to be. On Saturday Bethel had a community picnic and over forty people came. There were 16 children who had a blast sliding down the slide with a pool that was set up for them outside. Visitors were the Burn family, the Wiegands, the Martins, the Triulzis, Rich Bryan from Colorado, Steve Bryan from New Jersey, Kevin and Suzi Bryan, Ric Bentley, the Registers, Barry Siegel. I did not name the ones who come to church on Sunday. Matt Scott and Alex Adams cooked hamburgers and hotdogs on the grill, Alex Adams was opening oysters, and the ladies of the church were in the kitchen. It was topped off with several different flavors of homemade ice cream. With all the children and visitors it seemed like when we moved here from Durham years ago and there was a lot of activity in the church.

THOUGHT FOR THE WEEK—AS WE APPROACH JULY 4TH LET’S REMEMBER HOW BLESSED WE ARE TO LIVE IN A FREE COUNTRY. HAPPY 4TH!!

## Vandemere Sandra Snipes, *Correspondent*



Hello from Vandemere! The flags are going up in town, and everyone is excited to spend a good ole Americana event at our waterfront park! Join us on July 5th from 4 PM to 11 PM for the Squidders Festival. There will be food trucks and craft vendors to go and check out. The kids zone, \$5 per child, will have plenty of inflatables to enjoy until 8 PM. The live entertainment for this year is the Smokehouse band, playing great music from 4 PM to 6 PM. And, getting us on the dance floor will be Generations DJ service from 7 PM to 11 PM. There is something for everyone at the Squidders Festival!



## Pamlico Betty Jo Rodgers, *Correspondent*



Last week I attended the North Carolina Global Methodist Conference in Winston Salem, NC. It was an awesome time of praising and worshipping our Lord and Savior Jesus Christ. The entire time was bathed in prayer. We did a little conference business, which was necessary, but it was more like a spiritual retreat than a conference. It was like an Emmaus or Kairos Walk with a lot of preaching, singing, and growing in Spiritual Holiness. We met our new Bishop, Jeff Greenway, who prefers to be called Jeff. The conference collected over two and a half truckloads of gently used Bibles to be sent to the Uganda, and we collected almost \$20,000 in donations to buy Bibles for them in their own language. At the present time there are over 400 GMC churches in North Carolina and over 5,000 GMC churches around the world with new congregations soon to be added from Russia and Pakistan. This week Oriental will celebrate the 45th Croaker Festival. I lived in Oriental and attended the first one and many more over the years. My sister, Mildred, was one of the members of the Jr. Women’s Club who started the Croaker Festival in 1980. These women will be the grand marshals of the parade this year. Back

then, the Oriental Methodist men actually fried croakers and sold plates beside the parsonage. Now that is a vacant lot with a labyrinth where you can walk and pray. As always the chorale and the Pamlico Community Band will open the festivities at the stage on the waterfront to begin the festival. I hope to see you there. I will be one of the short ones on the stage. You can get a festival booklet at any store in town. Come and enjoy. Celebrating birthdays in July are Margie Hatcher (7/2), Nancy Harper (7/3), America (7/4), Charles Alexander and Brian Ellenberg (7/8), Floyd Peed (7/10), Tal Hudgins (7/13), Penny \$ Farmer (7/14), Charles Stackhouse (7/15), Annette Jones (7/17), Jeannine Russo (7/19), Joanne Gwaltney Ashton (7/22), Mark Norman (7/23), Stephen Carey, Kenneth Dixon, and Karen Keast (7/24), Doug Spain (7/25), Gladys Wright (7/26), Ed Kelleher (7/29), and Bertha Gilliam (7/31). Celebrating their anniversary in July are Cathy and Brent Fulcher (7/24). Have a blessed week. Yearning for peace? Take Spiritual Vitamin Y. "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." (Psalms 23:4)

## Grantsboro Jeff Roberts, *Correspondent*



Good morning, good afternoon, and good evening. Man oh man has it been hot and humid. The air outside literally sticks to you and in a few minutes you are pouring the sweat, but hey its always been like this. I remember growing up and you would hear the cicadas chirping on a hot day and there was no wind then you knew it was a scorcher. If you were lucky enough to catch a rain shower you just stood right there and let it rain. That was the best feeling ever. Does anyone actually ever still stand in the rain and just let it cleanse whatever you may be dealing with that day? It renews the inner being in us. Or I could just be crazy. Even now if I get caught in a storm and I have to go out, I don’t run, I just leisurely walk wherever I need to go, it feels so good to me. It relaxes me for sure. Well this weekend is July 4th, a time for family celebrations, cookouts, and other activities. I can almost smell the burgers cooking. That is probably one of my favorite things to eat. Nothing like a great burger on the grill, well maybe a good hotdog to go with it. I remember always having some kind of cookout on the 4th when I was growing up. You were always surrounded by family or friends or both. My family used to get together all the time, at least once a month at grandma’s. I look back now and I sure do miss those days. Since we all grew up and have lives of our own now I honestly can’t remember a time where we have done something together other than a funeral. It’s truly sad that we don’t get together. Nowadays everyone is so busy or wrapped up in their lives it’s even hard to get a family reunion together. It almost has to be a major event for that to happen. Bouncy houses, entertainment of some kind. When we got together we played with what we had or the nearest camp that was available, and if there wasn’t one, well we made one. Now before you get confused I’m not talking about a camp that you send the kids off to, I’m talking about a camp you make in the woods out of scraps you

found laying around. A place a kid could be proud of and could hang out and just have fun. Anyways those times are mostly gone now along with imaginations. Most kids today just get lost in whatever device is shoved at them. This weekend is the Croaker Festival, our beautiful county’s major event of the year. Seems like the Croaker Festival has always been around. I mean it is famous, even been highlighted in movies by our very own Kevin Williamson, in the movie “I Know What You Did Last Summer”. There will be plenty of food and entertainment the entire weekend. There is fun for everyone. It is an opportunity to see old friends and make new ones. A time to celebrate our Freedom that we are provided by this great country and the men and women who serve it. This truly is a great place to live. I hope that everyone has a fabulous weekend and does so safely, I hope that each and everyone of you are back with me for next week’s article....hmmm wonder what that might be about? Until then be safe and come on back.



This week’s photo celebrates our win for Commercial Fisherman.



A recent analysis of meta-studies found that exercise is a highly effective treatment for conditions such as anxiety and depression. Authors of the study, which was published in February 2023 in the journal BJM Sports Medicine, concluded that physical activity was 1.5 times more effective at reducing mild-to-moderate symptoms of various mental health conditions, including anxiety, depression and psychological stress, than medication or cognitive behavior therapy. The study was an umbrella review and its authors concluded that physical activity should be a mainstay approach in the management of depression, anxiety and psychological distress. However, individuals who suspect they are dealing with any of these mental health issues are still urged to speak with a physician for assistance in treating their conditions.



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### COUNTY OF PAMLICO NOTICE OF PUBLIC HEARING

NOTICE is hereby given that the Board of Commissioners of the County of Pamlico, North Carolina has scheduled a Public Hearing as follows:  
**DATE: July 21, 2025**  
**TIME: 7:00 p.m.**  
**PLACE: County Commissioner Meeting Room  
202 Main Street  
Bayboro, NC 28515**

The purpose of this Public Hearing is to receive comments from the public on the following proposed amendments:

1. Solar Energy Ordinance
2. Wind Energy Ordinance

**Please note the following:**  
During regular business hours, the full text of the following proposed amendments can be obtained from the Clerk to the Board at the County Manager’s Office located at 302 Main Street, Bayboro, NC (Phone Number: 252-745-3133, Email: [tracy.boyd@pamlicocounty.org](mailto:tracy.boyd@pamlicocounty.org))

### Public Hearing for the Town of Vandemere

A Public Hearing for the proposed fishing pier will be held on Monday, July 14, 2025, 6:30 p.m. at the Vandemere Town Hall, 1042 Pennsylvania Avenue, Vandemere, NC 28587.

Information about the proposed fishing pier will be available for review at the Vandemere Town Hall on the Vandemere website at <http://www.vandemerenc.com>.







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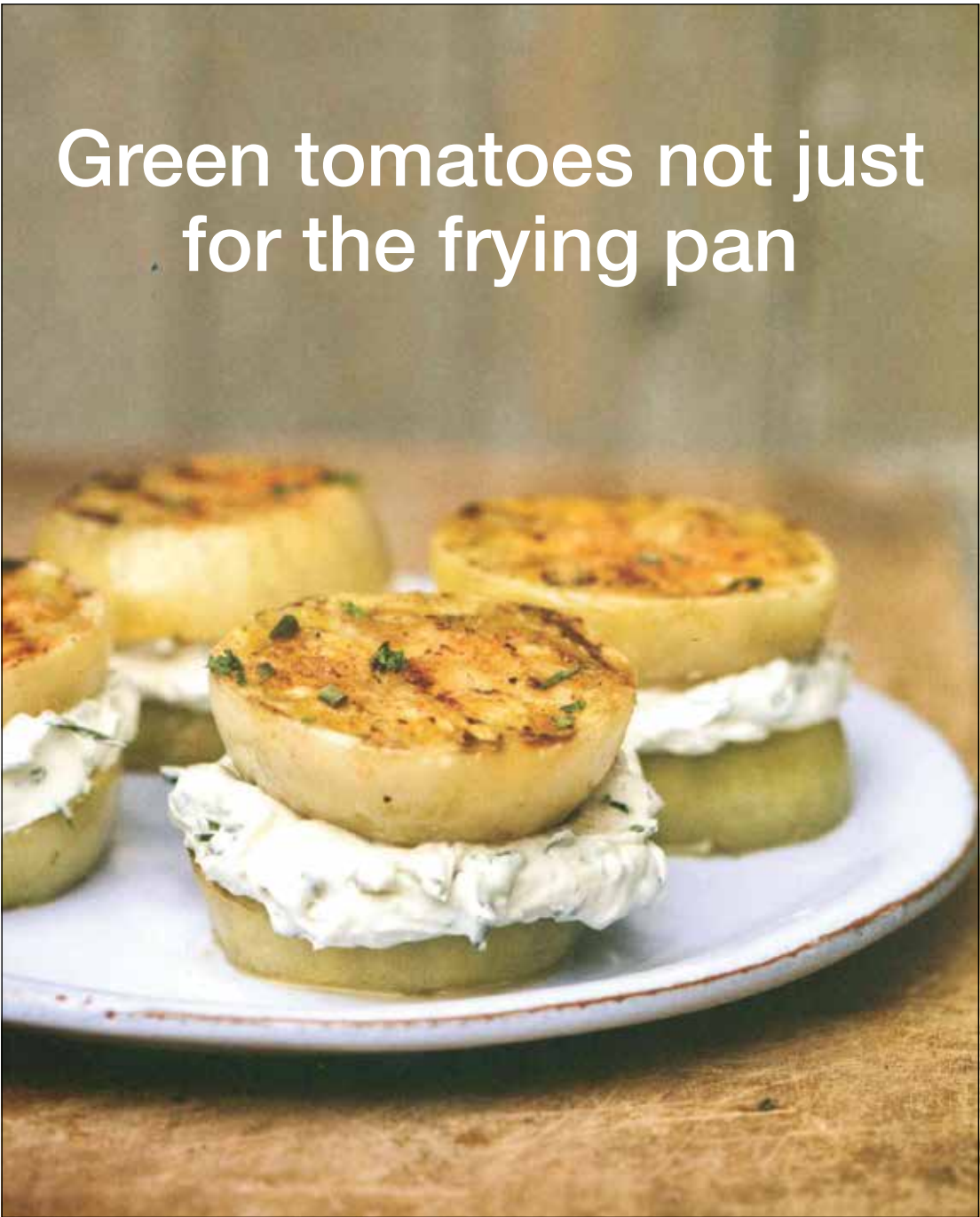


There is a mix of different kitchen, lighting, plumbing, and bathroom appliances. All new and in box. Boxes have been opened. All overflow from custom homes that were not used.



SCAN FOR LINK TO INDIVIDUAL ITEM LISTINGS





Perhaps in part due to the popular 1991 film "Fried Green Tomatoes," many people are familiar with the Southern United States side dish of the same name. But as proven by the following recipe for "Grilled Green Tomato 'Sandwiches' with Herbed Cream Cheese" from Karen Adler and Judith Fertig's "The Gardener & The Grill" (Running Press), green tomatoes can be even more delicious when grilled than they are when fried.

**Grilled Green Tomato "Sandwiches" with Herbed Cream Cheese**  
Serves 6

- Herbed Cream Cheese**
- 1 8-ounce package cream cheese at room temperature
  - 1 garlic clove, minced
  - 2 tablespoons chopped fresh basil
  - 1 tablespoon snipped fresh chives

- Tomatoes**
- 4 large green tomatoes (about 1 1/2 pounds), sliced 3/4-inch thick (to make 12 slices)
  - Olive oil, for brushing
  - 2 teaspoons Seasoning Salt (see below) or kosher salt
  - Ground black pepper

Prepare a medium-hot fire in your grill. Place a well-oiled perforated grill rack over direct heat. In a bowl, blend the cream cheese, garlic, basil, and chives together until smooth. Set aside.

Brush the tomato slices with olive oil on both sides and season with seasoning salt and pepper. Place the slices on a baking sheet and bring out to the grill with the bowl of Herbed Cream Cheese and a knife for spreading.

Grill all of the tomatoes on one side for about 3 minutes with the lid open, then flip and grill on the other side for 3 minutes more, or until the tomatoes have good grill marks.

Remove the tomato slices from the grill and allow to cool slightly on the baking sheet. Spread Herbed Cream Cheese on half of the slices, top with a second slice and set the sandwiches on a platter. Serve the sandwiches hot, with oozing cream cheese filling.

Variation: Grill all of the tomato slices as above and top each grilled tomato with a dollop of the cream cheese and serve open-faced.

Seasoning Salt  
Makes 1 1/4 cups

- 1 cup sea salt
- 2 tablespoons paprika
- 1 teaspoon parsley flakes
- 1 teaspoon dried chives
- 1 teaspoon black pepper
- 1/2 teaspoon dried marjoram leaves
- 1/2 teaspoon celery seed
- 1/2 teaspoon curry powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon red pepper

Combine all of the ingredients in a glass jar and cover with a tight-fitting lid. Shake to blend. This keeps for several months in the pantry.



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# Schedule of Events

## Friday July 4<sup>th</sup>

- 7:00 am: South Ave. becomes one way
- 8:00 am: Vendor set up starts
- 9:00 am: Vendors open their booths as soon as they are set up
- 12:00 noon: South Street Closes at the Festival grounds
- 2:00 pm: Croaker Festival Information Booth opens
- 3:00 – 4:30 pm: Baking Contest drop-off behind Croaker Booth
- 4:00 pm: 45th Annual Croaker Festival Opening Ceremonies – Lou Mac Park
- 4:00 pm: The Pamlico Chorale & The Pamlico Community Band
- 4:45 pm: Judging for the Baking Contest begins
- 5:30 pm: Mini & Miss Minnow Pageants followed by Croaker Queen Pageant
- 7:00 pm: Baking Contest winners announced
- 7:30 pm: Street Dance: Bridge Atlantic

## Saturday July 5<sup>th</sup>

- 8:15 am: South Street Closes at the Festival grounds
- 8:30 am: Vendor Booths open
- 8:30 am: Check-in for Bow to Stern Croakerfest Regatta
- 9:00 am: Captains Meeting for Bow to Stern Croakerfest Regatta
- 9:00 am: Parade Line-up at Ragan Road
- 10:00 am: The Parade! Theme – “Croakers Come Alive In 2025”
- 11:00 am: First Gun for Bow to Stern Croakerfest Regatta
- 11:00 am: 2DMAW Marine Corps Band Invited to Perform
- 11:00 am: Kid’s Park Opens on Mildred Street
- 12:00 noon: Parade Winners announced – Main Stage
- 12:00 pm: Music by Mike Bramble – Main Stage
- 1:30 pm: Music by Post 12 Band – Main Stage
- 2:00 pm: Coloring Contest Pages Due at Croaker Booth
- 3:00 pm: Kid’s Park Closes
- 3:00 pm: Announcement of Coloring Contest Winners
- 3:00 pm: Music by Mad Fiddler – Main Stage
- 5:00 pm: Bridge closes for Fireworks
- 5:00 pm: Music by Rubich’s Cube – Main Stage
- 6:00 pm: Vendor Booths Close
- 7:00–9:00 pm: Street Dance – Featured Artist: Signature Blend
- 9:15 pm (Approx.): Fireworks over the Harbor!!
- 10:00 pm: Streets Open

## Sunday July 6<sup>th</sup>

- 8:00 am: Deadline for removal of all Vendor Booths and trash
- 9:30 am: Community Church Service at Lou Mac Park

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# COASTAL LIVING

## United States Coast Guard - Station Hobucken Change of Command Ceremony

by: Hiram Lupton

The Change of Command Ceremony is a time-honored tradition in the military that ensures that the continuity of command authority is maintained in an orderly and official manner. Last Friday that tradition was upheld in a formal ceremony at the United States Coast Guard Station in Hobucken. Chief Boatswain's Mate Tyler White, who became the Officer in Charge (OIC) at Hobucken Station on June 22, 2023, turned over his OIC duties to Chief Boatswain's Mate Paul S. Rabczak. BMC White will now move on to his next assignment, perhaps the most coveted in the USCG, that of retiree after 20 years of service. During his time as OIC at Hobucken, BMC White continued a long tradition of excellent cooperation with local maritime authorities and law enforcement as evidenced in the attendance by representatives of the strong partnerships that USCG Station Hobucken has developed. Officers from the North Carolina Marine Patrol, the Pamlico County Sheriff's office, the North Carolina Wildlife, and Pamlico County Emergency Management were all present at the ceremony. BMC Rabczak, the new OIC, has had a distinguished career in the USCG since his enlistment in 2005 with postings all along



Outgoing Officer in Charge, Chief Boatswain's Mate Tyler White



The New Station Hobucken Officer in Charge, Chief Boatswain's Mate Paul S. Rabczak



the East Coast of the United States. His most recent assignment has been as Executive Petty Officer at USCG Station Fort Macon. He now looks to maintain the excellent reputation USCG Station Hobucken has established as the "Sentries of the Sound." Station Hobucken currently has 23 officers and crewmen in the station's company.



## The Value of Community Theater

The Old Theater has been center stage in Oriental since 1946 providing both a venue for community life and entertainment for those living and vacationing in our area. It is quite unique for a small town to have its own theater, especially one that serves the people so well, both as a community center and a performing arts theater. I have been volunteering at The Old Theater for eight years since retiring to the village and I have seen firsthand its impressive impact on the community. At times I imagine what life would be like without The Old Theater.

The first thing that comes to mind of course is that our own Pamlico Players Production Company would have no stage on which to produce plays and there would be no theater-sponsored entertaining events. Then there is the theater's impact on all our community partners who rent the theater. The Pamlico Musical Society would have to find another venue for their fabulous concerts and the Children's Theater Workshop would need to look elsewhere for an appropriate facility for their July workshops on theater arts. The Pamlico Community Band and Pamlico Chorale would also be affected as well as educational programs for students. In addition, the movie projector would lie dormant, and the popcorn would spoil. Could the theater once again only be used for storage? I believe the community would miss that total theater experience that means so much to so many. Life would be a little more boring, a lot less interesting.

What can we do to keep our theater doors open? The Old Theater is a 501(c)(3) nonprofit organization so donations, membership dues, and sponsorships are essential, however the life of the theater is its volunteers. In fact, the Board of Directors are volunteers who manage specific departments of theater operations. Currently, we have a few crucial Board vacancies that need to be filled. The expected term of service is two years and each time

a position becomes vacant, someone on the Board must fill in and take on more responsibility which often leads to volunteer burnout and ultimately another vacancy. This cycle presents difficult challenges. Managing two or three departments at once can be overwhelming so we try to keep all the Board positions filled. We are presently searching for four dedicated volunteers who are willing to commit to a job for at least two years. Perhaps you can fill one of these current vacancies on our Board of Directors.

Vice President/Operations Manager to manage the internal operations of OT and the theater's master calendar and perform the duties of President in the President's absence.

Publicity Manager to create and distribute press releases and coordinate Graphics & Marketing to create ads, posters, and programs for theater-sponsored events.

Membership/Volunteers to maintain a record of members and volunteers, manage renewal letters, and plan the annual membership meeting.

Graphics & Marketing to conceptualize, design, and produce graphic arts and marketing techniques to include advertising, social media, and other web communications.

If you would like to learn more about these job responsibilities or to share your insights about theater management and the programs we offer, call and leave a message for me at the theater office, 252-249-0477. I will promptly return your call. You can also email me at [president@oldtheater.org](mailto:president@oldtheater.org). I look forward to hearing from you, arranging an interview, and possibly welcoming you to our Board of Directors.

Mary Taylor, President  
The Old Theater  
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# Commissioner Causey shares water safety tips

Jun 27, 2025



Insurance Commissioner Mike Causey is asking parents and caregivers to think about the importance of water safety to protect their children as we approach the Fourth of July holiday. According to the Centers for Disease Control (CDC), drowning is the number one cause of death for children 1-4 years old in the United States. Over 4,500 people died due to drowning each year from 2020–2022, 500 more per year compared to 2019.

For families going to the beach, remember to pay attention to the warning flags that indicate the possibility of rip currents.

“North Carolina’s beaches, lakes and pools will be crowded as we head toward the Fourth of July holiday,” said Commissioner Causey. “Remember to pay attention to the warning flags at the beach that indicate the possibility of rip currents. A rip current’s force is strong enough to pull even the strongest swimmer out to sea.”

If caught in a rip current, stay calm, don’t fight the current and escape the current by swimming in a direction parallel to the shoreline. If at any time you are unable to reach the shore, draw attention to yourself and call for help.

“Most people believe a drowning person involves flailing arms or frantic calls for help, but that is not the case,” said Commissioner Causey. “Drowning happens quietly when a helpless person is unable to take a breath.”

**Commissioner Causey offers the following tips:**

- Always watch children and never leave them unattended.
- Keep children away from pool drains, pipes and other openings.
- Always keep a charged phone nearby.
- Know how to perform CPR on children and adults.
- Understand the basics of lifesaving so you can assist in an emergency.
- Install a fence at least four feet high around the perimeter of a pool or spa.
- Use self-closing and self-latching gates.
- Ensure all pools and spas have compliant drain covers. Install an alarm on the door leading from the house to the pool.




# Health&Wellness

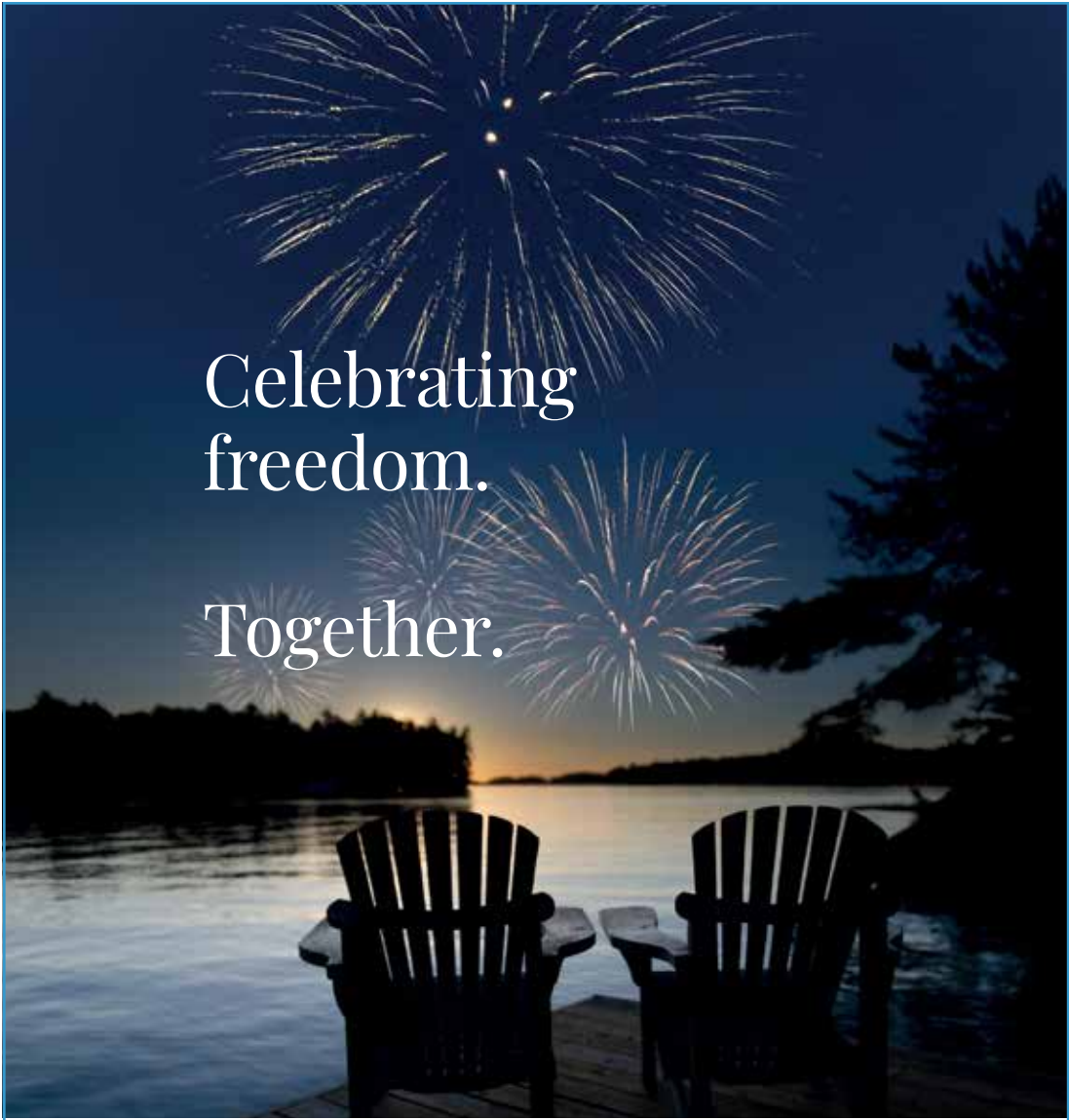


Particularly warm days, which can arise as spring gives way to the dog days of summer, can be both uncomfortable and unhealthy. Such days also can prove deadly. Despite that threat, the Centers for Disease Control and Prevention notes that heat-related illnesses are preventable. Harmful outcomes also are preventable when people learn to distinguish between heat-related illnesses. Heatstroke and heat exhaustion are easily confused, but the two conditions produce noticeably different symptoms. Recognition of that can help anyone stay healthy or help someone in need as the mercury rises this summer.

- Heatstroke symptoms**
- Elevated body temperature, typically 103 F or 104 F or higher
  - Hot, red, dry, or damp skin
  - Fast, strong pulse
  - Headache
  - Dizziness
  - Nausea
  - Confusion
  - Loss of consciousness

- Heat exhaustion symptoms**
- Heavy sweating
  - Cold, pale and clammy skin
  - Fast, weak pulse
  - Nausea or vomiting
  - Muscle cramps
  - Feelings of tiredness or weakness
  - Dizziness
  - Headache
  - Fainting
- Anyone experiencing these or other abnormal symptoms on hot days is urged to immediately move to a cool place and seek medical help. The CDC notes that heatstroke is a medical emergency, so individuals who suspect they or someone in their presence is experiencing heatstroke should call 911 immediately. If heat exhaustion is suspected, seek immediate medical help if a person is vomiting, experiencing symptoms that are worsening or sticking around for one hour or longer. More information about heat-related illnesses is available at [cdc.gov](https://www.cdc.gov).

Heat Exhaustion	Heat Stroke
<div><b>ACT FAST</b><ul style="list-style-type: none"><li>• Move to a cooler area</li><li>• Loosen clothing</li><li>• Sip cool water</li><li>• Seek medical help if symptoms don't improve</li></ul></div> <div><i>Dizziness</i> <i>Thirst</i> <i>Heavy Sweating</i> <i>Nausea</i> <i>Weakness</i></div>	<div><i>Confusion</i> <i>Dizziness</i> <i>Becomes Unconscious</i></div> <div><b>ACT FAST</b> <b>CALL 911</b><ul style="list-style-type: none"><li>• Move person to a cooler area</li><li>• Loosen clothing and remove extra layers</li><li>• Cool with water or ice</li></ul></div>
<small>Heat exhaustion can lead to heat stroke.</small>	<small>Heat stroke can cause death or permanent disability if emergency treatment is not given.</small>
<div><span>Stay Cool, Stay Hydrated, Stay Informed!</span></div>	



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CarolinaEast Health System joins our community in honoring the spirit of independence and unity this **Fourth of July.**



## How to Keep Pets Cool During Summer

**5 tips for keeping your dogs and cats cool.**

1. When possible, leave pets inside the cool house on hot days.
2. Always provide them with plenty of clean water, and even add ice to their bowl.
3. Do not walk or exercise them during the heat of the day.
4. Keep your pet comfortable by offering frozen water bottles to lie on or a kiddie pool (just make sure they can get out easily).
5. "Some long-haired dogs benefit from short haircuts in summer—speak to your vet or dog groomer to see what’s best for your dog."

**“Never leave your pet in the car on a warm day: they can die within minutes.”**



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Fireworks have been integral components of celebrations for centuries. These pyrotechnics originated in ancient China, with their earliest forms thought to be made from bamboo stalks thrown into a fire. Fireworks ultimately evolved into gunpowder-filled paper tubes. Modern fireworks still largely use traditional gunpowder as well as additional ingredients like aluminum and iron to create flashes, bangs and sparks. Additional elements are blended to create the colors that make for vivid fireworks displays.



- Make sure fireworks are legal where you live and only purchase and set off those that are labeled for consumer use. Never purchase fireworks that are designed for professionals.
- Children should not be allowed to play with or ignite fireworks. This includes sparklers. Sparklers burn at temperatures that can reach or exceed 2,000 F, which is hot enough to melt some metals.
- Stay sober when using fireworks. Alcohol or drug impairment can cause people to act recklessly and make mistakes when handling fireworks.
- Keep a bucket of water or a garden hose nearby in case of fire or another mishap.

- Spectators should remain at a distance from any fireworks being ignited. Fireworks should be lit away from buildings or trees. Many times it is safer to let professionals handle the fireworks since they are trained in the proper safety precautions.



## Beware: #Fireworks and Your #Pet

Pets & fireworks don't mix!

*THIS CONDO*      *THIS BOAT SLIP*      *THIS VIEW*

## 40' x 16' Protected and Deeded Boat Slip

## 40' x 16' Protected and Deeded Boat Slip

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