

“For 60 Years They Have Answered the Call”

See Page 10 for Column by Jeff Roberts



SARCOMA AWARENESS MONTH

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Pamlico County Sheriff's Office Continues Enforcement Efforts Targeting Illegal Narcotics Sales at Local Vape Shops

Over the past 12 months, the Pamlico County Sheriff's Office, with the assistance of the Brunswick County Sheriff's Office and the North Carolina Alcohol Law Enforcement (ALE), has conducted multiple enforcement operations targeting vape shops throughout Pamlico County.

The primary objective of these investigations has been to stop the illegal sale of controlled substances being marketed and sold through local vape shops and to protect the citizens of Pamlico County.

As a result of these investigations, law enforcement has executed more than 10 search warrants at multiple vape shop locations across the county. Several businesses have been the subject of search warrants on more than three separate occasions.

Throughout these investigations, business owners were provided multiple opportunities to voluntarily comply with North Carolina law. Investigators educated owners on products that were determined to be illegal under state law and advised them to remove those products from their shelves. Despite these efforts, investigators found that several businesses continued to sell marijuana-based products and other illegal controlled substances.

■ Continued on Page A3



Cyclospora Outbreak Linked to Iceberg Lettuce in 5 States

www.cdc.gov
Food safety alert
Investigation status: Open
Recall issued: Yes

CDC, FDA, and public health officials in several states are investigating a multistate outbreak of Cyclospora infections linked to shredded iceberg lettuce in 5 states.

On July 17, 2026, Taylor Farms initiated a recall of all iceberg lettuce sourced from central Mexico. The recall includes iceberg lettuce sold at retail stores and restaurants. It also includes other recalled products distributed to food service customers. A complete list of those products is included in the recall notice.

Do not eat recalled iceberg lettuce from Taylor Farms de Mexico that might be sold in retail stores or served in restaurants. If you purchased recalled lettuce, throw it out or return it to the store. If you don't know the source of the lettuce, ask the restaurant.

CDC is also investigating other outbreaks and illnesses of cyclosporiasis nationally that are unrelated to this outbreak.

Recalled food

On July 17, 2026, Taylor Farms de Mexico recalled all iceberg lettuces sourced from central Mexico. Taylor Fresh Foods' recall notice included Marketside-brand product available at Walmart.

Multiple Lots

Product was sold in various package types.

Recalled lettuce was distributed and sold in multiple states to consumers, restaurants, and retailers.

See www.fda.gov for more information.



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BOE Decides Method of Sale for PCMS

by: Hiram Lupton



The Pamlico County Board of Education

The Pamlico County Board of Education met last Wednesday evening in a special called meeting to discuss and vote on what method of sale to pursue for the property formerly occupied by Pamlico County Middle School.



Pamlico County Middle School

The property, which encompasses over 19 acres of land along with buildings, has been declared no longer needed for educational purposes and is now considered surplus property. By agreement, the property was first offered to Pamlico County and at the June 15 meeting of the Board of Commissioners, that offer was declined. It was now up to the Board of Education to determine the method of sale for the property. General Statutes of North Carolina (160A-266) give five options. The first, private negotiation and sale is negated due to the property exceeding \$30,000 in value. Of the remaining methods; sealed bids, negotiated offer with upset bids, public auction, and property exchange, the board attorney recommended the second option, negotiated offer with upset bids. This process would provide the most transparency as well as maximize the amount that the school system could receive in the sale. Concisely explained, this method first involves the property being advertised for sale, with a seller and buyer agreeing on a tentative price and terms on the sale of the property. Once agreed upon, the offer is advertised and anyone can

then place a higher bid during a period of 10 days following the public notice of the first bid. These are termed “upset bids” and there is usually a minimum amount above the initial bid in order to be accepted, typically 5%.

Every time a new bid is made and accepted, the clock resets and the 10-day process starts over again. This continues until a 10-day period goes by with no new bids and the final accepted bid declared the official buyer. This method was voted on and unanimously approved by the Board. Two other items related to the property and it's sale were also voted on. Two athletic fields located on the property, the softball and baseball fields, are still needed by the Middle School athletic department. There are long-term plans for construction of two new fields but that could be quite a way into the future. It was agreed upon to split off the two fields and an area for adequate parking for games from the main school property. This would require a recorded survey to divide the property and having that done was also approved unanimously. The final item approved by the Board was to give the Board attorney permission to draw up contracts defining the detailed parameters on the bid and offer process for the sale of the property, and the Pamlico County Schools Superintendent, Dr. Jeremy Johnson, authority to approve the process.

Commissioners Approve Tax Rate – Set Public Hearing for August 3rd

by: Hiram Lupton



The final item on the Board of Commissioners agenda Monday evening, a discussion request on the fiscal year 2026-27 budget, saw the Board see-saw back and forth on one of the most important items moving forward with a new budget, the tax rate. Now that the Governor's signature is on legislation placing a moratorium on property revaluation, the Commissioners finally know what values they will be basing the new fiscal year's taxes on.

Last month, faced with the uncertainty of last-minute moves by the General Assembly, the Board passed an interim budget to maintain County services for two months. That uncertainty is gone, at least for this fiscal year. There looms great uncertainty as to what the General Assembly will do in the future concerning property taxes, but until then, the County must implement a budget. The budget has been repeatedly gone over and scrutinized by the Commissioners and is pretty much set with only minor tweaking available. As County Manager Mark Brewington told the Board, “You have basically three choices. Keep the tax rate the same and continue to run a deficit and dip into the reserve fund once again. Raise the tax rate and have a balanced budget. Or a combination of the two. The choice is yours.”

As has been pointed out numerous times, by numerous County officials, continuing to dip into the fund balance to balance the budget as has happened the last two years, is unsustainable. As Commissioner Candy Bohmert pointed out, “Although we have over \$8.5 million in reserve, we are entering hurricane season. One bad storm will wipe that reserve completely out and I have no faith that we will be reimbursed by

FEMA as we have been in the past. Even if we are, it has been proven that it can take years to get reimbursed.” Still, there was much reluctance by the Board to raise the tax rate.

Finally, after much discussion a motion was put forth to set the rate at .695 per \$100 value of property, a 5-cent increase from last year. The vote deadlocked 3 to 3. Commissioners Brinson, Riggs and Heath for, Commissioners Forrest, Mills, and Bohmert against. (Commissioner Ollison was absent with continuing health issues). Another motion was made for a rate of .705 and it once again fell deadlocked, this time with the votes reversed. Finally, Commissioner Doug Brinson moved to split the difference and set the rate at .70. This received a reluctant unanimous vote in favor. This rate will still create a budget shortfall, with the amount not exactly known until finance officer Alex Showalter crunches the final numbers, but it is hoped that the dollar amount coming out of the reserve fund will be minimal. “I really hoped we wouldn't have to raise the rate,” stated Commissioner Ed Riggs. “The legislature put us in a tight spot by forcing us to use 2020 property values. While most property values went up, the actual tax rate would have dropped. Certainly, some would have seen their taxes increase, but many would not, or have seen only a small increase. Now everybody will see a tax increase. The new rate also applies to automobile values and instead of going down for everyone, now they will go up for everyone.”

The Commissioners also set the date of August 3rd, their next scheduled meeting, for a required public hearing on the budget. Expect a crowd.

Road Closure Update

by: Hiram Lupton



Dawson Creek Bridge

Motorists in Pamlico County should be aware of two important upcoming road closures, one cancelled and one happening next month. The latest North Carolina Department of Transportation update given to County Manager Mark Brewington will have Janiero Road closed at the Dawson Creek Bridge beginning on August 17 and running through November of 2027 for the demolition of the existing bridge and construction of the new bridge crossing Dawson Creek. The closure was originally scheduled to begin in July but was postponed for a month. The fishing area and park adjacent to the bridge will also be closed. The scheduled closing of Kershaw Road for a pipe replacement has now been postponed due to permitting issues. Since Kershaw Road is one of the alternate routes for the Janiero Road closure, that pipe replacement has been put off indefinitely.

Lemonade Fundraiser in Alliance

Elizabeth Hopkins, of Alliance, held a Lemonade Fundraiser on Saturday, July 11, as she has done in the past. Elizabeth chooses a different charity each year and this year will be donating \$630 to Go2 for Lung Cancer in Memory of her Grandmother, Letha Tingle. Well done Elizabeth!



■ page A5

LIKELY WEATHER OVER THE WEEKEND



Join us in person!!

Hurricane Community Forum

Oriental Town Hall 507 Church Street. Oriental, NC 28571 • Monday, August 17th at 6:00 PM

More Information: weather.gov/mhx/hurricanecommunityforums



Arrival of The Beacon signals PCC Registration is happening soon!

By Sandy Wall

The Beacon, Pamlico Community College’s Fall 2026 course schedule, is now available online at www.pamlicocc.edu and should begin showing up in area mailboxes within the next few days.

The arrival of the 24-page publication means that the registration period for the upcoming semester is coming soon!

The Beacon lists the curriculum programs and advisors for students who are interested in earning associate degrees, diplomas or certificates, as well as transferable college credits.

Additionally, the document features 13 pages of versatile, short-term Continuing Education courses and programs designed for men and women who are looking for new careers or who want to develop the skills they need to be more valuable in their current jobs.

The Fall 2026 edition of The Beacon also contains information about the college’s Small Business Center, its slate of Emergency Medical Services and Firefighting courses, the Career Resource Center’s contact information, and its fun Cultural & Life Enrichment classes.

The release of PCC’s course schedule comes about three weeks before the registration period for the Fall semester. Registration for curriculum courses is officially set for Tuesday Aug. 4, from 8:30 a.m. to 7 p.m. on campus.

But college officials say new and returning students are welcome to contact the college now to complete the enrollment process and select their courses for the new semester.

“Although we have a designated Registration day event, students can come by the college Monday through Thursday and get registered for Fall 2026 courses,” said Vice President of Instructional Services Neil Callahan. “There’s no need to wait.”

Registration for tuition-free N.C. Career & College Promise (CCP) courses for high school juniors and seniors will take place Aug. 23, 24, and 25 from 8 a.m. to 3 p.m. daily at the Mattocks Center in Bayboro.

Seated classes will begin Aug. 17. Online courses will start Aug. 31.

Meanwhile, enrollment for short-term Continuing Education courses is offered throughout the semester, based on the start dates of the respective classes.

Financial aid is available for qualified students interested in both curriculum and Continuing Education courses.

Pamlico Community College is ready to help you embrace the future! Pamlico is a national leader in student success!

For more information about getting prepared for curriculum registration, contact the college at studentservices@pamlicocc.edu or 252-249-1851, ext. 3001.

For more information about short-term Continuing Education courses, contact Lori Giles at 252-249-1851, ext. 3015, or lgiles@pamlicocc.edu.

Sandy Wall can be reached at 252-249-1851, ext. 3010, or swall@pamlicocc.edu.

The Beacon FALL 2026 COURSES & PROGRAMS August to December 2026



Be prepared to embrace the future! Look inside!



Pamlico Vistas

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

Photo by: Hiram Lupton



Infinite Sunset on the Neuse – Near Arapahoe

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

PRICE REDUCED

NEW BERN – Fairwinds **2BR/2BA** Condo in Fairfield Harbor. Open floor plan, screened deck and open deck, roof replaced last year. Community boat dock, pool, golf course, and restaurant.
OFFERED AT \$193,500

BAYBORO – Low maintenance **3BR/1.5BA** near the new Pamlico County High School. Will be sold as-is, offering an excellent opportunity for buyers who want to add their own updates and personal touches. Screened porch, outdoor BBQ pit, mature peach trees.
OFFERED AT \$225,000

ORIENTAL – **3BR/2BA** w/fenced lot ideal for dogs, children or horses. Unrestricted, no HOA, no zoning, no flood zone. Attached 1-car garage, detached storage bldg. & empty, door-way accessible grain silo ideal for protected firepit area or extra storage.
OFFERED AT \$375,000

PRICE REDUCED

ORIENTAL – **3BR/2.5BA** open floor plan, ideal for family gatherings or entertaining on 3 acres. Offers a great balance of space and tranquility. Property will be sold as is.
OFFERED AT \$415,000

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

MINNESOTT BEACH – Luxurious waterfront **3BR/3.5BA** townhome on Neuse River near Golf & Country Club & Marina. Screened porch, elevator to 2nd floor, 2nd floor balcony, 2-car garage, close to ferry, & elevation of this home is not in a flood zone.
OFFERED AT \$ 629,900

MERRITT – **3BR/2.5BA** Simpson Creek waterfront with cement pier on the property & a 2nd deeded boat slip within walking distance. Great views, water depth of 4-5 feet, 3-car garage, 2 screened decks, open floor plan, located at end of the cul-de-sac.
OFFERED AT \$ 632,500

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

THIS WEEK IN HISTORY

by: Hiram Lupton

- July 22nd – Today is National Hammock Day.
- July 23rd – Today is National Vanilla Ice Cream Day.
- July 24th – Today is National Tequila Day. Don’t forget to eat the worm.
- July 25th – Today is National Wine and Cheese Day.
- July 26th – 1775, Benjamin Franklin was named the first Post Master General of the Colonies.
- July 27th – 1953, An armistice was declared halting the Korean War.
- July 28th – Today is National Milk Chocolate Day.

Birthdays This Week

- July 23rd – 1973, Famous intern Monica Lewinsky
- July 24th – 1948, Cartoon Alien Marvin the Martian
- July 24th – 1951, Actress Lynda Carter
- July 24th – 1969, Singer and Actress Jennifer Lopez
- July 25th – 19??, Outstanding Pamlico Citizen Majorie Dufek
- July 25th – 1953, Football Hall-of-Famer Walter Payton
- July 26th – 1943, Singer Mick Jagger
- July 26th – 1964, Actress Sandra Bullock



“Life is one big road with lots of signs. So when you riding through the ruts, don’t complicate your mind. Flee from hate, mischief and jealousy. Don’t bury your thoughts, put your vision to reality. Wake Up and Live!” – Bob Marley

■ Continued from page A1

Pamlico County Sheriff's Office Continues Enforcement Efforts Targeting Illegal Narcotics Sales at Local Vape Shops

To date, more than 10 individuals have been criminally charged as a result of these investigations. Additionally, investigators have seized more than 2,500 items suspected of containing illegal controlled substances, including marijuana, psilocybin, and other controlled substances prohibited under North Carolina law. All seized evidence has been submitted for laboratory analysis as appropriate and will be presented through the judicial process.

One of the Sheriff’s Office’s greatest concerns is the deceptive nature of many of these products. The packaging is often designed to resemble legal consumer products while failing to accurately identify the actual controlled substances contained inside. In many cases, the labeling is misleading or incomplete, making it difficult for consumers to know exactly what they are purchasing or ingesting.

The Sheriff’s Office is also concerned that many of these products are marketed in ways that are attractive to young people, creating an increased risk that children and teenagers may obtain substances they believe to be harmless when they may, in fact, contain illegal or dangerous drugs.

Sheriff Chris Davis issued the following statement:

"Our responsibility is to protect the citizens of Pamlico County, especially our children. These products are often packaged in colorful, attractive containers that can easily appeal to young

people, while the contents may contain illegal controlled substances that are not accurately disclosed on the label. That is a serious public safety concern.

We made every effort to work with these business owners before taking enforcement action. They were educated on the law and given opportunities to remove illegal products from their stores. Unfortunately, some chose to continue violating the law, leaving us with no choice but to take enforcement action.

I hope this serves as a message that the illegal sale of narcotics in Pamlico County will not be tolerated, regardless of the type of business involved. We will continue to aggressively investigate those who choose to profit from selling illegal controlled substances. Our goal is to protect our community, safeguard our children, and hold violators accountable under the law."

The Pamlico County Sheriff’s Office remains committed to working alongside its local, state, and federal law enforcement partners to combat the illegal sale of narcotics and protect the health and safety of the community.

Anyone with information regarding the illegal sale of controlled substances is encouraged to contact the Pamlico County Sheriff’s Office at (252) 745-3101 or submit a tip through the Pamlico County Sheriff’s Office mobile app.

COMMUNITY OBITUARIES



Rev. Phillip Michael Lewis, 75, of Edward, NC, entered into the presence of his Lord and Savior at his home on July 14, 2026. Though his earthly journey has ended, he is now receiving the eternal reward he faithfully preached, sang about, and looked forward to throughout his life.

Phillip was an ordained minister with the International Pentecostal Holiness Church through the North Carolina Conference. A devoted member and pastor of Lowland Pentecostal Holiness Church, he dedicated his life to proclaiming the Gospel of Jesus Christ with unwavering faith, humility, and compassion. He was an anointed preacher whose messages came from a heart completely devoted to God. He truly lived the life he preached, serving as a faithful soldier of the cross and an example of Christ’s love to everyone he encountered.

In addition to his ministry, Phillip was a gifted guitar player who loved using his musical talents to worship the Lord. He found great joy in visiting the sick and shut-ins, offering encouragement, prayer, and hope to those in need. He was an avid student of God’s Word and never hesitated to pray with anyone, anywhere, at any time. His faith was genuine, his love was sincere, and his greatest desire was to see others come to know the saving grace

of Jesus Christ. Phillip was preceded in death by his beloved parents, Rev. William H. Lewis and Frances Lewis; his brothers, Rev. Terry Lewis and David Harold Lewis; and his father-in-law, Murray Sadler.

He leaves behind to cherish his memory his devoted wife Tammy Lewis; his sister, Sharon Rice (James) of Lowland; his mother-in-law, Diane Sadler of Aurora; his sister-in-law, Marie Lewis; along with many extended family members, church family, and countless friends.

The family expresses their heartfelt gratitude to everyone who cared for Phillip throughout his illness, visited him, and faithfully lifted him up in prayer. They extend a special thank you to the hospice nurses and caregivers for their compassionate care, as well as to Dr. Brent Gill for his kindness and dedication.

Tammy shares this simple but heartfelt message. “Thank you for being my love for 42 years.”

A funeral service to celebrate Rev. Lewis’ life and his faithful ministry was held on Saturday, July 18th in the chapel at Daniels-Sadler Funeral Home, officiated by Pastor Dwayne Boyd and Rev. Danny Nelson.

The family received friends on Friday, July 17th at the funeral home.

Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.



Johnathan "Johnny" Tyler Lowery, 27, of Grantsboro, NC, passed away far too soon, leaving behind a community of family, friends, and loved ones whose lives were forever brightened by his presence. He was born on August 21, 1998, and left this world on July 12, 2026.

Johnny was preceded in death by his beloved mother, Symantha Ann Nobles Lowery; his father, William Loahford Lowery; his grandparents, Frederick Earl Nobles and Terry Elizabeth Cuthrell Nobles; his uncle, Fred Jason Nobles "Teddy Bear"; and his cousin, Sampson Bruce Cuthrell.

He is survived by the love of his life, Kathleen "Katie" Glickman; his long-time best friend, Nick Mayo; his uncle, Ervin Jessie Nobles "E.J." (J-Bird) and wife, Serina Nobles; cousins, nieces, nephews, extended family members, and countless friends who considered him family.

Johnny was truly one of a kind. He had a larger-than-life smile, a heart of gold, and a gift for making everyone feel welcome. He never met a stranger and could strike up a conversation with anyone. Whether you knew him for five minutes or twenty years, Johnny had a way of making you feel like an old friend.

A talented cook, Johnny found joy not only in preparing meals but in watching others enjoy them. Some of his happiest moments were spent gathered around family and friends, sharing food, laughter, and stories. His generous spirit and love for bringing people together made every gathering better simply because he was there.

Johnny was often the life of the party, bringing energy, laughter, and unforgettable

memories wherever he went. His kindness, humor, and genuine love for people left an impression that will never fade.

He also took great pride in his work at NAPA Auto Parts in Alliance, where he built friendships with coworkers and customers alike. He loved his job and valued the relationships he formed there. The impact he made on those around him will be felt for years to come.

Though his time on earth was far too short, Johnny lived with a fullness and authenticity that many never achieve. He loved deeply, laughed often, and gave freely of himself to others. His loss leaves an immeasurable void, but his memory will continue to live on in the stories shared, the meals enjoyed together, and the countless lives he touched.

A Memorial Service will be held at Goose Creek Pentecostal Holiness Church on Saturday, July 25, 2026, at 2:00 p.m. The family will receive friends and visitors at 1pm prior to the service.

The family extends their heartfelt gratitude for the overwhelming love, prayers, and support shown during this difficult time. Johnny’s smile, his laughter, and the kindness he shared so freely will never be forgotten.

"Those we love don't go away; they walk beside us every day. Unseen, unheard, but always near, still loved, still missed, and forever dear."

Our hearts are broken, but we find comfort in knowing that a love like yours never leaves; you're never truly gone. That smile of yours, I will never forget. My sweet Johnny.

– Katie
In lieu of flowers, memorial contributions may be made to Daniels-Sadler Funeral Home, PO Box 99, Alliance, NC 28509.

Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.

The Rev. Dr. Warren Randall “Randy” Spaugh
April 3, 1954 – July 18, 2026



Kinston—The Rev. Dr. Warren Randall “Randy” Spaugh, 72, passed away peacefully in the presence of his family on Saturday, July 18, 2026. Randy was born on April 3, 1954 in Forsyth County and raised in the Tobaccoville community by his parents, Warren and Doris Spaugh. In addition to his parents, he was preceded in death by his brother, David Spaugh; and a nephew, Cory Spaugh.

A graduate of Atlantic Christian College, Randy earned a Bachelor of Arts in Religion and Philosophy before continuing his theological education at Duke University and Southeastern Baptist Theological Seminary, where he received a Master's degree in Religion. He later attended Drew University in Madison, New Jersey, earning his Doctor of Ministry degree.

Randy began his pastoral ministry serving New Hope Christian Church and Reelsboro Christian Church in Reelsboro, North Carolina. He later served the congregations of First Christian Church in Eden, North Carolina; First Christian Church in Hopewell, Virginia; Gordon Street Christian Church in Kinston, North Carolina; and Faith Fellowship Church in Kinston, North Carolina.

Even in retirement, Randy’s calling to ministry never ceased. He faithfully served as a

chaplain at UNC Health Lenoir and found a cherished church home with the congregation of St. Mary’s Episcopal Church.

Throughout Randy’s life, he found strength in the gospel and maintained a personal devotion that was steady, humble, and sincere. He was a faithful prayer partner to many. One of his greatest joys was sharing the Word by preaching and teaching.

Funeral services will be held at 3:30 p.m. on Saturday, July 25, 2026 at St. Mary’s Episcopal Church, Kinston. A visitation and reception will follow in Moseley Hall.

Randy is survived by his wife of forty-eight years, Margaret Spaugh; daughter, Mara Moye and husband Bill; son, Jonas Spaugh and wife Jessica; grandsons, Jacob “Jake” Moye, James “Jamie” Moye, and Wyatt Spaugh; mother-in-law, Annie Dixon; sisters-in-law, Phyllis Spaugh and Caroline Kinkton and husband Billy; and nieces and nephew, Mikal Dixon, Jennifer Woller and husband Aaron, and Kassi Everette and husband Josh.

“I thank my God upon every remembrance of you.” –Philippians 1:3

Online condolences may be expressed at www.rousefh.com. In lieu of flowers, please consider a contribution in Randy’s memory to St. Mary’s Episcopal Church, 800 Rountree Street, Kinston, NC 28501. Arrangements are entrusted to Rouse Funeral Home, La Grange.

OBITS@ThePamlicoNews.com

Concerned about your drinking?

You are not alone, there is help available!
Come join others who have found a Solution!
Alcoholics Anonymous: New Bern Hotline (252) 349-0898
Meetings in Pamlico County:

(If you think you may have a problem, you are welcome to attend)

- Tuesday 8pm** - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church 600 Ragan Rd. in Oriental, NC (2nd brick building on left off Hwy 55)
- Thursday *7:30pm**** - Recovery and Beyond Group - Beginner/Open Discussion Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC (close to DSS/Senior Center)
- Friday 8pm** - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church, 600 Ragan Road in Oriental, NC (2nd brick building on left off Hwy 55).
- Sunday *7pm** – Oriental Sunday Night Group - Big Book/12 & 12 Study Meeting held at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on the left)

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

The Pamlico News

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FINANCIAL FOCUS

Sustainable investing means investing with purpose



Dan M. Roberts

When you think about investing, you probably want your money to grow. But maybe you also want it to make a positive difference in the world while you continue pursuing your financial goals. That’s the foundation of sustainable investing — an approach that considers environmental, social and governance (ESG) factors alongside traditional financial analysis.

Sustainable investing allows you to support better business practices through your investment choices. It looks at how companies address issues ranging from climate change to worker well-being to corporate ethics. At its core, it’s about aligning investments with personal values while still focusing on long-term financial outcomes.

Here are the three main areas of sustainable investing:

- **Environmental considerations** include how companies respond to climate change, use natural resources and manage pollution.
- **Social factors** address workforce well-being, product safety and efforts to reduce social inequities.
- **Governance** focuses on corporate behavior, ethics policies and financial transparency.

You may wonder whether investing sustainably means sacrificing returns. Research suggests it doesn’t. New York University’s Stern Center for Sustainable Business reviewed more than 1,000 studies from 2015–20 and found that incorporating ESG factors does not inherently diminish returns, and in many cases is associated with improved financial performance. As with any investment approach, it’s important to focus on high-quality investments that help support more consistent longterm returns.

Sustainable investing can take several forms:

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

NC

COOPERATIVE
EXTENSION

Pamlico County

Moisture Brings Mosquitoes

Daniel Simpson, County Extension Director, Agriculture Agent



With an increase in summertime precipitation, residents should not be surprised to see an increase in biting insects. Biting flies and mosquitoes are the most common of these in Pamlico County, with the former being particularly troublesome all summer long. Let us discuss what options are available to manage these insects and how we can protect ourselves and our

sanity from their annoyance. Biting midges (Culicoides sp.) are small, sometimes barely-visible, blood-sucking flies more commonly known in many areas as biting gnats, sand flies, biting midges, punkies or “no-see-ums.” Their biting activity is extremely annoying, and during the past few months have been prevalent across all of Pamlico County. These insects breed in areas with fresh and saltwater habitats, with the immature larval stages feeding on decaying organic matter from wet mud and sand, and even decaying seaweed. Adults feed on liquid substances ranging from plant juices to body fluids of insects and the blood of vertebrates. Females of many species feed on mammals, including people, using these blood meals to produce eggs.

Control of these insects is difficult because only community wide insecticide applications can reduce populations, and even then, only last a few days. With new generations of flies constantly being produced during warm weather months, chemical control is short lived. Physical barriers (window screens, clothing) and insect repellents are your best options. However, personal experience shows these options are often less than satisfactory if the populations are large. A fine mesh head net with repellent applied is the best method of relief that this author has found. If you would like more information on biting flies, visit the NC State Extension note titled “Biting Midges and Their Control” at <https://content.ces.ncsu.edu/biting-midges-and-their-control>.

Mosquitoes may also be on the rise following recent precipitation. Mosquitoes breed in and around water, requiring this moisture to hatch eggs and support larval development. This means any standing body of water, no matter how small, can support mosquito development. “Tip & Toss” is the standard recommendation for mosquito control, which means anything

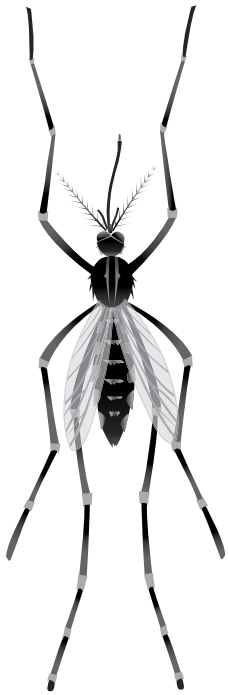
that holds water should be either tipped over to drain or thrown away to remove it from the landscape. However, in coastal communities like Pamlico County, escape from mosquitoes is often not possible. Community wide control efforts are the most effective means of reducing populations and require everyone in your neighborhood to participate.

Insecticides applied to landscapes (trees, yards, perimeter) may reduce populations in the short-term, but if rain or moisture persist mosquitoes will return. Mosquito “dunks” may also provide some control in small bodies of water that never dry up. These products contain a bacterial toxin that kills the immature insects but does not harm fish, birds, or humans. Follow the label directions of any insecticide product you use carefully. Read the label and find the section titled “Precautionary Statements” for information related to safety in the environment. Even if a product is described as “safe for the environment” or “non-toxic,” a registered insecticide, by definition, is meant to kill insects. Do not assume that low human toxicity means you can apply these products in shorts or flip flops. Read the directions carefully and use the proper protective equipment. For more information on managing mosquitoes, visit the NC State Extension Mosquito note at <https://entomology.ces.ncsu.edu/mosquito-control-around-homes-and-in-communities/>.

As with biting flies, repellents and physical barriers provide some protection from mosquitoes. Products containing the active ingredient “DEET” are considered the most effective but other options are available. Read and follow the label directions when applying repellents, as some products have very specific requirements or limitations. For more information on the use of insect repellents, visit the NC State Extension Repellent note at <https://content.ces.ncsu.edu/insect-repellent-products>.

Please remember that everyone has their own tolerance for nuisance insects and what is acceptable to one person may not be for another. Complete control of nuisance insects is impossible within the environment and landscape. The most effective control strategies require large scale participation (county, municipal, neighborhood).

For more information on this or related subjects, please contact Daniel Simpson at (252)-745-4121 or Daniel_simpson@ncsu.edu



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 conversation 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.

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When Did The Revolutionary War End?

The American War of Independence or Revolutionary War started in 1775 and lasted 8 long years until 1783 when it finally came to an end and the North American colonies finally gained their independence. The war started as a rebellion of the thirteen colonies that declared themselves the United States of America against British rule in the colonies. France also got involved and fought on the side of the rebels in 1778, leading to the conflict culminating into a world war involving Britain, France, the Netherlands and Spain. It all ended with the signing of two peace treaties.

– *The Treaty of Paris* – *The Treaties of Versailles*

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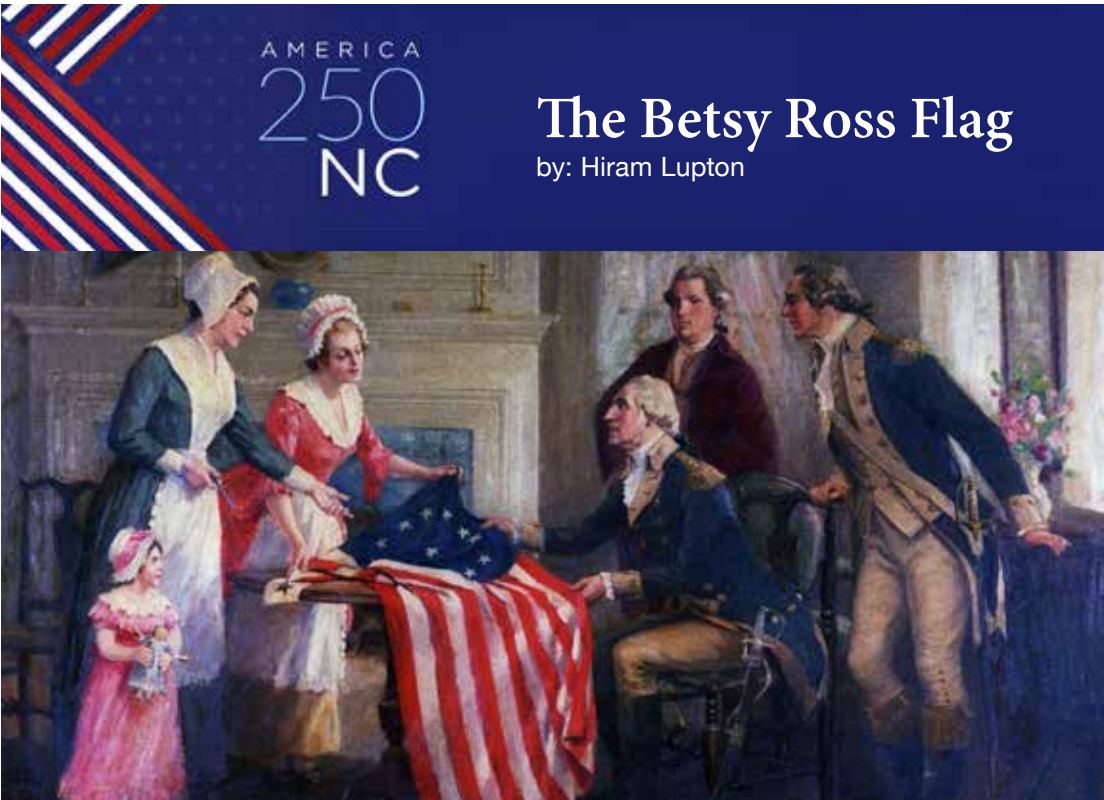
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Betsy Ross showing General Washington a design for the national flag.



The "Grand Union Flag."



The "Betsy Ross Flag."

A flag can be an important symbol of unity, pride, and patriotism. Every country needs it's own, with it's own distinguishing characteristics, particularly a country in it's infancy like the 13 colonies during the revolutionary war. Much like many new things, there was a bit of trial and error in developing an official flag. The first official flag of the colonies was known as the "Grand Union Flag" and was also often referred to as "the Continental Colors." It had the now familiar 13 alternating red and white stripes we have today but there was one notable difference. The upper left corner contained the flag of Great Britain. The colonies were much like a child not quite ready to leave home and still wishing to show some sense of loyalty to the mother land. The Continental Army flew this flag until 1777. By that time full-scale war was going on and there was now no turning back or chance of reconciliation. Win and a new country will emerge, lose and English authority will prevail. It was time to have something different in the upper left corner and do away completely with all ties to British rule. On June 14, 1777, the Second Continental Congress passed the first Flag Resolution and officially adopted the "Stars and Stripes" as the national flag. The resolution states that "the Flag of the United States be 13 stripes alternate red and white, that the union be 13 stars white in a blue field representing a new constellation." June 14 is now celebrated as Flag Day because of this. The resolution did not specify how the stars in the field of blue would be arranged. This is where the facts get a bit murky and legend takes over. Supposedly, George Washington himself, along

with Robert Morris and George Ross visited a noted Philadelphia seamstress and upholsterer named Elizabeth Griscom Ross, who often went by the name Betsy Ross. She had experience sewing flags and she was asked by the trio to lend her expertise in creating the new flag. She suggested that instead of the six-pointed star design brought to her, the flag should have five-pointed stars. The delegation agreed and Betsy got to work. The design incorporated the 13 stars in a circular pattern and became known as the Betsy Ross Flag. Is all of this true? Betsy Ross was certainly a well-known seamstress living in Philadelphia at the time, but not much else can be proven as hard fact. The story, whether true or not, publicly originated with Ross' grandson, William Canby, who presented his account to the Historical Society of Pennsylvania in 1870. He stated that his aunt, one of Betsy's daughters, had related it to him in 1857. So, while the story certainly seems plausible, there were no facts or documentation to back it up. Still, someone sewed the flag, so why not give Betsy the credit. One more interesting fact about the design. As new states entered the Union, additional stars and stripes were added. This created a changing pattern for the stars and also possibility of a very long flag as new stripes were added. In 1818 Congress enacted an act that a new star would officially be added to the field of blue whenever a new state was added to the Union, but the number of red and white stripes would be capped at thirteen in recognition of the original thirteen colonies. The current flag, with fifty stars, was adopted in 1959 when Alaska and Hawaii became states.

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LEGAL NOTICE

Notice of Application for General Rate Increase and Public Hearings
Docket No. E-22 Sub 765

Application by Virginia Electric and Power Company d/b/a Dominion Energy North Carolina for Adjustment of Rates and Charges Applicable to Retail Electric Utility Service in North Carolina

Why am I receiving this notice?

On April 30, 2026, Virginia Electric and Power Company d/b/a Dominion Energy North Carolina (DENC), filed an application with the North Carolina Utilities Commission (Commission) requesting authority to increase the rates it charges to its customers for retail electric service in North Carolina. DENC seeks a total increase of approximately \$37 million, which would be an increase of 11.99% over current base rates. DENC must prove to the Commission that the requested rates are just and reasonable and in the public interest. If approved, DENC’s requested increase would result in the following:

Summary of Requested Revenue Increase ¹			
Customer class	Present base revenues	Requested revenue increase	
Residential	\$167,781,134	\$25,870,737	15.42%
SGS	\$64,907,778	\$3,112,299	4.80%
LGS	\$31,700,644	\$2,850,755	8.99%
6VP	\$11,804,452	\$693,428	5.87%
NS	\$24,223,026	\$2,903,599	11.99%
Traffic	\$54,049	\$7,451	13.79%
Outdoor/streetlight	\$6,650,513	\$1,379,678	20.75%
Total Revenue Increase	\$307,121,596	\$36,817,949	11.99%

Why is DENC seeking a rate increase?

DENC states that its request is driven by investments made for the benefit of customers since its 2024 rate case, including:

- 1. Investments in its nuclear fleet to ensure the continued safe, reliable, and efficient operation of these units;
- 2. Investments in its fossil fleet to maintain the continued reliability and efficiency of these units and to implement uprates of certain natural gas units;
- 3. Investments in its renewable energy (traditional hydro, pumped storage hydro, biomass, solar, and offshore wind) and battery storage facilities; and
- 4. Investments to expand and strengthen its transmission and distribution infrastructure in North Carolina and throughout its system.

¹ DENC plans to make an update filing in September 2026 incorporating new expenditures that will likely result in an increase to these requested rates.

DENC also seeks authority to implement an annual rider to recover costs associated with the Coastal Virginia Offshore Wind (CVOW) Commercial Project that are in addition to the costs for this project that are included in base rates (Rider CVOW). In addition, DENC seeks authority to return to customers \$10.4 million in nuclear energy production tax credit benefits through a one-year rider (Rider NPTC).

Furthermore, DENC requests a rate of return on common equity of 10.50%. This number is the return customers pay investors on DENC’s capital investment, expressed as a percentage.

How are rates calculated?

A typical residential bill has several components, including:

- **The Electric Charge** covers the cost of generating electricity, including certain fuel-related costs, moving it through transmission lines and substations, and delivering it to a customer. This charge also includes
 - A Basic Customer Charge, which is a fixed monthly fee that covers the utility’s baseline costs to maintain your account and connect your home to the electrical grid and
 - Various annual riders that are designed to recover costs associated with the adoption of renewables, demand-side management and energy efficiency programs, and the recovery of certain coal ash remediation activities.
- **The Fuel Charge** includes the cost for fuel used to produce electricity, including fuel shipment, and represents any changes in fuel costs not already covered in the Electric Charge. **The State Sales Tax** of 7% applied to Electric and Fuel Charges.

To learn more about each of these components, visit [dominionenergy.com/north-carolina/rates-and-tariffs/rates-101](https://www.dominionenergy.com/north-carolina/rates-and-tariffs/rates-101).

DENC is requesting to update base rates, specifically the Basic Customer and Electric Charges. The Basic Customer Charge is a fixed amount for every customer depending on the customer’s class (residential, commercial, or industrial). The Electric Charge is different for customers of different classes and is a rate in cents/kWh applied to each customer’s energy usage. To learn more about each of these components, visit <https://www.dominionenergy.com/north-carolina/paying-my-bill/understand-my-bill>.

If DENC’s request is approved, how will it impact my bill?

If approved, the proposed total monthly bill for a residential customer using 1,000 kWh per month, including base rates, the proposed Rider CVOW and Rider NPTC, and other currently approved riders, would be \$151.48, an increase of approximately 12.76% over current rates. At the conclusion of the 1-year Rider NPTC distribution, and assuming no other changes, the average customer bill would increase by \$3.44, making the average residential bill \$154.92.

The proposed total monthly bill for a nonresidential customer served under one of the schedules listed below, including base rates, the proposed Rider CVOW and proposed Rider NPTC, and all currently approved rate riders would be as follows:

Customer Class	Before increase	After increase	Change (\$/month)	Change (%)
SGS (Schedule 5)	\$1,298.11	\$1,351.97	\$53.86	4.15%
LGS (Schedule 6L)	\$423,500.28	\$451,469.60	\$27,969.32	6.60%

The Commission may consider additional or alternative rate design proposals that were not included in DENC’s Application and may order increases or decreases in individual rate schedules that differ from those proposed by the DENC. In no event, however, will the Commission approve any increase in total revenues beyond the total increase in revenues requested by DENC.

When will my rates change?

Your rates will not increase immediately. The Commission has scheduled DENC’s request for investigation and hearing. DENC intends to implement its proposed rates on a temporary basis subject to refund on December 1, 2026, under the authority of N.C. Gen. Stat. § 62-135. Customers will receive another notice before temporary rates take effect. The Commission should make its final determination as to DENC’s requested increase in January/February 2027, and the approved new rates should go into effect on or around March 1, 2027. You will receive another notice when the new rates are determined that will indicate when they will go into effect.

How can I participate?

Your input on DENC’s requested increase can help the Commission make an informed decision. You may (but are not required to) participate in several ways, including:

Option A: You can file a written consumer statement of position in the docket by visiting ncuc.gov/contactus.html. Please include the docket number that is listed at the top of this notice.

Option B: You can testify at a public hearing. Your testimony will become part of the evidence the Commission considers in making its decision. For helpful tips on how to give public witness testimony, visit ncuc.gov/documents/ncucbrochure.pdf. Public hearings will take place as follows:

Date & Time	Location	Town/City
Monday, September 28, 2026, at 7:00 p.m.	Halifax County Courthouse, District Courtroom 357 Ferrell Lane	Halifax, NC 27839
Monday, October 5, 2026, at 7:00 p.m.	Remote via WebEx*	
Tuesday, October 13, 2026, at 7:00 p.m.	Dare County Commissioners’ Meeting Room 962 Marshall C Collins Drive	Manteo, NC 27954
Wednesday, October 14, 2026, at 7:00 p.m.	Martin County Courthouse 305 East Main Street	Williamston, NC 27892

*** A link to view the WebEx hearing will be available at ncuc.gov. Members of the public who wish to testify at the virtual public hearing must register in advance of the hearing, no later than 5:00 p.m. on September 25, 2026, by completing the electronic Remote Public Witness Registration form located on the Commission’s website at <http://www.ncuc.gov/hearings/remotepublicregister/html>. Only the first 20 individuals registered will be allowed to testify at the remote hearing. If assistance is needed, please contact 919-733-0837. This hearing will be canceled if no one registers to testify by 5:00 p.m. on September 25, 2026**

Please note that, at the public hearings, the Commissioners cannot answer questions. However, representatives from DENC and from the Public Staff (the consumer advocate) will be available to answer questions before and after the hearing, and the Public Staff can answer questions before the hearing about how to testify.

Some local courthouses prohibit the public from bringing electronic devices into the building, and therefore individuals with prepared statements on their devices may wish to bring a printed copy of their statement

In addition, the Commission will hold a hearing solely for the purpose of receiving expert witness testimony from the parties’ witnesses in this proceeding on Wednesday, November 18, 2026, at 10:00 a.m. If you’re interested in watching the expert witness hearing, you can observe in person or you can watch it on the Commission’s YouTube channel, which can be located at youtube.com/@NCUtilitiesCommission.

If there are no complaints or contested issues between the parties, the public or expert witness hearings may be cancelled.

Who can I talk to about this petition?

The Public Staff represents customers in proceedings before the Commission. The Public Staff has a team of engineers, accountants, economists, and lawyers reviewing DENC’s requested increase and is scheduled to file its testimony outlining its recommendations by October 6, 2026. You can contact the Public Staff by mail at 4325 Mail Service Center, Raleigh, NC 27699-4300.

Where can I find more information?

DENC’s application was filed pursuant to the following legal authorities:

North Carolina General Statute Chapter 62, Sections 133, 134, and 135	ncleg.net/enactedlegislation/statutes/html/bychapter/chapter_62.html
Commission Rule R1-17	ncuc.gov/ncrules/rulstoc.html

You can find the materials filed by DENC and other parties and orders issued by the Commission in this proceeding by typing “E-22 Sub 765” into the Docket Number entry at the following website: starw1.ncuc.gov/NCUC/page/Dockets/portal.aspx.

You can learn more about the Public Staff at publicstaff.nc.gov.

You can learn more about DENC at <https://www.dominionenergy.com/north-carolina>.

Did you know?

Age, gender and activity levels affect how much calories the U.S. Department of Health and Human Services advises aging individuals to consume each day. According to DHHS guidelines, sedentary men ages 61 and older should consume roughly 2,000 calories per day. Moderately active men between the ages of 61 and 65 are advised to consume 2,400 calories per day, while men at that activity level age 66 and older are urged to consume roughly 2,200 calories per day. DHHS recommendations indicate active men between the ages of 61 and 75 should consume 2,600 calories per day, while those 76 and up should reduce that consumption to

2,400 calories per day. Women's recommended calorie intake is significantly lower, as DHHS guidelines advise sedentary women age 61 and older to consume 1,600 calories per day. Women 61 and older who engage in moderate physical activity each day are urged to consume 1,800 calories per day, a recommendation that increases to 2,000 calories per day for those in the same age group who live a physically active lifestyle. It's important to note that these recommendations are just guidelines, and seniors should consult a physician familiar with their medical history for more personal recommendations regarding calorie consumption.



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PARADE
10:00 – 11:00 A.M.

FREE CARNIVAL RIDES
11:00 A.M. – 6:00 P.M.

OPENING CEREMONY & FLAG PRESENTATION
11:00 – 11:30 A.M.

HISTORIC TALKS
11:30 A.M. – 5:30 P.M.

LIVING HISTORY ENCAMPMENT

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A collage of three images: on the left, a large arched window looking out onto a golf course; in the center, a large resort-style building with a lake and dock; on the right, a modern interior dining area with a large table and chairs.

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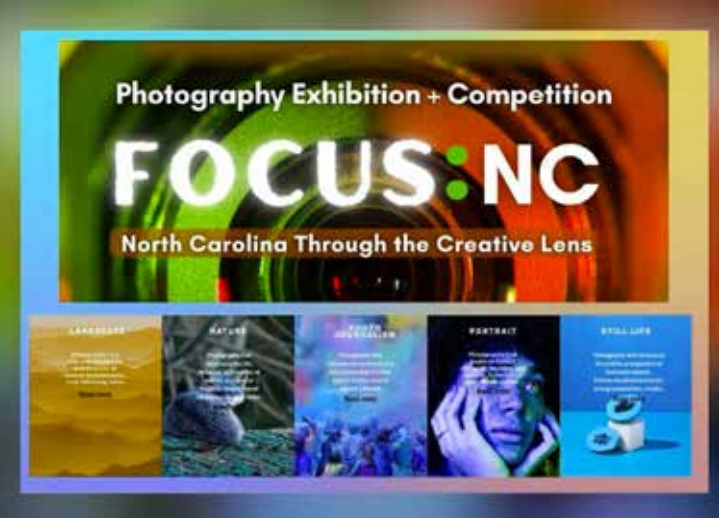
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to improve the reading achievement of our children is to increase their access to print. Communities that rank high on achievement tests have key elements in common: an abundance of books in public libraries, easy access to books throughout the community, and a rich selection of books in classrooms.”

Hopkins adds, “Last year, our generous community purchased 779 books totaling \$10,819, exceeding our goal of \$10,000 in book purchases. We live in a giving community, and I am confident we will meet - and exceed - that goal again this year.”

Brandy Popp, PIE President, notes the program's focus: “Books-A-Million approached us about increasing access to high-quality books in our classrooms. Our goal is to focus on Pre-k through grade 5 students to support early literacy development.”

The list of suggested books for purchase is available at cravenpartners.com and in-store at BAM. Please note that book purchases must be made in person at the BAM location; online purchases are not eligible for this program.

Books purchased by community members will be distributed to Craven County Schools Pre-K through grade 5 teachers during a Book Giveaway Event, hosted at Books-A-Million from August 18 to August 26, 2026, or until supplies last, between 3:00 p.m. and 7:30 p.m. A formal announcement will be sent to Craven County School System teachers in early August. Teachers must present their school ID to receive the donated books.

PIE is committed to enriching the educational experience for all students in the Craven County School System by providing grant funding and special programs. BAM shares this mission by working to increase literacy in our community and ensuring that teachers have access to the best educational materials available.

For more information about this event or how to support PIE, contact Suzanne Gifford, PIE Executive Director, at 252-259-5610 or Suzanne.Gifford@cravenk12.org. Visit the PIE website at cravenpartners.com to learn more about this program and the list of books available for purchase at BAM.

Since 1988, Partners In Education has been changing the lives of students and families by providing our educators with the resources they need to enhance and reward innovative approaches to educational excellence.

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Craven-Pamlico Libraries on the Move
Book/Tech Mobile

The Bookmobile makes the following community stops each month (excluding holidays):

- **Pamlico Senior Center** (800 Main St, Bayboro, NC): 1st Tuesday, 10:00 am to 12:00 pm
- **Camp Vandemere:** (215 3rd St, Vandemere, NC): 1st Tuesday, 2:00 - 4:00 pm
- **Harlowe Community Center** (125 Godette School Rd, Havelock, NC): 1st Wednesday, 2:00 to 4:00 pm
- **Oriental Piggly Wiggly** (1306 Broad Street Ext, Oriental, NC): 1st Friday, 9:00 to 11:00 am
- **Minnesott Beach Town Hall** (11758 NC-306, Minnesott Beach, NC): 1st Thursday, 12:00 to 2:00 pm
- **CarolinaEast Medical** (2000 Neuse Blvd, New Bern, NC, Behind HR Building): 2nd Wednesday, 2:00 to 4:00 pm
- **Craven Senior Center** (811 George St, New Bern, NC): 2nd Thursday, 10:00 am to 12:00 pm
- **Havelock Senior Center** (103 Trader Ave, Havelock, NC): 2nd Tuesday, 2:00 to 4:00 pm
- **Craven Terrace** (601 Roundtree St, New Bern, NC): 3rd Tuesday, 2:00 to 5:00 pm; Story Time 3:30 to 3:45 pm
- **Fairfield Harbour** (6125 Cassowary Ln, New Bern, NC): 3rd Wednesday, 10:00 am to 12:00 pm

- **River Bend Red Caboose** (115 Wildwood Dr, New Bern, NC): 3rd Friday, 2:00 to 5:00 pm; Technology Program 4:00 to 5:00 pm
- **The Oaks Apartments** (401 Buck Ln, Vanceboro, NC): 4th Friday, 2:45 to 3:45 pm
- **Bailey Lane Apartments** (255 Bailey Ln #1, Vanceboro, NC): 4th Friday 4:15 to 5:15 pm
- **Dover Town Hall** (100 N Main St, Dover, NC): 4th Tuesday, 1:00 to 4:00 pm
- **Vanceboro Community Center** (8749 Main St, Vanceboro, NC): 4th Wednesday, 11:00 am to 12:00 pm
- **Our Children Childcare** (8415 Main St, Vanceboro, NC): 4th Wednesday, 3:00 to 5:00 pm

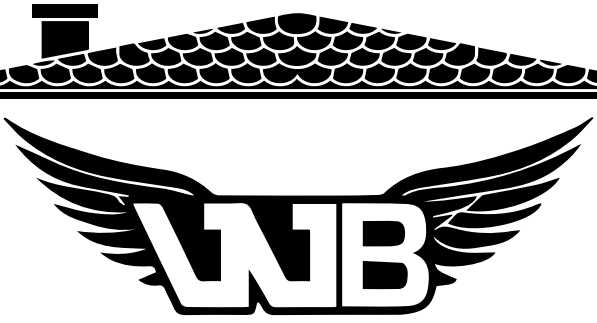
We also bring craft projects, tech classes, art lessons and story times to many of our stops! One-on-one tech help is available by appointment! To schedule tech assistance, call 252-638-7804 or email This email address is being protected from spambots. You need JavaScript enabled to view it..

To request the Bookmobile for your special community event, please email the This email address is being protected from spambots. You need JavaScript enabled to view it. or call 252-638-7804.

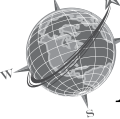
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252-675-2828

“When you lie, you ignore the reality that will eventually confront you.” –unknown

HELP WANTED

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NOTICE OF PUBLIC HEARING

Pamlico County Proposed Fiscal Year 2026– ‘27 Budget

NOTICE IS HEREBY GIVEN, that the public hearing regarding the Pamlico County Proposed Fiscal Year 2026-’27 Budget, has been SCHEDULED for Monday, August 3, 2026 at 7:00pm. The public hearing will take place in the Commissioners’ Meeting Room located in the Pamlico County Courthouse Annex, 202 Main Street, Bayboro. All interested citizens will have the opportunity to give written and oral comments.

Tracy Boyd
Clerk to the Board
July 21, 2026

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MARVA FISHER BALDWIN
File No.: 26E000112-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARVA FISHER BALDWIN, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF MARVA FISHER
BALDWIN
C/O SPENCER L. BALDWIN
511 LAKE TYLER DR
NEW BERN, NC 28560

Publish JULY 8,15, 22 AND 29
2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
SUE G. IRELAND
File No.: 26E000114-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SUE G. IRELAND, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF SUE G. IRELAND
C/O JACKIE F. IRELAND, JR.
636 DAWSON CREEK BLVD
ORIENTAL, NC 28571

Publish JULY 8,15, 22 AND 29
2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
JAMES EDWARD COX, JR.
File No.: 26E000115-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JAMES EDWARD COX, JR., EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF JAMES EDWARD
COX, JR.
C/O MICKEY WILSON
361 CHAPEL CREEK DR
BAYBORO, NC 28515

Publish JULY 8,15, 22 AND 29

PROPERTY TRANSFERS

Jan. 30, 3,919.0 Sq Ft Tract Broad St Oriental; PIN J092-163; map in DB 607/823 from Hayden Coley to Janie Chesson Vann, \$0

Jan. 30, 3,919.0 Sq Ft Broad St Oriental; PIN J092-163; Map in DB 607/823 from Janie Chesson vann to Camille Atkinson Pendse, Jason Pendse, \$810

Jan. 30, Arlington Place Lot: 66 Phase 1 PCA 153-17, Arlington Place Lot: 67 Phase 1 PCA 153-17 from John Cole, Brandi Cole, Brandi Sue Brownley to John Cole, Brandi Cole, \$0

Jan. 30, Dawson Creek Lot: 122 Phase 1 PCA 150-10 PIN H094-1-122 from Patrick J. Moylan, Jr., Christine Moylan to Redi Real Estate, LLC, \$16

Jan. 30, Dawson Creek Lot: 121 Phase 1 PCA 150-10, Dawson Creek Lot: 112 Phase 1 Sections 1 & 2 PCA 192-1 & PCA 150-10, PIN H094-4-112 & H094-1-121, \$32

Feb. 4, 0.507 AC PCB 14-8 from Lawrence J. Dinisio, Jr., Anna M. Dinisio to Stephen Craig, Monica Craig, \$450

Feb. 4, One Tract W/S Oaky Woods

Rd (SR 1102) & Wood LandingRd (SR 1010) from Goose Creek Pentecostal Holiness Church, Patricia Brinson/TR, Sherre Midyette/TR, Sherre L. Midyette/TR, Cindy Midyette/TR, Cindy Midyette to Justin Sanders, Madison Kalia Sanders, \$370

Feb. 5, PIN 102-4-H1; 57 AC Off NC Hwy 304 PCA 87-3 from Eva G. Lloyd to Eva G. Lloyd/TR, Lloyd Family Trust, \$0

Feb. 5, Dawson Harbor Lot: 19 Section II MB 11/9 & MB 8/8 from William Shelton Hale, Jr., William Hale to Ryan M. Pendarvis, \$64

Feb. 5, PIN H091-97; One Tract NCSR 1350 from Charles E. Coats, Gail J. Coats to Mathew Demeritt, Kimberlie Flint, \$475

Feb. 5, Oriental Plantation Lot: 103 Section I PCA 76-3, Oriental Plantation Marina Boatslip 26 CB 1/72, PINS I08-36-103 & I08-36-26SL from Louis S. Sahley to John Coughlin, \$50

Feb. 5, Arlington Place Lot: 145 Phase 1 PCA 153-17 from Coastal Heritage Construction and Realty, Coastal Heritage Construction and Realty, LLC to Clifton S. Skinner, \$54

2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MARYANN C. BRINSON
File No.: 25E001230-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to MARYANN C. BRINSON, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF MARYANN C.
BRINSON
C/O GARY L. BRINSON
8626 NEUSE RD
GRANTSBORO, NC 28529

Publish JULY 8,15, 22 AND 29
2026.

STATE OF NORTH CAROLINA
COUNTY OF PAMLICO
IN THE GENERAL COURT
OF JUSTICE
SUPERIOR COURT DIVISION
26CV000108-680

JAMES DOWE JR., et al.,
Plaintiffs,
v.
ZACHARY HAWKINS, et al.,
Defendants.

NOTICE OF SERVICE OF
PROCESS BY PUBLICATION

TO: OAKRIE JUNIOR JORDAN
a/k/a OAKRIE JORDAN, JR.

TAKE NOTICE that a pleading seeking relief against you has been filed in the above-entitled action. The nature of the relief being sought is as follows:

1. Plaintiffs seek a declaratory judgment to quiet title to that certain real property more particularly described below and currently assigned PIN 6428474747000 by the Pamlico County Tax Office, North Carolina:

TRACT I:
Beginning at Quince Garnes N.E. corner and runs with the cart road to a lightwood stump thence with W. F. Buck's line Goose Creek, thence with said creek to Quince Garnes line, thence with said Garnes line to the beginning, containing 20 acres more or less.

TRACT II:
One tract. Beginning at the place where J. W. Pipkins line crosses the Wesel Landing road & runs with the old wood Landing road to near the corner of the aforesaid Daws old field to an agreed croner [sic], thence with a straight line to the run of a branch that heads near the corner of Daws old field, thence down the run of said branch to the main swamp, thence with the run of said swamp to James Alexanders line thence with said Alexanders line which

runs along the edge of the Muse old field to a pine in Alexanders line, thence to Alexanders corner at the edge of the Sand hill, thence nearly with Alexanders to J. W. Pipkins line & with said line to the beginning, containing 20 acres. The other tract. Beginning at the Peter Allen corner, on west side of Wood landing road & runs with said road to an agreed corner opposite branch head, thence with run of said branch to the marsh thence on to Goose Creek, thence up said creek to Peter Allens line & with said line to the beginning containing fifteen acres more or less.

TRACT III:
Lying in number one township on the West side of Brig Point road. Beginning at a stake in the mouth of a ditch by the side of the tram road running thence Northwardly course with the said ditch to the fence thence on a straight line to the (Bennett) now the Adolphus Tripp heirs line, thence with the said Tripp line Southwestwardly to a lightwood stake by the side of a small marked pine supposed to be the Miller North west corner thence with the Miller & Daw line Southwestwardly to a ditch on the North side of the tram road thence with said ditch to the beginning containing two acres more or less.

You are required to make defense to such pleading not later than the 17th day of August, 2026, said date being forty (40) days from the first publication of this notice; and upon your failure to do so Plaintiffs will apply to the Court for the relief sought.

This the 8th day of July, 2026.

Chad A. Archer
North Carolina Bar No. 49051
Attorney for Plaintiffs

OF COUNSEL:

BLANCO TACKABERY &
MATAMOROS, P.A.
POST OFFICE DRAWER 25008
WINSTON-SALEM, NC 27114-5008
TELEPHONE: 336-293-9000
FACSIMILE: 336-293-9030

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
BARBARA ANN BENTON
File No.: 25E001131-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BARBARA ANN BENTON, EXECUTOR, on or before OCTOBER 6, 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 8TH OF JULY 2026

ESTATE OF BARBARA ANN
BENTON
C/O MICHELLE ANNE LUZAR
10657 NEUSE RD
ARAPAHOE, NC 28510

Feb. 6, PIN Portion of K06-1; Tract 9C 13.68 AC PCB 22.3 Pamlico Preserve from OW World, LLC to Spear Fish, LLC, \$56

Feb. 6, PIN Portion of K06-1; TRAct 9C 13.68 AC PCB 22-3 Pamlico Preserve from Spear Fish, LLC to John W. Vurckio, III, Wendy Vurckio, \$76

Feb. 6, Preservation Lot: 16 Section 2 PCB 10-9, PCA 148-7 & PCA 186-10 PIN L10-5-16 from Preservation Associates, LLC to Jerome S. Marshall, Lauralei Marshall, \$640

Feb. 6, PIN J03-20; One Tract SW/S Old Vandemere Rd & S/S SR 1220, Vandemere NC from Effie Midgettte, Effie Mae Freeman, Dawn R. Marsengill/AGT to Jacobsen Properties, LLC, \$72

Feb. 6, PIN M032-34; 2 Tracts See Instrument from Thomas Moore Nichols, Jr., Brian Hunt, Christina Spivey, Christina Rose Nichols, Eric Spivey, Eric J. Spivey to Nancy Cullember, \$0

Feb. 9, 4.42 AC PCA 14-8 from Alan R. Ensley to Alan R. Ensley, \$0

Feb. 9, 1 Tract W/S NC Hwy 306 North Little Gum Swamp Branch from Alan R. Ensley to Alan R. Ensley, \$0

Feb. 6, PIN H042-211-6-1; 1.0 AC See Instrument from Kirsten Alisha Harrison, Kirsten Alisha Croom, Hunter Austin Britt Harrison to Kirstin Alisha Harrison, Kirsten Alisha Harrison, Hunter Austin Britt Harrison, \$0

Feb. 9, .16 AC PCB 22-7 from Rebecca N. Murray to Alan E. Clay, Dianne M. Clay, \$10

Feb. 10. Preston B. Salter Sr- Broughton Tract Lot: 4 MB 4/90 from Michael Scott Gargan/EST, Norma P. Gargan/ ADMR, Norma P. Gargan to Timothy Lynn Parker, Emma Teresa Parker, \$90

Feb. 10, 1 Tract Pecan Lane & Pine Lane Kennel's Beach MB 4/18 from Chantelle M. Allison to Gordon H. Allison, Jr., Patricia B. Allison, \$0

Feb. 10 1 Tract Pecan Lane & Pine Lane Kennel's Beach MB 4/18 from Gordon H. Allison, Jr., Patricia B. Allison to John Kevin Stroud, \$400

Feb. 10, 1.924 AC S/S Kershaw or Neuse Rd (NCSR 1005) & W/S Duck Creek; Map DB 323/47 from Adam Paul Hewett, Adam Hewett, Kelsey Lauren Hewett, Kelsey Hewett to Michael Moran, Michele Moran, \$780

Publish JULY 8,15, 22 AND 29
2026.

NOTICE TO CREDITORS

Having qualified as Administrator of the Estate of Amy Laverne Heath, deceased, late of Pamlico County, North Carolina, this is to notify all persons having claims against said estate to present them to the undersigned on or before October 15, 2026, or this Notice will be pled in bar of their recovery. All persons indebted to said estate will please make prompt payment.

Estate of Amy Laverne Heath
Thomas A. Kellis, II, Administrator
The Carolina Law Group, PLLC
1919-B S. Glenburnie Road
New Bern, NC 28562

Publish July 15, 22, 29, and
August 5, 2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
BRIAN P. KEARNEY
File No.: 26E000066-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BRIAN P. KEARNEY, ADMINISTRATOR, on or before OCTOBER 13, 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 15TH OF JULY 2026

ESTATE OF BRIAN P. KEARNEY
C/O FLORENCE KEARNEY
139 LAKE ANNE DR
WEST PALM BEACH, FL 33411

Publish JULY 15, 22, 29 AND
AUGUST 5, 2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
GREGORY SCOTT LEONARD
File No.: 26E000126-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to GARY F. LEONARD, ADMINISTRATOR, on or before OCTOBER 20, 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 22ND OF JULY 2026

ESTATE OF GREGORY SCOTT
LEONARD
C/O GARY LEONARD
3003 WATERSCAPE WAY APT
1313
NEW BERN, NC 28562

Publish JULY 22, 29 AND
AUGUST 5, AND 12, 2026

AROUND THE COUNTY

Aurora Joy McCracken, *Correspondent*



Bee Diary:
Pulled out two full frames of honey and got a taste. It seems it will be mellow and sweet. There apparently is a dearth going on (a lack of pollen and nectar for the foragers) and there’s an increase of ‘washboarding’ when numerous workers are out on the landing and entranceway. “This behavior is predominantly performed by adolescent worker bees (typically between 15 and 25 days old). When nectar flows slow down, these young bees may engage in washboarding as a way to keep busy and expend energy until they are old enough to become foragers.”
The new BCCC building is getting a workout already with a completed class for A.C.E. of Hearts hosted by the BCSO. GED classes will start on 7/21 for both day and evening classes. For more information please call 940-6325.
Been seeing some good sized crabs being pulled out of nearby pots. A lone Pelican has been hanging about on the dock. Had a short-term visiting sailboat on 7/12.
You know it has occurred to me that I’m not hearing or have been in years, frogs. I use to hear Bull Frogs, Spring Peepers etc. None of that except for my Tree Frogs which are down in num-

bers this summer. Still seeing the occasional Toad in the pool skimmer.
Y’all need to come by on 7/25 for the official 250 Celebration in downtown Aurora. The newly rehabbed jail/history museum will be on hand to visit. Many hard hours have gone into getting this ready for our 250 Celebration. There will be lots of things to see and do including fossil diggings, a living history encampment, rides, food trucks and music to mention just a few.



Aurora leaders attend the recent A.C.E. of Hearts training. Photo courtesy of BCSO.

Grantsboro Jeff Roberts, *Correspondent*

For 60 Years, They Have Answered the Call



There are some organizations we don't think much about until the day we need them. We see the building, recognize the ambulances as they pass by with their lights flashing, and go about our day. Then, in an instant, a medical emergency changes everything. At that moment, the people inside those ambulances become the most important people in the world.
This Saturday, the Pamlico Rescue Squad will celebrate its 60th Anniversary, marking six decades of dedicated service to the citizens of Pamlico County. It is a milestone worth celebrating because sixty years represents far more than a number. It represents thousands of emergency calls answered, countless lives touched, and generations of volunteers and emergency personnel who have committed themselves to serving others.
For many of us, the Pamlico Rescue Squad has been there during some of the most difficult moments our families have faced. I know they have been there for mine. Over the years, they answered the call for my mother, my father, and my wife, Branda. Like so many families throughout our county, we have experienced firsthand the comfort that comes from hearing an ambulance arrive when help is needed most.
It is easy to overlook the sacrifices that come with serving on a rescue squad. Emergencies don't wait for convenient times. Calls come during family dinners, holidays, birthdays, and in the middle of the night. While the rest of us are hoping for a quiet

evening at home, someone is willing to leave their family to help ours. That kind of commitment deserves our appreciation.
One of the things that makes Pamlico County special is the people who quietly give of themselves without expecting recognition. The men and women of the Pamlico Rescue Squad have been doing exactly that for sixty years. They serve because they care about their neighbors, understanding that one day any one of us may need the help they provide.
This Saturday's celebration is more than just an anniversary. It is an opportunity for our community to pause for a moment and say thank you. Thank you for the long hours, the training, the missed family events, the difficult calls, and the compassion shown to so many people during life's most challenging moments.
If you have the opportunity, I encourage you to stop by and help celebrate this milestone. Meet the people who continue this proud tradition, learn a little about the history of the squad, and take a moment to express your appreciation. We often celebrate accomplishments in our communities, but it is just as important to celebrate those who quietly serve behind the scenes every day.
Congratulations to the Pamlico Rescue Squad on sixty years of service. Thank you for answering the call, for caring for our families, and for making Pamlico County a safer place to call home.

Pamlico Betty Jo Rodgers, *Correspondent*



Pamlico received much-needed rain again this week, but we still need more to get out of this drought situation. I went out on my porch this morning and sat in one of the rocking chairs and just enjoyed the peaceful time listening to the rain like I used to as a child. I was surprised by an unusual (non-ruby throat) hummingbird flying and feeding when the rain slacked off to a slow drizzle. What a peaceful time with the Lord and his creation.
Pamlico Methodist Church is enlarging their fellowship hall for the second time. It is always exciting to see congregations growing and needing more room. I attended as a child, and it was just one room, the sanctuary, and no parking. When I moved back into the county in 2003 after a hurricane, they built restrooms and a small room and kitchen that could be used as a Sunday school room or for light fellowship with most dinners still outside on the grounds. It was a blessing Tillie Roberts had the foresight to buy the property next door to the church so they could have parking. When Pastor Parker was there, they enlarged the fellowship hall and named it after him. They also added more parking. Now I see construction where the fellowship hall is being enlarged again. Praise the Lord.
There have been extremely high temperatures this past week. I saw turkeys crossing Bay City Road near Aurora on Saturday, probably looking for water to drink. Speaking of Aurora, they

will be celebrating the 250th anniversary of America on Saturday July 25, 2026. Events run from 10 am to 9 pm. I know there will be a special community choir singing at 7:30 pm, and there is a drone display planned for closing at 9 pm. I am sure you can find out more details in other areas of the paper.
The Stonewall Methodist Women’s Salad Supper Event was a big success with 33 in attendance. The salad bar was overflowing with good things to eat, and the ladies were treated to a special program. Minister Carnell Barrow shared scripture from Revelation 3:20 and her God given talent of singing. Cindy Tripp gave a presentation on the Methodist Children’s Home.
The Gwaltney National Family Reunion will be held in Smithfield, VA this coming weekend. I will be attending some events with my sister Mildred G. Harrison.

Celebrating birthdays in July are Joanne Gwaltney Ashton (7/22), Mark Norman (7/23), Stephen Carey, Kenneth Dixon, and Karen Keast (7/24), Doug Spain, Chris Spain (7/25), Gladys Wright (7/26), Ed Kelleher (7/29), and Bertha Gilliam (7/31). Celebrating their anniversary in July are Cathy and Brent Fulcher (7/24).
Have a blessed week. Yearning for peace? Take Spiritual Vitamin Y. “Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.” (Psalms 23:4)

CROSSWORD

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
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60					61				62		63			
64					65						66			
67					68						69			

CLUES ACROSS

1. Listen to

5. Presents

10. A type of guitar

14. Actor Idris

15. A citizen of Iran

16. Pretentiously artistic

17. Harness

18. Diamond weight measurement

19. “Better Call ____”

20. Fervent support

22. Male cat

23. Jewish spiritual leader

24. Disposed to venture or take risks

27. A way to nail

30. Cool!

31. Women’s ____ movement

32. “Losing My Religion” rockers

35. Step-shaped recess

37. A princess can detect it

38. Tractor-trailer

39. Leslie and Leon are two

40. Color at the end of the spectrum
41. Lines where fabrics are sewn

42. Dodgers great Hershiser

43. Floor covering

44. Traveled aimlessly

45. Rocker Stewart

46. Body art

47. Congressman (abbr.)

48. No seats available

49. Breaks apart

52. Hand gesture

55. Ballplayer’s tool

56. Sword

60. Baseball team

61. Upper bract of floret of grass

63. Italian Seaport

64. Mars crater

65. Tube on a shoelace

66. U. of Miami mascot

67. South American nation

68. Video game series “Max ____”

69. Upper body part

CLUES DOWN

1. German courtesy title

2. Ancient Greek personification of mercy

3. Jewish calendar month

4. Family of long-legged frogs

5. Photo

6. Delivered a speech

7. Lute used in Indian music

8. Decorated

9. Cease to stand

10. The bottom layer

11. Member of a Semitic people

12. Part of a ticket

13. Defunct monetary unit

21. Challenges

23. Body part

25. Tell on

26. By way of

27. Shady green alcove

28. Egyptian city

29. ____ and flowed

32. Widens a hole
33. Eurasian wheat

34. Act incorrectly

36. “Be back later”

37. Al Bundy’s wife

38. Ocean

40. Large root eaten as a vegetable

41. Units of subjective loudness

43. Music genre

44. A way to drench

46. Popular hot beverage

47. Silk-like cotton fabric

49. Rumanian city

50. Come back

51. Vaccine developer

52. Canadian law enforcers

53. Wings

54. Observational comedian Bill

57. Small fry

58. ____ Clapton, musician

59. Take a chance

61. Semi-liquid food for babies

62. Consumed food

PUZZLE SOLUTION	H	E	A	R		P	O	S	E	S		B	A	S	S
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GUESS WHO ?

I am a singer/dancer/actress born on July 24, 1969 in New York. I danced before I took up acting, and my breakout performance was playing the lead character in a biopic about a slain singer. I have sold more than 80 million records worldwide, and I’ve starred in many hit films.

Answer: Jennifer Lopez

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to irrigation.

E H S O

--	--	--	--

Answer: Hose

“The older I get, the more convinced I am that the space between people who are trying their best to understand each other is hallowed ground.”
— Fred Rogers

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“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”
– A.Wigmore



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Health&Wellness

A Q&A about sarcoma



Cancer affects millions of people across the globe and does not discriminate based on age, gender, socioeconomic status, or other variables. Certain cancers run in families, so individuals who have a first-degree relative who has had a certain type of cancer may have knowledge of that particular disease. However, less common cancers, such as sarcoma, remain a mystery to those unaffected by the disease. This Q&A can shed light on sarcoma and what people can do to protect themselves.

Q: What is sarcoma?
A: According to the Sarcoma Foundation of America, sarcoma is an umbrella term used to refer to cancers that arise from the cells that hold the body together, such as those related to muscles, nerves, bones, fat, tendons, cartilage, and other connective tissues.

Q: How many types of sarcomas are there?
A: The SFA notes that there are hundreds of different types of sarcomas.

Q: What causes sarcomas?
A: Johns Hopkins Medicine notes that most sarcomas do not have a known cause. However, various risk factors are thought to potentially increase a person's risk for sarcoma.

Q: What are some risk factors for sarcoma?
A: The SFA notes that studies suggest exposure to certain chemicals may increase a person's risk of developing sarcoma. For example, workers exposed to phenoxyacetic acid in herbicides and chlorophenols in wood preservatives may increase sarcoma risk. Johns Hopkins reports that individuals who have received radiation therapy as part of past cancer treatment plans may have a higher risk of developing sarcoma. That link, the SFA notes, is why radiation treatments focus so much on delivering maximum dosage only to diseased tissue and limiting exposure to surrounding healthy tissue as much as possible. Certain genetic disorders and long-term swelling in the arms or legs also are considered risk factors for sarcoma.

Q: How common is sarcoma?
A: The National Cancer Institute reports that around 12,000 cases of soft tissue sarcomas and roughly 3,000 cases of bone sarcomas are reported in the United States each year. That makes sarcomas among the rarest types of cancers among adults. However, the SFA notes that sarcomas make up about 20 percent of all childhood cancers.

Q: What are some symptoms of sarcoma?
A: According to the SFA, sarcoma may not produce any symptoms in its early stages. However, as tumors grow, individuals may experience intermittent pain in the affected area, and that pain could be worse at night. Swelling may start weeks after the pain, and people with sarcoma in a leg may develop a limp. Johns Hopkins notes that limited range of motion in a joint, a fever of unknown origin and bone fractures that occur with no apparent cause are some potential indicators of sarcoma as well.

Q: What can people do if they suspect the presence of sarcoma?
A: The SFA urges individuals to report lumps and bumps to their physicians immediately. Additional symptoms, however innocuous they may seem, also should be reported to a physician immediately.

More information about sarcoma can be found at www.curesarcoma.org.

SOY CAN BE A GOOD THING

Soyfoods can be an important component of a healthy diet. Soy is a nutrient-dense, plant-based protein that is high in fiber, potassium and iron. Because soy is low in saturated fat, it is considered a smarter protein source than animal-based products. For those looking for healthier alternatives to meat or dairy, soy can be a good thing. However, soy has been studied in the past in relation to cancer causation, notably breast cancer due to soy isoflavones that can act as estrogen in the body. Increased estrogen has been linked to certain types of breast cancer. But the American Cancer Society says a large body of evidence supports the safety of soy as part of a healthy diet. In fact, studies have found consuming soyfoods is associated with a decreased risk or no change in risk for cancer. Past studies featured mice and rats, which break down isoflavones differently than humans. Also, the doses that elevated breast cancer risk in the rodents were much higher than in studies conducted in people. Human studies have found the estrogen effects of soy seem to have no effect at all and may even reduce breast cancer risk.



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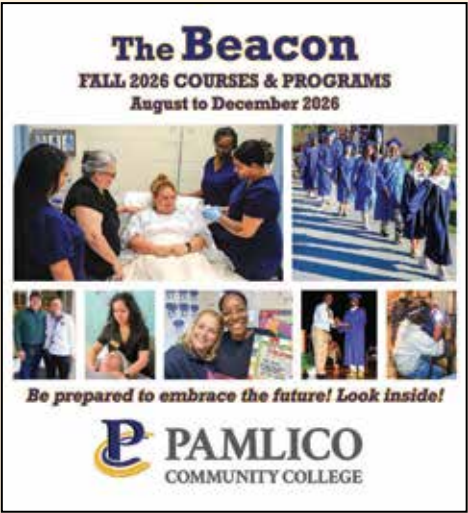
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