

The Pamlico News

Wednesday, March 25, 2026

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Local Child and Family Services Agency's Kickoff National Child Abuse Prevention Month

Bayboro, North Carolina – April is National Child Abuse Prevention Month and Pamlico County Human Services, Pamlico Partnership for Children, and NC Guardian ad Litem Program District 4 continue their partnership to recognize the importance of keeping our community children safe from child abuse and neglect.

In 2024, North Carolina Department of Health and Human Services investigated approximately 112,929 reports of child abuse/neglect. Of those cases investigated, reports indicate about 18,990 were substantiated. In 2022, 1,474 children in North Carolina under the age of 17 died as a result of abuse and neglect according to the Annie E. Casey Foundation.

This is a public health issue that has long-lasting impacts for children and our community. Child abuse happens in all communities and all sections of society. To raise awareness and prevent child abuse in our community we invite all to join us for the Opening Ceremony in honor of Child Abuse Prevention and Child Advocate Appreciation Month on March 30, 2026, at 9:00am on the lawn of the Pamlico County Courthouse (202 Main St., Bayboro, NC). The rain date for this event is March 31, 2026, at 9:00am. Funnels of Love will be present and a percentage of proceeds will go towards Child Abuse Prevention.

If you suspect a child is being neglected or abused, report it to local DSS at 252-745-4086 or call 911. For more information on NC GAL, visit <http://www.volunteerforgal.org/> or call (252)639-3232. To access resources and support through the Pamlico Partnership for Children or donate to this organization please visit <https://pamlicopartnership.org> or call 252-745-7850.



SPORTS PAGE 11

An Evening with the Arts

by: Hiram Lupton

An Evening with the Arts has become an annual event celebrating and showcasing the immense talent of the students in the Pamlico County School System, and last Thursday evening that talent was on full display. Beginning at the high school cafeteria, there was an art display featuring many types of media including painting, drawing, photography, and sculptures. There was also some great percussion music and singing from the students of Fred A. Anderson Elementary School under the direction of Dawn Wilson.



Student Art Display

This was followed by poetry reading from the language arts students of Simone Collins. The evening's performances then moved to the Hatsell Auditorium, where attendees heard musical selections performed by members of the combined Pamlico County School Bands under the direction of James Durham. There were also pieces performed by individuals and small ensembles including the awesome School Jazz Band. A great night celebrating talent that is alive and well in Pamlico County Schools.



The combined Pamlico County Schools Symphonic Band



The talented musicians of Fred A. Anderson Elementary School



Poetry Reading from Ms. Collins' Language Arts Students

McLamb Signs to Play at Robeson Community College

by: Hiram Lupton

Ross McLamb, a stalwart player for the last four years for the Pamlico County High School Baseball Team, has signed to continue his athletic and academic career at the next level and will attend Robeson Community College next fall. McLamb has been a standout for the Hurricanes both in Centerfield, at the Plate, and on the Pitcher's mound. He was joined at the announcement on Friday at the high school by his mother, brothers, coaches, teammates and friends. Robeson Community College is located in Lumberton, North Carolina and are named the Diamond Eagles.



Ross McLamb 2nd from the left is flanked by his mother and his brothers along with Hurricanes Head Coach Chris Davis.

GARDENING AND MENTAL HEALTH

Gardening and strong mental health seemingly go hand-in-hand. A study published in 2018 in the journal Clinical Medicine found that exposure to plants and green space, and particularly to gardening, is beneficial to both physical and mental health. Penn State Extension says working with the soil and plants can help relax the mind and have a grounding effect on the gardener, as gardening can help to reduce stress, anxiety and even built-up anger. Gardening also helps a person connect to the current moment and not be caught up in their mind. Nearly all forms of exercise, gardening included, can lighten mood and lower levels of stress and anxiety. Also, routines, such as spending a certain portion of the day weeding or tending to gardening needs, creates a soothing rhythm to ease stress.



Pamlico County Veterans Resource Fair

by: Hiram Lupton



Veterans had a great opportunity last Saturday to gain something very valuable in this day and age, good, reliable information from some excellent sources at the Pamlico County Veterans Resource Fair. The event was at the Delamar Center on the campus of Pamlico Community College and ran from 9 AM until 2 PM. There you could find representatives from many federal, state, and local agencies with information about the services they offer to Veterans and their families. You could get health care information from the Durham VA Health Care System and the Pamlico County Health Department. The Pamlico County Register of Deeds had information on how to protect your property and yourself from identity theft. You could also get information on how to start your own business from the Pamlico County Small Business Center. Brian Caudle, Pamlico County Veterans Service Officer was there to answer questions about Veterans benefits and how to sign up for them. There were also other entities and groups represented such as Pamlico County Disaster Recovery, Wreaths Across America, Navy Federal Credit Union, Love Thy Neighbor, PrimeTime, NC Works, and Sound of Salvation Ministries. All these groups had one thing in mind, making sure Veterans receive all the benefits they are entitled to. To top it all off there was free lunch for Veterans provided by the always excellent Taylor and Son's Barbeque.



LIKELY WEATHER OVER THE WEEKEND

Saturday, August 28th **51° Hi** Chance of showers throughout the day.

Sunday, August 29th **57° Hi** Sunny and clear throughout the day.



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Pamlico Community College

Phlebotomy Technician

Forklift Training



Seats are still available for the next edition of Pamlico Community College's Phlebotomy Technician course, which is scheduled to start Wednesday, April 1. Students will learn the proper collection of blood and other specimens used for important lab testing and diagnoses. This edition of the course will be offered in a hybrid format, with both online and in-person components. Class sessions will meet in the evenings beginning at 5 p.m. Cost is \$180.55. 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.



Pamlico Community College will offer its one-day Forklift Training course on Saturday, April 11, beginning at 8 a.m. at the Grantsboro campus. The course combines classroom instruction with hands-on training. In addition to learning how to safely operate a forklift, students will receive instruction on how to use a power pallet jack. Cost is \$70.55. For more information or to register, please call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu.

Potential threats to pet health in your own yard



Homes are often characterized as sanctuaries for their residents. Though such characterizations often are made in reference to humans and their domiciles, homes also should be safe spaces for pets.

Pet owners go to great lengths to ensure their pets are healthy and happy, and that typically includes efforts to ensure their home interiors are free of hazards that could affect their furry friends. But there are various threats to pet health in a yard as well. Recognition of those threats and what can be done to minimize them can ensure exterior spaces are as safe for pets as areas inside the home.

• **Mulch:** Mulch is found in many yards, as it adds aesthetic appeal to a landscape and helps soil retain moisture, which can safeguard trees, plants and flowers from drought and the dog days of summer. But some mulch contains theobromine, a chemical compound that can be toxic and

may even be lethal to dogs when ingested. Pet owners are urged to use mulch that does not contain theobromine, which is typically found in cocoa mulch.

• **Flower:** The mulch around flowers can be toxic to pets, and so can the blooms themselves. Lilies, tulips, hydrangeas, and azaleas are just some of the popular flowers that can cause stomach upset in pets. Pet owners are urged to speak with their veterinarians about flowers and plants native to their areas that might be toxic to pets.

• **Wildlife:** A collaborative study from researchers at the University of Michigan, the University of Washington and University College London published in 2024 warned that the overlap between humans and animals will increase considerably over the next half century. Climate change and human population growth are driving forces behind that increase, which suburban homeowners may already be witnessing. As

more and more wooded areas are leveled to create additional housing, wildlife such as deer, raccoons, opossum, foxes, and more are losing their habitats and subsequently being seen with greater frequency in suburban neighborhoods. Wildlife can carry disease that can make domesticated animals sick, and some wildlife might go on the attack when they encounter cats or dogs in backyards. Monitoring pets whenever they're outside, sealing garbage cans so wildlife is not attracted to the yard and keeping compost piles free of foods that might draw wildlife to a yard are some of the ways to reduce the chances of interactions between wild animals and domesticated pets.

These are just a handful of threats to pet health that might be lurking in your backyard. Always keep an eye on pets when they're outdoors and speak with a veterinarian to identify ways to minimize backyard threats.

Small Businesses! Nonprofits! Entrepreneurs!

Build, Grow, and Thrive: Free Workshops

Google Workspaces Tutorial for Small Business & Nonprofits



APRIL 15TH
9-11AM
PAMLICO COUNTY LIBRARY

AI for Small Business Operations



APRIL 16TH
1-2PM
PAMLICO CC MAIN CAMPUS

AI for Marketing



APRIL 16TH
2-3 PM
PAMLICO CC MAIN CAMPUS

AI for Grant Writing



APRIL 16TH
3-4 PM
PAMLICO CC MAIN CAMPUS

Farm-Starter and Agribusiness Workshop



APRIL 25^H
10AM -2PM
PAMLICO SMALL BUS. CENTER



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WWW.PAMLICOSBC.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



ORIENTAL – 3BR/2BA on 0.72 acres 2 miles outside of town surrounded by farm fields and mature pecan, hardwood, and pine trees. Beautifully renovated coastal cottage offers peaceful country living. Recent renovations include a new kitchen with updated appliances, new flooring, updated bathrooms, new HVAC system.
OFFERED AT \$295,000



MERRITT – Waterfront 3BR/3BA 2,023 sf home on 1.02 acres with dock on deep water Ball Creek. Includes fire pit, spacious back deck, covered patio, 2 detached storage buildings, and a carport. Plenty of windows, laundry room, extra room for office, kitchen island and walk-in-shower & soaking tub in primary bath.
OFFERED AT \$295,000



NEW BERN – Handicapped-accessible, waterfront 2BR/2BA fully-furnished condo in Oriental Harbor Place. Community pool, air-conditioned commercial elevator.
OFFERED AT \$359,500



ORIENTAL – Waterfront 3BR/2BA w/private dock on .55 acre lot in Buccaneer Bay subdivision. Back deck, ideal for outdoor dining, entertaining, or simply enjoying the coastal breeze and scenic surroundings.
OFFERED AT \$525,000



ORIENTAL – 3BR/2BA 1,894 sf open floor plan, deeded boat slip on 1 acre lot. Screened outdoor entertainment area & fire pit. Bright, open spaces indoors and inviting outdoor areas surrounded by mature trees and natural beauty. Being sold as-is.
OFFERED AT \$545,000



MERRITT – Waterfront 3BR/2BA with deep water deeded boat slip on Ball Creek. Wide water views, 2.27 acres, 1,919 sf, metal roof, zoned HVAC, & LP Smartside exterior for rot-resistant long-life durability. Gas log fireplace in living room, & Widow's Walk with views of the Pamlico Sound.
OFFERED AT \$ 625,000

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THIS WEEK IN HISTORY

by: Hiram Lupton

- March 25th – Today is National Manatee Appreciation Day
- March 26th – Today is National Epilepsy Awareness Day.
- March 27th – Today is National Joe Day. If you know a Joe, Joseph, Josephine, Jody, Johanna, Joey, Jodie, or Jose, tell them you appreciate them. At the Pamlico News we appreciate Joe Miller, who puts it all together for us.
- March 28th – Today is National Weed Appreciation Day.
- March 29th – Today is National Vietnam War Veterans Day.
- March 30th – Today is National I Am In Control Day. I am definitely not in control.
- March 31st – Today is National Tater Day.

BIRTHDAYS THIS WEEK

- March 25th – 1942, The Queen of Soul Aretha Franklin
- March 25th – 19??, PCA Board Member Christie Hudson
- March 26th – 1944, Singer Diana Ross
- March 27th – 19??, Outstanding Pamlico County Citizen Tim Buck
- March 28th – 19??, Harbor Sounds Musician Asa Gatlin
- March 30th – 1945, Musician Eric Clapton
- March 30th – 19??, Director of Pamlico County Special Olympics Jesse Aldridge
- March 30th – 19??, Pamlico Arts Council Pirate Belinda Barrow



You know you're a gardener when you're happy to devote three months of your life growing tomatoes to save \$1.27.

-Unknown



COMMUNITY

Did you know?

Conscientious consumers who want to help local entrepreneurs thrive may not need any extra incentive to support small businesses in their communities. However, that doesn't mean it isn't worth noting the tax benefits of buying local compared to buying online or in other towns or cities. Small businesses pay sales taxes to the city and county where the business is located, which means a significant amount of the money spent at local businesses is ultimately going to the community at large. In addition, local businesses tend to hire local residents, who pay taxes on their incomes. Those taxes also benefit the towns and cities where workers live and work. This ripple effect of supporting local businesses is one reason why the Small Business Administration estimates that, for every \$100 consumers spend at a small business, \$48 remains in the community.



TRAINING NOTICE

NC HART

TRAINING OPERATIONS

March 25-26, 2026

Arapahoe & Neuse River Area

WHAT TO EXPECT

- 🚁 Low-flying helicopters
- 👮 Emergency personnel activity
- 🚒 Water rescue training operations

IMPORTANT

- ✓ Avoid training areas
- ✓ Keep safe distance from aircraft & crews

PUBLIC SAFETY

- ✓ Avoid training areas.
- ✓ Keep safe distance from aircraft & crews.

Pamlico County Emergency Management
Prepared • Responsive • Ready

RED HOT BUYS VALID THROUGH MARCH 31

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Boat Show Volunteers Needed

The Oriental Rotary Club is having their annual Boat Show April 10-12. We are in need of volunteers! It does take a Village to help us put on this show! Anyone that would like to volunteer a few hours working the gates, or driving a golf cart as a free taxi service please call or email Sally Belangia at 252-671-9288 or sallytruitt-belangia@gmail.com .

We love people who own their own golf carts and will be taxi drivers on your own time. Need others to volunteer their golf carts so we can get people to volunteer to drive one if you do not want to taxi your own. Thank you for your support!

PCFLO Food of the Month: Instant Mashed Potato Mix

PCFLO is selecting a Food of the Month for each month during 2026, and our selection for March is instant mashed potato mix. Help provide PCFLO clients with nutritious staples by bringing instant potato mix (preferably in envelopes) to your church during any Sunday this month. You can also bring your donations to the PCFLO collection box at the Food Pantry at 108 Straight Road in Oriental.

Looking ahead to April, the Food of the Month will be tuna. Thanks for your support!!

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

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One Day

A READY TO SING EASTER

Stonewall Methodist Church

Palm Sunday ~ 6pm

March 29, 2026

All are Welcome

Fellowship following the Performance

Arranged by
Russell Mauldin

FINANCIAL FOCUS

How outdated beneficiary choices can derail your plans



Dan M. Roberts

When you open a retirement account or buy a life insurance policy, you're asked to name a beneficiary. It might seem like just another form to fill out, but this simple step can affect your family's future.

Many people don't give beneficiary designations much thought after signing the initial paperwork. It may have been years ago, and life has moved on. But this might surprise you: These designations can override what's in your will or living trust. That means your retirement accounts and insurance proceeds could end up going to someone you didn't intend, creating what professionals call an accidental inheritance.

Life changes quickly. You might get married, divorced or remarried. You might have children or stepchildren. A loved one might pass away. You may decide to give to your favorite charity. Any of these events could mean it's time to update your beneficiaries.

The rules can get complicated. For example, after a divorce, some (but not all) states have laws that automatically revoke your beneficiary designations for IRAs, bank accounts and insurance policies. But no matter where you live in the U.S., the designations for 401(k) plans and pensions stay in place until you change them. In community property states, couples must split 50-50 the assets they acquired during marriage, adding another layer of complexity.

There are other considerations, too. It's a good idea to name a primary and a contingent beneficiary. If your primary beneficiary dies before you do, the contingent beneficiary receives your assets. Without this backup plan, your carefully considered wishes could go awry.

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

Naming minor children as direct beneficiaries isn't usually a good idea. Children can't legally receive and control assets until they become adults, so a court would have to get involved and appoint a guardian for managing the money. Instead, you might set up a trust or name a custodian to oversee the funds until your children are mature enough to handle them responsibly.

For family members with special needs, you'll want to be especially careful as about choosing your beneficiary. Some choices may jeopardize their eligibility to receive government benefits such as government disability payments or Medicaid. An estate attorney can help you make important beneficiary decisions.

One major benefit of proper beneficiary designations is that they can help your loved ones avoid probate, a time-consuming and potentially expensive legal process.

For these reasons and others, it's important to review your beneficiary designations regularly, especially after major life events. Contact your retirement account administrator or insurance company to update any outdated information.

A financial advisor can help you understand how your beneficiary choices fit into your financial strategy and ensure your assets go where you want them to go. It may also make sense to work with a legal professional who can help you ensure your beneficiary designations align with your plans for transferring your estate assets.

Don't leave these important decisions to chance. Taking time now to review and update your beneficiaries can help give you a sense of security and protect the people you love.



At the end of the day in spring, you should smell like dirt!

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NC COOPERATIVE EXTENSION Pamlico County

Pamlico 4-H Dairy Project



Kait Neeland
4-H Agent

There is so much to love about 4-H, the sense of community it fosters in youth, the positive hands-on learning opportunities, the fact that no matter what time of year it is there is always something to look forward to! Many of these programs we do every year, and have had available for a long time: 4-H Embryology, Summer camp, Presentations, Horse Shows, State Fair Exhibits. This year will be our second Pamlico 4-H Dairy Calf project. We are very excited that registration is now open!

Ms. Kristi Welke our tri-county livestock agent worked very hard to bring this opportunity to Pamlico County again this year. Our 4-H Dairy Project will start in April, when six Calves will arrive from Kooba. For the next eight weeks our youth have been learning all about dairy calf husbandry. They will have lots of hands-on experience in caring for dairy calves. They will be responsible for feeding, cleaning, and training the calves. They will learn the proper way to show a dairy heifer, the breed standards of Holstein cattle, and the most desirable traits in dairy cows. They will also learn how to show dairy calves and gain master showmanship skills and train their calf to perform.

Our Dairy Show will be held June sixth. A dairy show is the culmination of all the training the youth and calves have put in over the course of the project. Dairy shows combine skills, training, calf features and final grooming. Calves will be bathed and clipped. This helps the calves keep cool and it also allows the calves features to be observed by the judge. The dairy show is about both the confirmation of the calf, but also in showmanship class, it is about how much work the youth have put into mastering skills, and working with their animal. This is an awesome project, and we can't wait for it to start.

Registration is open for youth from Craven and Pamlico Counties (ages 8-18) are invited to participate in the 2026 Dairy Project.

Project Details:

Registration Deadline: March 30th 5:00pm
Cost: \$65 per child
Practices: Mondays & Wednesdays
Feed commitment: at least once per week
Show Date: June 6, 2026 in Rocky Mount, NC (attendance required)

Registration Notes:

Youth will be accepted in the order registrations are received
Submit one registration per family and list all participating youth
Families will be contacted with additional information after registering



You can find the registration form at: <https://go.ncsu.edu/2026cravenpamlicodairyproject>

Our Dairy project isn't the only thing we're exciting 4-H Program that has been going on this spring. 4-Hers are also raising chickens for the Coastal Plains Chicken Project. Youth are working with their chicks so that on the day of the show, their chicken is calm and easily handled. During the show chickens will be shown off using several different poses during the show to exhibit the chicken's wingspan, keel, feet and tail.

We also have two more Chopped International: Cooking days coming up. We will learn about food safety, nutrition, and explore foods from around the world. We will also learn about the culture of the country we are making food from. We are also excited to start 4-H Presentations! Youth will be researching writing and presented their presentations at our South East District Activity Day.

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

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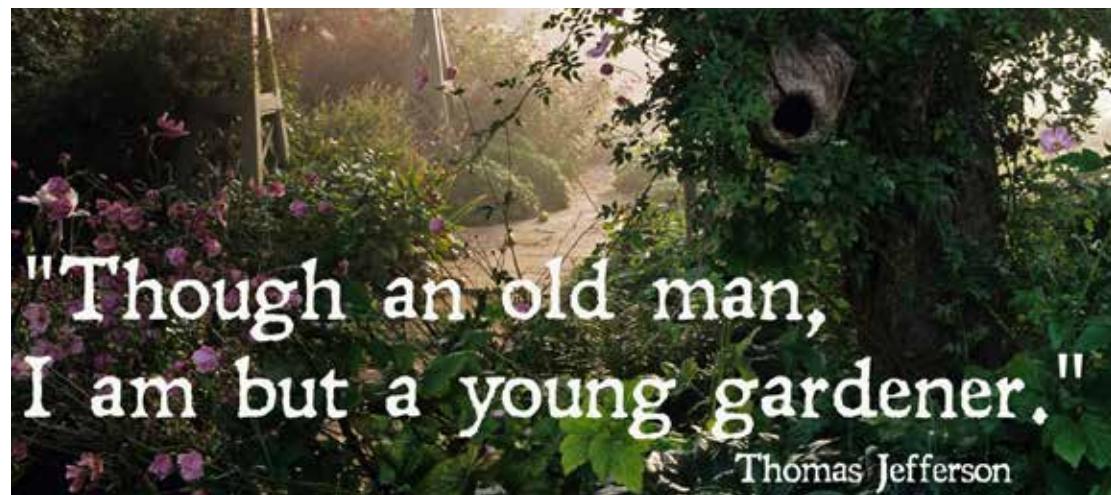
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HOME & GARDEN



A well-manicured lawn appeals to homeowners when they look out their windows. But such a view also can look nice when homeowners peruse their bank statements after selling a property. According to the “2023 Remodeling Impact Report: Outdoor Features” from the National Association of Realtors®, standard lawn care service yields an estimated cost recovery of 217 percent. Landscape maintenance, with an estimated cost recovery of 104 percent, and an overall landscape upgrade (100 percent) also yield great returns for homeowners. The NAR® report also noted the effects of such projects related to homeowners’ desire to spend time on their property. Among homeowners who participated in the NAR® report and committed to standard lawn care service, 58 percent indicated they had a greater desire to be at home since completing the project, while 46 percent indicated they have an increased sense of enjoyment when spending time at home.

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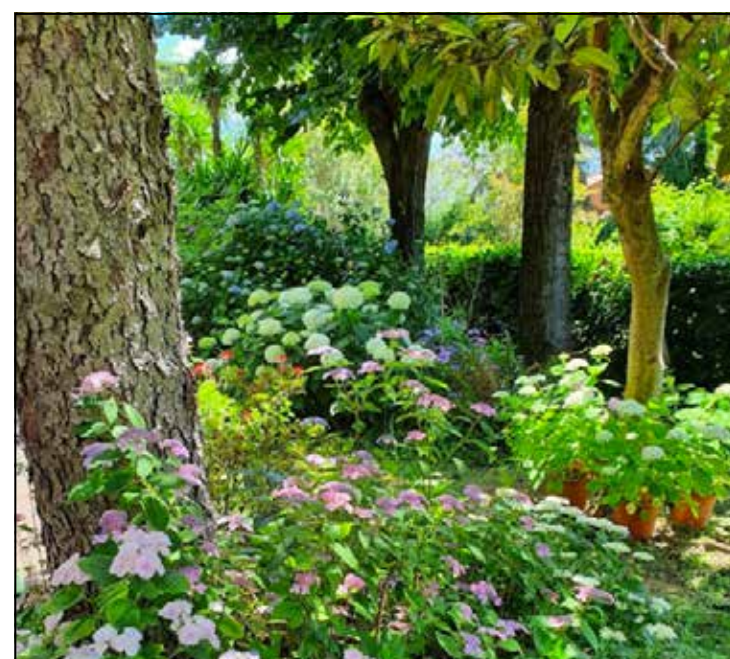
Allen Propst

c: 252-671-4644

e: allenpropst@orientalncwaterfront.com

Perennials to consider for your garden this year

Gardening is a rewarding hobby that provides a great reason to get outdoors. Getting one’s hands dirty in the garden often pays off with a colorful, awe-inspiring and aesthetically appealing finished product.



Perennials are plants that live multiple years. Even though perennials may die back above ground each winter, their roots remain alive, which is why the colorful blooms typically return anew once warm weather makes a comeback. Gardeners who want to capitalize on the hardiness of perennials can consider these plants for their gardens this season.

- Coreopsis:** Coreopsis are perennials that thrive in a wide range of conditions, including various types of soil. So gardeners who find their soil is predominantly clay as well as those with sandy soil may be able to successfully plant coreopsis on their properties. Better Homes & Gardens notes coreopsis are native to the United States and produce colorful blooms that can withstand hot and dry weather throughout the summer.
- Russian sage:** Russian sage produce purplish-blue flowers that BHG notes retain their color for weeks. Russian sage can be planted in a variety of the hardiness zones defined by the U.S. Department of Agriculture, and many gardening experts recommend them to gardeners whose local climates tend to be especially hot and dry.
- Hellebore:** BHG notes hellebore are ideal for gardeners who want some color in the early days of spring. Hellebore, sometimes referred to as “Lenten Roses,” have an early

- flowering season, so their blooms, which can be pink, white, purple, yellow, green, rose, or purple, can be a welcome sign in spring.
 - Baptisia:** Gardening experts note these purple-blooming perennials thrive in sun. Gardeners who want perennials with particularly long life expectancies can consider baptisia, as experts note they can live for many decades. Baptisia are drought-tolerant, and they can grow in soil that may not be considered great for other plants.
 - Coneflower:** The unique look of coneflowers has generated many enthusiasts of these perennials that bloom from early summer to fall. Coneflowers are highly adaptable, making them capable of growing in various zones and soil types. Once established, coneflowers are considered very drought-tolerant.
- Perennials can add aesthetic appeal to landscapes year after year. Gardeners are urged to speak to experts at local gardening centers to identify the perfect plants for their gardens.

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Don't prune damaged trees or plants.

Plant Freeze Recovery Guide: What to Do Now vs. What Can Wait

The past couple of weeks of winter storms and freezes have left lawns and plants sad, struggling, and in need of some TLC.

If your yard is looking rough right now, you shouldn't plan a funeral for your plants just yet. Your lawn and many frost- and freeze-damaged plants can recover with time and the right care, but timing matters.

Acting too quickly (like pruning back damaged growth) can actually make things worse, while waiting too long on other tasks invites disease and delays recovery.

What to Do Now While Frost or Freeze Risk Remains

Identify damaged plants. Signs of cold damage include "blackened, wilted, translucent, or water-soaked leaves shortly after a freeze," explains Karen Mitchell, Extension specialist at Purdue University. "Cold damage is often limited to exposed plant parts or new growth."

Assess, but don't assume the worst. The water-soaked, wilted look signals internal damage. Ice crystals form and rupture cell walls, causing water and cell components to leak out, explains Emily Merewitz-Holm, an associate professor at Michigan State University. The damage is irreversible, and "frost-affected plant parts will die," she adds. But as long as the stems remain green, there is a good chance of recovery as temperatures warm. Read more about Signs of Frost Damage on Plants (<http://www.lawnstarter.com/blog/landscaping/signs-of-frost-damage-on-plants/>) Protect tender plants like tropicals and young perennials from more damage by covering them overnight or bringing potted plants in when temperatures dip.

What to avoid: Don't prune damaged trees or plants, hold off on fertilizing or overwatering any part of your landscape, and

avoid walking on frozen grass. The one exception? "If the cold damage has left soft tissue that is rotting, you can remove that," says Lauren Goldsby, extension agent for Bay County, FL. See How to Treat Cold-Damaged Plants (<http://www.lawnstarter.com/blog/landscaping/how-to-treat-cold-damaged-plants/>).

What to Do After the Frost is Gone

Wait for the right time. That means soil temps above 50 degrees for several days for cool-season (northern) grasses, and at least 60 degrees for warm-season (southern) grasses. When you see green grass on most of your lawn's surface, you're good to go. Paul Landis of ProTurf Landscape & Lawn Care in Maryland says to wait "until after the last frost date in your geographic zone" for overseeding to protect seedlings from low temperatures.

Rake or dethatch your lawn.

Examine your lawn and set it up for a spring comeback. Look for signs of pink or gray snow mold (<http://www.lawnstarter.com/blog/lawn-care-2/how-to-get-rid-snow-mold/>), damage from voles or moles, salt damage, and dead grass. Treat any lingering lawn diseases, then overseed and fertilize your yard. See How to Repair Winter's Damage to Your Lawn (<http://www.lawnstarter.com/blog/lawn-care-2/repair-winter-damage-to-your-lawn/>).

- Lightly water dry soil, making sure to avoid plant stems, leaves, and flowers.
- Apply organic mulch on flower beds and around shrubs and trees.
- Prune dead and damaged growth and sanitize your tools to prevent spreading plant diseases.
- Monitor plants for root rot or other diseases, like powdery mildew and leaf spot.

The 19th Annual Dog Parade Fundraiser for PAWS

Saturday March 28 (no rain date)

Lou Mac Park, Oriental

Registration 10-11:00 AM – \$5.00 per Dog

Parade steps off 11:00 AM

Costumes optional but encouraged.

Awards in many fun categories.

"Bribe a judge" to guarantee an award.

Broad Strokes Gallery sponsoring raffle for an original pet portrait. Raffle tickets \$10 or 3 for \$25. Available at the Gallery or at Dr. Hick's veterinary hospital.

"PAWS will be collecting dog food at the parade (dry or canned) to be delivered to the 4Paws of Pamlico food drive the next day."

All dogs around the park (even if not participating) must be leashed and vaccinations up to date.

"PAWS DOGS" will be selling hot dogs and fixings.



All proceeds support PAWS, a not for profit organization, that assists the animals of Pamlico County.

GO TO www.pamlicopaws.net

Or the Pamlico Animal Welfare Society Facebook Page



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REQUEST FOR BIDS
The Town of Oriental is seeking bidders for the repair of the Dinghy Dock and seawall. The RFP and associated documents are available at www.townoforiental.com under BIDS (2026-05B), or at Town Hall, 507 Church St Oriental, NC between the hours of 8AM and 4 PM M-Th, 8AM-3PM F.
The proposals will be opened at Town Hall (address above) on April 8, 2PM.
The Board has the right to reject any and all proposals.
Questions can be directed to Diane H. Miller, MPA, ICMA-CM at manager@townoforiental.com.

NOTICE OF PUBLIC HEARING
A Public Hearing on a Special Use Permit (SUP) for an Alcohol Permit for the Casa Que Pasa additional lot at 316 Hodges St. in the Town of Oriental will be held on Tuesday, April 14, 2026, at 6PM, or as soon thereafter as can be reached, in the large Board Room in Town Hall, 507 Church St, Oriental, NC. The Board is required to review any evidence presented at that time. The application will be available for viewing by the Public at Oriental Town Hall and online at www.TownofOriental.com. The meeting is open to the Public.
Diane H. Miller, Manager/Clerk

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF JOSEPH ALFRED PIGEON
File No.: 26E000031-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARY PIGEON, EXECUTOR on or before JUNE 2, 2026 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 EXECUTOR.

This 4th OF MARCH 2026

ESTATE OF JOSEPH ALFRED PIGEON
C/O MARY PIGEON
342 N TRENT RD
MERRITT, NC 28556

Publish MARCH 4, 11, 18 AND 25, 2026.

Notice to Creditors North Carolina, Pamlico County

All persons, firms and corporations having claims against the Estate of Mary Watson Duffie, deceased, of Oriental, NC, are notified to present the same to the personal representative listed below on or before June 4, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 4th day of March, 2026.

Alyson Price, Ancillary Executrix of the Estate of Mary Watson Duffie
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

INCIDENTS

- March 1, Main St., Bayboro, break or enter any building - intent commit felony/larceny
- March 1, Windmill Point Rd., Oriental, impersonate a law enforcement officer
- March 2, Whittaker Point Rd., Oriental, obtain property by false pretenses
- March 2, Chinchilla Dr., Bayboro, obtain property by false pretenses, exploit disabled/elder (F)
- March 2, Middle Prong Rd., Lowland, second degree trespass, larceny of firearm
- March 3, Don Lee Rd., Arapahoe, hit/run accident - fail stop property damage
- March 4, Main St., Bayboro, simple assault
- March 4, Main St., Bayboro, order for arrest child support
- March 4, NC Hwy 306 S., Grantsboro, injury to real property
- March 4, Halls Creek Rd., New Bern, trespass
- March 4, Goose Creek Rd., Grantsboro, obtain property by false pretenses
- March 5, Moores Swamp Rd., Grantsboro, operate motor vehicle while fleeing/attempt to elude

PUBLICATION DATES:
03/04/2026, 03/11/2026,
03/18/2026, 03/25/2026

Notice to Creditors North Carolina, Pamlico County

All persons, firms and corporations having claims against the Estate of Carl Samuel Russ, Jr., deceased, of Grantsboro, NC, are notified to present the same to the personal representative listed below on or before June 11, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 11th day of March, 2026.

Ella Russ, Executrix of the Estate of Carl Samuel Russ, Jr.
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES:
3/11/2026; 3/18/2026; 3/25/2026;
4/1/2026

NORTH CAROLINA PAMLICO COUNTY Notice to creditors:

All persons, firms and corporations having claims against The Estate of PHYLLIS JEAN ROBINSON deceased, of PAMLICO County, N.C., are notified to present the same to the personal representative listed below on or before June 18, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This 18th day of March, 2026.

Sandra Lee Smith – ADMINISTRATOR

LEGALS

C/O MARY T. SKINNER, ATTORNEY
Dunn, Pittman, Skinner & Ashton, PLLC
3230 Country Club Road
New Bern, NC 28562

March 18, 25, April 1 and 8

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF STEPHEN E. CARPENTER
File No.: 26E000047-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BRETT A. CARPENTER, EXECUTOR on or before JUNE 16, 2026 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 EXECUTOR.

This 18th OF MARCH 2026

ESTATE OF STEPHEN E. CARPENTER
C/O BRETT A. CARPENTER
1432 HUNTERS LANE
GREENVILLE, NC 27834

Publish MARCH 18, 25 AND APRIL 1 AND 8, 2026.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE PAMLICO COUNTY SUPERIOR COURT DIVISION NOTICE TO CREDITORS AND DEBTORS OF TRELIS BRYANT MOORE
File No.: 25E001080-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to HOPE BRYANT,

ADMINISTRATOR on or before JUNE 23, 2026 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 25th OF MARCH 2026

ESTATE OF TRELIS BRYANT MOORE
C/O HOPE BRYANT
PO BOX 398
ORIENTAL, NC 28571

Publish MARCH 25 AND APRIL 1, 8 AND 15, 2026.

NOTICE TO CREDITORS:

All persons, firms and corporations having claims against the Estate of Daniel Spruill Robinston aka Daniel Spruill Robinson, Sr., deceased, of Pamlico County, N.C., File No.: 26E000046 are notified to present the same to the undersigned on or before June 25, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment.

This 25th day of March 2026.

Daniel Spruill Robinston, Jr., Executrix of the Estate of Daniel Spruill Robinson aka Daniel Spruill Robinson, Sr., deceased c/o John W. King, Jr. King & Moss PLLC Attorneys at Law PO Box 1112 New Bern, NC 28563 (252) 638-1103

- Run Dates
- 1) March 25, 2026
 - 2) April 1, 2026
 - 3) April 8, 2026
 - 4) April 15, 2026

REPORTS

- March 9, NC Hwy 306 N., Grantsboro, misuse of 911 system
- March 10, Alfred Rd., Bayboro, driving while license revoked not impaired revoked
- March 6, Main St., Bayboro, warrant for arrest injury to real property, warrant for arrest second degree trespass, order for arrest injury to personal property, order for arrest cruelty to animals (M)
- March 7, Broad St., Oriental, surrendering firearm
- March 7, Pamlico Rd., Oriental, assault on a female by male at least 18 years of age, simple assault
- March 8, NC Hwy 55, Grantsboro, driving while license revoked not impaired revoked, possess fictitious/altered title/registration card/plate, operate a motor vehicle with no insurance, expired inspection
- March 8, NC Hwy 55, Grantsboro, found pills
- March 8, Plantation Parkway, Oriental, injury to personal property
- March 8, Florence Rd., Merritt, assault on a female by male at least 18 years of age
- March 9, Main St., Bayboro, order for arrest driving while license revoked not impaired revoked
- March 9, Sunset Dr., Merritt, stalking

- March 9, NC Hwy 306 N., Grantsboro, misuse of 911 system
- March 10, Alfred Rd., Bayboro, driving while license revoked not impaired revoked
- March 10, NC Hwy 55, Grantsboro, trespass complaint
- March 10, Broad St., Oriental, disturbance

INSPECTIONS

- March 3, Mills Property Development, plan review, \$250
- March 4, Dan & Laurie Greeley, Minnesott Beach, electric, \$151.20; Jami Banks, Grantsboro, misc., \$50; William & Carol Knobloch, Arapahoe, CAMA, \$274.96; Jay London, Merritt, CAMA, \$451.84; Chris & Carol Way, Arapahoe, CAMA, \$171.60; Gary Prado, Grantsboro, CAMA, \$488; Stephen Pertz, Oriental, mechanical, \$170; Grantsboro, NC, Grantsboro, cell tower, \$200; Amber Morrow, Bayboro, cell tower, \$200; Turn the Tide, LLC, Arapahoe, building, \$1,181.32
- March 5, Matthew Howard, Oriental, electric, \$150; Eric Hardtle, Oriental, electric, \$150; Johnnie Toler, Alliance, mechanical, \$100; Jessica Broadway, Oriental, mechanical, \$100; Maxine

- Fisher, Bayboro, plumbing/electric, \$100
- March 6, Carlos Melo, Arapahoe, misc. replacing windows and doors, \$50; Robert Easter, Arapahoe, plumbing, \$50; Jeff Brooks, Oriental, plumbing, \$50; Jon Broughton, Oriental, plumbing, \$50; Phil Burr, New Bern, new deck/building, \$86.96
- March 9, Erma Bell, Bayboro, handicap ramp, \$0; Teresa James, Bayboro, handicap ramp, \$0; Evette Rodgers, Alliance, handicap ramp, \$0; Dennis Holton, New Bern, demo, \$0; Andy White, Oriental, CAMA Minor, \$119; Bay River Limited Partnership, Bayboro, renovations, \$1,450; Bay River Limited Partnership, Bayboro, renovations, \$1,450; Bay River Limited Partnership, Bayboro, renovations, \$1,450; Bay River Limited Partnership, Bayboro, renovations, \$400; Bay River Limited Partnership, Bayboro, renovations, \$1,450; Bay River Limited Partnership, bayboro, renovations, \$1,450
- March 10, Ben Thompson, Bayboro, electrical, \$100; Roger Waller, Merritt, mechanical, \$100; Melvinia Shelton, Oriental, mechanical, \$100; Drew Peretzky, Arapahoe, mechanical, \$100

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AROUND THE COUNTY

Whortonsville Reba Tiller, Correspondent



The storms are past so now I hope it is smooth sailing for a while. I wish to see more folks in their beautiful boats leaving the creek instead of them sitting at the docks. Seems to me that is an awful lot of money sitting most of the time at the marinas. It is pollen time now so everyone has a yellow car or truck. Need to wash it every day then the next day you have to do it all over again. Missed church again today because of the problem I am having with my sciatic nerve. I never knew it could cause so much pain. Sometimes I wish I had not retired from the Chorale because I am falling apart. I know Beth is doing a good

job with the help of Miss Julia but I really miss them. It will too be time for the Croaker Festival when the Chorale can join the band and give our Salute to the Armed Forces They are doing such a good job trying to get the evil out of America and the world. The Celebration of Ray Scott's life is Saturday, March 28, at Eleven o'clock at Bethel F.W. Baptist Church in Whortonsville. There will also be lunch
In the Fellowship Hall on Sunday, March 29th.

THOUGHT FOR THE WEEK---REMEMBER WHEN IRAN SAID MANY TIMES "DEATH TO AMERICA!"

Pamlico Betty Jo Rodgers, Correspondent



I am a volunteer hospital chaplain at Carolina East Health System and served there six hours on Saturday. It drove to New Bern, and I was so glad they repaired the dip in highway 55 at the bridge near Riley Green's house. When I used to ride my motorcycle, the dip would almost propel me into the air. I would steer off the road right before the bridge to avoid the dip. I always told my passengers what I was going to do, but it still scared some of them. Thankfully, I no longer need to go off the road a little to the right because the big dip is gone. Now if DOT would have repaired Trent Road, I might not need a new set of tires this week.

I saw a large flock of turkeys on my way to church Sunday. Two large toms were strutting and displaying their feathers trying to woo the hens to follow them.

Bayboro Baptist Church Lenten service, the last Wednesday in March will be preached by the Reverend Scott Fitzgerald, Bayboro Baptist Church Pastor. On April 1, the Evangelist Carnell J. Barrow, West Branch Missionary Baptist Church will bring/sing the message for the last Lenten service. I am sure she will favor us with a song and an awesome message.

Stonewall Methodist Church Easter Cantata, "One Day", will be presented on Palm Sunday March 29, 2026, at 6:00 pm. Join

us for refreshments and fellowship after the performance. "Written in Red," Love's Greatest Story, a drama depicting the life, death, burial, and resurrection of Jesus Christ, will be presented at Reelsboro Methodist Church beginning at 7:00 pm on March 27. On March 28 and March 29, it will begin at 5:00 pm. March 30, 2026 - April 2, 2026, it will begin at 7:00 pm. There is no admission charge, but donations would be appreciated.

Easter is April 5, 2026. Stonewall Methodist Church will have their Easter Sunrise service in the Stonewall Campground at 6:30 am followed by breakfast in the fellowship hall. They will not have Sunday school so their worship service will begin at 10:30 am on Easter.

Pamlico Methodist Church will have a Sonrise service, and all the churches in the Arapahoe area will celebrate Easter sunrise at Camp Don Lee.

Celebrating birthdays in March are Emma Machle & Joanna Harrell (3/27), Asa Gatlin (3/28), Debbie Willis Fulcher (3/30), and Santa Klotz (3/31).

Have a blessed week. Hesitant? Take Spiritual Vitamin H. "How beautiful upon the mountains are the feet of him that brings good tidings, that publishes peace; that bringeth good tidings of good, that publishes salvation; that saith unto Zion, Thy God reigns!" (Isaiah 52:7)

The buzz on mosquitoes

Getting a handle on how mosquitoes operate can help individuals take control of these pests before they infringe on outdoor entertaining throughout the warmer months. Review the following facts about these painful pests, courtesy of the Centers for Disease Control and Prevention and Cumberland County, NJ.

- Mosquitoes lay their eggs in standing (stagnant) water where they will hatch into larvae. A single female lays between 50 and 200 eggs, and can do so up to three times before they die. Without adequate water, mosquito eggs will dry up. Moving water disrupts their life cycle and prevents them from successfully breeding. Maintaining water movement in ponds, fountains, and other water features can help deter mosquitoes.
- Only female mosquitoes bite. They require a blood meal to produce eggs. Males do

not have the mouth parts necessary to bite.

- Although there are more than 3,500 species of mosquitoes, fewer than 200 are found in North America.
- The word "mosquito" comes from the Spanish term for "little fly."
- A mosquito can drink up to three times its weight in blood.
- Mosquito eggs can hatch in as little as an inch of standing water.
- The two main mosquito predators are fish and dragonflies. Dragonfly larvae eat mosquito larvae, and adult dragonflies prey on adult mosquitoes.
- Mosquitoes can bite day and night.
- Adult mosquitoes live for about two to four weeks. Females often live longer than males.
- Mosquitoes move in on prey by detecting carbon dioxide and other chemical odors released by animals. Visual cues and body

heat also can help them pinpoint targets. Genes and body odor can determine if people are more likely than not to be bitten by mosquitoes.

- Mosquitoes are vectors of several illnesses, so it is wise to deter them and do whatever possible to reduce instances of mosquito bites.



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PUBLIC NOTICE ATTENTION

ALL PARENTS OF PAMLICO COUNTY PRIVATE/HOME SCHOOL STUDENTS

A meeting will be held on Thursday, April 2, 2026, at 10:00 am in the Pamlico County Schools Board of Education meeting room at 507 Anderson Drive, Bayboro, NC 28515 for representatives of private schools and home schools concerning students with disabilities. The purpose of this meeting is to allow these parties an opportunity to consult with a Pamlico County Schools representative about the proportionate share of federal funds that are available for special education for the 2026-27 school year.

Please contact Bettie Davis at 252-745-4171 ext. 630 if additional information is needed.

In compliance with federal law, Pamlico County Schools administers all education programs, employment activities and admissions without discrimination against any person on the basis of gender, race, color, religion, national origin, age, or disability.

PUBLIC NOTICE NOTICE OF MEETINGS PAMLICO COUNTY BOARD OF EQUALIZATION & REVIEW

Notice is hereby given pursuant to the provisions of N.C.G.S. 105-322 that the 2026 Pamlico County Board of Equalization and Review will hold its first meeting on Wednesday, April 8, 2026, at 4:30 p.m. in the Commissioners room on the second floor of the Pamlico County Courthouse, 202 Main St. Bayboro, NC 28515. The Board will meet for the purposes of performing its statutory duties and to receive requests and hear appeals of taxpayers relating to the 2026 property listings and appraisals.

The 2026 Pamlico County Board of Equalization and Review will convene on Wednesday, April 8th at 4:30 p.m. and adjourn on Tuesday, May 12, 2026 at 5:30 p.m. in the same location. In the event of earlier or later adjournment, notice to that effect will be published in this same newspaper as provided by law.

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The Battle of Guilford Courthouse

by: Hiram Lupton



General Nathaneal Greene leading his troops

By 1781 the American Revolution had effectively been going on for six years and much of the military action of the war had shifted south with British General Charles Cornwallis attempting to tighten British control of the Carolinas. Opposing him was Colonial General Nathaneal Greene who commanded a mixture of regular troops and militia. Green realized what General George Washington, the overall Colonial Commander, had accomplished during the preceding years of the war. Win battles if you can, to sustain support for the revolution, both in the colonies and abroad, but the overall priority being to keep the army in existence and fighting. Concede ground if necessary but make it cost the British in both men and supplies and "live to fight another day." The Battle of Cowpens in South Carolina in January had resulted in an American victory not because they held the ground after the battle, but because they had inflicted so many casualties on the British. It also forced General Cornwallis to recklessly pursue the colonial army into North Carolina despite a lack of supplies and provisions. General Greene managed to stay one step ahead of the British, further frustrating Cornwallis and stifling what the British had hoped to be a recruitment drive to reenforce their strength with British loyalists in the colony. On March 15, after much maneuvering, Green decided to engage the British at the small town known as Guilford Courthouse near present day Greensboro. Bolstered by militia, Greene actually had about a 2:1 advantage in numbers over the British. He arranged his forces in several lines of defense with militia in front with instructions to fire two volleys with muskets and then withdraw behind the second line of regular troops. This process went on for the duration of the 90-minute battle and when it was over the British held the field as Greene withdrew his forces. It was a tactical British victory, but it came at a huge cost. Of the slightly over 2,000 engaged, the British force was reduced by nearly a quarter, with 93 killed, over 400 wounded and another 25 missing or captured. Green's forces reported roughly 80 killed and about 180 wounded but most importantly they left the field of battle with the army intact. Cornwallis' army was in no condition to follow the colonials and moved on to Wilmington to resupply. He later moved north in hopes of linking up with other British forces there but was cornered in Yorktown by General George Washington and forced to surrender his army. General Green moved his forces into South Carolina to eradicate further British resistance in that colony. The Battle of Guilford Courthouse had been a British victory, but it depleted General Cornwallis' army to the point that a member of the British Parliament stated that "Another such victory would ruin the British Army." The nearby town of Greensboro was established in 1808 and was named for General Greene.

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vista /vis-ta/ n / : a distant view through or along an avenue or opening



Neuse River sunset near Oriental

Photo by: Hiram Lupton

How to prepare for drought in advance

Drought is becoming a more frequent problem. According to NASA, the last 20 years have produced some of the driest conditions in the American west on record. When drought occurs, it is now more severe and pervasive than it once was, which underscores the importance of planning for drought before it occurs.



Government efforts to combat climate change, which NASA indicates is behind the increase in drought over the last two decades, might produce large scale change needed to protect against drought. But there's also steps private homeowners can take to prepare for drought before it occurs.

- Check your well pump regularly. The U.S. Department of Homeland Security urges homeowners who have a well pump on their properties to check them regularly for leaks. If the pump turns on and off while water is not being used, it has a leak. Addressing the leak promptly helps to conserve water, which is one of the most effective means to combatting drought.

- Plant native species. The U.S. Forest Service notes that native plants are adapted to the local climate and soil conditions. That means they will require less water and will be hardy enough to withstand heat waves in areas where especially high summer temperatures are the norm.

- Raise the blades on your lawn mower. The DHS notes that lawn mower blades raised to

at least three inches encourage grass roots to grow deeper and hold soil moisture. That can help lawns survive drought without much intervention, including extra water during times when water restrictions are in place.

- Reseed lawns with drought in mind. When reseeding a lawn, consider the potential for drought. The DHS recommends individuals in areas affected or likely to be affected by drought plant drought-resistant lawn seed. Drought-resistant grasses, which include Bermuda and Zoysia grass, can withstand prolonged periods without water. However, before reseeding, consult a local lawn and garden professional to ensure the grass will thrive in your area.

- Devise a wise watering strategy. Come late spring, devise a watering strategy to take you through the dog days of summer. Water-efficient irrigation systems can protect flowers, plants and shrubs during prolonged periods marked by little to no precipitation. In addition, less water will be lost to evaporation when watering during early morning or evening hours when temperatures tend to be less extreme and the sun is not as high. If possible, hand water during these times of day or set irrigation system timers to do so.

Dry conditions are more common today than they were 20 years ago. That reality means homeowners must plan ahead as they try to help their lawns and gardens survive drought.



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As we welcome spring, remember hurricane season is right around the corner.

Here are a few tips to help you prepare:

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Lady 'Canes Lose to Opponents and Mother Nature



Sarah Scott (#2)

The Pamlico County High School softball team had a rough time last week against rain and other teams. Their first scheduled game of the week on Tuesday at home against Northside-Pinetown had to be postponed due to standing water on the field from heavy rain the day before. Things went downhill after that for the Hurricanes. On Wednesday, Pamlico traveled to Swansboro and got off to a good start, scoring twice in the first inning. That would be all the scoring for Pamlico as the Pirates plated 4 runs to claim a 4-2 win. Friday the Hurricanes visited Northside to play a doubleheader, a makeup game from Tuesday's wet-out and the regularly scheduled matchup. Twice didn't prove to be nice for Pamlico as the Panthers swept both contests, 11-2 in the opener and 7-4 in the follow-up. Pamlico will look to get on track this week with home games on Monday against West Craven and on Friday against Southside. In between will be a visit to Southside on Tuesday.



Sandwich puts bacon on notice

Bacon has undeniable appeal. With its smoky and salty flavor, bacon often can transform dishes from tasty to delicious. There are many ways to enjoy bacon during meals, and not just at the breakfast table. In this recipe for "BLTs with Pimiento Cheese," bacon is the star of the show and enhanced by pimiento cheese, which is a spread traditionally made from shredded cheddar, mayonnaise and pimiento peppers. It's often called the "pâté of the South" because it is frequently utilized in cuisine popularized in the southern United States.

Those seeking a sandwich that is full of flavor, look no further than this recipe, courtesy of, "Cooking Light (SHOULD THERE BE A COLON AFTER COOKING LIGHT?) Fresh Food Superfast" (Oxmoor House) by The Cooking Light Editors.

BLTs with Pimiento Cheese
Yield: 4 servings

- 1/2 cup light pimiento cheese spread (such as Price's)
- 8 (1-ounce) slices whole-wheat bread
- 12 reduced-fat bacon slices, cooked
- 4 green leaf lettuce leaves
- 12 (1/4-inch-thick) slices tomato
- 1/4 teaspoon freshly ground black pepper

1. Spread 1 tablespoon pimiento cheese over each bread slice.
2. Top each of four bread slices with three bacon slices, one lettuce leaf, and three tomato slices. Sprinkle with pepper. Cover with remaining four bread slices. Cut sandwiches in half; secure with wooden picks. Serve with a mixed fruit salad.

PAMLICO COUNTY SCHOOLS Hurricane Baseball Pamlico Begins Conference Play



Addison Alcock



Reid Carey slides into second with a stolen base



Ross McLamb scores for Pamlico



Reid Carey

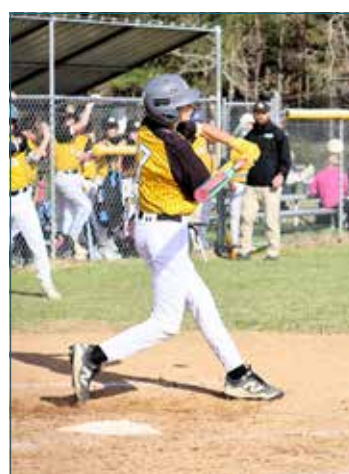
The Pamlico County High School Baseball team opened Coastal Plains Conference action last week with a pair of games against Northside-Pinetown. The Hurricanes hosted the Panthers on a chilly Tuesday evening for game one. They often say good pitching and good defense wins ball-games and this was a perfect example. Pamlico starter Ayden Broughton threw five and a third innings of shutout ball before giving way to Peyton Sevenski who also kept the Panthers off the scoreboard the rest of the way. The Pamlico offense was led by Addison Alcock who had a pair of hits

including a double in the 3-0 win. On Friday the Hurricanes traveled to Northside for a rematch and this game proved to be just as tight. It was all locked up at 0-0 until the top of the fifth when Pamlico pushed across a pair of runs. Ross McLamb pitched five innings of scoreless, one-hit ball, striking out 9, but the bullpen couldn't hold as Northside scored three runs in the bottom of the seventh for a walk off, 3-2 win. This week the Hurricanes pay a pair against another Beaufort County rival, Southside. On Tuesday they visit the Seahawks while on Friday the Birds will fly south to Bayboro.

Middle School Athletics Baseball and Softball Get Big Wins



Reed Caraway



Liam Broughton



Laytin Willis



Mia Brothers

The Pamlico County Middle School baseball and softball teams were in action last Thursday and both picked up nice home wins over conference foe Havelock Middle School. The Lady 'Canes trounced the Trojans with a 20-5 mercy rule win while the boys defended their home turf with a 14-4 victory.

"You build on failure. You use it as a stepping stone. Close the door on the past." –Johnny Cash

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COASTAL LIVING



Prepare a yard for evening entertaining

Even when the sun goes down, the opportunity to entertain outdoors is still possible. Transforming a backyard into an evening oasis does not necessarily require major renovations, but it should involve adjusting the atmosphere to facilitate comfort and visibility. The following tips can help hosts optimize outdoor spaces for nighttime events.

LAYERED LIGHTING

Lighting is the main priority when hosting at night. Lighting establishes ambiance and creates safety in the space. Hosts should avoid floodlights which can be too harsh and create a clinical feeling. Instead, melding different lighting options together can set the scene. String lights provide a warm, even glow that can outline the perimeter and “ceiling” of an outdoor room. Low-voltage LEDs or solar lights can make walkways more visible and call attention to changes in elevation. Accent lighting, such as small spotlights uplighting trees or architectural features, will create depth and keep the yard from feeling like an abyss beyond the patio or deck.

CREATE FOCAL POINTS

Individuals will gather around various focal points in the yard. These established zones will encourage conversation and other activities. A fire pit is a natural magnet for outdoor events. Arrange seating around the fire pit to keep conversa-

tion flowing. An outdoor bar also is a great place for people to gather, whether it's stocked with alcoholic or non-alcoholic drinks. Mark off an area where people can mingle and dance. Set up an outdoor speaker in this area.

OUTDOOR COMFORT

Contending with bugs and weather is a natural side effect of spending time outdoors, particularly in the evening. Citronella candles can keep mosquitoes and gnats at bay. A simple electric floor fan also can be effective against mosquitoes, which are weak fliers that can't fly against the breeze. A fire pit, propane patio heater and a basket of blankets can help tame the chills if the temperature drops. Keeping pop-up canopies at the ready will help if rain starts to fall.

ACCESSIBILITY TO FOOD AND DRINK

Beyond the bar, having self-service stations in various spots enables guests to grab food or drink as needed instead of having to trek indoors. Make sure these spots are well-lit. Space drinks away from the food to prevent traffic jams. Invest in some covered containers that will keep food safe from ants or flying insects and trays to easily transport glassware and other items back into the house.

A yard can be a magical place to entertain at night when hosts take a few extra steps to ready the space.

What distinguishes various patio materials from one another

Patios are popular gathering spaces when hosting warm weather affairs. Backyard barbecues are a staple of summertime entertaining, but in order to make the most of such affairs, homeowners first need a place for guests to gather. And more and more homeowners are looking to patios as their go-to spaces to host loved ones.

When contemplating a patio addition or renovation, homeowners will need to choose a material for the space. Options abound regarding patio materials, and the following rundown can help homeowners identify which material is best for them.

PAVERS

Pavers are incredibly popular among modern homeowners. Pavers come in a variety of colors, sizes and shapes, and that's helped to make them a highly versatile patio material that can help homeowners set their spaces apart from neighbors' and friends'. Pavers require careful installation that makes this an ideal job to reserve for skilled, experienced professionals. One of the more notable characteristics of pavers is individual pieces can be replaced without affecting the entire patio, which can make repairs easier and less expensive.

CONCRETE

Concrete was long a go-to choice, but a tendency to crack has affected the viability of this material in the eyes of many homeowners. But concrete still has its proponents, as it tends to be a budget-friendly option. Staining and sealing can add to the appeal of a concrete patio, which is best installed by a skilled professional.

BRICK

Brick is a durable material and provides a unique aesthetic, which can be appealing to homeowners who prioritize uniqueness when planning a patio. Bricks are not invulnerable to cracking, and that's a variable homeowners must keep in mind when considering this material.

FLAGSTONE

Flagstone offers a natural look that can emphasize and foster a connection with the great outdoors. Flagstone is a heavy material that requires professional installation. Flagstone is among the more expensive patio material options, but the overall cost of the project will depend on the size of the patio. Maintaining a patio

Maintenance is a notable factor to consider when examining patio materials. The amount of maintenance could be relative to each property, but it's also worth noting certain materials may require more TLC than others regardless of the setting. For example, a material like flagstone could require some extra attention to prevent staining. Patios are expensive additions, so homeowners will want to do all they can to keep a new one looking good. When considering patio material options, homeowners should speak with a contractor about maintenance and recognize how much time they will likely have to devote to upkeep. If time is short, then a material that's more hands-off might be the best bet.

Patios are popular gathering spaces. The choice of patio material can go a long way toward determining how much homeowners get out of these spaces.

"Life is what happens when you're busy making other plans." —John Lennon

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Health & Wellness

Expert tips to keep springtime allergies under control in North Carolina

Allergic rhinitis, also known as hay fever, affects around 1 in 4 Americans, meaning the arrival of spring can bring more frustration than excitement for millions. Fortunately, a few practical adjustments at home and in everyday routines can help reduce symptoms. Owena Cleary, Director of CPR First Aid Training, has set out guidance on what to watch for, when to stay indoors, and how to stop pollen from affecting your life.

What are the most common hay fever symptoms?
From itchy, watering eyes and a runny nose, to relentless sneezing, sore throats and headaches, seasonal allergies can really affect your quality of life. The body's immune system overreacts to an otherwise harmless substance—in this case pollen—and releases histamine, which causes swelling in the nose and eyes in an attempt to stop the allergen from entering the body. Hay fever feels like an all-encompassing problem because it can depend on the types of pollen you are allergic to, the time of year, the time of day, weather conditions, and your environment.

What are the worst hours of the day for pollen, and where should you avoid?
Hay fever is often worse during the early evening. Pollen levels build all day and tend to peak as the air cools in the early evening, which means parks, playing fields, and stretches of open grass should be avoided. If you can shift any outdoor exercise to the middle of the day when counts tend to dip, you should notice some relief.

Early mornings are not the best time either, so avoid opening your windows until the pollen count goes down. A stretch of warm, still mornings followed by breezy afternoons can send clouds of pollen across parks and gardens. Rain plays a major role because dry periods allow pollen to build up in the air and drift across entire areas. Windy days are particularly miserable for allergy sufferers, because the breeze carries pollen further and keeps it suspended for far longer than most people expect.

Which plants should you remove from your home and yard?
In North Carolina, maple, oak, and pine trees produce large quantities of pollen each spring. Ryegrass and timothy grass are also a problem for any homeowner who suffers from hay fever.

Freshly cut flowers and dried arrangements should be kept out of bedrooms during peak months. Lavender, geraniums, and roses are recommended as lower-pollen garden alternatives because they rely on insects for pollination, not the wind.

How often do you really need to wash everything?
Pollen will stay on your hair and clothing until it is washed. Washing your hair every evening during peak weeks is, for many sufferers, one of the most useful habits to adopt. Clothes that were worn outside should go straight into the washer. Bedding should be stripped at least once a week and washed hot. Avoid drying anything outside when the count is high, because the fabric will collect more pollen.

Most people forget about the pollen that can accumulate on and in their car. A regular wipe of the inside, paired with a decent cabin air filter, can make a commute far more bearable.

What treatments actually work?
Antihistamines work for many people with hay fever. These tablets block histamine, the chemical responsible for symptoms like sneezing and itching, and work best when taken before you are exposed to pollen. If your main symptom is a perpetually blocked nose, a nasal corticosteroid is worth adding. Eye drops can help reduce redness and burning. What seems to be most helpful is picking a combination of two or three products that cover the different stages of your body's response rather than expecting one tablet to do it all.

Do any natural remedies actually help?
Steam inhalation is one of the oldest home remedies and may provide short-term relief from congestion, although it does not treat the underlying allergy. This involves breathing over a bowl of hot water with a towel placed over your head. The steam will help your nasal passages open up naturally. Saline rinses work in a similar way; they help flush pollen from the nose and thin out mucus.

Hay fever sufferers should check the daily pollen forecast in order to stay prepared and limit their exposure to pollen. With simple changes at home and in your daily routine, those with hay fever can reduce their symptoms and enjoy spring more comfortably.

1 in 26 women.

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