

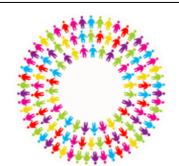
Vol. 56 No.41, 14 Pages

# The Pamlico News

Wednesday, October 9, 2024

Your County News Source Since 1968

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## Pamlico Partnership for Children

## **CPR Class**

Pamlico Partnership for Children at 702A Main Street in Bayboro will be offering a CPR Class on October 22, 2024 at 6pm. The registration cost is \$75 and includes the CPR card. Call in advance to reserve space as class size is limited. 252-745-7850.

## Marine Fisheries Commission seeks advisers

MOREHEAD CITY - The N.C. Marine Fisheries Commission is looking for commercial and recreational fishermen, scientists, and other interested parties to sit on various fisheries advisory committees.

Two regional advisory committees - Northern and Southern - and three standing advisory committees - Finfish, Habitat and Water Quality, and Shellfish/Crustacean - review matters referred to them by the commission, such as draft Fishery Management Plans and Coastal Habitat Protection Plans. Committees may also bring fisheries issues pertaining to their region or subject matter to the commission's attention.

The Marine Fisheries Commission chairman appoints members to these committees for three-year terms, and several terms will expire in January.

To qualify to serve on a committee, applicants must not have had a significant fisheries violation within the past three years.

Individuals interested in serving as an adviser should be willing to attend meetings at least once every two months and actively participate in the committee process, which includes reviewing scientific documents and issue papers to make recommendations on management strategies. Advisers who complete the necessary paperwork will be reimbursed for travel and other expenses incurred in relation to their official duties.

To apply to serve as an adviser, please complete the online form located on our website at https:// www.deq.nc.gov/dmf. Printable applications may also be accessed at https://www.deq.nc.gov/mfc-advisory-committee-application/download or by calling 252-515-5500. All applications must be submitted by Nov. 4, 2024, online, by mail to: N.C. Division of Marine Fisheries, P.O. Box 769, Morehead City, N.C. 28557, Attention: MFC Office, or by email to MFC@deq.nc.gov with the subject line: AC Application.

> For More Information Contact: Patricia Smith Phone: 252-515-5500

# Pamlico Loses in Overtime



Tariq Barber blows past a Northside defender for a big gain

through, there has never been any lack of effort or quit on the field. The Hurricanes began a drive at the end of the 1st quarter that culminated with an 11-yard rushing touchdown by Eric Brantley with 11:25 remaining before halftime to put Pamlico on the board. Pamlico wasn't finished yet. After a fumble recovery, Tariq Barber took a handoff and sprinted 82 yards to the endzone and with the extra point, things were all tied up, 14-14. You want more, we've got more. After forcing a Northside punt, VJ Midgett took the kick back 40-yards for a score to put Pamlico up 20-14. Northside responded with a rushing touchdown of their own and took a 21-20 lead into halftime. The 3rd quarter belonged to the Panthers as they were able to put two scores on the board and take a 35-20 lead into the final period. While many teams would have folded right about now, the Hurricanes showed their resiliency. They began with a sustained ball control drive

■ Continued on Page A6

The Pamlico County High

School football team traveled to Northside-Pinetown to open the Coastal Plains Conference portion of their schedule last Friday against the Panthers. It was Northside's

homecoming game and if you are

picked as a team's opponent for homecoming, it is usually because

they believe you will be an easy win. Pamlico proved to be anything but that on Friday. The

Panthers started strong, capitaliz-

ing on a pair of Hurricane turn-

overs in the 1st quarter to take an

early 14-0 lead. One thing is for

certain however, for all the tri-

als and tribulations the 2024 edi-

tion of Pamlico football has gone

# OL' Front Porch Music Festival

by: Hiram Lupton

The 10th annual Ol' Front Porch Music Festival played out last Friday and Saturday with great weather (not a tropical storm in sight), great crowds, and of course GREAT music. An impressive array of talent performed on the main stage but also on various porches around town, after all that's where the event got it's name. The genre of the music was also varied. There was of course Bluegrass and bluegrass influenced acts, but there was also Folk, Jazz, Blues, Country, Cajun Zydeco, Rock, and Swing, and many performers that shook all these types of music together and come out with their own eclectic mix of sound (anybody catch the Shoaldiggers). You could also feel the presence of God at the Oriental Methodist Church when the Gospel Ensemble raised the roof with two inspired performances. Bands from across the state and country performed as well as local favorites and festival staples like Harbor Sounds, Moores Creek Bluegrass, Brant Island Strings and many others. An outstanding FREE two days of music made possible by a dedicated team of volunteers, generous sponsors, and of course some great talent.









**Buffalo Nichols** 

## Relief Help to the Mountains

Submitted by Terry Cannan, Arapahoe



Many groups and organizations have or are headed to western NC to assist our fellow North Carolinians. Arapahoe Mayor Ken Heath got the ball rolling for our area to help this past weekend. Arapahoe folks and folks in surrounding areas have stopped by our town hall all week. First trailer load left this evening headed to Spruce Pine. That trailer was packed thanks to local generosity. Thank you Arapahoe and Minnesott citizens and thank you to all who donated from Broad Creek Christian Church. Thank you to those who have sorted and boxed and toted items. Thank you to the Churches who have donated and to all who continue. There are long lists of much-needed items and those things will be needed for a long while. We are blessed to be good and caring people in times of disaster and devastation.











Saturday, October 12th 79° Hi Sun throughout the day





Sunday, October 13th Sun throughout the day



# FORESTRY MULCHING

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# COMMUNITY

## **OBITUARIES**



Bayboro passed away Wednesday, October 2, 2024, at CarolinaEast Medical Center.

He was preceded in death by his wife, Susan Garner and son, Jonathan Garner.

A loving father, grandfather, and brother, he will be deeply missed by his daughter, April Major and husband, David; son, Jason Garner and wife, Leah; daughter-in-law, Lisa Garner; sisters, Patsy Wilson and husband, Marvin, and Joan Driggers and husband, Roger; and his

Terry R. Garner, 79, of grandchildren, Chris Major, Katie Major, Elizabeth Andrews and husband, Aaron, Austin Garner, and Patrick Garner.

> A memorial service to honor Terry's life was Saturday, October 5th at Daniels-Sadler Funeral Home Chapel with the Rev. Earl Sadler, Jr. officiating.

> The family received friends prior to the service at the funeral home.

> As an expression of sympathy, memorial contributions may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

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



**Dorothy Spruill Tingle,** 94, of Oriental passed away Friday, October 4, 2024, at Crystal Coast Hospice House in Newport. She was preceded in death by her husband of 70 years, Raymond Tingle, Sr.

She was a graduate of Oriental High School and Atlantic Christian College. She retired from Pamlico County Schools in 1990 after 33 years of service.

Her favorite pastimes were great grandchildren, jigsaw puzzles, game shows, word searches, college basketball, and time spent with friends in the evening at the river. She raised her family less than one mile from where she grew up in the Ashwood community.

She is survived by her children, Julia Tingle, Linda Burton, and Raymond Tingle, Jr.; grandchildren, Ronald Burton, Jr., Carol Kirchhoff (Charlie), and John-Michael Harrison (Daniela); six great-grandchildren; and two special nieces, Wanda Forrest and Cathy Dunbar.

A funeral service to honor Dorothy's life was held Tuesday, October 8th at Oriental United Methodist Church.

As a longtime member of Oriental United Methodist Church and charter member of the Dorcas Circle, she requested memorials and donations be directed to OUMC, PO Box 70, Oriental, NC 28571.

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

## SECU Foundation Donates \$3.75 Million in Disaster Relief to Aid Western North Carolina Communities

RALEIGH, N.C. - In response to the catastrophic flooding, landslides, and widespread destruction in Western North Carolina from Hurricane Helene, the SECU Foundation Board of Directors approved a \$3.75 million disaster relief package to assist communities affected. Funding will be awarded to five organizations that have operations underway to immediately provide water, food, supplies, shelter, and other emergency services to those in need. Grantees include:

- \$1 million to Feeding the Carolinas
- \$1 million to The Salvation Army of the Carolinas
- \$1 million to Baptists on Mission
- \$500,000 to the American Red Cross North Carolina
- \$250,000 to Meals on Wheels North Carolina

These funds are designated as general purpose to give the organizations the maximum flexibility to serve their communities.

"The impacts of Hurricane Helene will be felt for a long time and the needs of those affected are many," said SECU Foundation Board Chair Chris Ayers. "The Foundation grants will provide some much-needed relief to help address the increased demand for services as these organizations respond to community needs. We are grateful for the unwavering commitment of these non-profits and their volunteers."

"The devastation that Hurricane Helene brought to our Western North Carolina family, friends, and neighbors is tremendous," said SECU Foundation Executive Director Jama Campbell. "North Carolina faces unbelievable challenges, and we need each other now more than ever. Our Foundation will continue to monitor relief efforts and help our communities on this long path of recovery."



## ARIES - Mar 21/Apr 20

Aries, you might have been thinking about making changes for a very long time. One of the biggest changes could be moving home base. Look at real estate.



## TAURUS - Apr 21/May 21

Taurus, even if you're not sure what to do this week, you may have to make a decision quickly. Take an innovative approach when mulling your options



#### if need be. GEMINI - May 22/Jun 21

Nothing but pleasant energy will surround you this week, Gemini. Use it to your advantage to get a lot of things done at your own pace. Then you can enjoy a night or two out this week.



#### CANCER - Jun 22/Jul 22 Don't let a cranky beginning to the

week ruin the rest of it. There are plenty of days to recover and have a good time with friends and family.



## LEO - Jul 23/Aug 23

Leo, typically you enjoy being the center of attention and being gregarious with others. This week you might want to step back and enjoy some quiet time at home.



## VIRGO - Aug 24/Sept 22

Just when you thought you wouldn't hear back from someone you thought was out of your life, he or she turns up again, Virgo. You are not sure how to feel about this.



## LIBRA - Sept 23/Oct 23

This week could prove to be all about the unexpected, Libra. Some things may not go according to plan, but it can be fun to be on a little bit of an



## SCORPIO - Oct 24/Nov 22

Scorpio, you are in a home-driven mood, with plans for renovation on your mind. While you are full of inspiration, the only thing holding you back



SAGITTARIUS - Nov 23/Dec 21 Sagittarius, if someone had predicted last year where you'd be right now, vou might not have believed it. But just look at how far you have come in such a short amount of time.



#### You might be walking on shaky ground, Capricorn. Certain variables are shift-

CAPRICORN - Dec 22/Jan 20

ing, and you need to plan for a way to navigate the new situation. Trust your gut.



#### AQUARIUS - Jan 21/Feb 18 You are always there for other peo-

ple when they need you no matter how inconvenient that can be for you, Aquarius. This week someone else steps up and take the weight off you.



## PISCES - Feb 19/Mar 20

Pisces, you are in a dreamy mood and everything seems like you are looking through rose-colored glasses. Have fun while it lasts, but don't venture too far away from reality.

## **LIBRA** Traits & Overview

Libra (September 23 - October 22) is an air sign represented by the scales (interestingly, the only inanimate object of the zodiac), an association that reflects Libra's fixation on balance and harmony. Libra is obsessed with symmetry and strives to create equilibrium in all areas of life. These air signs are the aesthetes of the zodiac: Ruled by Venus, the planet that governs love, beauty, and money, Libras adore high art, intellectualism, and connoisseurship. Suave Libras need to surround themselves with stunning objects and create environments that reflect their exquisite tastes. Accordingly, these air signs make excellent designers, decorators, art critics,

While Libra's opposite sign, Aries, represents "me," Libra symbolizes "we." Relationships are paramount for Libras, who find balance in companionship. They love harmonious partnerships with fashionable mates, especially those who make attractive arm candy. (Libra governs the skin, and these air signs are highly motivated by physical appearance. There's no better way for a Libra to relax than with a luxurious face mask.)

FOR ENTERTAINMENT PURPOSES ONLY

# THIS WEEK IN HISTORY

by: Hiram Lupton

- October 9th Today is Leif Erikson Day.
- October 10th Today is National Metric Day. I'll stick with inches, feet, and yards.
- · October 11th Today is World Egg Day. I need to find out when World Chicken Day is and see if it comes first.
- October 12th Today is National Farmer's Day. Thank the folks who grow our food.
- October 13th Today is National No Bra Day. I offer my support for this holiday. Also, The United States Navy celebrates their 249th Birthday today.
- October 14th Today is National Dessert Day. I'll save room for it.
- October 15th Today is National Pharmacy Technician Day. Today is also National Grouch Day and I want my recognition.

#### **BIRTHDAYS THIS WEEK**

October 9th - 1940, John Lennon

October 9th - 1948, Singer/songwriter Clyde Jackson Browne October 10th - 1974, Race car driver Ralph Dale Earnhardt, Jr.

October 13th - 1962, Football Hall of Famer Jerry Rice

October 13th - 19??, Judge and Cross-Country Running Coach, Paul Delamar III

October 13th - 19??, Pharmacist Lori Altman October 13th - 1959, Entertainer Olive Marie Osmond

October 14th - 1927, Actor Roger Moore





## Thank You from the Board of the Ol' Front Porch Music Festival

The OI' Front Porch Music Festival is grateful to this community for helping us make the 10th Festival one to remember. Thank you to the many, many volunteers who performed jobs big and small.

Thanks to the generosity of this community, we raised \$4,731 for the Station 19 / OUMC fundraiser for Western North Carolina Disaster Recovery.

Thank you to the Festival sponsors and to all who made financial contributions to help us keep the festival free this year and every year. Thanks to Chris Daniels and Conner Daniels for making each band on the Riverfront Stage sound so good. Thanks to the volunteers from all the non-profit organizations that provided food for festival-goers, and to the local restaurants that partnered with them. Thanks to the craft vendors for giving folks the opportunity to do a little shopping while enjoying the music. Thanks to Keith Smith at Town Dock for reminding the community what was happening each day, and keeping the OFPMF website up to date as schedules changed. Thanks to Hiram Lupton for posting his Festival photos to Facebook.

Thanks to the businesses and homeowners all over town for hosting performers on their porches and putting up with people parking on their lawns. Thanks to Master Chief Dave Matthews and the cadets of the Navy JROTC at Pamlico County High School, and deputies from the Sheriff's office, for helping with traffic control. Thanks to the Town of Oriental staff who hung our street banner, spruced up the park, and provided traffic barriers, water and electricity (and probably did lots of other things we were not even aware of!).

We are grateful to the Oriental Tourism Board for supporting the festival through their media partnerships, and to Croakerfest for lending us their Information Booth. Thanks to the Inland Waterway Provision Company and the First Citizens Bank, who sold OFPMF merchandise in advance of festival weekend, and to New Village Brewery and the Silos for hosting fundraisers for the festival. Thanks to Oriental United Methodist Church who allowed us to use their labyrinth lot, their parking lot and almost every room in the church for the festival. Thanks to St. Thomas Episcopal Church, Oriental First Baptist Church, the Old Theater and the Oriental Women's Club for providing their facilities for performances and severe weather locations.

Please share your feedback about the festival here. https://olfrontporch.org/survey/

Mark your calendar for next year's Festival: October 3 and 4, 2024. If you want to be part of the volunteer team that makes it all happen, send an email with your contact information to info@ olfrontporch.org.

## Concerned about your drinking?

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

(If you think you may have a problem, you are welcome to attend) Tuesday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church

600 Ragan Rd. in Oriental, NC (2nd brick building on left off Hwy 55)

Thursday \*7:30pm\*\* - Recovery and Beyond Group - Beginner/Open Discussion Meeting at Alliance United Methodist Church, 687 Main Street in Bayboro, NC (close to DSS/Senior Center) Friday 8pm - Oriental Group - Open Discussion Meeting held at the Free Will Baptist Church, 600 Ragan Road in Oriental, NC (2nd brick building on left off Hwy 55).

Sunday \*7pm - Oriental Sunday Night Group - Big Book/12 & 12 Study Meeting held at St. Thomas Episcopal Church, 402 Freemason St. in Oriental, NC (2nd brick church on the left) https://aaeasternnc.org/ https://aanorthcarolina.org/ https://www.aa.org/

## The Pamlico News

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## Land/Home Sales **Property Management** Appraisals Development



## Agent of the Week

**Susan Adams** 

Broker/Veteran Here's what one of Susan's customers had to say ...

Susan Adams did a fabulous job assisting us over the last couple years in finding "the perfect home" for our retirement in Oriental. She made herself available to accommodate our schedules and more importantly, she listened to and understood our wants, needs and "would like to have's". We highly recommend her as an agent. Mariner's standards are honest and above board real estate at its finest. Kudos to Susan and the entire Mariner team. Kris & Jim, Oriental



ORIENTAL - In Heart of the Old Village, 3BR/2BA is not in flood zone & is only 1 1/2 blocks from Neuse River & public beach. Kitchen features SS appliances, tiled backsplash, pantry, and gas range/oven. Sunroom serves as focal point in home with private yet expansive views of fenced backyard with finished storage building and a detached shed

**OFFERED AT \$275.000** 



ORIENTAL - Spacious 3BR/2.5BA home offers comfortable living. Open floor plan seamlessly connects living spaces, making it ideal for family gatherings or entertaining. Three acres of land provide ample space for outdoor activities. Whether you're looking for a peaceful retreat or a place to call home, this property offers a great balance of space and tranquility. Property will be sold as is.

**OFFERED AT \$425,500** 



ARAPAHOE - Exception 3BR/2BA in Minnesott Beach, a short walk to Neuse River & Minnesott Golf & Country Club. Maintenancefree exterior, fireplace in sunroom, Kinetico advanced water softening system with RO in kitchen. Rainbird whole yard sprinkler system serviced by a deep well. Gutter Guards, underground drainage system with gutters, emergency power plugs for portable generators and oversized fiberglass Marathon hot water heater. Not in a flood zone and no HOA!

**OFFERED AT \$445,000** 



ORIENTAL - 3BR/2BA about 1 mile from Oriental. Open concept kitchen-dining-living room with a gas log fireplace and sunroom that opens to a side deck and waterfront patio w/ boat lift on a tributary of Green Creek. Whole-house water softening system, neighborhood has a private boat ramp & parking area for boat trailers.

**OFFERED AT \$ 475,000** 



ORIENTAL - Fully-bulkheaded waterfront 3BR/2BA with dock on protected deep-water. Raised deck, covered screened porch, sun room overlooks Whittaker Creek, formal dining room with brick gas-log fireplace. New 30-year Architectural shingle roof with a transferable warranty was installed in August, 2024! **OFFERED AT \$ 499,500** 



ORIENTAL - Spectacular 3BR/3BA in Village. Living room has vaulted solid wood ceilings & opens to deck with 10'-12' tall privacy wood fencing along backyard. Sunroom offers all wood interior with loft & skylight. 20' X 20' metal detached garage/workshop is fully-insulated with heating & AC, work benches & work tables. There is a full complement of woodworking equipment that is negotiable. Whole-house softening system with RO for kitchen. No HOA or HOA dues!

**OFFERED AT \$ 650,000** 

See all Listings & Visual Tours at www.orientalncwaterfront.com 1-800-347-8246 • 252-249-1014 Or contact Allen Propst 252-671-4644 704 Broad St, PO Box 750, Oriental, NC 28571



# PCC offers students free online tutoring service

By Sandy Wall

Sometimes students need a little extra help to understand their courses' material. To address that need, Pamlico Community College offers a free online tutoring system that features in-demand, around-the-clock

The service is called Tutor.com, and it's easily accessible on the web. It's available for students who take on-campus courses or for those who are enrolled in convenient online classes.

In fact, Tutor.com is accessible directly from every course on the college's Moodle site.

While the service is not new to the college, PCC leaders have launched an effort to ensure students know about this helpful resource.

"PCC students are able to log on at any hour and receive the additional assistance from a real person that they need to tackle difficult concepts in a myriad of college classes," said Counselor/ Career Center Director Cristy Lewis Warner. "I am thankful that there is a resource available at the click of a button to support our students where they need it and when they need it. The system even records sessions so students can go back and review them, as necessary."



The online tutoring service is just another way Pamlico is working to ensure students have every opportunity to succeed. In recent years, the college has been recognized nationally for students' educational outcomes, which makes it a national leader in student success.

Help with coursework isn't the only service offered through Tutor.

"Those students seeking employment have been able to submit draft résumés and cover letters and get support from the platform's writing center to tailor their efforts toward their intended careers," Warner said. "I love that the writing center provides suggestions and guidance,

but doesn't write it for them. Instead, it teaches them how to strengthen their own performance. They can then take those skills forward into their life far beyond the college community."

For more information about Tutor.com, go to https://www. tutor.com/faq. For information about other academic services available at PCC, contact Warner at cwarner@pamlicocc.edu.

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

# PCC Cultural & Life Enrichment Program

Designed to promote personal growth and self-enrichment. This may include courses in leisure activities, non-vocational skill development, learning a new language, discovering a new talent, arts & crafts, media techniques, wellness activities, and much more, as well as musical and theatrical productions. These classes are self-supporting and use the talents and skills of some of our community's gifted residents. For more information and registration, please call:

252-249-1851 x3113, cleclasses@pamlicocc.edu

Women and Girls Empowerment Self-Defense Course

This 2-hour evening class provides strategies for handling threatening situations and boundary violations, such as offensive comments or behavior, encounters with angry individuals, street harassment, and physical or sexual assaults. Participants will learn and practice techniques for setting verbal and physical boundaries, along with other tactics aimed at reducing vulnerability to violence. These skills are designed to enhance safety by increasing awareness, personal presence, and the ability to assess and respond appropriately to dangerous situations. The class includes practice in physical techniques that are accessible to everyone, regardless of physical ability. Please wear comfortable clothing that allows for free movement. Open to females ages

Instructor: Darla Bolon - darlabolon@gmail.com Registration: \$25.55

Date: Nov. 21st (1-day class)

Time: 6:30 pm - 8:30 pm

Astronomical Viewing the Fabulous This class will take you places and beyond - for beginners, arma-

Instructor: Fred Read

Dates: Feb. 18th, 25th & March 4th, 11th, 18th, 25th

Registration: \$48.55 Time: 7:00 pm to 9:30 pm

YOUTH

## **Fall Bird Watching**

The first class will meet in the Delamar Building at 9 a.m. for a slide show, discussion of birding optics and techniques with a short field trip afterwards. Subsequent classes will be held in the field with early morning meeting times.

Instructors: Sheryl McNair and Diane Midness Registration: \$35.55 (4 classes) Dates: Tuesdays, Oct. 8th - 29th

#### **Bridge for Beginners - FREE!**

Learn to play this strategic and social card game and join a club Instructor: Craig Welling Registration: FREE! Dates: Tues., Wed., & Thurs., Oct. 15, 16, 17 Time: 5:30 pm to 7:00 pm

Music Jams! Third & Fifth Thursdays - Free! and Open to the Public - all levels of unplugged playing and enjoyment! 6:00 pm PCC Delamar Auditorium Atrium

## **Quilting Basics**

Join us to learn or review, enhance and renew your quilting desires! We will review binding and try some new projects, tired of the Christmas Stocking? We are going to do the Christmas Mitten. I have a new way to show you framing 5" blocks, we'll do a project from "3yard quilts" books, a stitch and flip review, ways to use 6.5" blocks, placemats, and if you have not tried it yet, paper piecing Courthouse Steps. If you have a project that you need some assistance with or just some definite time to work on it, come to quilting class!

If you want to do a Fall type project or a Christmas project - we will talk about it at the first class.

Materials needed: sewing machine, cutting mat, straight edge, roller cutter, pins, and this time, an iron.

Instructor: Rolayne Schwendy Registration: \$65.55 (5 classes) Dates: Tuesdays, Oct. 8 - Nov. 5 Times: 1:00 – 4:00pm

## **Cultural and Life Enrichment Instructors Wanted!**

Spread your knowledge, showcase your talents, enhance your community's experiences, spark a desire, and share a joy...If you would enjoy sharing a talent, hobby or skill with enthusiastic students who are often of like mind and vast experiences themselves, then...Come on down to Pamlico Community College and be a part of a stress-free and fulfilling experience! Please contact us - 252.249.1851 x3113 or cleclasses@pamlicocc.edu



MORE INFO: ORIENTALUMC@ORIENTALUMC.ORG

DEVOTIONS FOR MIDDLE AND HIGH SCHOOL

YOUNG PEOPLE THROUGH CARING, SHARING, AND CONNECTING

## FINANCIAL FOCUS

## Saving for college? Or retirement?



you can to help your children succeed in life. Therefore, you might think that one of the best things you can do is to save for your children's college education. And this is certainly admirable, but could it conflict with your ability to prepare for another key goal — your own retirement?

Of course, this would not be a problem if you had unlimited means, but most of us don't fall into that category. So, given the financial resources and income you do have, how should you approach the college-versus-retirement issue?

Fortunately, it's not necessarily an "either-or" scenario. However, it may make sense to prioritize saving for retirement over college, for two reasons.

First, your children have a lot more time to pay for college than you have to save for retirement. In addition to any grants or scholarships your children may receive, they might need to take out loans. While it's a good idea to keep this debt load as manageable as possible, it's also true that most student loans can be repaid over a long period of time.

And here's the second point: One of the best gifts you can give your children is to be self-sufficient in your retirement. You could easily spend two, or even three, decades as a retiree, so you will need to build considerable financial resources to pay for all those years. Your adult children will have their own financial needs to address, so you'll be doing them a great favor by relieving them of any financial responsibilities on your behalf.

Taking these factors into account, you may want to direct most of your saving and investing efforts toward achieving a comfortable retirement. Consequently, think about putting away as much

If you're a parent, you want to do everything as you can afford into your IRA and 401(k) or other employer-sponsored retirement plan.

Even with this focus on retirement, though, you may find opportunities to save and invest for your children's education. For example, if you receive bonuses or income tax refunds, or your salary goes up, or you're able to free up money from your budget by reducing your debts, you could use these funds to invest in an education savings vehicle, such as a 529 plan. When you invest in a 529 plan, your earnings and withdrawals are federally tax free, provided the money is used for qualified education expenses such as tuition, room and board, books, and computers. Depending on where you live, you may also get some state tax benefits from your 529 plan. And a 529 plan isn't just for college — it can be used for K-12 private school tuition costs, plus expenses from qualified apprenticeship programs, such as those found at trade schools eligible for Title IV federal student aid.

It might not be easy to save and invest consistently for your retirement and your children's education. But both goals are worthy — after all, retirement can last a long time and college is expensive. So, try to develop a financial strategy that can allow you to make progress in both areas — your efforts may well be rewarded.

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

## Edward Jones

> edwardjones.com | Member SIPC

## Job change?

Whether retiring or changing jobs, you'll want to know your retirement account options.



There are four potential options for your 401(k) when leaving an em

- Leave it in your former employer's 401(k) plan, if allowed by the plan. • Move it to your new employer's 401(k) plan, if you've changed employers and your new employer plan allows for it.
- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.

We can talk through your financial goals and find the option that works best for you.



FALL IS HEDE!

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IRT-1948M-A AECSPAD 2

# Pamlico County

# Let's Get Cooking!



I have so many fun memories of participating in 4-H Programs growing up. Raising sheep, goats, and pigs; building rudimentary circuits; learning to sew, completing service projects, gaining leadership skills, and learning about cooking and nutrition. Many of these learning opportunities were the foundations of life skills I'm still utilizing today. Perhaps none more so than the cooking and nutrition education.

The effects of healthy eating are impactful in so many ways. Good nutrition is tied to supporting and maintaining muscles; boosting immunity; strengthening bones; lowering the risk of heart disease, type 2 diabetes, and some cancers; helps support digestive system function; as well as maintaining a healthy weight. These benefits significantly impact long term health and quality of life.

We are happy for youth to have the opportunity to learn about good nutrition, develop safe food preparation practices, and learn about the world. Chopped! International is a 4-H Spin club meeting the fourth Tuesday of the month at the Craven County Cooperative Extension Office. Our first day we learned about Thailand, and created a Thai Curry. In our next session we will be learning about Portugal, and making Peri Peri chicken and a Portuguese style salad. (There are a few spaces left for our October program.) We have to more sessions this year of our Chopped! International: October 22nd, and November 26th. There are still some spaces open!

While we are all in on learning about nutrition and safe food practices! We are also stoked with our Sew Much Fun program! We are working on our own projects and I am super excited to see all the creative work our 4-Hers are doing. We are also looking forward to spring 4-H Fun!

Registration for the Coastal Plains Chicken Show will be coming out in the beginning of December! The Coastal Plains Chicken Show is an awesome opportunity for youth to raise chickens, learn proper poultry care, learn how to show a chicken, and participate in a chicken show. Our 4-Hers and our FFA members had an awesome time last year! We are looking forward to the Coastal Plains Chicken Show 2025!

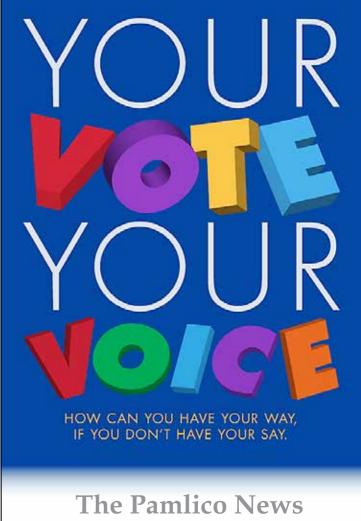
We are also looking forward to 4-H Summer Fun 2025! Sleep Away Camp is an awesome opportunity for youth! Youth will be able to participate in archery, kayaking, rock wall climbing, sports, swimming, boating, and more! As fun as all that is they also have the opportunity to participate in service projects, life skills, and citizenship as 4-H in counties. As well as developing problem-solving skills, growing in communication, and interpersonal skills.



Registrations for 4-H Fall Fun programs are open! If you have questions about any of these programs or would like more information about 4-H in Pamlico County please give us a call at 252-745-4121, or send me an email at kait\_neeland@ncsu.edu.

If you would like to be notified via email about all future programs, please fill out our Update email list, or give us a call! You can also get a head start on registration for specific programs by enrolling in Pamlico County 4-H Online. Participation in all NC 4-H Programs requires enrollment in 4-H Online. You can access the link on our website. If you have any questions about accessing 4-H Online or the enrollment process please give us a call and we will be happy to walk you through it. You can also learn more about 4-H in North Carolina and our programs throughout the year on our website!





# Ready for the Ghostwalk Time Machine?

Historical Society's 34th Annual Event Returns Oct. 24-26 New Bern's founding. The remainder of the

event is self-guided, with historical spirits

NEW BERN, NC What is Ghostwalk? Now in its 34th year, Ghostwalk is a family-friendly fall event that combines spirits from New Bern's past, talented local volunteer actors, historic sites, and a fun-filled, creative environment. For three evenings in October you'll be able to step into the time machine and visit with ghosts of New Bernians from the 1700's right up to the mid-20th Century! Spirits, specters, or ordinary folks will bring you tales from across our history. The past is present with New Bern's Time Travelers!

The 34th Annual Ghostwalk is Oct. 24-26 from 6-9:30pm at 13 ghost sites in historic New Bern. Guides will lead you through the stops in Cedar Grove Cemetery, at which you will hear lively stories based on real historical characters and events straight from

telling you about their spirited tales on porches in downtown New Bern. Local historic churches offer a variety of low-cost meals for Ghostwalk visitors and prepare yourself to see some special guests creeping through the cemetery during your visit. Keep your eyes open for special appari-

tions like the Veri-Good Bakery (an oldie but a goodie), and some Thrilling activity at the New Bern Academy (returning by popular, phantasmic demand). Tickets for the New Bern Historical Society's

Ghostwalk are good for all three nights and are available at www.GhostwalkNewBern. com, by calling 252-638-8558, or at 511 Broad Street, the Historical Society office.

Other outlets are both Harris Teeters (sales begin on Oct.2nd) in New Bern and Mitchell Hardware in downtown New Bern. Adult advance tickets are \$20 with a special \$16 price for active-duty military, students and Historical Society members. Adults day of the event, \$25. Children under 12 are \$5, children under 3 are free. Your ticket is your Ghostwalk map.

The mission of the New Bern Historical Society is to celebrate and promote New Bern and its heritage through events and education. Offices are located 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 or www.facebook. com/NewBernHistoricalSociety.









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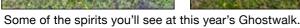
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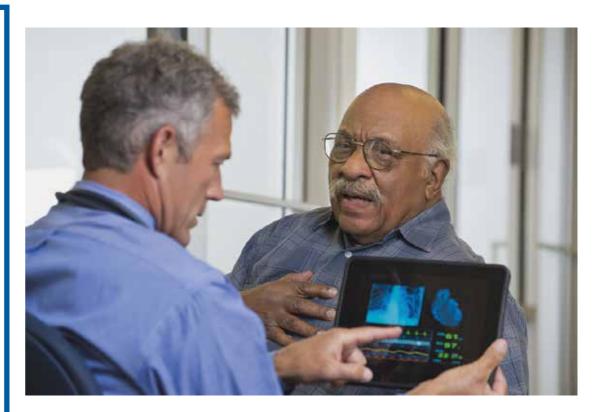
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# Health&Wellness

## What to know about AFib



The heart has been characterized as the engine that makes the human body run. If that metaphor is not exactly spot-on, it still serves as a good indicator as to just how vital a healthy heart is to the human body.

Despite the importance of a healthy heart, diseases that affect the heart remain the single greatest cause of death across the globe. According to the World Health Organization, cardiovascular diseases (CVDs) are the leading cause of death globally, claiming roughly 18 million lives each year. Various factors can adversely affect how well the heart functions, and that includes irregular heart beat, also known as arrhythmia. Atrial fibrillation (AFib) is the most common form of arrhythmia, and it behooves anyone to gain a greater understanding of this condition.

### What is AFib?

The Cleveland Clinic notes that AFib is an arrhythmia that begins in the upper chambers of the heart known as the atria. When a person has AFib, these chambers beat irregularly, and the American Heart Association reports that, when this occurs, blood pools in the area because not enough blood is being pumped out of the atria. That pooled blood can clot and pose a serious threat.

### What happens if a blood clot forms?

The AHA notes that, if a clot forms, the blood can be pumped out of the heart to the brain, which blocks the blood supply to the brain and ultimately results in stroke. In fact, AHA data indicates between 15 and 20 percent of people who have strokes have AFib. In addition, the Heart and Stroke Foundation of Canada reports that one-fourth of all strokes affecting people 40 and older are caused by AFib.

## Does AFib produce symptoms?

The Cleveland Clinic notes that some people with AFib experience no symptoms. Such is the case in people whose ventricles are beating at a normal or slightly elevated pace. When ventricles begin to beat faster, then individuals may experience symptoms that can include:

- Extreme fatigue
- Irregular heartbeat
- Heart palpitations
- Feeling of butterflies or fish flopping in the chest
- · Dizziness or lightheadedness
- Fainting
- · Shortness of breath
- Chest pain

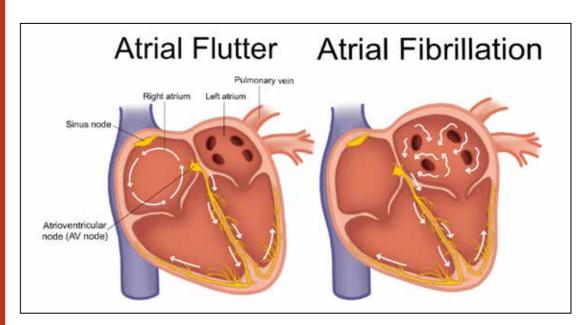
## Can I lower my risk for AFib?

The AHA notes that adopting and maintaining a heart-healthy lifestyle is the best way to control AFib risk. Such a lifestyle includes:

Regular physical activity

- · Adherence to a heart-healthy diet that is low in salt, saturated fats, trans fats, and cholesterol
- Controlling blood pressure, including management of high blood pressure Avoid excessive consumption of alcohol and caffeine
- Avoid smoking
- Maintain healthy cholesterol levels
- Maintain a healthy weight

Researchers behind a 2021 study published in the journal Progress in Cardiovascular Diseases note that AFib has sometimes been characterized as the cardiovascular epidemic of the twenty-first century. Such a characterization underscores how significant a global health threat AFib can be. More information about AFib can be found at heart.org.



obesity and elevated cholesterol can impact a person's chances of having a heart attack...

Many of the risk factors for cardiovascular disease are made worse through cumulative effects. According to the University of Maryland School of Medicine, researchers have established that cumulative exposure to risk factors like high blood pressure, obesity and elevated cholesterol can impact a person's chances of having a heart attack or stroke. Cumulative stress also has been implicated in increased risk of atherosclerosis and overall heart disease, according to data presented at the American Heart Association's Scientific Sessions 2023.

■Continued from page A1

## Pamlico Loses in Overtime



scores with :10 left in the 4th quarter

that culminated with an 8-yard rushing touchdown by Barber to make it 35-27 at the 9:20 mark. The defense stiffened and forced a Northside punt and Pamlico started their next drive deep in their own territory at the 17-yard line. They moved the ball downfield but the clock was quickly ticking away. With 0:10 left in the game, Quarterback Treyvon Munford found Koby Lane with a short pass and he outran the Northside defense 38-yards for a score to bring Pamlico to within

2 at 35-33. Tariq Barber proceeded to take a handoff and find the endzone for the +2 to tie the score. Barber had a big night for the 'Canes, rushing for 165 yards on 17 carries while scoring 2 touchdowns and this big 2-point conversion. Northside failed to score in the remaining 10 seconds and to overtime we went. In high school football, each team gets the ball on the 10-yard line with 4 downs to work with. Pamlico got first chance at a score and almost immediately found themselves going in the wrong direction. Two straight 5-yard penalties before the ball was even snapped backed Pamlico to the 20-yard line. After running 3 indecisive plays, Pamlico attempted a field goal. It was high enough and far enough, but it was wide left. On Northside's overtime possession they were able to score a rushing touchdown to end the game, 41-35. To mount a great comeback and to lose in this fashion was heartbreaking. There was no quit in Pamlico and certainly no lack of effort on the part of the players. This Friday, Pamlico takes the field at home in their annual Fossil Bowl game against Southside. It is also homecoming, so come out and support the 'Canes.

## Middle School Football

by: Hiram Lupton

Pamlico County Middle School football is well into their season and last Wednesday the Hurricanes hosted the Tigers of Wilson Prep. The Tigers got off to a quick start scoring twice in the first quarter, and taking a 14-0 lead at the half. The Hurricanes refused to fold and they had a strong 3rd quarter with rushing touchdowns by running back Saadiq Barber and quarterback Noah Gibbs to tie things up at 14 apiece. That would be all Pamlico would get however as Wilson took control with a pair of touchdowns in the final period as well as what I like to call a tacky tack-on score with :21 seconds left for a final score of 36-14.



Saadiq Barber (#5) headed to the endzone.



Noah Gibbs (#2) breaks a Wilson Prep tackle

# PCA Volleyball

by: Hiram Lupton

The Mariners of Pamlico Christian Academy wrapped up their regular season volleyball schedule last Friday as they hosted the Patriots of Heritage Christian Academy. The Patriots were very unpatriotic to the Mariners, beating them in straight sets, 3-0. Next up for PCA will be their postseason tournament for the Mid-Atlantic Christian Athletic Association, which begins this Tuesday.





Jenna Buck (#23) dives for a return

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## Churches of Pamlico Photo by: Hiram Lupton



New Bethlehem Freewill Baptist Church - Grantsboro

## Hurricanes at the Net Pamlico Blows Away Competition on the Road

The Pamlico County High School volleyball team hit the road last week for a pair of contests against fellow Coastal Plains Conference members. On Tuesday they traveled to Beaufort to face East Carteret and took care of business against the Mariners with a sweep, 3-0 (25-15, 25-13, 25-12). Two days later they traveled to Trenton to take on Jones Senior. A different opponent, but a similar result as the Hurricanes swept the Trojans on their home floor, 3-0 (25-15, 25-21, 25-8). With only one week left in the regular season, Pamlico sits atop the conference standings with a perfect 8-0 record (16-3 overall). This week they play two matches, both at home. On Tuesday they face their primary rival, Northside-Pinetown while on Thursday they close out the regular season against Southside. That evening they will also honor their three outstanding Senior players.





"You look at where you're going and where you are and it never makes sense, but then you look back at where you've been and a pattern seems to emerge."

Emma Smith goes low to return serve.

· Zen and the Art of Motorcycle Maintenance: An Inquiry Into Values, Robert M. Pirsig



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NORTH CAROLINA IN THE
GENERAL COURT
OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
ELIZABETH MARY
CALLAHAN
File No.: 24 E 173

All persons, firms and corporations having claims against deceased, are notified to exhibit them to ELIZABETH THURNAU, EXECUTOR on or before DECEMBER 17, 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 18TH DAY OF SEPTEMBER 2024

ESTATE OF ELIZABETH MARY CALLAHAN C/O ELIZABETH THURNAU 30 WOODSIDE DR BURNT HILLS, NY 12027

Publish SEPTEMBER 18, 25, OCTOBER 2 AND 9 2024.

NORTH CAROLINA IN THE GENERAL COURT OF JUSTICE

## **LEGALS**

PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
GREGORY JOHN WALL
File No.: 24 E 177

All persons, firms and corporations having claims against deceased, are notified to exhibit them to SHANE C. WALL, EXECUTOR on or before DECEMBER 17, 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 18TH DAY OF SEPTEMBER 2024

ESTATE OF GREGORY JOHN WALL C/O SHANE C. WALL

Publish SEPTEMBER 18,25, OCTOBER 2 AND 9 2024.

5405 CAROLYN DRIVE

WILMINGTON, NC 28409

GENERAL COURT
OF JUSTICE
PAMLICO COUNTY
SUPERIOR COURT DIVISION
NOTICE TO CREDITORS
AND DEBTORS OF
TODD CARLTON WHORTON

**NORTH CAROLINA IN THE** 

File No.: 24 E 167

All persons, firms and corporations having claims against deceased, are notified to exhibit them to LACY KNOWLES, EXECUTOR on or before DECEMBER 31, 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 2ND DAY OF OCTOBER 2024

ESTATE OF TODD CARLTON WHORTON C/O LACY KNOWLES 137 CAMPEN RD BAYBORO, NC 28515

Publish OCTOBER 2, 9, 16 AND 23, 2024.

NON-RESIDENT NOTICE

CASE NO. 2024-PF-10134

In the **PROBATE & FAMILY**COURT of CUMBERLAND
COUNTY, at CROSSVILLE
TENNESSEE

SIERRA BRITTNEY GREER, and husband, COZMO DROLET GREER Versus

#### FRANCISCO VERNICE

In this cause, it appearing from the Order for Publication of Kevin R. Bryant, Attorney, which is sworn to, that the Defendant, Francisco Vernice, is a non-resident of the State of Tennessee or whereabouts unknown, it is ordered by me that publication be made for four successive weeks, as required by law, in The Pamlico News, a newspaper published in Oriental, North Carolina, in said County, notifying said nonresident Defendant to file an answer with Plaintiff's Attorney, Kevin R. Bryant, whose address is 68 Woodmere Mall, Suite 101, within 30 days from the last date of publication, exclusive of said last date of publication, or a judgment by default may be entered and the cause set for hearing as to said Defendant.

This the 24 day of September, 2024.

/s/ Ben Tollett BEN TOLLETT, CLERK AND MASTER

/s/ Emily Wattenbarger DEPUTY CLERK AND MASTER

#### INSPECTIONS

Sept. 16, Harold Spruill, Merritt, electrical/200 amp, \$150; Pamlico Community College Cosmetology, Bayboro, electrical, \$150; Andrew Baranosky, Arapahoe, electrical, \$150; Nancy Hager, New Bern, mechanical, \$100; Eric Hardison, Grantsboro, building, \$460

Sept. 18, Brian & Sheree Mayall, Oriental, CAMA Minor, \$100; John Norris, Grantsboro, doublewide, \$260

Sept. 19, James Josey, Oriental, electrical, \$50 Sept. 20, Justin Lee, Arapahoe, electrical, \$150; Paul Jordan, Oriental, CAMA Pier, \$75.60

Sept. 23, D. Patterson, New Bern, porch, \$132.56; Becky Ackiss, Oriental, mechanical, \$230; Mike Hawes, Oriental, mechanical, \$100; John Best, Arapahoe, building, \$329.20; Keith Poole, New Bern, storage building, \$399; Nicole Pacinello, Merritt, electrical, \$50; Eugene Kroposki, Oriental, building/repair, \$148

Sept. 24, Brian & Sheree Mayall, Oriental, new modular, \$1,070.36; Sonya Diaz, Bayboro, doublewide, \$260; Whitford Miller, Oriental, demolition, \$0; Whitford Miller, Oriental, new, \$871.42; William Spencer, Merritt, electrical, \$50; Lee Morgan, Oriental, electrical, \$50; Dale McFarland, Arapahoe, building/storage, \$748; Treweek Cons., Oriental, new, \$1,628.30

Sept. 25, Stewart Dunnam, Merritt, building/alteration (enclose room), \$270; Ambrose Kalmbach, Oriental, plumbing/gas, \$50; Lori Yarrow, Minnesott Beach, porch addition, \$125.48

Sept. 26, Ronald Geer, Oriental, bathroom, \$315.66; John Buck, Stonewal, generator, \$150; Michael Hunt, Arapahoe, new, \$1,478.86; Jeffrey Potter, Lowland, electrical, \$170; Taylor Lilly, Oriental, mechanical, \$100; Nikolas Wong, Oriental, new, \$2,290.96

Sept. 27, Bill & Judy Bishop, Arapahoe, demo, \$0; Diane Pavone, Oriental, wheelchair ramp, \$50; Patricia Whitney, Arapahoe, plumbing, \$50; Hal Larsen, Oriental, electrical, \$100; Stephen Schaer, Oriental, plumbing/gas, \$50

Sept. 30, Steward Squires, Bayboro, demolition, \$0; Brent Dupree, Arapahoe, electrical, \$150; Sawyer Enterprises, Arapahoe, electrical, \$150

## PROPERTY TRANSFERS

Sept. 3, Sunset Shores Lot: 11 PCA 1-9 Map DB 428/849, Sunset Shores Boat Slip 11 PCA 91-9 from Robert S. Locarro to Ida Lori Grover, Tyler Grover, \$720

Sept. 4, 25 AC Perkins Rd from Nancy Jo Mason, Jeffrey Wayne Mason to Carol Anne Donmez, Erdal Donmez, \$0

Sept. 4, 5.89 AC PCA 109-2 from Randy Beeman to Ruth Spivey, \$0

Sept. 4, 20,150 Sq. Ft. Map DB 345/400 from Johnathan Ray Ormond, Michelle M. Ormond to Curtis Eugene Ormond, Jr., Tina Ormond, \$0 Sept. 4, 20,150 Sq.Ft. Map DB 345/400 from Curtis Eugene Ormond, Jr., Tina Ormond to Jennifer A. Miller, \$654

Sept. 4, E/S NC Hwy 306; Metes & Bounds from Kelly Marie Mathis to Michael McClain, \$1,000

Sept. 4, 25 AC Perkins Rd from Nancy Jo Mason, Jeffrey Wayne Mason to Carol Anne Donmez, Erdal Donmez, \$0

Sept. 5, Brinsong Lot: 1, 2.12 AC PCB 12-9 from Gilbert F. Brinson, III, Angela Ross to James T. Pilgreen, Jr., Regina W. Pilgreen, \$115

Sept. 6, Cutter Bay Lot: 75 6.05 AC PCB 15-15 from Cutter Bay LLC to Lisa Ann Byrus, \$300 Sept. 6, Cutter Bay Lot: 76 5.57 AC PCB 15-15 from Cutter Bay LLC to Michael T. Byrus, Michael S. Byrus, \$300

Sept. 6, 1.17 AC Lot A, PCB 15-16 from Da-Bull, LLC to Cale Griffin, Sarah Y. Markwell, \$500

Sept. 6, .74 AC Lot B PCB 15-16 from Da-Bull, LLC to Katherine Marie Hamlett, Paul Anderson Dickey, \$64

Sept. 6, Cutter Bay Lot: 35 from Equity Trust Company as Custodian FBO Shamil J Morayati #1736087, Equity Trust Company/Cust Shamil J. Morayati #1736087, Shamil J Morayati to Cutter Bay LLC, \$0

Sept. 6, Foxwood at Pinedale Section One Lot: 44, MB11/98, PIN D061-110-44 from Lisa Wiltse, Shannon Wiltse to Tamara Crary, \$0

Sept. 6, Sea Vista Pierce Creek Area Lot: 1, Addition V, MB 11/55 from Maura Mulcahy, Michael Seymour to Emile Gerard Vandermeer, \$500

Sept. 6, Hortons Landing Lot: 10 Section Two PCA 48-9 from Maxine Rohrman, Justin Rohrman, Robert S. Locarro to Melinda O. Ray, Glen O. Ray, \$900

Sept. 6, WC Yacht Club 1/82 Und Int Exhibit A in DB 262/835, WC Yacht Club 1/82 Und Int Piers and Docks PCA 17-9 & PCA 130-2, WC Yacht Club Boat Slip W-12 PCA 47-9 & 130-2 from Robert J. Lovill, III, Elizabeth J. Lovill to Michael Rousseau, Amayra Rousseau, \$60

Sept. 6, Hortons Landing Lot: 10 PCA 48-9 from Maxine Rohrman, Justin Rohrman to Melinda O. Ray, Glen O. Ray, \$0

Sept. 9, Garland F Fulcher Lot: 31 0.45 AC MB 6/5 from William C. McVitty, Diane C. McVitty to David Evans, III, Joanna Evans, Andrew Evans, Molly Hillburn-Holt, Molly Hillburn Holt, \$750

Sept. 9, River Run Lot: 39 Phase III PCA 174-4, River Run Right to use Boat Slip 15; Map

DB 665/874, River Run Right to use Storage Area; Parcel 3; PCB 3-15 PIN: K07-17-39 from Richard W. Milligan, LInda Dicola, LInda Javes Milligan to Richard W. Milligan, Linda Javes Milligan, \$0

Sept. 9, Fork Point II Lot: 17 PCA 30-7 from Laura Bowen Pickard, Laura Lea Bowen to Erika Boruff, Tyler Boruff, Linda Boruff, \$1,230 Sept. 10, Deed of Correction DB 650/304; 12E60; 1.84 AC; Map in DB 650/304 from

Mabel Price Bunch, Kenneth Bunch to Riggs

Custom Builders, LLC, \$0

Sept. 10, Old South Rod & Gun Club Unit: 309 Phase III: & 1/34th Und Int Common Areas; CB 1/40 & CB 1/61 from BW Associates Wheeless, Stephen Lewis/PTNR, Joseph B. Brewer, III/PTNR to Stephen L. Wheeless, \$0

Lot: 44, MB 11/98, PIN D061-110-44 from Tamara Crary to Aurelia Amay Arce, \$0

Sept. 10, Foxwood at Pinedale Section ONe

Sept. 10, Cutter Bay Lot: 2 2,93 AC PCB 13-9 from Cutter Bay LLC to Amanda Toth, \$200

Sept. 11, Lots 56A & 56B; Property Division Charlotte Brady PCA 138-10 & PCA 46-3 from Dale Newnham, Arlene Marina Newnham to The Honeycutt Living Trust, \$116

Sept. 11, Quit-Claim Deed; PIN 1052-7; 9346 Sq. Ft. & 3274 Sq. Ft. NE/S NCSR 1333 PCA 2-10 from Tina Scardino Wethington to George Eason Wethington, Jr., Tyler Bryan Wethington, Samantha Dawn Houston, \$0

Sept. 11, Cutter Bay Lot: 35, 6.17 AC PCB 13-9, See DB 729/731 for excise tax previously paid from Cutter Bay LLC to Equity Trust Company as custodian FBO Shamil J Morayati #1736087, Equity Trust Company /Cust, Shamil J Morayati, Shamil J Morayati #1736087, \$0

Sept. 11, Dawson Creek Lot: 15 1.96 AC Phase 1 PCA 193-1 from 161 Cape Hatteras, LLC to Andrew Heath, \$3,300

Sept. 12, PIN K031-52; ½ AC N/S SR 1232 from Bobby B. Lewis to Pamlico County, \$280 Sept. 12, Forestshore Estates Lot: 28 PCA

38-4, Forestshore Estates Boat Slip 5 PCA 39-8, Substitute Trustee's Deed; PIN K07-6-28; DT 707/476 from Cape Fear Trustee Services, LLC/TR, Joseph Pead, Jordan Pead to Brian Deyoung, \$622
Sept. Shine Landing West Lot: 6, PCA 142-16,

Shine Landing West Boat Slip 1 PCA 142-9, Shine Landing West Lot: 23 ¼ Und Int PCCA 142-9 from John Clay, Lillie C. Clay to Don King Pangilinan, \$43

Sept. 12, Morris Creek Acres Lot: 3 MB 5/81 Heirs and Administrator's Deed; 24E22 from Amy B. Crowley, Jon B. Abrams, Amy B. Crowley/ADMR, Gerald Brian Patrick Crowley/EST to Charlotte Gregory, Stan Dunham, \$160





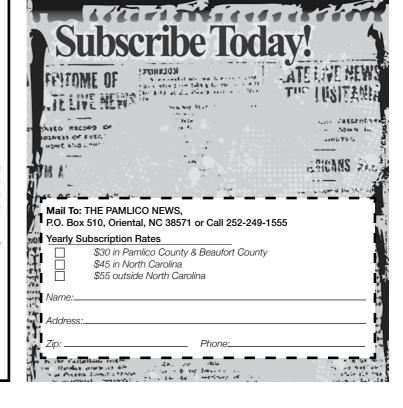
This immaculate 3 bedrooms and 2.5 bath single family home offers 2,140 square feet of comfortable living. Located in a very nice neighborhood close to the Village of Oriental, relax in the spacious living room-dining room combination that opens up to a lovely sunroom overlooking the private wooded yard. The well-equipped kitchen includes a breakfast nook opening to a peaceful screened in porch. The convenient laundry room is equipped with a washer dryer. Split-living arrangement. There is a finished room over the garage can be the perfect studio office. **Nothin' Could Be Finer** 

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# AROUND THE COUNTY

## Whortonsville Reba Tiller, Correspondent



Festival in Oriental, two birthdays Ken and Harry Tiller in my family and a birthday party with 22 guests. Kevin, Rusty, and I had two low country shrimp boils going with all the trimmings. Harry invited the Counselors from Camp Seagull, Drew,

Ethan, Dave, Otto, and his sister Hannah. Rita who was a resident of Whortonsville until she moved to Raleigh, a friend Ted from Raleigh and many neighbors and friends helped us eat shrimp, sausage, corn, potatoes, baked beans, slaw and rolls, topping it off with chocolate strawberry cake. We haven't had a big party

This has been a very busy week with the Music like this in quite a while. It is Sunday with absences from church we had nine for the service. The Pamlico Chorale is rehearsing on Mondays at 6:00 p.m. preparing for the Thanksgiving service at the Catholic Church. We need more singers and especially basses and tenors. Remember Prayer Meeting and Bible Study on Wednesday nights at 6.00p.m at Bethel F. Will Baptist.

> THOUGHT FOR THE WEEK— REMEMBER THE FOLKS WHO WERE HIT BY HURRICANE HELENE—PRAY AND DONATE TO SAMARITAN'S PURSE, SALVATION ARMY AND RED CROSS.

## Aurora Joy McCracken, Correspondent



Have done about a year's eating out in the last week as I had a dear, old friend visiting. Cheesecake in Belhaven, fried shrimp at Swan Quarter, good vittles from Frank & Shirley's, tasty food from the Tex/Mex food truck and fresh seafood at Mayo's. On the ferry she got to see a close up Bald Eagle sitting on a marker.

Speaking of the ferry, Captain Bobby Moore just retired from the Bayview/Aurora ferry where he has spent his entire career since 1995. And I got a message in the mail outlining a new ramp that will be installed on the Aurora side. Doesn't look like construction will begin until November of '28.

The birds have really been active with the Thrasher returning, even using the birdbath (a yard first), Pine Warblers, Nuthatches, Chickadees, Wrens, Cardinals, flocks of Cowbirds, Titmice, the Mockingbirds are singing again but not coming to the feeder (curious, in the past they have dominated it) and hearing and seeing the Osprey. I still have one Hummingbird around. I heard an adult Great Horned Owl in the woods near the old mine diggings. Could be that squawking I've been hearing wasn't a juvenile but a female? Sounds are close. One evening on the deck my friend called back to it and it seemed interested. She was thrilled to see a pod of four Dolphins going by in the creek. Mullet and, I guess, Trout are jumping and hitting the surface. Everyone was out on their docks the other day fishing.



Photo Credit: NC Ferry System

everywhere. I've let the lawn go to seed and the birds are liking it. The Sasanquas have started to bloom along with the Swamp Sunflowers. My friend loved seeing the Hurricane Lillies in various yards. I saw a female Deer and her summer offspring out on the road recently.

The Fire Ants are

My heart is just breaking over the damage to the mountains. I'm proud of the fact that Aurora VFD sent some folks along with Pamlico to lend a

hand. Have you heard about the mule teams being used to bring supplies to the people who are isolated? My growing up stomping grounds in SC are still recovering from loss of power and tons of downed trees. And Florida is bracing again for yet another storm.

# Vandemere Sandra Snipes, Correspondent



This past weekend was beautiful! The weather was fantastic and the skies were clear and blue; made me want to stay outside all day and enjoy the garden. The Fishers of Men, who also love the outdoors, had their fishing tournament on Saturday at the waterfront park. Congrats to all the winners!

The Town of Vandemere is getting ready to host the best Trunk

or Treat in Pamlico County this Hallows Eve. Join us October 31, 2024, 5:30 PM to 7:00 PM, at the Vandemere Waterfront Park for family fun, music, and sweet treats. I look forward to seeing you there!

In the meantime, our next Board of Commissioners Meeting will be held October 14, 2024, at 6:30 PM. The public is invited to attend. Visit our website to see what Vandemere is all about at www.vandemerenc.com.

## Pamlico Betty Jo Rodgers, Correspondent



Hurricane Helene devastated western North Carolina and the people in western North Carolina need your prayers and support. Doug Carey delivered a trailer load of supplies to Hendersonville this week. Brantley's Village Restaurant is a collection site for supplies or you can take them to the sheriff's department. If you can help financially,

support those who are trained and prepared for disaster recovery at https://www.onmissionnetwork.org/helene . It is a joint effort between the NC Baptist Men and the Global Methodist Church. The Baptist Men have given help to Pamlico County in past hurricanes and are prepared to assist at a moments notice. The Salvation Army and the Red Cross are other safe agencies you can help financially.

There have been more turkey and deer sightings on the farm and on Trent Road. We continue to see a great blue heron on our pier fishing in Broad Creek.

The Ol' Front Porch Music Festival was well attended as was the Seafood Festival in Morehead. The Blessing of the Fleet Sunday morning was heartfelt by those in attendance.

Mike Miller, Thelmon Cooper, and I spent Saturday cooking 900 dozen cookies for PCI. Yes, that was not a misprint. When Kairos takes cookies into a prison they give every inmate, every guard, and staff member a dozen cookies regardless which shift they work. Since prisoners from western NC were transferred here, we had to cancel our Kairos weekend until January, but they will get the cookies this week.

October is Pastor Appreciation month. Pastors have awesome responsibilities and dedicate their lives to serving others. Pray for your pastor daily.

Pamlico Methodist Church celebrated homecoming on Sunday, and I am sure they all enjoyed the service, singing by Craig Cooper, and a wonderful meal.

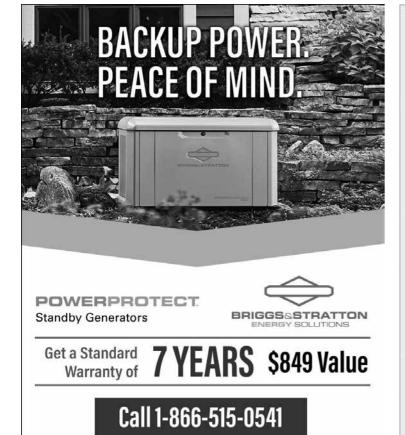
On October 20, Stonewall Methodist Church will celebrate "Miracle Sunday," and will have a catered fellowship meal after the service. Everyone's invited. The Ina Gaskins Circle is selling note cards with a color picture of the church on them as a fund raiser this year. They come in packs of 7 for \$5.00. These will be available on Miracle Sunday or at any other gathering at the church. They will have their Christmas Cantata on December 8,

Celebrating birthdays in October are James Wood (10/9), Amanda Carey and Joannis Rodgers (10/10), John Paul Wood (10/11), Dixie Gatlin (10/12), Elena Hamilton (10/13), John Deaton (10/15), Barbara Carey (10/19), Bilinda Gwaltney and Connor Russo, (10/22), Linda Lane (10/24), George Bennett (10/25), Polly Taylor (10/27), Jeremy Freeman (10/29), and Linda Gail Lupton (10/31). Charles and Ann Stackhouse will celebrate their Anniversary on October 16.

Have a blessed week. Lonely? Take Spiritual Vitamin L. "Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you alway, even unto the end of the world. Amen." (Matthew 28:20)

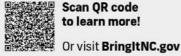
"We make a living by what we get, but we make a life by what we give."

-Winston Churchill



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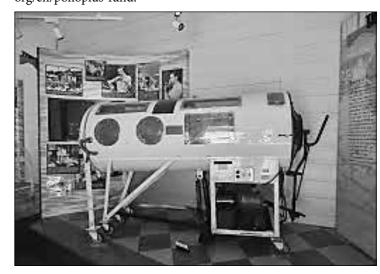


Submitted by Tony Santore, Past President

October 24th is World Polio Day. Rotary launched PolioPlus in 1985 and was a founding member of the Global Polio Eradication Initiative in 1988. We've reduced polio cases by 99.9 percent since our first project to vaccinate children in the Philippines in 1979.

Rotary members have contributed more than \$2.1 billion and countless volunteer hours to protect nearly 3 billion children in 122 countries from this paralyzing disease. Rotary's advocacy efforts have played a role in decisions by governments to contribute more than \$10 billion to the effort.

Today, polio remains endemic only in Afghanistan and Pakistan. But it's crucial to continue working to keep other countries poliofree. If all eradication efforts stopped today, within 10 years, polio could paralyze as many as 200,000 children each year. If you wish to help us keep the world polio Free, donate on line at https://my.rotary. org/en/polioplus-fund.



If you recognize this machine. You will remember as a child how much you feared this disease.

### **PUBLIC NOTICE NOTICE TO ALL WATER CUSTOMERS**

Beginning Tuesday, October 15, 2024 through Wednesday, November 20, 2024, the Town of Oriental Water Department will not be using ammonia as part of the disinfection process in its drinking water.

The change is recommended by the federal and state regulations governing the Town's water system.

Using ammonia in the treatment process helps reduce the amount of Trihalomethanes, a disinfection by-product that forms when water is disinfected with chlorine. The one-month return to chlorine-only disinfecting is not expected to cause any significant increase in Trihalomethanes.

The Town of Oriental will also conduct flushing of the distribution system in order to expedite this event. Customers should be aware that there may be a slight discoloration and/or slight chlorine odor of their drinking

Please plan to take the steps necessary to insure that our month long change to chlorine only disinfection during this period does not detrimentally affect your uses of the water we provide.

We regret any inconvenience or problem this may cause. Please visit our website, www.Townoforiental.com for more information. If you have any questions or concerns, please contact the Town at 252-249-0555.



**PAMLICO EVENTS** 

**FREE Community Calendar** for Pamlico County events Share your events with the county!

## www.pamlicoevents.com

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\*One coupon per household. No obligation estimate valid for 1 year. Offer valid at time of estimate only. License/Registration# MI 262100627, MN PC799379, NC 87823, L.33946, PA PA172050, TX 44085, WI 1423690.







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\*Includes product and labor; bathtub, shower or walk-in tub and wall surround This promotion cannot be combined with any other offer. Other restrictions may apply. This offer expires 12/31/24. Each dealership is independently owned and CALL (855) 932-7733 operated. "Third party financing is ovailable for those customers who qualify. See

# PAMLICO COUNTY SCHOOLS

#### Sweet Annie's welcomes students

CTE Foods & Nutrition 1 students visited Sweet Annie's Coffee & Bakery located in Bayboro. The group was introduced to basic kitchen directives that ensure safe practices and production as well as students were told how the staff of Sweet Annie's influences business success.







All About Numbers! Ms. Nelson's second grade class is off to a great start working together to



And Then There's 8th Grade Science





## **Under One Roof**



**Arapahoe Charter School** is your K-12 tuition-free, regional public school of choice

For more information or to schedule a tour, visit www.arapahoecharter.org or call 252.249.2599

# Welcome to our

Please join us for our Annual Fall Festival Friday, October 18th from 5:00 p.m. - 7:30 p.m.

In our 28th year of operation we are excited to put on yet another Fall Festival. This year, we are taking our festival outside and hosting the entire event outdoors. There will be a kids fun zone with all the familiar games, a bounce house, and an obstacle course. DECA will be hosting a spooky trail again this year and we will also have a dunking booth with a schedule of staff members prepared to get wet. Instead of pre-selling food plates, we have engaged with several food trucks for the evening. Lastly, our festival will include exhibit booths from local businesses, organizations, and agencies. You can walk through the exhibit booths free of charge, but some organizations may be selling items. Our traditional silent auction will be located at one of the exhibit booths as well.

#### Stations for Fall Festival Fun Zone

**Ticket Booths Silent Auction Table** 

**Hula Hoops Toss Hula Hoop Marathon Eyeball Spoon Race Skeleton Limbo** 

**Corn Hole** Ladder Golf

**Cupcake Walk Duck Pond** 

**Face Painting** 

**Bean Bag Toss** Needle in the Haystack **Pumpkin Tic Tac Toe** 

Can To Giant Memory **Matching Game**  Inflatable 40ft. Obstacle

Course (9 and up) **Animal Kingdom Obstacle** Course (8 and under)

**Dunking Booth** 

(\$2/throw; 3 throws for \$5) Karaoke (TBD)

Haunted Trail (DECA) Trick or Treat tent (SGA)

Trick or Treat tent (NHS) Trick or Treat tent (Math

Club) **OCS Store** 

**Parent Portal Information** 

#### Festival Prices:

Student Fun Zone - \$10.00 per person for unlimited games Spooky Trail (hosted by high school DECA) - \$5.00 per person for a single entry to the trail - \$15.00 per person for unlimited entries Dunking Booth - \$2.00 per throw - \$5.00 for three throws



While our Fall Festival always draws a huge crowd, come help us make the 2024 festival the biggest one yet.

Organization

Women's Group of Bethany **Christian Church** 

**Pamlico Community College** Sound of Salvation Ministries Zan's Taekwondo

**Grantsboro Nursing Home and Rehabilitation Center** 

**First Citizens Bank** Janice Woodard

**Quilting Mandarin** 

Century 21 Sail/Loft Realty

Beth's Beads

Pam's Crafts

**Bridgette Cookie Crafts** 

**Pamlico County Library** 

**CStone Church** 

**Second Chance Behavioral Health** 

**Gift Card Raffle** 

Love & Stitches / Sara Woolard

**Family First Memories** 

**Olive Tree Family Counseling** Paparazzi/Tammy Lowery

**Angie Hager Crafts** 

**Fall/Christmas Crafts Cookies** 

Items to be Sold

Information Only

Free Giveaways

Information Only

Crafts

Creative Threads & Designs -Seasonal Table Runners, Wall Hangings, Ballcaps, and Jackets

Information Only

Bracelets, Earrings, Barrettes, and Necklaces

Jewelry, Potholders, Seasonal Gifts, Magnets, and Shirts **Christmas Items, Aprons** 

Information Only

Information Only

Information Only

Crafts made with yarn, keychains, bookmarks, etc.

**Booking Photography Sessions** 

(Family/Couples/Maternity) Information Only

**Paparazzi** 

Crafts, Home Decor, Gift Baskets

**Price Range of Items** \$2.00-\$50.00 (portion of proceeds to be donated to ACS)

Free

Free

\$.50 - \$20.00

\$20.00 - \$100.00

\$5.00 - \$45.00 (This business made a donation to ACS in advance)

\$1.00 - \$20.00 (This business will make a one time donation to ACS)

\$5.00 - \$20.00 (This business will make a one time donation to ACS)

Free

Free

\$1.00-\$5.00

\$3.00 - \$25.00

\$250. (This business will donate \$50 for each booked session)

Free

\$5.00

\$10.00 - \$20.00



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# COASTAL LIVING

■Continued from page A1

## OL' Front Porch Music Festival

An outstanding FREE two days of music made possible by a dedicated team of volunteers, generous sponsors, and of course some great talent.



Songs from the Road Band



The Gospel Ensemble



Harbor Sounds



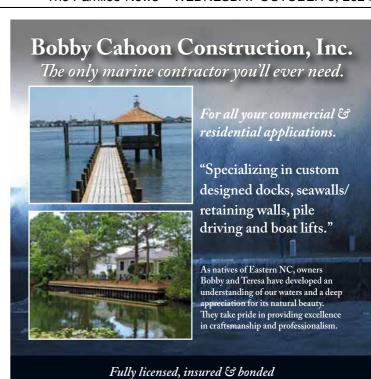
Burn the Breeze



Wyldwood String Band



Time Sawyer





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HOURS: Monday – Thursday 9:00 am – 5:00 pm Friday – Saturday 9:30 am – 5:30 pm Sunday 10:00 am – 4:00 pm

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# Did you know?

Candy is a popular treat on Halloween. While trick-or-treaters will often accept just about any confection in their bags and buckets, certain products reign supreme across the United States and Canada, according to RetailMeNot and Halloween Alley. These include:

Reese's Peanut Butter Cups Kit Kat Snickers Skittles M&Ms Starburst Twizzlers



# Prevent home electrical fires

A person's home should be a safe haven. Too often, however, there may be dangers lurking in a home that can compromise the safety of residents.

Electrical fires are no joke. The Hartford insurance company says electrical failure or malfunctions account for almost 34,000 home fires per year. The National Fire Protection Association says they can contribute to 440 deaths and \$1.3 billion in direct property damage annually.

Older homes may be most vulnerable to electrical fires, as such structures were not designed to handle the demands of modern living. The insurance experts at Nationwide say half of all homes in the United States have electrical systems that were installed before garage door openers, high-tech coffee makers, and many computers became must-have items. And the Electrical Safety Foundation International says homes built before 1973 with overloaded electrical systems pose a number of safety threats.

Overloaded circuits are not the only contributor to electrical fires. Damaged wiring characterized by

worn, frayed or loose wires can cause fires. Malfunctioning appliances or those improperly maintained also can create home fires. Another contributor is poorly installed extension cords and power strips, as well as faulty outlets and switches around homes.

Homeowners can take various steps to reduce the risk of electrical fires at home.

- Install arc fault circuit interrupters. AFCIs are special types of circuit breakers that help prevent fires caused by nicked or frayed wiring. An AFCI gets tripped and cuts off power when an electrical problem is detected before a fire can start. In 2022, the National Electric Code started requiring AFCIs in bedrooms, and by 2017 they have been mandated throughout homes.
- Conduct a home electrical inspection. All homes more than 40 years old should be inspected to ensure their electrical systems can handle modern demands, says Nationwide. A qualified electrician can make recommendations regarding replacing breakers and suggest other modifications to improve safety.
- Utilize a monitor. Ting from Whisker Labs monitors a home's electrical network using a smart plug-in sensor that is designed to detect hazards. The company indicates micro-arcs and sparks that develop are precursors to electrical fires.
- Turn to automatic shut-offs. Homeowners can utilize appliances and additional devices that automatically shut off after a set period of time. This can reduce the risk of overheating.
- Rely on timers or smart devices. Timers and smart home devices can give homeowners control of electrical components like appliances or lights from a remote area. This enables users to turn an appliance on or off to reduce overheating or avoid additional risk factors for electrical fires.
- Don't go DIY. Choosing to work with a professional electrician rather than doing electrical work oneself can help reduce electrical fire risk considerably. Electricians know how to work on electrical systems safely to prevent damage to wires and components, and also safeguard themselves against shock.

Risk for electrical fires at home can be reduced with technology and other strategies.

# FREE Seminars for Fall 2024



Pamlico Small Busines Center 710 N. Main St., Bayboro, 252.249.1851, X 3045





## BUSINESS PHOTOGRAPHY 101

Wed., Oct 9th, 6pm

Pamlico Small Business Center 701 N. Main St., Bayboro, NC

Learn basic, entry-level tips to use with any camera (yes, even your cell phone) to create a library of versatile photos to use on various marketing platforms.

# CONTENT MARKETING what it is and why it matters

Thurs, Oct 10th, 7:30am

Brantley's Restaurant, Oriental. NC



"Just 'doing' social media is no longer enough. The free ride is over. To be successful, you need to be all in. We'll be talking about what's been successful (and unsuccessful) for everybody in this roundtable-style gathering and then brainstorm creative ideas to move forward."

(Breakfast is on your own)

# EVERYTHING YOU NEED TO KNOW TO START A BUSINESS



Saturday, Oct. 19, 9am-3pm

Pamlico Small Business Center 701 N. Main St., Bayboro, NC

- The ABCs of Starting a Business
- Finding Your Perfect Customer and Creating a Marketing Plan
  - Dynamite Marketing On a Firecracker Budget



- The Treasure Hunt: Finding the Funds to Finance Your Small Business
- Creating a Winning Business Plan



Register for FREE at PamlicoSBC.com

# Brazilian Pop Music at The Old Theater: Canta, Violino!

By Mary Frances Taylor







Andrew Finn Magill Clarice Cast

Cesar Garabini

On Sunday, October 20, Canta, Violino! (sings violin) will be presented at The Old Theater in Oriental. As a popular wave of Brazilian music called "choro", or chorinho, the music is fast paced with a happy rhythm. The roots of choro can be found in small gatherings of musicians who played for the sheer pleasure of experiencing great music. Originating from Rio de Janeiro in the 19th century, and like ragtime in the US and tango in Argentina, choro is heavily influenced by the styles and rhythms of Europe and Africa. Showtime is 3:00 p.m. and general admission is \$25. Tickets are available at Nautical Wheelers in Oriental and New Bern and online through the theater website: https://oldtheater.org.

Andrew Finn Magill is an Irish violinist/fiddler who grew up in western NC studying Irish, oldtime and bluegrass music, playing with dozens of the best fiddlers in the world. In 2016, he lived in Rio de Janeiro studying choro music and founded several Brazilian musical groups, one of them being Canta, Violino! Finn is a Fulbright Fellow, a South Arts Emerging Traditional Artist, a NC Arts Council Fellow for Jazz, and All-Ireland Fiddle finalist. He has been featured on MTV-U, PBS, and NPR. His 2016 album, Roots, debuted at #46 on the folk DJ charts.

Clarice Cast is a multi-percussionist from Sao Paulo, Brazil who received her Masters in World Percussion from California Institute of the Arts. She is a performer, recording artist, and composer living in Los Angeles, CA. Clarice was part of the sophisticated Lado B Brazilian Project's debut album which was nominated for the 58th Grammy Awards in the category of "Best Arrangement Instruments & Vocals." Clarice is heavily influenced by her native Brazilian culture.

Cesar Garabini is Brazilian born, now living in New York City and performs on the 7-string guitar. He has performed Jazz at Lincoln Center, Jazz Standard, Birdland, Columbia University, and the Museum of Modern Art. He has worked with Anat Cohen, Olli Soikkeli, Leny Andrade and Marcos Sacramento among others and has been featured on NPR, NBC and Brazil's national TV network Globo.

The Old Theater is a 501(c)(3) nonprofit organization with deep roots in Oriental going back as far as 1946 when it began as a movie theater. Today, The Old Theater provides a comfortable venue for civic and cultural events which include live performances, concerts, children's programs, and films. All these activities require stage, lights, and sound as well as maintenance of the building itself. Over the years, the costs of maintaining and managing the theater have increased and The Old Theater needs sponsors and donors now more than ever. If you appreciate how special it is for a town the size of Orienta to have a theater that brings such a variety of entertainment to its community, consider becoming a member, volunteering, or sponsoring today. Send donation to: The Old Theater, PO Box 521, Oriental, NC 28571.

# Did you know?

The popularity of organic foods is undeniable. According to a 2021 survey from the Organic Trade Association, total sales of organic foods topped more than \$60 billion in 2020. Data from Mercaris, which provides market insight and analysis on organics and non-GMO foods, supports that finding and indicates that organic food sales grew by 9 percent between 2009 and 2019. During that same time period, conventional food sales grew only 3 percent, which



illustrates just how popular organics have become over the last decade and a half. And despite being a year marked by a pandemic and the considerable economic uncertainty it unleashed, 2020 proved to be an especially good year for organics. Mercaris reports that organic food sales increased by 13 percent in 2020, which serves as another indicator that consumers are increasingly demanding organics over conventional foods.



# Pamlico Community College & **Pamlico Christian Academy Blood Drive**

October 22, 2024 10am - 2pm

Pamlico Community College Johnson Building Room 133

Give in Oct. for a \$10 Amazon.com Gift Card + chance to win a \$5,000 prize. See rcblood.org/treat

> For an appointment, please visit RedCrossBlood.org Or call 1-800-RED CROSS (1-800-733-2767).

1-800-RED CROSS | 1-800-733-2767 | RedCrossBlood.org | Download the Blood Donor App

# laughter

A good joke can liven up any social engagement, but the value of humor goes well beyond breaking the ice at parties and other get-togethers. According to the Cleveland Clinic, laughter can activate the parasympathetic nervous system, which helps to lower heart rate and help people breathe more easily. Given such benefits, it's no surprise that laughter has been linked to a host of medical benefits, including stress relief and improved heart health.







## 'T' stands for:

NC LOCAL ECONOMY: Support for small businesses because they represent 1.8 million employees and 45% of North Carolina's private sector workforce.

WOMEN'S RIGHTS: Women's rights to healthcare. Politicians should not make laws based on religious beliefs.

TEACHERS & SCHOOLS: Reduction in class size, increasing teacher pay, enhanced early childhood development, and holding all schools that receive taxpayer funding to the same standards.

THE RULE OF LAW: Support for law enforcement officers and public safety personnel.

# **New Leadership** for District 2

Carteret, Chowan, Halifax, Hyde, Martin, Pamlico, Warren & Washington counties

# **EARLY VOTING STARTS OCT. 17**

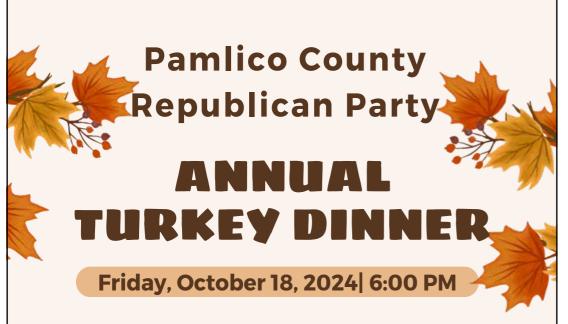
tdavis4ncsenate.com







Paid for by Committee to Elect Tare 'T' Davis



# PAMLICO COUNTY COMMUNITY COLLEGE DELAMAR CENTER

5049 NC-306 S, Grantsboro, NC 28529

# **Keynote Speaker**JUDGE JEFFERSON G. GRIFFIN



- Veteran, Captain and JAG officer in the NC National Guard.
- Appointed District Court Judge in 2016.
- Elected in 2020 to the NC Court of Appeals.
- Candidate for NC Supreme Court Judge.

**TICKETS: \$50.00** 

Contact Dave Wickersham at 252-269-4101 for tickets.



## HIGH SCHOOL SOCCER

# PCHS vs PCA – Battle for the "Pamlico Cup"

by: Hiram Lupton

After years without any high school soccer competition in Pamlico County, there is now not one, but two growing programs. Pamlico Christian Academy and Pamlico County High School took on one another in a pair of matches. On September 25 at Lawson Creek Park in New Bern, the two teams squared off for the first time ever with PCA coming out on top, 7-0. Last Tuesday, the two squads matched up again, this time with the Mariners sailing into the eye of the storm at Pamlico to take on the Hurricanes and they once again triumphed, 7-3. PCHS soccer is in its infancy, while PCA's program has a little head start, but both these teams have steadily improved throughout the season. That these two teams met in a friendly match is fantastic. There is not yet a "Pamlico Cup" (similar to the World Cup), but it would be great to continue this rivalry every year, with the winner taking the Cup home for their trophy case until the next season. Let's make it happen.



Photo by Alexa Koontz





Hurricane Abdiel Perez (#10) battles Mariner Donovan Nelson (#10) and Elijah Pauley (#9) Cameron Crabbe (#5)

"The real cycle you're working on is a cycle called yourself."

## Yourself

- Zen and the Art of Motorcycle Maintenance: An Inquiry Into Values, Robert M. Pirsig

# VOTE!

# NORMAN SANDERSON

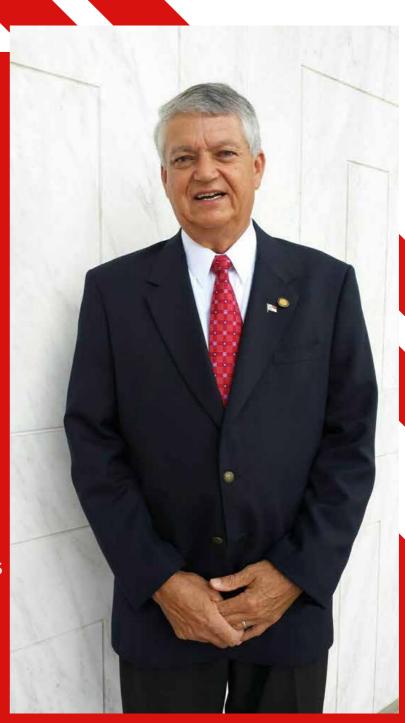
**NC Senate District 2** 

Christian ★ Conservative ★ Republican

Promises made. Promises kept.

- 1. Responsible budgeting and spending
- 2. Tax Reform that reduces private and corporate taxes
- 3. Education Investments and School Choice
- 4.2nd Amendment Rights protected
- 5. Voter Integrity to protect election results
- 6. Pro-family and pro-freedom legislation

Early Voting: October 17 - November 2



Election Day November 5, 2024

## How to identify a vehicle that fits you



Buying a vehicle is a significant financial investment. It is not a decision to take lightly, especially given the historically high prices of new cars in recent years.

Finding a vehicle that is the perfect fit requires consideration of a host of variables, including personal preference. What is perfect for one individual may not work for another. When the time comes to shop for a new car, people can ask themselves a few questions in an effort to find a vehicle that best suits their needs.

- What are your needs? Are you looking to carpool the kids to and from school or do you want a car for commuting that will not cost you an arm and a leg in fuel? Identifying the main purpose of the vehicle will eliminate certain cars or trucks right off the bat.
- What is your budget? It is a good idea to get a pre-approval loan statement from a financial provider to figure out what you can afford to pay for a vehicle. The popular automotive resource Edmunds says the general rule is the monthly new-car payment should not exceed 15 percent of your monthly take-home pay. Lease payments should be less than 10 percent of monthly take-home pay. Calculate these numbers and potential interest rates prior to shopping for a vehicle.
- What size is best for you? Even though it may seem that SUVs and pickups reign supreme on the road, some drivers prefer smaller vehicles. Figure out how much interior space and cargo room you need. Take the time to sit in different vehicle classes to determine which size fits you best.
- What are your fuel preferences? Today's vehicles come in electric, unleaded gasoline, diesel, and hybrid options. How the car or truck is powered may be important to you and will help identify the best vehicle for you.
- What is the cost of ownership? Certain vehicle brands may be more expensive to maintain than others. According to Motor1. com, luxury and premium brands are typically the most expensive to maintain, with European brands like BMW, Porsche and Mercedes-Benz typically carrying high maintenance costs. This can be prohibitive when parts or service is needed.

Buying a vehicle requires careful consideration of drivers' needs, budget and desired features.



- 10am Noon
- ◆ Flu Shots, Pneumonia, Shingles, COVID 19 (Insurance Co-pay might apply)
- ♦ FREE A1c, Cholesterol & Blood Pressure
  - ◆ FREE Depression Screening

**Screening** 

Exhibits

## **Noon - 2pm Seminars**

Come learn about the many resources & services

- ◆ Pamlico Co. Health Department
- **♦ Bayboro Pharmacy**
- ◆ Pamlico Co. Medicare and Seniors' Health Insurance Information Program (SHIIP)
  - ♦ Neuse Neighbors Network
    - **◆ Prime Time**



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