





# COMMUNITY

## OBITUARIES



**Martha Gail Dixon Brigman, 72, of Bayboro** passed away Wednesday, January 10, 2024, at home. Gail retired from Pamlico County School System where she was a teacher assistant. She also volunteered for Hospice of Pamlico. She is a member of Pamlico Methodist Church. She was preceded in death by her parents, Davy and Martha Dixon; her husband, Carl Timothy “Tim” Brigman; and grandson, Jared Holton. Those left to cherish her memory are her daughter, Kelly Ballance (Chris); son, David Brigman

(Susan); sister, Cindy Buck (Ronnie); grandchildren, Zach Ballance (Chloe), Joshua Ballance, Krista Ballance, Leah Raines (Tyler) and Tyler Brigman; and great-grandchildren, Haidyn Raines and Addisyn Raines. Her memorial service will be held 2:00 p.m., Thursday, January 18th at Daniels-Sadler Funeral Home Chapel with the Rev. Mike Roach officiating. The family will receive friends and relatives one hour prior to the service at the funeral home. Flowers are appreciated or memorial contributions may be made to Pamlico Methodist Church, 4288 Orchard Creek Rd., Oriental, NC 28571. Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance.

**Charles Warren Spruill, Jr., age 74,** passed away after a brief battle with cancer on January 6, 2024. Warren grew up in Oriental and went on to graduate from Atlantic Christian College (now Barton). He retired from his career as an auditor with NC Department of Revenue and spent most of his retirement back in his beloved Oriental in the home in which he grew up. He got reacquainted with old friends and had lunch every day at M&M's making many new friends, who all looked after each other. In addition to accounting, Warren worked briefly as a surveyor and was also talented at wood working. He liked playing the lottery for fun and enjoyed golf and sailing. He recently bought a small sailboat which he was restoring to give to his daughter, naming it after her – KLY, and was looking forward to a launch party and teaching her to sail. His good buddy Billy Creech has promised he will take the helm and make sure KLY is properly launched with Warren along for the sail and placed in the creek or the Neuse

River. He was extremely proud of his daughter and always delighted to spend as much time with her as possible. The two comments we have heard consistently concerning Warren's passing are “he was one of a kind” and “he was always a dapper dresser”. He would appreciate both observations. Warren was predeceased by his father, Charles Warren Spruill, his mother, Ruth Willie Bell Spruill and his favorite uncle and buddy, Frank Sterling Bell. He is survived by his daughter, Kaylee Savanna Ruth Spruill; his sister and faithful caregiver, Mary Spruill Hott; his brother, Carl Hampton Spruill; and many nieces and nephews. Rather than a traditional service, friends and family are invited to gather at M & M's Restaurant in Oriental at 3:00 p.m. on Saturday, January 20, 2024. Desserts will be provided, and we encourage anyone so inclined to raise a glass of scotch in Warren's memory. Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance, NC.



**Natalie Norma Day Griffin, 63, of Grantsboro, NC** went to be with the loving LORD on January 11, 2024. Natalie was born on October 21, 1960 in San Antonio, TX to Roy and Ory Day. She is preceded in death by her father, Roy Edward Curtis Day, mother, Oralia Vita Castillo Day, father-in-law, Alton Edward Griffin, Sr., brother Edward Roy Day, and son Christopher Michael Griffin. Natalie leaves behind her loving husband of 44 years Alton Edward Griffin, Jr., four sons, Alton Edward Griffin, III (Whitney Griffin) of Portland, TX, Jeremy Hunter Griffin (Melissa Ipock) of Arapahoe, NC, Richard Mark Griffin (Adrionna Tucker-Griffin) of New Bern, NC, Johnathan David Griffin (Tyler McLamb) of Arapahoe, NC, God-daughter Lauren Ashley Lane of Roanoke, VA, brother Michael David Day of Richmond, VA, and sister Darlene Michelle Day of Grantsboro, NC. She also leaves behind seven grandchildren, Alston Isaiah Griffin, Brooklyn Grace Griffin, Devin Troy Griffin, Amoriah Faith Griffin, Lethi May DeLeon, Camden Luke Griffin, and Isaac Emmanuel

Griffin. Natalie was a beautiful, vibrant, loving woman who always said, “Life is good” no matter the situation. She was a military spouse who was heavily involved in the FRG Family Support Group program during her husband's military career in the United States Army. She was given the Molly Pitcher Award and recognized by former President George Walker Bush, for her Military Family Support efforts in Fort Bliss, Texas. Natalie was a Liaison assisting the unit commander and maintaining an effective FRG, overall family by supporting soldiers and families, referring family members with issues or concerns to the applicable community or military sources. Natalie believed that the military wife was the backbone of the family unit. Natalie was a very caring and giving woman who loved her family wholeheartedly. She will be remembered for her big, beautiful heart and her big, beautiful smile. Love you and GOD be with you till we meet again. In lieu of flowers, please make donations to the Diabetes Foundation. Visitation will be at Adcock Funeral Home and Crematory, 2226 Lillington Highway, Spring Lake, NC, 28390 on Monday, January 22 at 11am with graveside service to follow at 2pm at Sandhills State Veterans Cemetery, 8220 Bragg Blvd., Fort Bragg, NC, 28390.



**Hilda Simpson Brinson, 78,** of Arapahoe passed away on Friday, January 12, 2024, at her home surrounded by her family. Hilda worked as a teacher's assistant for 27 years impacting the lives of children from Fred A. Anderson Elementary School, Arapahoe School, and Arapahoe Charter School. Although her role in the classroom was meaningful, her most cherished job was that of wife, mother, and grandmother. Appearance was of utmost importance to Hilda; you never saw her with anything out of place. Her husband, children, and “her boys” didn't escape her keen eye, she made sure they all looked their best before leaving home. Hilda was a faithful member of Reelsboro Christian Church where she displayed her talent as a pianist. She found joy and happiness working in her yard, which is evident in the display of flowers around her home. Hilda also had a fondness for shopping trips with “The Girls”. She also enjoyed majestic views of the mountains when

traveling with family and close friends. She will also be remembered for organizing and hosting many family cookouts. Those remaining to cherish her memory are her devoted husband of nearly 60 years, Frank Brinson; sons, Todd Brinson and Greg Brinson (Melanie) brother, David Simpson; sisters, Priscilla Owens, Dorinda Akins, and Patsy Thomason; and three grandsons, “her boys”, Adam, Jacob and Aaron Brinson. She was preceded in death by her parents, James and Beulah Simpson. A funeral service to honor Hilda's life will be held at 11:00 a.m., Friday, January 19th at Daniels-Sadler Funeral Home Chapel. Interment will follow at Paul Cemetery, Arapahoe. The family will receive friends one hour prior to the service at the funeral home. For those unable to attend, the service can be viewed through her obituary page on Daniels-Sadler Funeral Home's website. Family and friends are welcome to submit online condolences at [www.danielssadlerfunerals.com](http://www.danielssadlerfunerals.com) Arrangements by Daniels-Sadler Funeral Home & Crematory, Alliance.

## “First in Freedom,” our state license plates proclaim. Is this claim true?

My Spin by Tom Campbell

Great Britain was heavily in debt following the “French and Indian War.” Parliament thought it fitting to tax the American colonies to help pay the debt, since the war was fought on our soil. In December 1773, Cornelius Harnett hosted a gathering of leaders at his home near Wilmington and established a Committee of Correspondence. It also advocated for a Provincial Congress to be held without the Royal Governor being present. North Carolinians joined other colonies protesting the Stamp Act and the Townsend Acts, passing a resolution in the Colonial Assembly condemning them. Governor Tryon dissolved the Assembly, but most of its members met in an extralegal convention in 1769 and approved a “non-importation association.” Historian William Powell says it was, “the first such legislative body in any of the colonies.”

In response to the Boston Tea Party and “Intolerable Acts” passed by Parliament, elections were held and 71 delegates from 30 counties and four towns assembled in New Bern for The First Provincial Congress, from August 25-27, 1774. My ancestor, Farquard Campbell, from Campbellton (later renamed Fayetteville), was one of them. This was the first Congress conducted in the American colonies against the authority of the Royal Crown. The delegates passed The New Bern Resolves, denouncing laws persecuting Boston, reaffirming their loyalty to King George while also claiming their rights as English Citizens, chiefly that no citizen will be taxed without his own or his legal representative's consent. The resolves stated that the duties, tariffs and taxes imposed upon them without their consent were “illegal and oppressive.”

■Continued on page A4

# THIS WEEK IN HISTORY

by: Hiram Lupton

- January 17th – Today is National Hot Buttered Rum Day. I like nearly anything hot and buttered, rum included.
- January 18th – Today is National Thesaurus Day.
- January 19th – Today is National Popcorn Day.
- January 20th – Today is National Cheese Lover's Day. My kind of day.
- January 21st – Today is Squirrel Appreciation Day. I find it hard to appreciate something that is always stealing my nuts and violating my birdfeeders.
- January 22nd – Today is National Blonde Brownie Day. I like blonde brownies, but I don't discriminate. Brunette and redheaded brownies are good too.
- January 23rd – Today is National Pie Day. (Not to be confused with National Pi Day on March 14th.)

### BIRTHDAYS THIS WEEK

- January 17th – 1929, Popeye the Sailor Man
- January 18th – 1955, Actor Kevin Costner
- January 19th – 19??, Supporter of the arts in Pamlico County, Angie Propst – 1946, Dolly Parton
- January 20th – 1930, Astronaut Edwin “Buzz” Aldrin, the 2nd man to walk on the moon.
- January 21st – 1922, Actor Aristotelis “Telly” Savalas
- January 22nd – 1949, Actor John Belushi
- January 23rd - 1737, Patriot John Hancock



#### Breakfast with Friends

January 18, 25  
Every Thursday of Each Month, 8:30 am at Brantley's Restaurant

Prime Time's Breakfast Group is meeting! Each Thursday @ 8:30am please join the group at Brantley's (Center Room) for breakfast. (Except for when they are closed). Come as you are able. Breakfast is on your own. All are invited!

#### Prayer Shawl

January 18, 25  
Every Thursday of Each Month  
10am - 11:30 am  
Oriental United Methodist Church – Fellowship Hall

Crochet, knit shawls or lap robes to share with those that are in need. Thursday @ 10 am-11:30 am. Please call Leigh Price for details. 919.219.2446.

#### Game Day

Second Wednesday of Each Month  
2:00 pm - 4:00 pm  
Oriental United Methodist Church  
Fellowship Hall  
404 Freemason Street, Oriental

All skill levels are welcome. Have a game you love? Bring your favorite board game and teach the group!

**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/>

# The Pamlico News

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The Pamlico News Editorials and Opinions section features opinion articles, newspaper editorials and letters to the editor on the issues of the day. The views 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  
Property Management  
Appraisals Development



Agent of the Week

Allen Propst  
Owner/Broker/GRI

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

Allen Propst handled the sale of our condo in a courteous and professional manner. He is definitely in tune with the real estate market in Pamlico County. If you have questions regarding the sale of your property, he is very approachable, and always willing to discuss your concerns. Within a week of an offer being made we had a check in our hands.  
John & Dawn, Oriental



**ORIENTAL** – Lakefront 1.04 acre site with Neuse River view only 1 mile from downtown Oriental. Elevated to 12 feet above sea level; flood insurance not required. Septic system drain field installed; lifetime septic permit. Community clubhouse with salt-water pool & fitness center, including a Peleton bike & other fitness machines.  
**OFFERED AT \$79,500**



**MINNESOTT BEACH** – This **3BR/2BA** 1,437 hsf, brick ranch home is in the Lake Minnesott Estates community. Open floor plan, recently renovated, new appliances, new HVAC unit, new flooring and more. Walking distance to golf course and country club and minutes from the ferry. No flood insurance necessary.  
**OFFERED AT \$ 309,500**



**ORIENTAL** – Wooded site, **3BR/2.5BA**, spacious decks, kitchen overlooks Green Creek. Fireplace w/custom surround & mantle. Master suite w/walk-in shower & skylight. 3rd BR/office has built-in desks, cabinets & shelves.  
**OFFERED AT \$399,500**



**MINNESOTT BEACH** – **2BR/2BA** 1,940 sf condo overlooks Neuse River. Covered verandas, SW exposure, open-concept w/reverse floor plan, water views from every room. Community concrete pier, bulkhead, and fire pit area.  
**OFFERED AT \$ 399,500**



**ARAPAHOE** – 58.8 wooded acres on Tarklin Creek. No HOA & no restrictions. 2,184 feet of road frontage. 1,478.4 feet of water-front. Minutes from Oriental.  
**OFFERED AT \$575,000**



**ORIENTAL** – Spectacular post & beam **3BR/2BA** Acorn Deck waterfront on Pierce Creek in Village. New boat dock w/5' controlling water depth & 2 docking areas of 30' & 22' facing SW. Studio for artist/craftsman. No HOA or dues. Community boat ramp & tennis court.  
**OFFERED AT \$555,000**

See all Listings & Visual Tours at  
[www.orientalncwaterfront.com](http://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



Pamlico Community College

PCC graduate returns to welding shop as an instructor

By Sandy Wall

A former student is now one of the instructors in Pamlico Community College's Welding program.

Brittany Wolf, who earned her associate degree in Welding Technology from the college in 2018, has returned to campus as one of the program's two full-time instructors.

She started working at the college in October and began her first full semester earlier this month.

Before returning to PCC, Wolf worked as a welder at two private sector companies. She said the thought of teaching at her alma mater appealed to her from the moment she was made aware of the possibility.

"(Instructor) Joe (Flynn) called and said they had an opening," Wolf said. "I thought I'd apply and give it a try."

Welding is one of the college's most versatile learning options. Students can earn curriculum certificates, diplomas or an associate degree in the program, or, if they're not interested in a credential, they can choose to take the short-term Welding Skills course through the college's Continuing Education division and learn the basics.



Pamlico Community College Instructor Brittany Wolf now teaches in the same welding shop where she was a student. She lives in Grimesland with her two daughters. Contributed photo

Wolf, whose father is a professional welder, said she was attracted to the field because of its job prospects and pay.

"It's fun, and I wanted something different than minimum wage fast food," she said, adding that the ability to join pieces of metal together opens up the possibilities of building interesting things and being creative.

Even though the welding workforce has become more diverse in recent years, Wolf said she still has encountered a few men who say they don't think women should work in the field.

"It's water off a duck's back to me," she said. "I just let my work talk for itself."

Wolf also notes nearly half of her students last semester were female, which suggests the future for women in the field is bright.

Wolf will be teaching both curriculum and Continuing Education courses in the year ahead. For more information about the college's Welding program, please call 252-249-1851, ext. 3058.

Sandy Wall can be reached at 252-249-1851, ext. 3010, or [swall@pamlicocc.edu](mailto:swall@pamlicocc.edu).

Application Deadline for Historical Society Scholarships is March 22, 2024

NEW BERN, N.C. The New Bern Historical Society has established the deadline for the combined Harriet Marks Scholarship and the John R. and Alice Land Taylor Scholarship as March 22, 2024.

Scholarship applications are available on the New Bern Historical Society website: [www.newbernhistorical.org](http://www.newbernhistorical.org)/scholarships and on the New Bern High School website. They must be returned to the New Bern Historical Society by Friday, March 22, 2024. For further information contact the New Bern Historical Society office at 252-638-8558.



Scholarship Committee Chair Mary Parrish and 2023 Marks & Taylor Scholar, Kadiatou Diawara.

This joint scholarship is awarded to a senior graduating from New Bern High School and contributes to the tuition, board or lodging for the purpose of obtaining higher education at an accredited college, university, or other institution of higher learning. It is renewable for three succeeding years if academic standards and full-time student status are maintained.

The Marks Scholarship was established in a trust for the estate of Miss Harriett Marks. It was created in 1968 under the terms of her will as a memorial to the O. Marks family. The Taylor Scholarship, although a separate entity, complements and supplements the Marks Scholarship. It was created in 2015 and is administered by the North Carolina Community Foundation and sponsored by their grandson to honor the memory of his grandparents. These scholarships are awarded annually based on both academic performance and financial need. The combined funds generated by these scholarships will provide greater financial assistance for the worthy recipient.

Historical Society Executive Director Mickey Miller explains, "These combined scholarships can make all the difference to a young student who needs financial help to go to college. We are very proud of the academic records of our scholarship awardees over the years, and we look forward to selecting another worthy student who will maintain this tradition."

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are in the historic Attmore-Oliver House at 511 Broad Street in New Bern. For more information, call 252-638-8558 or go [www.NewBernHistorical.org](http://www.NewBernHistorical.org) or [www.facebook.com/NewBernHistoricalSociety](http://www.facebook.com/NewBernHistoricalSociety).

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**BILL MURRAY LIBERATION DAY!**

HEY! GET HIM OUTTA THERE!

**WALK-IN BATHTUB** WITH WALK-IN BATHTUB

**NEW BERN'S FAMOUS\* IMPROV COMEDY TEAM**  
\*SELF-PROCLAIMED

WALK-IN BATHTUB IMPROVISED COMEDY SHOW  
**SATURDAY, FEBRUARY 3, 2024**  
THE OLD THEATER • ORIENTAL, NC • 7:30 P.M. • \$20

**The Old Theater**

TICKETS: [SHOWCLIX.COM/EVENT/WALK-IN-BATHTUB-IMPROV](http://SHOWCLIX.COM/EVENT/WALK-IN-BATHTUB-IMPROV) • [OLDTHEATER.ORG](http://OLDTHEATER.ORG)

**R RATED**



# FINANCIAL FOCUS

## How can business owners plan for an exit?



Dan M. Roberts

If you're a business owner, you always have a lot to do and a lot to think about. But have you put much thought into how you'll eventually leave it all behind?

Even if you're a few years away from that day, it's a good idea to create an exit strategy. If you're like most other owners, most of your net worth may well be tied up in your business — so how you exit that business can have a big impact on your finances and your retirement.

As you begin the exit strategy process, you'll need to examine some basic questions, such as how much you want for your business and how much it's worth. But you'll especially need to plan for the mechanics of your exit — that is, just how you're going to sell or transfer ownership of it.

- Essentially, you have three main options:
- *Internal sale or transfer* – You could sell or transfer your business to someone affiliated with the company, such as a family member, business partner or even a group of employees. The advantages of this method are that you'll have greater control over the timing of your exit, and you'll be able to provide greater continuity for your employees, clients and suppliers. One potential disadvantage is that your net sales proceeds may be less than what you'd get from selling the business to an unrelated third party.
  - *External sale or transfer* – The biggest benefit of selling or transferring your business to an unrelated third party is that you can potentially maximize your net sales proceeds. But you'll need to consider some tradeoffs, too. For one thing, a sale to an outside person or business usually requires a long and possibly expen-

sive due diligence process. Also, you'll have less control over the timing of your exit than you would if you sold the business to an internal source.

- *Liquidation* – If you liquidated your business by selling all your assets and shutting down operations, you could end up with far fewer net proceeds than if you sold the business to an internal or external source. However, you could raise cash pretty quickly. But if you chose to liquidate or dissolve your business, it could potentially be disruptive for your employees, clients and suppliers.

Because everyone's situation is different, there's no clear-cut formula for deciding which of these exit options is right for you. And it isn't simply a matter of numbers, either, because you'll need to consider some intangible factors, too. How will your family be affected by your choice? How would you feel if your business was in someone else's hands, or no longer existed? You'll need to work out these issues, along with the financial ones, before you decide on your business exit strategy.

Fortunately, you don't have to go it alone. You may want to consult your financial, legal and tax advisors, and possibly work with a commercial banker and a business evaluation expert. By drawing on several sources of expertise, you can feel more confident that you'll make a decision that's appropriate for your needs.

One final suggestion: Don't wait too long before you begin putting together your exit strategy. Time goes fast — and when the time comes for you to say goodbye to your business, you'll want to be prepared.

*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

## Gearing up for Pamlico 4-H in 2024



Kait Neeland  
4-H Agent

It's 2024 and I am so excited! A new year full of possibilities. What will we learn? What challenges will we solve? What cool things will we see and do? While the entire 4-H Calendar isn't completely mapped out for 2024, we have a few things all lined up. Before we talk about those programs, and how you can get involved, some of you might be wondering what 4-H is?

If you haven't been following along with our articles you might have never heard of 4-H, or you might think 4-H is just cows, and sheep, pigs, or agriculture. Well. We do have pigs, and sheep, and cows. We do grow gardens, and learn about agriculture and food systems. However, that is only a small part of the 4-H Program in North Carolina, and specifically Pamlico County.

At its core 4-H is a youth development program that focuses on developing life skills and in a positive environment to give children a solid foundation for a successful adult life. In Pamlico county 4-H we explore life skills through several different programs: school enrichment, after school workshops, and summer fun.

Last week we finished our fall term of our life skills class with high schoolers at Pamlico County Christian Academy (PCCA). We explored leadership, careers, career skills, nutrition and cooking. It was a joy to spend the fall term with them, and while we are sorry it's over we are looking forward to spending the spring term with the middle schoolers of PCCA.

We are also kicking off preparations for the Coastal Plains Chicken Show. Kids have already registered and are preparing to receive chickens in the beginning of february. They will be learning what makes a proper coop for young chicks, how to properly feed and socialize chickens, as well as how to train their chicken to be safe and comfortable at the chicken show. We are looking forward to cheering them on at the show in May.

We have also opened registration for our Summer 2024 4-H Sleep away Camp. 4-H Sleep away camp is a wonderful opportunity to



develop life skills. They will spend a week kayaking, swimming, hiking, navigating ropes courses, and making crafts. While they are enjoying all of those activities they will be developing problem solving skills, growing in communication, and interpersonal skills. Further participating in 4-H sleep away camp has shown to have a positive impact on youth feelings of connection and belonging that many campers feel. We will be heading off to camp July 28th and returning August 2nd. Camp is open to youth ages eight to fourteen as of January 1st 2024.

If you just can't wait for summer for some 4-H fun we've got a few more programs coming up. We will be hosting an electric program where we will be building photo sensing miniature cars. To participate in this program, youth must be eleven years old as of January 1st 2024, and agree to turn in a project record book for consideration to attend 4-H Electric Congress in the Summer.

4-H Electric congress travels from region to region of the state, thus allowing for a variety of programming opportunities for everyone. Four-H members participate in educational workshops, meet Power Company Representatives, learn about careers in the energy industry, and interact with other electric winners. Special outings are planned to help youth learn more about their state. Whether in the mountains rafting on the Nantahala River, riding the waves at the beach, or somewhere in-between, the free afternoon at Electric Congress is fun for all participants.

Registration for these programs can be found on our website. You will also need to register in 4-H online to complete your registration for any program. You can access the link on our website. If you have any questions about accessing 4-H Online or the enrollment process please give us a call and we will be happy to walk you through it. You can also sign up for our Pamlico 4-H Email list. To learn more about all 4-H programs in Pamlico County contact Kait Neeland at (252) 745-4121, or kait\_neeland@ncsu.edu, or check us out online at pamlico.ces.ncsu.edu. Don't FORGET to REGISTER, spaces will fill up!!

Edward Jones

> edwardjones.com | Member SIPC

You're retired. Your money isn't.

Let's work together to find the right strategy to help keep you on track. Contact me today to get started.

**Dan Roberts IV, AAMS**  
Financial Advisor  
301 South Front Street  
Building 1, Suite A  
New Bern, NC 28560  
**252-633-5263**

IRT-43951-A AECSPAD 2/22/2022

## Purple Martin Scouts Will Be Here February!

**Aluminum Purple Martin House - 12 Rooms**

- AH-12D is built of Aluminum.
- Designed to be mounted on Heath MP-15 telescoping pole.
- Easy to clean.
- Units can be added.

Also Available Gourds & Poles

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502 Main Street, Bayboro, NC 28515  
**(252) 745-3551**

**Woodfield Cove in Havelock** is now accepting applications for the waiting list for 1, 2, and 3-Bedroom Units. This family community is close to schools, the bus line, and shopping. Woodfield Cove offers on-site laundry facilities, washer dryer hook ups in each unit, and a playground. Units also include ceiling fans, Energy Star Appliances, spacious closets, patio/ balcony space, and dishwashers. Call 252-652-7025 today to schedule an appointment for an application. Credit and Criminal (TTY 711) Background check required. \$25 application fee. Handicap accessible units subject to availability. Equal Housing Opportunity. Professionally managed by Partnership Property Management.

significant shortfall in funds

Median retirement account balances suggest millions of working professionals may have to confront a significant shortfall in funds when they reach retirement age. Data from Make It by Fidelity provided to CNBC in 2023 indicated that the median 401(k) balance among account holders in their 30s was \$18,400. Account holders in their 20s had a median 401(k) balance of \$5,400. Such figures only indicate 401(k) balances, and it's possible individuals have much more money invested in additional retirement vehicles, including IRAs. However, those that don't could find it very difficult, if not impossible, to enjoy a comfortable retirement. Such low balances also may compromise the dream of retiring by age 60, which a survey from the World Economic Forum indicates is the goal of 44 percent of retirement savers in their 20s and 30s.

■Continued from page A2

## “First in Freedom,” our state license plates proclaim. Is this claim true?

My Spin by Tom Campbell



Unless their rights were acknowledged and their grievances redressed, they declared that North Carolina would not directly or indirectly import any British goods or merchandise (medicines excepted). Further, if their grievances were not redressed by October 1775, North Carolina would not export “tobacco, pitch, tar, turpentine

or any other article whatsoever to Great Britain,” nor to anyone who might export them to Britain.

Before adjourning, the First Provincial Congress proposed that a “General Congress” be held in Philadelphia on September 20th of the next year and named William Hooper, Joseph Hewes and Richard Caswell to be delegates to that Congress. They instructed the three to “express their sincere attachment to our most gracious sovereign King George the third, and our determined resolution to support his lawful authority in this province.” However, they were resolute in “a firm and resolute defence [sic] of our persons and properties against all unconstitutional encroachments whatever.”

These New Bern Resolves and Provincial Congress were a first among the colonies. A Committee of Safety was formed, bills of credit were passed, and an army was authorized to enforce the boycott. Trade between the colony and England declined measurably.

In August 1774, Penelope Barker and Elizabeth King reaffirmed the boycotts by holding a tea party in Edenton - not as famous as the Boston event, but still important - swearing off British tea and substituting a tea made from leaves of the Yaupon tree. Wilmington women burned tea.

Two more significant dates are noted on our state flag. The May 20, 1775 Mecklenburg Resolves and the April 12, 1776 Halifax Resolves.

In the month following the fighting at Lexington and Concord the Mecklenburg Committee of Safety drafted The Mecklenburg Resolves, acknowledged to be the first of any colony. It vacated all laws coming from Parliament and the Crown and declared the Crown no longer had power in North Carolina. It was reportedly the basis of the questionable Mecklenburg Declaration of Independence. No copy exists but, if authentic, would precede the 1776 Declaration by a year.

The resolves prompted Royal Governor Josiah Martin to issue a “Fiery Proclamation,” calling loyalists to take up arms and suppress the rebellion. The Battle of Moore’s Creek Bridge was a stunning defeat for loyalists, resulting in Martin retreating from New Bern to safety on a British ship.

Following Martin’s abdication, a Fourth Provincial Congress met in Halifax. North Carolina’s delegates to the Continental Congress had asked for instructions regarding independence and, following little debate, all 83 delegates approved the Halifax Resolves, instructing North Carolina delegates to vote in favor of independence, the first state reportedly doing so.



On December 18, 1776, the Fifth Provincial Congress debated and approved the first Constitution for North Carolina, replacing the previous colonial charter. It created a new government, contained a bill of rights and provided for the legal structure for the state.

The evidence is clear that North Carolina provided significant and important leadership to the revolution for freedom. Too few know or appreciate our role in the creation of this nation, but, as North Carolinians, we need to remember and appreciate our rich heritage.

Important note: On Monday, January 22, 2024, The Pamlico Historical Association will host noted historian, Nelson McDaniel to speak on the background, details and impact of the New Bern Resolves, as well as North Carolina’s importance in the Revolution. The 7 p.m. meeting is free and will be held at the Museum on Highway 55 in Grantsboro, NC.

Tom Campbell is a Hall of Fame North Carolina Broadcaster and columnist who has covered North Carolina public policy issues since 1965. His weekly half-hour TV program, NC SPIN aired for 22 ½ years.

Contact him at [tomcamp@carolinabroadcasting.com](mailto:tomcamp@carolinabroadcasting.com).



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# Eventful Week for High School Wrestling

by: Hiram Lupton

Last week was an eventful one for Pamlico County High School Wrestling, both for the team and for an individual. The regular season is winding down and on Wednesday the Hurricanes took the long trip south for their final conference dual meet of the year with at Trask High School. At stake was the conference team duals championship with Pamlico hoping to make it a 3-peat and they accomplished their goal in a big way with a 70-6 win over the Titans making them regular season Conference Champions. Next up for Pamlico was a Saturday duals tournament, the Rumble on the Mat, at South Lenoir High School. Pamlico locked up with 5 different schools and went 3-2 for the day, with wins over North Lenoir, Tarboro, and South Lenoir. Rosewood and Swansboro took wins over the Hurricanes. The individual

wrestling milestone was reached when in his first match of the day, Tyler Stevens, pinned his Rosewood opponent and won the 100th match of his high school wrestling career. Congratulations Tyler and thank you for your hard work and dedication to the sport. This week promises to be another big week for the Hurricanes. On Wednesday they will travel to West Craven to tangle with the Eagles as well as the Bears of New Bern in nonconference duals action and another Pamlico wrestler is very close to the 100-win milestone and may get it at this meet. Saturday also will be a big day as all the teams in the Coastal Plains Conference converge on East Carteret for the Conference championships which will crown individual winners in each weight class as well as a tournament team champion.



Tyler Stevens pins his opponent and earns his 100th career win



# PCMS Wrestling

by: Hiram Lupton

Pamlico County Middle School hosted conference rivals Grover C. Fields (GCF) and Tucker Creek in duals wrestling action last Thursday and while the Hurricanes came up winless against the two strongest programs in the conference, they showed that they are quickly closing the gap. PCMS dropped their match to GCF 64-35, and lost to Tucker Creek 60-42, but the hard work that the young athletes and their coaches, Nate Daniels and Phillip Coppo, are putting in is evident. "We are working hard and all I asked was that our kids wrestle tough," said Daniels. "I think the top three teams in our conference were in the gym today. We just have to keep moving the needle forward." PCMS has away meets this week at West Craven Middle (18th), and the following week at Havelock Middle (25th). They host their last home meet of the season on February 1st with guests H. J. MacDonald and West Craven Middle.



Mason Foreman goes low to get a take down on his opponent

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# Churches of Pamlico

Photo by: Hiram Lupton



Warden's Grove Free Will Baptist Church - Lowland



## Did you know?

Men and women may have more free time after 50 than they had in previous decades. As children grow more independent and even leave the house, parents look to various activities, including travel, to fill their free time. Travel is often seen as a luxury, but heading off for parts unknown can produce some serious health benefits. A joint study from the Global Coalition on Aging and the Transamerica Center for Retirement Studies found that women who vacation at least twice a year have a lower risk for heart attack than those who travel once every six years. The study also found that men who do not take annual vacations are at a significantly higher risk of death (20 percent) and heart disease (30 percent) than those who make who take time to get away each year. Vacations don't even need to be long to produce significant, positive results. A 2018 study published in the International Journal of Environmental Research and Public Health found that a four-day long weekend vacation positively affected well-being, recovery, strain, and perceived stress for as long as 45 days.

## PCHS Beekeeping Grant

Congratulations to Ms. Hardee and our student bee keepers for winning an NC Farm Bureau grant!! In November, Ms. Hardee applied for the NC Farm Bureau Ag in the Classroom - Going Local Grant. Ms. Hardee was informed in December that she was one of the applicants that was awarded a \$500 grant to purchase honey extraction equipment! Ms. Hardee was presented with a certificate for winning this award. It was also great to have our PCHS FFA vice president and student bee keeper Coleton Hall present at the farm bureau meeting tonight. While being presented with the award we learned some very cool facts and wanted to share:

- Ms. Hardee was one of a select few chosen to receive this grant out of around 120 applicants!
- Ms. Hardee was also the first person in Pamlico County to win this grant!

We wanted to give a big thank you to Mr. Carawan for coming to see Ms. Hardee get this award and taking pictures for us! Also a huge thank you to everyone at NC Farm Bureau for making this possible!!

*Congratulations again to Ms. Hardee and our two student bee keepers Coleton Hall and Johnson Sheaffer!*



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*My plan is to apply a combination of my local government experience, education, and creative thinking to find common sense solutions to our County's existing challenges and future planning in hopes of building a more resilient community where our citizens feel safer and our County operations run more efficiently.*

*I hope you will support me on my journey to joining the Pamlico County Board of Commissioners and I would appreciate your vote on the 2024 Election ballot.*

*Sarah Davis*



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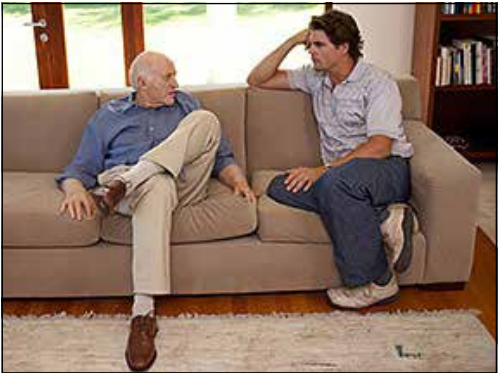
# Health&Wellness

## January is Glaucoma Awareness Month



*January is National Glaucoma Awareness Month, an important time to spread the word about this sight-stealing disease.*

More than 3 million people in the United States have glaucoma. The National Eye Institute projects this number will reach 4.2 million by 2030, a 58 percent increase. Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing. Glaucoma is the leading cause of irreversible blindness. Moreover, among African American and Latino populations, glaucoma is more prevalent. Glaucoma is 6 to 8 times more common in African Americans than Caucasians. Over 3 million Americans, and 80 million people worldwide, have glaucoma. Experts estimate that half of them don’t know they have it. Combined with our aging population, we can see an epidemic of blindness looming if we don’t raise awareness about the importance of regular eye examinations to preserve vision. The World Health Organization estimates that 4.5 million people worldwide are blind due to glaucoma. Help Raise Awareness



**Talk to your family about glaucoma.**

In the United States, approximately 120,000 are blind from glaucoma, accounting for 9% to 12% of all cases of blindness. Here are some ways you can help raise awareness: Talk to friends and family about glaucoma. If you have glaucoma, don’t keep it a secret. Let your family members know. Refer a friend to our web site, [www.glaucoma.org](http://www.glaucoma.org). Request to have a free educational booklet sent to you or a friend. Get involved in your community through fundraisers, online information sessions or group discussions, etc.

Connect with Glaucoma Research Foundation on Facebook or follow us on Twitter and Instagram for regular updates on glaucoma research, treatments, news and information. Share information about glaucoma with your friends and family.

**What is Glaucoma?**

Glaucoma is a group of eye diseases that gradually steal sight without warning. Although the most common forms primarily affect the middle-aged and the elderly, glaucoma can affect people of all ages. Vision loss is caused by damage to the optic nerve. This nerve acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure for glaucoma—yet. However, medication or surgery can slow or prevent further vision loss. The appropriate treatment depends upon the type of glaucoma among other factors. Early detection is vital to stopping the progress of the disease. Watch a video from the research scientists working to find a cure.

**Types of Glaucoma**

There are two main types of glaucoma: primary open-angle glaucoma (POAG), and angle-closure glaucoma. These are marked by an increase of intraocular pressure (IOP), or pressure inside the eye. When optic nerve damage has occurred despite a normal IOP, this is called normal tension glaucoma. Secondary glaucoma refers to any case in which another disease causes or contributes to increased eye pressure, resulting in optic nerve damage and vision loss. Read more about Types of Glaucoma.

**Regular Eye Exams are Important**

Glaucoma is the second leading cause of blindness in the world, according to the World Health Organization. In the most common form, there are virtually no symptoms. Vision loss begins with peripheral or side vision, so if you have glaucoma, you may not notice anything until significant vision is lost. The best way to protect your sight from glaucoma is to get a comprehensive eye examination. Then, if you have glaucoma, treatment can begin immediately. Glaucoma is a leading cause of blindness among African-Americans. And among Hispanics in older age groups, the risk of glaucoma is nearly as high as that for African-Americans. Also, siblings of persons diagnosed with glaucoma have a significantly increased risk of having glaucoma. Read about Glaucoma Eye Exams.

**Risk Factors**

Are you at risk for glaucoma? Those at higher risk include people of African, Asian, and Hispanic descent. Other high-risk groups include: people over 60, family members of those already diagnosed, diabetics, and people who are severely nearsighted. Regular eye exams are especially important for those at higher risk for glaucoma, and may help to prevent unnecessary vision loss. **Learn more about Glaucoma Research Foundation.**



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# COASTAL LIVING

## Citizen Science – What Is It and How Can You Participate?

By Barbara Lupton – Staff Marine Biologist of The Pamlico News

Recently, many organizations have begun encouraging participation in Citizen Science projects. What is “Citizen Science”? It is a growing movement that allows the public to be involved in organized research and monitoring programs by encouraging the public to provide information and data as part of the scientific process. A few of the uses of information gathered through Citizen Science Projects used by researchers include filling data gaps, increasing sample size, expanding data collection area, and validating analysis and results provided from other statistically designed scientific research. Specific use depends on the project and type of information provided.

Citizen science is not new and all of us have provided information, used, or benefited from information gathered from the public. An early example of Citizen Science is information gained from early sea-going people. As humans started taking to the seas for exploration, commerce, and migration, they set sail into unknown seas and gathered information such as taking soundings for water depth, identifying currents, determining the best routes, and mapping coastlines in primitive drawings. These early sailors shared information with other early mariners primarily through word-of-mouth, but over the centuries and as civilizations became more advanced, information was refined and documented into the detailed navigation charts used today.

For those who want to participate in a Citizen Science project, seek initiatives developed by organizations, agencies, and companies that have identified specific areas of need. Participating in organized initiatives will help ensure information provided will be used in scientific research. In addition, some, but not all, require minimal training. In coastal North Carolina, there are several ways to participate in Citizen Science initiatives.

The National Weather Service recruits the public to participate in their Citizen Science initiatives, including becoming a storm spotter in the SKYWARN Program. This program trains volunteers on how to accurately report severe weather to the Service, including reporting hail, wind, tornadoes, flooding, and provide rain, snow, and ice measurements. The National Weather Service located in Newport, NC has more information on how to participate in the program on their website at [www.weather.gov/mhx/MHXSkywarn](http://www.weather.gov/mhx/MHXSkywarn).

The Great Backyard Bird Count will occur February 16-19, 2024. This Citizen Science Program has grown since 1998 when the Cornell Lab of Ornithology and the National Audubon Society implemented the first online program encouraging the public to submit information on observed wild birds. Birds Canada joined the project in 2009 and in 2013 the project expanded globally and has become the world's largest biodiversity related Citizen Science project. More information can be found at [www.birdcount.org](http://www.birdcount.org).

Fishermen can participate in programs sponsored by the South Atlantic Fishery Management Council (SAFMC). The SAFMC developed the first Marine Fisheries Management Citizen Science Program with guidance from stakeholders and partners to build projects based on the Council's research needs. The SAFMC has several programs the public can participate in, ranging from specific workshops to acquiring historical photos of SAMFC managed fish to better understand the species and size of fish caught by for-hire fisheries before the start of dedicated catch monitoring programs. The SAFMC Release Program allows fishermen to provide details about released shallow water grouper and Red Snapper using an app called SciFish. Scientists can use this information to better understand which of these fish are being released, what size they are, and how many survive. See the SAFMC website for more information, Citizen Science - South Atlantic Fishery Management Council ([safmc.net](http://safmc.net))

The North Carolina Division of Marine Fisheries (NCDMF) has numerous opportunities for the public to participate in scientific research. One of the popular programs is the Carcass Collection Program that encourages recreational fishermen to donate fish carcasses (head and tail intact after being fileted) by placing these in freezers at designated sites across coastal North Carolina. These carcasses allow biologists to collect length, age,



Tornado spotting



An example of a home weather station



The hobby of back yard birding can also collect valuable data and sex data that can be used in stock assessments to better manage the fisheries resources of the state. This and other programs encouraging public participation can be found at the NCDMF website, [www.ncmarinefisheries.net](http://www.ncmarinefisheries.net) .

The federal government also has a dedicated clearinghouse website listing federal Citizen Science Programs, [www.citizen-science.gov](http://www.citizen-science.gov). You can search by area of interest or by a federal agency.

These are just a few of the Citizen Science opportunities. If you have an interest in learning more or participating in a Citizen Science project, you can simply search the internet for an area that personally interests you to learn what may be available through government or non-government agencies.

### Did you know?

A survey from the National Center for Injury Prevention and Control found that roughly 13.5 million people are stalked in a one-year period in the United States. The same survey found that women are much more likely to be victimized by stalking than men. Nearly one in three women have experienced stalking victimization in their lifetime, compared to one in six men. Stalking falls under the umbrella of a crime known as criminal harassment in Canada, where data from Statistics Canada indicates nearly 15,000 incidents of criminal harassment were reported to police in 2021. And though more than 7,300 cases of criminal harassment were brought before Canadian courts in 2020-2021, just 28 percent of those cases resulted in guilty verdicts.



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question

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OUR SCHOOLS



Keeping the Holidays Alive

Mrs Martin's Visual Art students are still in the holiday spirit! The class decided to build gingerbread houses to extend the Christmas season just a bit more.

Fun Stuff!



Basketball Season Finale



Our home basketball game vs. Pamlico County Middle School will be played on Wednesday, January 17th. Next up are three home games to finish the season - Snowden, Thursday, January 18th at 4pm and Washington Montessori Public Charter, January 22nd at 4pm.



ACS News

Winter, 2023

Established 1997

Volume 1, Issue 2

Pick up the winter edition of ACS News at locations around the county or email [maureen.donald@arapahoecharter.org](mailto:maureen.donald@arapahoecharter.org).

Arapahoe Charter School Proudly Serving a Five-County Region

### Students on a Mission to Make a Difference

A group of Arapahoe Charter School students recently spotted a Habitat for Humanity sign in nearby Realboro and knew they wanted to help. The group's teacher, Martha Newman, grew up in a family well familiar with Habitat for Humanity and knew just what to do.

"Habitat has been a part of my family for many years," says Martha. "In one way or another, each member found a way to support the organization and grew up understanding it was an important part of giving back."

The rest fell in place quickly with the students anxious to make a difference.

"I immediately put my schedule and the Habitat opportunity together, and called the number on the sign," Martha says.

My sister is the Construction Project Manager for Habitat at the Richmond, VA office and has participated in global builds throughout the year.

"What could be better?"

Indeed, "the what could be better" when six Arapahoe Charter School juniors and seniors got ready to work with help from Craig Welling, Pamlico County Habitat Treasurer and Project Manager for the build sites.

Craig was quick to get involved and quickly assigned the group to build a deck on the soon-to-be new home.

"This group of energetic young people jumped into the task immediately," Craig says. "These students took to the assignment with enthusiasm and immediately started practicing with tools, watching how-to videos of deck building, and documentaries about Habitat projects."

This adventurous group got to go off campus and receive hands-on experience, as well as meet their community and volunteer hours required for graduation. Paid employment is the end goal for these students, but getting the students out and learning new skills is a huge part of getting them to a "real" job.

Throughout the project, Craig continued to show the students the processes, the math involved, demonstrated proper tool use, and let them do the work. All the students participated every day and by Friday, Craig and Martha were able to stand in the shade and let the students complete the balusters!

"The students floored me with their enthusiasm, their drive, and teamwork," Martha says. "They never wavered from the task at hand, and the extremely hot temperatures didn't dissuade them from completing the project."

ACS Chief Executive Director Chris Watson, had kind words for the students and their hard work.

"It's projects like this that benefit everyone," says Mr. Watson. "We are so very pleased to support Habitat and at the same time, we are extremely proud of our students."

Craig expressed much of the same praise for these six students who headed back to school with tremendous pride in their work and the hope that they will soon be part of another Habitat build.

"I am honored to have been the teacher involved with such an amazing group of students. In just four short days, I've seen growth in their confidence, work ethic, teamwork, and drive to do and learn more. The students and I look forward to future projects with Habitat, as well as other opportunities to volunteer in our community," Martha says.

Craig also can't say enough for these new, young builders.

"I would be delighted to work again with this group of students," says Craig. "This project celebrates Habitat for Humanity in so many ways."

### Under One Roof

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### Meet Samantha Mills!

By taking CCP courses, this 16-year-old Arapahoe Charter School junior is earning transferable college credits that will count toward a bachelor's degree! She passed three CCP courses last semester and is taking four CCP courses this semester! She hopes to enroll at Appalachian State University.

**Contact PCC today to see how the CCP program can help you, too... free of charge!**

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# AROUND THE COUNTY

## Pamlico Betty Jo Rodgers, *Correspondent*


 I am finishing my article on January 15, 2023. The country is celebrating Martin Luther King, Jr. because it was his birthday. He was a great preacher and civil rights leader who believed in non-violence. January 15, 1922 was the birthday of Josephine Riggs Gaskill, my name’s sake. She was like a second mother to me. Both of these people helped to make me the person I am today.

Pamlico has had some stormy, windy weather. Our yellow lab Jake had surgery by Sherri Hicks at the Oriental Village Veterinary Hospital. Jake is doing well, although he does not like the Zen collar he has to wear. It has required extra time getting him to take his medicine twice a day. I went to the doctor about my back, and I will be scheduled for physical therapy at the Oriental Village Physical Therapy as soon as possible.

Many in Pamlico suffer with respiratory illnesses. So, please remember them and Greg Hubbell in your prayers. He is having triple bypass surgery.

Chubby’s on Highway 55 in Merritt has been open for business for a year. Their new expansion is looking good. If you haven’t stopped by for bar-b-que already, tell them I sent you.

## Whortonsville Reba Tiller, *Correspondent*

 Here it is almost the middle of January so why is time flying so fast? Christmas, New Year’s, now Martin Luther King Day tomorrow, the holidays just keep flying by. Today was a good day at Bethel with thirteen folks attending the service. It was a sad week for those of us who knew Jesse Caton when he was the minister at Bethel for several years. He and his wife were two of the sweetest people I have known. Our prayers go out to his two sons and his family. Wednesdays

Bible Study at Stonewall Methodist Church continues on Wednesdays at 6:30 pm are studying the Book of Nehemiah. This study is for anyone, not just church members. The adult Sunday school class has been studying the Book of Proverbs on Sunday mornings at 10:00 am and would welcome you there as well.

The Youth Group organizational meeting on January 14 was canceled due to illness; however, call Pastor Betty Joe at 252-670-9404, for more information.

Valentine’s Day and Ash Wednesday are both February 14th. Reverend John Farmer, the Bayboro United Methodist Church pastor, will host the lunchtime worship services each Wednesday during Lent. Various clergy from several different denominations will take part. Please invite your pastor to attend the Thursday morning clergy breakfast at Charlie’s each Thursday at 8:00 am and invite all your friends to come to Bayboro UMC every Wednesday during Lent for a short sermon followed by a fellowship meal.

Celebrating birthdays in January are 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. Crying? Take Spiritual Vitamin C. “Cast all your cares upon him; for he cares for you.” (1 Peter 5:7)

## Aurora Joy McCracken, *Correspondent*


 I forgot to tell you about an interesting sight I saw on the south side of the creek on New Year’s Eve morning: at first I thought it was a wake hitting the shore seeing the splashing, then noticed a large amount of Seagulls flying about over the area, then upon using the binoculars thought I saw either Dolphins or some sort of big fish appearing to corral smaller fish using the beaches. The whole procession moved east down the creek. Wild. We’ve been having large flocks of Doves flying in and cruising the lawn. Chipping Sparrows and Cardinals have been shopping there also. Just a handful of Gulls and a couple of Brown Pelicans flying over the creek. The Big Blow on January 9th was intense. I’m glad we had the shutters but even with them saw the windows bow in with the severe south winds. The power went out from that night into the next morning. The trusty generator did its job. Only got a half inch of rain and the winds cleaned out the deadfall from the Palmetto plus bringing down a lot of pine tree debris.



Photo of the Week: Look who made a surprise visit over the Holidays (Clarissa Bonner).

I will miss the afternoon light and the sunsets that include the south side of the creek of half the southern horizon west to east, the sunsets that peek around the point and the overall quiet retreat of the sun. I’m getting good at predicting the time of day with the sun on the water. There are at least three Squirrels in the yard now; the most I can remember since first moving here. I guess they know for certain Lily the Dog isn’t around anymore. Sometimes I still look for her.

# Greene County Health Care (GCHC) is now Contentnea Health

**SNOW HILL, NC** – Greene County Health Care (GCHC) is now Contentnea Health, GCHC leaders announced recently. GCHC operates Pamlico Community Health Center in Bayboro, as well as clinics in Greene and Pitt counties. CEO Melissa Torres said leaders have already started the internal and external processes required to change the organization’s name. The community should start seeing changes in all three counties early this year, Torres says.

The name Contentnea holds a special meaning for people in Greene County, Mrs. Torres said.

“Greene County Health Care started as an idea that people in Greene County should have access to medical care in their county,” said Mrs. Torres. “From that idea, leaders in North Carolina, and Wilson and Greene counties, created Walstonburg Community Health Program (WCHP). Their concern for the community, and their commitment to making a difference, resulted in the building of Walstonburg Clinic.” The clinic officially opened to the community during an open house April 8, 1973.

The goal of GCHC leaders as they considered a name change was to honor the organization’s history and position the organization for growth, and the name Contentnea Health meets both goals, Mrs. Torres said.

The name Contentnea Health comes from Contentnea Creek. “There’s just a beautiful parallel in our history that can be found in Contentnea Creek,” says Dr. Holly Warren, a Greene County native and internal medicine doctor at GCHC. The creek starts in Wilson and flows south and east - much like the growth of Greene County Health Care, she said. Today, Contentnea Health serves patients in a 17-county area through its sites in Greene, Pitt and Pamlico counties. Clinics in each county offer medical, dental and behavioral health care.



“Contentnea is an inclusive name that honors and preserves our history while not limiting us to a specific geographic area,” Mrs. Torres says. “The name Contentnea and our new logo represent our three counties and shows a forward motion. As Greene County Health Care, we were always moving forward in a growth path. Over the last 50 plus years, we’ve expanded the number of clinics and our services, and found new ways to be innovative in delivering care.”

In addition to the five clinics in Greene, Pitt and Pamlico counties, Contentnea Health operates a school-based clinic at Greene Central High School. Contentnea Health also uses mobile units to offer primary dental care to elementary students on site in Greene in Pitt counties, and medical care to farmworkers and other members of the community. Contentnea Health also offers

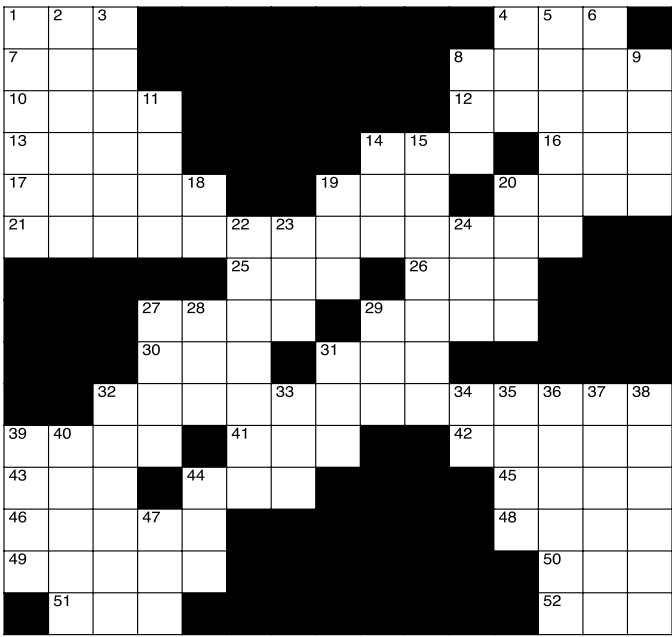
telehealth for some patients.

“We recently started a project with the Pitt County Schools to expand school-based services,” Mrs. Torres says. School system leaders announced recently they will house those services at J.H. Rose High School. “This is a first step in our growth as Contentnea Health,” Torres says. “We will continue looking for new ways to innovate, expand services and develop partnerships to best serve the health care needs of our communities.”

Contentnea Health (Contentnea) provides medical, dental and behavioral health care for the entire family from locations in Greene, Pitt and Pamlico counties. Contentnea Health’s mission is to provide compassionate, quality care every day to all. Contentnea’s vision is healthy people, healthy families and healthy communities. Contentnea Health is an equal opportunity health care provider and does not discriminate based on race, color, national origin, sex, age, disability or insurance status.

“The worst part of online shopping is having to get up and get your credit card from your wallet.”  
—Anonymous

# CROSSWORD

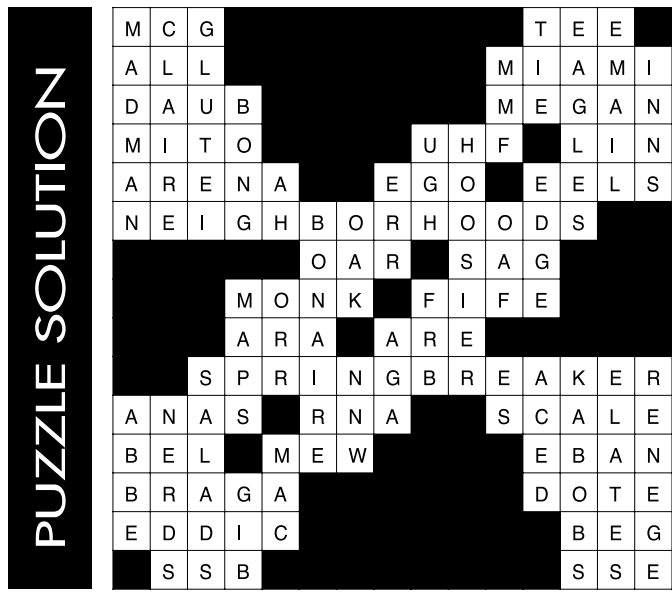


### CLUES ACROSS

1. Microgram  
4. Where golfers begin  
7. Each  
8. Warm weather metropolis  
10. Coat with sticky substance  
12. Girl’s given name  
13. Myth (Spanish)  
14. Ultrahigh frequency  
16. Former NBAer Jeremy  
17. Where rockers work  
19. Your consciousness of your own identity  
20. Soft-finned fishes  
21. Localities  
25. Paddle  
26. Union  
27. Member of religious community  
29. Small shrill flute
30. Small constellation in the Milky Way  
31. They \_\_\_  
32. College kid on vacation  
39. de Armas and Gasteyer are two  
41. Part of the human body  
42. A progressive grading  
43. Sound unit  
44. Noise some birds make  
45. Abba \_\_, Israeli politician  
46. Portuguese city  
48. Be extremely, uncritically fond of  
49. Resembling old Norse poems  
50. Ask for out of extreme need  
51. Sino-Soviet block (abbr.)  
52. Midway between south and southeast

### CLUES DOWN

1. An insane person  
2. \_\_ Boothe Luce, American author  
3. Buttock muscles  
4. Men’s fashion accessory  
5. “Hotel California” rockers  
6. Electronic communication  
8. Magnetomotive force (abbr.)  
9. Hostelry  
11. A way to resound  
14. Exclamation: yuck!  
15. A resident of Indiana  
18. Exclamation of surprise  
19. Make a mistake  
20. Boundary  
22. Antilles island  
23. It’s used to make furniture  
24. Clod
27. They indicate where places are  
28. Bobby \_\_, NHL champ  
29. Prints money  
31. Honorable title (Turkish)  
32. Appetizers  
33. Midway between north and northwest  
34. Spanish be  
35. Breezed through  
36. Grilled dishes  
37. In a way, excites  
38. Change mind  
39. A French abbot  
40. Popular candy  
44. Partner to cheese  
47. Wood or metal bolt

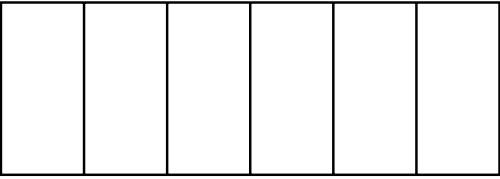


“I love airports because the rules of society don’t apply. Eat a pizza and have a glass of wine at 7 am while in track pants. Nobody cares.”  
—Anonymous

# WORD SCRAMBLE

Rearrange the letters to spell something pertaining to slow cooking.

R O K C O E



Answer: Cooker

Guess Who?

I am an actor born in New York on January 16, 1980. I started my musical career in a comedy hip hop group. I have achieved immense fame after creating groundbreaking Broadway musicals and contributing to movie soundtracks.

Answer: Lin-Manuel Miranda



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**REQUEST FOR PROPOSALS**

The Town of Oriental is seeking bidders for the Dredging of Pierce Creek. The RFP and associated documents are available at [www.townoforiental.com](http://www.townoforiental.com) under BIDS, or at Town Hall, 507 Church St Oriental, NC between the hours of 8AM and 4 PM M-Th, 8AM-3PM F.

The proposals will be opened at Town Hall (address above) on January 18, 2024, 2PM.

The Board has the right to reject any and all proposals. A mandatory pre-bid meeting will be held January 16, 2024, 11AM at Town Hall.

Questions can be directed to Diane H. Miller, MPA, ICMA-CM at [manager@townoforiental.com](mailto:manager@townoforiental.com).

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE**  
**PAMLICO COUNTY SUPERIOR COURT DIVISION**  
**NOTICE TO CREDITORS AND DEBTORS OF CARLTON MAXWELL MUSE**  
File No.: 23 E 258

All persons, firms and corporations having claims against deceased, are notified to exhibit them to JOHN R. COONEY, III OR CARLY M. SCHNEIDER, CO-EXECUTORS on or before April 2, 2024, 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 Co-Executors.

This 3rd DAY OF JANUARY 2024

ESTATE OF CARLTON MAXWELL MUSE  
ESTATE OF CARLTON MAXWELL MUSE  
C/O JOHN R. COONEY, III  
C/O CARLY M. SCHNEIDER  
583 MILLS RD.  
1301 CHIMNEY HILL DRIVE  
ORIENTAL, NC 28571  
APEX, NC 27502

Publish JANUARY 3, 10, 17 AND 24, 2024

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE**  
**PAMLICO COUNTY SUPERIOR COURT DIVISION**  
**NOTICE TO CREDITORS AND DEBTORS OF MELINDA PENKAVA-SMITH**  
File No.: 23 E 259

All persons, firms and corporations having claims against deceased, are notified to exhibit them to KEITH N. SMITH, EXECUTOR on or before April 2, 2024, 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 3rd DAY OF JANUARY 2024

ESTATE OF MELINDA PENKAVA-SMITH  
C/O KEITH N. SMITH, EXECUTOR  
412 SOUTH WATER STREET  
ORIENTAL, NC 28571

Publish JANUARY 3, 10, 17

AND 24, 2024

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE**  
**PAMLICO COUNTY SUPERIOR COURT DIVISION**  
**NOTICE TO CREDITORS AND DEBTORS OF PARRINE MURPHY OLLISON**  
File No.: 18 E 52

All persons, firms and corporations having claims against deceased, are notified to exhibit them to TAKITTA R. OLLISON BARBER, EXECUTOR on or before April 2, 2024, 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 3rd DAY OF JANUARY 2024

ESTATE OF PARRINE MURPHY OLLISON  
C/O TAKITTA R. OLLISON BARBER, EXECUTOR  
212 W. SUNSET BLVD  
COVE CITY, NC 28523

Publish JANUARY 3, 10, 17 AND 24, 2024

**Notice to Creditors**

North Carolina, Pamlico County  
All persons, firms and corporations having claims against the Estate of Barbara Dudley Best, deceased, of Bayboro, NC, are notified to present the same to the personal representative listed below on or before April 10, 2024, or this notice will be pleaded in bar of recovery. All debtors of the said estate are asked to make immediate payment.

This the 10th day of January, 2024.

Cindi M. Quay, Administrator  
CTA of the Estate of Barbara Dudley Best  
c/o Quay & Associates, P.A.  
412 Broad Street  
New Bern, NC 28560

PUBLICATION DATES: 1/10/24, 1/17/24, 1/24/24, 1/31/24

**PAMLICO COUNTY BOARD OF ELECTIONS**  
**Notice of Primary**

This is an official notice of an election to be conducted

in **PAMLICO** County on **03/05/2024**.

An Election Notice will be prepared not later than 100 days before a regularly scheduled election that permits absentee voting, and as soon as practicable in the case of an election or vacancy election not regularly scheduled. For a second primary, an Election Notice will be prepared, no later than the day following the date the appropriate board of elections orders that a second primary be held.

As soon as ballot styles are printed, this county board of elections will update this notice with the certified candidates for each office and ballot measures and referenda questions that will be on the ballot. For General Elections during even-numbered years, ballots will be printed **60 days** prior to the election. For statewide primaries and other elections (except municipal elections), ballots will be printed 50 days prior to the election. Municipal ballots are available **30 days** prior to Election Day. **You must request an updated Election Notice.**

**Transmitting a Federal Write-in Absentee Ballot:**

This notice may be used in conjunction with the federal write-in absentee ballot (FWAB). Covered military & U.S. citizens living outside the U.S. seeking to vote by absentee ballot may use the FWAB to register to vote, request an absentee ballot, and vote an official military-overseas ballot. When using the FWAB to register to vote, and/or request an absentee ballot, please transmit your signed and completed FWAB no later than **5:00 p.m. on the day before Election Day**. If submitted later than this day and time, your absentee ballot will not be counted. Federal write-in absentee ballots are available at [www.NCSBE.gov](http://www.NCSBE.gov). You may also request a regular absentee ballot by using the federal postcard application (FPCA), available at [www.FVAP.gov](http://www.FVAP.gov). A regular ballot can be mailed, faxed or emailed to you. You may return the FWAB or a regular absentee ballot by mail, secure fax (1-919-715-0351) or email ([absentee@ncsbe.gov](mailto:absentee@ncsbe.gov)).

**Marking a Federal Write-in Absentee Ballot:**  
When marking a FWAB, for each

office for which you wish to vote, write in either a candidate's name or political party designation. For ballot measures or referenda, write either "YES" (you are for the ballot measure or referendum) or "NO" (you are against the ballot measure or referendum). In a primary, if you are registered as Democratic, Green, Libertarian, or Republican, for partisan contests, you may only vote for the candidates of the party for which you are affiliated. You are also eligible to vote for non-partisan contests. If you are registered as unaffiliated ("independent"), in a primary, you may choose to vote for the partisan contests of one of the parties or you may choose to vote for non-partisan contests only. Please contact your local board of elections to confirm your party affiliation or voter registration status.

Please check the website for the NC State Board of Elections ([www.NCSBE.gov](http://www.NCSBE.gov)) for additional information on military-overseas absentee voting.

RUN DATES

1/17/204

1/24/24

1/31/24

**NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE**  
**PAMLICO COUNTY SUPERIOR COURT DIVISION**  
**NOTICE TO CREDITORS AND DEBTORS OF FRANCIS JOSEPH MURPHY, JR**  
File No.: 24 E 8

All persons, firms and corporations having claims against deceased, are notified to exhibit them to BRIAN MURPHY, EXECUTOR on or before April 16, 2024, 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 17TH DAY OF JANUARY 2024

ESTATE OF FRANCIS JOSEPH MURHY, JR  
C/O BRIAN MURPHY  
40 GREATBROOK RD  
MILFORD, NH 03055

Publish JANUARY 17,24,31 AND FEBRUARY 7, 2024

| INCIDENTS  | PROPERTY TRANSFERS   |
|--|--|
| Jan. 4, Main St., Bayboro, possession of drug paraphernalia not for marijuana  | Jan. 8, Forestshore Estates Lot: 8, PCA 38-4; Map DB 698/635 from George Andrew Elvin to Michael W. Miller, Catherine S. Miller, \$205   |
| Jan. 4, Foxwood Trail Rd., New Bern, break or enter any building - intent commit felony/larceny  | Jan. 8, 1/6 AC N/S Dawson Creek & W/S Tarklin Creek, ¼ AC Tarklin Creek & Cow Pen Gut, PIN: H091-114 from Peggy C. Pittman to Shannon Pittman Kirby, Dalton Bailey Lail, Katilyn Rae Cobb, \$0   |
| Jan. 4, Main St., Bayboro, warrant for arrest operate motor vehicle while fleeing/attempt to elude lawn enf. (F), Warrant for arrest second degree kidnapping, warrant for arrest reckless driving to endanger, warrant for arrest injury to personal property, warrant for arrest driving while license revoked - not impaired revoked, warrant for arrest resist/delay/obstruct public officer, warrant for arrest fail to stop steady red light, warrant for arrest exceeding posted speed, warrant for arrest fail to burn headlamps | Jan. 8, 2.15 AC W/S NCSR 1205 Riggs Rd; Lot 2 Map DB 392/270 from Filiberty Solano Peralta, Jr., Samantha Solano, Samantha L. Solano to Arthur Charles Harris, Macy Jordan Harris, \$440   |
| Jan. 5, Main St., Bayboro, order for arrest child support  | Jan. 8, 1.5 AC NC Hwy 306 PCA 98-9 from Wanda L. Hollowell to Jerald Pichardo Madrid, \$52   |
| Jan. 5, Main St., Bayboro, possess controlled substance prison/jail premises, possess methamphetamine  | Jan. 8, Natures Run on Dawson Creek Lot: 1, Boat Slip 8; PCA 178-2 from Karrus Ventures, LLC to Nature's Run Homeowners Association, Inc., \$0   |
| Jan. 5, NC Hwy 304, Bayboro, injury to personal property   | Jan. 9, Sail Loft Lot: 9, MB 6/83 PIN: 1092-4-9 from Marilyn Plavocos Arnone to Patrick Frank Nocera, Marilyn Plavocos Arnone, \$0   |
| Jan. 5, NC Hwy 306 N., Grantsboro, warrant for arrest assault on a female  | Jan. 9, Timber Point 8.45 AC Tract E PCA 142-6, PIN J05-3 from Timberlands East, LLC to JS Natural Resources, LLC, \$102   |
| Jan. 6, NC Hwy 55, Grantsboro, harassment  | Jan. 9, 7.456 AC; Tract 1 PCB 11-16 from Timothy Asher Buck, Lisa Scott Buck to Buck Land Company, LLC, \$80   |
| Jan. 6, Creek Place Rd., Arapahoe, simple assault  | Jan. 9, Buccaneer Bay West - Section IV Lot: 112, 1.62 AC; PCB 1204 & PCA 53-3; Buccaneer Bay West - Section IV Lot: 113, 1.62 AC; PCB 12-4 & PCA 53-3; Buccaneer Bay West Boat Slips Boat Slip 2 PCA 32-9 from Louis V. Savarese, Denise A. Savarese to Scott H. Britton, Shannon S. Britton, \$86  |
| Jan. 6, Fairview Ct., Bayboro, overdose  | Jan. 9, Windward Estate Lot: 4, PCA 103-9 from Christopher Jones, Mary Beth Jones, Mary Beth McManus to Charles F. Boahn, Jr., Jane L. Boahn, \$60   |
| Jan. 7, Water St., Bayboro, assault on a female by male at least 18 years of age   |  |
| Jan. 7, Lupton Lane, New Bern, death investigation   |  |
| Jan. 8, Water St., Bayboro, suspected domestic violence protection order violation (misdemeanor)   |  |
| Jan. 8, Paul Farm Rd., Grantsboro, second degree trespass  |  |
| Jan. 8, Halls Creek Rd., New Bern, attempted obtain property by false pretenses  |  |
| Jan. 9, N. Third St., Bayboro, overdose  |  |
| Jan. 10, N. Third St., Bayboro, warrant service  |  |
| Jan. 10, Cheryl Dr., Bayboro, death investigation  |  |
| Jan. 11, NC Hwy 306 S., Grantsboro, death investigation (attended)   |  |
|  | <b>INSPECTIONS</b>   |
|  | Dec. 28, Samuel Ramsey, Bayboro, mechanical, \$110; Jeff Tarantino, Merritt, mechanical, \$50  |
|  | Dec. 29, Mike Magyaros, Minnesott Beach, CAMA, \$121.60; Alex Lee, Oriental, CAMA, \$512.60; Dollar General, Arapahoe, electrical, \$50  |
|  | Jan. 2, Bobby Spencer, Alliance, electrical, \$50; Chris Broughton, Alliance, new residence, \$1,131.38  |
|  | Jan. 3, Tranquilo, LLC, Bayboro, CAMA/ Retaining Wall & Gazebo, \$106; Steven Heiner, Oriental, mechanical, \$100; David Roletter, Oriental, porch-deck, \$113.40; Gary Prado, Arapahoe, CAMA Pier/ Dock/Boathouse, \$153.04; Gary Prado, Arapahoe, CAMA Bulkhead, \$115; Mike Holsomback, Merritt, CAMA bulkhead, \$154; Paul Montayne, Arapahoe, CAMA Pier/ Dock, \$108; Stephen Carpenter, Oriental, CAMA Boat Lift, \$135.04; Robert Cameron, Arapahoe, CAMA bulkhead; Derrick Carter, Arapahoe, CAMA, \$105.25; Jonathan Jones, Arapahoe, CAMA Pier/Dock/Bulkhead, \$132.50 |
|  | Jan. 4, Sea Gull Villas, Arapahoe, dock, \$71.60; Wyatt Taylor, Arapahoe, mechanical, \$50; Arnie Downes, Merritt, mechanical, \$50; Joe Pigeon, Merritt, mechanical, \$50; Steven Dumbauld, Oriental, mechanical, \$50; Earl Westphal, Jr., Oriental, plumbing & electrical, \$100  |
|  | Jan. 5, Keith Tyndall, New Bern, deck, \$96.08; John Webb/M. Gitter, Grantsboro, electrical/temp pole, \$50  |

demand for nurses figures to grow

The demand for qualified, talented nurses figures to grow in the years to come. According to the U.S. Bureau of Labor Statistics, more than half a million nurses are expected to retire by 2022. Couple that with an existing nursing shortage, and the BLS projects a need for 1.1 million registered nurses in the near future. A shortage also figures to affect Canada, where the Canadian Nurses Association recently estimated that the country would be forced to confront a nursing shortage of roughly 60,000 nurses by 2022. Various factors are contributing to the nursing shortage in both countries, including an increasingly large aging population that will require more and more nurses to meet its health care needs. In the United States, the Affordable Care Act, which was passed in 2010, increased access to health care for millions of people across the country, thereby creating a greater need for nurses and other health care professionals. In addition, a greater emphasis on preventive care in many countries across the globe figures to compel more people to visit their physicians even when they're otherwise feeling healthy. As more people prioritize preventive care, the need for more nurses will likely increase.



***There’s still time to register  
for the Spring 2024 semester,  
but you need to act FAST!***  
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