

The Pamlico News

Wednesday, September 24, 2025

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Pamlico County Community Foundation awards \$3,000 in grants

Sept. 17, 2025 – The Pamlico County Community Foundation, a North Carolina Community Foundation affiliate, has awarded \$3,000 in grants to two organizations supporting the local community.

The board of advisors granted \$1,500 each to:

Pamlico Community College for Pamlico Pantry, supporting food insecure students

Pamlico Partnership for Children, Inc., for general operating support

“We’re pleased to support these local organizations through our grants,” said Flora Moorman, advisory board president of the Pamlico County Community Foundation. “Their work is key to building stronger a community.”

Funds for 2025 grants came from PCCF’s community grantmaking fund. Each year, PCCF’s advisory board uses dollars from its endowment funds to make grants to eligible local organizations, including nonprofits, local governments, schools and churches.

Visit nccommunityfoundation.org/ Pamlico to learn more about PCCF and its work or to make a tax-deductible donation.

Pamlico County Community Foundation Advisory Board Members

Advisory board members are volunteers who live and work in Pamlico County, positioning them to strategically leverage resources, meet local needs and access opportunities. In addition to Moorman, board members include Heather Brewer (secretary), Scott Askew, Joy Baker, Sally Belangia, Tim Buck, Elizabeth Cordes, Myra Hardison, Leslie Kellenberger, Todd McFadden, Sam Myers and Marsha Paplham.

About the North Carolina Community Foundation

The North Carolina Community Foundation brings together generous people and connects them to causes and organizations they care about, with a focus on inspiring lasting and meaningful philanthropy in the state’s rural communities.

With \$460 million in assets, NCCF sustains over 1,300 endowments and partners with donors and a network of affiliates in 60 counties to strengthen our state. By stewarding and growing donors’ gifts, NCCF makes a powerful impact through a robust grants and scholarships program, awarding over \$300 million since 1988.

For more information, visit nccommunityfoundation.org.



The Jamal Jones Ride for Sickle Cell

by: Hiram Lupton

For the fifth year in a row, bikers and trikers from our area gathered to remember a fellow rider and raise money and awareness for a good cause. The Jamal Jones Sickle Cell Memory Ride began at Pamlico Community College and wound its

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Lewis Selected as New President of NCARD

by: Hiram Lupton



Pamlico County Register of Deeds Lynn Lewis receives the oath of office of President of NCARD from District Court Judge Paul Delamar III. (photo courtesy of Edward Riggs)

Pamlico County Register of Deeds Lynn Lewis has attained the honor of becoming the President of the North Carolina Association of Register of Deeds. She was installed into the office at the Association’s State Convention last Tuesday in Beaufort. Lewis was first elected Historian of the group six years ago and has helped each office on the executive committee on her way to the presidency. She will serve a 1-year term. Mrs. Lewis has been the Pamlico

County Register of Deeds since 2012 and has served the citizens of Pamlico County in various capacities for 23 years. “This is the first time that a Pamlico County Register of Deeds has served on the State Executive Committee and become the President of our State Association,” said Lewis. “It is an honor and privilege to serve Pamlico County and I hope being in this office will help me do an even better job looking out for the best interests of its residents.”

Eagle Scout Project Yields Beautiful Result

by: Hiram Lupton

Ellie Aldridge had a vision of what a blank space could become. The member of Scouting America’s Troop 219 based in New Bern, Ellie is in the final stages of gaining the prestigious Eagle Scout Award which requires a service project. “I love to read and to draw,” says Ellie, “I thought I would combine the two and the library was a great place to do it.” Her “blank canvas” was the storage container behind the Pamlico County Public Library. The metal container is used by the Friends of the Library to store donated books for their used book sales. By pulling together the Friends of the Library and the Pamlico Arts Council as well as her scout troop, Ellie put her plan into action last Saturday. The result was beautiful. Job well done Ellie and her team of volunteers.



Before (top), and after (bottom)



Ellie sketches out her book nook vision on the side of the storage container



Volunteers at work with a brush and paint taking Ellie’s vision to reality.

Dublin Grove Celebrates 150 Years

by: Hiram Lupton



When you have a milestone birthday or anniversary, it calls for a bit of a special celebration. What has often been referred to as “the little church by the side of the road,” Dublin Grove Freewill Baptist Church, did just that last Sunday as they celebrated not just homecoming, but their 150th birthday. Dublin Grove is located in the community of Royal, just a few miles from Aurora on Bay City Road.



Pamlico County Heritage Day Returns October 18 with Local Crafts, History, and Community Spirit Grantsboro, NC — The Pamlico County Historical Association is proud to announce the return of Heritage Day, a beloved community celebration honoring the rich cultural traditions and local talent of Pamlico County. The event will take place on Saturday, October 18, at the Pamlico County Historical Museum grounds.

This year’s Heritage Day will feature a vibrant lineup of local craft vendors, historical exhibits, live music, food, Antique Farm Demos, Blacksmith Shop Demos and family-friendly activities.

Vendor Call:

Local artisans and craft vendors are invited to participate and showcase their handmade goods. Interested vendors should email pchamuseum@gmail.com for registration details.

Event Highlights Include:

- Handmade crafts and local art
- Historical Farm Demonstrations
- Live entertainment - Dirt Road Band from 11-2
- Children’s activities
- Tractor Show
- BBQ Sandwiches, Hot Dogs and Legendary Bake Sale!

Admission is free, and all are welcome. Parking available at Motion Church, handicapped parking in front of Museum. Come celebrate the spirit of Pamlico County—where history lives and community thrives.

September Snapshot Meeting

"NC Corporate Oyster Gardens in Late 19th Century"

September 29, 2025 at 7:00 PM is our bi-monthly SnapShot Meeting featuring David Bennett, Curator of Maritime History for the NC Maritime Museum System.



David will be discussing the Corporate Oyster Gardens in Late 19th Century in North Carolina

In the late 19th century, North Carolina promoted the cultivation of oysters to provide a sustainable oyster industry. Large corporate interests quickly became involved and purchased thousands of acres of "submerged lands" in the State’s sounds and rivers. These giant oyster gardens triggered rampant speculation in oyster cultivation. Simultaneously, local oystermen believed that they were being robbed of their traditional oyster grounds. The combination was a recipe for disaster.

Speaker Bio: As the NC Maritime History Curator, David oversees the Harvey W. Smith Watercraft Center. He is originally from Morehead City, North Carolina. David has a B.A. in History from UNC-Chapel Hill and an M.A. in Maritime History from the University of Exeter in the United Kingdom. His research interests focus on North Carolina’s commercial fishing industry as well as traditional workboats.

Location: Pamlico County Historical Association & Museum 10642 NC Hwy. 55, Grantsboro, NC 28529

LIKELY WEATHER OVER THE WEEKEND

Saturday, Sept 27th **75°Hi** Mostly cloudy and showers

Sunday, Sept 28th **75 °Hi** Mostly cloudy and showers



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Pamlico Community College’s Continuing Education division stays busy



Medical Billing and Coding

Pamlico Community College’s three-part online Medical Billing and Coding program – Medical Terminology, Medical Billing, and Medical Coding – prepares individuals for entry-level health care billing and coding positions. Course topics can include the roles and responsibilities of this position, managed health care, life cycle of an insurance claim, legal and regulatory considerations, coding regulations, reimbursement issues, claim instructions, medical terminology, filing commercial claims, insurance plans, Medicare, Medicaid, Tricare, and Workers’ Compensation. The next edition of the program will begin Oct. 6. Cost for each part is \$180.55, and financial aid is available for qualified students. For more information or to register, please call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo



CPR certification

Want to learn CPR? Enroll in the college’s one-day CPR certification course! The next session is set for Wednesday, Oct. 8, from noon to 4 p.m. at the Grantsboro campus. Cost is \$70.55, plus \$5 for a CPR card. To register, call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo



Medical Office Professional

Pamlico Community College is introducing a convenient, four-part online Medical Office Professional program to prepare people to work in health care offices. The program’s four parts include Medical Administration, Medical Legal Issues, Medical Billing, and Medical Office Procedures. The first part will begin Oct. 20. Cost for each part is \$180.55, and financial aid is available for qualified students. For more information or to register, please call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu. Contributed photo

Contact: Sandy Wall, 252-249-1851, ext. 3010

Land/Home Sales Property Management Appraisals Development

Agent of the Week

Allen Propst
Owner/Broker/GRI

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

Most trustworthy. Becomes a real friend. Offers more information than asked. Has an easy truthful way about himself. No B.S. His conversation and attitude is positive, not negative in any way. You get the feeling that he is not hiding anything. Knowledgeable. Has contributed to his community in other ways. Follows up and sees you at other times. I highly recommend Allen!

Donald, Oriental

GRANTSBORO – Unrestricted 1.57 acre mini-farm, 1,792 hsf, **3BR/2.5BA** with heated and cooled 2-car garage, detached workshop, detached poultry barn with outside fencing & a carriage barn building. Home built in 1980 & roof replaced w/architectural shingles in 2018.

OFFERED AT \$325,000

ORIENTAL – Spectacular waterfront views of Smith & Green Creeks from first floor unit at Oriental West Condos. B-7 is a **2BR/2BA** unit w/ a 40' x 16' boat slip w/5' controlling water depth.

OFFERED AT \$350,000

ORIENTAL – Built in 2023, **3BR/2BA** 1,583 hsf on .7 acres in Dolphin Point. Surrounded by Neuse River, Pierce Creek & Bonito Channel. Deep-water boat ramp & neighborhood tennis court. Two major deep-water marinas are nearby.

OFFERED AT \$389,000

ORIENTAL – 4,000 hsf commercial bldg. Fully-insulated. Reception, conference room, 2 offices. Carrier 2.5 ton heat pump for office area, two 5 ton HVAC systems for warehouse. Attic, 208 3-Phase 200 amp elec system. Ingersole Rand 200 PSI air compressor. Metal fabrication equippt does not convey.

OFFERED AT \$ 575,000

ARAPAHOE – Water views of Neuse River, 2.64 acres, **2BR/2BA**, chef's kitchen with new appliances & granite countertops. Relax on the 2 large, screened porches. This 1,370 sf house is situated amongst the trees with a private drive through your own forest.

OFFERED AT \$ 625,000

MERRITT – Waterfront **3BR/2.5BA** with dock & boat lift on Moores Creek. 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
1-800-347-8246 • 252-249-1014

Or contact Allen Propst
252-671-4644
704 Broad St, PO Box 750, Oriental, NC 28571

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THIS WEEK IN HISTORY

by: Hiram Lupton

- September 24th – Today is National Punctuation Day. To comma, or not to comma. That is the question (mark).
- September 25th – Today is National Quesadilla Day.
- September 26th – Today is National Pancake Day.
- September 27th – Today is National Ghost Hunting Day. Do you need a license for this and what are the bag limits?
- September 28th – Today is National Good Neighbor Day. I have some Great neighbors.
- September 29th – Today is National Coffee Day. I like my coffee like I like my women. Instant.
- September 30th – Today is National Love People Day. The Bible tells us to Love everyone, even the ones you don't like.

BIRTHDAYS THIS WEEK

- September 25th – 1969, Actress Catherine Zeta-Jones
- September 25th – 1961, Actress Heather Locklear
- September 26th – 1948, Singer and Actress Olivia Newton -John
- September 27th – 2002, Actress Jenna Ortega
- September 28th – 19??, Retired Teacher and Historian, George Peacock
- September 29th – 1923, The Queen of Oriental, Fay Bond
- September 29th – 1953, Famous cartoon rodent, Speedy Gonzales
- September 30th – 19??, Outstanding Pamlico Citizen, Paul Delamar, Jr.



LETTER TO THE EDITOR

Dear Neighbor,

Mr. White's recent opinion letter (9/10/25) is riddled with inaccuracies and misrepresentations. As one of your commissioners, and as a CPA, I feel it is important to set the record straight with facts.

I was appointed Financial Liaison in 2024 by a majority vote. During Mr. White's decade on the Board (2013–2023), serious financial lapses occurred: weak internal controls, years of delayed bank reconciliations, and idle funds left uninvested. These failures cost the Town real money. Since my appointment, those problems have been corrected and controls are in place, reconciliations are timely, and idle funds now earn interest.

On Personnel – Mr. White claims the Board mishandles employees. That is false. Employee supervision and retention fall under the Town Manager, not the Commissioners. Even the Town Manager has said publicly she is eligible to retire in early 2026. Suggesting her future depends on the outcome of an election is nothing more than fearmongering.

On Services – Mr. White suggests services have declined. The facts prove otherwise. Public Works promoted a manager from within, a new finance officer was hired, and outsourcing of meter reading and park mowing reduced costs while keeping services strong. Residents report services have not declined; in fact, they have improved. There is no backlog of work orders and no measurable overtime.

On the Special Meeting – Mr. White falsely claimed I tried to arrange a meeting with the Sheriff. The record shows it was Commissioner Litzenburger who initiated that meeting, and Mayor Belangia who canceled it. Mr. White's accusation is intentional misinformation.

On Finances – Mr. White ignores the progress that has been made under proper oversight. In July 2025, the Town Manager reported \$234,000 in expense reductions compared to the prior year, pending final audit adjustments. Outsourcing was one contributing factor to these results.

Today, the Town's finances are stronger, services are stable, and residents are better served due to the corrective measures taken by the current Board of Commissioners and the Town Manager.

Respectfully,
Commissioner Bonnie Crosser, CPA

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 aand 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.

“I told my doctor I broke my arm in two places. He told me to keep out of those places.”
– Rodney Dangerfield

“I went to a restaurant that serves 'breakfast at any time.' So I ordered French toast during the Renaissance.”
— Steven Wright

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

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COMMUNITY

LETTER TO THE EDITOR

Oriental Deserves Better Than Backroom Decisions

I read with interest Commissioner Overcash's recent observation about the Town Board's lack of collaboration, and I must say, he seems to be misremembering. During my tenure as Commissioner from 2019–2021, it was an honor to serve the Town of Oriental and work to deliver both quality service and fiscal responsibility. It was only after I was elected that I began to realize how different agendas influenced Town operations. I made it my goal to understand those agendas, support services where they were effective, and push for improvements where they were needed. Prior to my time as Commissioner, I had served on the Planning Board for two years, working alongside then-Commissioners Mayor Pro Tem David White and Charlie Overcash.

Not long after joining the Town Board, I learned from the Mayor Pro Tem that many decisions were made before official meetings even took place—through “before the meeting” and “after the meeting” gatherings. This effectively disenfranchised the public, since key issues were decided before citizens had a chance to speak. Both Allen Price and I opposed this approach. Commissioner Diane Simmons, who served with integrity and respect for residents’ input, also valued true public participation.

In practice, “collaboration” under White and Overcash often meant falling in line with their positions—or being cast as an obstacle. While I sometimes agreed with their proposals, they seldom supported ideas they did not originate themselves. On that point, when a few commissioners assume they have all the answers and refuse to consider other perspectives, the Town suffers.

Before leaving the Board, I recommended a candidate I believed would serve the Town well. Soon after, Overcash wrote a lengthy opinion letter opposing this person's appointment. I believe his concern was not qualifications, but rather that the candidate would act independently rather than align with their “team.”

Ironically, Overcash himself wrote in a Pamlico News opinion piece:

“When several Board Members seize the stance that their positions are the best for all and disregard input from Town residents, staff, and other Commissioners then the best interest of the town is lost to personal agendas.”

He was correct—but failed to see that he and Commissioner White exemplified exactly that approach for years.

This is why I agree it's time to bring in new leadership. Commissioners Crosser and Price have been relentless in their pursuit of transparency and accountability, and it shows. Along with Frank Roe, their energy, expertise, and dedication have strengthened the Town's governance.

Disinformation and a lack of transparency have no place in Oriental's politics. Residents deserve leaders who are open, collaborative, and focused on the best interests of the Town—not personal agendas. For that reason, I encourage voters to continue supporting Bonnie Crosser and Allen Price for their knowledge, commitment, and tireless service. And when you see Frank Roe, be sure to thank him for all he has contributed to our community.

Martin Barrow
Oriental

What's going on, and when did this happen? Only this time 'round...

Commissioners' elections in Oriental have always been wonderfully nonpartisan, as they logically should be. Lately though signs have shown evidence that clearly speak to an allegiance to a political party rather than choosing a candidate for the right reasons.

Allegiance to a Commissioner candidate for a purely political affiliation has no place in our village's municipal election. There's enough political divisiveness nationally without having it creep into Oriental, too.

Oriental's upcoming election is a bipartisan contest, which means the focus should be on cooperation, agreement, and compromise with a goal to bridge differences and find common ground in resolving issues.

Our most recent Board has been lacking just that, and I beg you to consider your November 4th votes to encourage candidates that can evaluate issues based on their merits and promote policies that benefit the public interest rather than focusing on personal agendas.

This is not about politics; do not be shamed into voting along party lines. Think for yourself and forget so-called “party allegiance” – do the right thing and elect Commissioners that will find common ground through compromise and collaboration rather than contribute to a continuing dysfunctional Board going forward.

Jean White, Oriental Citizen

Do you drink coffee? Get ready for prices to increase. With the exception of Kona coffee grown in Hawaii (now selling at \$35.00 for seven ounces) all of our coffee is imported. Brazil is the world's largest coffee producer and one third of all the coffee consumed in the United States comes from Brazil. A new 50 percent tariff is applied to imports from Brazil. Billionaires don't care about coffee prices. But the rest of us will suffer as the tariff causes the price of coffee to jump.

Bill Deighton
Arapahoe

A perfect example that wasn't!

Following was in a Letter to the Editor the week of 9/8/25
A perfect example of Commissioners not understanding their roles was on 8/18/25 when Commissioners' Price and Crosser tried to call a special meeting to discuss police coverage because of a resigning officer without Diane Miller's presence – and the Town Manager has direct responsibility for Police personnel.
Commissioners' Price and Crosser did not try to call for a special meeting to discuss police coverage on 8/18/25!
Allen Price
Town Commissioner.



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27
SEPTEMBER 2025

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Check-in and morning coffee social 9
Workshop: 9:30am - 2:30pm

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FINANCIAL FOCUS

A retiree’s guide for National Financial Security Month



Dan M. Roberts

If you’re retired, it’s easy to let your finances go on autopilot. Since October is National Retirement Security Month, it’s a good time to revisit some areas that can impact your long-term financial security and help your money last a lifetime.

Consider these suggestions:

- **Manage your withdrawal rate.** You’ll likely need to tap into your retirement accounts — your IRA and 401(k) or similar employer-sponsored plan. But think carefully about how much income you withdraw every year. If you take out too much, especially in the early years of your retirement, you risk outliving your resources. You have the option of withdrawing from these accounts at age 59½. Once you turn 72, you’ll be required to take out at least a certain amount each year based on your age and account balance.
- **Estimate health care costs.** When you turn 65, you will be eligible for Medicare, but you may still need a Medicare supplement plan, both of which will require premium payments. You’ll probably also incur a variety of other unreimbursed expenses for doctor visit copays or deductibles, prescription drugs and vision, hearing and dental care. Additionally, about 70% of adults ages 65 and older will need some form of long-term support, according to the Department of Health and Human Services. This may include a paid home health aide (average cost of \$77,792 per year), an assisted living residence (average cost of \$70,500 per year) or nursing home care (private room average cost of \$127,750 per year). (Cost estimates are from Genworth 2024 Cost of Care Survey.) Over the course of your retirement, these can add up, so be realistic when budgeting for health care expenses in retirement.

- **Consider when to take Social Security.** You can start receiving monthly Social Security checks at age 62, but your payments will generally be larger if you wait until your “full” retirement age of 66 or 67. (The size of your payments will “max out” at age 70.) If you believe you have longevity working in your favor, and you can afford to wait, you may well be better off by delaying Social Security as long as possible.
 - **Avoid investing too conservatively.** Once you’re retired, you might think you should take as few chances with your investments as possible — after all, you have less time for them to bounce back from a downturn than you did during your working years. Nonetheless, it’s important to consider keeping a reasonable percentage of growth-oriented investments in your portfolio to help you stay ahead of inflation. Even at a low rate, inflation can erode your purchasing power over time.
 - **Keep your generosity in check.** If you have grown children who need financial help, or grandchildren heading to college someday, you’d no doubt like to do what you can to assist them. However, the hard truth is that they have more time than you to find workable financial solutions, whereas if you deplete your funds through your generosity, you could put yourself in a precarious position. So, be as giving as you can afford — but try not to go beyond that. By preserving your financial independence, you’ll end up benefiting your family as well.
- Retirement is ideally an enjoyable time in your life, especially if you feel financially stable. So, take time to check in periodically to keep that stability on track.

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

“A good rule to remember for life is that when it comes to plastic surgery and sushi, never be attracted by a bargain.”

– Graham Norton

Edward Jones

> edwardjones.com | Member SIPC

Your life. Your money. Your terms.

Your financial goals are unique, and we want to help turn your ideal future into a reality. That’s why we’ll build personal connections throughout our relationship.

Let’s start building the future today.

Dan Roberts IV, AAMS®
Financial Advisor
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New Bern, NC 28560
252-633-5263

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NC COOPERATIVE EXTENSION Pamlico County

4-H Chopped: The Impacts of Early Education on Nutrition on Lifelong Health



Kait Neeland
4-H Agent

I have so many fun memories of participating in 4-H programs growing up. From raising sheep, goats, and pigs, to building rudimentary circuits, sewing my first pillowcase, and engaging in community service projects, the experiences I gained through 4-H helped shape who I am today. Perhaps none of these lessons has been more impactful than those learned through cooking and nutrition education.

Understanding the importance of good nutrition from a young age can profoundly affect a person’s lifelong health and habits. For children especially, developing a strong foundation of healthy eating is more than just knowing which foods to choose it’s about building lifelong habits that support growth, development, and long-term wellness.

Childhood is a critical time for growth physically, emotionally, and mentally. A child’s diet can influence everything from their energy levels and academic performance to their immune system and risk of chronic disease later in life. Good nutrition is tied to a multitude of positive outcomes, including:

- Supporting and maintaining muscles and bones for physical development.
- Boosting the immune system, helping children stay healthier throughout the year.
- Lowering the risk of chronic illnesses such as heart disease, type 2 diabetes, and even some cancers.
- Promoting digestive health and overall gut function.
- Supporting cognitive development and focus, which can have a direct impact on learning and behavior in school.
- Maintaining a healthy weight, reducing the risk of obesity and its related health complications.

By helping kids understand these benefits in a fun, engaging way, we empower them to make informed choices that can dramatically improve their quality of life, both now and in the future.

One of the things that makes 4-H so impactful is its hands-on, experience-based approach to learning. Children don’t just read about healthy foods or memorize nutrition facts, they learn by doing. They chop vegetables, measure ingredients, cook meals, taste different cuisines, and learn how food choices affect their health and how to prepare meals safely and confidently.

These practical skills go far beyond the kitchen. Children who participate in cooking and nutrition programs tend to develop stronger self-confidence, better problem-solving abilities, and a greater sense of responsibility for their own well-being.

As someone who grew up in 4-H, I still rely on the skills I learned through those programs. The knowledge I gained about food safety,

balanced meals, and how to read a nutrition label continues to serve me and my family to this day. We’re proud to offer similar opportunities to today’s youth through innovative programs like Chopped! International, a 4-H SPIN (Special Interest) club that meets on the fourth Tuesday of each month. This program combines cooking, nutrition education, and global awareness into one engaging experience.

Last year, participants learned about the cultures, traditions, and cuisines of countries including Thailand, Russia, Morocco, France, and Belgium. Along the way, they practiced safe food preparation, explored new ingredients, and gained an appreciation for diversity all while learning how to cook delicious, healthy meals.

It’s programs like these that demonstrate the power of blending nutrition education with creativity and cultural exploration. When children are introduced to a variety of foods and cuisines in a positive, interactive environment, they become more adventurous eaters and more informed global citizens.

Spaces fill quickly, so we encourage families to sign up early. Registration for the October session will open on September 24th. Whether your child dreams of becoming a chef, wants to explore different cultures, or is simply curious about cooking, this program is a wonderful way to nurture those interests while building critical life skills.

In today’s world, where convenience foods and busy schedules often get in the way of healthy habits, nutrition education is more important than ever. Giving children the tools they need to understand food, make healthy choices, and cook for themselves is one of the greatest gifts we can offer.

Programs like 4-H’s Chopped! International don’t just teach kids how to follow a recipe, they empower them to take ownership of their health, to explore the world around them, and to build skills that will last a lifetime. If we want to raise a generation of healthy, informed, and capable young people, it starts with what we put on their plates and the knowledge we put in their hands.

Looking to sign up for one of our upcoming 4-H programs? You’ll find all the details and registration info on our website: pamlico.ces.ncsu.edu. To complete your registration, you’ll also need to enroll in 4-H Online it’s required for all NC 4-H programs. Don’t worry if you’re new to the process, the link is on our website, and if you have any trouble at all, just give us a call. We’re happy to walk you through it step-by-step!

Want to stay in the loop about future programs and events? Be sure to sign up for our Pamlico 4-H email list so you never miss an update. If you have questions or just want to learn more about what 4-H has to offer here in Pamlico County, reach out to Kait Neeland at (252) 745-4121 or kait_neeland@ncsu.edu

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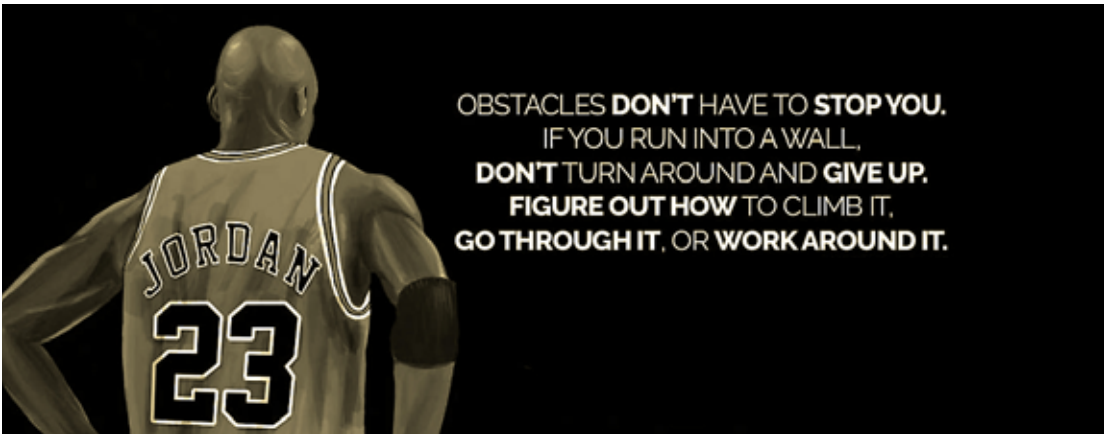
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SPORTS

PCMS Football Wins Over Havelock Middle

by: Hiram Lupton

Pamlico County Middle School picked up their first win of the season last Wednesday as they travelled to Havelock Middle School and defeated the Trojans 16-8. This was a defensive battle as both teams were, for the most part able to shut down each other's offensive. After a tied, 8-8 contest at halftime, the only score of the second half went to the Hurricanes as running back Kharon Carroll scooped up a fumbled snap and raced down the right sideline for a score. The Pamlico defense stopped Havelock on their final fourth quarter possession and were able to run out the clock. On fourth down deep in their own territory, Carroll took a swing pass from quarterback Keegan Langs and ran for a first down on the games final play to preserve the win. "I really wanted these kids to get this win," said Head Coach Jack Taylor. "They have been working hard in the weightroom and at practice and it is good for them to see that it is paying off."



Kharon Carroll sprints to the endzone for a Pamlico touchdown



Quarterback Keegan Lang



Talin Gibbs pancakes a Trojan



Head Coach Jack Taylor, Jr.

Middle School Athletics

Volleyball Sweeps Havelock Middle School

by: Hiram Lupton

The Pamlico Middle School Volleyball team is hard at work and last Thursday they hosted Havelock Middle School and swept the Trojans in a doubleheader, 2-0 (25-14, 25-10), 2-0 (25-14, 25-21).



Kayton Forbes digs out a serve



Mia Brothers with strong net play



The Brother/Sister coaching team of Zarah and Jeremy Forbes

Hurricanes at the Net

Pamlico Takes Control of Conference with a Pair of Wins

by: Hiram Lupton

The Pamlico County High School Volleyball team played a pair of Coastal Plains Conference matches last week and when the dust settled, the Hurricanes were in sole possession of first place in the conference. On Tuesday, perhaps Pamlico's strongest rival for a conference championship repeat, Northside Pinetown, visited Bayboro. This was expected to be a showdown but apparently no one told the Panthers who left their claws back in Pinetown. The Hurricanes played some of their best ball in sweeping Northside 3-0 (25-14, 25-13, 25-19). These two teams square off again at Northside on October 2nd in what may be a pivotal match for final conference supremacy. On Thursday Pamlico hosted another Beaufort County Team as the Seahawks flew down from Southside. The Hurricanes seized momentum early in this one and didn't let Southside out of their sights as Pamlico shot down the Seahawks 3-0 (25-11, 25-20, 25-8). This week, Pamlico continues a stretch of conference matches, visiting Lejeune on Tuesday and hosting East Carteret on Thursday.



Julia Bain soars high for a kill at the net against Northside-Pinetown



Strong defense at the net from Julia Bain (#10) and Hayden Gibbs (#14)

Do you want to know the secret to getting rich? Me too!

■Continued from page A1

The Jamal Jones Ride for Sickle Cell



Riders mount up for a cruise around the County

way around the County before ending back at PCC for a lunch sponsored by Pfizer Pharmaceuticals. Well over 30 bikes made the trip with all proceeds going to benefit Sickle Cell Families This was much more than just a great ride however. Inside the Delamar Center there was a general vendor fair, focusing on health. Upon their return, riders ate lunch and saw an informative presentation on the disease of Sickle Cell that gave them a perspective on the reason they rode. A great way to keep Jamal’s memory alive and help raise awareness of this terrible disease that claimed his life, all while doing it on two or three wheels. No better way to spend a beautiful Saturday.



The Health awareness and information fair



Aurora Fossil Museum Named Tripadvisor Travelers’ Choice Awards Winner for 2025 Museum Recognized as a Top-Rated Educational & Research Center in Eastern North Carolina

Aurora, North Carolina, September 2025 – The Aurora Fossil Museum is pleased to announce that it has been recognized in Tripadvisor’s® Travelers’ Choice® Awards for 2025. Tripadvisor’s Travelers’ Choice Award winners are among the top 10% of listings around the world on Tripadvisor.

As the world’s largest travel guidance platform, Tripadvisor has unparalleled authority with travelers. This award is based on genuine feedback from anyone in the community who has visited and left an authentic, first-hand review on Tripadvisor over 12 months, making it a valuable and trustworthy designation of travelers’ favorites.

The Aurora Fossil Museum Board of Directors shares that, “as the Travelers’ Choice is one of the most recognized and coveted awards in the travel industry, we, as a nonprofit organization, are very excited to be recognized. It is such an honor to be included among travelers’ favorites this year. We want to thank our visitors and reviewers from around the world, as well as our Executive Director, staff, and volunteers, who have made this possible.”

“Congratulations to Aurora Fossil Museum on its recognition in Tripadvisor’s Travelers’ Choice Awards for 2025,” said Kristen Dalton, President, Tripadvisor. “Ranking among the top percentage of businesses globally means you have made such a memorable impact on your visitors that many of them took time to go online and leave a glowing review about their experience. We hope this recognition continues to drive business to you in 2025 and beyond.”

Check out all the reviews and discover more about Aurora Fossil Museum here: <https://tinyurl.com/AurFosMus>

Contact: Cynthia Crane, Executive Director, 252-322-4238 – director@aurorafossilmuseum.org



“The end was contained in the beginning.”

– George Orwell, 1984

OFPMF – A Feast for Your Palate



In addition to providing wonderful music in an idyllic setting on the porches and riverfront stage of this historic town, the Festival offers a Food Park on the waterfront that feeds both body and soul. Unlike most festivals that offer food truck fare, our Food Park is composed of local nonprofits and restaurants to provide healthy options at affordable prices. While selling food, the nonprofits (13 this year!) are able to educate people on their purpose and services provided to the community. This is an important opportunity to encourage potential volunteers to join and donate time and money to the cause. Raising consciousness about the importance of these nonprofits to the health of the community is critical to providing continued services. Keeping everyone well fed at the Festival with varied food choices such as fish plates, black beans and rice, vegan chili, sandwiches on freshly baked ciabatta bread, chicken poblano stew with cornbread muffins, pulled pork sandwiches, seafood chowder, chicken pot pies, burgers and hot dogs, root beer floats, assorted home baked pies and sweet treats as

well as freshly popped corn and beverages is truly a labor of love for our small town. So, if you want a feast for your ears as well as your palate, the Ol’ Front Porch Music Festival is the place to be on October 3rd and 4th, plus you will be helping out many of our local nonprofits as well.

- Bike Box Project (Pedaling for Parkinson’s)
- Hope Clinic
- JoJo Workin’
- Love Thy Neighbor Program
- NAACP Pamlico County
- Oriental Woman’s Club
- Pamlico County Fishes and Loaves
- Pamlico County High School Navy Junior ROTC
- Pamlico Partnership for Children Prime Time
- S.E. Pamlico Volunteer Fire Dept. Station 19
- St. Thomas Episcopal Church ECW and Men’s Fellowship
- Youth Navigating Toward Opportunity (YNT0)

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Reelect Bonnie Crosser for Commissioner on November 4th

Oriental’s Finances: Stronger with Oversight

Last year, per the NC Treasurer’s recommendation, our Board reinstated the Financial Liaison role (absent for 10 years). Bonnie Crosser, CPA, was appointed to ensure fiscal accountability. Some may question this role, but transparent finances benefit every single citizen.

Achievements:

- Found \$265,352 in unreported assets over 8 years. Action: Auditor corrected General Fund and Water Plant accounts.
- Uncovered \$168,000 in a dormant account accruing fees. Action: Transferred to high-yield savings (Fall 2024).
- Noted bank reconciliations delayed up to 5 months. Action: Now completed within 15 days, per NC law (since Fall 2024).
- Identified weak credit card and payroll controls. Action: Credit Card Policy and separated key processes.
- Idle cash in local bank \$844,000 average collected balance (July 2023). Action: Established a policy to transfer idle cash to high-yield savings.

Oriental’s finances are stronger. Reelect Bonnie Crosser, CPA, for Commissioner on November 4th to keep accountability first!

Let’s chat. Join us for Coffee with Crosser:
Mondays, 9-10 AM at 401 Broad Street, Oriental.
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—Unknown



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NOTICE TO CREDITORS
Estate of Guy Credle
File No. 25E001092-680

All persons, firms, and corporations having claims against Guy Credle, deceased, of Pamlico County, North Carolina, are notified to exhibit the same to the undersigned on or before December 10, 2025, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.
This the 10 th day of September, 2025.

Patricia Chadwick, Ancillary Administrator
c/o Howard Stallings Law Firm
PO Box 12347
Raleigh, NC 27605

NOTICE TO CREDITORS

All persons, firms and corporations having claims against the Estate of MICHAEL EDWARD NORTH, Deceased, of Pamlico County, N.C., are notified to present the same to the Personal Representative listed below on or before December 10, 2025, or this Notice will be pleaded

in bar of recovery. All debtors of the said Estate are asked to make immediate payment. This 10th day of September, 2025.

TARA KATHLEEN HOWARD
Executor
c/o GREGORY T. PEACOCK
Ward and Smith, P.A.
Attorneys at Law
Post Office Box 867
New Bern, NC 28563-0867

NOTICE TO CREDITORS
Estate of Nettie Melvin
File No. 25E001092-680

All persons, firms, and corporations having claims against Nettie Melvin, deceased, of Pamlico County, North Carolina, are notified to exhibit the same to the undersigned on or before December 10, 2025, or this notice will be pleaded in bar of recovery. Debtors of the decedent are asked to make immediate payment.
This the 10 th day of September, 2025.

Christopher Melvin, Executor
c/o Howard Stallings Law Firm
PO Box 12347

Raleigh, NC 27605

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
RONALD DOUGLAS HARDISON
File No.: 25E001139-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BEVERLY H. GUIMBAL, ADMINISTRATOR CTA on or before DECEMBER 9TH, 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 10th OF SEPTEMBER 2025

ESTATE OF RONDALD DOUGLAS HARDISON
C/O BEVERLY H. GUIMBAL
159 PRESCOTT RD
NEW BERN, NC 28560

Publish SEPTEMBER 10, 17, 24, AND OCTOBER 1, 2025.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
GANTLEY H. HUHN, JR.
File No.: 25E001154-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LARS K. FORSBERG, ADMINISTRATOR CTA on or before DECEMBER 10TH, 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 17th OF SEPTEMBER 2025

ESTATE OF GANTLEY H. HUHN, JR.
C/O LARS K. FORSBERG
1250 CORTEZ AVE
BILLINGS, MT 59105

Publish SEPTEMBER 17, 24, AND OCTOBER 1,8, 2025.

REPORTS

INCIDENTS

Sept. 11, Main St., Bayboro, failure to appear driving while license revoked not impaired revoked
Sept. 11, Main St., Bayboro, fail to register sex offender (2)
Sept. 11, Waterview Dr., New Bern, second degree trespass
Sept. 11, NC Hwy 306 S., Grantsboro, simple assault
Sept. 12, Leaf Lane, New Bern, assault with a deadly weapon, possession of marijuana paraphernalia, failure to appear communicating threats, failure to appear felony larceny, failure to appear felony possession methamphetamine (2), failure to appear misdemeanor aid and abet
Sept. 12, Main St., Bayboro, warrant for arrest fail returned hired MV > \$4,000
Sept. 12, School House Rd., Stonewall, warrant for arrest dangerous animal ordinance
Sept. 12, N. Third St., Bayboro, warrant for arrest fail to register sex offender (2)
Sept. 12, Lesters Pond, Grantsboro, warrant for arrest harassing phone calls
Sept. 13, Old Bay River Rd., Alliance, simple assault
Sept. 13, Water St., Bayboro, assault on a female by male at least 18 years of age
Sept. 13, Orchard Creek Rd., Oriental, all other offenses
Sept. 13, Main St., Bayboro, found property
Sept. 13, Hope Lane, Bayboro, injury to personal property
Sept. 14, NC Hwy 55, Grantsboro, simple assault
Sept. 14, Keel Rd., Grantsboro, warrant for arrest assault on a female
Sept. 14, Country Club Dr., Minnesott Beach, all other larceny
Sept. 14, NC Hwy 55, Alliance, second degree trespass
Sept. 14, Neals Creek Rd., Bayboro, assault on a female by male at least 18 years of age

Sept. 14, South Ave., Oriental, larceny
Sept. 15, Midyette St., Oriental, missing tag
Sept. 16, Florence Rd., Merritt, MVC patrol vehicle vs. deer
Sept. 17, Anderson Dr., Bayboro, larceny of property or goods <= \$1,000
Sept. 17, Main St., Bayboro, failure to appear driving while license revoked not impaired revoked
Sept. 18, Water St., Bayboro, order for arrest assault on a female

INSPECTIONS

Aug. 11, Charles Kerley, Arapahoe, plumbing, \$50; John Williams, Oriental, build, \$80.72; Art St. Armand, Orientla, mechanical, \$100; Anita Harrison, Arapahoe, mechanical, \$100; Fran Beatty, Oriental, build, \$100
Aug. 12, Whitford Farms, Grantsboro, electrical, \$200; Chad Ackner, Bayboro, re-activate, \$200; Pamlico County, Bayboro, mechanical, \$100; Hoard Garfinkel, Oriental, mechanical, \$100; Sherwood Cantine, Grantsboro, mechanical, \$100; Pamlico County Rescue Squad, Bayboro, electrical, \$150
Aug. 13, John Audilet, Oriental, garage, \$609
Aug. 14, Brown Pelican Con., Oriental, new, \$1,177.44; Brown Pelican Con., Oriental, new, \$1,177.44; Brown Pelican Con., Oriental, new, \$1,169.40; Brown Pelican Con., Oriental, new, \$1,169.40; Brown Pelican Con., Oriental, new, \$1,161.67; Broad Creek Christian Church, New Bern, demo, \$0; Pyro, Arapahoe, fire-works, \$100; Pyro, Arapahoe, fire-works, \$100; Jaime Nixon, Oriental, new, \$1,628.78; Debbie Arnold, Grantsboro, addition, \$580.80
Aug. 15, Pamlico Rescue Squad, Bayboro, mechanical, \$150; Noah Willis, Oriental, deck, \$92.24; Lisa Sicklingler, Grantsboro, electrical, \$150
Aug. 19, Brandon Bennett, Arapahoe, gas, \$50; David Gahagen, New Bern, repair, \$50;

Robert Bero, New Bern, mechanical, \$100; Henry Lynn, Merritt, mechanical, \$100; Thomas Cook, Oriental, electrical, \$100; Clay Caroon, Oriental, electrical, \$50
Aug. 20, Brian Schulman, Merritt, new, \$485; Nelle Murphy, Oriental, build, \$78.80; Maher Construction, Grantsboro, build, \$682.28; Maher Construction, Grantsboro, build, \$682.28

PROPERTY TRANSFERS

Aug. 11, Pirate Bay Piers Boat Slip 8 PCA 18-5, PIN I081-10-30-8 from Salvatore M. Incardona, Suzanne Incardona to David Hetzingler, \$20
Aug. 11, Days Landing Lot: 4 MB 12/45 Substitute Trustee's Deed' DT 688/188 from Albertelli Law Partners North Carolina, P.A./ TR, Laurie Bingham to Robert Vardanega, \$375
Aug. 11, Fairwinds Lot: 9, PCA 104-2; Map Attached; Easement DB 506/180, PIN I092-14-9; Map Attached from Anne W. Brill to David Link, Marianne Link, \$1,064
Aug. 12, PIN J082-467; Lot 74 John & Edward Bond; Map DB 141/274 from Kathryn M. Anderson, Kathryn M. Anderson/EXR, Sally Simpson Midyette/EST, Scott Anderson, Lucy M. Hobgood, Charles Hobgood, George P. Midyette, III, Gail Midyette to Jean-Francois Manchec, Yaroslava Yingling, 4360
Aug 12, Foxwood at Pinedale Section Two Lot: 64 PCA 27-9, PIN D061-110-64 from Hamilton D. Moore, Jr. to Easy Day Rei, LLC, \$195
Aug. 13, 0.89 AC W/S Olympia Rd (NCSR 1126) PCB 20-15 from Dorothy J. Wayne to Amanda Marie Rich, \$0
Aug. 13, Caraway Cove Lot: 7 Log Cabin Rd Arapahoe PCA 164-11, PIN E09-17-7 from John C. Morton, Kim L. Morton to Freedom Property Company, LLC, \$200
Aug. 13, Caraway Cove Lot: 8 Log Cabin Rd Arapahoe PCA 164-11, PIN E09-17-8 from John C. Morton, Kim L. Morton to Freedom Property Company, LLC, \$430

Aug. 13, PIN I091-38; Maps Attached; Timber Deed from Robert H. Gryb, Rene T. Gryb, Rene Thompson Gryb, Elizabeth G. Antry, Arnold E. Angry, Elise G. Clippinger, Mark Clippinger, Tamarack Timberco NC LLC to Tamarack Timberco NC LLC, \$0
Aug. 13, One Tract SW/S Camp Creek Oriental; Map DB 495/500 from Donna Ricci to Mary Carlson, Beth Morgan, \$650
Aug. 13, Caraway Cove Lot: 7 Log Cabin Rd Arapahoe PCA 164-11, Caraway Cove Lot: 8 Log Cabin Rd Arapahoe PCA 164-11 from Freedom Property Company LLC, Freedom Property Company to Richard J. Girard, Jr., Jennifer B. Girard, \$718
Aug. 14, Cabin Creek Section Four Amendment Two Lot: 27 PCA 174-14, PIN L07-31-27 from Brian Glenn to Melissa M. Koleszarik, John F. Koleszarik, Jr., \$506
Aug. 15, 0.70 AC Tract Map DB 649/933 from Wayne D. Clark, Robin A. Clark to Bradley Andrew May, \$1,100
Aug. 15, Sea Vista Oriental Heights Block: A Lot: 4, MB 4/100; Map DB 452/509 from Michael Dean Daniels to Robin A. Clark, Wayne D. Clark, \$950
Aug. 15, Indian Bluff Lot: 20 Section I Wilson Circle Arapahoe MB 8/15 from Secretary of Veterans Affairs to Seth Monroe Furr, \$0
Aug. 15, PIN L08-15; One Tract S/S Silverthorne Rd from Pam Slade/TR, Pam T. Slade, Pamela Townsend Slade, Danielle Ruby Slade, Danielle Ruby Slade Trust to Silverthorne Holdings, LLC, \$11
Aug. 15, Davenport Landing Lot: 5 PCA 113-6 from John M. Re, Pam A. Richter-Re, Pam A. Richter Re, Pam A. Richter Re to Charles Trenoweth, Linda Trenoweth, \$120
Aug. 15, PIN: I061-52 & I061-52-1 (PORTION); 1 Tract Portion Lot 2 James M. Edwards Prop PCA 17-6 from Michael Wayne Cooley, Michael W. Cooley, Michelle Cooley to Joshua Glenn Eborn, Kimberly Nicole Dunigan, \$349

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AROUND THE COUNTY

Pamlico Betty Jo Rodgers, Correspondent



I have been enjoying the cooler weather. The soy beans on the farm are brown and ready to be harvested. We have been seeing three deer of various sizes on the farm recently. One was brave enough to be standing right outside our garage door. The squirrels in our yard are busy gathering hickory nuts from the two hickory trees outside our living room windows. Roy enjoys watching them scurry about as much as he enjoys seeing the humming birds at his feeder. Today is the first day of autumn. My sister Amy Sue Gwaltney Hope was born on the first day of fall, so I always think of her at this time of year. Speaking of Amy Sue, she was mentioned last week by Hiram Lupton in that wonderful article about our mother, Annis Lupton Gwaltney. I would like to mention that she passed away in 2014, so she was instrumental in the first Wit's End sign. But Mildred and I recently bought the replacement sign that is proudly displayed on Hodges Street in Oriental now. Pamlico Methodist Church is planning for their homecoming on October 5, 2025 at 10:00 am. They are encouraging anyone who has ever attended to come and celebrate with them. They are also working on a cookbook with recipes from former as well as present members of the church. I sent them some of my mother's recipes as well as some of mine. Mother attended there when she

lived in Pamlico as a young child, and I also attended as a young child. The high school has been busy in competition and our JROTC came home with a first place trophy in orienteering this past week. Congratulations, we are so proud of how you represent Pamlico County. The Stonewall Young Adult Class and their friends gathered at Cracker Barrel in Greenville for supper on Sunday night before they attended the awesome production of Noah at the IMAX theatre. Stonewall Methodist Church crochet class meets on Tuesdays at 9:30 am. Bible Study is Wednesdays at 6:30 pm followed by choir practice at 7:30 pm. On Thursday evening at 6:30 pm Stonewall will have its monthly fellowship covered dish supper. Everyone is welcome. You do not have to be a member to come enjoy the fellowship at any of these events. Celebrating birthdays in September are Sue Sanders (9/27), Donna Gordon and Fay Bond (9/29), and Tim Carey and Reid Carey (9/30). Ms. Fay Bond will turn 102 on her birthday, and there will be a special celebration for her at the waterfront. Celebrating anniversaries during September are Chris & Maria Machle (9/27). Have a blessed week. Jittery? Take Spiritual Vitamin J. "Jesus Christ the same yesterday, and today, and forever." (Hebrews 13:8)

Grantsboro Jeff Roberts, Correspondent



Good morning, good afternoon, and good evening. I hope that all of you are doing well and have had a great week enjoying this beautiful weather. Looks like the leaves are beginning to change and start to fall. The mornings are a little cooler which I absolutely love. This time of the year weather is definitely my favorite. Seems like you can enjoy doing most anything outside. Church homecomings should be starting very soon, if I know of any I will surely have them here. Sunday mornings are usually when I get out and take photographs and watch the sun rise. When I ride by Rock of Zion in the early mornings or late evenings I always tell myself that I need to take a picture. The lighting and the flags out front always look beautiful. Well in the early morning hours on Sunday I was able to capture that photo, there was even a great backdrop of stars shining bright. The dipper (not sure which one) was directly over the church like God was pouring out a dipper of love and compassion into the church. This Friday and Saturday Pamlico County Training-Pamlico Central School Alumni will be hosting their Founder's Day from 6-9; on Friday they will have their meet and greet at the Middle School, and on Saturday they will host a tour from 10am to 12pm. From 12-3 will be the luncheon and business meeting. The cost is \$50 per person. This is a great opportunity to learn more. The PCHA will have their schooling

show on Saturday starting at 9 am in Arapahoe. I know the event I am waiting for is the annual Heritage Festival, I always love attending this event and the history and people that it brings. That event will be held on Oct. 18, all of us should plan or try to attend.



Until next week I leave you with this photo.

Whortonsville Reba Tiller, Correspondent



Last week I wrote a very negative column but I am going to try to be more positive this week. I am about to shake this cold and sore throat that hung on and the folks that I was checking on in Duke and Rehab are doing better so things are looking up! Church attendance almost doubled today from last week so that was good. We had Communion today and I was able to play for church. I am watching Remembering Charlie Kirk this afternoon and what a wonderful young man he was! I do feel for the family of the young man that shot him because he will probably be in prison the rest of his life. Thousands came from all over the world to

be here for really it was the largest church meeting I have ever seen with Gospel Music, Ministers, people that worked with Charlie, the President and the V.P. and people from all denominations. His wife Erika Kirk was the main speaker and I don't know how she kept herself so composed although she did break down occasionally. His legacy will not die because his wife will continue the work that he did so well with the help from all the people around the world who believe in America and freedom. THOUGHT FOR THE WEEK—PRAY FOR CHARLIE'S WIFE AND TWO CHILDREN AND FOR ALL THE YOUNG MEN HE WANTED TO HELP!

Aurora Joy McCracken, Correspondent



We are shocked and deeply saddened over our loss of Mayor Clif Williams. He was a true champion of the town and its revitalization and I hope his unfinished projects see their conclusion. Sheriff Hammonds is proud to announce the appointment of a new employee with the Beaufort County Sheriff's Office. Omarion Smith will be attending the upcoming 2025 Fall Basic Law Enforcement Training Academy at Beaufort County Community College as a Cadet with the Beaufort County Sheriff's Office. He is one of my former students and we can't be prouder. This cooler weather has me wanting to putter around in the garage while listening to old episodes of Car Talk. Did some good visiting around the Township on Saturday: Phoenix Farms, Sandhill 'Ol Country Farmer's Market, Dollar General and Frank & Shirley's. There seemed to be a pall everywhere I went over the Mayor's passing. And I think the continuing unrest throughout the country is not helping. Knocking on wood, but it seems the storm season isn't going to amount to much. The current one in the Atlantic looks to be another fish storm. 36 years ago we experienced Hugo in Charleston. Our house and yard flooded but it didn't get high enough to affect the house; kind of like Irene here. We didn't have power for two weeks on John's Island. I was in the process of using a prima stove which I didn't prep correctly and had to pitch it out the front door as it malfunctioned only to hear gunshots, car horns and shouting that the power had finally come back on in the neighborhood.



(Photo credit to BCSO)



Notice of Public Hearing
2025 CDBG-Neighborhood Revitalization Application
Pamlico County

On October 6, 2025, at 7:00 PM in the Patsy H. Sadler Room on the second floor of the Pamlico County Courthouse, located at 202 Main Street, Bayboro, the Pamlico County Board of Commissioners will conduct a public hearing to receive final public input on an application for CDBG-Neighborhood Revitalization (CDBG-NR) funding prior to submission of application. Pamlico County intends to apply for up to \$950,000. The program will focus on rehabilitation / reconstruction of owner-occupied, low-moderate income housing and improvements at the Pamlico County Senior Center located at 800 Main Street in Alliance. The proposed program will not involuntarily displace any individuals as a result of the program. The public is invited to provide comments. Pamlico County will respond to all written comments within 10 calendar days. Pamlico County encourages comments and will make good faith efforts to involve historically underutilized businesses, veteran owned businesses and Section 3 individuals and businesses in execution of the program.

Persons with disabilities or who otherwise need assistance should contact the person listed below at least one day in advance of the hearing. Accommodation will be made for all who request assistance with participating in the public hearing. This information is available in Spanish or any other language upon request. Please contact the individual listed below to accommodate this request. Esta información está disponible en español o en cualquier otro idioma a petición. Póngase en contacto con el individuo enumerado a continuación para dar cabida a esta solicitud.

Sara Deskar, Grants Administrator
Pamlico County
302 Main Street
Bayboro, NC 28515
(252) 675-5880Phone: (252) 753-2139

NOTICE OF PUBLIC HEARING

Notice is hereby given that on Monday, October 20, 2025, a public hearing, as required by N.C.G.S. 105-317, will be held by the Board of Commissioners of the County of Pamlico, North Carolina (the "Board") regarding the proposed adoption of uniform schedules of values, standards, and rules (the "schedules") to be used in appraising real property for property tax purposes as of January 1, 2026. The hearing will commence at 7:00 p.m., or as soon thereafter as the matter can be heard, and will be held in the Commissioners' Meeting Room, 202 Main Street, Second Floor, Bayboro, NC 28515.

The schedules were submitted to the Board at its regularly scheduled meeting on September 15, 2025. A complete copy of the schedules is available for public inspection at the office of the Pamlico County Tax Administrator, 202 Main Street, First Floor, Bayboro, NC 28515. A complete copy of the schedules is also available online at the Pamlico County website, www.pamlicocounty.org, under the "Proposed 2026 Schedules of Values" portion of the Tax Administration section.

The hearing will provide a reasonable opportunity to be heard for persons wishing to express their views on the proposed adoption of the schedules. Prior to any regular meeting of the Board or during normal business hours, citizens may submit written comments by addressing them to: Board of Commissioners of Pamlico County, c/o Tracy Boyd, Clerk to the Board, PO Box 776, Bayboro, NC 28515. Citizens who wish to speak must sign up in the Commissioners' Meeting Room prior to the meeting.

COUNTY OF PAMLICO, NORTH CAROLINA

Tracy Boyd, Clerk to the Board

Dated: September 15, 2025

Hospice of Pamlico Co., Inc.
seeks part-time bookkeeper.

About Us:
Hospice of Pamlico Co., Inc. is a mission-driven nonprofit organization dedicated to providing the highest quality end-of-life care and support to our patients and their families. We provide Hospice Care, Bereavement Counseling and Community Education.

We are seeking a detail-oriented and trustworthy Bookkeeper to join our passionate team and help ensure our financial operations run smoothly and transparently. This is a part-time position, requiring two days per week. Compensation will be commensurate with experience.

Key Responsibilities:

- Maintain accurate records of financial transactions using bookkeeping software
- Manage accounts payable and receivable
- Reconcile bank statements and prepare monthly financial reports
- Assist with budget tracking reporting
- Ensure compliance with nonprofit accounting standards
- Collaborate with staff to track expenses and allocate funds appropriately
- Prepare documentation for board and independent CPA reviews

Qualifications:

- Proven experience in bookkeeping or accounting
- Proficiency in QuickBooks or similar accounting software
- Excellent attention to detail and organizational skills
- Ability to work independently and maintain confidentiality

Why Join Us?

- Make a meaningful impact in your community
- Supportive team environment
- Be part of a mission that matters

To Apply:
Please email your resume and a brief cover letter to info@hospiceofpamlico.com.

PAWS OFF! *Keep your pets safe from electrical dangers.*

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

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AI Seminar Draws Area Non-profit Representatives



Over 40 nonprofit stakeholders attended a free seminar, “AI in Grant Writing,” on September 17th at the Pamlico County Library.

September 18, 2025: Grantsboro, NC...Forty nonprofits representatives attended a free, in-person seminar, “AI for Grant Writing” on Wednesday, September 17th from 9am-11am at the Pamlico County Library. Artificial Intelligence (AI) specialist, Dr. Justin Rose from Beaufort County Community College, provided guidance for on optimizing AI tools for the grant application process as well as administrative tasks.

Attendees learned about a customized grant writing GPT and the various applications of AI tools; in addition, the instructor gathered real-time input from the participants to demonstrate how specific challenges can be addressed using AI.

Small Business Center Director, Katie Shorter, emphasized the importance of utilizing AI in both the small business and non-profit sectors, “Optimization of efficiency and effectiveness in operations is imperative to the success of our small businesses and non-profits in Pamlico County.” She adds, “We need to remain current



Instructor Dr. Rose explains to Pamlico County non-profits how AI tools can streamline the grant preparation and writing process.

with emerging technology tools in order to remain competitive; it was exciting to see the positive impact that this seminar had on the attendees.”

For more information about free seminars offered at the Pamlico Small Business Center visit www.PamlicoSBC.com or email Pamlico Community College’s Small Business Center Director at kshorter@pamlicocc.edu



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Household Hazardous Waste Collection

Saturday was a great time to clean out that garage and shed yourself of Household Hazardous Waste (HHW) as the Coastal Environmental Partnership in conjunction with Pamlico County set up a collection site behind the Courthouse in Bayboro. They were taking paint, automotive fluids, pesticides, batteries, and household cooking oils.

FROZEN FOOD

Frozen foods can be convenient ingredients to use in everyday cooking. Frozen food also is an affordable way to get the daily recommendations of vegetables and fruits a person needs in their diets. There is a prevailing myth that frozen produce is perhaps less healthy than fresh counterparts. The Academy of Nutrition and Dietetics says this is simply not the case. Generally speaking, frozen foods will retain all of their vitamins and minerals during the blast freezing process. Also, freezing will not change the carbohydrate, protein or fat content. In fact, in some cases, frozen foods have more vitamins and minerals compared to fresh produce because the latter lose minerals and vitamins over time. Freezing will lock a food item in time, thus ensuring the food retains its nutritional value at the peak of freshness. Keep in mind that it's best to choose frozen produce that has not been modified by added salts, fats or sugars for the most healthy options.

END OF SEASON

HUGE SALE

September 27th
9:00 – 2:00

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The Jeff Little Trio: Appalachian Soul on the Keys at the Ol’ Front Porch Music Festival

Hailing from the Blue Ridge Mountains of Boone, North Carolina, the Jeff Little Trio brings a vibrant fusion of Appalachian roots, bluegrass, and Americana to the Ol’ Front Porch Music Festival in Oriental, NC, where they’ll perform on October 3, 2025, at 3 p.m. on the Riverfront Stage. Led by piano virtuoso Jeff Little, the trio’s distinctive sound—blending traditional mountain music with a high-energy, piano-driven twist—has captivated audiences from the Smithsonian Institution to the National Folk Festival.

Jeff Little grew up steeped in the rich musical heritage of Appalachia, learning from local legends like Doc Watson and absorbing the flat-picked guitar traditions of the region. His innovative approach translates these influences into a two-handed piano style that’s both unconventional and deeply rooted, earning him acclaim as a bluegrass piano trailblazer. Joined by guitarist Steve Lewis, a National Banjo Champion, and bassist Josh Scott, whose rock-solid rhythms anchor the trio, they deliver performances that range from rollicking reels to soulful ballads, all infused with a modern edge.



The trio’s discography, including albums like *Swinging on the Gate* and *Jeff Little Live*, showcases their ability to weave traditional tunes with original compositions, often highlighting Little’s knack for making the piano sing like a fiddle or ring like a banjo. Their live shows are a masterclass in musical storytelling, blending technical prowess with heartfelt nods to their mountain roots. Having performed at festivals across the country, from North Carolina to Colorado, the trio is a festival favorite known for drawing crowds with their infectious energy.

The Ol’ Front Porch Music Festival, now in its 11th year, is free to the public, thanks to generous sponsors and donors. The event runs Friday, October 3, from 1 p.m. to 6:30 p.m., and Saturday, October 4, from 11 a.m. to 6:30 p.m., featuring a diverse lineup of over 30 acts. Attendees can also enjoy local artisans, crafts, and food vendors, making it a full weekend of music and community spirit. For more details on the festival, visit olfrontporch.org.

DID YOU KNOW?

The popularity of vegan diets is on the rise as people increasingly turn to plant-based eating. According to Soylent, a soy-based meal replacement beverage company, the number of vegans exceeded 9.7 million in the United States in 2019. Projections estimate that by 2040, only 40 percent of the global population will continue to eat meat. The online resources Made in Canada reports that, in 2020, 4.6 percent of Canadians were vegan. Between 2017 and 2021, the compound annual growth rate for plant-based ready meal sales in Canada was 441.8 percent advises the site.



Health Department Holds Rabies Clinic

by: Hiram Lupton



There was a great opportunity to protect pets and hunting dogs from the dreaded disease of Rabies as the Animal Services Division of the Pamlico County Health Department held their fall Rabies Clinic last Saturday. They were assisted by Dr. Jason Rose of Coastal Pet Clinic and 126 rabies vaccinations were administered. Microchipping was also available and 26 animals received those. Great job by all who helped out.

*I’m calling out for tomorrow.
I don’t have enough brain cells
to show up...*





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OCT. 2025

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JONATHAN BURGER

Jonathan Burger creates art in a variety of mediums, including metal, wood, concrete, and paint. He alternates his studio time between conceptual work and functional pieces, and takes a variety of commissions from public and private entities. Much of his conceptual works focus of concepts from metaphysics and epistemology, examining aspects of human thought about itself.

Outside of studio time Jonathan works as the Executive Director for Craven Arts Council & Gallery, and teaches classes in woodworking and welding for Shop Class New Bern.

along with **Featured Member Artists**



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KEN MOORE

Ken Moore enjoys painting landscapes and seascapes; however, he can and will adapt his artwork to any images he finds pleasing. In 2016 he moved from southern New England to the coast of North Carolina and as a result, focuses his paintings on his experiences of this new location.



Jonathan Burger

Please join us for an
opening reception
for the artists at the gallery

2-5 p.m.
Sat., Oct. 4

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broadstrokesgallery.weebly.com



Ken Moore

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NC State Names Pamlico County Resident a Transformational Scholar

Diana Harper, a 2025 graduate of Pamlico County High School, is among the 14 students from Eastern North Carolina who has been selected to join the fourth cohort of the NC State College of Education's Transformational Scholarships Program:

The Transformational Scholarships Program—made possible due to a generous charitable grant from the Anonymous Trust—provides scholarships of a minimum of \$40,000 over four years to promising high school students from Eastern North Carolina who will return to the region to teach after graduating from NC State's College of Education.

"I was inspired to become an educator because of my love for education and children," said Harper, a middle grades mathematics education major.

The fourth cohort of Transformational Scholars represents nine counties from Eastern North Carolina and comprises eight elementary education majors, two mathematics education majors, two middle grades English language arts and social studies education majors, one technology, engineering, and design education major and one science education major:

- Katie Del Key, Brunswick County
- Chris DeSousa, Craven County
- Jayleigh Locklear, Cumberland County
- McKenna Branch, Edgecombe County
- Lindsey Cliser, Martin County
- Elizabeth Cowen, Onslow County
- Carly Kincaid, Onslow County
- Emmy Taylor, Onslow County
- Diana Harper, Pamlico County
- Chloe Hammonds, Robeson County
- Alondra Acosta, Sampson County
- Daniel Aguilar, Sampson County
- Heily Avila Ponce, Sampson County
- Brianna Jackson, Sampson County

"Each of these future educators carries a deep connection to Eastern North Carolina. Their commitment to return home to teach in the communities that helped shape them will make a lasting difference for local students," said Allison Mitchell,



the NC State College of Education's assistant dean for student success. "We are excited and proud to have them in our incoming class."

Transformational Scholars receive a minimum of \$10,000 per year in scholarship support for up to four years, with additional financial support available to those with greater need to make sure that all their financial need, as determined by the FAFSA, is met. In addition, scholars have access to funds that support professional development, such as study abroad and conference participation.

During their time in the College of Education, they engage in field experiences, summer work, student teaching and other activities that equip them to return to Eastern North Carolina to work as teachers after completing their undergraduate degree. They also receive direct mentoring from College of Education faculty and education leaders living and working in Eastern North Carolina, including graduates of NC State's Educational Leadership Academies (NELA), and develop lifelong relationships with other members in their cohort.

How families can prepare for fall sports season



Fall is an exciting time of year for student-athletes. After a summertime break from scholastic sports, athletes return to com-

petition in the fall.

Whether athletes are playing football, soccer, cross country, tennis, or any of the myriad additional sports that start up again in the fall, preparation is vital to making the most of a season. As seasons get set to begin, families can keep the following tips in mind to ensure student-athletes start off on the right foot.

- Establish a routine early on. Parents know it's no small feat getting students back in the school year swing of things after summer vacation, and it can be just as challenging for student-athletes to get back on track on the playing fields. Families can start their school year routines over the final weeks of summer vacation to ensure student-athletes don't miss a beat once the season begins. Children who tend to stay up past their bedtimes over the summer can start going to bed earlier so their bodies are well-rested when classes resume and practices and games start. In addition to going to bed earlier, children can start waking up earlier, ultimately waking up at the same time they will during the school year over the last several days of summer vacation.

- Focus on conditioning as summer winds down. Parents and student-athletes can contact coaches as summer winds down for advice on how to improve their conditioning as fall sports season inches closer. Proper conditioning is a building block of athletic success that builds endurance and reduces injury risk. Conditioning also can help student-athletes fulfill their athletic dreams.

ic potential. Conditioning need not be restricted to indoor activities, either. Summer-friendly activities like swimming, cycling and hiking can be great for conditioning and won't require student-athletes to spend the final days of summer indoors on a treadmill or exercise bike.

- Get back to basics. Student-athletes competing at the varsity level may have been playing their sports for years by the time the new school year begins, but a return to the basics in advance of a new season can help to acclimate their bodies and get their minds ready for the coming season. Light engagement in basic drills is a safe and slow method to getting bodies back in shape. Student-athletes can participate in local clinics over the summer, even serving as instructors if the opportunity arises. Participation in clinics provides a good way to sharpen skills as summer winds down and a new season is about to begin.

• Fine tune student-athletes' diets. Summer is not always synonymous with healthy eating, as backyard barbecues and visits to the local ice cream parlor can tempt anyone, including student-athletes, to eat less nutritious foods. Nemours® KidsHealth® notes that athletic children and teenagers need calcium-rich foods to build strong bones, iron to help deliver oxygen throughout their bodies, protein to facilitate the building and repairing of muscles, and carbohydrates to provide much-needed energy. As fall sports season approaches, parents can aim to meet each of these needs throughout the day and limit access to less healthy fare that tends to be readily available throughout the summer.

As fall sports season kicks off, student-athletes and their families can focus on preparing for competition and doing the little things that help youngsters fulfill their athletic potential.

FRED A. ANDERSON ELEMENTARY SCHOOL

**New Instruments Strike a Chord at
Fred Anderson Elementary**

Thanks to a generous grant from the Pamlico County Education Foundation, Fred Anderson Elementary “All Stars” are making more music than ever. With these funds, music teacher Dawn Wilson added two soprano xylophones, two alto xylophones, six hand drums, a djembe, extra mallets, and two activity resource books to the program. These instruments open the door for students to create to fully explore until now.



All Fred Anderson students learn a range of unpitched percussion (tambourines, bells, shakers, drums, triangles, and more) as well as pitched instruments such as recorders and ukuleles. The new xylophones will help students meet state music objectives by composing individual melodies, building harmonies, and collaborating in small ensembles to layer multiple sound sources—turning the music room into a hands-on, creative lab.

The after-school Instrumental Ensemble is especially excited to showcase the new instruments during their first performance of the year at Title I Night on Wednesday, October 9, at 5:30 p.m. at Fred Anderson Elementary. The public is warmly invited to attend and celebrate our students' hard work and growing musicianship.

To ensure students can play with proper posture and keep instruments safe, the program is still seeking a few items: specially designed carts that place the xylophones at the correct height and roll securely into position. At present, many students must sit on the floor to play, and the instruments weigh between 10 and 35 pounds. Community support will help protect our investment and keep music making safe and accessible for all.

If you'd like to contribute or learn more, please contact Dawn Wilson (music teacher) or Erin Daniels (Bookkeeper) at Fred Anderson Elementary. And if you're planning a community event, consider inviting our talented All Stars to perform—our students love sharing their music beyond the school walls, and we'd be honored to bring the joy of live music to gatherings across Pamlico County.



**“Respect your parents.
They passed school
without Google.”**
– Anonymous



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COASTAL LIVING

Building the Future Fishing Tournament

by: Hiram Lupton

It was a beautiful day for fishing last Saturday especially if you were fishing for a great cause at Pamlico Christian Academy's Building the Future Fishing Tournament held at the Vandemere Town Park. This is the Second year of the event and there were fifteen boats entered with cash and prizes for the largest Drum (Redfish) in Pro and Family Divisions as well as a special youth award for largest pinfish. All the funds raised were going to a great cause, the Pamlico Christian Academy capital building fund. "We couldn't have done this without our many awesome sponsors," said event organizer Randall Nelson. "They, and our team of volunteers are who made it all possible." Those sponsors include, The Grove and Vine Events Center, Hobucken Game Calls, Custom Marine Fabrication, Z-Man, Inshore Bite Fishing Charters, Pro-Cure Bait Scents, River's Edge Campground, Carolina Bay Outfitters, FINS Braids, and Rose and Rose DDS.



Kids Division winner (largest pinfish) Joel Henthorne



Family Division Winner Team Mayo - Morgan Sullivan, Preston Mayo, Darrin Mayo



Family Division Runner-up Powell Family – Bryan Powell, Nathaniel Jenkins, Kailey Powell



Pro Division Winner (2-man team) Daniel Beaute & Graham Hall

Coastal Counties Fisheries Coalition

by: Hiram Lupton

A photograph showing a group of approximately 15-20 people seated around a large, U-shaped conference table in a meeting room. The room has large windows in the background, and the table is covered with a white cloth. The participants are engaged in discussion, with some looking towards the center of the table and others looking towards the windows. The room has a modern, professional appearance with dark wood paneling and large windows.

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Save Lives, Quicker Collaboration with Pamlico Rescue, Serve your Local Community

We Need Your Help! Will You Help Us Help Your Neighbor?

Florence-Whortonsville Volunteer Fire Department, Station 25, serves a growing, largely retired and aging population many with limited access to advanced care; and medical staff shortages are on the rise. We are reaching out to ask for a pledge of support to help equip our EMS First Responders with a critical piece of lifesaving equipment.

We believe it is important to improve our level of care to you with a LifePak® 15 respiratory/cardiac monitor/defibrillator. This monitor/defibrillator is \$45,000. We have a plan to raise \$30,000 but need your help in raising the final \$15,000.

Would you consider pledging to help us reach our goal? You matter!! Timing is everything, and the time is now. We must have commitments for the \$15,000 in order to secure the \$30,000. With your tax-deductible investment, we can ensure that our EMS First Responders have the tools they require for a higher level of care increasing a patient's chances of survival during the initial critical minutes of the emergency.

- The LifePak®15 will:**
- Improve survival by early detection and treatment of cardiac and respiratory emergencies
 - Provide pre-arrival patient data to the Rescue Squad, enhancing continuity of care
 - Strengthen EMS mutual aid to surrounding communities

Our partners at Pamlico Rescue Squad and Oriental Station19 Volunteer Fire Department have expressed full support, noting that this equipment will increase the scope of our service to you.

With your tax-deductible pledge, you will help ensure that our EMS volunteers have tools to save lives, facilitate quicker collaboration with Pamlico Rescue, and serve all residents and visitors with the highest standard of care.


About Florence-Whortonsville Volunteer Fire Department (FWVFD): We are 501(c) (4) tax exempt status, founded in 1979, and is a rural, all-volunteer department serving Florence, Whortonsville, Merritt and Pamlico County.

Our 22 trained members respond to fires, natural disasters, accidents, search and rescue operations, and medical emergencies. In many situations, particularly after hurricanes, we are the first and only line of emergency response.

Please contact Chief Gary Mitchelson, FWVFD call or text (252) 349-0030, or email: pamstation25@gmail.com to make a pledge of support or for more information. We will contact you later this year for payment of your pledge.

Thank you for your consideration and commitment to improving emergency healthcare.
Submitted by: Gary Mitchelson, Chief, FWVFD

Above all, do not lose your desire to walk: Every day I walk myself into a state of wellbeing and walk away from every illness; I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it."
– S. Kierkegaard




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Signs of sports injury in young athletes



Youth sports attract scores of participants each year. The National Council of Youth Sports estimates that around 60 million children are registered to play youth sports in the United States. Solutions Research Group Consultants estimates that more than four million Canadian youths participate in one or more organized sports and activities.

The benefits to sports play are numerous, but the advantages to being active and competitive should not overshadow the need to be safe during sports play. According to the Centers for Disease Control and Prevention, nearly 2.7 million young people are treated in the emergency room every year for sports-related injuries.

Parents, coaches and other adults working and volunteering in youth sports must learn to recognize signs that a player has become injured and address those injuries as soon as possible. It can be hard to spot certain sports injuries. The following are some sports injuries and their symptoms.

- **ACL tears:** Anterior cruciate ligament injuries occur when the ligament connecting the thigh bone and the shin bone tears after an athlete suddenly turns and changes direction, which is common in many sports. Pain is often immediate when suffering a torn ACL, and swelling can occur within several hours of being injured. The child may express that they heard or felt a pop in the knee area and are having trouble supporting their weight.
 - **Internal abdominal injuries:** Internal injuries are less common than other sports injuries, but Stanford Medicine Children's Health says some studies suggest they are on the rise. Injuries to the kidneys, spleen and liver can occur. These injuries can produce pain in the abdomen. The spleen is in the upper left side of the abdomen. The liver is in the upper right side. The kidneys are on the flanks of the body. Blood in urine may be a sign of internal abdominal injury and needs to be addressed promptly.
 - **Ankle sprain:** When the ankle twists or the foot rolls on its side, the ligaments that support the ankle joint can stretch and tear. Swelling and pain usually occur on the outside of the ankle within minutes to a few hours of the injury, depending on injury severity. Because it may be impossible to differentiate an ankle sprain from an ankle fracture without an x-ray, particularly if the pain in the ankle makes putting weight on it unlikely, a visit to an orthopedic doctor may be necessary.
 - **Broken bones:** Bone fractures often happen during collisions with other players or from falls. Sometimes a fracture is obvious, but not always. A snap or grinding sound at the time of injury often signals a fracture, says VCU Health. If there's a break in the skin and the bone is showing, or the athlete cannot bear weight or use the extremity after 15 minutes, an X-ray is likely.
 - **Concussion:** Any activity that can cause an injury to the head may lead to a concussion. A concussion is a mild traumatic brain injury that occurs when the brain is shaken or hit. It can cause temporary changes in brain function. The American Academy of Pediatrics says signs of a concussion can include an athlete who appears dazed or stunned. There may be confusion and the youth could move clumsily and answer questions slowly. An inability to recall events before or after the head trauma, or losing consciousness even briefly, are additional signs of concussion. In older children and teens, nausea, vomiting, balance problems, light sensitivity, and headache also can occur.
 - **Growth plate injuries:** Growth plates are soft cartilage at the end of bones like the arms, legs and fingers that are replaced by strong bones as children get older and stop growing. Growth plates are more susceptible to injury than the rest of the bone. A fracture may not be readily visible in a growth plate, but doctors can look for other signs. The Mayo Clinic says pain and tenderness and an inability to move the affected area or put weight or pressure on the limb are signs of a growth plate injury. It's important to note that growth plate fractures occasionally can be caused by overuse from repetitive throwing or during sports training.
- Young athletes should be encouraged to participate in sports, but adults should be mindful of common sports injuries and learn how to spot them.



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Ol' Front Porch

Music Festival

Oct. 3 & 4 - Oriental NC



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2025 Festival Schedule

Friday, October 3		Saturday, October 4	
1 p.m.	Moores Creek Bluegrass	11 a.m.	Christie Len��
1 p.m.	Down East Dulcimers	11 a.m.	Dust Parade
1 p.m.	Patrick Bliss	12 noon	Gospel Ensemble
1 p.m.	UHOOs	12 noon	Mild Goose Chase
2 p.m.	Sweet Megg: Workshop	12 noon	Mad Fiddler
2 p.m.	Mild Goose Chase	12 noon	Hoff ‘n’ Finch
2 p.m.	Mike Bramble	1 p.m.	Acisse Jay
2:30 p.m.	Pamlico Flutes	1 p.m.	Harbor Sounds
3 p.m.	Jeff Little Trio	1 p.m.	HuDost
3 p.m.	Moores Creek Bluegrass	1 p.m.	Shawn Aldridge
3:30 p.m.	Noah Jackson Cobb	2 p.m.	Gospel Ensemble
4 p.m.	Mild Goose Chase	2 p.m.	Mild Goose Chase
4 p.m.	Brant Island Strings	2 p.m.	Noah Jackson Cobb
4 p.m.	Ken Belangia & Friends	2 p.m.	Wandering Hours
4 p.m.	Summer in the City	3 p.m.	The Wildmans
5 p.m.	Sweet Megg	3 p.m.	Pamlico High School Jazz Band
6 p.m.	Jeff Little Trio	3 p.m.	TerraTones
7 p.m.	Hoff ‘n’ Finch	4 p.m.	Moores Creek Blugrass
		4 p.m.	Brant Island Strings
		4 p.m.	Mild Goose Chase
		4 p.m.	Mark Tesh
		5 p.m.	Rissi Palmer
		6:30 p.m.	Christie Len��
		7 p.m.	Mad Fiddler
		7:30 p.m.	Ken Belangia & Friends

Schedule is subject to change
Visit olfrontporch.org for latest info

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