

The Pamlico News

Wednesday, September 30, 2026

Your County News Source Since 1968

www.thepamliconews.com | 50 Cents



Cooks! Connoisseurs! And AMATEUR OYSTER SHUCKERS!

Enjoy the 6th Annual Pamlico Classic Seafood Stew Cook-Off at The Silos's Red Rooster in Oriental, NC. Get yourself ready to compete in this year's AMATEUR OYSTER SHUCKING CONTEST with Lighthouse Shoal Oyster Company or challenge someone to a dual! Get some delicious grace point oysters from LSOC and practice up!

I don't know how it'll be possible with all the fabulous seafood stew samples, but save room for OYSTER SHOTS! This is going to be one fun and delicious day!

It's time to decide how you'll be part of the fun at the 2026 Pamlico Classic Seafood Stew Cook-Off! Cook with your crew, attend and enjoy stew. Sponsor the excitement hook, line, or sinker. Participating in some way is really a no-thinker! Take our word for it, it'll be a great time this fall!

The competition's stiff, but for the most part, congenial! Why not throw your pot into the ring of fire?

Try your hand against perennial winners and people's favorites like:

Stewards of Stew

- Team Bubba
- The Pamlico County Sheriff's Department
- A Cajun and a Yankee
- Southern G.R.I.T.S
- Ladles of Love

Or newcomer hits like:

- Pompous Pamlico Prawns
- The Mighty Mariners
- Patton's Pearl and others!

Enter today! Email: pcseafoodstew@gmail.com or call: (252) 646-3712

Remember, "Life's Better Around the Pot!"

The PC assists 1st Choice Pregnancy Resources in the provision of free services and support to families in need.

PUBLIC SQUARE ROSARY RALLY

On Saturday, October 10th, at 12:00 noon, a group of us will be meeting at Lou Mac Park to pray the rosary.

Our group is participating alongside many others nationwide in response to America Needs Fatima's call to pray. We believe our country can deeply benefit from this prayer to help heal division, foster charity and love, and bring peace to the world.

Please join us and lend your support and prayers. All are welcome!

Hardison Named Pamlico HHS Director

PAMLICO COUNTY, N.C. — September 21, 2026- The Pamlico County Board of Commissioners has appointed Lynn Hardison as the county's new Health and Human Services Director. In this role, Hardison will lead the county's consolidated Health and Human Services department and work to strengthen coordination, collaboration, and service delivery across the organization.

Hardison is highly qualified and brings extensive experience in clinical services and healthcare education. She most recently served as Clinical Services Director for the Pamlico County Health Department. She has 30+ years of experience in healthcare and has been an educator for over 20+ years. Ms. Hardison currently serves as an adjunct instructor for Duke University School of Nursing and preceptor for Duke University Global Health Institute and East Carolina University Brody School of Medicine Department of Public Health. Throughout her career, she has led clinical teams, strengthened operational processes, expanded services, and worked to improve access to quality care for Pamlico County residents.

During her tenure with Pamlico County, Hardison has supported the expansion of primary



care and telehealth services, developed partnerships with academic and community organizations, pursued grant funding, and advanced innovative approaches to rural healthcare and service delivery. Her work has centered on identifying opportunities to improve access, strengthen programs, and respond to the evolving needs of the community.

As Health and Human Services Director, Hardison will provide leadership across the department's divisions: Public Health, Environmental Health, Animal Services, Social Services, Senior Services, and Veteran Services. She will focus on strengthening collaboration among divisions, developing strategic partnerships, supporting workforce development, and identifying opportunities to enhance services for individuals, families, and the broader community.

"Our greatest strength is our people," said Hardison. "Meaningful progress happens when we work together and remain focused on doing our best for those we serve. My goal is to move Pamlico County forward while preserving the community-centered approach that makes it special."

■ Continued on Page A05



Nashville's The Barefoot Movement Brings Bluegrass to Ol' Front Porch Music Festival

Riverfront Stage — Saturday, Oct. 3, 3-4 p.m.

The Barefoot Movement will perform on the Riverfront Stage Saturday, Oct. 3, from 3 to 4 p.m., during the Ol' Front Porch Music Festival in Oriental, N.C.

The performance is part of the Ol' Front Porch Music Festival, a free, two-day celebration of folk, Americana, bluegrass, country, gospel and jazz held Friday and Saturday, Oct. 2-3, 2026, in the waterfront village of Oriental, N.C. Now in its 12th year, the festival features a main stage overlooking the Neuse River along with performances on porches throughout the walkable town. There is no admission charge.

The Barefoot Movement is a Nashville-based quartet known for blending Appalachian bluegrass roots with modern acoustic rock, folk and pop influences. The band's lineup includes Noah Wall on lead vocals and fiddle, who also serves as chief songwriter; Tommy Norris on mandolin; Alex Conerly on guitar and vocals; and Katie Blomarz on upright bass. Their sound centers on soaring lead vocals and tight three-part harmonies layered over sharp, front-porch-style picking.



Cajun and Zydeco Band Unknown Tongues Return to Oriental for the Ol' Front Porch Music Festival

Riverfront Stage — Saturday, Oct. 3, 1-2 p.m.

Unknown Tongues will perform on the Riverfront Stage Saturday, Oct. 3, from 1 to 2 p.m., during the Ol' Front Porch Music Festival in Oriental, N.C.

The performance is part of the Ol' Front Porch Music Festival, a free, two-day celebration of folk, Americana, bluegrass, country, gospel and jazz held Friday and Saturday, Oct. 2-3, 2026, in the waterfront village of Oriental, N.C. Now in its 12th year, the festival features a main stage overlooking the Neuse River along with performances on porches throughout the walkable town. There is no admission charge.

A fixture of the eastern North Carolina music scene, Unknown Tongues is a long-running Cajun and Zydeco band based in the small fishing community of Gloucester. The lineup features Brian Blake on fiddle, pedal steel guitar, guitar, accordion and vocals; Barbara Garrity-Blake on rubboard, guitar, bass and vocals; Todd Humphreys on bass and vocals; and Tom Parker on drums. Beyond the stage, the band is known for helping organize community gatherings, including the annual Gloucester Mardi Gras celebration and the Wild Caught Local Seafood and Music Festival.

Last Walk for Pamlico County Middle School

by: Hiram Lupton

Whether you knew it as Pamlico Training School, Pamlico Central School, Pamlico Grammar School, Pamlico Junior High School or Pamlico County Middle School, the brick-and-mortar buildings situated in Stonewall that served our community for education hold a lot of memories. Last Sunday, the doors were opened for the public to walk the halls, peek into the classrooms, and run through the gym for perhaps one last time and relive those memories. With the opening of the new consolidated Pamlico County High School – Pamlico County Middle School, the property was declared surplus and put up for sale. Its ultimate fate is unknown, but the bid process has started and with at least one bid received, the property will soon have a new owner. Sunday was an opportunity for former students, teachers, and staff to visit the school and reminisce once again.



New Exhibit at Oriental's History Museum

by: Hiram Lupton



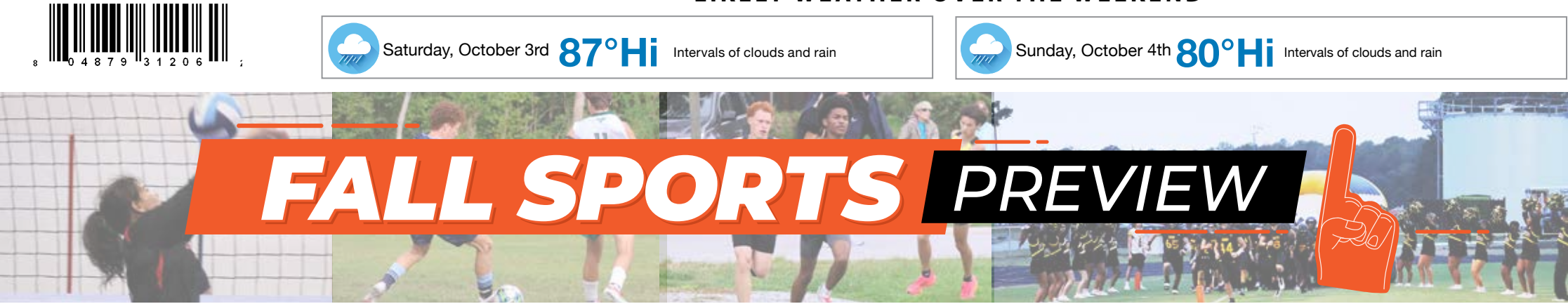
Leslie Kellenberger of the 'Ol' Front Porch Music Festival and Mayor Sally Belangia check out the new exhibit.

a song was played and many a story was told. The exhibit will be on display through December so stop by and check it out. The Museum is located at 802 Broad Street in Oriental and is open 11 AM – 3PM on Fridays and 1-4 PM on Saturdays.

LIKELY WEATHER OVER THE WEEKEND

 Saturday, October 3rd **87°Hi** Intervals of clouds and rain

 Sunday, October 4th **80°Hi** Intervals of clouds and rain





Pamlico Community College

Pamlico Community College offers refresher courses for nurse aides

by: Sandy Wall

Pamlico Community College is offering two “refresher” courses for nurse aides who have let their state licenses lapse and who want to get back on the job.

The courses, Nurse Aide I Refresher and Nurse Aide II Refresher, are designed to help nursing assistants brush up on their understanding of core materials in a short time, said Lori Giles, the college’s chair of Continuing Education and Technical Programs.

“These courses are great for former nurse aides who want to get back into healthcare,” she said. “The courses are low cost and don’t take very long to complete, so students can secure jobs in a short time.”

Pamlico’s Nurse Aide I Refresher is a six-day course scheduled to start Tuesday, Oct. 20, at the Grantsboro campus. It will offer a review of core content to prepare men and women who are, or who have been, listed on the Nurse Aide I Registry to take the state licensing exam.

The course costs \$125.55.

Meanwhile, the college’s Nurse Aide II Refresher is a one-day course for men and women who have previously completed the NA II course. The course is scheduled for Tuesday, Oct. 13, at the Grantsboro campus.

Cost is \$70.55.

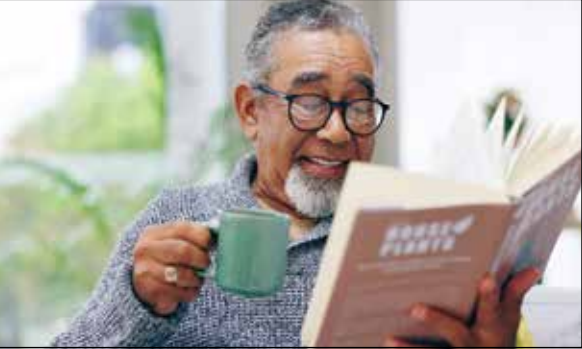
“The demand for nurse aides is strong in the area, and the college is here to help students be prepared for those jobs,” Giles said. “Our instructors are excellent, and we are fortunate to have some of the latest equipment and technology available in our labs. I encourage students to see what we have to offer.”

For more information, please contact 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.



Members of a recent Pamlico Community College Nurse Aide I class join Instructor Tina Ormond for a photo with Alex, an AI-controlled mannequin used for training. The college has scheduled Nurse Aide I and Nurse Aide II Refresher courses for nurse aides who want to renew their lapsed licenses. Contributed photo



Millions of people will be diagnosed with various dementias, and individuals may wonder if there is anything they can do to prevent or delay cognitive decline. A study published in July 2021 in the journal Neurology found people who read regularly had a lower risk of developing dementia compared to those who did not. Reading improves memory, attention, processing speed, and other factors in older adults by stimulating the brain through the activation of multiple cognitive processes. Reading promotes the creation of new neural connections and strengthens existing ones, helping to maintain brain health, according to a 2023 study published in the Journal of the American Medical Association (JAMA).



BUSINESS IS BETTER WITH AI

A 4-PART WEBINAR SERIES

OCT 5

AI Made Practical: What AI Can Really Do for Your Small Business

OCT 12

Choose the Right AI Tool: Put Free AI Tools to Work for Your Business

OCT 19

Market Smarter with AI: Better Marketing Without Losing the Human Touch

OCT 26

Put AI to Work Every Day: Build Safe, Secure and Repeatable Business Workflows

 MONDAYS 6:00 – 7:30 PM

 LIVE WEBINAR SERIES

LAST CHANCE TO REGISTER!

FROM STARTUP TO 5 STARS

★★★★★

Airbnb Master Class

A 4-PART WEBINAR SERIES

OCT 6

Getting Started: Setup, Rules and Best Practices

OCT 13

Creating a Listing That Stands Out

OCT 20

Delivering an Exceptional Guest Experience

OCT 27

Scaling Up: From Good to 5 Stars

 TUESDAYS 6:00 – 7:00 PM

 LIVE WEBINAR SERIES



REGISTER FOR FREE AT

www.PamlicoSBC.com







Land/Home Sales Property Management Appraisals Development



Agent of the Week

Lauren Banks
Broker

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

“We were Lauren’s very first clients, and we couldn’t have asked for a better experience purchasing our very first home! From the beginning, Lauren was dedicated, diligent, and always willing to go the extra mile to help us find the right home. Her knowledge of the area, along with her eye for remodeling and decorating, really helped us see the bigger picture when looking at homes. She was able to share her personal experiences and knowledge of the area, which gave us an even better understanding of what each home and neighborhood had to offer.

Lauren also advocated for us when things didn’t turn out the way we had hoped. Rather than letting us get discouraged, she was immediately ready to show us other options and help us keep moving forward toward finding our first home.

It has truly been a wonderful experience having Lauren as our realtor. She made what could have been an overwhelming process feel much more manageable, and we always felt like she genuinely cared about helping us find the right home. We would absolutely recommend Lauren to anyone looking to buy or sell a home!”

-The Sawyer Family



ORIENTAL – 4,000 hsf commercial, fully-insulated. Covered porch opens to reception, conference room & 2 offices. Carrier 2.5 ton heat pump for office area, 2 5-ton HVAC systems for warehouse. Attic, 208 3-Phase 200 amp elec system. Ingersoll Rand 200 PSI air compressor. Fabrication equipment does not convey.

OFFERED AT \$ 395,000



PRICE REDUCED

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 \$450,000



ORIENTAL – Waterfront 3BR/3BA on 10 acres with scenic gardens, and a dock and solar boat lift. Screened deck, sunroom, living room fireplace, completely remodeled kitchen. HVAC system replaced in 2023, and hot water heater replaced in 2026.

OFFERED AT \$615,000



SOLD

MINNESOTA BEACH – Luxurious waterfront 3BR/3.5BA town-home.

OFFERED AT \$ 629,900



MERRITT – 3BR/2.5BA Simpson Creek waterfront with concrete 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

- September 30th – 1960, The Flintstones premiers on ABC-TV.
- October 1st – Today is National Homemade Cookie Day.
- October 2nd – 1967, Thurgood Marshall is sworn in as the country's first black supreme court justice.
- October 3rd – 1945, Elvis Presley gives his first public performance. He was 10 years old.
- October 4th – Affirmative. It is National 10-4 Day. It is also National Vodka Day. Once again, 10-4.
- October 5th – 1970, The Public Broadcasting Company is founded.
- October 6th – Today is National Coaches Day.

Birthdays This Week

September 30th – 1931, Actress Angie Dickinson
September 30th – 19??, Outstanding Pamlico County Citizen Paul Delamar, Jr.
October 1st - 1950, Actor Randy Quaid
October 3rd – 1941, Singer Ernest Evans (Chubby Checker)
October 3rd – 1954, Guitarist Stevie Ray Vaughn
October 5th – 19??, Oriental Rotary President Carol DeMoranville
October 6th - 19??, Arapahoe Charter School Administrator Michele Shelton
October 6th – 19??, PCA teacher Kim Brinson Potter



Happy 103rd Birthday Miss Fay Bond

by: Hiram Lupton



The First Lady of Oriental, Fay Bond, turned 103 on September 29th. Regardless of whether you know her as a Gold Medal winning Senior Olympian, the Turtle Lady, The Queen of Oriental, host of the Watermelon cutting, a water aerobics instructor, or any one of her incarnations, you know a very special lady. Happy Birthday Miss Fay, may you have many more.

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 Freeman St. in Oriental, NC (2nd brick church on the left)

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

The Pamlico News

Publisher
Sandy Winfrey
Office Manager
Katherine Winfrey
Jeannine Russo
Editor
Sandy Winfrey
Photographer Reporter
Hiram Lupton
Advertising Sales
Jeannine Russo
Production
J.P. Miller
Distribution
Neal McCraw

Press Releases, Events, News
editor@thepamliconews.com
Photographer Reporter
hiram@thepamliconews.com
Advertising
frontdesk@thepamliconews.com
Billing Inquiries
frontdesk@thepamliconews.com
USPS 782-460
Published 51 times a year
801 Broad St., P.O.Box 510
Oriental, NC 28571
(252) 249-1555 fax: (252) 249 0857
www.thepamliconews.com

The views and opinions expressed are those of the authors and do not necessarily reflect the official policy or position of The Pamlico News. Any content provided by authors are of their opinion, and are not intended to malign any religion, ethnic group, club, organization, company, individual or anyone or anything.

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

COMMUNITY



BOE Accepts Bid for PCMS Property

by: Hiram Lupton

The Pamlico County Board of Education was informed by Pamlico County Schools Superintendent Dr. Jeremy Johnson at their regular Monday meeting that a bid had been received on the surplus property that was formerly the site of Pamlico County Middle School. The bidder and \$100,000 offer met all the minimum criteria established for the bid process. There will now be a 10-day window for new bids to be placed in accordance with the process known as an “upset bid.” That bid would have to be at least \$105,050 to be accepted, and the 10-day window would start again with a new minimum bid amount. If no bids are submitted in the next 10 days, the initial \$100,000 bid would be voted on by the Board and if approved, the property would be declared sold.

BOE1 – The Pamlico County Board of Education

PUBLIC NOTICE - SALE OF BOARD OF EDUCATION PROPERTY

An offer of \$100,000 has been submitted for the purchase of certain property owned by the Pamlico County Board of Education, more particularly described as follows:

Property at 15526 NC Highway 55 East in Bayboro, NC
Parcel ID - Being an 11.76-acre portion of Pamlico County, North Carolina PIN 656192252900, as determined by survey. Said portion can be further identified as the “New Division Map” in the Property Offering of the Former Pamlico County Middle School Property.

Persons wishing to upset the offer that has been received shall submit a sealed bid with their offer to the Office of the Pamlico County Schools Superintendent, 507 Anderson Drive, Bayboro, NC 28515, by 12:00 P.M., October 12, 2026. At that time the Superintendent shall open the bids, if any, and the highest qualifying bid will become the new offer. If there is more than one bid in the highest amount offered, the first such bid received will become the new offer.

A qualifying higher bid is one that raises the existing offer to an amount not less than \$105,050.

A qualifying upset bid must be accompanied by a deposit equal to five percent (5%) of the total amount of the upset bid. The deposit must be submitted in the form of a cashier's check payable to Pamlico County Schools and will be held by the Finance Officer of Pamlico County Schools. The Board of Education will return the deposit on any bid not accepted, and will return the deposit on an offer subject to upset if a qualifying higher bid is received. The Board of Education will return the deposit of the final high bidder at closing.

The buyer must pay in cash at closing.

The Board of Education must approve the final high offer before the sale is closed, which it will do within 30 days after the final upset bid period has passed. The Board of Education reserves the right to withdraw the property from sale at any time before the final high bid is accepted and has the right to reject at any time all bids.

Further information may be obtained at the Office of the Pamlico County Schools Superintendent, 507 Anderson Drive, Bayboro, NC 28515, or at telephone 252-745-4171 during normal business hours.

Animal Trivia for Kids

1. Many people believe that early mermaid sightings can be attributed to dehydration + manatees.
2. Sloths cannot shiver to stay warm, and so have difficulty maintaining their body temperature on rainy days.
3. In the wild, some reindeer travel more than 3000 miles in a single year.
4. Only half of the dolphin's brain goes to sleep when asleep and the other half stays awake.
5. Other than humans, emperor penguins are the only warm-blooded animal to stay in Antarctica for the winter.



Pamlico County Health Department

Now Accepting Primary Care Clients
(In Person and Telehealth)

Coming in July, we will have a HIPAA compliant Telehealth office set up for residents with WiFi or technology issues to request to use to hold their remote visits with established providers.

Monday - Friday
8am to 5pm

Accepting Medicaid, Medicare, and Private Insurances
Sliding fee scale available for eligible clients

“Expertise you can trust, access you can count on!”

252-745-5111
203 North Street, Bayboro, NC 28515
(located behind the Courthouse)

Departamento de Salud de Pamlico

Estamos Aceptando Pacientes Nuevos
(En Persona y Por Video)

A partir de julio, tendremos una oficina designada para Telesalud que se conforma a HIPAA (protection de su informacion personal) disponible para que los residentes con problemas de internet o problemas tecnologicos puedan solicitar su uso para llevar acabo sus visitas remotas con proveedores ya establecidos.

Lunes - Viernes
8am - 5pm

Aceptamos Medicaid, Medicare, y Seguro Privado
Tarifa ajustada para clientes elegibles

“Experiencia y acceso en la que puede contar.”

252-745-5111
203 North Street, Bayboro, NC 28515
(detrás del juzgado)

FINANCIAL FOCUS

Four estate planning myths that could cost your family



Dan M. Roberts

Many people think that estate planning is just for wealthy people, but that’s a myth. An estate plan is for anyone of any means who has assets to distribute. They could include a house, investment accounts or family heirlooms.

An estate plan lets you decide who gets what and who’s in charge of making decisions – both during your life and after your death. It saves confusion and conflict among your heirs.

Without one, state laws decide everything, and you may not like the

outcome.

Another myth is that a will is enough. However, a will doesn’t protect you if you become incapacitated.

Myth No. 3 is that equal distribution is always fair, but truthfully, every child’s situation differs.

And the final myth is that you can set it and forget it. Instead, you should review your plan every few years or as major life events occur.

Estate planning can help ensure your voice is heard and your loved ones are cared for, no matter what happens.

*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

Fall Collards – Is It Too Late?

By: Daniel Simpson *County Extension Director, Agriculture Agent*



If you haven’t made plans to plant your fall collards, now is the time to start that process. Collards are a southern staple that can be found on many holiday tables. Packed with vitamin A and K, this easy to grow crop is worth the investment.

Before planting, bring soil pH up to 6.0-6.5 and supply enough nitrogen fertilizer to keep plants green and actively growing. Changes in soil pH are best achieved with the aid of soil test. Soil testing materials are available through the local Extension office and we can instruct you on collecting a proper sample. In the absence of a soil test, apply 1-2 lbs. of 10-10-10 fertilizer (10% nitrogen, phosphorus, potassium) per 100 square feet before planting. Side-dress (any application of fertilizer made after planting) with a ¼ pound of nitrogen fertilizer (21-0-0 per 100 square feet) 3 to 4 weeks after seeding or transplanting, and 3 to 4 weeks again after that. Collards need nitrogen to grow large, so if you desire a good harvest do not forgo repetitive applications of nitrogen.



You can grow your own transplants in the garden by planting seeds in rows spaced 2-4 inches apart, then thinning plants to 2-4 inches apart after germination. In about 6-8 weeks you can dig these bare-root plants up and transplant them into the garden. Seeding of transplants is best achieved in August, providing sufficient time to grow before colder weather slows growth. Look to purchase transplants in September, and you will have better success than trying to start seed this month. Recommended varieties include Morris Heading, Yellow Cabbage, Vates, Blue Max, and Top Bunch.

Frequent watering will be required during hot sunny days and shading may be needed to improve early growth of small seedlings. Typical pest problems include four-legged animals, imported cabbage worms, diamond back moths, and cabbage loopers. Insecticide applications will probably be required until colder temperatures arrive to reduce pests. Physical barriers like row covers may help prevent insect infestation, but they will also increase growing temperatures. Therefore, they provide the greatest benefit during cooler temperatures in early spring.

Common insecticide recommendations include the active ingredients carbaryl (Sevin), Bt (Dipel), permethrin, bifenthrin, and spinosad. Small insects are easier to control, so keep a look

out for early signs of insect activity. Read and follow label directions and pay attention to harvest restrictions (time between application and safe harvest) and maximum applications per year. Rotate products when possible and remember for every worm you see, you have probably missed three.



Some diseases may arise, but they usually occur with excessive wet conditions and from saved seed or plant debris left in the garden. If possible, plant on new ground or areas in the garden that did not have a Brassica crop (cabbage, collard, broccoli, etc.) in the spring. Remove plant debris and cultivate deeply. Avoid overhead irrigation when possible as soil splashing onto leaves will spread most common collard diseases.

To harvest collards, simply strip mature leaves from the stalks of multiple plants, leaving the growing terminal bud and immature leaves behind. This allows for a continual harvest of leaves throughout the winter as smaller leaves continue to mature, and as new leaves are produced from the terminal bud. Removal of the terminal bud will drastically slow growth resulting in low productivity.



When cooking collards, traditional recipes often include the addition of fat from bacon, smoked and salted meat to improve flavor. However, collards can be eaten raw or prepared as any other leafy green crop. If you would like to learn more about growing and cooking collards, then review the N.C. State Extension Publication titled “Collard Greens, Grow It, Eat It” at <https://content.ces.ncsu.edu/collard-greens>.

You can also contact Agriculture Extension Agent Daniel Simpson at 252-745-4121 or daniel_simpson@ncsu.edu.

Simple ways to save in retirement

The importance of saving for retirement cannot be overstated. Expenses related to housing, transportation, medical care, and even recreational pursuits remain even after retirees are no longer earning a paycheck, and that underscores the need to build a sizable nest egg.

Running out of money in retirement is a legitimate fear for many retirees, including those who did what they could to save for their golden years. According to MetLife’s 2026 Paycheck or Pot of Gold Study, 51 percent of retirees who invested in an employer’s defined contribution (DC) plan worry about running out of money in retirement. And such fears are growing, as MetLife notes just 30 percent of retirees expressed similar fears in 2017. MetLife notes that rising health care costs and longer lifespans are behind such anxiety, which can be tempered when retirees embrace some simple ways to save.

- Get a library card. Many professionals aspire to read more in retirement, and this rewarding hobby can be free when retirees get a library card. Retirees can find more than books at their local libraries, which also loan out movies and sponsor free or low-cost programs for seniors. Such programs might offer financial advice for retirees or sponsor book clubs that serve as a fun and free recreational activity.
- Travel during off-peak seasons. According to a recent poll from RBC Wealth Management, 63 percent of respondents see travel as an important retirement goal. But more than half of those people feel the cost of travel could jeopardize those plans. But retirees can save on travel by choosing to vacation during off-peak times of year. Travel tends to peak at times of year when school is out, such as winter break, spring break and summer vacation. The costs of flights, lodging and rental cars tend to be particularly high during these in-demand seasons. Retirees have more freedom to travel whenever they choose, and they can use that to their financial advantage by avoiding peak travel seasons and saving on flights, hotels and other expenditures.
- Take advantage of senior discounts. A wide range of businesses and services offer discounts to senior consumers. Amazon offers more than 50 percent off its Prime membership to seniors receiving certain types of government assistance, and Walmart Plus offers a similar discount. In addition, retailers like Home Depot and Lowe’s, Kohl’s and Michael’s also offer percentage-based discounts to seniors. Many popular chain restaurants also offer discounts to senior diners.
- Utilize credit card incentives. Many credit cards offer benefits like points or cash back incentives. Seniors who have the money to pay their balances in full can use credit cards when purchasing big-ticket items, and then use the travel rewards or cash back benefits to save money on expenses like flights and hotels. Cash back bonuses can be directed however seniors see fit.

The prospect of running out of money in retirement is a notable fear for many retirees. But some simple ways to save can help seniors keep more money in their pockets throughout retirement.



DS

Daniels-Sadler Funeral Home & Crematory

52 Bryant St., PO Box 99, Alliance, NC 28509

252-745-4966 | info@dsfunerals.com

Serving Pamlico, Craven, Beaufort and surrounding counties with courteous, compassionate and professional service

Formerly Bryant Funeral Home, under new ownership

Preplanning | Full-Service Funeral Establishment

Monument Sales | Crematory Onsite

Final Expense Insurance Sales | Affordable Pricing

Website: danielssadlerfunerals.com

Fish Days - Pond stocking size fish

PRE ORDER NOW!!!

803-776-4923

CALL TO FIND YOUR NEAREST PICKUP LOCATION

southlandfisheries.com

@southlandfisheries

STATEWIDE CLASSIFIEDS

Home Improvement
No more cleaning out gutters. Guaranteed! LeafFilter is backed by a no-clog guarantee and lifetime transferrable warranty. Call today 1-877-649-1190 to schedule a FREE inspection and no obligation estimate. Get 15% off your entire order. Plus, Military & Seniors get an additional 10% off. Limited time only. Restrictions apply, see representative for warranty and offer details.

Miscellaneous
We Buy Houses for Cash AS-IS! No repairs. No fuss. Any condition. Easy process: Call, get cash offer and get paid. Call today for your fair cash offer: 1-919-925-6362.

Miscellaneous
Get a High Quality, Modern Design bath or shower transformation in as little as One Day. \$0 Down, \$0 Installation, \$0 Payments for 12 months! Call: 1-877-243-7050.

Miscellaneous
Denied Social Security Disability? Appeal! If you're 50+, filed SSD and denied, our attorneys can help! Win or Pay Nothing! Strong, recent work history needed. 877-553-0252 [Steeppacher Law Offices LLC Principal Office: 224 Adams Ave Scranton PA 18503]

Miscellaneous
BEHIND ON YOUR MORTGAGE PAYMENTS? Threatened with foreclosure? Denied a loan modification? Let us help! Call the Homeowner Relief Line to speak with a mortgage specialist 844-492-0883

Miscellaneous
WATER DAMAGE CLEANUP & RESTORATION: A small amount of water can lead to major damage in your home. Our trusted professionals do complete repairs to protect your family and your home's value! Call 24/7: 1-866-489-0571. Have zip code of service location ready when you call!

Miscellaneous
Get a break on your taxes! Donate your car, truck, or SUV to assist the blind and visually impaired. Arrange a swift, no-cost vehicle pickup and secure a generous tax credit for 2025. Call Heritage for the Blind Today at 1-855-869-7055 today!

Miscellaneous
Replace your roof with the best looking and longest lasting material – steel from Erie Metal Roofs! Three styles and multiple colors available. Guaranteed to last a lifetime! Limited Time Offer – up to 50% off installation + Additional 10% off install (for military, health workers & 1st responders.) Call Erie Metal Roofs: 1-855-585-1815

Miscellaneous
Donate your car today, running or not. Support Patriotic Hearts for our Veterans and their Families! Free fast pickup. May be tax deductible. Se habla Español. Call now: 877-317-3360

Sale
Get DISH Satellite TV + Internet! Free Install, Free HD-DVR Upgrade, 80,000 On-Demand Movies, Plus Limited Time Up To \$600 In Gift Cards. Call Today! 1-877-920-7405

Time Share
Wesley Financial Group, LLC Timeshare Cancellation Experts. Over \$50,000,000 in timeshare debt and fees cancelled in 2019. Get free informational package and learn how to get rid of your timeshare! Free consultations. Over 450 positive reviews. Call 844-213-6711

GUESS WHO ?

I am a singer and actress born in Tennessee on November 23, 1992. I grew up around music, as my father is a country singer and my godmother was a famous country music icon. I achieved fame on a popular Disney channel children’s show and later gained wider recognition as a pop singer.

Answer: Miley Cyrus

Pamlico Vistas

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



Headed out. Earl's Girl on the Bay River. – near Stonewall

Photo by: Hiram Lupton



Congratulations to Pamlico County Arts Organizations, Recipients of State Grant Awards!

Several nonprofit arts organizations, schools, after-school programs, municipalities and artists in coastal counties have been selected this year to receive state funding through the North Carolina Arts Council. A division of the N.C. Department of Natural and Cultural Resources, the council announced last week that 340 grants totaling \$10.99 million for fiscal 2026-27 have been awarded through the competitive grant programs.

“Our state’s investment in arts and culture is essential to the strength of our communities and our statewide economy,” Department Secretary Pamela B. Cashwell said. “Through these grants and the work of the N.C. Arts Council, lives are enriched and communities across all 100 counties grow stronger. We appreciate this continued investment from Governor Stein and the General Assembly.”

The state said priorities with the program include emphasizing community outreach and audience engagement, improving organization’s capacity and capabilities, connecting K–12 students with artists, fostering public-private partnerships, and supporting local arts partners. “As we continue our Sustaining Support for Arts Organizations grants, we’re seeing how added stability in operating expenses empowers organizations to grow and innovate,” Arts Council Executive Director Jeff Bell said. “It’s inspiring to see the positive impact that these organizations are having in their communities and across North Carolina.” Sustaining Support grants help to fund the ongoing artistic and administrative functions of arts organizations. The grants are reviewed and awarded on a three-year cycle by discipline, with this cycle’s grants going to the Literature, Visual Arts, Film and Dance categories.

For Pamlico County, Project Support grants, which help organizations that produce or present specific arts programs, include an award of \$8,000 for Pamlico Musical Society Celebration of Abundance: Three concerts and related audience activities. Visit the PMS website: pamlicomusic.org to learn about their programming.

Grants through the Grassroots Arts Program, which provides arts funding to all 100 counties through an extensive network of local arts agencies and partner organizations, included \$20,176 to NCArts official partner, the Pamlico Arts Council.

The Pamlico Arts Council is currently working on adding several pages to their website, pamlicoarts.org. The first will list opportunities for artists such as grants, residencies, calls for art, and more. In the meantime, click on the NCArts link at the bottom of our Home page. The second will be a listing of all artists living and/or working in Pamlico County by discipline category with their contact information. PAC member artists will have live links to their websites. Keep an eye on their Facebook page for further information on how and when to submit your information.

Did you know?



Mental health conditions during childhood are more common than one might think. The National Institutes of Health says many mental disorders can begin in childhood, including anxiety disorders, attention-deficit/hyperactivity disorder, depression, eating disorders, and post-traumatic stress disorder. Estimates indicate one in five children are affected by mental health issues in the United States. The Mayo Clinic says it can be challenging to detect mental health conditions in children because childhood involves a process of growth fueled by change. Children may not be able to express how they feel, and symptoms of a condition may depend on a child’s age. Any parent worried about a child’s mental health should consult the child’s health care provider and describe the behaviors that are causing concern.

CENTURY 21[®]

Sail/Loft Realty

Local. Trusted. Proven.

SERVING ORIENTAL & PAMLICO COUNTY FOR 50 YEARS.

YOUR COASTAL LIFESTYLE STARTS HERE.

\$684,900

COMING SOON

NOT IN A SUBDIVISION
403 FACTORY STREET - ORIENTAL
WATERFRONT | 3BD / 3BA

\$45,000

ORIENTAL HARBOR VILLAGE MARINA
516 S WATER STREET A-16 - ORIENTAL
BOAT SLIP A-16 50' X 20'

\$425,000

ORIENTAL HARBOR PLACE
300 MIDYETTE STREET A1 - ORIENTAL
WATERFRONT CONDO | 3BD / 2BA

\$649,000

NOT IN A SUBDIVISION
247 JANE LANE - ORIENTAL
WATERFRONT | 3BD / 2BA

\$679,000

NOT IN A SUBDIVISION
205 HIGH STREET - ORIENTAL
IN THE VILLAGE | 3BD / 2BA

\$675,000

BAIRDS SHORES
159 PARSONS ROAD - GRANTSBORO
209 ACRES/WATERFRONT | 3BD / 2BA

Local Experts.
Coastal Knowledge.
RESULTS THAT MOVE YOU.

252.249.1787
SEE ALL LISTINGS @
SailLoftRealty.com
1000 Broad Street
Oriental, NC 28571

“Halloween is right around the corner. You can tell because all the stores are decked out for Christmas.”

■Continued from page A1

Hardison Named Pamlico HHS Director

“I look forward to working with county leadership, our dedicated employees, academic partners, community organizations, and residents to build on the progress already underway,” Hardison continued. “I am excited about what we can accomplish together. Pamlico County has tremendous opportunity ahead, and I am proud to continue serving the community I call home.”

“By strengthening partnerships and investing in our employees and the next generation of health and human services professionals, we can build a healthier, stronger, and more resilient future for Pamlico County,” Hardison said.

Hardison emphasized that collaboration and partnership will be central to her leadership. She plans to build on existing relationships while creating new opportunities for collaboration with healthcare providers, academic institutions, community organizations, county leadership, and residents.

“Serving this community is both a responsibility and a privilege,” Hardison said. “I believe our greatest opportunities come when we bring people together around a shared vision and a commitment to service. I am excited for the work ahead and for what we can accomplish together.”

The appointment reflects Pamlico County’s continued commitment to providing coordinated, accessible, and responsive health and human services while building on the strengths and partnerships that make the community unique.

We provide **professional HVAC installation and repair service** for residential and commercial properties in Craven, Pamlico, and surrounding areas.

Our heating and cooling experts offer accurate and **free estimates** for your convenience. *Call us to schedule your estimate!*

(252) 745-4022

(252) 633-2173

dixonheatingandair.com

STAY ON TOP OF IT ALL!

Local news, shopping and entertainment

Subscribe • Support • Advertise

The Pamlico News

Your County News Source Since 1968

252.249.1555 www.ThePamlicoNews.com

BOC – BOE Visit New School

by: Hiram Lupton

Pamlico County Schools hosted a few special visitors at the new High School/Middle School last Thursday as members of both the Pamlico County Board of Commissioners (BOC) and Pamlico County School Board (BOE) received a tour of the school. Executive Director of Operations and Administrative Services Henry Rice, who has been the primary liaison between the school system and the general contractors, conducted the tour along with Superintendent of Schools Dr. Jeremy Johnson. Also present from the schools were their Principals, Rebecca Lansche from the high school and Zانquavia Minor of the Middle School. The attendees got to see hallways, classrooms, gyms, and offices from top to bottom. Board Chair Ken Heath, fellow Board Members Ed Riggs and Thomas Mills represented the BOC along with County Manager Mark Brewington and Clerk to the Board Tracy Boyd. Attending from the BOE were Chairman John Prescott, and members Erik Smith and Jaclyn Jones. One sentiment expressed by all on the tour, in addition to how nice the facility is, was how great it was to see the school come alive with students. Dr. Johnson and Mr. Rice explained that there were still loose ends being tied up, with contractors working in the evening and at night so as not to interfere with the school day. Work also continues on the driveways and parking lots in front of the building with an expected completion in November and early December. A formal dedication and ribbon cutting is planned after that.



Pamlico County Superintendent of Schools Dr. Jeremy Johnson (L), and Pamlico County Manager Mark Brewington.



The group made a stop in the new high school gym



BOE Chairman John Prescott (L), and BOC Chairman Ken Heath



Outside, work continues prepping the area in front of the new school for installation of the drainage system and paving.

ACE

The helpful place.®

RED HOT BUYS VALID OCTOBER 1-31

SALE

\$399

Ace® Halloween Bucket, 2 Gal. 1049204

LIMITED TIME ONLY! GET ONE BEFORE THEY'RE GONE

White Decorative Pumpkins & Medium Orange Carving Pumpkins

\$6.99 ea.

CANDY'S FAVORITE BUCKET IS HERE!

PAMLICO HOME BUILDERS & SUPPLIES, INC.

Hwy 55, Alliance • (252) 745-4111

Hours: Mon. – Fri. 7:00 am to 6:00 pm • Sat. 8:00 am to 2:00 pm

LIFTAVATOR

ACCESSIBILITY SOLUTIONS

CALL THE ELEVATOR AND LIFT EXPERTS: 1-888-634-1717

Visit our new showroom located at 4430 Hwy 70E, New Bern, NC 28560

With over 30 years of experience, Liftavator is your best source for residential and commercial elevators and lifts. Our qualified and licensed technicians provide professional installation, maintenance, service and inspection. We also offer 24-hour emergency calls. Whether you need an outdoor lift, luxury home elevator, stairlift, or commercial elevator, call Liftavator for a free consultation. We will find a solution that is right for you!

savaria™

ELITE DEALER

LIFTAVATOR.COM

1-888-634-1717

Pamlico County

Historical Association

will host its annual Heritage Day on Saturday, October 17, 2026, from 10 a.m. to 3 p.m., celebrating the traditions, history, and community spirit that define Pamlico County.

The Dirt Road Band will Perform from 11-2

Demos of Antique Farming, Weaving and Chores

BBQ Sandwiches

Bake Sale

School House & Barber Shop Open

Blacksmith Shop will be open

Children's Games

Dunking Booth

Vendor Booths

50/50

RAFFLE

TICKET 045986

TICKET 045987

Heritage Day is open to the public, and all are invited to attend and take part in celebrating the county's rich history.

New this year! Dunking Booth - Dunkees could include a county commissioner, a pastor, a mayor and a deputy!

Live weavers making cloth

CLASSIFIEDS



WINFREY BUILDERS
252-670-2915



World Wide Marine Training, LLC
U.S.C.G. Approved Training & Testing

Captains Licenses ★ Master 100 Tons ★ Master 200 Tons ★ AB
★ STCW 5-day Basic Training ★ Radar Endorsements ★
Auxiliary Sail and Assistance Towing Endorsements

Call 252-249-2135
worldwidemarinetraining.com
22532 NC Hwy 55 East, Oriental, NC 28571

Pamlico Tree Care, LLC
Servicing New Bern & Surrounding Counties
Owner: Jonathan Mitchell



New Omme 90' Tracklift
Access through a 4' wide gate
Complete Tree Removal
Stump Grinding

Brush & Branch Chipping
Cabling & Crown Reduction
Tree Pruning & Shaping

Fully Insured with Liability and Workmen's Comp
252-745-7232/252-671-7563
Pamlicotreecare@aol.com
www.pamlicotreecare.com

FOR SALE



Century 21
Sail/Loft Realty
252-249-1787
www.SailLoftRealty.com

T.O.P.P. Care For Pets
The Oriental Pet Parlour

Full Service Grooming
Licensed Boarding
Day Care
For Dogs, Cats, Birds & Other Pets

252-249-0243
315 White Farm Road Oriental, NC 28571
Hours: M - F 8:30 - 5 Sat. 9 - 3
Check out our website at
www.TheOrientalPetParlour.com

Katherine H. Winfrey
Income Tax Service

801 Broad St.
Oriental, NC 28571

533 South Creek Rd.
Aurora, NC 27806
252-670-7728
252-675-2828

HELP WANTED

Laborer needed, pick up and put down, Follow instructions, weed whack. Paying cash daily. Semi-retired, part time ok.
Capt. Ron Diamond 518-657-1348 in Oriental
Must have drivers license. Non-smoker preferred.

FOR RENT
838 Scotts Store Road,
Grantsboro, NC

- 3 bedrooms, 2 bathrooms
- Newly remodeled throughout
- Brand-new appliances
- Fenced backyard
- Lawn maintenance and trash pickup are included in the monthly rent
- We have a strict no pet policy

The monthly rent is \$1,650.00, with a \$1,650.00 security deposit required.

Call: (252) 254-7097
Email: tbythcrentals@gmail.com

We're all mature, until someone pulls out some bubble wrap.

FOR RENT

Waterfront 1 bedroom home, nice, new, rural, high-quality with privacy, views, deck and dock.
Stainless steel appliances, washer & dryer included
\$1,100 per month lease.
Owner **908-328-9823** (Cell)

STATE OF NORTH CAROLINA
IN THE GENERAL COURT OF
JUSTICE PAMLICO COUNTY
SUPERIOR COURT DIVISION
BEFORE THE CLERK
FILE NO.: 26SP000041-680
IN RE: REGISTERED
IN RE: REGISTERED ESTATE
NUMBER 4A NOTICE OF
SERVICE OF PROCESS BY
PUBLICATION PURSUANT TO
N.C.G.S. § 43-17.2

TO: All persons having or claiming an interest or estate in Registered Estate Number 4A.

NOTICE is hereby given that a petition was filed by Petitioner CBR Properties, LLC, by and through its attorney Steven K. Bell Attorney at Law, P.C., in the office of the Clerk of the Superior Court of Pamlico County, alleging that the Certificate of Title for Registered Estate No. 4A had been lost under the circumstances stated therein, and praying that new duplicate certificates of title be issued to the Petitioner.

The land referred to in Certificate of Title for Registered Estate No. 4A is bounded and described as follows:

Lying and being on the south side of the highway leading from Merritt to Florence, in Number Two Township, Pamlico County, North Carolina, and bounded on the southwest by Hugh G. Swan's Brite Farm, BEGINNING at a point in the centerline of said highway located North 49 degrees 30 minutes West 15 feet from the beginning point of Registered Estate Number 4A as the same appears in the Owner's Certificate of Title issued to John T. Taylor, Jr. and wife, Dora W. Taylor, dated March 17, 1953 and recorded in Book 1 of Registration of Pamlico County Registry, and running thence from said beginning point South 49 degrees 30 minutes East along the first line of said Registered Estate, a ditch and Hugh G. Swan's northeast line, 1075 feet to a ditch angle; thence North 57 degrees 45 minutes East along a ditch 138 feet; thence North 49 degrees 30 minutes West along a ditch 1,045.5 feet to a point in the centerline of said highway; thence South 74 degrees 30 minutes West along the highway centerline 158 feet to the BEGINNING, containing 3.14 acres, more or less.

Said Registered Estate No. 4A and the portion thereof above described are shown on a plat attached to the instrument transferring said portion by John T. Taylor, Jr. and wife, Dora W. Taylor to Ralph Muse and wife, dated June _____, 1962 and of record in Pamlico County Registry.

See also Registered Estate No. 4A recorded in the Office of the Register of Deeds of Pamlico County, North Carolina in Book No. 579, Page No. 249-250.

ESTATE: 38.05282%
UNDIVIDED INTEREST IN
FEE SIMPLE.

Said petition will be heard and considered and an order entered thereon at the office of the Clerk of the Superior Court of Pamlico County, on the 7th day of October,

2026, at 9:00 o'clock a.m.

This 2nd day of September, 2026.

STATE OF NORTH CAROLINA
IN THE GENERAL COURT OF
JUSTICE PAMLICO COUNTY
SUPERIOR COURT DIVISION
BEFORE THE CLERK
FILE NO.: 26SP000042-680
IN RE: REGISTERED ESTATE
NUMBER 4A NOTICE OF
SERVICE OF PROCESS BY
PUBLICATION PURSUANT TO
N.C.G.S. § 43-17.2

TO: All persons having or claiming an interest or estate in Registered Estate Number 4A.

NOTICE is hereby given that a petition was filed by Petitioner CBR Properties, LLC, by and through its attorney Steven K. Bell Attorney at Law, P.C., in the office of the Clerk of the Superior Court of Pamlico County, alleging that the Certificate of Title for Registered Estate No. 4A had been lost under the circumstances stated therein, and praying that new duplicate certificates of title be issued to the Petitioner.

The land referred to in Certificate of Title for Registered Estate No. 4A is bounded and described as follows:

Lying and being on the south side of the highway leading from Merritt to Florence, in Number Two Township, Pamlico County, North Carolina, and bounded on the southwest by Hugh G. Swan's Brite Farm, BEGINNING at a point in the centerline of said highway located North 49 degrees 30 minutes West 15 feet from the beginning point of Registered Estate Number Four as the same appears in the Owner's Certificate of Title issued to John T. Taylor, Jr. and wife, Dora W. Taylor, dated March 17, 1953 and recorded in Book 1 of Registration of Land Titled at Page 16 in the Office of the Register of Deed of Pamlico County and running thence from said beginning point South 49 degrees 30 minutes East along the first line of said Registered Estate, a ditch and Hugh G. Swan's northeast line, 1075 feet to a ditch angle; thence North 57 degrees 45 minutes East along a ditch 138 feet; thence North 49 degrees 30 minutes West along a ditch 1,045.5 feet to a point in the centerline of said highway; thence South 74 degrees 30 minutes West along the highway centerline 158 feet to the BEGINNING, containing 3.14 acres, more or less.

Said Registered Estate No. 4A and the portion thereof above-described are shown on a plat attached to the instrument transferring said portion by John T. Taylor, Jr. and wife, Dora W. Taylor to Ralph Muse and wife, dated June _____, 1962 and of record in Pamlico County Registry.

See also Registered Estate No. 4A recorded in the Office of the Register of Deeds of Pamlico County, North Carolina in Book No. 382, Page No. 840.

ESTATE: 61.94718%
UNDIVIDED INTEREST IN
FEE SIMPLE.

Said petition will be heard and

considered and an order entered thereon at the office of the Clerk of the Superior Court of Pamlico County, on the 7th day of October, 2026, at 9:00 o'clock a.m.

This 2nd day of September, 2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
JOHNY BERT ARMSTRONG
File No.: 26E000154-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JOY ARMSTRONG BARTLE, ADMINISTRATOR on or before DECEMBER 8, 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 9TH DAY OF SEPTEMBER, 2026

ESTATE OF JOHNY BERT ARMSTRONG
C/O JOY ARMSTRONG BARTLE
14923 HESTIA CT
SAN ANTONIO, TX 78245

Publish SEPTEMBER 9, 16, 23 AND 30, 2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
BENNY DALE SCOTT
File No.: 26E000018-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to TRAVIS DALE SCOTT, ADMINISTRATOR on or before DECEMBER 8, 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 9TH DAY OF SEPTEMBER, 2026

ESTATE OF BENNY DALE SCOTT
C/O TRAVIS DALE SCOTT
2407 OAK VIEW DRIVE
NEW BERN, NC 285662

Publish SEPTEMBER 9, 16, 23 AND 30, 2026.

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
JOHN DALTON WHITFORD
File No.: 26E000167-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to M. SCOTT WHITFORD, EXECUTOR on or before DECEMBER 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 16TH DAY OF SEPTEMBER 2026

ESTATE OF JOHN DALTON WHITFORD

C/O M. SCOTT WHITFORD
1903 SCOTTS STORE RD
GRANTSBORO, NC 28529

Publish SEPTEMBER 16, 23, 30 AND OCTOBER 7, 2026.

Notice to Creditors
North Carolina,
Pamlico County

All persons, firms and corporations having claims against the Estate of Joan P. Kart, deceased, of Oriental, NC, are notified to present the same to the personal representative listed below on or before December 23, 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 23rd day of September, 2026.

William Kart, Administrator of the Estate of Joan P. Kart
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES:
9/23/2026; 9/30/2026; 10/7/2026;
10/14/2026

NORTH CAROLINA
PAMLICO COUNTY
NOTICE TO CREDITORS:

All persons, firms and corporations having claims against the Estate of George Carlton Hill, deceased, of Pamlico County, NC., are notified to present the same to the personal representative listed below on or before December 23, 2026, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment.

This 23rd day of September, 2026.

B. Kyle Dickerson, Administrator
CTA
of the Estate of George Carlton Hill, Deceased,
c/o B. Kyle Dickerson
Sumrell Sugg, P.A.
416 Pollock Street
P.O. Drawer 889
New Bern, NC 28563

Run: 09/23/2026, 09/30/2026,
10/07/2026, 10/14/2026

NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
RICHARD DECHARMS, IV
File No.: 26E000177-680

All persons, firms and corporations having claims against deceased, are notified to exhibit them to RICHARD CHRISTOPHER DECHARMS, EXECUTOR on or before DECEMBER 29, 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 30TH DAY OF SEPTEMBER 2026

ESTATE OF RICHARD DECHARMS, IV
C/O RICHARD CHRISTOPHER DECHARMS
710 ORIENT LANE
ORIENTAL, NC 28571

Publish SEPTEMBER 30 AND OCTOBER 7, 14, 21 2026.

“Laughter is the best medicine, and life is the perfect excuse to take it.”–

INCIDENTS

Sept. 3, Scott Town Rd., Grantsboro, allowing livestock to run at large

Sept. 4, Smokey Dr., New Bern, domestic dispute

Sept. 4, Park Ave., Bayboro, order for arrest

Sept. 4, Janiero Rd., Arapahoe, domestic disturbance

Sept. 5, Smokey Dr., New Bern, criminal summons misdemeanor larceny

Sept. 5, NC Hwy 55, Grantsboro, larceny after breaking or entering

Sept. 7, NC Hwy 55, Alliance, all other offenses

Sept. 7, NC Hwy 306 S., Grantsboro, break or enter motor vehicle

Sept. 8, Silverbrook Rd., Oriental, warrant for arrest second degree trespass

Sept. 8, Chinchilla Dr., Bayboro, possess stolen goods/ property (F), flee to elude

Sept. 9, Don Lee Rd., Arapahoe, larceny of property or goods < = \$1,000

Sept. 9, Main St., Bayboro, warrant for arrest

Sept. 10, NC Hwy 306 S., Grantsboro, larceny of motor vehicle parts

AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



It is a beautiful Sunday afternoon and the water has gone back in the creek where it belongs, instead of in my yard! I really feel sorry for the folks north of us because they are still getting hit pretty hard. Church was a great day, Good sermon, great attendance, 22 folks in the congregation. Four ladies from the Silverthorne family from Virginia, and Jo Helen from Seven Springs. Had a wonderful lunch of barbecue and the trimmings after church. The Virginia group, Jo Helen, Elizabeth Cuthrell, and Matt's family joined us for dinner at Mayo's Restaurant last evening. We learned at church that Paul Triulso is having sur-

gery next week. Marsha Palpham called today and told me that Michelle Bissette's husband Mark passed away. He had been fighting cancer for a good while. I need to correct some fake news that I reported last week. I said the retiring CEO from Hope Clinic was building behind my son's home. I had the wrong couple. Well, getting close to elections and the politicians are beginning to sling mud at each other. I hate to hear people do that because God teaches us to love one another.

THOUGHT FOR THE WEEK—PESSIMISM NEVER WON ANY BATTLE. (Dwight D. Eisenhower)

Grantsboro Jeff Roberts, *Correspondent*



When the Porch Still Matters
Good morning, good afternoon, and good evening. Come on up on the porch and sit awhile. This week, that invitation seems a little more appropriate than usual.

Because in just a few days, porches all over Oriental will become stages again. The Ol' Front Porch Music Festival returns October 2 and 3 for its 12th year, bringing music back to porches, yards, churches, businesses and the riverfront throughout the village. What began in 2014 as a small gathering with 13 bands playing for a few hundred people has grown into one of Oriental's signature events.

Ol' Front Porch Music Festival. But what I like most about it is where the idea came from. Years ago, musicians would gather on the porch of Captain Billy and Lucille Truitt's Ol' Store and play roots music together. No big stage. No fancy production. Just people, instruments and a front porch. Later, Dottie and Dick Osmun and Leslie Kellenberger wanted to find a way to support local musicians and bring some of that old spirit back. The idea was simple: put musicians on porches around Oriental and let people walk from one to another. And just like that, an old tradition found a new life.

Ol' Front Porch Music Festival That is the part that gets me. History does not always survive because somebody put it in a museum. Sometimes it survives because somebody keeps doing it. A porch used to be more than a place to sit. It was where neighbors stopped. Where family gathered after supper. Where somebody might pull out a guitar and somebody else might know the next song. It was a place where you did not need an invitation written on paper. If you heard music coming from down the road, you wandered over. This festival seems to hold onto a little of that. Today, you can hear everything from bluegrass and gospel to jazz, Americana, country, Irish music, Latin music and more, with performances spread across porches and the Riverfront Stage. The festival is still free to attend, supported by sponsors, donors and volunteers.

Ol' Front Porch Music Festival. And there is something else worth remembering. The festival's mission is not only about music. It is also about bringing people together, supporting musicians, strength-

ening the local economy and helping different generations and backgrounds appreciate a shared musical heritage. Donations also help support an annual scholarship for a Pamlico County High School student involved in music programs.

Ol' Front Porch Music Festival That means what happens on those porches reaches farther than one weekend. Maybe that is what preserving history really looks like. Not simply remembering what people used to do. But making enough room in today's world for some of it to still happen. A lot has changed since people gathered around the Ol' Store to hear somebody pick a guitar. We carry phones now. We move faster. We schedule almost everything. But for one weekend, people will still walk the streets of Oriental following the sound of music from one porch to another. Some will remember when gatherings like that were common. Some will experience it for the first time. And somewhere between the two, the tradition keeps moving forward. That is why I love mixing history with what is happening around us today. Because when the old stories are still showing up in new memories, it means we have not forgotten.

Maybe the Ol' Front Porch Music Festival is not really about putting musicians on porches. Maybe it is about remembering what porches once did. They brought people together.

And apparently, they still can.



Pamlico Betty Jo Rodgers, *Correspondent*



The paving of highway 55 is getting close to Grantsboro. It has gone along rather quickly. It sure is nice where the paving has been completed. I am afraid the log trucks and dump trucks that use the highway will have it in bad shape again before too long. I sure wish the DOT would do repair work to Trent Road.

A flock of turkeys on the farm is enjoying the corn that was left behind when the farmers finished harvesting. I am seeing many squirrels out and about. I am sure they are collecting nuts for the winter to come. There is one that particularly likes to play on our back deck.

I visited Warren Chapel Global Methodist Church on Sunday for their 133rd homecoming celebration. It is the church I pastored in 2017-2020 before I came to Stonewall Methodist Church. I was delighted to hear the Harbor Sounds from Pamlico County bring the special music. They are one of the groups that will be performing at the Ol' Front Porch Music Festival in Oriental next weekend. The music will start on the 2nd at 1:00 pm and on the 3rd at 11:00 am. It is free to all. The Harbor Sounds will be on the porch at the Stallings House at 500 South Avenue from 2:00-3:00 pm on Saturday afternoon. They play some awesome gospel bluegrass music.

I was blessed to visit my old classroom at Pamlico Central School in Stonewall on Sunday afternoon. The school was open for a final walkthrough from 2 until 4 pm. A lot has changed since I taught there in 1967. I also visited the rooms where elementary teachers Ms. Brown, Ms. Foy, Ms. Elena Hamilton, Ms. Nicie Hill, and Ms. Russell taught students. Those women helped me, a newcomer teaching on an emergency "C" certificate, to be a better teacher for my sixth and seventh grade combination class. I only had two years of college and was not in the field of education. I am blessed to say that I had such a good experience at Pamlico Central, I went back to college and changed my major to be a teacher. I taught school for 39 years before I was called into the ministry.

Speaking of ministry, during October 2026, the Bible Study at Stonewall Wednesday mornings at 10 am will study the book of Ephesians. The study is open to anyone interested in studying the Bible.

Celebrating birthdays in September are Donna Gordon and Fay Bond (9/29), and Tim Carey, Gregory Hopkins and Reid Carey (9/30). Ms. Fay turned 103. Be sure and let her know how much you love her.

Celebrating birthdays in October are Kylee Rodriguez (10/1), Sandra Stowe (10/3), Pearl Ford Smith (10/5), Kim Potter (10/6), James Wood (10/9), Amanda Carey, Joannis Rodgers, and Michael Spain (10/10), John Paul Wood (10/11), Dixie Gatlin (10/12), Elena Hamilton (10/13), John Deaton (10/15), Barbara Carey (10/19), Bilinda Gwaltney and Connor Russo, (10/22), Linda Lane (10/24), George Bennett (10/25), Polly Taylor (10/27), Jeremy Freeman (10/29), and Linda Gail Lupton (10/31). Charles and Ann Stackhouse will celebrate their Anniversary on



October 16.
Have a blessed week. Insecure? Take Spiritual Vitamin I. "I can do all things through Christ who strengthens me." (Philippians 4:13)

Aurora Joy McCracken, *Correspondent*



Bee Diary:
Our first showing at the Oriental Farmer's Market was a success selling 8 jars and some bee toys. It was a fabulous experience seeing all the vendors and patrons strolling by. This past Saturday was a bust as Hodges Street was still flooded, but since we were already down that way did some sightseeing and good Piggly Wiggly shopping.

Ah, this good cool down! Windows finally open! Still seeing butterflies including more Sulphurs and Swallowtails and Buckeyes (this week's photo). On the road in one day saw Deer, a Bobwhite and Turkeys. An Anole was licking up some spilled sugar water on the feed table! Still have two Hummingbirds and Cowbirds raiding the feeder.

I wish they could reach a solution to the damage (like this recent nor'easter) taking out houses. They just spent millions of dollars to refurbish a beach only to have it wash out. The state needs to take the same amount of money and buy out the homeowners and move the surf line back.



MARINE CON

SHORE DEVELOPMENT

252-692-0008

Breakdowns happen. We'll take it from there.

Let Cinch Home Services help you save on costly repair bills.

Our home warranty covers:

- Air Conditioning Systems
- Electrical System
- Plumbing System and Drains
- Tub/Shower
- Water Heaters
- Interior Gas Lines
- Callers Panel
- Drainage Systems
- Garage Door Openers
- Detachable Bulk-head
- Wall Openers
- Garage Drains
- Range Exhaust Fans
- Front Loaders (Built-in)
- Microwaves (Built-in)
- Coffee Makers
- Carpet Drains
- Swamp Pumps
- And Much More!

All covered repairs are backed by our industry leading 180-day Workmanship Guarantee!

Get 30% off your home warranty plan PER MONTH!

Don't wait! Call now for our best offer.

(855) 209-0350

Erie Roofing Since 1976

Trust the Nation's #1 Roofing Contractor

Award-Winning Roofing and Customer Service

LIMITED TIME OFFER

50% OFF

Installation

FREE ESTIMATE

SCHEDULE TODAY!

Call 1.855.585.1815

CALL TODAY! 1.855.585.1815

New orders only. Does not include material costs. Cannot be combined with any other offer. Minimum purchase required. Other restrictions may apply. This is an advertisement placed on behalf of Erie Construction Mid-West, Inc. ("Erie"). Offer terms and conditions may apply and the offer may not be available in your area. If you call the number provided, you consent to being contacted by telephone, SMS text message, email, pre-recorded messages by Erie or its affiliates and service providers using automated technologies notwithstanding if you are on a DO NOT CALL list or register. Please review our Privacy Policy and Terms of Use on hornservicessolutions.com. All rights reserved. License numbers available at eriehome.com/erie/licenses/

GENERAC

#1 standby generator worldwide.

Get whole-home power, automatically.

Call 855-553-0363 to schedule your free quote today!

*Terms & conditions apply

Stop cleaning-out your gutters this season

EXPIRES 11/30/2026

AN ADDITIONAL

25% OFF LeafFilter® + 10% Discount For Seniors + Military

Get a **FREE** full gutter inspection and estimate:

Promo: 285

1-877-649-1190

*Promotional offer includes 25% off plus an additional 10% off for qualified veterans and/or seniors. Cannot be combined with other offers. See representative for full warranty details. DC 420223000087, AZ ROC 344027, AR 0366920926, CA 1035795, CT HIC 0671520, FL CEC 056678, ID RCE 51604, IA C127230, LA 559544, MD MHIC164488, MA 213292, MI 262300331, MI 262300330, MI 262300329, MI 262300328, MI 262300318, MI 262300173, MN IR2025-810524, MT 266192, NE 50145-24, NV 0086990, NJ 13VH13285000, NM 408693, ND 47304, OR 218294, PA PA179643, RI GC-41354, TN 10981, UT 10783638-5501, VT 174-0000871, VA 2705169445, WA LEAF1763PG, WV WV056912, WI 537-DGFR8

DENTAL Insurance

Big dental bills? Get protection.

Dental insurance from Physicians Mutual Insurance Company, Inc.

Get your **FREE** Information Kit

It's easy! Call or scan today

1-844-496-8601

Product/features not available in all states. Contact us for complete details about this insurance solicitation. To find a network provider, go to physiciansmutual.com/find-dentist. This specific offer not available in CO, KS, NY, OR - call 1-800-969-4781 or respond for a similar offer in your state. Certificate C254/B465, (ID: C254ID; PA: C254PA); Insurance Policy P154/B469 (GA: P154GA; OK: P154OK; TN: P154TN). 6370

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to geography.

REAHT

--	--	--	--	--

Answer: Earth

PCMS Hurricanes Settle Into a Busy New School Year

Pamlico County Middle School students and staff have had a busy start to the 2026–2027 school year as they settle into their new campus, begin new activities and traditions, and continue many of the programs that have long been part of the PCMS experience.



Fall sports are well underway, with middle school students representing the Hurricanes in football, volleyball and soccer. From practices and games to cheering on their classmates, athletics have given students an opportunity to build school spirit and make some of the first memories in their new home.



PCMS Junior Beta Club members also kicked off the year with their annual mum sale. Students sold colorful fall mums throughout September as a fundraiser for the club, offering yellow, red, orange, white and purple varieties to families and community members. The annual sale is one of several ways Beta members work together while building leadership and supporting their organization.

Middle school band students and their families also had an opportunity to meet new band director Aidan Treier during a Meet the Band Director Night held September 17. Families learned more about class expectations, upcoming concerts and events, the Band Boosters and opportunities for students to rent instruments as the Hurricanes begin a new year of music on the new campus.



Community support continues to play an important role at PCMS as well. The school recently launched a Sponsor Focus, Support Success effort seeking sponsors for 15 classroom sets of study carrels. The carrels provide students with quiet individual workspaces that can help limit distractions and create an environment for focused, independent learning.



While much of this year has been about looking forward, September ended with an opportunity to look back. On September 27, former students, employees and community members returned to the former PCMS campus for “A Final Visit.” Visitors walked the halls, revisited familiar spaces and shared memories of a campus that served generations of Pamlico County students under several names. It was a fitting opportunity to honor the history of the school while celebrating the community that grew around it.

As students and staff continue settling into their new surroundings, PCMS is finding a balance between honoring its history and building what comes next. Whether on the athletic field, in the classroom, through clubs and music, or in partnership with the community, the Hurricanes are already making their mark on their new home and Living the Legacy along the way.



New Library Cards Are Here!



We’re so excited to share some brand new library card designs! Share a story with Booker the Bear or check out all the great things you can get with your library card - from audiobooks to tech, from local history to continuing education classes.

If you would like to get early access to a new library card, you can pick out your favorite design with a donation of any amount to the Elinor D. Hawkins Fund for Early Literacy, which will support our early literacy library programs and help us purchase more storybooks for our region. (If you prefer to keep your old card, existing library cards will continue to work until time for renewal.) Stop by any CPRL library branch for more information!

Your Craven-Pamlico Regional Library Card gets you access to tons of FREE stuff, with books, audiobooks, technology, digital resources, and more at your local library. Plus, your library card gets you access to special events, book clubs, educational programs and art classes for all ages. Borrow books, audiobooks, music CDs, and DVDs from any of our five branches or the Bookmobile.

Costumes & Books Saturday, October 10, 11:00 am Pamlico County Library



Presented by United Sisterhood, Inc. Kids ages 5-12 are invited to come dressed in costume to enjoy storytime, a costume contest parade, games, and lots of fun! Prizes will be awarded for Cutest, Most Creative, Best Book Character and more!

CPRL Go! App for your phone or tablet



It is easy! Just go to your Apps/Google Store and search for CPRLGo! Download the CPRL Go! app to your cell phone or tablet and install. Login with your library card number and pin (last four digits of your phone number) or go to <https://mycpri.org/online-library/cprl-go-app>.

- Easy account management - see your checkouts, place holds, renew items.
- Scan your library barcode from your phone.
- See the nearest CPRL location to you anytime (allow location settings for this feature).
- Quick access to Libby, Hoopla, Universal Class, etc.
- Scan ISBNs to see if the library has a copy.
- Browse reading lists and search the catalog.
- Link your child’s library card.



Family Movie Night!



Family Movie:
The Sheep Detectives
Friday, Oct. 23,
5:30pm
Pamlico County
Library

When something happens to their shepherd, the sheep must take matters into their own hooves!

Rated PG.
Approximate run
time: 109 minutes.

Digital Resources



From animated stories to business classes, our large collection of digital resources is available 24/7, wherever you are.

**HARDISON
TIRE
COMPANY**

Alliance,
NC 28509
745-4561
745-4161

www.hardisontire.com
24 Hour Towing & Wrecker Service – 252-745-3777

**THE NEW MICHELIN®
DEFENDER 2 TIRE**

DESIGNED
TO OUTLAST

80

MICHELIN

A Touchstone Energy® Cooperative

**Tideland EMC**
Real People, Real Power.

*We believe in the
power of education.*

DELAMAR & DELAMAR, PLLC
ATTORNEYS AT LAW
Sara L. Delamar



408 Main Street • Bayboro, NC
252-745-3222 • M-F 8:30am to 5:00pm

**Proud to serve
Pamlico County!**

**PAMLICO**
COMMUNITY COLLEGE

www.pamlicocc.edu

Bobcats Vs. Mariners

by: Hiram Lupton

There was a inter-county showdown in volleyball last Tuesday as the Mariners of Pamlico Christian Academy hosted the Arapahoe Charter School Bobcats in both Junior Varsity and Varsity action. For the JV's, the Bobcats clawed their way to a 2-0 (25-19, 25-19) win. In the Varsity match, the Mariners sailed away with a 3-1 (25-14, 25-17, 23-25, 25-15) victory.



Pamlico Hosts CMSAC Volleyball Tourney

by: Hiram Lupton



Kayton Forbes battles at the net.

Aubrey Mayo (#10) goes high for a kill.

Pamlico County Middle School hosted the Coastal Middle School Athletic Conference Volleyball Tournament last Thursday and it was full of great action and upsets. Three teams tied for first place in the regular season with 8-2 records. After a draw, Grover C. Fields Middle School and Pamlico were awarded the top 2 seeds and first round byes. In that first round, West Craven Middle defeated Havelock while Tucker Creek won over HJ MacDonald. In the second round, Grover C Fields prevailed over West Craven and Tucker Creek upset the Hurricanes 0-2 (21-25, 21-25). Grover C. Fields went on to defeat Tucker Creek for the tourney title. PCMS will close out it's season on Monday at home against county rival Arapahoe Charter School.

Busy Week on the Road for Hurricanes

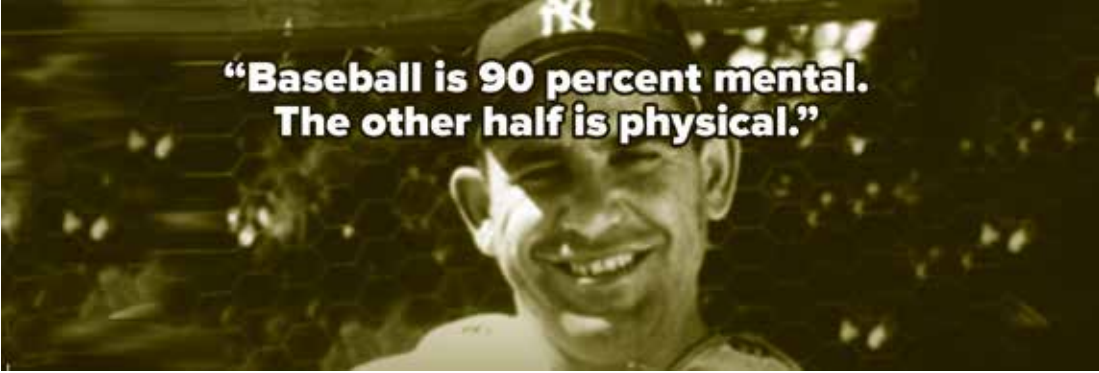
by: Hiram Lupton

The Pamlico County High School Volleyball team were road warriors last week, traveling both north and south for matches. Tuesday, they headed to Northside-Pinetown to battle the Panthers with the winner claiming sole possession of first place in the conference. For the Hurricanes it was a consistent business trip, sweeping Northside on their home court 3-0 (25-19, 25-19, 25-18). Sophomore Avery Hettinger led the 'Canes with 15 kills. Next up on Wednesday was a trip south to Morehead City to take on the 6A West Carteret Patriots. These two teams always bring out the best in one another and this one was no exception, going the full five sets before West Carteret finally pulled out a 3-2 (26-24, 23-25, 26-24, 23-25, 15-11) win. The competitiveness of the sets is evidenced by the closeness of the scores. Hayden Gibbs-Ireland put down an amazing 28 kills for the night, much of them from setups by Lila Mehring, who had 43 assists in the match. Finally, on Thursday, Pamlico closed out a busy week with another trip to Beaufort County to take on the Seahawks of Southside. Southside refers to their home court as the Hawks nest, but it was the Hurricanes who took all the eggs with a 3-0 (25-7, 29-27, 25-19) conference win. This week Pamlico continues their road odyssey with a match at East Carteret on Monday and a trip to Lejeune on Tuesday.



Hayden Gibbs-Ireland puts down a kill against Southside.

Bella-Ann Schulz is digging it.



"You must not only have competitiveness but ability, regardless of the circumstance you face, to never quit." — Abby Wambach



 **BRICE POINTE**
A THRIVEMORE COMMUNITY



Why Now

Be our guest at the at the Carolina Colours Pavilion to learn all the benefits of choosing Brice Pointe. With over 270 priority members, now is the time to secure your place.

WEDNESDAY, OCTOBER 21
2:00 P.M.

Carolina Colours Pavilion
3300 Waterscape Way
New Bern, NC 28562

To RSVP, call **252-659-4550**.



Hurricanes Drop Road Contest to Camden County

by: Hiram Lupton



Pamlico County High School made the long trip to Camden County to take on the Bruins and came away with a 55-32 loss. The Bruins scored a pair of touchdowns in the opening quarter and never looked back. There was some bright spots for Pamlico as a pair of freshmen, Quarterback Gavin Moody and running

back Kharon Carrol, each rushed for a pair of touchdowns while Moody connected with receiver Izir Benjamin on a 79-yard pass for another score. This week a new season begins for the Hurricanes as conference play begins with a trip on Friday to Trenton to take on the Trojans of Jones Senior.

PCA Plays Soccer Their Own Field

by: Hiram Lupton

A bit of history was made on the campus of Pamlico Christian Academy last week as for the first time the Mariners competed on an athletic field of their own. “This is an important step for our school and our athletic program,” said head of school Earl Sadler, Jr. “It has taken a lot of hard work, but we were determined to make it happen this season.” The athletic field was PCA’s very own soccer field, laid out and marked off to international dimensions. Previously, PCA teams played their home matches in New Bern, primarily at Lawson Creek Park but now their players and fans can cheer the Mariners on at their own facility. There are not yet any spectator bleachers in place, but there is plenty of room for lawn chairs. The first match was a Junior Varsity contest on Tuesday where an impromptu baptism of the field occurred near the end of the game as a heavy shower of rain fell. On Friday, the Varsity took the field for the first time with a nice crowd cheering them on and battled the Warriors of Gramercy Christian to a 0-0 tie in a tight defensive struggle.



Addison Alcock



Donavan Nelson uses his head



Cameron Crabbe battles a Gramercy player

Hurricanes Run Strong at Conference Meet

High school cross country running is in full swing and last Wednesday, Pamlico hosted a Coastal Plains Conference meet with fellow conference schools East Carteret, Lejeune, Northside, and Southside competing. In the boys division, the Hurricanes earned a team win, scoring 30 points with Lejeune in second with 60 and East Carteret placed third with 69. Individually, Pamlico’s top runner was Edgar Muro with a fourth-place finish at 18:06. Right on his heels were Pamlico runners Tucker Carey (5th), Kaivion Jones (6th), Mason Foreman (7th) and Reid Smith (8th). Over on the girls side, Pamlico picked up the second-place team finish with 47 points, edging out Northside’s third place 49 points. Lejeune was the first-place team with 29. The top Hurricane female was fifth place finisher Isla Weimann at 22:45, with Jessica Pichardo-Madrid (8th), and Francesca Karp (11th) rounding out Pamlico’s top three.



Isla Weiman



Edgar Muro



Francesca Karp



Pamlico runners (L to R); Tucker Carey, Kaivion Jones, Mason Foreman

Norman

Sanderson

★ ★ ★ ★ ★ ★ ★ ★

N.C. SENATE

“

When prices go up,
families feel it first.
I’ll keep fighting for lower taxes,
responsible spending, and
common-sense solutions that
help make life more affordable
across Eastern North Carolina.”

”

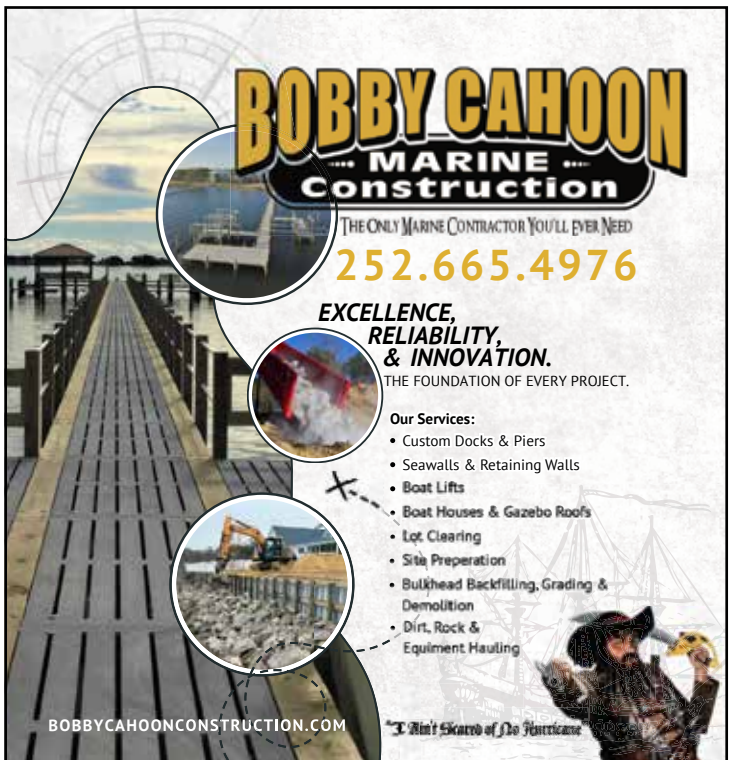
— SENATOR NORM SANDERSON

STRONGER COMMUNITIES
A BRIGHTER TOMORROW

NORMANSANDERSON.COM

PAID FOR BY THE CITIZENS TO ELECT NORMAN SANDERSON

“A learning experience is one of those things that says, ‘You know that thing you just did? Don’t do that.’” –



Village Market

Back to Center - Bead/Bracelet Bar and Art Boutique

Beth Ivy - Beth Ivy Fine Art

Blue Star Woodturning by George: Wood and resin bowls and vases, hand-turned locally to showcase natural grain, vibrant resin, and fine craftsmanship.

Bohowave: Women's Bohemian Clothing and Accessories

Bridget Cook: Bridget Cook designs and makes unique woven goods and household items.

Charles Stallings: Glazed pecans: Butter Roasted, Honey glaze, and more. Real Time Pain relief, a topical pain relief lotion

Christina Howerin - Scentsy - Wax Warmers, fragrance flowers, laundry products, room sprays. Crocheted items and handmade jewelry

Cripple Creek - Laser engraved cutting boards

Dawson Creek Seafood Wire & Design Co. - Crab pot wire crafts: lighted pumpkins and trees

Generations Tattoo Lounge - Art, Artist prints, T-shirts, hand painted cornhole sets, stickers and tattoo gift certificates

Gennelle's Anchored Tupperware Tupperware

George Peele - Original watercolors depicting life in and around the working fishing villages of Eastern North Carolina, in frames made from salvaged wood

Heather W. Cobham - Heather W. Cobham is the author of the duology, Hungry Mother Creek and The Mother Tree and their prequel Calling the Circle. All three books have strong female protagonists and are set in Oriental, NC. Heather's books have won the Indie B.R.A.G medallion and the Royal Dragonfly award.

Heirloom Creations - Handmade wooden creations: articulated toys, hand painted carving artwork, earrings, coasters, nightlights, candleholders, 250th anniversary ornaments, angel ornaments, and much more.

Janine Gillian - One of a kind woven beaded jewelry, using crystals and natural stones with leather and cord.

Kinetico Advanced Water Systems Eastern Region LLC - Water filtration systems including water softeners, sulfur filtration, silica, reverse osmosis and all required filtration equipment to improve your water quality.

Ladybug Links - Permanent jewelry; customer may also choose non-welded

jewelry

[Lou Ann Sekely](#) - Alpaca wear dryer balls yarn and felted items

[Luna's Entertainment LLC](#) - Face painting, twisting balloons, airbrush tattoos, glitter tattoos.

[Mason Creek Designs](#) - Pamlico County handmade beeswax bread bags, cloth napkins, bowl cozies and wine bags, local NC raw honey, homemade jams.

[Michael Walker Intarsia](#) - Wooden decorative wall hangings

[One of a Kind Quilts by Terry Ausband](#) - Quilts, placemats, & other crafty quilted items

[One Sick Puppy Unique Handmade Gifts](#) - Handmade jewelry homegoods and accessories. Sublimation tumblers shirts and homegoods.

[Oriental Dragon Detachment #1413](#)

[Marine Corps League](#) - Recruiting members and selling Raffle Tickets to support Toys for Tots and scholarships for local students.

[Pat Siler](#) - Tablecloths, napkins, linens

[Pierce Creek Art](#) - Mixed media art work: epoxy resin, glass, canvas, wood, crushed and cut glass, and acrylic paint

[Rada Cutlery and More](#) - Cutlery, seasonings, dips, candles, diamond art and Destiny handbags

[Reinvented Styled](#) - New and Thrift women's clothing and accessories

Robert Whitman - Robert Whitman fine art

[Roz Kutchins](#) - Jewelry to benefit PAWS Pamlico Animal Welfare Society and Broad Strokes Gallery Gala tickets

[Salty Kisses](#) - Ocean Art showcasing original and printed watercolor, acrylic, and oil painting seascapes, along with handcrafted shell wind-chimes and summer Ts with fresh designs

[Melissa Jones](#) - Scentsty - Wax warmers, fragrance flowers, laundry products, room sprays, & more.

[Senbeté's Art](#) - Acrylic and water color paintings and more

[Sherril Lupton Hollister](#) - Romance, suspense and cozy mystery author. Three contemporary book series set in fictional towns in eastern North Carolina, and one historical, cozy mystery series set in the 1890s.

[Southern Beach Design](#) - Resin and glass window and wall art; resin trays, ornaments, domino sets, chess boards and nautical sun catchers. Nautical ornaments; soaps and etched glasses.

[Southern Charm Salon & Co.](#) - Fairy hair and festival braiding and hair accessories.

[Stillwater Gardens](#) - Locally grown flow

ers and other floral items; cabin rentals.

[Tricia K Designs](#) - Dragon wreaths

[Wisdomwood](#) - Wood arts and crafts specializing in handmade heirloom wooden toys

[WolfeGens & Originals](#) - Stained glass, mouth-blown glass orbs, lavender honey (from Portugal), sun-catchers, satchels/handbags, essential oils/body butter

[Wood-n-Metal Designs](#) - All things, blacksmithing including live blacksmithing both days. Wood products: game boards, serving trays, coasters. Soap and candles

[Food Park](#)

Local non-profit organizations and restaurants partner to provide a delicious and varied menu of “grab and go” affordable meals

[Friday Only](#)

[NAACP Pamlico County - Darrell Gibbs](#), Fried Fish, Coleslaw, Baked Beans, Hushuppies, drinks. Sweet potato pie and carrot cake - slice or whole pie

[Friday & Saturday](#)

[Prime Time Pamlico](#) - Black Beans & Rice, Desserts, Beverages, Coffee

[Pamlico County Fishes and Loaves - Piggly Wiggly “The Piglet”](#), Chicken Pot Pie, Fresh Fruit Cups

[S.E. Pamlico Volunteer Fire - Dept. Station 19 - The Bean](#), Root Beer Floats, Assorted Baked Goods

[JoJo Workin’](#) - Seafood Chowder, Chicken Pot Pie, Soup, Fresh Squeezed Lemonade, Tea, Arnold Palmer

[St. Thomas Episcopal Church Women and Men’s Fellowship](#) - Hamburgers, Hot Dogs, Water

[Youth Navigating Toward Opportunity \(YNTO\)](#) - Hot Dogs, Pulled Pork Sandwich, Water, Soda

[Pamlico Partnership for Children](#) - Fresh Popped Popcorn, Water

[Saturday Only](#)

[Hope Clinic - Darrell Gibbs](#) - Fried Fish, Coleslaw, Baked Beans, Hushuppies, drinks. Sweet potato pie and carrot cake - slice or whole pie

[The Bike Box Project \(Pedaling For Parkinson’s\) - The Taco Tower at Casa Que Pasa](#) - Organic Chicken Poblano Stew with Cornbread Muffins. Slices of Pecan Pie, Chocolate Pie and Poundcake. Water.

[Pamlico County High School NJROTC - NJROTC Booster Club](#) - Vegan Chili, Soda, Water

PCC offers short-term training courses that can lead to great jobs in healthcare and more!



Medical Billing and Coding
Online program begins Oct. 20!



Physical Therapy Technician
Course starts Nov. 3!



Medication Aide
Course begins Nov. 6!

And don't forget about PCC's other great short-term courses:

- * **Nurse Aide II Refresher, Begins Oct. 13!**
- * **Nurse Aide I Refresher, Begins Oct. 20!**
- * **Microsoft Excel, Starts Oct. 21!**
- * **Forklift Training, One-day class on Nov. 14!**
- * **Notary, One-day class in Bayboro on Nov. 21!**
- * **ServSafe, One-day course on Dec. 7!**



Financial aid is available for many of Pamlico's short-term Continuing Education courses! Call 252-249-1851, ext. 3015, or email lgiles@pamlicocc.edu for more information!

For a detailed look at these and other Continuing Education courses offered at Pamlico, please scan this QR code!



For more information or to register for any of these great courses, please call 252-249-1851, ext. 3015, today!



Health&Wellness

The different types of breast cancer



The term “breast cancer” does not describe a single type of cancer, but rather several forms of a disease that can develop in areas of the breast. The American Cancer Society says breast cancer type is determined by the specific cells in the breast that become cancerous. There are many different types of breast cancer, and the medical community’s understanding of the disease is based on decades of research and millions of patients treated.

In 2001, Dr. Charles Perou first classified breast cancer into subtypes based on genomic patterns. The Breast Cancer Research Foundation says breast cancer is broadly divided into two types: non-invasive breast cancers and invasive breast cancers. Non-invasive breast cancers are called Stage 0 breast cancers or carcinomas in situ. These are thought to be the precursors to breast cancer, says the BCRF. While non-invasive breast cancers are not initially life-threatening, if left untreated, they can develop into invasive breast cancers, which can be fatal.

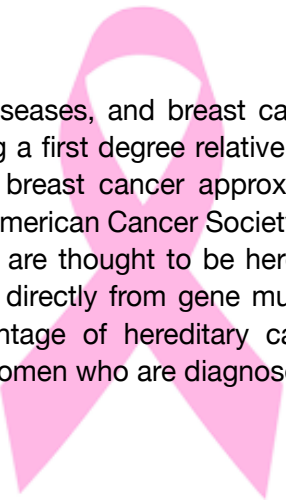
Here is a look at some of the different types of breast cancer.

- **Invasive ductal carcinoma:** This is the most common type of breast cancer, advises the National Breast Cancer Foundation, Inc.®. Invasive ductal carcinoma accounts for 70 to 80 percent of all breast cancer diagnoses in women and men. This cancer forms in the milk ducts and spreads beyond.
- **Invasive lobular carcinoma:** This is the second most common type of breast cancer, accounting for 10 to 15 percent of diagnoses, says the BCRF. Invasive lobular carcinoma originates in the milk-producing glands of the breast known as lobules. Tumors that form due to invasive lobular carcinoma more commonly grow in lines in the breast rather than in lumps, so they present differently on a mammogram.
- **Inflammatory breast cancer:** Inflammatory breast cancer is a rare, fast-growing type of breast cancer. The inflammatory name comes from the appearance of the skin of the breast. It looks red and inflamed, which is caused by breast cancer cells blocking lymph channels in the breast and skin, says Breast Cancer Now, a research and support charity.
- **Triple-negative breast cancer:** The NBCF says a diagnosis of triple-negative breast cancer means the three most common types of receptors known to cause most breast cancer growths are not present in the cancer tumor. These receptors are estrogen, progesterone and the HER2/neu gene. Since the tumor cells lack necessary receptors, certain treatments like hormone therapy and drugs that target these receptors are ineffective. Chemotherapy is still an option.
- **Metastatic breast cancer:** This type of breast cancer is also known as Stage IV breast cancer. Metastatic breast cancer originates in an area of the breast, but spreads (metastasizes) to another part of the body, most commonly the bones, lungs, brain, or liver, indicates BreastCancer.org.

Individuals hoping to learn more about breast cancer should be aware that there are various types of the disease. Which type an individual has is an important variable doctors consider as they plan a course of treatment.

Did you Know?

Family history is considered a risk factor for various diseases, and breast cancer is no exception. According to Cancer Research UK, having a first degree relative, which includes a mother, sister or daughter, diagnosed with breast cancer approximately doubles a woman’s risk for breast cancer. However, the American Cancer Society notes that only about 5 to 10 percent of breast cancer cases are thought to be hereditary. Hereditary cases of breast cancer are those that result directly from gene mutations passed on from a parent. The relatively small percentage of hereditary cases is important to note, as it means that the vast majority of women who are diagnosed with the disease have no family history of breast cancer.



We specialize in primary medical and dental care for the entire family.



313 Main Street | Bayboro, NC
252-745-2070 (medical) | 252-745-0781 (dental)
contentnea.org/Locations

OL' FRONT PORCH MUSIC FESTIVAL Oriental, NC • October 2 & 3, 2026 • Music Schedule

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

Thanks to our grantors, spotlight sponsors, and media partners

