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Vol. 55 No.02, 12 Pages

The Pamlico News

Wednesday, January 11, 2023

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North Carolina Trailblazer
The story of ECU's World Class Performing Arts Series.



Rudy Alexander, ECU Assistant Vice Chancellor of Student Life/Retired

The story of the East Carolina University Performing Arts Series presenting World-Class Performances since 1962.

From Duke Ellington to Vincent Price to Tony Bennett, the ECU Performing Arts Series and its performers are filled with stories and history to behold as a result of the vision, leadership and determination of Rudy Alexander.

Hurricanes on the Mat
Tyson Gets 100th Match Win

by: Hiram Lupton



Tyler Stevens Earns a Win

The Pamlico County High School wrestling team had a busy week of competition to begin the new year. Last Thursday evening they were at New Bern High School for a tri-meet where they defeated Southern Wayne 66-12 and then lost a hard-fought battle to the host New Bern squad, 33-45. On Saturday, the Hurricanes travelled to Ayden-Grifton High School for an all-day event, the Charger Duals. This event brings out some of the best teams in the area across all divisions. As a team, Pamlico went 2-3 on the day, defeating East Carteret and South Lenoir, but dropping matches to West Carteret, Rosewood, and Currituck. Individually a personal milestone was achieved for one Hurricane wrestler. In the fourth round of matches, Marcus Tyson pinned his opponent from South Lenoir, thus earning career win number 100 for the Senior grappler.



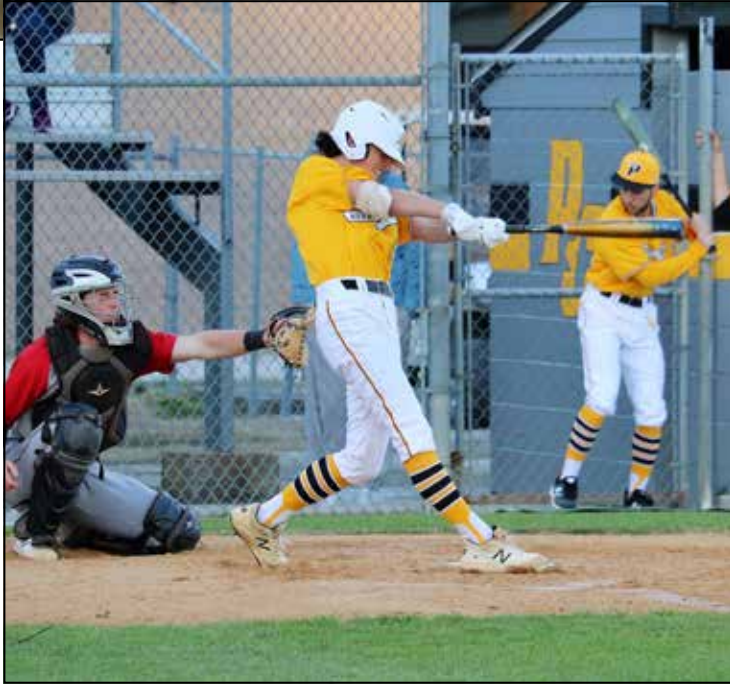
Alex Coulter uses a Fireman takedown on his way to a pin fall win

Caccavaro Signs College Baseball Commitment

by: Hiram Lupton



Jason Caccavaro loves the sport of baseball and now he will have the opportunity to play that sport in college as he accepted an offer to continue his academic and athletic career at the next level. Jason is a dual enrollment student at Pamlico Christian Academy and Pamlico County High School, which gives him the opportunity to compete in baseball for the Hurricanes. Next year he will be on the diamond for the Marlins of Virginia Wesleyan University. VWU is located in Virginia Beach and is a member of the Old Dominion Athletic Conference. Caccavaro has played multiple positions for Pamlico, but is primarily a shortstop and pitcher. He hit .375 and scored 18 runs last season for the Hurricanes and used his speed to swipe 22 bases. As a pitcher, he appeared in 10 games and had an ERA of 2.60 which led the 'Canes. Jason was joined by classmates, coaches, teammates and family as he signed his letter of intent last Friday.



Pamlico Wildlife

by: Hiram Lupton

We've started new weekly photo feature at The Pamlico News, "Pamlico Wildlife," and we'd like your help. We have a few photos of our own to get started, but we would like to invite our readers to submit their best pictures of Pamlico wildlife for publication. By wildlife we of course mean animals, not your Aunt Gertrude dancing, wearing a lampshade on her head, and drinking an adult beverage at a party. Wildlife includes any wild animal (no pets), whether it has fur, fins, or feathers. It can slither, sneak, or slink, it's ok with us. The only other requirement is that the photo be taken in Pamlico County, or the southeastern areas of Beaufort County (Aurora, South Creek, Campbell's Creek), and that you can give us a general location of where it was taken. Send your photos in, along with your name and where it was taken and you can be featured in Pamlico Wildlife. The Pamlico News is not on a shoestring budget, it's more like a frayed dental floss budget, so we really can't offer you anything more than recognition for your submission except for one exception. We have been authorized to reward anyone who submits a verifiable photograph of a North American Sasquatch, commonly known as a Bigfoot, with a one-year subscription to the paper. Keep in mind that this photo will be examined closely by our team of cryptozoologists.



This week we have this photo of a Red Shouldered Hawk taken near Arapahoe.

gists on staff here at the newspaper for authenticity. No fakes please. Send your pictures to frontdesk@thepamliconews.com, we look forward to seeing them.

PAMLICO WILDLIFE on Page 3



Berkley Hill - Pamlico County Animal Control Officer

I have a praise report.

This dog was in the bad motor vehicle collision that happened by the car wash. The owner was airlifted to a trauma center. No one knew where the dog was at. Well, long story short Freddy showed up by the car wash several days ago but he wouldn't let no one near him. This morning family members went out to the area where citizens had seen him. I had a citizen call and they spotted him on Cooper Road. The family went to the area and was able to pick him up.

Amazing Women of New Bern Invited to Join Women Up- a New Event Hosted by Habitat for Humanity of Craven County.

"A delightful, fulfilling opportunity to volunteer with other awesome women. Forge new relationships and build an affordable home for a local family in need." - Tracey Lilly, Executive Director.

New Bern, NC - Join Habitat for Humanity of Craven County on the 1st Saturday of every month from 8-12 pm for Women Up.

The Woman Up program is about including women and challenging them to help build a stronger, safer community in Craven County by encouraging a female-oriented work site. You will find women of all ages, ethnicities, professions, and faiths serving together. This is an inclusive opportunity, men are not excluded, and this event is open to all gender identities.

Habitat for Humanity of Craven County encourages all women to volunteer—no construction skills or experience necessary. Volunteers work under the guidance of construction professionals, and also alongside other volunteers and future Habitat homeowners. Prior to participation, volunteers are required to attend orientation. This is held once every Wednesday. To accommodate the influx of volunteers attending the first Woman Up, both the morning (8am) and evening (5:15pm) orientation slots will be open this Wednesday January 5th.

To participate in Woman Up, for any Saturday, register beforehand at cravencountyhabitat.org and click on the volunteer page or click here.

Any questions? Contact Buna Cumbie bcumbie@cravencountyhabitat.org / 252-633-9599 x104

About Habitat for Humanity of Craven County NC

With rents in New Bern rising as much as 25% in the previous year, and the majority of the people Habitat for Humanity of Craven County serves being women-led struggling families the need has never been greater. You can make an impact this Saturday. Help fellow community members build themselves a brighter and sounder future.

Habitat for Humanity of Craven County was established in 1989 as an affiliate of Habitat for Humanity International, a non-profit Christian housing ministry. Since our founding, Habitat for Humanity of Craven County has grown into one of the leading affordable housing agencies in the county, building 75 affordable homes and making over 60 critical repairs that have changed the lives of many residents in the communities we serve. To learn more, visit cravencountyhabitat.org

LIKELY WEATHER OVER THE WEEKEND

 Saturday, January 14th **48°Hi** Clear throughout the day

 Sunday, January 15th **51°Hi** Clear throughout the day



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COMMUNITY

OBITUARIES



Dora Alice Banks Moritz of Rose Hill, NC gained her angel wings on Thursday January 5th, 2023, after a brief battle with a brain tumor.

Dora was born January 21, 1941 in Arapahoe, NC to Rufus Manly and Leona Simpson Banks. She was married to John Anthony Moritz from June 26, 1959 until his death in 2006. In the summer of 2014 she was blessed to meet her second soul mate, Norwood Atkinson, and they shared many fun times together until his death in 2021.

Surviving to cherish her memory are her three children and their spouses - Cindy and Freddy Rhodes of Surf City, NC, John and Judy Moritz of Washington, NC, and Carol and Garry Murphy of Rose Hill, NC, her precious grandchildren – Rebecca Rhodes of Graham, NC, Megan Rhodes of Chicago, IL, and Kyle Murphy of Rose Hill, NC, her brothers and their wives - Philip and Mary Banks, Charles “Honey” and Martha Banks,

all of Arapahoe, numerous cousins, nieces, and nephews, her Rose Hill Baptist Church family, and many friends.

Dora was known by many different names! She was “Dora Alice” (often blended into one word) to family and friends while growing up in Pamlico County, “Sister” to her younger brothers, “Mom” to her children, “Mrs. Dora” to her Rose Hill-Magnolia students and school bus riders, and her favorite and most popular title, “Tutu”, which is Hawaiian for grandmother!

Her funeral service was held Saturday, January 7th at Rose Hill Baptist Church. Interment followed in Paul Cemetery, Arapahoe, NC.

The family received friends and relatives prior to the service at the church.

In lieu of flowers, contributions can be made to Rose Hill Baptist Church, PO Box 459 Rose Hill, NC 28458, or SECU Family House 123 Old Mason Farm Rd, Chapel Hill, NC 27517.

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

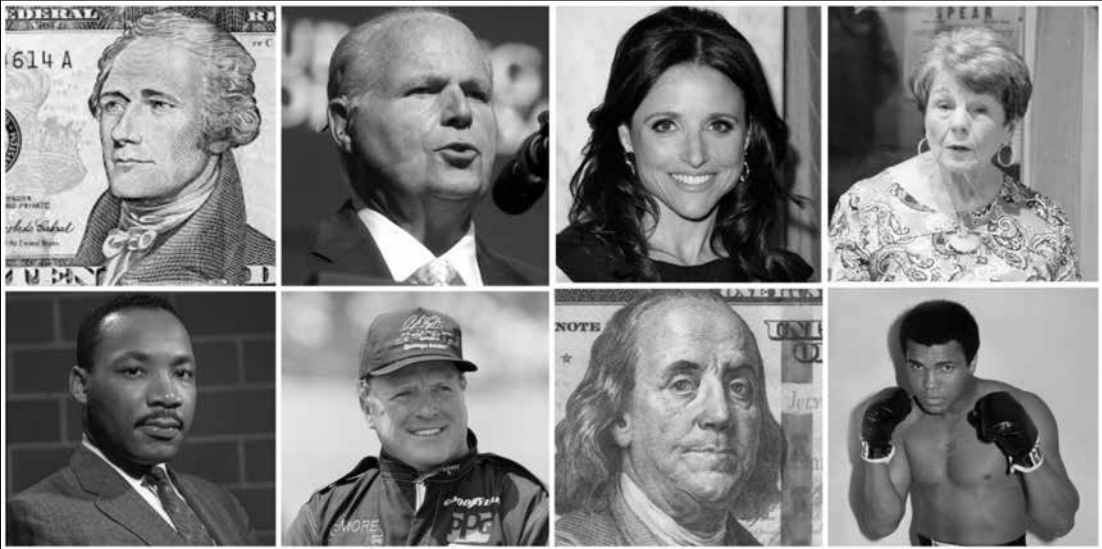
THIS WEEK IN HISTORY

by: Hiram Lupton

- January 11th – Today is National Human Trafficking Awareness Day.
- January 12th – Today is National Pharmacist Day. Celebrate legal drug distributors.
- January 13th – Today is Friday the 13th. Paraskevidekatriphobiacs beware.
- January 14th – Today is World Logic Day.
- January 15th – Today is National Hat Day.
- January 16th – Today is Martin Luther King, Jr. Day
- January 17th – Today is National Hot Buttered Rum Day. I'll try anything that is hot and buttered.

BIRTHDAYS THIS WEEK

- January 11th – 1757, Statesman Alexander Hamilton
- January 12th – 1951, Radio talk show host Rush Limbaugh
- January 13th – 1961, Actress Julia Louis-Dreyfus
- January 14th – 19??, Pamlico County Commissioner, Pat Lee Prescott
- January 15th – 1929, Civil rights leader, Dr. Martin Luther King, Jr.
- January 16th – 1935, Racing legend Anthony Joseph (A.J.) Foyt
- January 17th – 1706, Writer, inventor, and founding father, Benjamin Franklin
- 1942, Heavyweight boxing champ, Muhammad Ali



“Every man should be born again on January first. Start with a fresh page.”
– Henry Ward Beecher

QUICK REFERENCE

EMERGENCY: Dial 911 for police, sheriff, fire departments, rescue squads, ambulance Animal Poison Control Center: 1-888-426-4435 Carteret General Hospital: 808-6000 Coastal Carolina Regional Airport: 638-8591	Emergency Management: 745-4131 Health Dept.: 745-5111 Lynn H. Lewis Pamlico County Register of Deeds: 252.745.4421 Recycling Center: 745-3283 Senior Services: 745-7196 Sheriff's Dept. (non-emergency) – 745-3101 Social Services: 745-4086 Tax Collector: 745-4125 Water Dept.: 745-5453 Poison Control Center: 1-800-222-1222 US Coast Guard (Hobucken): 745-3131
EMERGENCY PET CARE: 444-1399 HIGHWAY PATROL: 1-800-441-6127 MEDICAL ASSISTANCE – CarolinaEast Medical Center: 633-8111 PAMLICO COUNTY DEPARTMENTS Board of Elections: 745-4821 County Manager: 745-3133	

Patricia Lee Prescott Retirement Pamlico County Heritage Museum

We invite you to join with us in honoring Patricia Lee Prescott who has been the executive director of the Heritage Museum since 2006. She has been our first and only executive director from the beginning of the Heritage Museum until now. She has served us devotedly and without any pay for almost the entire time of her tenure. A few months ago, she announced that she would retire from her position at the end of 2022. It is a well-deserved retirement, and we are deeply grateful for her years of faithful service on our behalf.

We ask that you join with us on Friday, January 20th, from 4 PM to 6 PM in honoring her. It will be a “floating” event with guests coming as they are able during these hours to personally thank Pat for her service. You may bring her a card or gift of appreciation if you desire, but most of all we want you to honor her with your presence.

The program will have a formal beginning at 4 PM with a narrative of Pat's life and service on behalf of the museum. If you can be present at that time, please do. But if not, come as you are able between 4 and 6 PM. Refreshments will be served during the informal time of meeting and greeting Pat, and you will have a personal opportunity during that time to thank her for her service.

Did you know?

Despite its reputation as the most formidable type of mold individuals can find in their homes, black mold is similar to other indoor molds in regard to its effects on human health. According to the Centers for Disease Control and Prevention, black mold, or stachybotrys chartarum, isn't any more harmful than other types of mold, including cladosporium, penicillium, aspergillus, and alternaria. The reputation of black mold, which can look black or greenish-black, likely has something to do with its appearance. But homeowners still have reason to be fearful of mold in their homes, regardless of what color the mold may be. That's because mold can lead to a host of unwelcome health problems, including stuffy nose, sore throat, coughing or wheezing, burning eyes, or skin rash. Symptoms may be even worse for people with asthma and mold allergies.

Horoscopes



ARIES – Mar 21/Apr 20
Aries, you are willing to take risks and never afraid to try new things. This benefits you as you seek new solutions regarding how to get things done.



TAURUS – Apr 21/May 21
Taurus, figure out a new goal to pursue and start to make a list of how to get to the finish line. You may need to recruit a few volunteers to help along the way.



GEMINI – May 22/Jun 21
Gemini, when a project at work lands on your desk, you may be ambivalent about it. You appreciate the challenge, but already have a long list of things to do.



CANCER – Jun 22/Jul 22
Could this be the right time to think about making a career move, Cancer? The new year marks a fresh start, and perhaps you have had your eyes on a new work opportunity.



LEO – Jul 23/Aug 23
There's more than meets the eye this week when someone from your past suddenly pops up on your radar again, Leo. Learn all of the facts before you make assumptions.



VIRGO – Aug 24/Sept 22
Virgo, try to stay in the loop around the office. Doing so might pay professional dividends that could open the door to new possibilities.



LIBRA – Sept 23/Oct 23
You've been keeping quite busy, Libra, but don't forget to make time to touch base with friends and loved ones from time to time. Keep those lines of communication open.



SCORPIO – Oct 24/Nov 22
Patience is a virtue of which you are in short supply recently, Scorpio. You have no control over the timeline on certain things and that can be frustrating. Wait it out.



SAGITTARIUS – Nov 23/Dec 21
It's time to tackle all of those tasks you have been putting since the end of last year, Sagittarius. If you need help getting organized, reach out to someone you trust.



CAPRICORN – Dec 22/Jan 20
Think about all the possibilities you have before you, Capricorn. When you consider all of the positives in your life, the negatives just may fade away.



AQUARIUS – Jan 21/Feb 18
Your name is on the lips of so many people. That is likely because you are affecting change wherever you go. Keep forging ahead because you are helping others.



PISCES – Feb 19/Mar 20
Now that spending has ceased, take a closer look at how you can budget for the new year. Make your money work for you, Pisces.

CAPRICORN Traits & Overview

Capricorn is a very nuanced sign that's often misunderstood. We can begin to understand what truly makes Caps tick by looking at their ruling planet, Saturn.

Saturn, and therefore the sign of Capricorn, is all about authenticity, realness, and honesty. Saturn also rules the wisdom of old age. Therefore, Capricorn tends to be a sign that's very aware of what's timeless and what's just passing through. Caps aren't likely to fall for the latest fad or jump on a bandwagon just because everyone else is doing it.

You may have heard talk of your Saturn return in astrology, which happens every 29 years or so. Whenever Saturn (a very slow-moving planet) returns, it's thought to be a reminder that we are human and have limitations. Even so, we possess the ability to achieve greatness, create earthly success, and find truth through leaving behind what doesn't feel authentic.

Saturn is associated with the bones in the body and all of the structures that hold us up. Likewise, Capricorns love stability.

The cardinal modality of Capricorn makes it a sign that's very interested in new beginnings and fresh starts (Capricorn season even falls during the New Year transition).

We often think of Capricorns as high achievers or business-oriented workhorses. This speaks to the goat aspect of their sea-goat symbol. Goats are scrappy, and some of them are capable of climbing to great heights. The fishtail portion of the sea-goat, on the other hand, holds the ocean and the vast, almost spiritual world that lies beneath it.

It's the job of the Capricorn to strike a balance between these two realms of earthly achievements and spiritual truth.

Capricorns value truth, wisdom, and stability in their friendships.

FOR ENTERTAINMENT PURPOSES ONLY

THEPAMLICONEWS.COM

Concerned about your drinking?
You are not alone, there is help available!
Come join others who have found a Solution!
Alcoholics Anonymous: New Bern Hotline (252) 633-3716

Meetings in Pamlico County:
(If you think you may have a problem, you are welcome to attend)

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

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

OTHER RECOVERY RESOURCES IN PAMLICO COUNTY

Al-Anon Tuesday **7pm** - Meeting at 403 Mildred Street in Oriental, NC (Green House) (Members are people, just like you, who are worried about someone with a drinking problem). <https://al-anon.org>

Adult Children of Alcoholics (ACOA) Monday 6:30-8pm (Open Meeting) and Saturday 6:30-8pm (Women Only) both meetings are held at the Free Will Baptist Church, 600 Ragan Rd. in Oriental (2nd brick building on left off Hwy 55) (ACOA is concerned with the impact and after-effects of growing up in alcoholic or dysfunctional circumstances) <https://adultchildren.org/>

Narcotics Anonymous (NA) Wednesday 7pm - Never Alone Group: Meeting held at Alliance United Methodist Church, 687 Main Street, Bayboro, NC (close to DSS/Senior Center) (NA is a group of peers who offers a plan for recovery and an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle) <https://na.org/>

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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.



**Land/Home Sales
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Agent of the Week

Allen Propst
Broker-In-Charge

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

Allen was very professional from the beginning to closing. One thing that always impressed about Allen is his determination to make a sale happen. We highly endorse Allen for his local knowledge, process expertise, and negotiation skills and would very strongly recommend Allen to anyone who is buying or selling a house.
Bill & Eileen, Arapahoe



ORIENTAL – Neuse River view lot with two marinas within walking distance. Windward Shores has an existing gravel driveway that is bordered with a concrete bumper. Centralized sewer & water available. Community boat ramp and tennis court. Neuse River shoreline stabilized with granite rip-rap. No HOA or HOA dues.
OFFERED AT \$75,000



ORIENTAL – This **2BR/2BA** home is at the end of a cul-de-sac in the Sea Vista community. Updated kitchen, screened in sitting area on deck. Wrap around bench on open deck. Breezeway between house and garage. Convenient to downtown Oriental. Community boat ramp.
OFFERED AT \$254,900



ORIENTAL – One-of-a-kind 1908 **3BR/2.5BA** on .58 acres (4 lots) on corner of Mildred St. & Second Ave. in heart of the Village includes 1900 built Pickle Cottage & detached garage-workshop. Not in flood zone, updated with modern conveniences.
OFFERED AT \$549,500



ORIENTAL – McClees Farm is 27.53 acres with historic 1884 farm house that has **4BR/2BA**, formal living & dining rooms with a huge walk-in pantry, cold porch and double balcony front porches. Detached office/multipurpose building is 1,068 hsf set-up as 2 separate offices with bathrooms and a kitchen which offers multiple uses either for offices or convert to 2 guest houses ideal for Airbnb.
OFFERED AT \$675,000



ORIENTAL – Waterfront **3BR/3BA** 2,574 sf home with wrap-around screened porch on panoramic setting & dock on Brown Creek. Includes 574 hsf Carriage House over 2-car garage, 2.5 acres, cook's kitchen & 32.5' x 23' master bedroom with spectacular views.
OFFERED AT \$750,000

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Pamlico Community College

Green receives 2022-23 President's Award at PCC

By Sandy Wall

Lana Green says you never know who's watching and appreciating your work and your attitude.

Never has that been truer for the full-time custodian and New Bern native than when Pamlico Community College President Dr. Jim Ross named her the recipient of the 2022-23 President's Award.

The award, which Ross created after he became the college's fifth president in 2016, is presented annually to a PCC employee who is considered by Ross to be a great example of being professional and productive on the job and who has a positive attitude.

Green's selection was announced during the college's Christmas luncheon in December. Ross formally presented her the award Monday on campus.

"Lana Green exemplifies the key attributes of professionalism, productivity and positivity," Ross said. "She is an outstanding professional and an outstanding person."

For her part, Green was surprised to receive the award. She was visibly moved upon hearing her name at the December luncheon and, a month later, is still surprised the president had taken note of her efforts on the job.

"I was just shocked. I had no clue," Green said recently. "In my position, a lot of time you don't get recognized. Never in a million years did I think Dr. Ross would choose me."

Green has been employed at PCC since 2016. Her duties include cleaning rooms and entranceways and ensuring the restrooms are sanitary and stocked with supplies. She occasionally is the first person visitors encounter at the college, so she enjoys answering questions and giving directions.

"I help people who come to the college get to where they need to go," Green said. "I love it. I'm a people person."

Ross said he often takes note of Green's ever-present smile and was impressed by her recent willingness to assist someone who was experiencing difficulty in the restroom.

"She makes lives better every single day at our college," he said.

Green has worked at PCC since 2016. After working in home health care, she came to the college in search of a job with better



Pamlico Community College President Dr. Jim Ross, left, presents the 2022-23 President's Award to Lana Green. Green has worked at the college since 2016. Contributed photo

hours and good benefits. Green still works a side job in home health care when she's not at the college.

She said she likes her work at Pamlico and loves the family atmosphere on campus.

"I enjoy working here at Pamlico Community College," Green said. "I try to do the best I can. I love it. There's a work family here."

Speaking of family, Green is the mother of two sons who live in the New Bern area. She also is close with her brother and two sisters, and she says she is happy that God has put her in a good place with a good job.

"I am thankful," Green said. "I owe it all to God. I am highly blessed. I'm also thankful to Dr. Jim Ross for considering me."

Previous recipients of the President's Award include Herman Turnage, Pattie Leary, Cameron Kishel, Gary Toler and Meredith Beeman.

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

PAMLICO WILDLIFE

Send your photos in along with your name and where it was taken and you can be featured in **Pamlico Wildlife**.

We have been authorized to reward anyone who submits a verifiable photograph of a North American Sasquatch, commonly known as a Bigfoot, with a one-year subscription to the paper. Keep in mind that this photo will be examined closely by our staff team of cryptozoologists for authenticity. No fakes please. Send your pictures to frontdesk@thepamliconews.com.



Craig Baker
Minnesota Beach Summer Of 2022



David Burrows
Oriental Squirrel Yoga



David Burrows
Oriental Heron On The Dock

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PAMLICO COMMUNITY COLLEGE

FINANCIAL FOCUS

Are you ready to ‘unretire’?



Dan M. Roberts

Have you recently retired but are now thinking of going back to work? If so, you aren't alone, as many people are choosing to “unretire.” But if you do reenter the workforce in some capacity, what opportunities might be available to you? And how will your renewed employment affect your financial outlook?

For starters, though, what reasons might motivate you to go back to work? For many people, the primary cause has been inflation, which has presented a huge challenge to retirees living on a fixed income. In addition, the volatile financial market of 2022 caused many people's investment portfolios to decline in value — a real problem for retirees who needed to start selling investments to supplement their income.

But non-financial factors could also be driving you to unretire. Like other retirees, you may miss the chance to use your work experience to engage with the world, and you may miss the social interactions as well.

In any case, if you do decide to rejoin the working world in some fashion, you may have several options. For example, if you enjoyed the work you did for your former employer, you might want to see if you could go back on a part-time basis. Or you could use your skills to join the “gig” economy by doing some consulting or freelance work in your former industry. You might also consider going to work for a nonprofit organization, as many of these groups lost employees during the height of the COVID-19 pandemic and are now facing labor shortages.

Going back to work, even part time, can improve your cash flow, which helps cover the cost of regular expenses.

Furthermore, the added income can possibly help you delay or reduce withdrawals from your investment accounts. And it's important to increase the longevity of these accounts considering you may spend two, or even three, decades in retirement. (Once you turn 72, however, you will have to start withdrawing certain amounts from your 401(k) and traditional IRA.) But your earnings can affect another source of your retirement income — your Social Security benefits.

If you return to work before your “full” retirement age, which is likely between 66 and 67, the Social Security earnings limit in 2023 is \$21,240. For each \$2 earned over that amount, Social Security will deduct \$1 from benefits. If you reach your full retirement age in 2023, the earnings limit is \$56,520; Social Security will deduct \$1 from your benefits for each \$3 earned over this amount until the month you turn your full retirement age. But in all future years after you've reached your full retirement age, you can earn as much as you want without losing any benefits. Social Security will then recalculate your payments to give you credit for the months your benefits were reduced or withheld due to your excess earnings. Be aware, though, that your earned income can potentially result in higher taxes on your Social Security benefits at any age.

Returning to work can be rewarding, both financially and emotionally. And you may get more out of the experience when you're aware of the issues involved.

*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

Growing & Pruning Muscadine Grapes

Daniel Simpson, County Extension Director, Agriculture Agent



Pruning grape vines is a seasonal chore that helps to produce an abundant crop for many years. Vines left to grow unchecked will produce excessive vegetative growth that eventually becomes unproductive. Pruning provides a balance between fruiting wood and foliage that results in larger fruit of greater quality. December through early February is an excellent time to prune muscadines, so let's discuss muscadine production and offer a few suggestions for proper pruning.

Grapes typically grown in Eastern NC are muscadine varieties, either bronze-green in color, sometimes referred to as Scuppernong, or dark purple varieties known for their sweetness. These grapes have their own distinct flavor, thick skins, and seeds. Popular muscadine varieties include 'Carlos', 'Nesbit', and 'Noble'. Other grape varieties are classified as bunch grapes and include native Fox grapes and wine grapes. Bunch grape varieties are typically grown in Piedmont and Mountain regions, as Pierce's disease, prevalent in the East, can shorten the lifespan of bunch grapes. If you wish to try growing bunch grapes in Pamlico County, you may have limited success. Be conservative in your planting and follow recommended management practices found in this Extension publication titled 'Bunch Grapes in the Home Garden' at <https://content.ces.ncsu.edu/bunch-grapes-in-the-home-garden>. Our NC State Extension Small Fruit Specialist has produced an excellent video on growing grapes, which can also be found at <https://youtu.be/g0ogX7ZHeb8>.

As for muscadines, pruning and management is easier than bunch grapes. The best growing site for grapes is a sunny location with good internal drainage. Wetness is the greatest limiting factor in Pamlico County. If your soil has standing water after a rain, then either choose another site or consider creating a raised planting site.

Training of grapes is important, and the standard single wire trellis system is recommended for home growers. With this system, plants are planted between two poles, spaced 20' apart, with a single wire stretched between each pole. This allows for the formation of two permanent fruiting arms that stretch outwardly towards your poles. These arms are maintained throughout the life of the planting, and from here all the fruiting wood is formed. All fruit is born on 1-year old wood, so pruning is used to reduce the excessive 1-year old wood that grew the previous season and leave enough wood to bear the new season crop.

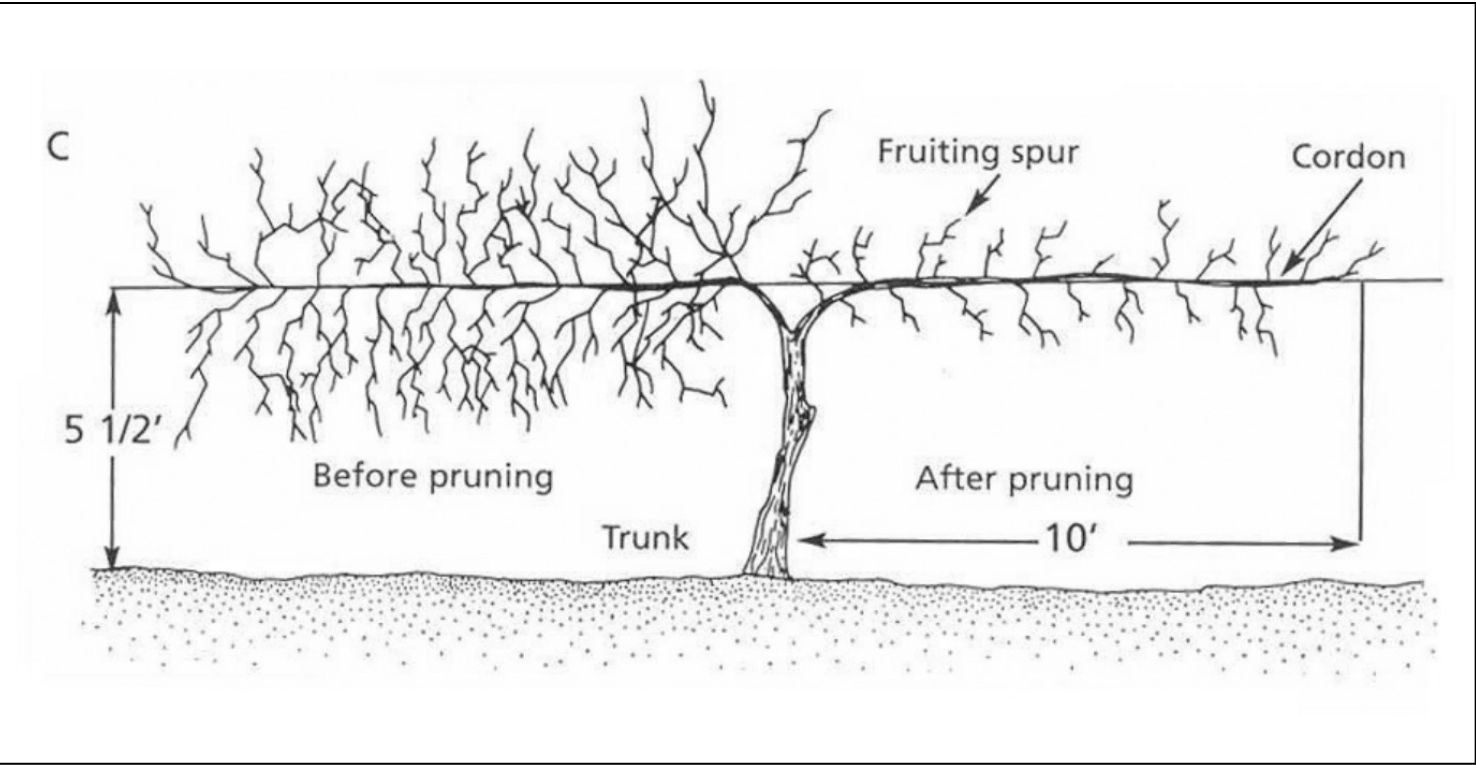
Start your pruning efforts by identifying 1-year old wood, which typically has smooth bark, lighter color and contains buds. These buds are what you are trying to remove, but also what will produce new growth and fruit. The closer this new growth occurs to the permanent arm, the more productive it will be. Prune back vigorous growth towards these arms, leaving about 7-8 buds per shoot. This will help to create a balanced number of buds along the length of the vine that will maximize production.

December through February is a good time to prune muscadine vines, but any time after leaf fall and before buds begin growth in the spring is acceptable. “Bleeding” of water from pruning cuts may occur, but this is not a cause for concern. Remove old canes that you pruned and perform a general cleanup of the grape vine by raking fallen leaves and old fruit. If old diseased fruit remains



around the vine, this can be a source of infection for the new season. Muscadines are tolerant of most pests and diseases and general sanitation from year to year is usually all that is needed to maintain healthy vines. Fertilize mature vines in March with about one pound of 10-10-10 scattered around the vine, but no closer than 21-inches from the vine. Another application in June may be needed if growth is slow. If vine growth appears vigorous or exceeds 3-4 feet of growth during the season, reduce your fertilizer rate. Remove weeds and turf from under vines to reduce competition and water when needed.

For more information on pruning muscadines, you can review several videos on subject from our Extension Specialist at <https://grapes.ces.ncsu.edu/grape-diary/webinars-2022/>. For more information on this subject please contact Daniel Simpson at 252-745-4121 or daniel_simpson@ncsu.edu.



The muscadine grapes' thick skin is what contributes to their higher fiber content. Twenty grapes contain nearly 5 grams of fiber, which is significantly more than the amount of fiber you'll find in red or green European grapes, which have 1 gram of fiber. Eating muscadine grapes can help you reach the recommended amount of dietary fiber, which is 14 grams for every 1,000 calories per day — or between 25 to 38 grams daily, according to the Academy of Nutrition and Dietetics.

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PUBLIC NOTICE

Announcement of Intent to Close Public Street

Section 1. According to the regulations set forth in N.C.G.S. § 160A-299 Procedure for permanently closing streets and alleys:

The Town of Oriental hereby announces its intent to close the eastern terminus of Town Road (formerly Hutson Street), being all of Town Road lying on the eastern side of its intersection with Broad Street (N.C. Highway #55) in the Town of Oriental. Additional documentation and maps can be found on the Town's website under GOVERNMENT>MEETINGS, or can be obtained at Town Hall at 507 Church St., Oriental, NC.

Section 2. This notice will be published according to N.C.G.S. for four consecutive weeks and a Public Hearing has been scheduled for February 7, 2023 in Town Hall at 507 Church St, Oriental, at 8AM.

Diane H. Miller, MPA, ICMA-CM, Manager/Clerk, Town of Oriental

REQUEST FOR PROPOSALS 2nd SOLICITATION

The Town of Oriental is advertising a Request for Proposal (2nd Solicitation) from qualified firms for repair of several sections of roads in town. Documents detailing the project and the bid requirements can be found at www.TownofOriental.com. Additionally, copies of the document can be obtained at 507 Church St, Oriental Town Hall, or by emailing Manager@TownofOriental.com Specifications are minimum requirements. Bid shall be awarded to the lowest Responsive, Responsible bidder. Bidders should note HUB participation, Davis-Bacon and EEO policies. Bids are due January 13, 2023 by 1PM.

For any questions concerning this RFP, please contact Town Manager Diane Miller at manager@townoforiental.com or call 252-249-0555.

COUNTY OF PAMLICO

SECOND REQUEST FOR QUALIFICATIONS FOR ENGINEERING/ INSPECTION/SURVEYING SERVICES RELATED TO THE FLOOD MITIGATION ASSISTANCE PROGRAM (FMA 2019) ELEVATION PROJECT JANUARY 9, 2023

Introduction and Invitation
The County of Pamlico has received \$1,078,187 in FMA 2019 funds (representing 100% of total project cost) from the N.C. Division of Emergency Management for the elevation of seven (7) houses. The County intends to select a qualified engineering firm to provide engineering/inspection/surveying services for the FMA 2019 Project.

Deadline for Submission
Proposals must be received by mail FEBRUARY 3, 2023 at 11AM at the following location or by email to pc911@pamlicocounty.org.

**Autumn Hardison
Pamlico County Emergency Management
PO Box 776
202 Main Street
Bayboro, NC 28515**

Questions should be addressed to Autumn Hardison, Emergency Planner, at 252-745-4131.

Submittals

The following attached forms shall be signed and submitted with Proposal:

1. Non-Collusion Affidavit
2. Certification of Eligibility
3. Certification Regarding Debarment, Suspension and Other Responsibility Matters
4. Proposer's Certification Form

Pamlico County is an Equal Opportunity Employer and welcomes the submission of proposals from minority and women-owned firms, as well as other Historically Underutilized Businesses.

This information is available in Spanish or any other language upon request. Please contact Autumn Hardison at 252-745-4131 or visit 202 Main St, Bayboro, NC for accommodations of this request.

Esta información puede estar disponible en español o en cualquier otro idioma a pedido. Comuníquese Autumn Hardison, al 252-745-4131, o visite 202 Main St en Bayboro, NC para las adaptaciones de esta solicitud.

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Day Trippin’ The North Carolina Maritime Museum

by: Hiram Lupton

If you are looking for an excursion that celebrates North Carolina’s rich maritime heritage and history, the North Carolina Maritime Museum in Beaufort is a great place for a visit. There are a wide range of exhibits that educate and reflect coastal living, both past and present. You can see the history of sailing, motorboating, the seafood industry, lifesaving, and working waterfronts. There is even a display on the history of surfing in North Carolina. If you are more into science, there are exhibits that examine our unique coastal ecosystem and weather. If you are an aspiring marine biologist, there are displays on the marine life you might find in our rivers, sounds, and offshore of our state. One of the most popular things to see at the museum is the Blackbeard exhibit. Piracy played a major roll in North Carolina’s early history, and there is probably none more famous than Blackbeard. You can see many artifacts from his flagship, the Queen Anne’s Revenge, which have been recovered from the wreck site just a few miles away. You will also learn about the recovery process and what goes into restoring these artifacts once they are brought up from the ocean. Across the street from the main building is the Harvey W. Smith Watercraft Center where you can see great examples of locally built working watercraft. The museum is located at 315 Front Street on the beautiful Beaufort waterfront. It is open Monday-Saturday from 10 AM until 5 PM, and on Sundays from Noon until 5 PM. There is no charge for admission but donations are welcomed. There are also weekly special events, both lectures and movie screenings held in their auditorium. Check out their website, ncmaritimemuseumbeaufort.com for a listing of events. They also have a Facebook page which is another source for programs and announcements.



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Mike Collins and Kelly Michaud

Digital Marketing for Non Profits
Thursday, 12-1:30pm or 6:30-8pm
Bob Machowski, bobmachowski.com

MAR
2

MAR
11

Effective Seasonal Marketing
Saturday, 9am-noon, Mike Barbera
Mike Barbera, Clicksuasion Labs

Videography for Small Businesses
Saturday, 9am-noon
Martin Brossman, Brossman & Assoc.

MAR
18

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SPORTS

PCA Mariners Basketball

by: Hiram Lupton

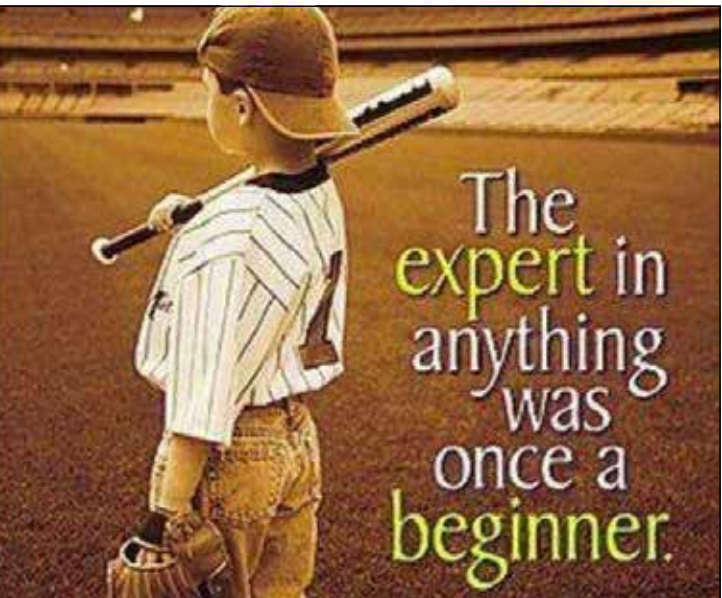
The Pamlico Christian Academy basketball teams were in action following the Christmas break with three game dates last week. On Tuesday they travelled to Christ Covenant in Winterville for a non-conference match up with the Spartans and the boys took a close loss, 50-46 while the girls took a not so close loss, 60-9. On Thursday night it was just the PCA boys going solo with a home conference game versus Calvary Baptist and the Mariners thumped the Eagles, 58-21. The next night they hosted the Heritage Christian Academy Patriots and the boys kept their conference record a perfect 6-0 by besting the HCA, 60-47. The Lady Mariners also picked up a close win, 38-35. The Pamlico Christian Academy play their home games at the Camp Caroline gymnasium and their full schedule of games can be found on their website at pamlicochristianacademy.org.



Joel Alcock (#23)



Trent Gaskins (#12)



Hurricane Hoops Pamlico Splits Games

by: Hiram Lupton

The Pamlico County High School basketball teams started their new year off with split decisions in two contests last week. On Wednesday the Hurricanes hit the road to Martin County to take on Riverside for their final non-conference match-ups of the season. The Ladies started off the new year with a nice win 62-25 over the Knights. Mya Smith came up big for the 'Canes with 31 points while Kaylee Smith added 16. The Men couldn't match the girls and took a road loss, 72-57. Braylen Ollison led the 'Canes with 13 points.

Friday night had the Hurricanes opening Coastal Plains Conference competition with a visit by the lone 2A member of the league, East Carteret. When the Mariners play you can always count on it being a tough physical game and Friday was no exception. Pamlico could never quite get things on track and went down 58-79. The men's game was a tight one from the outset with both teams playing well and trading baskets. At halftime Pamlico led by 2, 33-31. The third quarter saw East Carteret make a mini run, but Pamlico put on a run of their own as the quarter closed with the highlight being Cam Jones' fall away jump shot which beat the buzzer and tied things at 46 apiece. The fourth quarter remained tight with Pamlico, once again, tying things up in the waning seconds on a driving layup by Braylen Ollison and the game was headed to overtime with a 55-55 score at the end of regulation. Neither team could separate from the other in OT and with the score tied and under 5 seconds left, Cam Jones was fouled and hit one of two free throws to earn the Hurricanes a 63-62 win. A great way to start conference play.



Cam Jones Beats the Buzzer at the end of the 3rd Quarter

Hurricanes opening Coastal Plains Conference...



Braylen Ollison Drives to the Basket Against East Carteret

WE COULD ALL USE SOME SNUGGLES THIS WINTER

Join Pamlico Animal Welfare Society (PAWS) and Purring Angels for a Joint Adoption Event

Saturday, January 14 from 2pm to 4pm
Hosted by **New Village Brewery**
702 Broad St., Oriental

We will have cats and maybe some dogs available for adoption.
Donations of cat and dog food, cat litter, and of course, money, are gratefully accepted.

Check out adoptable cats and dogs
Purring Angels
<https://nc1217.petfinder.com>
PAWS
<https://nc554.petfinder.com>

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Lieutenant General Victor H. Krulak, USMC, April 1965.

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Nurse Aide I
Daytime hybrid course starts this week!



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Medication Aide
Four-day course starts Jan. 17!

Other great short-term courses starting soon include:

- * **OSHA 10, Starting Jan. 12!**
- * **Gardening for Beginners, Starts Jan. 17!**
- * **Plumbing, NEW! Begins Jan. 17!**
- * **Forklift Training, One-day course Jan. 21!**
- * **Community Health Worker, Starting Jan. 23!**
- * **Dialysis Tech., Evening course starts Jan. 23!**
- * **Marine Diesel Engines, Course begins Jan. 23!**
- * **Effective Teacher Training, Starting Jan. 23!**

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

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



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Health & Wellness

Common Respiratory Ailments

Oxygen is essential to life. The respiratory system works tirelessly to provide fresh oxygen to the body and ensure that all metabolic activities can occur unhindered. The respiratory system is what makes the inhalation and exhalation of air possible, and it's a responsible for the distribution of oxygen throughout the body.

The respiratory system is a network of organs and tissues that help a person breathe. In addition to facilitating the absorption of oxygen from the air, the respiratory system cleans out waste gases like carbon dioxide. In a healthy person, the respiratory system functions like a well-oiled machine. But that same system is sometimes hampered by illness, allergies and infections, according to the Cleveland Clinic. With so much riding on a healthy respiratory system, it can help to learn about some of the more common conditions that can affect it.



- **Asthma:** Asthma is a chronic inflammatory disease caused by narrowed airways affected by inflammation. Asthma causes breathing difficulties, coughing, wheezing, and other symptoms. Most people need to take preventive medicines to control symptoms.
- **COPD:** Chronic obstructive pulmonary disease is comprised of chronic bronchitis and emphysema. Bronchitis is when the lining of the bronchial tubes become inflamed and irritated. Swelling may cause an abundance of mucus. Emphysema occurs when the tiny air sacs (alveoli) become damaged and less flexible. This reduces the alveoli's ability to move oxygen and other gases, which adversely affects breathing, according to Verywell Health.
- **Influenza:** Influenza, also known as the flu, is a viral illness that can produce a number of symptoms. The flu viruses can be inhaled or brought into the body by touching items that contain the virus. Mild fever, runny nose, cough, fatigue, and sore throat are common symptoms of influenza. While most people recover, the Mayo Clinic warns that flu complications can be deadly.
- **COVID-19:** SARS-CoV-2 is the virus responsible for causing COVID-19, which was discovered in the winter of 2019. It is a highly infectious illness caused by a coronavirus. It is spread from person to person, and has caused millions of deaths around the world as well as lasting health problems, according to Johns Hopkins Medicine. Depending on the individual, the effects of COVID-19 can be mild or severe. Because the virus mutates easily, researchers continue to develop new vaccines to help boost defense against it. Symptoms appear within two to 14 days of exposure to the virus. A person infected with the coronavirus is contagious to others for up to two days before symptoms appear, and they remain contagious to others for 10 to 20 days, depending on their immune system and the severity of their illness.
- **Tuberculosis:** TB is a contagious and potentially life-threatening infectious disease caused by the bacterium mycobacterium tuberculosis, which is spread through the air. The CDC says TB is preventable and treatable in most cases. Infection control practices can help reduce TB transmission.
- **Pneumonia:** With pneumonia, a virus, bacteria or another infectious agent causes alveoli to fill with fluid or pus, affecting breathing and gas exchange. Pneumonia symptoms may be mild and not affect daily activities, while others can be severe and require hospitalization.
- **Cystic fibrosis:** This is a genetic condition that creates very thick mucus in the body, which can cause both breathing and digestive problems. Blockages from thick mucus can trap harmful bacteria and lead to infections, says the Mayo Clinic.

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COASTAL LIVING



Top 10 BoatUS Videos of 2022

Backing a boat trailer, using outboard tilt/trim, new extinguisher regulations
Top list of popular subjects

SPRINGFIELD, Va., Dec. 28, 2022 -- BoatUS Magazine, the membership publication of the Boat Owners Association of The United States (BoatUS), continued to grow its educational boating video library on YouTube during 2022 by earning nearly 2 million views – translating to around 80,000 hours spent watching BoatUS videos.

While the national advocacy, services and safety group would never recommend anyone watch even a fraction of that total, it was noted that BoatUS video “Shorts,” which are vertical-format videos under one minute, made up two-thirds of the 2022 BoatUS top 10 most-watched videos. The @BoatUS YouTube Channel also reached nearly 60,000 subscribers in 2022.

Here are the Top 10 BoatUS videos added in 2022:

- 1. How to Back a Boat Trailer 90 Degrees Into a Driveway
 - 2. New Disposable Fire Extinguisher Regulations
 - 3. What’s the Difference Between Outboard Trim & Tilt?
 - 4. This One Secret Will Improve Your Boat Docking 1000%
 - 5. Master the Pivot Turn in a Single Engine Outboard Boat
 - 6. Tie a Bowline Knot
 - 7. How to Coil Rope or Line
 - 8. Tie a Boat Fender Using a Clove Hitch
 - 9. Dock a Twin Engine Powerboat
 - 10. Do This One Thing After Every Boat Outing
- View these videos on the Top 10 BoatUS Videos Of 2022 playlist on YouTube.
“How To Back a Boat Trailer Into a Driveway 90 Degrees” was a popular BoatUS YouTube video in 2022.



PLAY LIST ON YouTube



Department of Insurance to conduct disaster relief, flood insurance town halls

<https://trianglenewshub.com/local-news/department-of-insurance-to-conduct-disaster-relief-flood-insurance-town-halls/>
Posted By: Angela Brown January 3, 2023

As the hurricane season approaches June 1, North Carolina Insurance Commissioner Mike Causey is using Hurricane Preparedness Week (May 5-11) to announce five town hall meetings this month to inform residents about disaster relief and the need to purchase flood insurance. There is a 30-day waiting period for flood insurance to take effect.
Dr. Michelle Osborne, Chief Deputy Commissioner, and Department of Insurance staff will conduct the town hall meetings.
Department of Insurance staff will be on hand at the New Hanover County and Wayne County town hall meetings to help victims of Hurricane Florence who still need insurance assistance. Please notify your viewers, listeners and readers this is a free event and open to the public.
WHO: Dr. Michelle Osborne, Chief Deputy Commissioner, and DOI staff
WHAT: Town Halls
WHEN/WHERE:
10 a.m. Wednesday, May 15 (Pamlico County)

Department of Social Services Building
828 Alliance Main St.
Bayboro, N.C. 28515
7 p.m. Tuesday, May 21 (Carteret County)
Carteret County District Court, Main Downstairs District Courtroom
300 Courthouse Square
Beaufort, N.C. 28516
12 p.m. Thursday, May 23 (Wayne County)
Goldsboro City Hall Council Chambers
200 N. Center St.
Goldsboro, N.C. 27530
WHY: To alleviate future suffering from disastrous storms
TOPICS:
Insurance policies: Understanding benefits and limitations
Insurance adjusters: Getting a fair deal
Insurance claims: Getting assistance
Insurance mitigation process: Settling disputes



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Cherry Branch	Minnesott Beach
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—	5:25 a.m.
5:45	—
6:15	6:15
6:45	6:45
7:15	7:15
7:45	7:45
8:30	8:30
9:00	9:00
9:30	9:30
10:00	10:00
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11:00	11:00
11:30	11:30
12:00	12:00
12:30 p.m.	12:30 p.m.
1:30	1:30
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5:00	5:00
5:30	5:30
—	6:00
6:30	—
—	7:00
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—	8:00
8:30	—
—	9:00
10:00	—
—	11:00
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A CHRISTMAS CAROL



The PCHS Theater Arts program performed, “A Christmas Carol” and delivered two stellar performances in December. We are so thankful for Mrs. Prescott’s guidance and commitment to our students.

OUR SCHOOLS
PAMLICO COUNTY HIGH SCHOOL
THANK YOU PTSO!



Our PTSO and administration provided an amazing lunch for the staff prior to our Winter Break. From delicious soups and sandwiches, to sweets and a mobile cocoa bar, the holiday spirit was definitely felt throughout the halls of PCHS.



‘CANES CUISINE



Our Canes Cuisine students were filling the halls with smells of homemade cinnamon rolls and laughter. Learning how to safely prepare food from scratch, working together in a kitchen environment, and learn valuable life lessons are some of the amazing things happening in Chef Reese’s classroom.

MOCK TRIAL WITH MS.
TAYLOR



Ms. Taylor’s Public Safety class participated in a mock trial to learn the ins and outs of the judicial system. Students had to prepare and participate in their given roles during a “trial” of their peers.

TITAN UP!



Coach Daniels’ Strength and Conditioning class took a trip to Titan Up Athletics to learn about various strength sports. The students were able to meet and learn from athletes in strongman, powerlifting, bodybuilding, and functional strength and mobility.

STAFF OF THE MONTH



Each month, staff members are nominated by their peers for going above and beyond. The December Staff Members of the Month were: April Rose (Elective), Simone Collins (Core), and Tina Brooks (Support). We are so thankful for our amazing Hurricane Family.

<https://pchs.pamlicoschools.org>

CONGRATULATIONS ROTC



Our NJROTC program received the prestigious award of, “Distinguished Unit with Academic Honors” after their Annual Military Inspection (AMI). The amount of opportunities that lie within this program are incredible.

Scott

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AROUND THE COUNTY

Whortonsville Reba Tiller, *Correspondent*



The decorations are coming down so we wait another year to put them back up! It is always so cheerful to see the lights and decorations each year. I missed the New Year, didn't even get to church because I either had flu or the new strain of Covid. My family in Durham have Covid. Had a larger crowd for church with Ray Gaskin preaching. Lot of changes in the church and the community here. Hope the change turns out good. Maura and Melydia are enjoying their new doggie. She is such a beauty! Stephanie Adams is teach-

ing Yogi at Point Marina at 9:00a.m on Monday, Wednesday, and Friday's. They are really having a good time stretching. The Pamlico Chorale is starting rehearsals on Monday at the Methodist Church in Oriental. Alex Adams is still selling oysters so call if you would like to have some, they are delicious. Happy birthday to Bill Nickerson. Thought for the week--Be forever a student--He or she is alone that have felt that they have learned enough and has no need for more knowledge. (Sylvananda, Indian physician).

Pamlico Betty Jo Rodgers, *Correspondent*



The entire Pamlico Community was saddened at the death of Terry Faye Jackson Gatlin. Terry had taught school for 33 years and was a faithful volunteer at Hospice of Pamlico County for many years. Many former Pamlico County teachers attended her funeral in Winterville on Saturday. Terry loved Pamlico County and Pamlico County loved her.

There have been many sightings of squirrels, birds, and rabbits in the Pamlico neighborhood as well as deer that now feel safe enough to come out and graze before sun-down.

Stonewall Methodist Church was one of four Methodist churches in the county to disaffiliate from the United Methodist Church, but only the name has changed. The Bible is still preached and taught every Sunday. They have been "Shining God's light through Faith, Friendship, and Fellowship" since 1794, and Stonewall Methodist Church continues to do it daily through all its ministries.

Wednesday night Bible Study at Stonewall Methodist Church is meeting again each week at 6:30 pm. It is not just for church members, but for all interested in studying the Bible. This week they are beginning the study of 2 Kings.

The Pamlico Youth Group will meet at Stonewall again this year. It is open to all interested youth in grades 6-12 regard-

less of church affiliation. There will be an organizational meeting January 21, 2023, at 11:30 am with a hot dog lunch for all youth, their parents, and any interested clergy; however, regular meetings will not start until after Ash Wednesday in Lent. The location of the organizational meeting will be announced next week at church, in this newspaper article, and on the Stonewall Methodist Church Facebook page.

Speaking of Lent, once again the Bayboro United Methodist Church pastor, Reverend John Farmer will host the lunchtime worship services each Wednesday during Lent, but he will need more clergy from around the county to participate. Please ask your pastor to attend the Thursday morning clergy breakfast at Charlie's each Thursday at 8:00 am. We would like all denominations in the county to be represented.

Celebrating birthdays in January are Amy Gatlin (1/13), Elizabeth Farmer Tillman (1/15), Kelli Hinson and Ruth Ireland (1/16), Ned Ferris (1/21), Kate Moye, Ellen Lupton, and Jenny Lupton (1/22), Desiree Brinson (1/25), Ann Smithwick (1/26), Willy Hope (1/28), Nan Gilbert (1/30), and Shari Roberts Hale (1/31).

Have a blessed week. Blue? Take Spiritual Vitamin B. "Bless the Lord, O my soul, and all that is within me, bless his holy name." (Psalms 103:1)

Save for retirement now, get a tax credit later: Saver's Credit higher limits can help low- and moderate-income workers save more in 2023

IR-2022-224, Dec. 21, 2022



WASHINGTON —The Internal Revenue Service reminds low- and moderate-income workers that they can save for retirement now and possibly earn a special tax credit in 2022 and years ahead.

The Retirement Savings Contributions Credit, also known as the Saver's Credit, helps offset part of the first \$2,000 workers voluntarily contribute to Individual Retirement Arrangements, 401(k) plans and similar workplace retirement programs. The credit also helps any eligible person with a disability who is the designated beneficiary of an Achieving a Better Life Experience (ABLE) account, contribute to that account. For more information about ABLE accounts, see Publication 907, available on IRS.gov.

The Saver's Credit is available in addition to any other tax savings that apply.

Still time to take action

Eligible workers still have time to make qualifying retirement contributions and get the Saver's Credit on their 2022 tax return. People have until April 18, 2023 - the due date for filing their 2022 return - to set up a new IRA or add money to an existing IRA for 2022. Both Roth and traditional IRAs qualify.

On the other hand, those participating in workplace retirement plans must take action by the end of 2022 for contributions to count for this year. This means elective deferrals (contributions) must be made by December 31 to a:

- 401(k) plan.
- 403(b) plan for employees of public schools and certain tax-exempt organizations.
- Governmental 457 plan for state or local government employees.
- Thrift Savings Plan (TSP) for federal employees.

Contributions to certain other workplace retirement plans also qualify. See the instructions to Form 8880 for details.

Employees unable to set aside money this year may want to schedule their 2023 contributions soon so their employer can begin withholding them in January.

Who qualifies

Income limits, based on a taxpayer's adjusted gross income and marital or filing status, apply to the Saver's Credit. But due to inflation, the limits will increase markedly in 2023.

As a result, the Saver's Credit can be claimed by:

- Married couples filing jointly with incomes up to \$68,000 in 2022 or \$73,000 in 2023.
- Heads of household with incomes up to \$51,000 in 2022 or \$54,750 in 2023.
- Married individuals filing separately and singles with incomes up to \$34,000 in 2022 or \$36,500 in 2023.

Like other tax credits, the Saver's Credit can increase a taxpayer's refund or reduce the tax owed. Though the maximum Saver's Credit is \$1,000 (\$2,000 for married couples), the IRS cautioned that it is often much less and, due in part to the impact of other deductions and credits, may, in fact, be zero for some taxpayers.

A taxpayer's credit amount is based on their filing status, adjusted gross income, tax liability and amount contributed to qualifying retirement programs or ABLE accounts. Form 8880 is used to claim the Saver's Credit, and its instructions have details on figuring the credit correctly.

In tax year 2020, the most recent year for which complete figures are available, Saver's Credits totaling more than \$1.7 billion were claimed on about 9.4 million individual income tax returns. That's an average of about \$186 per eligible return.

The Saver's Credit supplements other tax benefits available to people who set money aside for retirement. For example, most workers may deduct their contributions to a traditional IRA. Though Roth IRA contributions are not deductible, qualifying withdrawals, usually after retirement, are tax-free. Normally, contributions to 401(k) and similar workplace plans are not taxed until withdrawn.

Some restrictions apply

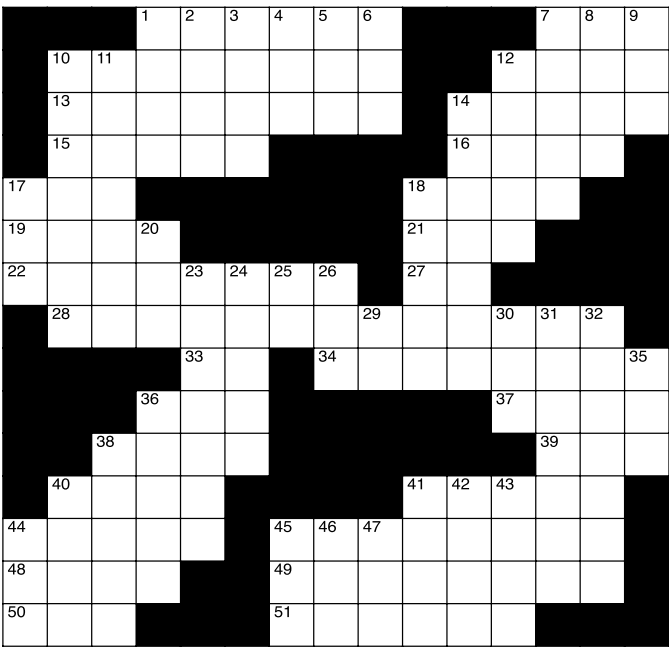
Other special rules that apply to the Saver's Credit include:

- Eligible taxpayers must be at least 18 years of age.
- Anyone claimed as a dependent on someone else's return cannot take the credit.
- A student cannot take the credit. A person enrolled as a full-time student during any part of 5 calendar months during the year is considered a student.

Any distributions from a retirement plan or ABLE account reduce the contribution amount used to figure the credit. For 2022, this rule applies to distributions received after 2019 and before the due date, including extensions, of the 2022 return. Form 8880 and its instructions have details on making this computation.

To learn more about other ways to get ready for the tax season ahead, visit [IRS.gov/getready](https://www.irs.gov/getready).

CROSSWORD



CLUES ACROSS

1. Respiratory disorder

7. Bulgarian mountain peak

10. Group of important people

12. South American nation

13. Amazes

14. ____Castell, makers of pens

15. Perlman and Seehorn are two

16. Early medieval alphabet

17. Legislator (slang)

18. Tasty crustacean

19. Course of action

21. Airborne (abbr.)

22. Permanent church appointment

27. Larry and Curly's pal
28. Famed American journalist

33. 12th letter of Greek alphabet

34. In a way, vanished

36. Afflict in mind or body

37. Egyptian Sun god

38. Source of the Blue Nile

39. Egyptian unit of weight

40. Be the source of pain

41. Esteemed award ____ d'Or

44. Partner to pains

45. Deep blue

48. No longer living

49. Country in the UK

50. Not even

51. Arizona city

CLUES DOWN

1. Wager

2. Classical portico

3. As a result

4. Bird

5. A type of "Squad"

6. Autonomic nervous system

7. Dish with food on a stick

8. City northwest of Provo

9. C. European river

10. One out of jail

11. Henry Clay estate

12. Heathen

14. Refrained

17. Parts per billion (abbr.)

18. "The Stranger" author

20. Not old

23. Periods of starvation

24. Language of tribe in India
25. Savings account

26. Pitching stat

29. Megabyte

30. Ribonucleic acid

31. A place to put your feet

32. The fun part of a week

35. We all have our own

36. Partner to "oohed"

38. African nation

40. Breezed through

41. Sets out

42. Other

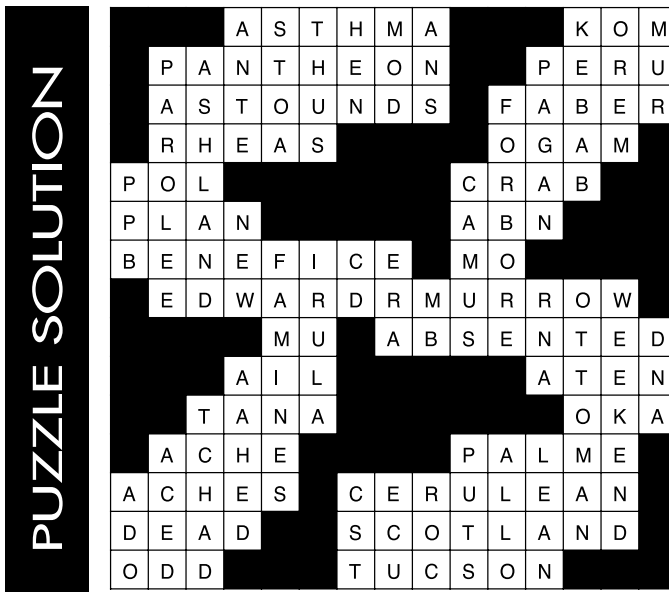
43. Not fattening

44. "Much ____ about nothing"

45. Central Time

46. Former EU monetary unit

47. Charles S. Dutton sitcom



Guess Who?

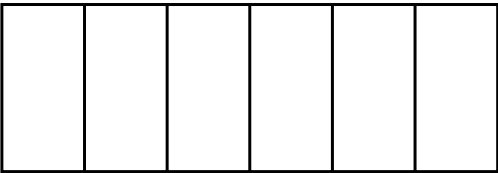
I am a singer born in Nashville on January 8, 2000. I began my career on the show "Doc" when I was only 3. I also starred with my older sister on a popular Disney TV show. I released a solo album in 2016 and was nominated for a Grammy in 2021.

Answer: Noah Cyrus

WORD SCRAMBLE

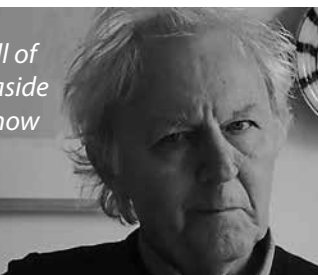
Rearrange the letters to spell something pertaining to Chinese new year.

T R A B I B



Answer: Rabbit

If people say they just love the smell of books, I always want to pull them aside and ask, To be clear, do you know how reading works?



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but it doesn't read this
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LEGALS

Notice to Creditors Estate of
Donald Lee Smithwick,
File No. 21E156

Having qualified as the Executor of the Estate of Donald Lee Smithwick, late of 175 Kershaw Loop Road, Oriental, NC 28571, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to present them before the undersigned at 175 Kershaw Loop Road, Oriental, NC 28571, on or before the 14th day of March, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This the 14th day of December, 2022.

Anne T. Smithwick
Executor of the Estate of Donald Lee Smithwick
175 Kershaw Loop Road
Oriental, NC 28571

For Publication 12/14/2022;
12/21/2022; 01/04/2022;
01/11/2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
ROSEMARY ARNOLD MINER
File No.: 22 E 220**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CHARLES H. CARPENTER, Executor of the Estate, on or before APRIL 4,2023 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 4TH DAY OF
JANUARY,2022.

ESTATE OF ROSEMARY
ARNOLD MINER
C/O CHARLES H. CARPENTER
800 ORIENT LANE
ORIENTAL, NC 28571

Publish JANUARY 4,11,18 AND
25, 2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
CHARLES MCCOY THOMAS
File No.: 22 E 222**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to VERONICA M. HAMILTON, Administrator of the Estate, on or before APRIL 4,2023 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 4TH DAY OF JANUARY,2023.

ESTATE OF CHARLES MCCOY
THOMAS
C/O VERONICA M. HAMILTON
PO BOX 314
AURORA, NC 27806

Publish JANUARY 4,11,18 AND
25, 2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MARY BENNETT BANKS
File No.: 22 E 223**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to STEPHANIE B. HENRIES,

Administrator of the Estate, on or before APRIL 4,2023 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 4TH DAY OF JANUARY,2023.

ESTATE OF MARY BENNETT
BANKS
C/O STEPHANIE HENRIES
96 SPAIN FARM RD
STONEWALL, NC 28583

Publish JANUARY 4,11,18 AND
25, 2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
ERVIN LESTER SADLER
File No.: 22 E 231**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to ELIZABETH HOPE MESSER, Executor of the Estate, on or before APRIL 4,2023 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 4TH DAY OF JANUARY,2023.

ESTATE OF ERVIN LESTER
SADLER
C/O ELIZABETH HOPE MESSER
5602 COUNTRY VIEW LANE
WADE, NC 28395

Publish JANUARY 4,11,18 AND
25, 2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS AND
DEBTORS OF
ELLEN LOUISE BECK
MCVITTY
File No.: 22 E 230**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to DEBORAH A. SLOOK, Executor of the Estate, on or before APRIL 4,2023 at the address listed below or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the above-named Executor.

This 4TH DAY OF JANUARY,2023.

ESTATE OF ELLEN LOUISE
BECK MCVITTY
C/O DEBORHA A. SLOOK
103 NORMAN CIRCLE
ORIENTAL, NC 28571

Publish JANUARY 4,11,18 AND
25, 2023

NOTICE TO CREDITORS

Having qualified as Administrator of the Estate of Wilbur Carroll Cone, late of Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned, c/o Daniel P. Choyce, Post Office Box 4548, Wilmington, North Carolina 28406, on or before the 10th day of April, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned. This the 4th day of January, 2023. Amerlice C. Cone, Administrator of the Estate of Wilbur Carroll Cone

Daniel P. Choyce
Lee Kaess, PLLC
P. O. Box 4548
Wilmington, NC 28406

January 4, 11, 18, 25

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
THOMAS K. ROSE, JR.**

Having qualified as Administrator CTA of the Estate of Thomas K. Rose, Jr., late of Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 1117A Fire Tower Road, Stephentown, New York 12169 on or before the 10th day of April, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 4th day of January, 2023

Jacqueline R. Krahforst
117A Fire Tower Road
Stephentown, NY 12169

Publish: January 4, 11, 18, 25,
2023

HOLLOWELL & HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
MICHAEL DAN POTTER**

Having qualified as Executor of the Estate of Michael Dan Potter, late of Bayboro, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 405 Debbie Street, Bayboro, NC 28515, on or before the 10th day of April, 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 4th day of January, 2023

Jane P. Whitley
405 Debbie Street
Bayboro, NC 28515

Publish: January 4, 11, 18, 25,
2023

HOLLOWELL & HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

**Notice to Creditors
North Carolina,
Pamlico County**

All persons, firms and corporations having claims against the Estate of Kathryn Mary Lesce, deceased, of New Bern, NC, are notified to present the same to the personal representative listed below on or before April 4, 2023, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment. This the 28th day of December, 2022.

Cindi M. Quay, Administrator
of the Estate of Kathryn Mary Lesce
c/o Quay & Associates, P.A.
412 Broad Street
New Bern, NC 28560

PUBLICATION DATES:
01/04/2023; 01/11/2023;
01/18/2023; 1/25/2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE**

**PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
HENRY THOMAS BANKS
File No.: 23 E 4**

All persons, firms and corporations having claims against deceased, are notified to exhibit them to CLARA ROACH BANKS, Executor of the Estate, on or before APRIL 11,2023 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 11TH DAY OF
JANUARY,2023.

ESTATE OF HENRY THOMAS
BANKS
C/O CLARA ROACH BANKS
3058 JANIERO RD
ARAPAHOE, NC 28510

Publish JANUARY 11,18,25 AND
FEBRUARY 1, 2023

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
CHARLES C. SAWYER**

Having qualified as Executor of the Estate of Charles C. Sawyer, late of Bayboro, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 109 Mellen Road, New Bern, NC 28562, on or before the 17th day of April 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 11th day of January, 2023

Dennis J. Sawyer
109 Mellen Road
New Bern, NC 28562

Publish: January 11, 18, 25,
February 1, 2023

HOLLOWELL & HOLLOWELL
P.O. Box 218
Bayboro, NC 28515
(252)-745-5115

**NORTH CAROLINA IN THE
GENERAL COURT OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
KONRADINE L. SAWYER**

Having qualified as Executor of the Estate of Konradine L. Sawyer, late of Bayboro, Pamlico County, North Carolina, the undersigned does hereby notify all persons, firms and corporations having claims against the estate of said decedent to exhibit them to the undersigned at 109 Mellen Road, New Bern, NC 28562, on or before the 17th day of April 2023, or this notice will be pleaded in bar of their recovery. All persons, firms and corporations indebted to the said estate will please make immediate payment to the undersigned.

This 11th day of January, 2023

Dennis J. Sawyer
109 Mellen Road
New Bern, NC 28562

Publish: January 11, 18, 25,
February 1, 2023

HOLLOWELL & HOLLOWELL
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Justice in the life and conduct of the State is possible only as first it resides in the hearts and souls of the citizens.
–Plato

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